



InSpirit

Newsletter of the *National Spiritual Science Center*

JANUARY, 2003

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An Oasis of *Spirit* in the Nations Capital

A LOOK AHEAD: ASTROLOGICAL INFLUENCES FOR 2003

Rev. George Quillet

The shift of planetary energies that take place in 2003 - the planet URANUS into the constellation of PISCES, planet SATURN into the constellation of CANCER, and finally JUPITER into VIRGO - reaffirms the fact that we live in a benevolent UNIVERSE. In each of these cases, we have a major planetary influence moving away from cool, masculine energy into a place of healing, feminine energy.

The changes to feminine constellations or signs set us upon an inward, more intuitive path, denoting a powerful shift from our previous universal obsession with events and allowing us to focus instead on their symptoms and results. As 2003 progresses we will become far more interested in WHY things happen than in the fact THAT they happen.

2003 is a year when Earth and Water signs are heavily accentuated, or highlighted, by the planetary changes that occur early in March and mid-season, June through August.

Fire and Air signs may experience more of the influences from the planetary shifts than Earth and Water signs. Certain challenges may arise for Aries, Gemini, Leo, Libra, Sagittarius and Aquarius that are unlikely to affect Taurus, Cancer, Virgo, Scorpio, Capricorn, and Pisces.

Of course, individuals in all signs can happily benefit from the planetary energies affecting them by the way they choose to "channel," or allow themselves to react, to these planetary energies. We move through our

challenges more quickly and create better solutions when we keep as positive an outlook as possible.

The lesson from the move of the planet URANUS from Aquarius into the constellation of PISCES on March 11th, 2003, is that we will begin to embrace spirituality more than ever before! The eight year passage of URANUS through PISCES has the potential to remake our society in a far more caring and spiritually enlightened image than in the past.

SATURN moves from Gemini into CANCER on June 3rd. SATURN'S energies are best understood when there is a limit on expectations. CANCER provides a cautious, yet positive channel for the aims and restrictions of the *Old Man* (SATURN) of planetary influences. During the 14 months while Saturn transits Cancer a general sense of financial responsibility and conservatism will prevail.

JUPITER moves from Leo into VIRGO on August 27th. Nothing puts the brakes on planet JUPITER'S unbridled enthusiasm like careful, sensible VIRGO. This transit (movement) bodes well for the collective, as well as individual financial pictures, because personal savings and investments enter a healthier climate and governmental spending will be brisk yet controlled.

♈ ♉ ♊ ♋ ♌ ♍

2003 Individual Sign Forecasts
page 4.

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ENLIGHTENMENT

Rev. Helene A. Eney

Enlighten - to put light into, make luminous. To illuminate; to give light to.
- *The Oxford Universal Dictionary - 3rd ed., 1952*

Often more of our shortcomings seem to emerge in the process of striving toward spirituality. These pitfalls come from our ego, personality, persona, or individual self which rises from our base material nature or physical consciousness.

Too many times people have been led to believe that this "self" is not real or important. It is, in fact, very important in order to live on this earth plane. It is also important as a base or diving board upon which to spring into light. This self is not all there is, but must be included when thinking in terms of growing spiritually.

Enlightenment leads to knowledge AND the reverse. Knowledge, when correctly correlated becomes enlightenment. This knowledge can come from the finer reserves of our bodies and as it filters through all the levels, literally change the molecules and atoms of our physical body as well as the energy forms of our subtle bodies. Knowledge can also come from without through spiritual reading, meditation and service.

Enlightenment comes from within. From the still small voice and the light we generate within ourselves, whether it's housed in the heart, head, hands or any other part of the body. As we adapt ourselves to spiritual study, meditation, and service, this light expands within. (Continued on p. 2.)

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ENLIGHTENMENT

(Continued from page 1.)

It may start out as a 1/100th watt bulb but eventually, the more we apply ourselves the more it will grow until we are truly a service to others by the very fact that we are on this planet. As light grows within it begins to shine outward through our physical body into our aura and we are known by the light we carry or shed. As in pictures of Christ or Saints whose auras were encompassed with light, so our aura will radiate the same way but possibly not to the same degree. The more we apply ourselves the more we steadily expand this light. Our goal might be to walk into a room with everyone knowing us by the light we carry around us!

Training and education can help us to understand how we can develop this light, but we must do the work ourselves, every day in every way. It doesn't come by praying or pleading with the powers that be to "make us better." WE must make US better. We must do the work, pave the way,

shovel the dirt and push our way through the darkness of our material self and desires to give way to this light which wishes to encompass us.

The light will only expand when we give up the blockage of material desire, wishes, and personal material power. All these are of the material darkness and can only be washed away through our agreement to let them go and be replaced with something finer, purer and more subtle.

The more we release our own personal will, the more we realize we don't have to have the last word. We don't have to prove anything to others. We don't have to "get our own way" for there is no such thing. As we give up personal power, we accept things as they are. We accept others for what and who they are without trying to instruct them as to how much better we think we are.

Every time we discuss someone in a non productive way, any time we ridicule or talk about another in a detrimental way, we are expressing our own ego, which only feeds our personal feeling of power. We don't allow the agendas of others to affect us and when they do, we are so in our personal ego that we don't allow enlightenment to enter our physical being.

We learn that if something happens which we are not happy with, we either do something about it and let it go, or let it go emotionally and mentally. There is much we can change, but ridicule is not productive nor enlightening. Either we are productive or we are a hindrance, and there are too many hindrances in the world today. We don't need any more.

Enlightenment releases us from judgment of ourselves and others. It allows us to live one moment at a time in the ever present now, and allows us to be of benefit to others and not a detriment. When we are angry, or critical, confrontational, argumentative, contrary, nonproductive or just

plain negative in our emotions and minds we are not encouraging enlightenment. We are squashing the little light within. We are not allowing ourselves to flow but instead digging in our heels and standing our ground, basically daring someone to disagree with us.

We must learn to flow as does the tide. We don't find the ocean's waves arguing with each other, "I don't want to go that way, I want to go this way." "You can't make me go that way." "I'll show you who's boss!"

(Continued on page 4.)

NSSC School of Spiritual Science - 2002-03 Schedule

- Expand your capacity to build a world of peace, abundance, health, loving relationships, success and fulfillment!
- Learn to transform illusion and negativity into positive reality; control negative ego and find out who you really are, through meditation and awareness exercises which attract the intuition and creativity of the soul; Produce greater self healing and greater harmony in your life and environment.
- By applying the principles learned in class to your own experience, each year of study can produce greater self healing and greater harmony in your life and environment.

Call (202) 723-4510 for more information. Classes are held 6:30-9:30 pm, one evening a week for an 18-week semester.

Tuition: \$ 450 per Semester + Books [\$100 Non-refundable Registration fee]
Spring semester pre-requisite: successful completion of fall semester.

Holiday break: 12/23-1/6/03**Semester break: 1/27-31/03****2nd Semester begins - Tues. 2/4/03****Spring break: 4/14-18/03;****Graduation Day: Sun, 6/22/03****Register now for Fall, 2003**

Pennies from Heaven

Rev. Kathryn D. Gibson

Utilizing the principles we learn during the first two years at the NSSC School of Spiritual Science, and paying attention to how our lives are personally affected by the results, gives our students a basis for interchange other than one that is purely intellectual. Thus, we gain a more realistic understanding of the "same old theme" read and discussed throughout all four years at the school - that **energy follows thought, and attention to a subject attracts it to you.... therefore where you place your focus is very important.**

All of which boils down to a deeper understanding of how our thoughts (attention or focus), especially in areas into which we put a lot of emotion, actually do 'create' or 'attract' the reality in which we live.

Raise a person's level of thinking and their outlook is brighter, their body chemistry elevated. Perceptions are sharper and thoughts are clearer. Metaphysically we say that "like attracts like." Modern science acknowledges that negative thoughts attract more thoughts of worry, self doubt, low self-esteem, and possibly challenges with health, jobs, and personal relationships. A positive mind-set generates clarity of mind, and self-confidence, which in turn seem to attract better opportunities, new contacts and a brighter outlook on the financial, mental and physical well being we are seeking.

We know that our feelings are a barometer of the level and direction of our thoughts. The positive or not-so-positive direction in which we put our attention / focus / thoughts, heavily influences, and attracts similar situations and people into our lives. Thus, the content of our thinking combined with our emotional state activates what

metaphysics calls the "Law of Attraction." This attraction and how it works is the basic premise of the "Abraham Teachings" from the book, *A New Beginning, the Science of Deliberate Creation*. The concept is studied in depth during the second year at the School.

Not content to only read the information, we actively work through specific awareness exercises and discuss the results. Our students have the opportunity to combine their personal experiences with the philosophies expressed in our texts to prove to themselves that when consciously applied, the concepts they study do work.

An example of how to find and use a personal symbol to raise your vibrational level can be found literally at your feet: As you scurry from meeting to meeting, find yourself in the middle of an errand, or hurrying across a crowded parking lot, have you ever spotted a penny lying unobtrusively on the ground?

Did you pick it up, or pass it by with no thought at all about it's presence in your path? Perhaps you held it in disdain because of its small value.

A couple of years ago I came across an explanation that put "sidewalk change" in a different perspective for me - the idea that the solitary brown penny lying on the ground might be meant as a symbol and an affirmation of abundance for the person who not only sees it, but takes the time to reach down and pick it up. Perhaps hundreds of people passed that penny by before you or I came along. And they chose either to leave it on the pavement or were looking somewhere else and didn't see it at all!

Might this rust colored piece of change actually be a reminder for us of the abundance of the Universe? Yes! A reminder not to overlook the

riches in our lives which can be found right before our eyes, a reminder that small increments add up, (continued p.7.)

CLAY POTS

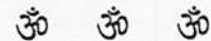
Ms. Margaret Schrader

If you only know God in the personal
You are like a half-baked pot
If you only know God in the impersonal
You are like a half-baked pot
Totality cannot be known or found...
one without the other
For together they are the yin/yang
of the Universe
Separate in their respective halves but
lacking the other which makes them
complete
Seeing God as Guru and Guru as God

Within the finite, the infinite
Within the infinite, the finite
Within the drop of water, the ocean
Within the ocean, the drop of water
Within the individual soul, the Cosmos
Within the Cosmos, the individual soul
Within the river of humanity
is but thy self
In thy self, the River of humanity
So see that the clay of thine own pot
is fully baked
to become the proper vessel for the
outpouring of the Lord.

- Journal Entry, 8/10/2000

[Ms. Schrader is local poet, and NSSC member, whose words of wisdom are always an inspiration.]



DEVELOPMENT CIRCLES

Rev. Zora P. Baker

Six (6) weekly sessions of guided meditations emphasizing connection with higher energies. The course uses guided meditation to help develop your intuition, visualization and concentration. Class discussions are encouraged.

Interested participants please contact Rev. Zora Baker at 703-742-3362, or at NSSC.

2003 FORECASTS FOR INDIVIDUAL SIGNS

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(Continued from page 1)

♈ **ARIES (fire):** 2003 is your year for gaining increased OBJECTIVITY. The lessons you have learned in the past have unleashed a deep view of psychical understanding and forgiveness.

♉ **TAURUS (earth):** 2003 is your year for gaining increased SENSITIVITY. This is a real change for you. Learning to embrace your personal shortcomings makes you a better person.

♊ **GEMINI (air):** 2003 is your year for gaining increased EXPERIENCE. A few months of fiscal common sense can provide you with a tidy sum to bankroll a pet project or idea.

♋ **CANCER (water):** 2003 is your year for gaining increased SERENITY. You don't always show it, but you are a worrier. At last you feel able to move forward and leave the stagnant areas of your life behind.

♌ **LEO (fire):** 2003 is your year for gaining increased WISDOM. This is soul-knowledge, the sort that only LIFE can teach.

♍ **VIRGO (earth):** 2003 is your year for gaining increased OPTIMISM, so go ahead and make it a good year.

♎ **LIBRA (air):** 2003 is your year for gaining increased RECOGNITION. Whatever talents you have been hiding beneath that iridescent shimmer of your personality have a chance to fully emerge now.

♏ **SCORPIO (water):** 2003 is your year for gaining increased CLARITY. This is one time when you could find your self swept up in a love affair that you never quite saw coming, or one that you can CONTROL!

♐ **SAGITTARIUS (fire):** 2003 is your year for gaining increased UNDERSTANDING. Events in your life that you thought had been put to rest will make reappearance and expect - no - demand to be handled, if not solved.

♑ **CAPRICORN (earth):** 2003 is your year for gaining increased CREATIVITY. It is time to move beyond your building-block concept of life and see things from a more diffuse point of view.

♒ **AQUARIUS (air):** 2003 is your year for gaining increased PERSPECTIVE. Expect a test of some sort that requires you to make a decision between two stressful alternatives. This is something that will prove to be positive in the long run.

♓ **PISCES (water):** 2003 is your year for gaining increased INDEPENDENCE. In order to be at your spiritual best, you must wean yourself emotionally from unfortunate choices. You have it in your power to be more together now than at any other point in your life.

[Rev. Quillet, an Aquarius, has been a student of astrology for many years. He teaches the semester on *Death and Dying* (SS102) in the first year at the School of Spiritual Science, leads New Moon observances, and is an active member of the NSSC Board of Directors. Rev. George is known for his can do attitude and willingness to tackle any task.]

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ANNUAL NSSC

MEMBERSHIPS / RENEWALS

New and renewed NSSC annual membership fees run from July 1st to June 30th. Membership confers voting privileges, and insures remaining on the *InSpirit* mailing list, as well as 10% discounts on workshops and Spiritual Supplement Shoppe items.

Rev. Cornelia Jones, Membership Chair, mails out I.D. cards, updates membership lists, and encourages member participation.

Tax deductible basic membership fees:

Individual	\$35
Family (2 adults & children under 18, exclusive of Minister's Fee)	\$50
NSSC Minister's Fee*	\$45
(*For NSSC Minister's only)	
NSSC Charter Renewals	\$50

Tithing and consistent monthly donations are important and help the Center accomplish it's goals.

WE MAKE A LIVING BY WHAT WE GET.
WE MAKE A LIFE BY WHAT WE GIVE.

~Winston Churchill~

ENLIGHTENMENT

(Continued from page 2.)

The only argument one hears is from humans. The waves and the fish automatically seem to know what to do and where to go. There is no argument. They flow with the tide. This is how we must learn to operate. To flow with the light within. Flow with that little voice inside. Not with our ego that tries to sneak up on us - but with that silent voice that tells us to "hang loose, relax, don't argue, just be."

The more we flow, the more the light within has an opportunity to grow into a flame which consumes all desire, personality, wishes, and ignorance; the more we learn to just be.

When discussing service we don't necessarily mean helping little old ladies across the street, although that too is service. We want to look at the bigger picture - the picture of adding to positive energy assisting the planet and its inhabitants to also grow into light.

We can do this through the technique of healing, by building the light within, and sending it forth to the individuals in charge of schools, governments prisons, churches, and even to ordinary people on the street and in their cars, in order to open their minds to knowledge instead of just facts. This can allow our personal wee small light-within to grow. In other words, to be come enlightened.

This is something we can do every moment of our lives when not absorbed by other creative action. It does not include worrying, belittling, or minding someone else's business, and is something that is necessary for the advancement of everything living on the earth plane.

Instead of grumbling about government, war, snipers, school raids, unhealthy food or all the other oddities of the modern world, we best help ourselves and others by focusing on the light within and encouraging it to grow. As it expands, direct that light to the cause of the concern. When doing this, we know we are aiding others with power to become (continued on p. 8)

PART II - ADDING SYMBOLS FOR AN ENHANCED HOME ALTAR

Rev. Zora P. Baker

Part I (InSpirit, August, 2002) described the setting up of a home altar as a way to attract harmony and balance to the dwelling place. Your home is the perfect place to honor all the ways you know Spirit, whether as God the Father, God the Mother, the Eternal Spirit, or as God-Goddess-All That Is.

It is a place for silent contemplation, a place where one can lay aside the business of the day and lift the heart and mind in celebration, gratitude or replenishment of spirit. The constant use of this sacred space enlivens and blesses the home atmosphere and its inhabitants.

THE SIMPLE ALTAR is plain: a bench, small table or a shelf in a bookcase, usually of wood or metal. One to three objects are placed upon it for devotional focus. Start with a hearth bowl with a small candle or votive to light inside which represents the divine spark within you and everyone who comes into your world of contact. It can represent the family acting together in harmony or it can represent a particular goal or vision in your life.

You may add an icon, which is a statue or picture representing your devotion to a higher power, saint, or deity, such as The Buddha, The Christ, Kuan Yin, or the Madonna and Child.

Incense adds another dimension and represents the ascending of prayers, hopes and wishes to the heavens. If you are sensitive to burning incense, just wave it briefly around the altar, make the sign of a circle, the cross, or another appropriate religious symbol, and snuff it out (in soil or sand).

Setting up the enhanced altar is an elaborate process and makes use of symbols and color to add stronger meaning and intent to the devotional focus. The "foundation" can be the

same bench or table you used for a simple altar or it can be more elaborate: a small chest of drawers, an antique table, an alcove built against a wall, a room set aside for this purpose or a closet space.

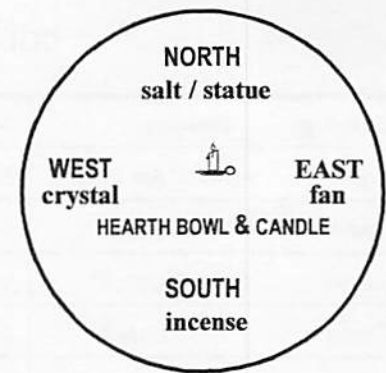
First, clean the foundation piece. Place an altar cloth upon it - a lace doily or silk cloth, woven tapestry, antique linen, or any piece of goods that has special meaning for you. Place a cleansed hearth bowl in the center and light it. In front of the hearth bowl, light your personal candle in the color of your sun sign or rising sign. (See charts on p. 4.) It is best to use beeswax candles because they burn slowly, use a purer material and do not drip a lot of tallow. If you cannot find the right color candle, use a white candle and tie a ribbon in the appropriate color around the candle just above the candle-holder.

THE ENHANCED ALTAR utilizes symbology in the form of color, natural materials, and symbols depicting the four directions (East, South, West, North), also called the elements of the quarters. These four elements form a magic circle, representing the rhythm of life, and spirit weaves throughout linking them together.

The circle represents wholeness and is the beginning of all healing. When you enhance your home altar with a symbol for each element, you are empowering your sacred space with healing power, with balance, harmony, and with intent to experience life.

You can lay your four symbols in a circle, the hearth bowl in the center. At the North (top) place a religious statue or salt; at the East (right), a fan or feather; at the South (bottom) a holder for incense; at the West (left) a crystal.

Light the hearth bowl and invite the Spirits of the North, South, East and West to bless your meditation with their essences. Light the incense from your hearth bowl and move it in a circle, pausing at each symbol.



ENHANCED ALTAR

Then sit and meditate for awhile, visualizing the blessing of the elements surrounding you and perfecting your "being" on every level and your every wish and prayer ascending to the heavens. You can also work with the keywords below. Collect the incense ash, place it in a box and use it to empower a favorite crystal or talisman.

ALTAR SYMBOLS

EAST - Air, wind. Tool: feather, wand, fan, Circle. Archangel: Raphael; Brings in illumination and truth. Essence represents the mental skill required to make the choices of decision and separation. Keywords: Beginnings; Healing

SOUTH - fire, flame. Tool: candle, incense, charcoal, triangle. Archangel: Michael; Brings vitality and experience. This essence represents the energy and skill to channel and direct the power. Keywords: Willpower; Purify

WEST - water, liquid. Tool: crystal, seashell, seaweed, fish, Oval. Archangel: Gabriel. Brings in transformation and understanding. This essence represents emotion, fertility, love and compassion. Keywords: nourishment; Loving Kindness.

NORTH - earth. Tool: soil, sand, salt, stone, Square. Archangel: Uriel; Brings in intention and opportunity. This essence represents the physical body, the mundane world, and the five senses. The Pentagram is an appropriate symbol. Keywords: Harvesting; Appreciation of Beauty.

[A ritualist and researcher, Rev. Zora officiates at Solstice and Equinox ceremonies, gives crystal & healing workshops, leads Spiritual Development Circles for the Center, and is an active member of the NSSC Board of Directors.]

COLORS FOR SUN SIGNS AND ASCENDANTS *

Birth Sign	Birthdate	Color	Virtue to Cultivate	Other Qualities
Aries	Mar 21-Apr 19	Red	Enthusiasm	Vitality, Individuality
Taurus	Apr 20-May 20	Yellow, Russet	Beauty	Imagination, Concentration
Gemini	May 21-June 21	Violet	Universality	Transmutation, Orderliness, Gentility
Cancer	June 22-July 22	Green	Leadership	Balance, Health, Liveliness
Leo	July 23-Aug 22	Orange, Gold	Love	Truth-speaking, Exuberance, Warmth
Virgo	Aug 23-Sept 22	Royal Blue	Purity	Devotion, Serenity, Contentment
Libra	Sept 23-Oct 22	Yellow	Reverence	Creativity, Confidence, Spontaneity
Scorpio	Oct 23-Nov 21	Scarlet Rose	Transformation	Affectionate, Ethereal, Desire to serve
Sagittarius	Nov 22-Dec 21	Purple	Harmlessness	Transformation, Imagination
Capricorn	Dec 22-Jan 19	Dark Blue	Fearlessness	Devotion, Intuition, Sincerity
Aquarius	Jan 20-Feb 18	Lavender, Violet	Humility	Wisdom, Refinement, Poise, Transmutation
Pisces	Feb 19-Mar 20	Indigo, Aquamarine	Joy	Understanding, Compassionate, Receptive

* *The Book of Rituals*, by Rev. Carol Parrish-Harra

CANDLE COLOR MEANINGS

An easy way to emphasize a personal goal or vision

COLOR	CANDLE COLOR MEANINGS
RED	strength, health, vigor, sexual love, movement activity, I AM power
ORANGE	encouragement, adaptability, stimulation, leadership, attraction, congeniality, self-control, bringing together information or people into a cooperative unity
YELLOW	confidence, attraction, persuasion, creativity, awakens and stimulates the mind, imagination and fantasy
GREEN	balance and harmony, illness, enhances finances, fertility, luck, healing ray, relieves strain
LIGHT BLUE	tranquility, understanding, patience, inner peace, uplifts the spirit, brings serenity to the mind, communication
INDIGO	devotion, intuition, brings to surface hidden information, sincerity, harmony at home, family connectedness, children, release of inner energies from inhibitions
VIOLET	links known with the unknown, transmutation, inspiration, light-work, mystic rituals, relieves frayed nerves
PURPLE	ambition, business progress, transition, power, protection from negativity, guards the secret, bestows and receives honor
GOLD	Light of joy and cheer, hope, laughter, cosmic love and truth, vitality and warmth, deep feelings, spirituality
PINK / ROSE	compassion, loving kindness, strengthens etheric body, balance, blends spiritual understanding with physical manifestation
SILVER / GRAY	expands consciousness, fusion, perfect peace, neutrality, impersonal, cooperates with Moon energies
BLACK	in-breathing aspect which draws all to itself, removes confusion, absorption, assimilation, metabolizes
WHITE	out-breathing aspect which brings into being all that is, purity, rebirth, truth, angelic power, the Light of protection

PENNIES FROM HEAVEN

(continued from page 3)

and that the smallest coin is the first building block in a chain of riches.

Over time, repeated penny sightings can be seen as a personal affirmation and reminder of the flow of Universal abundance. Now I stop and pick up these bits of treasure, thinking of them as "lucky pennies," adding them immediately to my change purse. Of course, dimes, nickels, even quarters now attract my eye.

After I began collecting these pennies, somehow an extra dollar, or exact change seems to be there when I need it. And more often than before, I find a dollar in a jacket pocket I haven't worn in months, or a \$10 bill in the side of a drawer I "happened" to open.

A lucky penny now seems to be waiting for me whenever my mind has begun a private lament about "money" or "lack" in some other area. Finding these small pieces of change immediately "uplifts" my thinking... making me smile, and feel good. For that single moment "downward turned" thoughts leave my mind. A mood lift may actually be that lucky penny's most useful contribution.

An uplifted attitude or state of mind is crucial in creating the results we desire. And keeping our thoughts on as positive a level as possible is key to sustaining an uplifted mental state. So from now on, as you walk down the street, don't dismiss the next humble penny you see winking at you from the pavement. Instead, put it to use!

Smile as you pick it up and slip it inside your pocket. Acknowledge the gift of personal abundance it can represent; and the affirmation that the law of attraction is at work in your life.

[Rev. Kathryn Gibson teaches the second year, *Unifying Concepts in World Religions*, at the NSSC School of Spiritual Science, and is a member of the NSSC Board of Directors.]

When Expectations Fall Short LOOK WITHIN FOR THE REASON

Rev. Rhonda Manduke

One cannot expect to get the results one would like to see, if one is not fully immersed and committed to the process. This is so, whether in one's church or in one's life. You need look no further than the extent of your own involvement to seek the answer. Where is or was the level of your commitment or resolve? If honesty prevails, you will have your answer, for no one can answer it for you except your own character or conscience.

You live within a sea of change. You are constantly attracting or repelling events or conditions in your life. The seeds of this action are your thoughts. How you would bring these desired or acceptable conditions into Being, is the direct result and application of your persistency or consistency of effort,

ONE SPECIES

Jumua'

**Disunity and distrust is the
result of selfishness;
people tend to see differences
where none exist.**

**As human beings we are
all the same, from
our inner-most being outward.
Anatomically, physically,
psychologically,
mentally and spiritually**

WE ARE ONE SPECIES.

**Awaken and ask to be shown
the way to excellence.
Honor consciously, all life.**

IN THIS IS THE MAGIC.

[Jumua' is a second year student at the NSSC School of Spiritual Science and is the 2002-03 Student Representative on the NSSC Board of Directors.]

thought and will. These are not new concepts, it is however a practice, a control of mind that is sought. So decide to practice accepting the mental conditioning and actions to attain your desired results. Bring your attention to bear on defining your desires. Once your list of action items is defined, refine the list by priority then move on to the details required.

Small successes provide greater impetus to completing the entire list. As with life, the list is subject to change. Focus is required to accomplish any goal. Plant only the seeds you wish to see come to fruition – all else is wasted effort. It is only by allowing yourself to know the deepest desires of your heart that you can bring about change. The mind can then align with the accomplishment of those desires. Then the power of your belief will be the only thing that comes between you and what you desire. Faith is the cornerstone of your achievement. Your heart, love of self, and your goal are at the center of the activity you wish to accomplish. The mind is the coordinator and the Spirit is the director.

Be guided by Spirit in all things and be assured of success, abundance and all good, for truly Spirit is the source of your supply. Go within the silence, and seek the counsel written upon your heart. Let yourself be infused by Spirit. Can there be any desire greater than this? The rest will follow surely as the sun rises and sets. For the Father would not wish the child anything less than joy.

[Rev. Rhonda Manduke is a doctor of Naturapathy (ND) and a Certified National Health Professional (CNHP). She lives in Harrisburg, PA, lecturing and giving workshops at NSSC and in Pennsylvania.]

**The future belongs to those who believe
in the beauty of their dreams.**

— Eleanor Roosevelt

CALENDAR - NSSC EVENTS & MAJOR HOLIDAYS

(New & Full Moons are observed with a meditation service. See Monthly schedule below. When date falls on a Saturday, Sunday, or Monday, the observance takes place at our 6 PM Sunday service.)

Calendar lists major religious holidays.
All Services and Meditations
BEGIN ON TIME.

Sunday Services:

Healing Service 5-5:45 PM
Worship Service 6-7:30 PM

JANUARY, 2003

- Wed 1 New Year's Day
Thur 2 New Moon - no service at NSSC;
Fri 3 **First Friday Movie, 7pm;** Quadrantids Meteors Showers! St. Croix Day (1/3-4)
Sun 5 Twelfth Night - Christian, Guru Gobindh Singh's Birthdate - Sikh; REV. CAROLINE WILLS ANDERSON, lecturer
Mon 6 Three Kings Day (Caribbean)
Tues 7 NSSC School of Spiritual Science classes resume
Sun 12 REV. LAURICE STEWART, lecturer
Sat 18 **Quantum Realities Training Workshop, 9:30am,** Rev. Deanna Mathias & Rev. Ron Davis.
Sun 19 **FULL MOON (1/18) Service, 6pm,** World Religion Day - Baha'i; REV. KATHRYN GIBSON, celebrant
Sun 26 REV. DEANNA MATHIAS, Lecturer
Mon 27 Semester break: 1/27-31/03

FEBRUARY

- Sun 2 **New Moon (2/1) Service, 6pm,** Imbolc - Wicca, Candlemas - Christian, Chinese New Year of the Goat; REV. GEORGE QUILLET, celebrant
Tues 4 Second semester begins (School of Spiritual Science)
Fri 7 **First Friday Movie, 7pm** NSSC
Sun 9 Nirvana Day observance - Buddhist; REV. ALICIA MCGRAW, lecturer
Fri 14 Valentine's Day
Sun 16 **FULL MOON Service, 6pm,** REV. JOHN MANN, celebrant
Sun 23 REV. DEANNA MATHIAS, lecturer

MARCH

- Sun 2 **New Moon service, 6pm,** REV. GEORGE QUILLET, celebrant
Tues 4 Mardi Gras

- Wed 5 Ash Wednesday - Christian, Al-Hijra (New Year) - Islam, Rama Krishna Jayanti (Sri Krishna's Birthday celebration) - Hindu
Fri 7
Sun 9 **NSSC Annual HOMEGOING MEMORIAL SERVICE,** REV. CORNELIA JONES, celebrant
Fri 14 Ashura - Islam
Sun 16 REV. JOHN MANN, celebrant
Tues 18 **Full Moon Service, 7pm at NSSC,** REV. KATHRYN GIBSON, celebrant; Purim - Jewish
Thu 20 Actual Spring Equinox, celebrated at NSSC Sun. 4/23; Ostara - Wicca/Neo Pagan, Naw Ruz (New Year) - Baha'i, Nooroz (New Year) - Zoroastrian
Sun 23 **SPRING EQUINOX (3/20),** REV. ZORA P. BAKER, celebrant
Wed 26 Khordad Sal (Birth of Prophet Zarathustra) - Zoroastrian
Sun 30 REV. HELEN JONES, Lecturer

APRIL

- Tues 1 **New Moon Service 7pm at NSSC,** REV. GEORGE QUILLET
Fri 2 **First Friday Movie, 7pm** NSSC
Sun 6 REV. RON DAVIS, lecturer
Tues 8 Celebration of the Buddha's Birth Day - Buddhist
Sun 13 **Palm Sunday,** REV. CORNELIA JONES, lecturer, Baisakhi / Vaisakhi - Hindu Solar New Year, Sikh Day of Remembrance.
Mon 14 **School of Spiritual Science Spring Break - 4/14 - 18/03.**
Tues 15 Mahavir Jayanti (Honoring Lord Mahavira on his birthday) - Jain
Wed 16 **FULL MOON SERVICE 7pm at NSSC,** REV. KATHRYN GIBSON, celebrant
Thur 17 Pesach / Passover (17-24) - Jewish
Fri 18 Good Friday - Christian
Sun 20 **Easter Sunday,** REV. B. AMON JAMES, lecturer
Mon 21 Ridvan (4/21 - 5/2) - Baha'i; classes resume for School of Spiritual Science.
Sat 26 **NSSC Dinner / Fashion Show / Dance, 6 - 10pm**
Sun 27 REV. DEANNA MATHIAS, lecturer

MAY

- Thur 1 **New Moon,** no NSSC observance; Beltane/May Day - Wicca/Neo Pagan
Fri 2 **First Friday Movie, 7pm** NSSC
Sun 4 REV. RON DAVIS, lecturer
Sun 11 **Mother's Day,** REV. ALICIA MCGRAW, lecturer

- Wed 14 Mawlid an Nabi (Observance of Prophet Muhammad's Birth Day) - Islam
Thur 15 **Full Moon Service, 7pm,** at NSSC Rev. Ron Davis
Fri 16 Visakha Puja (Celebration of the complete life of Lord Buddha) - Buddhist
Sun 18 **WESAK Festival/ FULL MOON / Lunar Eclipse (5/15) Service, 6pm,** REV. ZORA P. BAKER, celebrant
Fri 23 Declaration of the Bab - Baha'i
Sun 25 REV. RHONDA MANDUKE, lecturer
Thur 29 Ascension of Jesus - Christian, Ascension of Baha'u'llah - Baha'i

JUNE

- Sun 1 **New Moon / Solar Eclipse (5/31),** REV. GEORGE QUILLET, celebrant
Fri 6 **First Friday Movie, 7pm** NSSC Shavuot (6/6-7) - Jewish
Sun 8 REV. HANIFA RASHEED, lecturer, Pentecost - Christian
Wed 14 Guru Purnima - Hindu, actual Full Moon celebrated at NSSC on Sun 6/15.
Sun 15 **FATHER'S DAY / FULL MOON / FESTIVAL OF GOODWILL (6/14),** REV. ALISON COOK, lecturer
Sat 21 Summer Solstice - no service at NSSC; Litha - Wicca
Sun 22 **School of Spiritual Science GRADUATION DAY. NO SERVICES AT NSSC.**
Sun 29 **New Moon Service, 6pm,** REV. GEORGE QUILLET, celebrant

ENLIGHTENMENT

(Continued from page 4.)

more knowledgeable and henceforth, enlightened. The more we build the light within ourselves the more we can serve the planet by spreading that light!

This knowledge and enlightenment are also useful in healing objects, computers, cars, protecting homes, family and loved ones.

Keep the home fires burning...

[Rev. Helene A. Eney is an Advanced Certified Hypnotherapist, and Registered Behavior Therapist, with an MA in Transpersonal Psychology. She is the founder and director of the Spiritual Science Healing Institute and School in Virginia.]

WORKSHOPS / LECTURES

If you have a workshop or lecture of interest to the metaphysical / spiritual community, please contact Rev. Mary Hall at the Center to use NSSC for your presentation.

NSSC UPDATES

PRAYER LIST

If you know someone in need of special prayer, place their name on the NSSC Prayer List at Sunday Services, or on our new Email Prayer Chain by calling the Center (202-723-4510) with your request. **Ministers are available for readings and confidential counseling. Call the Center to request an appointment.**



2003 FIRST FRIDAY NIGHT MOVIES

A 52 inch screen, plus a bowl of tasty popcorn makes film viewing a pleasure. Afterward, join a lively discussion on the esoteric, metaphysical and spiritual aspects of the film.

Held every first Friday of the month. Movies are for adult audiences. They begin at 7 PM; \$5.00 donation. Pass on suggestions for films to Jumua' by calling the Center.

NSSC SPIRITUAL



SUPPLEMENT SHOPPE

Our old "bookstore" is getting a face lift. Working with holistic gift catalogues, independent craftsmen and area spiritual stores, our *Spiritual Supplement Shoppe* director, Rev. Hanifa Rasheed has ordered a variety of gift ideas for yourself or to give to others. Check the latest arrivals each month.

Featured are jewelry, pendulums, candles, incense, handmade incense holders, and a new line of unique gift baskets by Barbara Bowen. Barbara's custom baskets at the Center range between \$40-\$60 and are perfect gifts with a personal touch for holidays, birthdays, Mother/Father's Days, welcoming new babies, expressing appreciation and more! Talk with Barbara and Rev. Hanifa about your specific special occasion.



STAY TUNED

Circle Saturday, April 26th on your calendar. Plans are underway for a spring evening of dinner and dancing, following an elegant fashion show sponsored by one of the areas dress boutiques.

INSPIRIT ARTICLES, ADS, AND SUBSCRIPTIONS



Printed quarterly, *InSpirit* welcomes essays from metaphysical, positive thinking, and spiritual points of view!

We encourage original articles and essays from many religious backgrounds and on a variety of topics such as crystals, alternative healing, psychic development, divination, dream interpretation, etc. Also, book reviews, poetry (max 50 lines), vegetarian and low fat recipes, and other items of interest to the metaphysical and spiritual community.

Contact Rev. Kathryn Gibson at 202-363-9280 or leave a message at the Center. **Submission deadline for April, 2003 is March 1, 2003.**

Continued receipt of *InSpirit* through the mail requires either a current NSSC membership (see membership fees on p. 4), or an annual newsletter subscription fee of \$20.00 for four issues. Indicate your choice with your payment.

RENOVATION CONTINUES



Notice the freshly painted first floor walls, new telephones, 1st floor classroom equipment, and new wall banister leading to the 2nd floor! These are only a few of the many updates being made by the Renovation committee. Chaired by Rev. George Quillet, the committee is also purchasing new carpeting, drapes, chairs, and a new altar for the Sanctuary. Our thanks and blessings for the generous tithes, regular weekly/monthly donations, and special donations toward specific purchases which make these renovations possible.

SANCTUARY CHAIR ENDOWMENT

\$65.00 DONATES A NEW CHAIR for the first floor Sanctuary, and qualifies you to have your name, or the name of the person in whose memory you are making the donation, inscribed on a metal plaque at the Center noting this unique contribution. Contact Renovations Committee Chair, Rev. George Quillet, and make your check or money order payable to NSSC.

All donations are tax exempt to the fullest extent allowed by law. NSSC is a 501 (c) (3) non-profit organization.

QUANTUM REALITIES WORKSHOP

by Rev. Deanna Mathias and
Rev. Ron Davis

Saturday, January 18, 2003

Participants are taught the relationship between quantum physics and metaphysics, and how to connect the two. Students learn how consciousness becomes form through the process of resonance and the components of reality creation, including what happens at the level of the Quanta with every thought and feeling.

Workshop fee: \$200.00 Due to increased enrollment, the Workshop has been moved to *Inner Visions*, Silver Spring, MD. For further info. call Rev. Deanna (301-384-6494); or Rev. Ron (301-868-3283)

2003 NEW YEAR'S INTENTIONS

1. **Throw out non-essential numbers.** This includes age, weight and height.
2. **Keep only cheerful friends.** The grouches pull you down. If you really need a grouch, there are probably family members that fill that need.
3. **Keep learning.** Learn more about the computer, crafts, gardening, whatever. Attend lectures and workshops. Just never let the brain idle.
4. **Enjoy the simple things.** When the children are young, that is all that you can afford. When they are in college, that is all that you can afford. When they are grown, and you are on retirement, that is all that you can afford!
5. **Laugh often, long and loud.** Laugh until you gasp for breath. Laugh so much that you can be tracked in the store by your distinctive laughter.
6. **Tears happen.** Allow yourself to grieve, endure, and move on. The only person who is with us our entire life, is our own self.
7. **Surround yourself with what you love,** whether it is family, pets, keepsakes, music, plants, hobbies, whatever. Let your home be your refuge.
8. **Cherish your health.** If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. **Don't take guilt trips.** Go to the mall, the next county, a foreign country, but not guilt.
10. **Tell the people you love, that you love them, at every opportunity!**

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

NSSC SERVICES AND ACTIVITIES

ALL ACTIVITIES, unless otherwise indicated, are held at the Center's northwest, Washington, DC location.

[Northern end of Walter Reed Medical Center; 1/2 block east of Alaska Avenue, 3 blocks west of Georgia Avenue; one mile west of the Tacoma Metro; one mile south of the Silver Spring Metro station. From the Silver Spring Metro, catch the S2 bus to Alaska Avenue and Fern Street.]

SUNDAY HEALING AND WORSHIP SERVICES: Services begin on time.

5:00 PM, Healing Service - Ministers and advanced students channel spiritual healing, balancing and aligning body, mind, and spirit.

6:00 PM, Worship Service - Ministers and advanced students present healing prayer, followed by a channeled or inspired commentary relevant to today's lifestyles; service ends with practical, inspired messages from Spirit.

FULL AND NEW MOON MEDITATIONS: Beginning on time, guided meditations augment awareness of the energies available to humanity at these times and to uplift the spirit. 6:50 PM Tues - Thurs. **(See calendar inside.)**

SPIRITUAL HEALING / PRAYER LISTS: Prayers for those who are ill, undergoing treatment, facing surgery, or moving into transition. Leave a message on our answering service for email Prayer Chain, or on the Prayer List at Sunday Service.

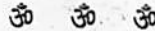
LECTURES AND WORKSHOPS: Workshops and special programs are offered on a variety of metaphysical topics. To give presentation or attend, call Center for information.

PERSONAL GUIDANCE, COUNSELING, AND CEREMONIES: Non-denominational Graduate ministers of the Center are available for individual spiritual counseling, and all ceremonies and rituals (marriages, funerals, christenings, blessings and cleansings) which enhance the outer and inner spiritual life of our community.

SCHOOL OF SPIRITUAL SCIENCE: Classes begin in September, the week after labor day; one evening/week, 6:30-9:30 PM, two 18-week semesters; \$450 /semester. To register / receive brochure, call the Center.

FOR ALL ACTIVITIES AND GENERAL INFORMATION: Call (202) 723-4510 Leave name, phone number, date and a short message. We'll get back to you, ASAP!

(Please let us know if your address changes.)



National Spiritual Science Center of Washington, DC Inc.

1325 Fern Street, N W / Washington, DC 20012

(202) 723-4510

Board of Directors:

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