

This month, we remember ...

- Phyllis Hatcher, loving mother of Peter Hatcher, who passed to spirit 6 years ago this month.
- Dulcie Hawksworth, loving mother of Lorraine Jordan, who passed away on October 4th, 2009.
- Edwin Kendall, born October 2, 1912, passed into spirit in 1988 ~ father of Norma Pettit, "Grandeddie" to Val Potter & TC Kendall

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

For an appointment, contact MaryAnn Leonard : 905 332 9934

October Date:

24th October

November Dates:

14th November

21st November

Who's On ...

October 2011

- 2nd Victor Abbott
9th Rev. James Kinnear
16th Peter Hatcher
23rd Rev.s Sharon & John Golsby
30th Alan Steed

November 2011

- 6th David Jones
13th TC Kendall & Rev. James Kinnear
20th Rev. Patti Tomczyk
27rd Debra Falco & Diane Murray

Upcoming Events

- **Tempt Your Taste Buds Sale – Sunday October 9th** before and after the divine service.
- **Spiritualist Church of Canada Annual General Meeting & Events Day – October 22nd.** SSB is hosting this year's event at the Appleby United Church 4407 Spruce Ave., Burlington. There are workshops, a pot-luck dinner and an evening of mediumship. SCC membership is not required. Tickets: \$60 for the whole day and evening of mediumship or \$10 for just the evening of mediumship. Pre-register at: info@spiritualistchurchofcanada.com.

The Message

Issue: 2.11 October 2011

A New Beginning

We all live together, and those of us who love and know, live so most. We help each other – even unconsciously, each in our own effort, we lighten the effort of others, we contribute to the sum of success, make it possible for others to live.

Sorrow comes in great waves – no one can know that better than you – but it rolls over us, and though it may almost smother us it leaves us on the spot, and we know that if it is strong we are stronger, inasmuch as it passes and we remain. It wears us, uses us, but we wear it and use it in return; and it is blind, whereas we after a manner see.

Henry James

"The love that you withhold is the pain that you carry."

Ralph Waldo Emerson



Spiritualist Society of Burlington
Roseland Plaza, 3027 New Street, Burlington, ON
spiritualist@cogeco.ca

Spiritualist Society of Burlington

What does being spiritual mean?

Many people hold a belief that just because they go to church every day and pray regularly, they have become spiritual. Following a religion and performing prayers, is one of the ways to connect with oneself, but on its own, being religious does not make one a spiritual person. A spiritual person can be religious but that a religious person may not necessarily be spiritual.

Some people feel, in order to be considered a spiritual person, they should give up their family life, their possessions and everything they hold dear and go to some faraway mountain and pray. This again is a misconception. To be spiritual does not mean that we cut ourselves off from everything. On the contrary, spiritualism actually makes us understand how we are part of this whole universe and that each one of us has its own place in it. Spiritualism tells us that all our actions and thoughts, whether positive or negative, ultimately affect us and everybody else around us because we are all, after all, an interconnected whole!

To put it simply, being spiritual means to be kind and caring for ourselves, the living beings we know and also for the living being we do not know. Our kindness should not only be reflected through our actions, but through our words and thoughts as well.

So, what does spiritual mean? It means to integrate love, truthfulness, positive thinking, peace, kindness and happiness within ourselves. It means to realize that everybody - all humans, animals, insects, plants and all other living beings are connected to one another. So, if any harm is done, or wished upon on any of these, the others are bound to be affected. That's why, in order to be spiritual, a person needs to be helping, caring and considerate of others and thus, choose their actions, words and thoughts consciously.

After understanding what does spiritual mean, one thing we must realize is that spirituality is not something which will come to us in a flash. No amount of praying or joining any religious group or meditation is going to make us spiritual. Spirituality is something that we choose to be, by being helpful, caring and kind to others. The day we feel that we wish happiness and success to even those whom we once considered your enemies, the day we feel that we have forgiven those who hurt us once, the day we have only kind and good thoughts, that's when we will be considered spiritual in the true sense.

A Poem

This month we would like to share a poem written by a young, talented member of our congregation ... Mia Presta.

You just know
Never left behind
Never alone
Watch for the signs
They will be your own
A tickle on your arm
A flutter in your hair
A song that comes on
A smell in the air

If you were to leave
Would you not return?
To embrace those that grieve
For it would be your turn

Trust in what you're seeing
Believe it to be true
For we all continue being
Those you love are with you.

Food for Thought ...

"It is as impossible for man to demonstrate the existence of God as it would be for even Sherlock Holmes to demonstrate the existence of Arthur Conan Doyle."

Frederick Buechner American writer and theologian