



# Flow of the Spirit Newsletter

Winter, 2008-2009

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## A Message from Robert

By Rev. Robert Test

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When we stay open to Holy Spirit, words of wisdom seem to always come to us when needed. In this past week, these words from Luke 11:9 and 10 were there for me so I thought I might share them with you.

*“I say also to you ask, and it shall be given to you: seek, and you shall find; knock and it shall be opened to you. For everyone who asks, receives; and he who seeks, finds; and he who knocks, it is opened to him.”*

This is the Divine promise we are given. There are no limits on this promise. God is always present. I am finding that the process of asking begins with trusting our Higher Self, the Christ, and the Holy Spirit, to provide what we need to live a harmonious life in Spirit. Thank you Father-Mother God for the love of family and friends at this glorious time of year. Thank you also for providing all of our needs through your presence in every area of our lives.

Our True Life manifests when we are willing to trust God to take over all of it. We are children of a God that loves us and wants only good for us. The popular phrase “Let Go and let God” describes the process. Our willingness to allow this in our lives determines the actual quality of life that we experience. Maybe it’s time to start letting God run things in the New Year.

Blessings,

**Robert**

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*Flow of the Spirit Church  
is a Christ centered,  
Independent Church.  
We seek to accept each  
other for who we are and  
together continually  
strive toward our  
spiritual unfoldment. We  
are here only to express  
our true nature which is  
LOVE*

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## Events at Flow of the Spirit

### Weekly:

*Sundays, 5:00 p.m. to 6:30 p.m.* A *New Earth* Study Group in the Dome Chapel, Van Alstyne. Rev. Madelyn Test is facilitating a study group into the book *A New Earth* by Eckhart Tolle. This book expands on numerous ideas to help us transcend our ego based state of consciousness and experience personal happiness and joy. You can enter and/or leave the class at anytime in the year.

*Wednesdays, 5:00 - 6:30 p.m.* in the Dome Chapel, Van Alstyne: *A Course in Miracles* Study Group, facilitated by Judy Sumrell, a facilitator who has *over 20 years experience with this spiritual classic*. *A Course in Miracles* is a year-long curriculum that is targeted at removing the blocks to awareness of Love's presence, which is the natural inheritance as a child of God. It is a series of daily lessons that is designed to return the individual to a spiritual awareness of God's presence in all things. You can enter and/or leave the class at anytime in the year.

*Wednesdays, 8:00 - 9:00 p.m.* at Dr. Ingalls' house in Dallas: Rev. Ingalls has been holding this Wednesday night Joel Goldsmith Study Group for more than 25 years at his home near North Park Mall in Dallas, Texas. Literally hundreds of people have experienced enhanced spiritual awareness through this study group as well as other phases of Rev. Ingalls' ministry. The group meets from 8:00 p.m. to 9:00 p.m. and studies from different Goldsmith books and letters throughout the year. Call Rev. Ingalls at (214) 361-2215 for more information and/or directions.



2009 Flow of the Spirit Board: *Sitting* - Paul Ingalls, President  
*Standing left to right* - Traci Test, Secretary - Judy Sumrell, Vice President - Rev. Arthur Ingalls,  
 Retired Founding Minister - LaJuana Hogan, Board Member - Rev. Madelyn Test, Treasurer

## JANUARY 2009

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## FEBRUARY 2009

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## MARCH 2009

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## January, 2009

**Saturday, January 10:** Movie Night and Potluck. Movie is “Bloodline.” If you enjoyed the DaVinci Code, you’ll enjoy this documentary about the continued effort to find out more about the investigation into the bloodline of Jesus. The potluck begins at 5:30 p.m. The movie begins at 7:00 p.m. Come join us for another joyful evening.

**Sunday, January 18:** Rev. Paul Ingalls, Flow of the Spirit’s Associate Minister, will be conducting the 10:30 a.m. Worship Service.

**Saturday, January 24:** 10:00 a.m. to 2:30 p.m. A workshop will be held by Rev. Paul Ingalls entitled “Metaphysical Interpretation of the Bible.” Bring a snack to share. Love offering basis.

*Interpretation of the Old Testament based on ancient texts and ideas brings some interesting ideas into today’s modern world. Come study with Rev. Paul Ingalls as he decodes some of these ideas in this class. Many of the stories are about us as individuals and give us directions in how to live life. Paul has studied these ideas for years. Join us as we look forward to a better understanding of ourselves.*

## February, 2009

**Sunday, February 8:** Rev. Madelyn Test, Flow of the Spirit’s co-pastor, will be conducting the 10:30 a.m. Worship Service.

**Saturday, February 21:** Movie Night and Potluck. Movie to be announced. The potluck begins at 5:30 p.m. The movie begins at 7:00 p.m. Come join us for another joyful evening.

## March, 2009

**Sunday, March 1:** Rev. Paul Ingalls, Flow of the Spirit’s Associate Minister, will be conducting the 10:30 a.m. Worship Service.

**Saturday, March 7:** 10:00 a.m. to 2:30 p.m. “A Course in Miracles” This workshop will be facilitated by Robert and Madelyn Test and ACIM facilitator Judy Sumrell. We will cover the history and overview of the course and how it is constructed to introduce the true Spiritual ideas shared by Jesus in the New Testament. Included is a video by Ken Wapnick, one of the founders. Bring a snack to share. Love offering basis.

**Saturday, March 14:** Board Meeting at 3:00 p.m. Movie Night and Potluck. Movie to be announced. The potluck begins at 5:30 p.m. The movie begins at 7:00 p.m. Come join us for another joyful evening.

## The Last Word

By Rev. Madelyn Test

*After reading Robert Perala's book, these eight pointers resonated for me, may some of them do the same for you!*

Eight Pointers for those who have chosen the spiritual path, summarized below from the book, "The Divine Blueprint" by Robert Perala.

1. Find your own Truth. The only real knowledge is that which you've earned through experience and reflection. So open your mind, set aside your ego, and learn to observe without prejudice. Now start over on your belief system.
2. Promote Integrity. Be honest with yourself and with others. Respect their truth even though it differs from yours. Give without concern for anything in return.
3. Be a Role Model. As a leader in the New Age community, exemplify wisdom, integrity, intelligence, and love.
4. Practice Equality and Universal Love. See all beings as spirit beings on a path of growth and learning. Share with others on a spirit-to-spirit basis rather than on a material barter basis. Do not impede the love that is innate to your spirit.
5. Honor Planet Earth. Spend time enjoying the physical wonders the planet has to offer. Know that all are guided by elementals, or spirit beings, who work with natural phenomena and learn to communicate with them. Live *with* the planet, not *on* it.
6. Study Spirit. Learn all you can about your larger identity and share it with others. Although we may each walk alone, we can walk in the footprints of those who have gone before.
7. Help Educate the Young. We are the accumulated experiences of all our lifetimes and it behooves us to help those just setting out in life by sharing our wisdom. Considering that over 50 percent of children in the U.S. are mentally, emotionally, or physically abused, what kind of legacy are we leaving them? Children respond well to love and encouragement. What-ever legacy we leave them, it should serve both them and their future well.
8. Be Creative. Expressing creativity keeps you youthful and fulfilled. Set aside time for creative expression and surround yourself with the fruits of your creativity. Constantly stretch your faculties and challenge your limitations. Remember, life is a school. Have you signed up for a new class lately?

*Be blessed, be happy, be prosperous, and be healthy for 2009 is our year to prove we are really children of God and truly one with Him!!!*

Much love,

*Madelyn*

May the rich blessings of joy and peace make way for your life to flow abundantly!

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*Thank you for your wonderful support of Flow of the Spirit Church. Your prayers and contributions are greatly appreciated. The church is flourishing and growing and we give thanks for the evidence of Spirit in our lives.*

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