



# Flow of the Spirit Newsletter

Fall, 2008

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## A Message from Robert

By Rev. Robert Test

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*In* God's presence is joy, happiness, abundance, peace, love, harmony and complete balance in life. God's will for us is the perfect state of being in a joyous world. Any experiences we have that are other than bliss, is created by us a co-creator turning from the will of God and deciding that the world around us has a higher authority than our creator. The Bible says we are co-creators, so every minute of every day we are deciding to follow God's will or the world's will. Since God can create only good, anything that is less than good in our lives must have been created by us through our error thoughts. *(To me, the true definition of sin.)*

*It's* time for us to join the "New Reformation" and step into the loving and peaceful life that God has designed for us and leave behind us the dark age of the fundamental religious zealotry generation in today's world.

*God* is not vengeful, nor does He want to test us. God is only love and shows us only love. Vengeful behavior and supposed testing comes from our own beliefs in this material world.

*Join* me in this new spiritual age by stepping into our power as a child of God that seeks only love, peace and happiness in God's perfectly balanced universe.

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 enlightenment.  
We are here only to  
express our true nature  
which is LOVE*

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## Events at Flow of the Spirit

### Weekly:

Sunday, 5:00 - 6:30 p.m. “A New Earth” Study Group in the Dome Chapel in Van Alstyne, facilitated by Rev. Madelyn Test. A New Earth by Eckhart Tolle 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.

Wednesday, 5:00 - 6:30 p.m. “A Course in Miracle” Study Group in the Dome Chapel in Van Alstyne 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.

Wednesday, 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 studies from different Goldsmith books and letters throughout the year. Call Rev. Ingalls at (214) 361-2215 for more information and/or directions.

### *Summer in Bloom at Flow of the Spirit Church*



## OCTOBER 2008

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## NOVEMBER 2008

S	M	T	W	T	F	S
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

## DECEMBER 2008

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## October, 2008

**Sunday, October 5:** Flow of the Spirit Church will be holding its annual meeting in the Dome Chapel following the 10:30 a.m. worship service. Come meet our new Board of Directors. Everyone is invited. The meeting will be followed by a potluck lunch in the Spiritual Center.

**Saturday, October 11:** Movie Night and Potluck. Movie to be announced. Our potluck begins at 5:30 p.m. The movie begins at 7:00 p.m. Come join us for another joyful evening.

**Sunday, October 12:** Rev. Paul Ingalls, Flow of the Spirit's associate minister, will be conducting the 10:30 a.m. worship service.

**Saturday, October 18:** 10:00 a.m. to 2:30 p.m. A continuation of the workshop 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.*

## November, 2008

**Saturday, November 8:** Movie Night and Potluck. Movie to be announced. Our potluck begins at 5:30 p.m. The movie begins at 7:00 p.m. Come join us for another joyful evening.

**Saturday, November 15:** 10:00 a.m. to 2:30 p.m. "Meditation Made Easy" workshop will be held by Rev. Robert Test and joined by Traci Test who is an LPC-I, MNLP, Counselor and Certified Medium. This workshop is for beginners as well as those who have meditated for many years. Bring a snack to share. Love offering basis.

## December, 2008

**Sunday, December 7:** Rev. Paul Ingalls, Flow of the Spirit's Associate Minister, will be conducting the 10:30 a.m. Worship Service.

**Saturday, December 13:** Board Meeting at 3:00 p.m. All are invited. Movie Night and Potluck. Movie to be announced. Our potluck begins at 5:30 p.m. The movie begins at 7:00 p.m. Come join us for another joyful evening.

**Sunday, December 21:** Flow of the Spirit Church will be holding a Christmas "Candle Lighting" during the 10:30 a.m. worship service.

**Wednesday, December 31:** New Year's Eve traditional "Candle Lighting" and Potluck. Come join us for our annual New Year's Eve gathering. Rev. Arthur Ingalls will be holding a "Communion Service" in the Dome Chapel beginning at 6:30 p.m. We will begin our Potluck dinner at 7:00 p.m. and complete the evening with a "Meditation" at midnight. This is our time to let go of the past and welcome in the new.

## The Last Word

By Rev. Madelyn Test

Last month I decided to do something about the fast changes and fast pace that was occurring in my world. How can I get to the bottom of the chaos occurring in my life on a daily basis? Why and where was all this constant information (or voices) coming from? Not being able to leave my environment for a full three days, I brought a silence retreat to me. Wow, all this stuff going on in my mind at one time. How can I heal this? I got it and hope this helps you too! Now all it requires is practice<sup>2</sup> and more practice<sup>2</sup>, and more practice<sup>2</sup>.

### Three Days of Silence

After three days of silence it is very clear.

Are we ever really silent, NO, absolutely not near...

Our minds are always busy, talking a mile or two a minute,  
We think we're being silent but everything seems against it...

Oh the fears that arise, we think, so menial, so small,  
Topped with guilt and obsession, let's add more that's not all.

Let's take some blame, mix in self righteousness too,  
Frustration and anxiety, just naming a few...

And now I'm even looking for praise and recognition,  
Will it ever stop, will we ever get out of submission...

I just want to be appreciated, more loved and more liked,  
Why can't I just forgive myself, and stop being so psyched...

When opening my mouth, I think it's really me,  
Slow down you silly egos, stop, wait and please be...

Pause and reflect, forgive and consider,  
When talking so endlessly like a cat with its litter...

Give it some time, slow down, and don't wane,  
No matter how others may think, it's really in vain...

Others have opinions and each thinks that they are right,  
Let them think what they will, there's no reason to even fight...

We make up all these things, to help us feel so much better,  
Instead of looking at nothing, not even paying attention to weather...

We grow and we choose and make the best decisions we know how,  
It doesn't really matter because the result is perfect says the Tao...

There's no reason to fuss, or to fume or to fret,  
The outcome established, we always win the bet...

There is nothing so important, as the love to our sisters and brothers,  
Except for the compassion we give, to include our fathers and mothers...

So if we keep our intentions pure, and forgive as we go along,  
Our world will be so content, so fulfilling, so peaceful, so strong...

For we have chosen to buy into, this greatly impressive dream,  
To live here right now in this life, so real as it truly may seem...

All we have to do is believe, that we are one with the spirit within,  
We are perfect, just as we are, and have definitely not done sin...

We are blessed from the One, who has created and given to each of us ALL,  
Just remembering our thankfulness and gratitude,  
Not wavering just standing tall...

Now let's take "Lot's" words, that are profound and so clear,

**Never look back!**

**I know he meant stay present, stay here...**

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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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*May the blessings of joy and peace make their way into your life right now today!!!*

*Love, Madelyn*