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Newsletter 62

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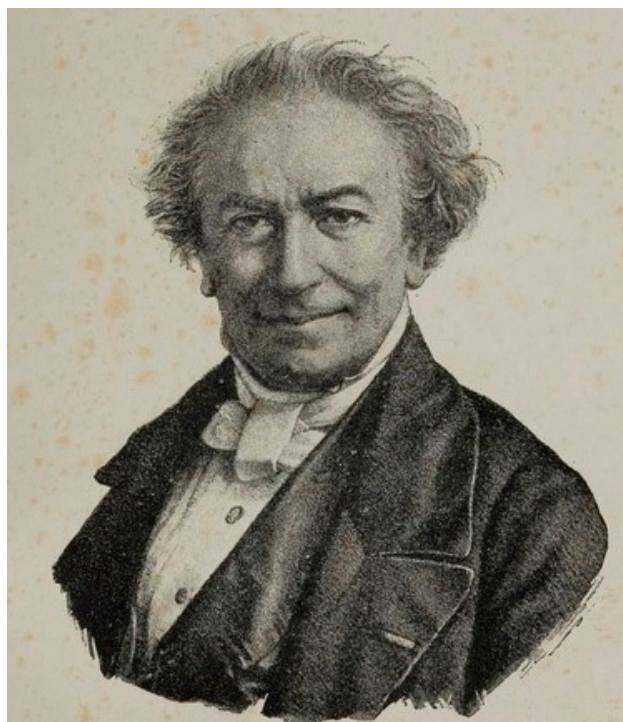
Correspondence to Allan Kardec

This is part of a series of letters published in Le Revue Spirite, July 1858. Translation from Kardecpedia.

Brussels, June 15th, 1858

Dear Mr Allan Kardec,

I receive and eagerly read your *Spiritist Review* and recommend it to my friends, not the simple reading but an in-depth study of your *Spirits' Book*. I greatly regret the fact that my physical concerns do not allow me to spare the time for the metaphysic studies, although I had taken them far enough to feel how close you are to the absolute truth, particularly when I see the perfect agreement between the answers they give us – you and me. The spirits themselves who have personally given you the merit for the writings remain astonished by the depth and logic of the texts. You have elevated yourself to the level of Socrates and Plato by the moral and aesthetic philosophy. As for myself, who know the phenomenon and your loyalty, I do not doubt the accuracy of the explanations given to you and reject all ideas I have previously published about it with Mr Babinet, when I thought that there was only physical phenomena or foolishness, unworthy of the scholars' attention. Do not feel discouraged as I do not feel discouraged in the face of the indifference of your contemporaries. What is written is written; what is sowed will germinate. The idea that life is a "sharpening" of the souls, a trial and expiation, is great, consoling, progressive and natural.



Those who embrace these facts are happy in all positions. Instead of lamenting the physical and moral sufferings that abate them, they must rejoice or at least withstand it all with a Christian resignation.

To be happy, flee the pleasure

Is the motto of the philosopher;

The effort we made to enter,

Costs more than the goods;

But it comes to us sooner or later, In a form of a surprise;

This is a lacklustre game of chance, Worth ten thousand times the bet.

I hope to be in Paris soon where I have many friends and a lot to do but will leave it all to find you and shake your hand.

Marcellin Jobard, Director of the Industry Museum of Brussels

Let kindness represent us in words and actions

Submitted by Anne Sinclair - The Spiritist Family Group, London

When I was asked whether I would like to submit an article for this newsletter, I started meditating on the responsibility that comes with the use of language and the difficulty in expressing ideas precisely. The topic is not new and has permeated the history of humankind. There have been endless discussions on the meanings of words and the context in which they are presented.

In the Gospel According to Spiritism, there is the chapter entitled Strange Moral which refers to this by presenting passages from the Gospel in which words attributed to Jesus appear to be in opposition with his general teachings. Allan Kardec in his explanation suggests that since the Gospels were written by the Evangelists after His death, it is possible that they were not able to express at times the depth of His thoughts. Also, it might be that the meaning was lost in translation when going from one language to another, over the years. If a small error was committed once, it was then repeated, as can be seen when stories are passed on in families.



When thinking about mediumship we can encounter a similar difficulty. The idea proposed by a Spirit and transmitted to a medium, who offers a limited pool of words and structures for them to use, is then copied on to paper, printed and then perhaps translated into another language. This means that a small error could also be perpetuated in this way.

Our language reflects the stage of our evolution. For example in The Spirits' Book, the Spirits suggest that some things cannot be properly explained to us because we lack the words, or because our intelligence is still limited. They state that we can use the words we wish as long as we are agreed on what we are talking about. Imagine describing a laptop to somebody in the last century or in the Middle Ages and maybe we can have some idea of the difficulty of their task.

So how does this affect our ability to study and understand Spiritism? The suggestion is that we should not become paralysed by the words, but look for the greater meaning. There is so much we can learn and this excites our brains, but the essential aim of the teachings is found in The Medium's Book when the Spirits affirm that the purpose of mediumship is our moral improvement. Let us not be detracted from the teachings of Jesus just because there are some passages that don't initially appear to make sense, but let us learn to love as He did, through example.

Our moral improvement is unavoidable, and we can speed it up by studying, and more importantly, by transforming ourselves, letting go of the selfish habits of old, and developing our virtues. When asked which is the most meritorious of all the virtues, the Spirits replied that "the highest is that which takes the form of the widest and most disinterested kindness".

So coming back to the way we use words, let us reflect on how we use them. Is it to soothe and console, or is it to accuse and condemn? Is it to enlighten and guide, or is it to shine a light on the shortcomings of others, as if we did not have plenty of shortcomings of our own? The spiritual guide Joanna de Ângelis recommends the following: "To know and to be silent, to receive and to retain, these are manifestations that contribute more to the campaign for enlightenment than exposing the truth by shouting at souls who are not yet prepared for renovation". Let kindness represent us in words and actions.

Anne has worked within the Spiritist movement for many years and frequently volunteers to provide interpretation for Divaldo Franco whenever he visits Europe. Anne is the coordinator of The Spiritist Family Group in London: familygrouplondon@gmail.com

150 years of Genesis

Summary by Elsa Rossi, Chairperson of BUSS

In 2018, the International Spiritist Movement is celebrating 150 years of Allan Kardec's book *Genesis: Miracles and Predictions According to Spiritism*. This was Kardec's last book, which was first translated into English by W. J. Colville in 1883.

This book, which combines science and religion, is divided into three parts, that are separated into eighteen chapters:

Part One – *Genesis: Character of the Spiritist Revelation; God; Good and Evil; The Role of Science in Genesis; Ancient and Modern World Theories; General Uranography; A Geological Sketch of the Earth; Theories about the Earth; The Transformation of the Globe; The Organic Genesis; The Spiritual Genesis; The Mosaic Genesis.*

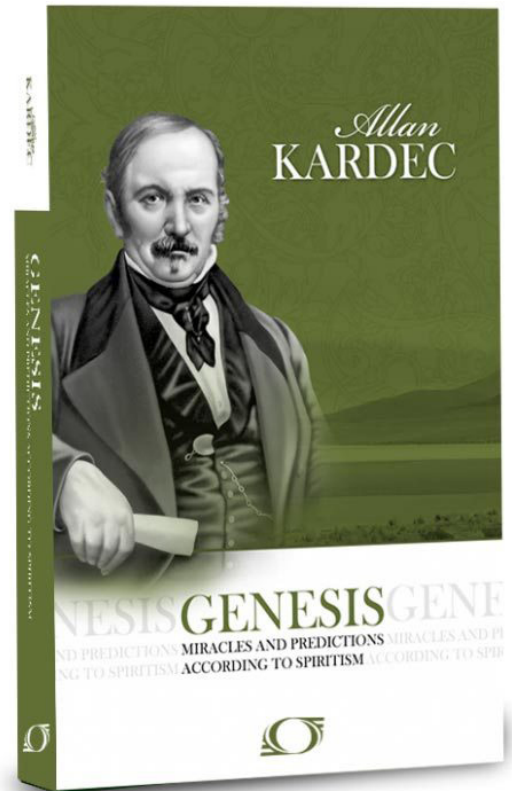
Part Two – *Miracles: Characteristics of Miracles; The Fluids; Miracles in the Gospel.*

Part Three – *Predictions: The theory of foreknowledge; Predictions in the Gospel; The Time Has Come.*

This last section, *The Time Has Come*, is divided into Signs of the Times and the New Generation. In item 9, Dr Barry (Spirit) states:

“Yes, indeed, humankind is being transformed just as it has been transformed in other epochs, and each transformation is marked by a turning point, which, for the human species, is what the turning point in growth is for the individual; these crises, frequently painful and dolorous, carry generations and institutions along with them, but are always followed by a phase of material and moral progress.”

Lecturer and organiser of Kardecpedia, Professor Cosme Massi, will be visiting the UK and will be talking about this book on 12th October in London. Please see the poster on page 7 for more information.



An invitation from AKSG-UK

On Saturday 1st September, the Allan Kardec Study Group-UK will be holding a special BBQ fundraiser, which will include a bazaar and bookstall. The event will be held at the home of Janet Duncan, founder of AKSG-UK, who will be celebrating her 90th birthday in August. Contact Jeferson (07941 740099) or Janet (020 8923 5073) for more information.

Janet lived in Brazil for thirty years before returning to the UK in the early 1980's, paving the way for the current Spiritist movement in the UK, as well as bringing with her a new English translation of *The Gospel According to Spiritism*, an edition which BUSS and groups in the UK proactively use. Janet studied with Francisco 'Chico' Xavier and invited Divaldo Franco to give his first UK lecture over thirty years ago.

AKSG-UK
Allan Kardec Study Group-UK
Celebrating 90th Birthday

AKSG-UK

Day: Saturday, 1st September 2018

From: 1:00-5:00 pm food served from 1:30-4:30pm

Address: 105 Church Hill, Walthamstow, London E17 3BD

Bazaar and Bookstall

Tickets: one for £15 or 2 for £25
Children (over 8 y/o) £10

more information contact:
Jeferson 07941740099 or Janet 02089235073

A visit from Alberto Almeida

On 20th June, Dr Alberto Almeida gave a lecture in London entitled “Less Sorry, Less Guilt, More Forgiveness”. Invited by BUSS, this was Dr Almeida’s first time presenting a lecture in the UK, where he talked to an audience of 120 people, with interpretation by Silva Gibbons of the Chico Xavier Spiritist Society.

As part of the lecture, Dr Almeida launched the English edition of his latest book: *Forgiveness As The Way And The Way To Forgiveness*. Dr Almeida continued his visit to Europe by lecturing in Dublin, Ireland, as well as in Germany, Italy and Switzerland.

Dr Almeida is a General Practitioner and Homeopath who has published many books relating to family and transpersonal therapy. He is the Director of the Medical Spiritist Association of Para (AME-PA), Brazil.



Doctors Marcia and Arismar Leon

In June, Brazilian doctors Marcia and Arismar Leon visited various Spiritist groups in London, giving talks on themes of medicine, health and spirituality. These lectures, based both on academic knowledge and the Spiritist Teachings, were of great interest to all those who attended.

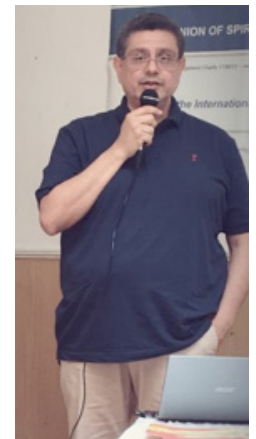
Lectures were given at these six Spiritist groups: Solidarity, Francis of Assisi, Fraternity, Sir William Crookes, Chico Xavier and Spiritist Society of London.



At the 3rd Spiritist Family Gathering on 23rd June, the two doctors also presented a special event for parents, tutors and teachers, who wanted to learn more about bringing Spiritism and the Spiritist Teachings into family life. The following three topics were discussed:

- Mediumship in infancy and adolescence
- Prevention of suicide in children and teenagers
- Spiritual education and a harmonious life

Silva Gibbons provided interpretation into English.



The Inhumane Baker

Submitted by the Sir Oliver Lodge Group

The study text below is from the 1862 May edition of Le Revue Spirite and is one example from within the works of Kardec of a letter from someone who committed suicide. The text has no official translation into English, and this translation was completed from Portuguese by the Sir Oliver Lodge Group.

A letter from Crefeld (in Rhineland, Prussia) dated 25th January 1862, inserted in the newspaper *Constitucionnel* of 4th February 1862, which contains the following fact:

A poor widow, mother of three children, enters a bakery and asks insistently for a loaf of bread for free. The baker refuses. The widow reduces the request to half a loaf, and finally to a pound of bread, only for her hungry children. The baker still refuses, leaves the place and goes to the back of the bakery. Believing not to be seen, the woman takes a loaf and leaves. But the theft is immediately discovered and reported to the police.

A policeman goes to the widow's house and surprises her while she is cutting the bread into pieces for her children. She does not deny the robbery, but she apologizes for the need. While censoring the baker's toughness, the policeman insists that she must accompany him to see the police commissioner.

The widow asks only a few moments to change her clothes. She enters the bedroom, but she takes a long time to come out until the policeman, losing his temper, decides to open the door. The unhappy woman lay stretched out on the floor, covered in blood. With the same knife with which she had cut the bread for her children, she had put an end to her days.

Having read the news in the session of the Spiritist Society of 14 February 1862, the evocation of this unfortunate woman was proposed, when she came to manifest herself spontaneously in the communication that follows.

It often happens that thus the Spirits of whom we speak appear. It is beyond doubt that they are attracted by thought, which is a kind of tacit evocation. They know we take care of them and they come. Then they communicate if the moment is propitious or if they find a medium that suits them. Accordingly, one understands that there is no need to be a medium, nor even to be a spiritist, to attract the Spirits with whom one engages.

God has been good to this poor mad-woman, and I come to thank you for the kindness you showed me. Ah! Faced with the misery and hunger of my poor little children, I forgot and failed. [...]

Pray for me, that I may soon make reparation for my fault, not out of cowardice, but out of maternal love...

Following the communication, the Spirit of Lamennais made the following appraisal of the fact:

This unfortunate woman is one of the victims of your world, of your laws, of your society. God judges souls, but God also judges times and circumstances; God judges the things that are forced, as well as despair; judges the background and not the form. And I dare say: this unfortunate woman killed herself not due to a crime, but due to modesty, for fear of shame. And that where human justice is inexorable, God judges and condemns material facts, divine justice finds the depth of the heart and the state of consciousness. [...]

Dear God, when, then, will all your gifts be recognized and put into practice? In the eyes of your righteousness, he who has refused bread will be punished because Christ said, "He who gives bread to his neighbour gives it to me."

Inhumane Baker: <https://www.kardecpedia.com/roteiro-de-estudos/896/revista-espirita-jornal-de-estudos-psicologicos-1862/5215/maio/o-padeiro-desumano>

What to do in a moment of need

Depression, anxiety, and stress are common aspects of mental health concerns that affect most people at some point in their life.

These negative feelings may come and go and can be caused by one of many possibilities, including: financial worries, relationship problems, work issues, vices, housing problems, as well as spiritual issues. Everyone handles these lower emotions differently. However, many people stay in silence without the ability or courage to talk about the issues affecting them and their emotions.



What can we do to return to a positive level of being, to a lighter vibration and to a happier state of mind?

Don't panic! Everyone goes through these feelings at some point in their lives. There are many people available to give support, no matter what the issue is or how critical the situation has become.

Write it down. Take the time to write everything that is affecting you on paper, and make a note of how you feel about it. Although this can bring on additional emotions, it can also help to analyse the issue.

Ask for help. Not everyone is able to find the courage to ask for help, but there is help out there. Where possible, always talk with your family or friends. Talking about our problems with the people we love might be embarrassing, but they may have also gone through difficulties and even if they cannot give advice, they can give supporting love and affection.

If you attend a Spiritist Centre, talk to the coordinators to arrange Fraternal Assistance, which is a private chat to help talk about the issue and to find guidance from within the Spiritist Teachings.

Talk to your doctor. The NHS (National Health Service) is able to help in many situations, and they run talking therapy and psychological support units around the country. GPs are trained to give you guidance and support and refer you to mental health teams where needed. You can also call the NHS on 111.

Talk with the Samaritans. The Samaritans run a safe and confidential support system via their website, by telephone and through face-to-face discussions. Telephone: 116 123. Website: www.samaritans.org.

In the case of urgent support. If you or someone you know is in a serious condition with risk of serious harm, please visit your nearest hospital A&E department or call 999 and ask for an ambulance.



COSME MASSI CONFERENCE 2018

12 **FRANCIS OF ASSISI**
150 years of the publication of Genesis
10 1 Studley road, Stockwell, SW4 6RA
Talk in Portuguese - from 7:00 pm

13 **BUSS SEMINAR**
160 Years of the Spiritist Magazine
10 Bankside Community Space
18 Great Guildford Street - SE1 0FD
London Bridge or Blackfries
Talk in Portuguese. Simultaneous translation in English - from 02:00 pm
Reserve your free tickets at: www.eventbrite.co.uk
Search for: Cosme Massi 2018
office@buss.org.uk - www.buss.org.uk

Useful Information

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BOOKSHOP

BUSS has a wide range of Spiritist books from many authors, which are sold at events and can be purchased directly.

E-mail: bookshop@buss.org.uk

NEWSLETTER

E-mail: newsletter@buss.org.uk

Deadline for submissions to the next BUSS Newsletter is **15th September**.

Please send text, photos and artwork as separate files. We appreciate if your submissions are in English.

Spiritist Groups in the UK

British Union of Spiritist Societies Members

London Regions

Allan Kardec Study Group-UK	Walthamstow
Chico Xavier Spiritist Society	Hammersmith
Francis of Assisi Spiritist Society	Stockwell
Fraternity Spiritist Society	Stockwell
Sir William Crookes Spiritist Society	Kings Cross & Plaistow
Solidarity Spiritist Society	Wandsworth
Spiritist Centre for Peace	Bethnal Green
Spiritist Society of London	Bethnal Green

Other Regions

Allan Kardec Manchester Spiritist Society	Manchester
Blossom Spiritist Society	Wokingham, Berkshire
Guiding Light Spiritist Society	Canterbury, Kent
Sheffield Spiritist Group	Sheffield, South Yorkshire
Spiritist Friends of Edinburgh	Edinburgh, Scotland
Spiritist Group of Brighton & Hove	Brighton, East Sussex
Spiritist Group of Glasgow	Glasgow, Scotland
Spiritist Society of Bournemouth	Bournemouth, Dorset
Spiritist Society of Windsor and Maidenhead	Maidenhead, Berkshire

Other Spiritist Groups

London Regions

Andre Luiz Spiritist Society	Bermondsey
Ascension Spiritist Group	Bermondsey
Bezerra de Menezes Spiritist Society	Bethnal Green
Richmond Spiritist Fellowship	Richmond
Sir Arthur Conan Doyle Spiritist Society	Old Street
Spiritist Group of Harrow	Harrow
The Spiritist Family Group	North London

Other Regions

Cambridge Spiritist Group	Cambridge
Cardiff Spiritist Studies.....	Cardiff, Wales
George Vale Owen Spiritist Study Group	Birmingham
Sir Oliver Lodge Spiritist Group.....	Shefford, Bedfordshire
Spiritism Plymouth.....	Plymouth, Devon
Spiritist Friends of Dundee.....	Dundee, Scotland
Spiritist Studies Group of Southampton	Southampton, Hampshire
Spiritist Studies in Leeds.....	Leeds, West Yorkshire
Swindon Espirita – Spiritist Studies in Swindon	Swindon, Wiltshire
West Kent Spiritist Group.....	Gravesend/Sevenoaks, Kent

