

This month, we remember ...

- In loving memory of Vera McDonald, friend and mentor to Rev. James Kinnear, passed to spirit April 22nd 2003.

Healing @ SSB

Healing is available, by appointment, on the second and fourth Monday of each month. Appointments are available between 6.30 pm & 8.30 pm

April Dates:

11th April
25th April

May Dates:

9th May
23rd May

For an appointment, contact MaryAnn Leonard: 905 332 9934

Who's On ...

April 2011

3rd TC Kendall, Sheila Black,
Cheryl Bassett
10th Rev. Vera Molinaro
17th Peter Hatcher
24th Rev. James Kinnear

May 2011

1st Dennis Cooper
8th Karen Willis
15th Victor Abbott
22nd Jana Hefferman
29th Karen Willis

Upcoming Events

May 2011

SSB presents
An Evening of Mediumship
with Karen Willis

Wed. May 11th ~ 7:00p.m.
\$15/person

&

Wed. May 25th ~ 7:00p.m.
\$15/person

To purchase tickets please see TC Kendall, or send an email to ssbtickets@hotmail.ca with your name, phone number and preferred date.

The Message

Issue: 2.5 Apr. 2011

International Mediums Series

When we first introduced the concept of the International Mediums Series (IMS), we never envisaged that it would be such a resounding success. Each event or guest has been welcomed, embraced and shown a level of support that underlines the community spirit that makes SSB so special.

The momentum IMS has created shows no signs of abating because our latest workshop events are fully booked ... two months before they are scheduled to start.

This success not only demonstrates the popularity of the IMS workers, such as Karen Willis, but also demonstrates the individual commitment each of you have to developing your awareness and understanding of Spirit. No matter how effective the teacher, if the students are not ready, nothing can be learned.

We would like to thank you all for your continued support of SSB and we are privileged to share in your journey of development.

Good to Life

When we are dead, and people weep for us and grieve, let it be because we touched their lives with beauty and simplicity. Let it not be said that life was good to us, but, rather, that we were good to life.

Jacob P. Rudin



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Spiritualist Society of Burlington

What's in a Workshop?

A spiritual development workshop is essentially the same as any other form of training ... you only get out of it what you put in to it. Mediumship cannot be bestowed upon someone by their attending a workshop or seminar. Mediumship is the result of our internal growth through opening ourselves up, connecting with our higher selves and expanding our awareness.

What spiritual workshops do is to teach us the techniques and approaches to help us achieve that growth so that we become more aware of what is happening around us. What makes measuring the results of workshops difficult is that sometimes the benefits may not be realized until some time after the workshop has finished.

In order to get the most out of a spiritual workshop, here are 3 simple tips:

1. Manage Expectations

Managing expectations may seem like common sense, but this is probably the biggest cause of workshop dissatisfaction ... setting ourselves unrealistic objectives that we simply cannot achieve, resulting in frustration or disappointment.

What we should do is familiarize ourselves with the workshop content and carefully evaluate what we want to get from it in a way that we can easily understand and measure. For instance, if the workshop included learning to create a sacred space, then we could determine to understand what that was, what it felt like and the process of achieving it. If it's something that was new to us, we could make sure we understood the process so that we could practice in our own time. It would be unrealistic to expect to achieve major breakthroughs after a short time of practice, that's not to say it's impossible, it's just unlikely.

2. Step Outside Our Comfort Zone

Stepping outside our comfort zone is one of the hardest things we can do. We instinctively stay within the limits of our understanding, avoiding areas that are new or that seem daunting. The problem with this is that it can often prevent us from challenging ourselves, so we have to make a conscious effort to try things that we may have avoided in the past.

Spiritual workshops almost always give us the opportunity to do things we haven't done before. We should make the most of those opportunities and do what is asked of us, no matter how awkward we

feel or alien it is to the usual way we do things. It's when we step onto new ground that our growth really begins. However, if the thought of embarrassment still haunts us, we can always take comfort in the adage: What happens in the workshop stays in the workshop.

3. Enjoy the Experience

If we set out to enjoy the experience, then everything we encounter during the workshop will be that much easier to understand and take part in. Being apprehensive effectively raises mental/emotional barriers that causes us to resist anything does not immediately fall within our comfort zone.

Regardless of how we feel, everyone on the workshop is in the same position as we are; it's just our discomfort that makes us feel less able to participate. All we have to do is allow ourselves to accept the new ideas and approaches, even though they may be very different to what we are used to.

What underpins these tips is patience. Our spiritual growth is not part of a race and cannot be compared with anyone else's, we are all different and we all develop at different rates. Although it maybe human nature to compare and assess our performance to others, it can be counterproductive and distract our attention away from the original purpose for attending the workshop ... personal growth.

We should make the most of the time and opportunities we have in the workshop and remember that there are no quick fixes or short cuts in our growth.

Food for Thought ...

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

Albert Einstein

"The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly."

Buddha