



BUSS
British Union
of Spiritist Societies

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Newsletter 56

October - December 2016

We Have What We Give

“It is more blessed to give than to receive.”

Paul (Acts 20:35)

When someone refers to the New Testament passage that says that the act of giving is a greater blessing than that of receiving, almost all students of the Good News think of the word “money.”

Of course, when we think about material things, there is always more joy in helping than in being helped; nevertheless, we must not forget spiritual gifts, which, emanating from within us, increase the level and intensity of the joy around us.

Those who give reap the happiness of seeing the multiplication of what they have given.

Offer kindness and you will encourage the sowing of fraternity.

Spread the blessing of forgiveness and you will strengthen justice.

Administer goodness and you will see an increase in trust.

Give your good example and you will ensure the worthiness of your character.

The resources of creation are distributed by the Creator to his creatures so that they may give continuously and multiply infinitely.

You will be helped by heaven according to how you are helping on the earth.

We have what we give.

Therefore, remember that you are the steward of the life you are living.

Give your neighbours something more than your money. Give them your interest, your health, your joy and your time also, and you will actually find yourself in possession of the sublime gifts of love, balance, happiness and peace, today and tomorrow, in this world and in the life eternal.

(Francisco Candido Xavier/Spirit Emmanuel, Living Spring)



Editorial: A Moment to Reflect

by Adam Osborne

As we hustle and bustle through our ever increasingly busy and hectic lives, seeking the necessities of our daily existence and diverting our attention from what is important and fixating ourselves on the mundaneness that modern life brings, it is important for us to take a true moment of reflection to evaluate who we are, how we are and what we are doing.

How often do we really look at ourselves to observe, reflect and find ways to improve our being?

We might look at our health and think of diets, exercises or lifestyle choices that popular media dictates as being the current trend. Some might scrutinise their career and profession. Others may feel they need to be more charitable and decide to help others.

Most of the time, this is all temporary. A brief idea that passes after a few days or weeks.

We are taught with such frequency about how we should treat others, the level of respect, care and kindness we should offer. So, when do we stop to think about ourselves as a whole? When is it that we sit to ponder our actions, our accomplishments and our failures?

We do not like to think about the negative, as it brings bad memories, makes us feel sad, rejected, neglected, even ashamed. Often, when we try to reflect, we tend to react, with emotion, with anguish, with impatience.

We rarely have the courage to face these thoughts, to see what we can learn from, how we grow, how we can progress.

Forgiving others for what they have done to us is important, and so too is finding the way to forgive ourselves. There is an interesting old maxim: "Do not ask for forgiveness, unless you are able to forgive others first".

But we react when we think of how to forgive others and how to forgive ourselves. We get angry, upset, intolerable. And then we give up and distract ourselves from a small, albeit emotional, action that can easily help us progress along our own paths of inner reform.

"Love your neighbour as yourselves." Why is it not surprising that this message, received around 3500 years ago by the people of the Exodus from Egypt, is still not understood and comprehended. The care, kindness and affection we would want to receive from others is what we should show to them - and we should be humble enough to treat ourselves the same way too.

2016 has been a strange year for us all, and many people have seen that things have not "gone to plan".

I think it is important for us to take time to reflect, to think, ponder and deliberate the progress of our lives, to rationalise and critique our own actions, to forgive ourselves, forgive others and see how we can learn, what we can learn from and the best way to move forward peacefully, harmoniously and lovingly.

This should not be a difficult process. All it takes is a small amount of courage and a humble moment of peace.

"Life is difficult, I know. It is composed of a thousand nothings, which are pinpricks that end up hurting us. But we must consider the duties imposed on us, the consolations and compensations we receive in return, and then we will see that the blessings are more numerous than the sorrows. The burden seems less heavy when we look to heaven than when our brow is bent toward the ground. Courage, my friends."

(The Gospel According to Spiritism: Chapter 9, Item 7: Patience)

Seminar: Education in Relation to 21st Century Challenges

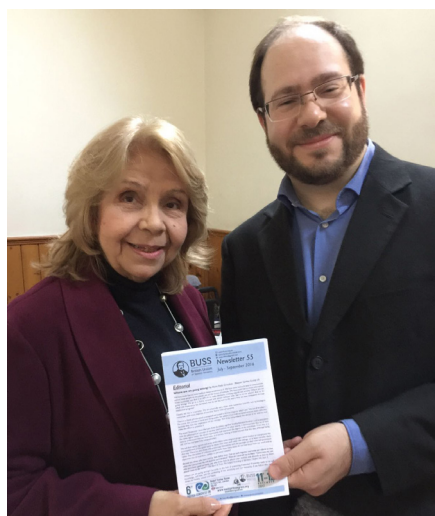
On 15th October, Nadja do Couto Valle, Cintia Vieira Soares and Nilsea Maioli were in Maidenhead, Berkshire, to speak at an event organised by the BUSS Spiritist Education Department.

Nadja talked about the effects of modern-day life, the internet and cyberbullying, and how this is impacting us on a day to day basis. Cintia and Nilsea talked about their experience of educating children and showed wonderful examples of how to include moral values in their education.

Elizabeth Stevenson from Fraternity provided catering for the event, and books written by the presenters were sold too.

During the event Adam Osborne, Deputy Chair of BUSS, presented Nadja (lower left photo), Cintia, Nilsea and the attendees with a copy of the BUSS Newsletter.

Top photo: Nilsea Maioli, Cintia Vieira Soares, Fernanda Perini, Nadja do Couto Valle, Maria Paula Gonçalves, Valeria Osborne, Adam Osborne and Elsa Rossi.



New Spiritist Group in Kent

The Gravesend Spiritist Group has now been established in Kent meets every Sunday.

Contact Carlos Folchini: 07974 656150, gravesendspiritistgroup@hotmail.com.

<https://www.facebook.com/groups/1185551631500317/>

6TH
BRITISH CONGRESS ON
MEDICINE & SPIRITUALITY



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AME Internacional



BUSS
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 of Spiritist Societies

11th and 12th
NOVEMBER
2017



Mediumship Seminar
14 Jan 2017
2:00pm to 6:00pm

Anne Sinclair **Silvia Gibbons** **Tanya Moore**

BUSS British Union of Spiritist Societies

Venue: Bankside Community Space
18 Great Guildford Street - SE1
DFD

For More Information:
secretarybuss@gmail.com
www.buss.org.uk

Limited Spaces

Share your news...

The BUSS newsletter is read by Spiritists and non-Spiritists in the UK and around the world.

If you have news, articles or information to share in the next BUSS Newsletter, please send it to buss.office@gmail.com.

Submission deadline is Friday 18th March 2017.

BUSS room change

BUSS has relocated to a new room. We are now on the 1st floor of Oxford House.



We need your skills!

Can you help with any of the following? If so, we would love to hear from you.

- administration, bookkeeping
- event organisation, catering
- printing or publishing
- translation or interpretation
- education
- graphics, artwork, websites
- music, video, audio

If you are able to volunteer with any of the above, please contact us: buss.office@gmail.com



Carlos Campetti
LONDON
February 2017

24
Friday
7:00pm to 9:00pm

Francis Of Assisi Spiritist Group
1 Studley Road, SW4 6RA
Theme: Education of Spiritist Youth

25
Saturday
1:30pm to 5:00pm

BUSS Seminar
1 Studley Road, SW4 6RA
Theme: Conversation with Jesus

26
Sunday

2:30pm to 4:30pm
Sir William Crookes Spiritist Society
39 Prince Regent Lane, Plaistow, E13 8RH
Theme: The Gospels and the Evangelists

5:30pm to 7:30pm
Fraternity Spiritist Society
Enterprise LDN 278-280 South Lambeth Road, SW8 1UL
Theme: Action of Spiritism at Home

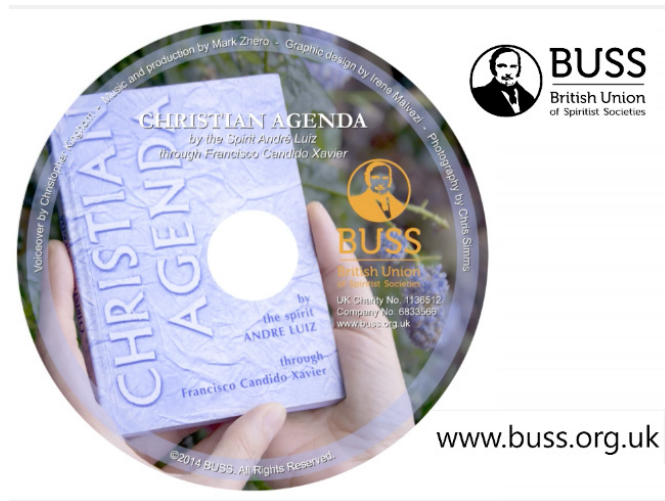
All talks will be interpreted into English
For More Information: www.buss.org.uk

BUSS British Union of Spiritist Societies

Audiobooks by BUSS

The British Union of Spiritist Societies has made two audiobooks available via YouTube: Christian Agenda and The Gospel In The Home.

These were recorded with the voice of Christopher Kinghorn and prepared by our Audio/Visual team.



https://youtu.be/_YUnKGmmdks



<https://youtu.be/5EaCu8hEDnM>

BUSS helps with Operation Christmas Child

Sueli Saponara and Tita Maria dedicated their time in November to help fill shoeboxes with presents as part of Operation Christmas Child run by Samaritans's Purse International.

Shoeboxes were filled with plenty of joyous and fun gifts which are destined to be distributed to children around the world who normally would not receive such presents at Christmas time.

Many thanks to all those who helped with contributions.



