



Campbelltown Spiritual Church of Light

CWA HALL AT THE END OF KING STREET CAMPBELLTOWN

Service every Sunday 5.00pm to 6.30pm

Contact: Maxine (02) 9826 7330 or Our Web Site: www.campbelltownspiritualchurch.com

NEWSLETTER July / August 2014

The Seven Principles of Spiritualism

1. The Fatherhood of God
2. The Brotherhood of Man
3. The communion of Spirits & the Ministry of Angels
4. The continuous existence of the human soul
5. Personal responsibility
6. Compensation & retribution
for all good & evil deeds done on earth
7. Eternal growth open to every human soul

Upcoming Guests

July 2014

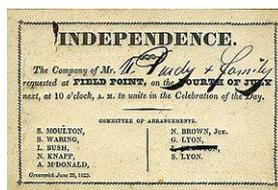
- 6th – Mary King
13th – Amanda Roussety
20th – Sue Case
27th – Sylvia Percival

August 2014

- 3rd – Christine Rose
10th – John Smyth
17th – Allan Hamlin
24th – Ian Crosbie
31st – Patricia McRae

OUR SPIRITUALIST CHURCH SERVICE

- Welcome and introductions
- Song or Hymn and Opening Prayer
- Song/Hymn to lift the energy
- Address by the Guest Speaker
- Reading The Great Invocation &/or The Seven Principles
- Meditation and Healing
- Members of the congregation invited to share meaningful experiences or suitable readings
- Song or Hymn with freewill donation
- Demonstration: Spiritual communion (proof of survival) by guest medium
- OR Overheads, Psychometry etc.
- Notices
- Benediction (closing prayer/blessing) and closing Song or Hymn
- Tea and Coffee and a chat



INDEPENDANCE

In America, **Independence Day**, also commonly known as the **Fourth of July**, has just been celebrated

Most people equate the word INDEPENDENCE with FREEDOM

in·de·pend·ent

1. not influenced or controlled by others in matters of opinion, conduct, etc.; thinking or acting for oneself: an independent thinker.
2. not subject to another's authority or jurisdiction; autonomous; free: an independent businessman.
3. not influenced by the thought or action of others: independent research.
4. not dependent; not depending or contingent upon something else for existence, operation, etc.
5. not relying on another or others for aid or support.

How many of us are really "independent"? Our lives are still dictated by tradition and social conditioning (which is OK), but mostly by that tiny voice inside our head that is judgemental and critical of everything we say and do. It runs like background music throughout our lives, while we are working, playing or just hanging loose, it's always there quietly reminding us that we are just not good enough.

Making peace with that inner voice could be the greatest achievement of INDEPENDENCE of all time.

Much easier said than done though. It requires constant vigilance. It requires us to be honest with ourselves and a willingness to keep trying, not to give up because it seems like hard work sometimes (most of the time).

The art of self monitoring becomes easier with practice. This in turn can lead to self acceptance and also inner peace.

Try this if you will –at the end of each day before you go to sleep, just go over the events of the day quietly in your mind.

If you recall anything you did that is upsetting ask yourself (without judgement), how could I have done that better? Work it through.

And then ask whichever god you feel a connection with to give you a second chance to make that situation right and stay alert so's you can recognize it when it comes.

You may be surprised how many times you get that second chance. Different situations and people perhaps but the potential to repeat a previous mistake is there and when you find yourself reacting differently the second time around you realize that you have gained a precious piece of INNER PEACE accompanied by some self respect. Value it, place it in a jewellery box inside your heart and keep adding to it every chance you get.

It is so worth the effort..... **You** are so worth the effort.

NOTICES:

SUPPORT YOUR CHURCH Feel free to come and help set up, clear up, (many hands make light work) bring a friend, bring a plate of something, flowers from your garden, host a service, whatever makes you feel good - all contributions appreciated.

HAPPY BIRTHDAY: Best Wishes & Many Happy Returns to all our friends who are celebrating birthdays in July & August. We hope that the year ahead will be as good as a better one...

HOW TO FIND INNER PEACE

I'm passing this on because it worked for me today.

A doctor on TV said that to achieve inner peace we should finish things we started and we would all have more calm in our lives.

I looked around my house to find things I'd started and hadn't finished.

So I finished off a bottle of Merlot, a bottle of Chardonnay, a bottle of Bailey's, a bottle of wum, the remainder of Valium scriptins, an, an a boss a chocletz.

Yu haf no idr how fablus I feel rite now.

Sned this to all who need inner piss. An telum u luvum

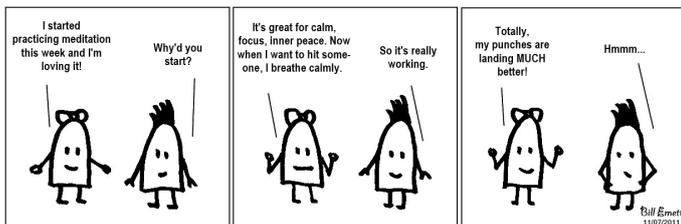
Inner Peace: This is so true

If you can start the day without caffeine,
If you can always be cheerful, ignoring aches and pains,
If you can resist complaining and boring people with your troubles,
If you can eat the same food every day and be grateful for it,
If you can understand when your loved ones are too busy to give you any time,
If you can take criticism and blame without resentment ,
If you can conquer tension without medical help,
If you can relax without liquor,
If you can sleep without the aid of drugs,

...Then You Are Probably The Family Dog!



And you thought I was going to get all spiritual.



Subject: Nineteen Things That Took Me Fifty Years to Learn by Dave Barry, Nationally Syndicated Columnist

1. Never under any circumstances take a sleeping pill and a laxative on the same night.
2. If you had to identify, in one word, the reason why the human race has not achieved, and never will achieve, its full potential, that word would be "meetings."
3. There is a very fine line between "hobby" and "mental illness."
4. People who want to share their religious views with you almost never want you to share yours with them.
5. And when God, who created the entire universe with all of its glories, decides to deliver a message to humanity, He WILL NOT use, as His messenger, a person on cable TV with a bad hairstyle...
6. You should not confuse your career with your life.

7. No matter what happens, somebody will find a way to take it too seriously.
8. When trouble arises and things look bad, there is always one individual who perceives a solution and is willing to take command...Very often, that individual is crazy.
9. Nobody cares if you can't dance well. Just get up and dance.
10. Never lick a steak knife.
11. Take out the fortune before you eat the cookie.
12. The most powerful force in the universe is gossip.
13. You will never find anybody giving a clear and compelling reason why we observe daylight savings time.
14. You should never say anything to a woman that even remotely suggests that you think she's pregnant unless you can see an actual baby emerging from her at that moment.
15. There comes a time when you should stop expecting other people to make a big deal about your birthday. That time is age eleven.
16. The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we ALL believe that we are above average drivers.
17. The main accomplishment of almost all organized protests is to annoy people who are not in them.
18. A person who is nice to you, but rude to the waiter, is not a nice person.
19. Your friends love you anyway.



The Burden of Spiritual Significance

The Burden of Spiritual Significance, like the Messiah Complex, is a trap we advise you not to get caught in. The problem with Spiritual Significance is that it is a by-product of spiritual ambition and, as such, it would best be your spiritual ambition to avoid.

Acts of spiritual ambition are, by their nature, devoid of Spirit. They will only result in separating you from Spirit and, therefore, the mission. This is not to say that we don't expect you to do anything of any spiritual consequence while you are visiting this planet. We do expect you to have a spiritual impact here, otherwise we would not have sent you in. However, becoming entangled in the "importance" of your acts will lead you into an identity that is less than who you are.

You are here with one primary directive: to embody the Spirit you serve. If you allow yourself to become sidetracked by your "spiritual significance" and lose yourself in the "grandeur" of who you are you will simultaneously lose track of your real significance and fall short of this mission's goal. Remember that you are here to become a living expression of Spirit. Nothing you will do or say is an acceptable substitution for becoming who you truly are
Extracted from E.T.101 The Cosmic Instruction Manual For Planetary Evolution by Mission Control & Zoev Jho

THOUGHT FOR THE DAY

Just for today:

**Do not worry,
Do not anger
With thankfulness, work diligently
Be kind to others**

"The Symptoms of Inner Peace" is an inspiration that came to nurse and spiritual teacher, Saskia Davis. I was astonished and delighted to discover recently that she published it in March of 1984. There must have been quite a vortex of good energy that year because it's the same month and year I felt called to explore, learn, and teach about humour and laughter as therapeutic allies.

Soon after that calling, I found Davis' list. It became a useful set of guideposts for my spiritual and psychological growth through, as she puts it, *"the discipline is to live the choices listed there."* Many of my psychotherapy patients found this list helpful as a way to estimate where they were on their personal path to well-being.

If you are on the path of having more humour, laughter and well-being in your life, you might like it, too.

[According to Saskia Davis' website, what is presented below is the original arrangement of the text.]

THE SYMPTOMS OF INNER PEACE

Be on the lookout for symptoms of inner peace. The hearts of a great many already have been exposed; and it is possible that people, everywhere, could come down with it in epidemic proportions. This could pose a serious threat to what, up to now, has been a fairly stable condition of conflict in the world.

Signs & Symptoms of Inner Peace

A tendency to think and act spontaneously rather than on fears based on past experiences

An unmistakable ability to enjoy each moment.

A loss of interest in judging other people.

A loss of interest in judging self.

A loss of interest in interpreting the actions of others.

A loss of interest in conflict.

A loss of ability to worry.

Frequent, overwhelming episodes of appreciation.

Contented feelings of connectedness with others & nature.

Frequent attacks of smiling.

An increasing tendency to let things happen rather than make them happen.

An increased susceptibility to love extended by others and the uncontrollable urge to extend it.

WARNING

If you have some or all of the above symptoms, be advised that your condition of inner peace may be too far advanced to be curable. If you are exposed to anyone exhibiting any of these symptoms, remain exposed only at your own risk. © 1984