

Yours Fraternally

June 2013

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Magazine of THE INTERNATIONAL SPIRITUALIST FEDERATION *Established in 1923*

Strength Through Unity



Finland 5th-10th August 2013





In this Issue

Editorial	4
President's Page	5
General Secretary	6
Members Secretary	7
Distant Healing	8
Stress Management	9
Quotes from Mahatma Gandhi & Einstein	10
Finland 2013	11/13
Cober Hill 2013	14/15
Puzzles	16/17
Your Story	18
Exerts from The Spiritist Society of Florida Newsletter	19
Membership Subscription	20

Editors announcement:

On behalf of the editorial team I would like to remind members that we do have a deadline to meet. It takes a considerable amount of time to put the YF together, to gather the information, edit the magazine, get it to the printers and for the final print to be ready for us to then collect and distribute in order to get it to you the members in time for its due date. Therefore can I please respectfully request that you send your articles to us as quickly as possible before the deadline instead of after it thank you.

Deadline for next issue: August 1st 2013

Publishers notes:

The opinions and articles submitted by members for publication within the YF do not necessarily reflect the views of the ISF, its Officers, Committee or the Editorial team of Yours Fraternally. All works submitted remain the copyright of the authors and permission should be sought before reproduction in any other publication.

Editorial

Once again hello and welcome friends to another edition of Yours Fraternally, our next meeting of like minds is in Finland; August 5th-10th 2013, you will find the provisional programme within this issue.

Again may I remind you all that the YF is now being published three times a year instead of four. This is down to the increase in costs of publishing and posting therefore it will be due out in February, June and October. If you would like to help save on costs and have your YF emailed to you then please contact us with your up to date email address to: yfmagazine@theisf.com

For those wishing to send us something but who do not have email access then you can send your articles to the Membership Secretary marking it clearly that it is for the YF editor, her address is:

Ann Robson
128 Malvern Rd
Billingham
Cleveland, TS23 2PJ
UK

Love and light
Coral

The deadline for Octobers Edition is: August 1st 2013

The editorial team would like to thank bestwallpapers.com for giving permission for us to use the imagery from its website.

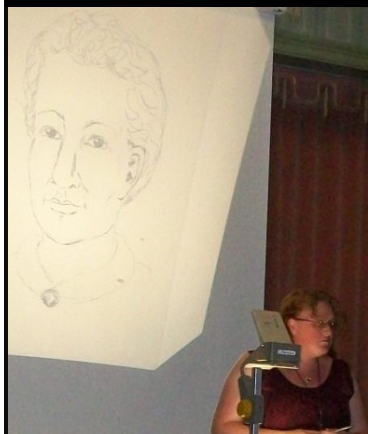
Nicky Beckitt Robson



Love & Light

Coral & Nicky

Coral Ryder



Special points of interest:

- Help required!
- Dates for your diary 2013, Finland & Cober Hill

Please address all enquiries, correspondence, submissions and other editorial matters to:
yfmagazine@theisf.com

Please note: The editorial team reserve the right to edit or shorten any pieces submitted for the magazine.



From our **President**

Dear Friends

It feels strange sitting here writing my page for YF and seeing snow coming down, particularly as I have just returned from Perth in Western Australia where the weather was very hot.

It makes you really think about the many differences around the world but also knowing that we are all Spirit here and now. The ISF brings together so many different cultures and people and when we are together it is like being in one big family. It would be wonderful if this happened with everyone in the world, what a wonderful place we would have for our children to inherit. Each one of us can play their part and try to bring about this wonderful understanding. The energies that accumulate at our weeks and weekends help to change the energies in the world as we each take some of that energy back to our homelands. Please keep up the good work for the Spirit World and the children who will be the future carers of the world.

The ISF Mind. Body and Spirit week in Finland draws closer and I am looking forward to meeting up with those attending, renewing friendships and forging new ones. The dates are from the 5th to 10th August 2013 at the Kulttuurikeskus Sofia, Helsinki. For those who have not yet booked there is a booking form in this copy of YF and also on our website.

As a Committee we are trying to ensure that we can provide venues at a reasonable cost. Due to the situation in the world this is becoming increasingly more difficult. If you have any suggestions about venues or how you would like to see the ISF move forward please do contact us. It is your Federation and your input is important.

I am looking forward to meeting up with both old and new friends in Finland.

Love and Light

Ann Luck
President

General Secretary

SECRETARY'S NOTES:

Please note: the post of General Secretary is still as yet to be filled, therefore if you have any correspondence intended for the general secretary can you send them care of the treasurer Bill Parkins stating clearly on the envelope that it is for the attention of the General Secretary.

ISF General Secretary

Bill Parkins

288, Chertsey Rise,

Stevenage,

Herts, SG2 9JF

UK

If you are interested in volunteering for the position of General Secretary and feel you have the right skills and time to dedicate to this post then please contact the president Ann Luck. To qualify for the position of General Secretary all candidates must have been an individual member of the federation for a term of two years:

Bye Laws "C" Administration 2 b) "must have been an Individual Member for a period of at least two years immediately prior to the Committee meeting at which the appointment is due to be made".

APPOINTMENTS:

The Executive Committee have the responsibility of appointing the General Secretary, Treasurer, Membership Secretary and Minute Secretary. These appointments are then ratified by the members at the BGM for a term of two years.

We would like to invite members to apply for the above positions by writing to the General Secretary, some of the above members have agreed to continue for a further term but all applications will be looked at by the committee.

Please Note all POSITIONS ARE **VOLUNTARY**.

If you would like to help the ISF by sharing your talents there are other positions if you are interested, whilst these positions are filled at this time the committee welcome having applications available should the need arise. These positions are: Publicity Officers (UK and USA), YF Editor, Ambassadors, and Regional Representatives.

Please contact the General Secretary for further details.

HELP REQUIRED

In the best interests of the ISF a Bi-Laws Sub committee was set up to look at our bi-laws in order to look into what needed doing to iron out its flaws and bring them into the 21st century. To make them more user friendly and to simplify them for easier use. With this in mind we need you the members help. What do you think of the bi-laws? Do you have any thoughts on how we can improve upon them? Do you have suggestions to help in this process? Could you take the time to read through your bi-laws and then send us in your thoughts for consideration please.

grahamconnolly@theisf.com

minutessecretary@theisf.com

yfmagazine@theisf.com

Members Secretary



Hello dear friends,

As always may I remind you all that membership is due as of the 1st of April every year, so please do keep your membership payments up to date as we would not want to lose any of you. Can I also remind those of you who pay by standing order/direct debit that you need to change the amount to coincide with the present membership cost of £25. Once again may I take this opportunity to remind you all of the importance of keeping me up to date with any changes in address or emails etc thank you.

Love and Light to each and every one of you.

Ann Robson

Membership Secretary



Distant Healing

“I am one with my group brothers, and all that I have is theirs. May the love which is in my soul pour forth to them. May the strength which is in me lift and aid them. May the thoughts which my soul creates reach and encourage them and may the dear healing guides bring healing to them in their need.”

The ISF invites you to place these friends on your distant healing lists

Standing list:

Should you wish to add any name(s) to the foregoing standing list, obtain that person's agreement to be listed and then notify the Editor. Should you wish your name (or someone else's name which you previously added to the list) to be removed, please advise the Editor, preferably with advice as to any cure which may have been effected.

Otherwise, names will remain on the request for distant healing list for a period of one year and then be removed unless advice is received of a continuing need.

Ralph Robson, UK
James Robson, UK
Alan Goodman, UK
Christine Goodman, UK
Heidi Dorn & son, Germany
Kay Rumens, UK
C Ryder, UK
T Lavender, UK
Alex Saunders, USA
Ann Robson, UK
Freya Willison, UK

Eliezer Ben-Yakir, Israel
Sara Ben-Yakir, Israel
Jasmin, Aytan & Marc, Canada
Eve, Manchester, UK
Liz Gullen & family, UK
Tova Levi
Heather Ferlicchia, Germany
Theresa Cullen, UK
Wilma Law, UK
Alan Law, UK
Diana Orchard, UK

Val Williams UK
Mick Walker UK
Wanja, Sweden
Erika Einöder, Austria
Cathy Lucas, Scotland
Felix Ferlicchia, Germany

There is so much going on in the world at this moment in time, so much pain and suffering, can you all please spare a thought for all those in war torn countries, those fighting for freedom, those in need of food, water and medicines etc. Can you please add to your healing lists all those in the world in need at this moment in time and may our combined healing thoughts and prayers make a positive difference to this world and for all those within it.

GENERAL SECRETARY NOTICES

URGENT

Treasurer, Membership Secretary and Minutes Secretary.

Some of the above positions are filled at present but we invite members to apply for the following VOLUNTARY positions:

General Secretary, Treasurer, Minutes Secretary, Membership Secretary.

Anyone wishing to apply must have been a member for a minimum of two years and the Treasurers' position must be filled by someone resident in the UK as per the ISF Bye-Laws. If you have any of the above talents and can help the ISF please do apply. It is your Federation and without these positions being filled the Executive Committee cannot function to its full potential.

All applications will be considered by the Executive Committee.

Ann Luck

President

Stress Management



Whilst walking around the room teaching stress management the psychologist raised a glass of water but instead of asking the question everyone expected; "is the glass half empty or half full?" she inquired: "How heavy is this glass of water?" Numerous answers were called out ranging from 8oz to 20oz.

With a smile upon her face she replied: "The absolute weight is not important, it doesn't matter, it depends on how long I hold it for. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the

heavier it becomes." She continued, "The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed – incapable of doing anything."

"It's important to remember to let go of your stresses. As early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Remember to put the glass down!" **Anon**



The ISF would like to congratulate two of its members Nigel and Nicky on the birth of their baby daughter Faith Nicole, wishing you all the very best.

Wanted:

Do you have a story to tell, an article, points of interest or news to share, a topic you'd like to discuss, any inspirational words of philosophy, poetry or any spirit or inspired art to show?

If you have any of the above you'd like to share with your spiritual family through Yours Fraternally then please do send them to us either by email at: yfmagazine@theisf.com or you can post them to us care of the membership secretary marked clearly that its for the YF.

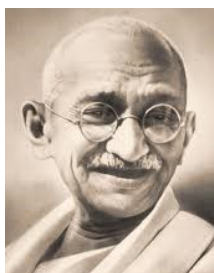
Yours Fraternally
128 Malvern Rd
Billingham, Cleveland,
TS23 2PJ
UK

Editors reminder and request

Deadline for next issue: August 1st 2013

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Quotes from Mahatma Gandhi

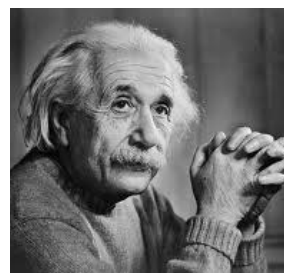


Before the throne of the Almighty, man will be judged not by his acts but by his intentions. For God alone reads our hearts.

An error does not become truth by reason of multiplied propagation, nor does truth become error because nobody sees it.

Even if you are a minority of one, the truth is the truth.

Quote's from Albert Einstein



All religions, arts and sciences are branches of the same tree.

Great spirits have always encountered violent opposition from mediocre minds.

Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.

The International Spiritualist Federation

Fraternal Week: 5th – 10th August 2013

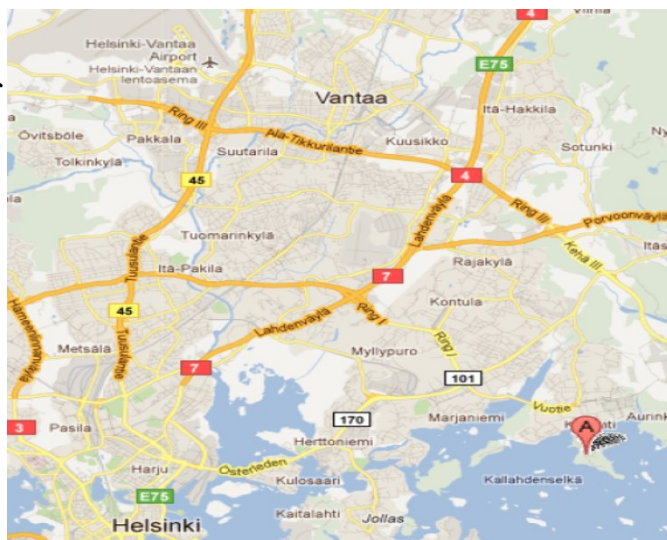
The Sofia Centre, Helsinki, Finland

Soon we will be gathering together once again for our Fraternal week, this time being held in The Sofia Centre set in the beautiful wooded seaside setting of Kallvikinniemi bay offering us a perfect location for our Mind Body & Spirit Week in August 2013.

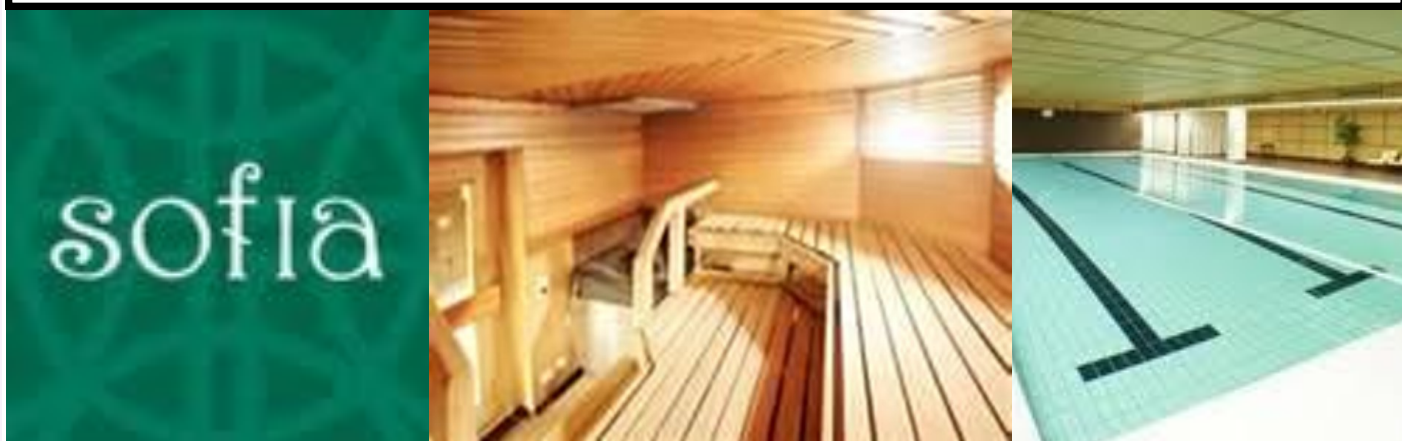
The program is set to have daily tutoring in the various methods and levels of mediumship, trance, healing, Spirit Art and workshops, lectures and demonstrations by ISF and international guest tutors. Flights are available into Helsinki Vantaa airport by major and cut price airlines and Sofia is then just a 15km taxi ride (approx 50 euros) or metro journey away.

The centre has both a swimming pool and sauna so please remember to bring your swimming costume if you'd like to take advantage of the facilities. For those wishing to explore; the capital city Helsinki is within easy travelling distance with plenty of local attractions to see such as the Ateneum Art Museum, Linnanmäki amusement park, the Seurasaari Open-Air Museum, Senate Square and one of the oldest Zoo's in the world founded in 1889 the "Korkeasaari".

Day visitors & non members are welcome to join us; come as strangers, leave as friends. So please do come along and gather with friends of like minds from across the globe for a week focussed on mind, body and spirit. Booking forms & prices are available within this magazine and on the ISF Website: www.theisf.com For further information and enquiries please email Graham Connolly: grahamconnolly@theisf.com



Important notice: there will be **no physical** group running this week in Helsinki, can all attendees who put down Physical as their first choice group please contact Graham Connolly with your new order of preference thank you. grahamconnolly@theisf.com



Provisional Programme

Please note: This is a provisional programme and is yet to be finalised, the amount of groups and Tutors available will depend upon the number of students in attendance and their choice of groups.

Development Groups, lectures & Tutors: Mornings


Trance Beginners	Dianne Parker (Australia)
Trance Intermediate	Robin Hodson (UK)
Mental Mediumship Beginners to Intermediate	Jackie Wright (UK)
Mental Mediumship Intermediate to Advanced	Darren Brittain (UK)
Spirit Portraits & Auragraphs	Coral Ryder (UK)
Learn to Tutor Mediumship	Sandra McFadden (Scotland)

Afternoons

Healing	Ann Luck (UK)
Shamanic Journeying	Steve Vogel (US)
Public Speaking & Platform Decorum	Ann Robson (UK)
Art & Mediumship	Colin Hall (UK)
Philosophy	tba

Provisional Daily Rota

7.30am	Meditation, Walking Meditation, Tai Chi or Qi-Gong
8.00am	Breakfast
8.45 - 9.15am	Healing
11.00am	Tea and coffee break
11.30am	Morning groups
1.00pm	Lunch
2.30pm	Lectures & Workshops
4.00pm	Tea and coffee break
4.30pm	Afternoon Groups
6.00pm	Dinner
7.30pm	Evening Demonstrations: 5th: tba 6th: tba 7th: Darren Brittain (Open to Public, Fee at door 20 Euro) 8th: Finnish Mediumship Evening: Harriet Piekkola, Marja Pennanen and Irene Naden
9.00pm	Social time to mix and chat

2.30pm Workshops, Lectures & afternoon demonstrations	
August 5th	Demonstration by those offering private sittings: Darren Brittain, Irene Naden, Marja Pennanen, Coral Ryder
August 6th	1) Chemical table of 144 herbs, minerals and cultures – transformation of 45° world to the harmony of 36° world with Hannu Piekkola 2) Spiritual Anatomy part 1 with Steve Hermann
August 7th	1) Flower harmony based on your relation to the Sun – “applying the chemical table of 144 herbs in practice – part 1” with Hannu Piekkola 2) Spiritual Anatomy part 2 with Steve Hermann
August 8th	1) Flower harmony based on your relation to the Sun – “applying the chemical table of 144 herbs in practice – part 2” with Hannu Piekkola 2) Nature Spirits with Marjut Hjelt 3) Power of Music: Musical Journey through Times & Ages with Anna-Maija Usma & Arja Helkiö
August 9th	1) History of Trance with Jackie Wright 2) Messages from the Angels & the Attendant Walking Angel with Harriet Piekkola
	
<p><u>PLEASE NOTE:</u> The programme usually has a number of morning & afternoon groups, lectures & workshops in which to choose from. Obviously as there are multiple groups going on at the same time you cannot attend all of them and must choose one morning, one afternoon and one lecture/workshop from the choices available. We will endeavour to get you into your first choice groups but please appreciate that this is not always possible thank you.</p>	
<p><u>TAPE RECORDINGS AND PHOTOGRAPHS:</u> No cameras to be used in trance or demonstrations without the express permission of the mediums. While most lecturers are happy for you to record their lectures, it is only polite to ask their permission on each occasion. Sometimes permission will be refused, and we ask that you abide by their decision if this is the case.</p>	
<p><u>NO UNOFFICIAL SITTINGS OR CONSULTATIONS ARE PERMITTED:</u> If you are approached by any individual offering you a sitting or consultation which does not entail booking through the Committee Member, we appeal to you to refuse them.</p>	
<p>For those who have never attended before it is customary to donate a raffle prize, taking into account that large prizes may be difficult to transport home for those who are flying thank you.</p>	
<p>The ISF is offering its members the opportunity to rent a stall for £10 per evening to sell items.</p>	

International Spiritualist Federation Mind Body & Spirit Weekend Cober Hill, Scarborough, UK, 21st – 24th November 2013



Cober Hill is a place of beauty and inspiration, situated near the picturesque seaside town of Scarborough and the North Yorkshire Moors National Park overlooking the stunning Heritage Coast.

The village of Cloughton is just 6 miles north of Scarborough and 15 miles south of Whitby on the A171 Scarborough to Whitby Road. (point of interest: Whitby is a well known town featured in books, cinema and television, most famously in Bram Stokers Dracula).

The entrance to Cober Hill is 100 yards along the Staintondale road. There are excellent road links from York and Leeds via the A64, to the A1/M1 via the A64, to the M62 via Driffield and via the A171 to Teesside. Manchester, Leeds/Bradford, Humberside and Teesside airports are all within easy travelling distance as well as the North Sea Ferries at Hull. There is frequent rail services linking Manchester, York and Hull to Scarborough, with half hourly bus services from Scarborough to Cloughton.

Provisional Programme

Please note: This is a provisional programme and is yet to be finalised, the amount of groups and Tutors available will depend upon the number of students in attendance and their choice of groups.

Development Groups, lectures & Tutors:

Healing and well being	Mary Parkins, Ann Luck (UK)
Trance Group	Robin Hodson, Bill Parkins (UK) Dianne Parker
Mental Mediumship	Bill Collier, Ann Robson (UK) Matthias Guldenstein (Switzerland)
Spirit & Psychic Art	Coral Ryder (UK)
Shamanic Journeying	Steve Vogel (US)
Physical; lecture and workshop	Stuart Alexander (UK)

The programme is set to start after lunch on Thursday and finish on Sunday afternoon at 4pm. It is intended that we cover the usual list of subjects catering to peoples varying levels of development. It seems a while since we had a focus on Philosophy therefore I would like to ask if any of you who are coming to the weekend would like a group or workshop on the subject. If you do and would attend the group then I would appreciate it if you could please contact me to let me know so that if there is enough interest I can organise a Tutor.

Programme organiser: Ann Robson; membership@theisf.com

Cober Hill Provisional Programme continued

THURSDAY

12.00	Registration
2.30pm	Welcome and flag ceremony, introductions and group allocation
4.00pm	Tea and coffee break
4.30pm	Group work
6.00pm	Dinner
7.30pm	Medicine Wheel with Steve Vogel
9.00pm	Social time to mix and chat

FRIDAY & SATURDAY

7.30am	Meditation, Walking Meditation, Tai Chi or Qi-Gong
8.00am	Breakfast
8.45 - 9.15am	Healing
9.30am	Morning groups
11.00am	Tea and coffee break
11.30am	<u>Friday:</u> Morning groups <u>Saturday:</u> Lecture on Physical with Stewart Alexander
1.00pm	Lunch
2.30pm	Lectures & Workshops; <u>Friday:</u> Working with the energies; with Robin Hodson <u>Saturday:</u> Tutorial on Physical with Stewart Alexander
4.00pm	Tea and coffee break
4.30pm	Afternoon Groups
6.00pm	Dinner
7.30pm	Evening Demonstrations
9.00pm	Social time to mix and chat

SUNDAY

7.30am	Meditation, Walking Meditation, Tai Chi or Qi-Gong
8.00am	Breakfast
8.45-9.15am	Healing
9.30am	Morning Groups
11.00am	Tea and coffee break
11.30am	Group work
1.00pm	Lunch flag
2.30pm	Healing Service, flag ceremony and goodbyes

Code Breaker

	10	17	8	17		26	9	5	4	6	23	6
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C	P
D	Q
E	R
F	S
G	T
H	U
I	V
J	W
K	X
L	Y
M	Z

Word Search

Constellations:

Andromeda
 Antlia
 Aquarius
 Aries
 Camelopardalis
 Canis Major
 Canis Minor
 Capricornus
 Cassiopeia
 Delphinus
 Dorado
 Draco
 Equuleus
 Gemini
 Hercules
 Libra
 Pegasus
 Sagittarius

S	R	O	N	I	M	S	I	N	A	C	O	P	X	P	B	G
T	O	J	P	W	S	U	I	R	A	T	T	I	G	A	S	E
M	D	E	O	N	E	V	I	T	J	S	Z	F	T	O	S	M
C	A	M	E	L	O	P	A	R	D	A	L	I	S	G	U	I
E	G	Z	Y	K	X	R	H	X	A	S	I	Z	A	F	S	N
C	Y	W	J	R	Y	J	H	V	N	D	O	I	B	W	A	I
A	S	S	C	H	R	A	B	W	D	C	E	T	G	C	G	L
P	U	V	B	A	U	V	E	F	R	P	V	Q	Y	F	E	Z
R	I	H	F	R	N	G	G	X	O	S	N	N	G	Z	P	W
I	R	W	E	N	D	I	K	I	M	E	L	I	B	R	A	I
C	U	D	Q	R	G	R	S	R	E	I	R	E	Q	N	W	J
O	Q	I	A	S	C	S	K	M	D	R	Y	Y	T	H	H	P
R	A	C	S	L	A	U	A	R	A	A	O	L	M	K	B	K
N	O	V	V	C	D	Z	L	X	Y	J	I	R	G	A	R	O
U	B	Q	Y	I	T	B	N	E	A	A	O	L	W	G	I	L
S	D	O	R	A	D	O	I	Q	S	U	V	R	G	D	W	B
P	R	T	B	N	T	S	U	N	I	H	P	L	E	D	N	E

Sudoku

Every row, column and 3x3 box must contain the numbers 1 through 9.

		3				1	9	4
7		9		6	3			
	8		4		9	7		
3							8	7
9					4	6		2
	5			8				
	7	6		3	5			
	9				2	3		
			9					8

Answers to last issues puzzles:

Sudoku

9	2	8	3	4	1	5	7	6
7	3	6	8	5	9	2	1	4
5	4	1	2	7	6	3	9	8
4	8	5	9	3	7	1	6	2
3	6	2	1	8	5	9	4	7
1	7	9	6	2	4	8	3	5
8	1	4	7	9	2	6	5	3
2	9	7	5	6	3	4	8	1
6	5	3	4	1	8	7	2	9

Word Search

X	E	C	A	L	O	S	F	O	M	U	T	N	A	U	Q	L
R	F	M	R	L	Q	S	K	Y	F	A	L	L	Q	L	D	M
I	L	O	Q	B	F	M	B	R	W	Z	Q	I	I	S	I	J
E	L	O	R	B	Y	F	J	C	W	N	Z	C	J	M	E	C
I	I	N	C	Y	K	F	W	F	U	B	E	E	U	A	A	G
D	K	R	U	G	O	L	D	F	I	N	G	E	R	S	N	O
T	A	A	D	H	A	U	U	G	C	Z	Y	W	I	C	O	L
E	O	K	R	G	V	I	R	E	F	S	G	N	D	Y	T	D
L	T	E	N	Q	M	Z	T	E	S	J	O	U	M	W	H	E
D	W	R	O	R	S	O	F	U	Y	R	O	F	L	U	E	N
N	E	X	Y	N	K	P	P	U	O	E	X	C	F	R	R	E
A	I	K	Y	I	U	O	G	Y	M	H	S	J	I	R	D	Y
E	V	A	L	Z	T	G	A	R	O	J	A	O	U	S	A	E
V	A	L	X	C	N	L	F	V	S	W	F	X	N	Y	Y	R
I	C	R	O	I	E	B	O	Q	S	N	T	M	B	L	W	A
L	L	L	A	B	R	E	D	N	U	H	T	A	C	L	Y	U
E	C	I	W	T	E	V	I	L	Y	L	N	O	U	O	Y	U

Code Breaker

1	X	14	I
2	R	15	W
3	C	16	Q
4	H	17	V
5	L	18	K
6	P	19	B
7	G	20	F
8	S	21	Z
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12	U	25	D
13	Y	26	N

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WHAT ARE WE TO DO?

Many muddle through life, and some never realize their purpose. Each of us is created to grow spiritually. Earth allows human opportunity for growth through transmuting beliefs into physical realities, whereas the afterlife is not of a physical nature, and learning acquired there cannot be fully put into practice. However, all natural laws are universal. They simply operate within the realm of natural conditions.

The Law of Cause and Effect teach the discerning person the condition of his or her being through the earthly consequences he or she experiences. In other words, personal beliefs power thoughts to cause action that result in a circumstance which reveals the characteristic of one's seated sentiment. Your circumstances are in direct relationship to your belief about yourself.

The Law of Creation encourages continuance of growth; growth that is instilled and mandated by The Creator. The degree of present unhappiness not only allows measure of one's being, but unhappiness prompts action toward more gratifying conditions in an on-going innate desire for expansion and betterment. Outcomes prove resolve and may be a testament to faith, or lack hereof.

Faith in natural laws instils personal responsibility, acceptance of present conditions, and hope for change. We all spiritually evolve through a continual inter-related cycle of beliefs, thoughts, and actions to bring greater goodness to result in greater conditions. We must persist in belief in The Creator's good and act accordingly with compassion, selflessness, and charity. Good begets good results.

As a whole, the outer world reflects the state of humanity. Fortunately, good always prevails in the end because growth is ever evolving by the laws of The Creator that are only of goodness. We must see beyond humanity's growing pains. Love is a natural predisposition, and when we are in harmony with this sentiment, we live in harmony with our creation, our Creator, and at peace.

Love and hold expectation for peace on earth with belief. The Creator's natural laws of creation are infallible.

Inspirationally received by Julie L. Harper

There are steps that we take to help ourselves on earth in order to progress (although it is a slow process) for that is the purpose of material life.

We can pray for strength and courage in the

HELPING OURSELVES

face of our adversities and so we can fulfil the duties we promised to fulfil, great or small, in this lifetime.

Know yourself - like attracts like. Do an inventory of yourself. We attract the people and the spirits about us - that are like us.

If we don't want to be stuck in behaviours we do not want or like (even if we enjoy them for we know they are wrong and because we should progress). We have to break the link that is between those (whether spirits in the spirit world or people here in the material world) and us that may not be in our best interests.

We have freewill...as well as willpower to make the choices we need to or should.

With good moral behaviour, we can help to deflect negative influences. At times, it can be very difficult, especially if our behaviours have been going on for a long time.

Read and study (Kardec's books or other inspirational books or movies) to help raise your mental, spiritual thoughts and vibrations. Spend some time alone with your thoughts for inspiration and contemplation.

Pray for assistance from God and the good spirits in seconding your efforts. God bless!

Written by Yvonne Limoges



The Editorial team would like to thank Y Limoges for giving us permission to use articles from The Spiritist Society of Florida's newsletter.

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THE 1st of APRIL**

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Can all members please make sure that you keep the Membership Secretary up to date with your current contact details, address and email thank you.

If you would like a copy of the 31st or 32nd Congress photo then please contact the Membership Secretary for details .

Fraternal Weekend Cober Hill UK November 2013

Here's hoping to see you in Finland & Cober Hill
until our next issue take care Love and light

Coral and Nicky

aroha aoturoa

kärlek och ljus

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