

Our Friendship Night

Once more our group brings to us an event that consolidates our spirit of communion and solidarity.

By Fernanda Bueno



On September 15th, we gathered at the clubhouse of our former site with all the enthusiasm that good friends, good music, and good food could provide. Frank and Sara delighted us with MorenaSoul's tunes, and we danced! The weather was perfect, while children were playing, friends, moms and dads could catch up their latest news enjoying the sunshine or the music inside. And the food! At every gathering our volunteer cooks outdo themselves!



The warmth of the party was the result of ongoing dedication and love to our group. All were happy to make a contribution, bidding in the auction, cleaning up, cooking, or all the above! Each one of us giving the best of our possibilities for the continuation of this great work that enhances our community and our lives. Thank you KSGA!



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: (512) 638-7176
- Beth Madden: (512) 992-9048
- Joce Almendra: (512) 576-2030

Book Club

Our Book Club meets every 3rd 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:

October 17th at 7:30pm

November 21st at 7:30pm

For more information, please contact:

Celina Cavalcanti

celinacavalcanti@gmail.com or

Luciana Corwin luairam@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 51 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 Fernanda Bueno:

nandafemandabueno@yahoo.com.
Phone 512-669-9263

We look forward to hearing from you!

Kardec Spiritist Group of Austin

On Work Commitments

Never be ashamed of serving, or regret doing it.

Enhancing your professional work, acquiring new knowledge, is simply your duty.

Cooperate with your bosses through the straightly performed obligation, without employing means of flattery.

Never diminish or imply less value to the efforts of colleagues.

Never pretend sickness or accidents, specially intending to benefit from laws of protection or the help of insurance institutions, for life usually demands that the consequences of such lies are suffered.

Never attribute only to yourself the success of some task, understanding that on every work the team spirit must be considered.

Sabotaging work will always mean deterioration of our own interest.

Accepting disorder or stimulating it is sponsoring our own lack of balance.

You possess countless resources to promote yourself or bettering your own area of action, without recurring to disrespect, disturbance, bitterness or rebellion.

Salary wise, remember this: whoever works must receive payment, but, on the same note, whoever is being paid must work.

André Luiz/Chico Xavier

From the book "Sinal Verde" (green light) – Comunhão Espírita Cristã Publishing, Brazil.

To Find God

By Anderson



Christian life hinges upon brotherly love. We may give expression to the best within us.

The Gospel teaches us that there may be always a new beginning every moment so as to gain Christ's presence.

Patience is the power to bring to us the kingdom of happiness. Jesus knows our shortcomings and gives us His tolerance. Let us help each other. Live is the law.

We must be faithful in little promises. Many people are completely involved with heavenly glories, while they are careless in little things.

Let us wake up. Devotion claims fulfillment. He who knows becomes responsible. The world needs help.

Let us be of service at every opportunity. In the Gospel as well as in business one must look ahead.

Jesus said; "Are not two sparrows sold for a farthing? And not one of them shall fall to the ground without your Father. But the very hairs of your head are all numbered".

We cannot measure God's glory around us, but we can recognize the divine attributes of God through our love to our fellow man.

As far as it goes, the definition of the New Testament, "God is love; and he that abides in love abides in God, and God abides in him", carries with it the promise that by living and practicing pure love man will finally attain to the state of union with the Maker forever.

Would we find God? Then we need to follow Jesus Christ. Service with Him, is the real easement of life's problems.

Good things do not come to us by chance. The happiness and the peace in the soul's kingdom come from love's service. When we find love in our heart, Jesus is there.

"For where your treasure is, there will your heart be also." – Jesus (Matthew, 6:21)

July, 9 1965, New York City, NY

(From the Book: "Entre Imãos de Outras Terras" by F.C.Xavier and V. Vieira)

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.

Emotional Management For Immortal Happiness

By Vanessa Anseloni, PsyD, PhD

“Gee I made the wrong decision...I was hot-headed!”



Dear reader, this and other exclamations of the type permeate the lives of most people. Our emotions have great power over our decisions. And who does not have them, if even animals have them?!”

Recently, the journal Science, one of the most reputable of the Biomedical Sciences, published unprecedented findings' showing that we take wrong decisions when we have difficulties to decode the sensory information we receive. This finding is revolutionary because it really shows us that when we know the Truth, it set us free. But to know the truth, we need to know how to decode it. Now we understand why many have seen Jesus, have heard him speak, or were even healed by him, but they were unchanged! There certainly was difficulty in decoding, in interpretation, and in the information received! The same happens even to us, imperfect Spiritists, which as Kardec described in The Mediums' Book, have difficulties in applying the lessons in our daily lives. Jesus recommended to Nicodemus in an immortal appeal to all of us, "Before you think about the provisions of the Law, you should have felt the texts." Our emotions, beliefs, and experiences create a mechanism that filters the

incoming information so that we may even be refractory regarding the transformational proposals. This situation is much clearer when, in a given circumstance, a disciple sought after a master, saying to him that he would like to learn his teachings. The disciple's conceited emotions were expressed while he told the master everything he thought he knew that far. And the master listened intently. At one point, he proposed that they had tea together. The master began to pour hot water in the cups, when, at a given time, the disciple stopped his lengthy narrative, and told the master that the water had overflowed the cup. The master smiled and kindly said, "Thus we also need to empty our cups so that new water can be poured in." The egotistic emotions of the disciple were the impeding factor of new learning! Indeed, our emotions determine our mental state, playing an integral part in our mental matter, according to the Spirit André Luiz. We vibrate according to our emotional choices, and with them, we make connections in two worlds. "Deep emotions, unspeakable pain,

laborious and extensive concentrations of mental strength or distressing supplications" will emit rays of thoughts that are "too short or of immense transformative power in the spiritual realm. How then should we manage our emotions? Knowing that they are subject to the evolutionary process, arising from the instincts, and then they are characterized in sensations, to finally turn into feelings, we can create mechanisms to educate them. Indeed, in the perfection of Nature, we find inspirational mechanisms to educate involuntary emotions, since we are all subject to the law of Progress. These mechanisms can be verified in the trials and challenges of life as well as in their own atonements or expiations. An example of it is in the diseases that are powerful tools for transforming our thoughts and especially our emotions. This as the case of Mauricio Tessi, who suffered from acute rheumatoid arthritis, but had his discarnated mother caring for him. During one of the Spiritual intervention sessions, his mother received information from the Spirit-physicians regarding Mauricio's health state they

explained to her that his illness was providential to defend him against obsession and madness. The Good Spirits showed to her that, while the patient was undergoing his physical crises, he was able to control his inferior emotions (aggression, stubbornness, rebellion, bitterness) and exercise higher emotions (meekness, gentleness, good humor, kindness, faith, generosity, gentleness, trust, piety, benevolence) through prayers and reflections of inner renewal. However, since we are living in the Era of Consciousness, we are called to voluntarily work for a new emotional conditioning. Allan Kardec, in his educational excellence, published such proposal in The Gospel according to Spiritism. Although many use that book today as an oracle in troubling times, the illuminative compendium revisits the Master's teachings, while giving us a safe prescription for our emotional education. In the Christ-conscious emotions (humility, simplicity, gentleness, patience, obedience, renunciation, forgiveness, leniency, faith,

charity, duty, love) we will find true antidotes for our conflicting emotions (guilt, anxiety, anger, fear, jealousy, attachment, laziness, inner emptiness, addictions, resentment). Advancements in Science will also gradually confirm the excellent program on emotional management proposed by Incomparable Master Jesus Christ. This is the case of an American psychologist who created an unprecedented program of emotional training for children, youth and adults, currently sponsored by the company Onionhead (www.onionhead.com). In such program, she shows that the steps for emotional management are mainly two: (1) to identify the emotion (2) to be able to manage it. To this program, we can combine the technique of eliciting the relaxation

response, when we experience difficult emotions such as anger. Dr. Herbert Benson, pioneer of Complementary and Alternative Medicine in the U.S., and professor emeritus at Harvard University, has shown, in recent decades, that breathing can provide relaxation for the body, as well as emotions stability, helping us to manage them while promoting changes in the gene activation of our physical body. As co-creators we have in us the key to new conditionings: our will. Sovereign power of the sour, our will directs our thoughts, and with them, we give quality to the fluids around us, causing either discomfort, or making them radiant, promoting new life, comfort. And this reality extends itself in the Beyond as we may see in the examples of the spiritual

reality of the cases reported by Kardec in the book Heaven and Hell. While happy Spirits reported mild and beneficent emotions (which were correlated to their state in which they were found in the spiritual realm), hardened spirits were stagnant in their paralyzing emotions. It is, therefore, in the exercise of our will that we need to consciously aim for the apex of our emotional management: to achieve the emotion of divine love. In offering living water to the Samaritan woman, Jesus gives her safe guidelines to achieve the "sacred emotion of divine love" that illuminate her soul, "shielding her from all the painful necessities of material existence." Let us drink this living water from the educational program of the Master of Love and satiate our thirst for strong emotions, learning to handle them for

Immortality!

This article was firsthand published in Portuguese in the reputable Brazilian periodical Revista de Cultura Espirito in July 2013.

Vanessa Anseloni, PsyD, PhD is a neuroscientist, psychologist and assistant professor at the University of Maryland. Fifth generation Spiritist, Dr. Anseloni is the founder and former president (1998-2012) of the Spiritist Society of Baltimore. She also founded Arid is the president of the Spiritist Society of Virginia. Vanessa Anseloni is a Spiritist medium, fraternal counselor and coordinates spiritual treatments and workshops in the U.S. and worldwide. She is also the co-author of the book The New Generation With Divaldo Franco and the editor-in-chief of The Spiritist Magazine. Dr. Anseloni is the founder of Kardec Radio.

3rd Texas Spiritist Symposium



October 19th 2013 – Houston TX

Schedule:

9:00 - 10:00am	Registration	
10:00 - 10:15am	Opening	
10:15 - 11:15am	1.IMPROVEMENT OF MENTAL HEALTH BY SELF-BALANCE	by Anisio Resem
11:15 - 11:30am	Coffee Break	
11:30 - 12:30pm	2. TAKING CHARGE OF OUR OWN HAPPINESS	by Nahur Fonseca
12:30 - 1:45pm	Lunch	
1:45 - 2:45pm	3.EVOLUTION AND THE FUTURE OF MAN: PURE SPIRITS	by Mauro Pumar
2:45 - 3:00pm	Coffee Break	
3:00 - 4:00pm	4.HAPPINESS DERIVED FROM ACTS OF GOODNESS	by Kirsten de Melo
4:00 - 5:00pm	Q&A WITH 4 SPEAKERS	
5:00pm	Closing Prayer	

Registration and More Information Please Visit:

<http://www.txspiritistsymposium.org/>