

CHURCH MINISTERS & DIRECTORY OF MEDIUMS
 Rev. Ella Groves, Rev. Jane Fleming, Rev. Lillian Illescas
 Rev. William Pelech, Donna Kiss, Louise Gebhart,
 Vreny Zumbuhl, Yvonne Kallinki, Jade Soetaert
 Private Readings – Call 403-283-1102



Calgary First Spiritualist Church

Ethical Mediumship Spiritual Growth and Healing

MAY 2019 NEWSLETTER

WEEKLY CHURCH SERVICES

SUNDAY 7:30 pm SUNDAY EVENING SERVICE

- | | | |
|--------|---|---|
| May 5 | Speaker: Wanda Buchleitner-Garstad | Topic: <i>Finding a Balance in an Unbalanced World</i> |
| | Topic: <i>Finding a Balance in an Unbalanced World</i> | Medium: Yvonne Kallinki |
| May 12 | Speaker: Scott McGurrin | Topic: <i>A Mother's Day Theme</i> |
| | Topic: <i>A Mother's Day Theme</i> | Medium: Louise Gebhart |
| May 19 | All Message Service | |
| | Mediums: Donna Kiss & Vreny Zumbuhl | |
| May 26 | Speaker: Dr. David Jones | Topic: <i>The Unerring Ally of Truth and Love – Discrimination</i> |
| | Topic: <i>The Unerring Ally of Truth and Love – Discrimination</i> | Medium: Rev. Jane Fleming |

WEDNESDAY 6:30 – 7:15 pm HEALING SERVICE

Enjoy an opportunity to receive Spiritual Healing with the church healers.

WEDNESDAY 7:30 pm ALL MESSAGE SERVICE

- | | | |
|--------|---|--|
| May 1 | Mediums: Vreny Zumbuhl & Corrine Dawn | |
| May 8 | Mediums: Rev. William Pelech & Sarah Newman | |
| May 15 | Medium: Claudia Remy | |
| May 22 | Mediums: Donna Kiss, Jade Soetaert & Andy Hall | |
| May 29 | Mediums: Yvonne Kallinki, Jen Beatson-King & Wanda Buchleitner-Garstad | |

NOTE: Due to personal circumstances, program arrangements may be subject to change.

Address: 1603 – 6 Ave. NW, Calgary, AB T2N 0W1 **Phone:** (403) 283-1102

Email: info@calgaryfirstspiritualistchurch.ca

Website: www.calgaryfirstspiritualistchurch.ca

Membership has its benefits! Visit our website for more information.

NINE STEPS TO CLEARING THE ENERGY DRAIN

What is *clearing* and what does clearing have to do with *the energy drain*? Clearing focuses on feelings that rise from within ourselves. The energy drain is not allowing or holding on to restrictive/heavy feelings. In our culture we are programmed to repress emotions that can create toxicity in our inner environment.

One of the benefits of *clearing* is that it allows us to maintain and replenish our energy levels. What if the energy drain is actually an accumulation of *energy leaks* that happen throughout the day or week or month, and simply happen because we are in a human body or we are having a human experience? Many of us have been programmed to run on empty for long periods of time. Right?

Clearing allows us to repair the energy leaks as they happen. We do this with ease without strain, fear or expectation. Don't let the simplicity of the practice fool you, for even breathing can be seen and described as a simple action, yet the body cannot live without breath.

The 9 Steps for Clearing the Energy Drain are as follows:

1. FEEL the Feeling

As it is happening in your body, notice any heaviness or resistance caused by current feelings.

2. Name it

Google synonyms for feeling words you already use. Go ahead and expand your feeling vocabulary.

3. Locate the feeling in your body

4. Inhale though your nose

5. Wrap the breath around the feeling

Of course you can use color for the breath!

6. Exhale the feeling (wrapped in breath) through the soles of your feet into Mother Earth

7. Saying: I release/allow this feeling of (name of feeling) into the Earth, with gratitude

8. Thank yourself

“(Say your name), thank-you for choosing lightness within.”

9. Nourish/Nurture in the feeling of lightness in the body

Thank you for choosing this journey, moment, being, practice, expression of life, or movement. May we remember in tenderness and may the Mantra of the Practice support us: “Start, Do and Finish in Gratitude”. Thank you. Thank you. Thank you. FEEL THE LIGHTNESS WITHIN.

–article submitted by Hatria Lopez Villaseca

THE SHIP OF STATE SAILS ON!

Although the church AGM had to be postponed from March 10 to March 31, a quorum was finally reached and a new Board elected. Staying on the Board are Rev. Ella Groves, Andy Hall, Sarah Newman and Rev. William Pelech. In addition, Yvonne Kallinki and Sally Wierzba have newly joined. Although it is a smaller Board, new members can be added at the discretion of the current board members.

Thank you goes to those who previously served: Barbara Anderson, Heather Fjeld, Marlene Harris, Rev. Jane & Wayne Fleming, and Jade Soetaert. Each of these members worked hard in order to make the running of a church seem easy, and they will continue to contribute in other ways.

We are very grateful for all the expertise that helps THE SHIP OF STATE SAIL ON! May God and Spirit continue to bless us!

ONGOING GROUP MEETINGS

- MONDAY 7:30 PM** **A.S.H.A. HEALING (Association of Spiritual Healers of Alberta)**
 – Healing Service for Everyone with the ASHA Healers
 – Open every Monday except May 19 (Victoria Day)
- TUESDAY 7:00 PM** **A COURSE IN MIRACLES**
 – Facilitator: Ben Cheong
 – Drop-in Discussion Group
 – Donations Appreciated
- WEDNESDAY 2:30 pm** **AFTERNOON HEALING & GRIEF SUPPORT**
 – In recess until September
- FRIDAY 7:00 PM** **DROP-IN TRANCE DEVELOPMENT CIRCLE**
 – Facilitator: Andy Hall
 – Drop-In Circle to explore trance mediumship and meet your Guide
 – \$10 per session - held downstairs in circle room
- SATURDAY 9:45 AM** **ADVANCED ENERGY HEALING CLINICS**
 – May 11
 – Donations Appreciated

SPECIAL EVENTS FOR MAY

**ORIENTATION COURSE IN
MODERN SPIRITUALISM**
with *Rev. Ella Groves & Bobbi Pineau*

Saturday, May 4
10:00 am to 3:30 pm
There is NO COST for this course

SPIRIT PORTRAITS
with *Ryan Nordlund & Claudia Remy*

Saturday, May 11
7:00 to 8:30 pm
The cost is \$20 at the door

**SPRING TEA & MESSAGES
FROM SPIRIT**

Saturday, May 25
1:00 to 4:00 pm
The cost is \$30 at the door

ORIENTATION COURSE IN MODERN SPIRITUALISM

Spiritualism was developed by Victorian pioneers who were interested in accumulating scientific knowledge that could prove life after death. The Spiritualists also developed a philosophy that believes in the assistance and guidance from the Spirit World. In England, Spiritualists had to be become established as a religion so they could legitimately purchase or build churches.

Rev. Ella Groves and **Bobbi Pineau** invite those who wish to become full church members or anyone wishing to learn more about Spiritualism, to join them for a wonderful one-day ***Orientation Course in Modern Spiritualism*** to be held **Saturday, May 4** from **10 am to 3:30 pm**. Participants will gain a clear understanding of the history, science, philosophy and religion of Spiritualism. There is NO COST for the course. Please bring a lunch. Beverages will be provided. You may register by calling the church at 403-283-1102 or email info@calgaryfirstspiritalistchurch.ca.

SPIRIT PORTRAITS WITH RYAN & CLAUDIA

Spirit Portraits is an interesting event in which an artist and a medium work together to create a likeness of someone who has passed into the Spirit World. **Ryan Nordlund's** career as a spirit artist started while he was attending the Alberta College of Art and Design. He began experiencing instances of his hand being taken over by an unknown force and producing drawings. This set him on a spiritual journey into the world of channeled art, meditation and Spiritualism in order to understand and develop his abilities.

Assisting Ryan in the process of producing these wonderful likenesses is medium **Claudia Remy**. Claudia was aware of her spiritual gifts from a very young age. The search for understanding these special gifts led her on an exciting journey of mediumship development. She has studied with some of the most renowned international mediums from the England, Scotland and Wales. For many years, she has attended circles at the CFSC and does lively platform demonstrations of mediumship at church services.

You can watch Ryan make drawings as Claudia gives a description of the entity in Spirit. Ryan's drawing process will be projected onto a large screen for everyone to see. ***Spirit Portraits*** will be held on **May 11** from **7 to 8:30 pm**. The cost is \$20 at the door. At the end of the night, the portraits will be given to the lucky participants whose loved ones had their portraits drawn.

SPRING TEA & MESSAGES FROM SPIRIT

CFSC will hold its ***Annual Spring Tea with Messages from Spirit*** on **Saturday, May 25** from **1 to 4 pm**. Enjoy mini-readings with the church mediums, as well as delicious refreshments: fruit and veggie platters, desserts, tea/coffee or juice, and plenty of conversation with your friends. The cost is \$30 at the door. There will be a variety of sales tables available for browsing and finding delightful gift items. Bring your friends to help the church celebrate the arrival of spring.

HEADS UP FOR HEALERS

ASHA will hold its annual ***Spring Retreat*** on **Saturday, June 8** starting at **8:45 am** in Bragg Creek at the CountryWood Conference Center. All the **ASHA / CFSC healers** are invited, and can bring along a friend or church member. You will be served 3 excellent meals along with several outstanding presentations for the low cost of \$65. Payment can be made at the door.

Jack Heynen is a skilled facilitator who will take us through unique steps to re-balance ourselves as healers. Bette Wood and Sarah Stewart join forces to offer a vision board workshop titled *Creating Your Best Future*. We will walk a spiral labyrinth to lay the foundation of our vision board intensions. All supplies will be provided. Beverly Falkeid will take us through beautiful Spring Forest Chi Gong exercises to help us relax and deepen our connection to Source in a beautiful natural forest setting.

If you are a healer, please consider coming to this excellent retreat with like-minded people. You will find it nourishing for the Soul and Spirit. To register, please email contact.asha@shaw.ca. No pre-payment is required. Cash or cheques will be accepted at the door.