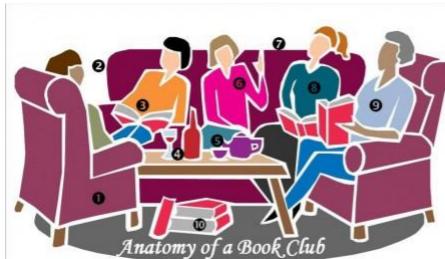


Kardec Spiritist Group of Austin
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Celebrating 3 Years of Book Club-



This coming May 2014 our Book Club is completing 3 years of existence, meeting every third Thursday of the month at Kardec Spiritist Group of Austin. The goal is to study one of the many wonderful spiritist books each month and use all the knowledge

we gain to grow spiritually and improve ourselves.

The discussions often stimulate self-examination and bring a different perspective to common problems and situations we experience in life. In a friendly, open-minded environment people can share their experiences and opinions about many of the topics covered by the spiritist books like love, forgiveness, hope, friendship, inner transformation, etc.

Come join us for a cup of coffee and learn a little more about the Spiritist Doctrine.

By Fernanda Silveira

Youth Spiritist Education

Kardec Spiritist Group of Austin invites you and your kids to join us on our Youth Spiritist Education.

The meetings take place every 1st and 3rd Sunday of the month.

From: 11:00 to 12:00am

Ages: 5 and older

If you plan to join us, please let us know in advance.

If you need to reach one of us to find your way, please feel free to call:

• Adriana Martins: 638-7176

• Beth Madden: 992-9048

• Joce Almendra: 576-2030

Book Club

Our Book Club meets every third Thursday of the month to discuss a book, or part of a book related to Spiritism.

The purpose of our Book Club is to promote study and discipline through reading.

Our next meetings:

April 17th at 7:30pm

May 15th at 7:30pm

For more information, please contact:

Celina Cavalcanti

celinacavalcanti@gmail.com or

Leticia Hammond letty99@gmail.com.

Volunteer Opportunity

Every second Saturday of each month Kardec Spiritist Group of Austin visits the Austin Children's Shelter for an afternoon of fun and interaction with children that were rescued from abuse and neglect.

There are about 50 children and youth in care today at ACS, over 40 of them are between the ages of 12 – 18.

Sign up as a volunteer with Cassia Santa Helena (512) 567-1714

cassiasantahelena@yahoo.com.

We look forward to hearing from you!

Many of you have asked how to help our group, and here is one opportunity!

Our fixed monthly expenses with rent, utilities and other essentials total \$1058.00 per month.

Any contribution is optional, but really appreciated.

If you are in a position to commit helping the group, even with a small amount monthly it would be really helpful.

The fundraising events we promote throughout the year help us mainly with special events, such as speakers' travel expenses, but they don't cover these fixed costs.

Please talk to us if you can help!

We feel very blessed to share such a wonderful house of studies and prayers!

Thank you in advance for your consideration.

March 2014

Kardec Spiritist Group of Austin

FRIENDSHIP NIGHT

On February 15th, one day after Valentine's day, we had another edition of our lovely Friendship Night.

By Joce Almendra



The party has moved to a new location, thanks to our friend André Bastos. The new place is larger, has an open layout and a better set up for parties. Everybody loved it!

We also had double the music entertainment with Morena Soul and Fusca XR3 playing a wide variety of Brazilian music from Samba to Rock...we even had a very special participation of our friend Fernanda Meira Wienskoski singing the 2 last songs of the night along with Fusca XR3 which made everyone dance and sing along. It was really fun!

And how about the food? Maybe it was our larger buffet ever with a great assortment of delicious dishes and exquisites desserts, and we know they were all prepared with love and care.

Lucky winners took home great gifts, part of a very successful raffle of beautifully decorated and well stocked Valentine's baskets.

Those were only the highlights but really the best part is always to have our whole group together. This time we had even more people attending our meeting for the first time, and having such a great time with friends and family.

These nights have proved to be a great opportunity to celebrate and continue to develop our friendship and also give our best through our participation and collaboration on all the details that events like these require. From setting up to cleaning up we all came together as a team and the result was another successful night that we all enjoyed together!



Why Living A Life Of GRATITUDE Can Make You HAPPY?

By LEO BAUBATA

"If the only prayer you said in your whole life was, "Thank you" that would suffice." – Meister Eckhart



Many days, I try to humble myself and hold a 2 minute gratitude session. I simply sit or kneel, with no distractions, close my eyes, and think about what I'm grateful for and who I'm grateful for.

I don't do it every day, but let me tell you, on the days I do it, it makes me very happy. Why should that be? Why should the simple act of thinking about who and what I'm grateful for make such a big difference in my life?

Just a few reasons:

Because it reminds you of the positive things in your life. It makes you happy about the people in your life, whether they're loved ones or just a stranger you met who was kind to you in some ways.

Because it reminds you of what's important. It's hard to complain about the little things when you give thanks that your children are alive and healthy. It's hard to get stressed out over paying bills when you are grateful there is a roof over your head.

Because it reminds you to thank others. I'll talk about this more below, but the simple act of saying "thank you" to someone can make a big difference in that person's life. Calling them, emailing them, stopping by to say thank you...just taking that minute out of your life to tell them why you are so grateful toward them is important to them. People like being appreciated for who they are and

what they do. It costs you little, but makes someone else happy. And making someone else happy will make you happy.

What do I give thanks for, privately, in my little gratitude session? It varies every day. I thank all the readers of my site, for the encouragement they have given me, for the donations they've made that brought me much closer to realizing my dreams, for the criticism they've given that has made this site better...for the time they've given me, just reading the articles when they have the chance.

I thank my loved ones, for all they do to me. I thank strangers who've shown me little acts of kindness. I thank god, for the life He has given me. I thank people around the world for the things they've done to make the world better. I thank myself, for things I've done (it's important to recognize your own accomplishment).

HOW TO LIVE A LIFE OF GRATITUDE

The thing is, simple acts of gratitude don't cost you much (especially once you get over the initial discomfort some people feel with thanking others). But they can make a huge difference.

Morning Gratitude Session. Take 2-3 min each morning to give thanks to whoever or whatever you're grateful for. You don't have to do anything, other than close your eyes and silently give thanks. This one act can

make a huge difference.

Say Thank You. When thinking about someone who did something nice for you. Perhaps you remember it during your gratitude session. When you do, pick up the phone and call the person, just to say thanks. Let them know what they did that you are grateful for, and why you appreciate it. Take a minute or two. If it's too early to call, make a note to call later. Even better is telling them in person, if you happen to see them or if they're on your route. Almost as good is a thank you e-mail – keep it short and sweet.

Give Thanks For The "Negative" Things in Your Life. There's always two ways to look at something. Many times we think of something as negative – it's stressful, harmful, sad, unfortunate, and difficult. But that same thing can be looked at in a more positive way. Giving thanks for those things is a great way to remind yourself that there is good in just about everything. Problems can be seen as opportunities to grow, to be creative.

Learn a Gratitude Prayer. There are many prayers, religious or not, that can remind you to be grateful. Find one you like, and print it out or make it your desktop wallpaper. You can find many on the internet, or write your own. A good one is on next page.

Retrieved from Ascension Magazine,
Issue 1 September 2013, page 4 and 5

BE THANKFUL

Be thankful that you don't already have everything you desire.
If you did, what would there be to look forward to?

Be thankful when you don't know something. Because it gives you the opportunity to learn.

Be thankful for the difficult times.
During those times you grow.

Be thankful for your limitations.
Because they give you opportunities for improvement.

Be thankful for each new challenge.
Because it will build your strength and character.

Be thankful for your mistakes.
They will teach you valuable lessons.

Be thankful when you're tired and weary.
Because it means you've made the difference.

It is easy to be thankful for the good things.
A life of rich fulfillment comes to those who are also thankful for the setbacks.

GRATITUDE can turn the negative into positive. Find a way to be thankful for your troubles and they can become your blessings.

"UNKNOWN AUTHOR"



The Search for Jesus

I was lost, I was afraid; I didn't know how to start my new journey.
I have been seeking for Jesus above my head and below my feet.
Jesus, Jesus you were supposed to be here, waiting for me
with your arms open in an eternal hug.

For a long time I lived like that...seeking, searching everywhere.

Today I was surprised when I saw a light,
and I saw a person coming in my direction...

I wasn't afraid anymore and I couldn't stop looking at him.
I kneeled down but he gave me his hands and lifted me up.

I looked at his face, I looked at his eyes and I finally saw Jesus...not in his appearance but in his behavior,
and inside his eyes I saw a light so bright
that made me feel so good and in peace.

Jesus is inside you when you help your brothers and sisters.
And from now on Jesus will be inside me in my journey.

Automatic writing received on our group in March 2014
Kardec Spiritist Group of Austin

COMING SOON

8TH U.S.

SPIRITIST SYMPOSIUM

"The Healing Power Of Prayer"

Saturday, April 26th 2014
Chicago, IL

For more information visit:
www.spiritualitynow.net

Julio Carvalho

MAY 17TH, 2014



Julio Carvalho first encountered the Spiritist Doctrine when he was about 14 years old. Since then, he has become an active participant in the USA Spiritist movement, has co-founded the Spiritist Center Divine Light in Newark-NJ which he coordinates with a group of friends and has become a prolific speaker, disseminating the Spiritist message not only in the Tri-State area but also in the Union County Jail where he works as a Mental Health Counselor.