

FMC Newsletter

November 2017



QuotesPics.net

Gratitude

The quality of being thankful; readiness to show appreciation for, and return kindness. Many world religions have included the experience of gratitude in their belief systems. Philosophers since ancient times have had an interest in how gratitude influences human behavior. As human spirituality has evolved, many have come to realize that what is known as an "attitude of gratitude" is important in the happiness of an individual. Before we can use the laws of attraction to achieve our life goals, we first need to be truly grateful for the many blessings we have received. A heart that is grateful is a heart that is more open to receive new blessings. A grateful person is a more loving person. As we ask Spirit for all the wonders of the universe each week, we have to believe that we can really receive them! Belief is the second step to achieving our goals. The first step is to be grateful for the many blessings, large and small, that we enjoy in our life. In the month of November we celebrate Thanksgiving, a holiday of gratitude for the abundance in our lives. We need to remind ourselves that gratitude is one of the most important spiritual laws in metaphysics.

I love you all so much!
Rev Connie Lundy



The Many Changes We Had Made

As I sit here and write this note for our newsletter, I am reflecting on all of the wonderful changes that we have had in the past year. Let's see, new pews for the sanctuary, paint in Harmony Hall, curtains, carpet, re-arranged library, an updated healing alcove, and let us not forget Hippy Fest along with much more!

When we come together as a congregation, we accomplish so many things. Much of this was at a minimal, if any cost to the church bank account. Volunteering not only makes you feel good but warms the heart, and it is contagious. It is probably the only contagious thing out there that people are willing to catch.

I love when we are working on the betterment of our church, listening to the laughter, watching people smile as we are grunting away at the work to be done. Then sitting down to a meal together to celebrate our work efforts. That is just one of the things that we are about here at The First Metaphysical Church. I have seen people that we didn't even know, show up to help, especially with the pews and disappear when the work was done. With the wave of a hand, a "You're welcome", and then just drive off into the distance. Never asking for a penny.

I know we have more to do, and we are making strides. It just takes people that either know how to do the job or know of someone willing to help. Our next endeavor is to put new front doors on the church. Michael, our Maintenance Guru, has been consulting with someone that knows how to put up the doors and modify them to work. He is asking for an hourly wage. It seems we can't do this big project ourselves. It would be great to be able to have the new doors up before Christmas. If you are able to help please let us know.

In the Spring we are looking at fixing up and repainting the front porch area.

I dream big, it just what I do. I believe if you dream it and set that intention, it will happen! So I'm setting the intention that the new doors will be finished for Christmas and the porch finished in the Spring. How about you? Is there something you can help with? From the moment I stepped into our church I fell in love with it. It feels like home. When I have a "chore" to do at the church such as vacuuming, I don't complain. It's like I am making it better in some small way.

Virginia Ginger Guindon
President, Board of Directors

October Income and Expenses

Income: \$791.30

Expenses: \$918.81

Disappointment and Expectation

Have you ever been disappointed by something or someone because the situation or person didn't be or do what you expected? Of course, we all have felt that way.

I recently went back to college after many years absence, and I found disappointment in my learning ability. I found that college wasn't as easy as it was years ago, and I was disappointed in the grades I received. I found it was my expectation of things being as easy to learn when I was younger, to be the same now. I have also been in the role of teacher for several years now, and I find I have to have the open and receptive mind of a student again. Not that I don't have an open and receptive mind, I just find the way things are taught in the academic world don't really require as much thinking as it does regurgitation of what was read or learned. That too has been disappointing to me. Perhaps I expected things to be different now that I am older, or perhaps I forgot that this is the way things are at this time. Whatever the reason, I had to stop and examine my disappointment and expectations. I had to be willing to change my expectations and trust that I will learn what I need to learn along the way.

Have you ever stopped to think about why something disappointed you? It's because of the expectation you had of the situation or person. Let that sink in a moment...The disappointment you felt about a situation is because the expectation (your future view of it), was different than what actually happened. What if you had no expectation of a thing or person being *what you think it should be*; but instead held the expectation that everything is going to be the way it is supposed to be. Perhaps someone needs to learn something, perhaps that someone is you, or maybe it is someone else. Whatever the case may be, projecting what you think should happen is a sure setup for disappointment. Even disappointment in yourself for not doing, being, saying what you think you *should*.

Stop "should-ing" all over everything. If you hold an expectation, let it be one of wonder, an expectation of beauty, and expectation of what is right or good in a situation for you.

I invite you to examine the disappointments in your life. Perhaps even ask "What were my expectations of this situation?". Maybe you will even be able to dissolve your disappointment when you examine your expectations.

Blessings and Abundance!

Rev. Nicky Highlen

Numerology

Numerology is much simpler than astrology and does not require any complicated mathematical calculations. Numerology can broadly be termed as the language of numbers and their symbolic significance in human lives. As per the principles of numerology, every number represents certain aptitudes and character traits of an individual and has its own vibration and vibratory influence on his or her life. The numbers exhibit an individual's character traits, goals in life, motivations, talents, broad idea of destiny, and other hidden aspects of life.

All numbers used in numerology can either be good or bad for some aspects of our life and personality. Odd numbers are considered solar, masculine, electrical, acidic, and dynamic in numerology predictions, whereas even numbers are said to be lunar, feminine, magnetic, alkaline, and static. While some numbers are friendly, some are in opposition to each other. With the unique signature of numbers, numerology can be called a complete prediction system that has a distinctive strength to foresee and determine one's future.

A competent numerologist can comprehend the influence of celestial bodies of planets and stars on individual human understanding and conduct. For him or her, all objects of the material world are related to the nine planets, which in turn are represented by the numbers 1 to 9. Numerologists compute unique numbers from your name and your birth details and predict your future accordingly.

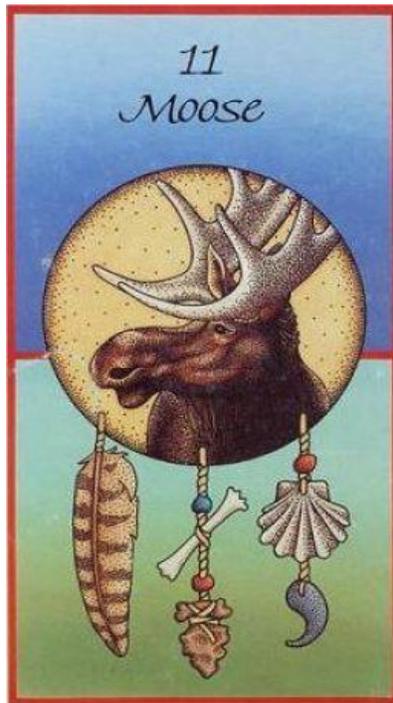
Numerology, one of the most ancient skills, was first founded in the old cultures of Egypt, Babylonia, China, and India. It was used to discover the features and elements of a person's character according to their date of birth, as well as their first and last name. Pythagoras, a Greek philosopher and mathematician, is credited with formally organizing the field in ancient Greece. Those ancient people believed that through numerology they could understand the good and bad sides of a human soul, one's personality, the visible as well as hidden competences, virtues, flaws, likes and dislikes, their motivation in life, suitable love partners and friends, as well as their past and future lives. According to Pythagoras, each number has a meaning or vibration. By adding the numbers within your birthday and reducing them to a single digit, you reveal your life's roadmap, as well as the energetic influences that affect you each year within a nine year cycle, which repeats itself throughout your life.

The Chaldean system of numbers, better known as Mystic Numerology, gives us an even stronger clue to the age of this science. Many Chaldean priests were also famous astrologers. They held the belief that all things were part of Divine Providence, and that the planets were simply heavenly interpreters. In the time of Alexander the Great, around 356 B.C., the Chaldeans believed their knowledge of numerology and astrology went back at least 473,000 years.

More methods were invented through history; however, the most reliable methods are those of Jewish Qabalah and the Pythagorean School. Nowadays, many people strongly believe in the symbolic and even magical meaning of numbers which can affect their life.

Though numerology is probably the least known or understood of the metaphysical sciences, it is enjoying a resurgence in popularity. Today it is most often used to discover secret meanings and to predict the future.

Next month we will discuss how to determine your personal number and how you fall within the nine year cycle of life.



Card of the Month
Native American Medicine Cards

By Jamie Sams & David Carson

Moose
Self-esteem

Moose is the largest member of the deer family and has great strength. The bellow of a male moose can be viewed as a positive force, since it represents his willingness to "tell the world" about his feelings. This "tell the world" trait contains a joyfulness which only comes with a sense of accomplishment. There is no greater joy than a job well done. Moose is telling us that joy should be shouted with pride.

Moose medicine people have the ability to know when to use the gentleness of Deer and when to activate the stampede of Buffalo. They understand the balance between giving orders to get things done and having a willingness to do things themselves. The wisdom of Moose medicine is akin to Grandfather Warrior who has long since put away his war paint and is now advising the young bucks to cool their blood.

Moose medicine is often found in elders who have walked the Good Red Road and have seen many things in their Earth Walk.

You have reason to feel good about something you have accomplished on your journey. This may be a habit you have broken, a completion of some sort, an insight on a goal, or a new sense of self that you have fought hard to earn. It is a time of feeling harmonious pride, and of recognizing those who aided you in the process.

Write down all that things you can love about yourself, your progress in life and then apply these same things to friends, family, coworkers, and life. Share with others, they need encouragement as much as you do.

Beware of ego ruining your sense of accomplishment. In tooting your own horn remember to be interested in others, and that everyone teaches everyone else in some way. Sometimes Moose asks you to calm your spirit and allow the strength and wisdom of silence to enter your heart. Moose reminds us to know the wisdom of silence, so that when it is proper to speak you can take pride in your words!

November's Full Moon

The full moon in November will occur very early Saturday morning, November 4, at 1:23 am (actually during Friday night). This month's full moon is in Taurus, which means we're in for an even more charged atmosphere than normal (just what we need, right?). While its placement varies, November's full moon is always a signal of the changes to come; it's seen as a waning bit of light before the darkness of winter. It's also known as the "Mourning Moon." It gets its name for its proximity to Samhain, and for the fact that this is very much a time of death and a time to mourn, not only your beloved dead, but also the harvest's end, and nature's descent into darkness.

While many modern-day superstitions surround the moon in general, the full moon has long been upheld as a time of reflection. Our ancient ancestors spent autumn preparing for the colder months, and the final step in this process is the letting go of old things — the things we must leave behind before we reach the new year, another reason for the name "Mourning Moon."

Now, is the time to step back a little, to retreat and curl up, covered in a blanket, around a roaring fire, to sip tea, eat your favorite warming, comfort foods, and to just take a moment for ourselves. Now is the time to reflect upon the lessons learned this year, time to take stock and to release any negative thoughts, feelings and emotions. It is also the time to let go of any regrets, to right any wrongs, and forgive and free yourself from anger or disappointments.

Correspondences associated with the mourning moon are: element – water; colors – gray, blue, and brown; scents – cedar, sage, pumpkin, cinnamon, and cloves; gemstones – turquoise, topaz, and apache tear; herbs – thistle, fennel, verbena, mugwort, and patchouli; foods – left over foods from the harvest, corn, squash, pumpkins, root vegetables, smoked meats, and wild game.

Cleansing rituals, during which you take note of what you don't want in your life anymore, are commonly conducted in observance of the Mourning Moon. These discarded things can be anything from the most frivolous to the deeply profound (the grief over a lost loved one). The point is to think of these things one last time before resolving to move on from them. You can make a list and drown it in a jar of water (the element associated with this full moon) or burn it in a fire in the backyard under the full moon itself. If you put your list in a jar of water, keep it until the next new moon, then throw it away.

It's a symbolic gesture, to be sure. But given how much we value gratitude at this time of year, especially as we approach the Thanksgiving holiday, it can be helpful to take stock of what you still need and cherish in your life versus what you're ready to forget, thus replacing negative energy with positive energy.

If you can take a moment, go outside and check out the light of the Mourning Moon. Imagine it illuminating the darkest moments of your past year, so that you can visit them one last time before turning away completely.



Your Sun Stone is Aquamarine It is a beautiful gem!

Those born at the end of the harvest belong to the eighth zodiac sign, Scorpio. This sign is also known as the Success sign. Scorpio is represented by the mighty scorpion. Scorpions are killers with a poisonous sting. It represent Scorpios because of the shape of the constellation, Scorpio: the stars appear to form the outline of a scorpion. Scorpions are complicated, independent, and creative. Sometimes finding what makes a Scorpio happy is difficult. The only thing that can hurt a Scorpio is for them to be emotional. Scorpions are very sensitive and jealous. They rarely are actively social with other people but they know exactly what's going on that matters to them. If they truly believe in a goal they will accomplish it no matter what. You wouldn't believe how loyal these Scorpions are even though they never forgive and forget. They are not very good at letting things go. On the bright side, they have a hilarious sense of humor. Scorpions are great and excellent leaders and sometimes are a bit competitive. The traditional stone for those born under the star sign Scorpio is aquamarine. Aquamarine's colors vary from blue-green to a dark aqua. This stone is one of the variety of the mineral Beryl. Aquamarine is a seeker energizer crystal.

Aquamarine is known as a calming stone. It is helpful in dealing with issues involving the Throat Chakra. Use this stone to keep your throat healthy and to keep you breathing calmly. It's also used to soothe and calm you when you are in fear. Aquamarine is blue-green or aqua like the color of water. The gift from aquamarine is to bring you complete relaxation and remember the crashing of waves at sea. This stone is also very good for enhancing communication skills.

Rose quartz is yet another stone that represents Scorpions. This stone is also known as a love stone. When using this stone you feel a lot stronger with self confidence. It also opens your heart to all different kinds of love and enhances them. Rose quartz is perfect for keeping a positive attitude. It helps you see the beauty of the world and people around you and to love the life you live.

Lastly, rhodochrosite is also a stone for the star sign Scorpio. Many crystal healing practitioners report that rhodochrosite is a stone that is soothing to the heart, that stimulates warm feelings of love and compassion.

As one born under the sun sign of Scorpio, you have quite a few choices about which crystals are really right for you. We suggest you find one of the stones discussed above that seems right to you. That is your stone!

Sweet Potato Casserole



Ingredients:

- 1 40-oz can of yams, drained
- 2 cups fresh cranberries
- 1 cup pecans, whole or chopped
- Mini marshmallows

Topping:

- ½ cup flour
- ½ cup brown sugar
- ½ cups oatmeal
- 1 tsp. cinnamon
- 1/3 cup butter

Combine first four topping ingredients. Add butter with fork until crumbly.

Combine ingredients with 1 cup of the topping, place in greased 3 qt casserole dish. Cover with the rest of the topping and bake at 350 degrees for 35 minutes. Add mini-marshmallows the last 10 minutes.

Serves 6.

Pumpkin Gingerbread Protein Pancakes

Ingredients

- 2 T coconut flour, sifted (can sub for gluten free or oat flour)
- 1/2 tsp baking powder
- 1 scoop vanilla or neutral tasting protein powder (optional)
- 1/2 tsp ginger
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp sea salt
- 1-2 T granulated sweetener of choice
- 2 egg whites (for a vegan option, substitute for 1 flax egg- 1 T flax + 3 T water)
- 1/2 tsp vanilla extract
- 1/4 cup pumpkin (not filling)
- 1 T - 1/4 cup dairy free milk
- Molasses, maple syrup and butter, for topping (Optional)

Instructions

In a large mixing bowl, sift the coconut flour, protein powder and baking powder to avoid clumps. Add in the spices, sweetener and salt and mix well.

In a small bowl, whisk the egg whites (or flax egg) with the vanilla extract. Add this to the dry mixture and stir until a dough like consistency. Add in the pumpkin and slowly add the milk one tablespoon at a time until a thick batter is formed.

Heat a frying pan on low heat and spray with cooking oil. Once pan is extremely hot, pour 1/4 cup servings of the batter and cover. Once bubbles appear and the edges go brown, remove cover, flip the pancakes and cover again for approximately 1 minute. Repeat until all the batter is used.

Allow pancakes to cool slightly and top with butter, maple syrup and molasses.

Notes

* The amount of milk you use depends on the brand of coconut flour and protein powder used.

If you don't use protein powder, add an extra tablespoon of flour.

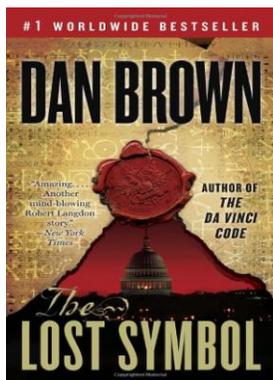
If you use an unsweetened protein powder, add a T of sugar or sweetener of choice.

November 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Meditation Table Tipping 7:00	3	4
5 Daylight Saving Set your clock Board Meeting 3pm	6 Book Club 7pm-9pm Lost Symbol	7	8	9 Meditation 7:00	10 Set Up Psychic Fair	11 Psychic Fair 11am- 6pm
12	13 Book Club 7pm-9pm Lost Symbol	14	15	16 Meditation 7:00	17	18 Private Church Rental
19	20 Book Club 7pm-9pm Lost Symbol	21	22	23 	24	25 Reiki 10am- 5pm
26 Potluck 4pm Drumming 5:30pm	27 Book Club 7pm-9pm Lost Symbol	28	29	30 Meditation 7:00		

UPCOMING CLASSES AT FMC



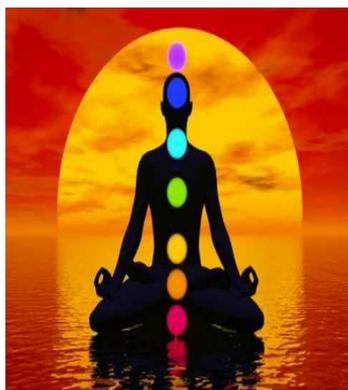
BOOK Club

Monday November 6, 13, 20, 27

7pm-9pm

Bring a snack to Share
Love Donation

The Lost Symbol is a masterpiece of storytelling - a deadly race through a real-world labyrinth of codes, secrets, and unseen truths...all under the watchful eye of Brown's most terrifying villain to date. Set within the hidden chambers, tunnels, and temples of Washington, DC., *The Lost Symbol* accelerates through a startling landscape toward an unthinkable finale.



Meditation

Thursday, November 2, 9, 16, 30

7PM

Meditation is as important as prayer. It is important to take the time to listen, to sit in silence and to be one with our higher self.

This meditation group is a wonderful place to do just that. We have many wonderful guided meditations with music, drumming and even singing bowls, Shaman journeys and the tree of life are just a few examples. Meet your guides, totems or angels. The outcomes are endless.

The first Thursday of the month is **TABLE TIPPING**, a divination tool for communicating with spirit



Saturday,
November 25, 2017
10 AM - 5 PM
First Metaphysical
Church
8267 E. Atherton Road
Davison, MI 48423

The system of Usui Reiki for levels I & II will be taught by

Reiki Master/Teacher Rev. Nicky Highlen.

There is a \$25 deposit required

The class in full is \$150 per future practitioner

This class will include:

- ~ The history of Reiki
- ~ Reiki Attunements
- ~ Hands on Practice
- ~ Your personal Reiki Manual

Bring a lunch or snack to share for this enlightening 6-7 hour training.

***Call 248-240-1864 to reserve your spot!
Space is limited to 8 people.***

*I am a channel of
divine light
Reiki...
The source...
runs through me..
as I heal.. you
heal... we heal...
~
Be the Light~
Heal the World*

FMC Wholesale Distributer

FMC offers the following:

1. Any member or friend/family can pre-order from the Young Living Catalog (Wholesale prices...40% off retail prices) plus Michigan tax 6% plus \$1.00 S+H. Orders go in at the first week of each month. See our face book page under "files" for catalog and prices or look through our catalog on Sunday nights.

Applying Young Living Essential Oils

Aromatically: All of the oils -including blends- may be diffused.

Inhaling: It takes 22 seconds for oil to reach the brain!

Topically: All of the oils can be applied to the Vita Flex points on the feet, added to bath water mixed with Epsom salts, applied topically on location or used with body and foot massage. When applied topically, it takes 2-3 minutes for the oil to reach the blood stream, 20 minutes to affect every cell in the body, and 2 ½ hours to fully metabolize.

FMC will not be liable for the use of the oils

Ginger Guindon quindonvirginia@gmail.com

Tess Piontek piontek.t@gmail.com

Happy Birthday From FMC

November

Gina Matchett 1

Jeannie Genaw 5

Duane Judd 6

Niccolette Lennox 9

Gary Leyanna 9

Mary Frazier 13

Brandy Drinkwine 21

Anthony Davis 25

Jerry Skinner 26

James Sisco 27

Cindy Hill 28

David Popovitis 28

Ren Loomis 30



FMC Board of Directors 2017

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Minutes from the Board of Directors Meetings are available to all members of the Congregation anytime

We are an Inter-faith Organization, and we honor the truth in all religions. We accept people of all faiths and invite everyone to join us in our spiritual journeys. It doesn't matter by what name you call your God or Goddess; it's what's in your heart that counts. Your own individual path to spiritual growth is always accepted in this church without judgment as long as you harm no one. We believe in the Divinity of each person and the sacredness of nature.

First Metaphysical Church
8267 E. Atherton rd.
Davison, MI 48423
810-653-3291

Harmony Hall Rental: Seats 72
Please call for information

Living is Learning to Love

How to find us...

Webpage: www.firstmetaphysicalchurch.org

Meet up

<http://spirituality.meetup.com/432/>

Facebook

First Metaphysical Church

