



JANUARY 2012

THE SPIRITUALIST

A PUBLICATION OF PLYMOUTH SPIRITUALIST CHURCH

PASTOR'S CORNER

Happy New You Year!

As we begin 2012, the "Year of Big Changes," let's make sure we start by putting ourselves first! I know that in the past I have rarely done this. If and when I did, it was NOT enough. I would feel guilty saying "No", thinking that implied weakness or laziness. I have realized when you have a job where you take care of others or are the owner of a caretaking, human service personality, we often "run out of gas;" and with that lack of energy, it is impossible to put as much into caring for our own needs, desires, and wishes.

I have begun to set attainable personal goals and to take the time that I need to reach them. I check back to reevaluate them and set more biweekly. Breaking them down into smaller bits is much easier than becoming overwhelmed looking at it all at once (Thank You, Lifestream)!

So now I am cocreating with intention, not by default, with the same energetic passion I share with others so that I can feel better and be more centered and balanced. I take several moments throughout my day to really feel and express my gratitude. By doing this, I am becoming happier overall. I know that each day in every way I am getting better and better and better! It really is true what they say when we are taking a flight to anywhere: In signs of trouble, place the oxygen mask on ourselves first. Only then

Together We Are One

Pastor Robin Higgins
29 Vick Park A
Rochester, NY 14607
(585) 271-1470
pastorrobin@rochester.rr.com

Sunday Service

10:30 - 12:00 noon

Message & Spiritual Healing Service

Third Wednesday Each Month

7 - 9 PM

Please arrive by 8 PM
10-minute readings for
\$15 donation

Free Spiritual Healing

Pastor's Office Hours:

As available & by appointment

Web Site:

Plymouthspiritualistchurch.org

Newsletter Feedback:

newsletter@
plymouthspiritualistchurch.org

PSC January Theme:

**Renewing Spirit and Creating
Positive Change**

BOARD OF TRUSTEES

President: Liz Curcio
liz.curcio@gmail.com

Vice President : Joanne Antinore
Jcantinore@rochester.rr.com

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Alice Lombardo: alio73@aol.com
Paul Miller: Pizzapaul88@aol.com
Rebecca Washington:
reba2112@gmail.com

Pastoral Staff/Student Minister:

Cathie Miller: catmiller1010@aol.com

Spiritual Healing Development::

Kathy Manikowski: Sunflowernl@aol.com

Offertory

Average Needed: **\$2,500 +**
November Collection: **\$1,649**

Church Change for Community Change

Put your pocket change in the little wooden church in the entry hall. Small amounts of change can really add up to make big changes in the world around us!



January

Sojourner House Shelter

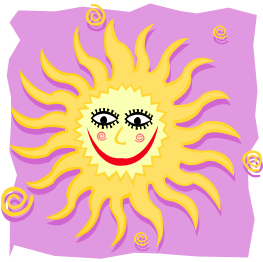
are we able to help those around us. I am on a spiritual journey, and I am ready to fly! I don't know exactly where I am going, but I can't wait to get there.

Take a deep breath, and always take good care of you. I know we will get there together if we stay Bright, Loving, and Balanced. Hand in hand, let's rock this new year out in the best vibration possible!

Together We Are One,
Pastor Robin



WHAT'S NEW AT PSC?



~Happy New You Series~
with Robin Wind

Part 1: Making "New Vision" Boards Workshop

with Robin Wind, AKA Pastor Robin Higgins
Sunday, Jan. 22, 1-3 PM
\$25 includes materials
*4 Student Minimum

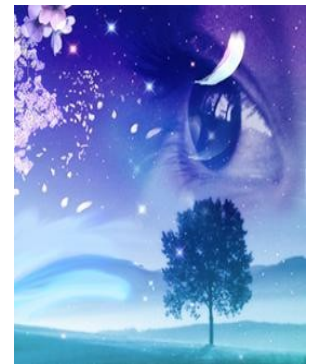
Part 2: How To Co-create Abundance and Positive Change

with Robin Wind, AKA Pastor Robin
Saturday, Feb. 4, 1-4 PM
\$30
*4 Student Minimum



Let's Astral Travel

"How To Do Astral Projection"
With Robin Wind
Friday, Feb. 17, 7-9 PM
\$25
*4 Student Minimum



Understanding Your Signs & Symbols

~Your Soul's Language~



With Pastor Robin Higgins
Sunday, Feb. 12, 1-4 PM
\$30 *4 Student Minimum



PSC Wishes for 2012

Make a difference for our PSC community!

Bring in any items purchased and put these in the Pastor's office. Food gift cards for Wegman's, Tops, or Price Rite in any amount for food cupboard are always appreciated!

- Healthy snacks/juice boxes for child care
- Coffee, creamers, tea, and cocoa
- Craft supplies
- Aluminum foil, plastic wrap, and Ziplock storage baggies
- Paper plates, cups, plastic forks, spoons and knives
- Napkins, paper towels, small and tall garbage bags, single-ply toilet paper
- Reams of white copy paper 8.5 x 11 and newsletter size 11 x 17
- Canned goods, non-perishables for food cupboard (sell dates MUST NOT be expired!)
- Donations of time and service for labor
- Help clean the church
- Give a PSC Friend a ride to and from service
- Quiet games and puzzles



A huge "Thank You" goes out to all who help PSC!

~Reach for the Stars~

Make a Dream Come True!

Want to make a bigger splash and rock PSC's world?
PSC "Spirit of GOLD and Platinum Giving" Wish List:

- A New PSC Fundraising Chairperson and Committee to organize them with a Grant Writer on it!
- 4-6 wooden bookshelves for the library at approx. \$75-\$100 each
- Donations to the NEW carpeting—church estimates range \$4,000-\$5,000 (high-end quotes includes labor)
- Tile for kitchen floor and restrooms \$800-\$1,000 (high-end quotes includes labor)
- New energy-efficient windows for church building \$10,000 (includes labor)
- Back door steps cinderblock re-mason including fire escape platform
- 5 new large to extra large round tables for Fellowship Hall (reception style) and tablecloths
- NEW AC System~\$8,000
- NEW sound system \$250-\$300
- Parking lot repaired - estimate from contractor \$700
- Remove wallpaper and repaint ladies room (labor and paint)

When making donations towards a specific WISH, please place it in the check memo area. A letter of receipt for donations will be given for tax purposes.

PSC Open Circles, Classes, and Events!

Class Minimums and Sign Ups

Our classes and workshops need to have a **minimum of four people** who are actually **registered and paid**. If you plan to attend a class or an open circle, please sign up, pay, and leave your phone number or email so you may be notified in case in case of cancelations due to weather or lack of sign-ups. Sign-up sheets are located off to the side of the main entrance into church. Sign up with Liz Curcio or Kathy Manikowski to be put on the Circle emailing list.

MEET AND GREET YOUR SPIRIT GUIDES CLASS

WITH PASTOR ROBIN
Wednesday, January 4



7-9 PM, \$25

All Spirit work needs a good foundation. Get to know the team of spirit guides who are working with you. As healers, practicing all types of mediumship work, or in our day-to-day lives, we must tap into this source to help, teach, guide, and protect our gifts. Having a clearer channel to these guides will not only help you to feel better connected to the Source, but will also develop relationships allowing greater understanding of messages from those who assist us! Class includes a guided meditation led by Pastor Robin, followed by a group discussion/Q&A time. The class is interactive and great to do again and again. Each time you do this type of meditation, more is revealed! Please bring a notebook or journal. Contact Pastor Robin with questions!

Sunday, January 15
Meal and a Message:
Comfort Foods



Following the service, stick around for good food, great friends, and an uplifting message from a PSC Medium. For the meal and a message: PSC members \$12, friends \$15; Message only \$10; Meal only \$5.
Bring a dish to pass and eat for free!

Cleaning Crew Needed



PSC needs your help! We need eager individuals to help keep our sanctuary, Fellowship Hall, and bathrooms clean. If you can give of yourself and help your church in this way, please see a Board member, Pastor Robin, or Cathie Miller. Any time you could spend sprucing up PSC would be incredibly appreciated!
We need your energy!



Open Healing Circles, second Wednesday of the month, 7-9 PM, \$10



January 11— "Do You Need a Tune-up?"	Good Vibrations healing with tuning forks. Demos, instruction, playtime, and personal healing sessions.	
February 8 — "Healing for Your Hearts"	Meditations, affirmations, visualizations, activities to brighten your heart and your life!	
YOU MUST SIGN UP!		YOU MUST SIGN UP!

"OPEN" CIRCLES AT PLYMOUTH! Sign up required!!

There are no prerequisites for attending the following "Open" Circles/Classes! Stop by and see what these Circles offer!

- 1st Wednesday of the month: **Meet & Greet Your Spirit Guides Class**, with Pastor Robin, 7-9 PM, \$25
- 1st Sunday of the month: **Open Meditation Development Circle**, with Cathie Miller, 1-3 PM, \$10
- 2nd Wednesday of the month: **Open Healing Circle**, held from 7-9 PM, \$10, sign up please
- 4th Friday of the month: **Open Message Circle**, led by a Guest Medium or Pastor Robin Higgins, 7-9 PM, \$25

Closed Circles, PSC Membership, and Student Healer/Medium Requirements



SPIRITUAL HEALING DEVELOPMENT CIRCLE

The **Spiritual Healing Development Circle** will meet Tuesdays, January 10, and January 24, from 7–9 PM.

To attend this circle, you must have attended Step 2 “Healing” of the Pathway to Plymouth program (also known as Intro. to Spiritual Healing).

The cost is \$10 per circle. This circle will meet every other Tuesday.

January topics will include “Spiritual Healing and You!”

Questions? Please contact Kathy Manikowski at: sunflowernl@aol.com or call 703-9518.



MEDIUMSHIP DEVELOPMENT CIRCLE

The **Mediumship Development Circle** is meeting Thursdays, December 8, January 5 and January 19, from 7–9PM.

To attend this Circle, you must have attended the full-day “How to do Mediumship” class.

The cost is \$10 per Circle. This class will meet every other Thursday

The NCAS/PSC format is taught as you learn to give and receive messages from Spirit. There are also opportunities to discuss personal development, message content and symbols, plus question and answer time.

Contact Pastor Robin with questions at Pastorrobin@rochester.rr.com

THE PATHWAY TO PLYMOUTH MEMBERSHIP PROGRAM

PSC is where you are free to grow and discover your "personal truth." The Pathway to Plymouth Program is designed to answer questions and to provide you with the keys needed to unlock that truth, helping you develop a more meaningful connection with the essence of your being and Spiritualism. It is a four-step process offered three times a year.

Step 1 - Spiritualism: Our Mission, Our Purpose, and Our Principles (Replaces *Philosophy* class)

Step 2 - Healing (Replaces *Spiritual Healing* class)

Step 3 - Mediumship

Step 4 - Opportunities to Serve

All four classes are required to become a PSC Member.

Topic discussions will be led by Liz Curcio and Pastor Robin. The classes are held on the fourth Wednesday of the month. Upcoming class dates will be announced. The cost is \$25 per class or \$75 for all 4 classes if prepaid.



WOULD YOU LIKE TO BE A PSC

STUDENT HEALER OR STUDENT MEDIUM?

To be called a Student Healer, you must:

- ~ Attend Step 2 of the “Pathway” program, **and**
- ~ Attend four Tuesday Spiritual Healing Circles

To be called a Student Medium, you must:

- ~ Attend Step 3 of the “Pathway” program, **and**
- ~ Attend the all-day “How to do Mediumship” class

Contact Pastor Robin, Liz Curcio, or Kathy Manikowski with questions.



Plymouth Spiritualist Church

January 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
+Speaker: Cathie Miller 1 Extended Healing 12-12:15 Open Meditation Development Circle with Cathie Miller, 1-3pm, \$10	2	3	Meet and Greet Your Spirit Guides with Pastor Robin, 7-9 PM, \$25	Mediumship Development Circle 7-9 PM, \$10	6	7
Speaker: Liz Curcio 8	9	Spiritual Healing Development Circle With Kathy Manikowski 7-9 PM, \$10	Open Healing Circle "Tuning Fork Tun-ups" 7-9 PM, \$10 Sign up!	12	13	Séance Pastor Robin and Spirit Company 7-9 PM, \$25
+Speaker: Pastor Robin Higgins 15 Meal and a Message following the service	16	17	All Message and Spiritual Healing Service , 7-9, \$15/10-min Reading, free Spiritual Healing	Mediumship Development Circle 7-9 PM, \$10	20	21
Speaker: Rebecca Washington 22 *Happy New You Series with Robin Wind, Part 1 Making "New Vision" Boards Workshop, 1-3 PM, \$25	23	Spiritual Healing Development Circle With Kathy Manikowski 7-9 PM, \$10	Pathway to Plymouth Step #1 "Intro" , 7-9, \$25 or \$75 for 4 classes	*Calling the Tribe Circle 7-9 PM Love Donation Accepted	Open Message Circle 7-9 PM \$25	28
Speaker: Val Grosche 29	30	31			+ Sundays when childcare is provided during service	*Sponsored by Friends of PSC

More PSC!

PCS Members— Happy Birthday to You!

Jan. 9 Cathy Higgins
 Jan. 18 Carol Drake
 Jan. 20 Pastor
 Robin Higgins
 Jan. 22 Joanna Bartlett



PSC Student Minister



Cathie Miller is our Student Minister and has been a member of Plymouth for many years.

As a certified medium, Cathie has come to know many of you! She is looking forward to this learning and growing opportunity!

Opportunities for Service, Growth, and Community at Plymouth

PSC Library : The PSC Library is open! Books can be signed out, and there is a box for donations.

PSC Hymnal Purchase: You can purchase and dedicate a hymnal in memory or honor of a loved one, a pet, yourself, or just because! Hymnals are \$25 each. Please see Alice Lombardo.

PSC Prayer, Love, and Light List: Do you know of someone in need of loving energy for any reason at all? Email *Kathy Manikowski* at Sunflower1@aol.com and she will add your request to the prayer list. Contact Kathy to become a member of the email prayer group.

“GOT SPIRIT” Club: Please, if you know of a person, situation, or family that is in need, or you would be willing to contribute time or donations for identified needs, check the “Needs” and “Haves” board posted. Join the club by contacting a Board member.

PSC Choir and Music: Rebecca Washington directs the choir and is your contact. Choir practice follows the church service. Nancy Gaziano is your PSC music contact.

PSC Food Cupboard: Donations of food and gift cards are always welcomed and appreciated to help local families! There is a need, especially for gift cards, as the cards provide the means to buy fresh products! Please contact Pastor Robin or Alice Lombardo.

PSC is on Facebook: and the Internet! Plymouth has “317 People Like This” on our Plymouth Spiritualist Church **Facebook page!** Are you one who “Likes” the Page? Check it out!

Please Fill Out Affidavits for Our Student Healers and Mediums

Our students are working to become certified Plymouth Healers and Mediums. Certification for either requires 30 affidavits from you, the receivers! If you have had a wonderful healing or evidential message, please fill out an affidavit. Healer and Medium affidavits are located on the table in the back of the Church. The Medium affidavits are on yellow paper, and the Healer affidavits are on green paper.



Thank you for supporting our students as they serve God, Spirit, and you!

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