

This month, we remember ...

- All those who have given their lives in the name of peace, that we may enjoy the freedom we know today.

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.

November Dates:

14th November
28th November

December Date:

12th December

To book an appointment, contact MaryAnn Leonard: 905 332 9934

Who's On ...

November 2011

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

December 2011

4^h Addariah Susan Waugh
11th Kelly James
18th Peace on Earth Candlelight Service
25th NO SERVICE
28th Wednesday 7:00 PM service

Upcoming Events

- December 4th & 11th - *December Delights Bake Sale* - There will be a delectable selection of homemade delights available to purchase before and after the divine service.
- December 18th - *Peace on Earth Candlelight Service* - Come and join us for our annual celebration of love, light and peace on earth.

Please note that there will be NO divine service offered on Christmas Day or New Year's Day. In lieu of these two services, SSB will be hosting a service on Wed. Dec. 28th at 7:00 PM. Regular Sunday services will resume on January 8th, 2012.



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

The Message

Issue: 2.12 November 2011

Guardian Angel

I am flying high above you
The lone bird on its wing
I am the last fish in the ocean
But still a living thing
Do not think of Loneliness
Do not lose strength or hope or will
For I am all around you
I am with you still

Anonymous

"If you realized how powerful your thoughts are, you would never think a negative thought."

Pearce Pilgrim

Spiritualist Society of Burlington

Free Will

Can it really be true that when we are faced with a decision, we are totally free to choose any option we want?

When we get involved in Spiritualism, we learn that Spirit is there helping and guiding us with an unseen hand.

If this is the case, are the decisions we make just an illusion, with the real power residing in the spirit world with us being the pawns or puppets blindly heading toward our predefined destinies?

When we talk about free will what we are describing is our ability to choose any option that suits our desire at that point in time.

In actual fact, free will is not really about choices, it's about having the freedom to think: the freedom to ask questions of our situations ... and ourselves.

The more questions we ask, the more we will understand, the more we understand, the more we will know and the more we know the more choices we will have.

We have to get out of the habit of thinking of ourselves as isolated islands of thought and feelings, randomly bumping along life's pathway.

We are facets of our souls experiencing the illusion of separation so that we can better understand ourselves. This is what free will is really all about.

It's about our being able to develop understanding from asking questions. The questions don't have to be deep and meaningful, they can be simple, day-to-day questions ... or just looking at things from a different perspective.

Taking a different perspective increases our awareness. When we see something we never saw before, we are opening ourselves up to the possibilities that surround us, we are exercising our free will.

Our souls know us better than we know ourselves and fully understand how we make our decisions. They simply offer a different perspective of our situation and leave it to us to make the final decision.

We never have to give-up control of our lives. It is we who decide what we do, and when we do it. Even the so-called negative situations we face, at some level, we have agreed to have those experiences.

Free will isn't about choices; it's about questions. It's about allowing the love that comes with the guidance we get to flow through us and touch our hearts.

We are not controlled or manipulated. Nothing can force us to do anything ... sometimes we may not feel we have a choice, but that could be just a matter of perspective or awareness.

We have all the tools we need to help us navigate this life. When we talk about free will, there's often an implication that the choices can be "right" or "wrong", but the truth is it makes no difference. Whatever choice we make is always right for us at that time, it always increases our awareness.

Consciousness or spirit is always driving us forward and whether we are aware of it or not, we are always exercising our free will. We are each of us slowly becoming aware of our interconnectedness and who we truly are ... this may not come as a flash of light or a conscious awareness. It may be as simple as a deep sense of peace or contentment.

This is being who we are, and it radiates out from us to everyone we meet

This is how it works. As each of us achieves that inner peace, so others will be influenced too ... as the studies have shown, then we really will be able to change the world around us.

Food for Thought ...

"As long as you have certain desires about how it ought to be you can't see how it is."