



Church of the Spirit August 2018 Newsletter

Does Spiritualism offer you more than you recognize or are willing to accept? We are offered a litany of things from Spirit; offered not given! We must decide what to do with it. It begins with a small, yet enormous four letter word. LOVE.

When we think of love we think of loving someone else but we should be thinking about loving ourselves first. We should first be making sure we are taken care of medically, financially and spiritually. We hear the word LOVE all the time. People say I love you, I love the Universe, I love everything. But if they love us and all these other things why are they struggling if they're filled with so much love? We see them struggle and have to wonder, how can you love me, or anything or anyone, if you're struggling with life?

If you love yourself first and are aware of the negativity and have no fear, love can transcend all the negativity. Forgiveness comes from love; love of yourself. Forgiveness may not benefit the one(s) you are forgiving, but is immense for you! It seems to some that if you say that you love yourself it is considered arrogant, you are not humble enough or are even selfish or too self-absorbed. If you have a gift, share it. If someone recognizes your gift or talent and compliments you don't dismiss it by saying, oh, it was nothing. Don't deny it, embrace it, thank them, and know it's your talent and acknowledge it. Be grateful, respect yourself, love it and yourself.

Our society should be built on "love yourself first". Included in that is also respect. Respect of ourselves, within love, and respect of others. Spiritualism gives us the strength to get us through the manure that piles up. Spiritualism teaches us how to reach back and tap into that strength. Stay positive, sit in quiet, meditate and ask for that knowing power. Have faith. But faith includes doubt. When you KNOW there is no doubt. Do you love yourself enough to back it up with knowing?

When we come to church and sit with Spirit we have that strength but you have to propel it into yourself when you are not here. We receive our messages here but it's up to us to do something with it. Spirit is here to help us always, but we are the moving force. We are the strength. There is no man there that is judging us. We are our own judge and jury. If we make a mistake, own it, acknowledge it, address it and KNOW that we will do better next time and move on. Let it go. Don't dwell on it. Don't let fear take over.

What is your LOVE response to any negative situation? Be aware, and to the best of your ability go there. If you make a mistake, own it and take personal responsibility but then let it go. Don't beat yourself up about it. When you're sick or in pain what do you do with that pain? Tap into your strength and your health, sit back, be quiet and KNOW that you are prepared, you're in charge. The doctors are there to support you, you don't support them. You are in charge.

When you lose a loved one, especially a child, how easy it would be to be angry or unforgiving. You may lash out and actually be angry at the Universe for allowing this to happen and angry that the world keeps going along as if nothing happened. Of course you love them. Of course you are devastated but that is no excuse to not bring love into your response. You must know it's all in Divine order. When you fall short, forgive yourself first and know that you'll do better next time. That's the letting go part. Having faith means you believe without evidence but there's still a hold back, a doubt. Knowing is knowing beyond faith, beyond a shadow of a doubt. It's knowing strength.

Many things we see in life call for compassion. For instance, homelessness is a huge and growing problem in our city and across this country. There are some things we can do something about. We can give a dollar here or there but there's an awful lot of people that need help and most of us don't have that kind of money. It can become a burden to know what to do, who to help, how to help. We can't solve the problem until we decide collectively to see it, see what's causing it or

feeding it and to summon the will to not allow it to continue. A dollar here or there isn't going to help much but compassion is the deeper meaning. Are you coming from a place of compassion? It's not just giving but it's loving. Is there compassion when you give or are you just trying to buy your way into heaven? Compassion and love are evidenced by showing others how to help themselves by showing that love from within you. We have not hit that yet as a country. Compassion is seeing, hearing and loving. It is all based on love. LOVE ourselves first and pass it along.

Hope is expecting and trusting that something good will happen. Without hope it is not possible or likely. Hope is essential for joy. Hoping so equals knowing so. Hope is the knowledge of the facts. Not wishful thinking, that's undependable and has no power. Worrying is praying for what you don't want. And that fear will eat you up and immobilize you. We can learn our lessons and move on or we can repeat them. Show that you've learned from your lesson.

There is so much hate in the world. It's always been there but is much more prevalent now. It can be overwhelming and discouraging. But if we face it, look it in the eye with love we can change it. If we come from a place of strength, compassion, love and knowing we show that love is bigger than hate and we can spread that love around. Pass it on to everyone we meet. If we come from that place of strength and love we can conquer hate. Our country should be built on love, but we are all individually and collectively responsible for changing that and making sure we keep it up. Stay vigilant.

Of course, it takes energy to work on your own self-love and loving others also; to transmit that love to others and in situations you are faced with daily. That is depleting. You must re-energize yourself. YES, we have renewable energy built into who and what we are! We are energy. We can renew it! We must renew it or exhaust ourselves. How do we do that? As Spiritualists we know the answer; sit in silence, go within, connect, listen, hear and act accordingly.

Much Love and Many Blessings,
Rev. Marrice

