

## This month, we remember ...

- Case Reijntjes, loving father of MaryAnn Leonard who passed on May 4th, 1999 and also remembering his birthday on May 13th, 1927.
- In loving memory of Jack Pettitt who passed on May 13, 1996 and Ann Pettitt who passed on May 20, 2008. Beloved parents of Shirley Paterson

## Healing @ SSB

Healing is available, by appointment, on the second and fourth Monday of each month between 6.30pm & 8.30pm. Contact MaryAnn Leonard: 905 332 9934

### May Dates:

9<sup>th</sup> May  
23<sup>rd</sup> May

### June Dates:

13<sup>th</sup> June  
27<sup>th</sup> June

## Who's On ...

### May 2011

3<sup>rd</sup> Dennis Cooper  
10<sup>th</sup> Karen Willis  
17<sup>th</sup> Victor Abbott  
24<sup>th</sup> Jana Hefferman  
29<sup>th</sup> Karen Willis

### June 2011

5<sup>th</sup> David Jones  
12<sup>th</sup> Rev. Doug Eyre  
19<sup>th</sup> Rev. Patti Tomczyk  
26<sup>th</sup> Addariah Susan Waugh

## Upcoming Events

### May 2011

#### *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](mailto:ssbtickets@hotmail.ca) with your name, phone # and preferred date.

Private sessions are also available with Karen during May. Call (905)639-0956

# The Message

Issue: 2.6 May 2011

## Toilers from the Sea

I am standing upon that foreshore. A ship at my side spreads her white sails to the morning breeze and starts for the blue ocean. She is an object of beauty and strength and I stand and watch her until at length she hangs like a speck of white cloud just where the sea and sky come down to mingle with each other. Then someone at my side says, "There! She's gone!" "Gone where?" "Gone from my sight, that's all". She is just as large in mast and spar and hull as ever she was when she left my side; just as able to bear her load of living freight to the place of her destination. Her diminished size is in me, not in her. And just as that moment when someone at my side says, "There! She's gone!" there are other eyes watching her coming and other voices ready to take up the glad shout, "Here she comes!" And that is dying.

Victor Hugo

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*"Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behaviors. Keep your behaviors positive because your behaviors become your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny."*

Gandhi



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**Spiritualist Society of Burlington**

## Guidance

The word “guidance” really means Revelation. In seeking guidance, what we are actually seeking is to have truths revealed to us ... whether that’s something in our future; something in our past or a connection with a passed loved one.

All truths are revealed within us, and it’s the revealing of these truths that creates our guidance.

When we connect with our truth, there is a knowingness that transcends words ... this is the feeling we get when we receive guidance. We often mistake the guidance as coming from outside of us ... but it doesn’t, it comes from within. This is a very important point.

Whether the event that stimulates that reaction is a sign or advice from someone else ... it’s we who unconsciously decide whether or not that it is relevant to us.

We can all read the same book or hear the same address, but it is up to us to determine whether the information we’ve received will reveal anything to us or will guide us toward our truth. We may rely on one or two others to give us input, but the truth of the matter is that the guidance is revealed within ourselves; everyone else is simply offering opinions.

This is why personal responsibility is so important. We have to recognize that it’s we who create our own guidance, we who realize our own truths.

Each of our truths is different. This is because truth comes from understanding and we are all at different stages of development, so we each see the world in a slightly different way.

What happens when we start to seek our truths is that we become more aware of everything in our lives, and everything seems to take on a special or significant meaning.

All we have to do is beware of what’s going on around us and don’t be afraid to look inside ourselves, because this is where our truth lies.

This is where we remember who we are and where our true guidance is.

In the Sufi religion of India, there is a story about creation. In it, the spirits that were creating the world were pondering where to put God so that man would have a meaningful search to open himself to greater realizations. They reasoned that if they put God at the bottom of the Ocean, Man would dive there. If they place God on a mountaintop, Man would climb there. But if they put God inside man, he will never look there!

This is the secret that has been hidden in plain sight since the dawn of creation. To search for God or the guidance that He provides there is no need for us to climb mountains or immerse ourselves in ritual or isolation; it is with us right now ... openly hidden within us.

All we need is the will to look for the guidance. Rather than taking long arduous treks to far off lands, all we have to do is to learn how to trust what our bodies are telling us, observe and discern the signs and synchronicities that are present around us, trust our intuition and be aware of our dreams.

This is not something that only happens to a chosen few, we can all achieve it, all we have to do is start to take notice and look within ourselves.

In their book *The Soul’s Compass*, Borysenko and Dveirin say: The quality of your longing to know will bring more guidance.

Seek and you shall find.

Knock and the door will be opened.

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## Food for Thought ...

*“Things don’t change, only the way you look at them.”*

Carlos Castaneda