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Edited by



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SSB

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The Spiritist Revelation



Published in Paris on April 18th, 1857 "The Spirits' Book" is the initial mark for a new phase of human evolution. Spiritism is based on the solidity of this book on the credibility and wisdom of its spiritual sources on the purity of its evangelical moral on the means for mediumistic transmission and on the coherence of its revelations.

The essential characteristic of any revelation has to be the truth. Revealing a secret means to make a fact become known. If it is false, it ceases to be a fact and, therefore there is no revelation. All sciences that help us know the mysteries of nature are revelations and we may say that there is, for humankind, a non-stop revelation. Astronomy has revealed the world of the stars we did not know. Geology has revealed how Earth is formed. Chemistry has revealed the law of the affinities among substances. Physiology has revealed how bodies function. Copernicus, Newton, Galilee, La Place and Lavoisier were Revealers.

Spiritism, by letting us know the spiritual world around us, and consequently our destiny after we die is a true revelation in terms of the scientific meaning of the word. The Spiritist Revelation has a divine origin and is a spiritual initiative being its elaboration the fruit of human work.

Following a historical sequence, the first divine revelation had its personification in Moses, the second one in Christ, and the third one is not restricted to simply one individual. There lies an essential factor of great importance. The Spiritist Revelation, or Third Revelation, is collective in the sense that it has not been given as a privilege to any person. It has been simultaneously spread all over the Earth to millions of human beings of all ages and walks of life.

The revelations of Moses and Christ, because they resulted from personal teaching, have come around just one point from where the idea spread little by little. But many centuries were necessary so that they would achieve the extremities of the world not even covering it completely.

The Spiritist Revelation, for not being personified in on person, has appeared simultaneously in thousands of different points which became centers or focus of irradiation. If Christ had not said everything, it is because he found convenient to leave untouched some truths until humankind would reach a point where they could understand them.

But who has authority to interpret the Holy Scriptures? Who has that right?



In times of intellectual emancipation and freedom of conscience, the right to examine belongs to all: scientists, clergy, philosophers and researchers. Humans, ever so more enlightened as new facts and

new laws are revealed, will be able to separate the utopian systems from reality. While sciences make some laws known, Spiritism reveals other laws. All of them are essential to the intelligence of the Holy texts of all religions from Confucius and Buddha through Christianity.

One last characteristic of the Spiritist Revelation is that, by being supported by facts, it has to be and it cannot cease to be essentially progressive, like every other observational science. Walking hand in hand with progress, Spiritism will never be outdated. If a new truth is revealed, it will accept it.

Today, more than 100 years after the publishing of "The Spirits' Book" none of the fundamental principles of Spiritism has been defied. Every one of them remain intact in a time when the world has been through radical changes in every field of the human knowledge.

What we might notice is that the development of science happens exactly towards the Spiritist principles. We see most recent examples on the papers (newspapers, magazines). After the atom and all its subdivisions, scientists have gone a step forward in the study of the microcosmos now with the official announcement of the discovery of "top quark", the most fundamental particle of matter. That scientific discover, which will help us understand planets, stars, galaxies and life itself, has come to confirm the teachings that had been anticipated to us on the second chapter of "The Spirits' Book" about the general elements of the universe and the properties of matter. Besides "The Spirits' Book", other basic works compose the Spiritist coding. "The Medium's Book" "The Gospel According to Spiritism" "Heaven and Hell" and "The Genesis" develop, deepen and consolidate the principles of Spiritism. All those principles which result from the spirits' teachings have been systemized and coded by Allan Kardec. ■

Spiritism: From Kardec Through Today, DVD, by FEB 2004

Tsunami



The end of 2004 brought a difficult moment for millions of our brothers and sisters in South Asia. Several thousands departed from this incarnation in a glimpse. Many more remained behind and will bear moral and material difficulties in the times ahead. In moments like these, we are naturally compelled to search for the meaning of so much suffering. Fortunately, Kardec had already posed the same questions to the Superior Spirits and we can find solace in their answers. On page 5, you will find the enlightening explanations given by the Spirit Benefactors

as compiled in The Spirit's Book by Allan Kardec.

According to the principle of charity, there are several ways of helping our brothers and sisters in South Asia. We can help by praying for those who departed to the spirit world and for those who remained here on Earth. Both are certainly going to benefit from this, because prayer is thought. And thought is life. You can also help through donations to non-profit organizations such as the following ones: *American Red Cross, Unicef, Christian Children's Fund, Doctors Without Borders, AmeriCares, Network for Good, etc.*

The Spiritist Society of Baltimore wishes Love and Light to all the families affected by the Tsunami.

Read more on page 5

Moving Inner Mountains with Spiritism

by Jim Pursely*



Jesus enjoined us that we can move mountains, if we have but the faith of a mustard seed. Of course, his parables were often veiled pronouncements of profound truths, and this is no different. Faith is the cornerstone

of our advancement, as it gives us volition to believe that something can be different from the way it is today. Faith is well described as evidence of things yet unseen. Faith is the certainty that "B" will happen if you do "A", that some future event will take place as predicted and that, a certain set of inputs will generate the desired result, even though the exact picture of the outcome is not defined. Spiritism, as do the world's religions, employs faith as a tool in daily living, helping in the task of soul advancement. But Spiritism's approach hones this valuable tool to a razor sharp edge.

In Chapter 19, 205:12 of *The Gospel according to Spiritism*, faith is described as "the will to desire and the certainty that this wish may be achieved." Jesus performed many material "miracles" – or actions whose mechanisms were not understood. Jesus' actions, and his words, have been assigned by most people to the world of religion. But if looked at in a different, more scientific light, perhaps Jesus was leading us toward the development of our own powers.

Faith, then, is the bridge between our reality of today and the reality to which we can aspire by following inner guidance and by believing, with every fiber, that the outcome is certain. Even one kernel of doubt may be enough to cause the desired result to fail to materialize. Thus, faith is a powerful exercise in preparing the mind to accept a new reality, with 100% certainty.

Faith must be unshakeable, according to this reasoning, and must be based on logic and reason. It is not enough to love God; it is necessary to know why you love It. By combining reason and faith, attainment of a particular outcome is greatly enhanced. It is necessary to overlook seeming failures along the path to attainment,

as these will only distract. But how does one secure the inner guidance necessary to fortify faith as a power in one's life?

Faith is enhanced by an inner relationship with one's Guardian Angel. Guardian angels are advanced spirits who have agreed to accept the task of guiding the advancement of other, lesser, spirits. According to *The Spirits' Book*, beginning with question 489 and continuing, one's relationship with the Guardian angel is described as a friendship "truer and more devoted than the most intimate union you can contract upon". Is it not encouraging, then, that we have at our disposal superior beings who are with us every minute of every day and who are prepared to aid us in our advancement? Thus, Spiritism not only offers a very reasoned discussion of faith, it points the way to unshakeable faith through the promotion of ones most intimate relationship, a relationship that is grounded in certainty and the greatest of caring for one being by another.

It is not necessary to "try" to reach our Guardian Angels; they are most receptive to our every thought, word or desire. It may, however, be necessary to cultivate the garden of one's inner awareness of this most beautiful spirit. Just point your attention to your Guardian Angel with the certainty that you will receive a response that you will recognize and understand. The desired result may or may not be instantaneous, but it will surely come. It may be necessary to hold some faith first, then little by little you will feel more secure in the knowledge that your angel is really there for you, guiding your advancement. Do not, though, look to your angel to solve every little material problem you may have. Guardian angels are far more interested in our moral and intellectual advancement than they are in the resolution of problems we may have that are purely physical and which do not bear on moving forward in our soul's journey.

With faith and implicit trust that your Guardian angel will assist you, you can move those proverbial mountains of difficulty which block you from becoming the person and soul that you are eventually destined to be. This is a certainty. ■

**Jim Pursely is a SSB member*

Letters to the Editor

Pain brought me to Spiritism. Love kept me in it

by Cristiane Lopes*

In life, I am sure that everyone experienced a deception or something unexpected that might have caused either pain or suffering. In those moments, we generally have two choices: (1) to complain and to feel like victims, or (2) to accept it and meditate on the causes and the consequences of our actions, resolving then to change what was wrong. In choosing the latter, some questions come up, such as "who am I?"; "what am I doing to myself?"; "what is my responsibility in this world, with my family and friends?"; "why is this happening to me?"; "what can I do to make me happy again?" It is possible that during those occasions, religion, philosophy and life experience may guide our thoughts in order to overcome it and bring about the best of us.

This introduction was just to tell you when I started thinking of Spiritism. That happened when I was going through a sad moment. Someone broke my heart. Oh, but don't worry! This was a long time ago. Now, I am sure that it happened to wake me up

about my own actions. This explains the first part of my letter's title "Pain brought me to Spiritism".

Since then, I started to study and to learn about the Spiritist principles. Some of them really meant to me and changed my way of thinking and acting about life. As a scientist, I learned the law of action and reaction in Physics, but I hardly applied it in my life. Actually, Spiritism taught me how to do that. For example, *to be loved, we have to love first*. We have to work seriously to be compensated, and so on. I also learned Darwin's law of evolution in Biology, but I wasn't able to think about my own evolution in this planet. There again Spiritism taught me how to do that. It made me feel that I can improve myself continuously. We all can adapt to any condition. We can do our best always, if we want to. It taught me much more... ■

** Cristiane Lopes is a SSB member*

(This section continues on page 4)

Depression: A Scientific and Spiritual View

An estimated 121 million people currently suffer from depression. An estimated 5.8% of men and 9.5% of women will experience a depressive episode in any given year. These figures can, however, vary across different populations. (World Health Organization)

Causes of Depression

Science, as advanced as it is today, still has not yet clearly defined the origin of depression. Doctors have been able to narrow down possibilities to conclude that depression may be caused by chemical imbalances, genetic factors, psychological predispositions, and environmental stresses. The possibilities listed above are all true. However, science does not explain why some people become depressed and others do not, even though some people share the same dispositions.

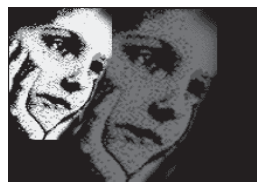


Joanna de Ângelis, per medium *Divaldo P. Franco*, states in "Recipes for Peace" that depression is a disease that originates in the spirit and not in the body. This explains why some people become depressed and others do not.

Joanna de Ângelis further explains that spirits who reincarnate with an exceptionally guilty conscience are more likely to suffer from depression. This guilty conscience is due to destructive behavior in the past, which the spirit has not been able to free him/herself from. A guilty conscience as well as suffering from a deep unhappiness with oneself, causes imprints on the brain that may, over time, cause depression. Science is right; depression is triggered by chemical imbalances and environmental effects among other things. The cause, however, is spiritual and not material.

Treatment for Depression

Joanna de Ângelis reminds us that those who live their lives constructively and maintain stable thoughts, regardless of predisposition, will not fall into the web of depression.



As reincarnated spirits, we need to understand that all illnesses originate in the spirit. It is also in the spirit that we find the resources to fight and conquer our imperfections. However, we also need to understand that if God has given us

the science to help us fight depression, we must use it. Depression should be treated at both the material and spiritual level. Medical treatment is usually necessary to help the patient with the physical effects of depression. Some patients need medicine to help them reestablish the chemical balance in the brain.

As spirits, we know that treating just the effects will not cure depression, since everything originates in the spirit. That is why it is essential to seek spiritual treatment. Spiritual treatment will help the spirit deal with the effects of their destructive behavior from past lives and help the spirit improve their current lives. It is important for us to understand as reincarnated spirits that we need to treat the spirit and the body and not just one or the other. Science and Spiritism go hand in hand in treating depression and other illnesses.

by Carolina Strosnider is a SSB member

"A body's disease can create a disease of the soul,
And a disease of the soul can provoke a disease of the body."

"Happiness does not come from possessions or power,
but rather from a wise and dedicated heart."

- Andre Luiz / F.C Xavier

Endearing Gems From Francisco C. Xavier by J. Korngold & M. Levinson - SAB 2004

Spiritist Tools for a Better Life

Fraternal Counseling

Spiritist Centers offer this modality of fraternal assistance in order to help the newcomers and anyone who is in need of counseling due to physical, psychological and/or spiritual disturbances. The fraternal counselors are specially trained on both the knowledge of Spiritism and in the techniques of counseling.

Fluidically magnetized water

The human body is known to be composed of about seventy percent of water. In Spiritism, it is a common practice to offer a small quantity of water to the patient after receiving the 'passes' as a complement to this process and as a means of revitalizing the physical body. This is not ordinary water, because it has been saturated with beneficial fluids (*psimolecules*) originated in the spirit-world under the guidance of the Spirit Benefactors responsible for the work of *passes*. This is why it is named magnetized water. This special water enables the patient to retain energies and increases the absorption potentialities of restoring fluids received during the *passes*. (read more about it in the previous newsletter, issue Sept/Oct. 2004).

Volunteering Work

Reserve some time to do volunteering work. By helping others without expecting any reward, you will find the joy of life and also you will realize how much you are blessed and how much you can give out. Remember, to receive, we need to give first.

Passes

The *passes* is a transfusion of energies that alters the entire cellular field. *Passes* can be divided in three types: (1) magnetic, in which the energy source is the medium; (2) spiritual, in which the energy source is the spirit; and (3) mixed, in which the source is both. Spiritism explains that, in practice, most *passes* are of the third type. The *passes* has a decisive influence in healing when received with respect and faith.

Spiritual Treatment

Anyone who undergoes a difficult time due to physical, psychological and/or spiritual imbalance is eligible to receive the spiritual treatment. This service comprises of prayers, instructions and special *passes* followed by spiritually magnetized water. Also combined with conventional medical treatment, spiritual treatment can help harmonize the spiritual body which is vital to maintain the physical body working property.

Study Meetings

Study is necessary if we want to understand the laws that govern the universe and us, in all its aspects. When we join a serious and consistent study group, not only do we learn how to free ourselves from ignorance, but also how to live a better life in general. By studying, we will certainly renovate our ideas and help the renovation of our organic cells as well.

(This section continues on page 5)

Phenomenon is Only the Beginning

by Greg Stewart*

One year ago I traveled to Brazil for the first time where I had the opportunity to witness spiritual phenomenon in the form of healings, facilitated by a medium. This trip marked the beginning of a great change in my life. For the first time, I had witnessed proof that there were spirits helping us and communicating with us from another world.

During this trip to Brazil, I began a regular practice of prayer and meditation that lead me to experience my own mediumistic phenomena. As wonderful and beautiful as these experiences were, I began to feel a little uneasy and confused. What was really going on and should I be opening myself up to these kinds of experiences?

After returning from my trip, I wanted to learn more about what had happened to me so I looked on the Internet for clues. I had heard a prayer while in Brazil called the *Prayer of Caritas* so I entered the name of this prayer into the Internet search engine. I was surprised to see that there were Spiritist centers in the U.S. as well as an organization called the United States Spiritist Council (www.usspiritistcouncil.com). I immediately ordered Spiritist books from the Allan Kardec Educational Society (www.allan-kardec.org) and contacted two Spiritist centers within a 2-hour drive from my home.

After attending meetings regularly and reading Spiritist books over the last year, I realize that the phenomena I have witnessed and experienced is only the beginning of my new life. While the Spiritist Doctrine has provided me with many answers to my questions, it has also prompted me to think about things that never occurred to me before. The concept of Inner Reform is something I now embrace on a daily basis.

I feel a strong desire to tell other Americans about Spiritism because I believe very few Americans know about the Spiritist Doctrine. Also, I have come to the conclusion that one of the best ways to share the Spiritist teachings is through our own conduct. *How do we treat others? What thoughts do we allow to take hold of us? Are we able to put aside lower emotions, such as anger and jealousy? Do our actions; whether they are related to our professional or personal life encourage goodness in others?*

Brothers and Sisters, I encourage you to read and study the Spiritist Doctrine together with a strong intention of implementing the Spiritist teachings into your own life. I realize that the complicated material world we live in does not always provide us with enough free time; however, I can assure you that the rewards you will reap from your study and practice of Spiritism are well worth your efforts.

* Greg Stewart is an AKSS-MD member

"Whatever are the Prodiges performed by human intelligence, such intelligence has also a primary cause. It is the superior intelligence to the primary cause of all things no matter what name men might use to define it."
- Allan Kardec.

10 Suggested Spiritual Tools for Our Daily Lives

1. Positive thoughts always.
2. Practice goodness without expecting any reward.
3. Take care of body and spirit.
4. Believe in progress and changes.
5. Believe in the order and harmony of the universe
6. Believe in cooperation. Cooperation is the key to happiness.
7. Competition only to surpass one's own limitations
8. We are social beings.
9. Find God within yourself.
10. Golden rule: Do to others what you would like others do to you.

If these 10 suggested spiritual tools are not enough, you may continue with Benjamin Franklin's 13 virtues program.

Ben Franklin's 13 Virtues

TEMPERANCE: Eat not to dullness; drink not to elevation.

SILENCE: Speak not but what may benefit others or yourself; avoid trifling conversation.

ORDER: Let all your things have their places; let each part of your business have its time.

RESOLUTION: Resolve to perform what you ought; perform without fail what you resolve.

FRUGALITY: Make no expense but to do good to others or yourself; i.e., waste nothing.

INDUSTRY: Lose no time; be always employed in something useful; cut off all unnecessary actions.

SINCERITY: Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.

JUSTICE: Wrong none by doing injuries, or omitting the benefits that are your duty.

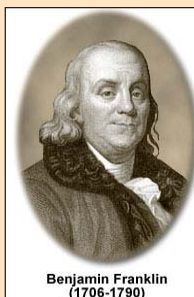
MODERATION: Avoid extremes; forbear resenting injuries so much as you think they deserve.

CLEANLINESS: Tolerate no uncleanness in body, cloths, or habitation.

TRANQUILITY: Be not disturbed at trifles, or at accidents common or unavoidable.

CHASTITY: Rarely use venery but for health or offspring, never to dullness, weakness, or the injury of your own or another's peace or reputation.

HUMILITY: Imitate Jesus and Socrates.



During the early 1700s and while in his late 20s, Benjamin Franklin gathered thirteen virtues that he felt were a guide to live by. Ben Franklin tried to lead his life, following these virtues. He placed each one of the virtues on a separate page in a small book that he kept with him for most of his life. He would evaluate his performance with regard to each of them on a daily basis. He would also select one of the virtues to focus on for full week. The list of 13 virtues is certainly an admirable guide to try to follow and build up a good character.

Natural Calamities



Whether death occurs through a calamity or an ordinary cause, it cannot be avoided when the time comes. The only difference is that, in the case of the calamity, many people depart at the same time.

If we could raise our thoughts high enough to contemplate the human race as a whole, and to take in the whole of its destiny at a glance, the scourges that now seem so terrible would appear to us only as passing storms in the destiny of the planet.

Among natural calamities that are independent of human will, we find plagues, famines, floods, and crop-destroying weather. But we have also found the means to neutralize or at least alleviate the effect of these disasters through scientific means, *e.g.* the improvement of agricultural processes, crop rotation and irrigation, and the study of health conditions. One wonders, consequently, what we will do for our material well-being once we learn to use all our intellectual resources and when, in our struggle for survival, we begin to incorporate a feeling of real Christian love toward each other.

What is the purpose of Providence in allowing major natural calamities to occur?

"They bring about transformations that will speed along your progress. As we have told you, destruction (physical death) is necessary for the moral renewal of spirits who, in each new lifetime, reach a higher level of perfection. You have to look at the objectives in order to appreciate the results of these events. Don't judge them from your own personal point of view and call them calamities because they bring you losses. These adversities are frequently necessary to accelerate the development of a better order that otherwise might not come about for centuries."

Do such natural calamities, despite the problems they cause, have any useful purpose from a purely physical point of view?

"They sometimes modify conditions in certain areas. But generally it is future generations that will enjoy the resulting benefits."

Aren't such calamities also moral trials for us, forcing us to strive harder to get what we need?

"Yes. Calamities are trials that give you an opportunity to exercise your intelligence, to demonstrate your patience and resignation to higher laws. At the same time, they give you the chance to grow in abnegation, selflessness, and love for others."

Can we avert calamities?

"Yes, in part. But not in the way generally believed. Many calamities are the consequence of human negligence. However, as you develop scientific knowledge and accumulate experience you will learn how to probe into their causes and will be able to prevent them." Still, some of the hardships that beset you are of a collective nature and subject to the designs of Providence. To one degree or other, each affected person has something to learn from such experiences, and it is impossible to avoid them. The best course is to find refuge in resignation and acceptance of a higher purpose. But at times the suffering is made more biting by the indifference and callousness of fellow human beings.

The Spirits's Book by Allan Kardec, questions 737,739,740,741. AKES 2003

"Death is a complete change of house, without a person's essential change." - Chico Xavier

(Spiritist Tools - continued)



Spiritism 101

God at Home

In a challenging world, it is essential that the family finds ways to protect and recharge its forces in the light of spiritual teachings. The God at Home meetings are these wonderful opportunities in which the spirit guides/mentors can help the family/home members. Here are some guidelines to these family meetings:

1. Choose day and time to have the God at Home meeting in a weekly basis. Be consistent!!!
 2. Invite family members and/or friends to participate. However, if no one wants to, do it yourself alone.
 3. Start it with a short heartfelt prayer.
 4. Read and study inspirational messages from books such as *the Gospel According to Spiritism*, *Child of God*, or any others that fit the purpose.
 5. Close this meeting with a prayer.
 6. Maximum time recommended for the meeting: ~30 min.
 7. Do not use these meetings to bring about family/personal issues.
- *The Gospel at Home* (by AKES) is also an excellent reference book for this type of gathering.

The God at Home is "equivalent to a lamp shining onto the work of assistance and spiritual enlightenment." (*From the book Disobsession by Andre Luiz, F.C. Xavier and W. Vieira - SAB 2003*).

Mediumship Education

Some people come to this world with special gift that needs to be educated in order to be more useful. Mediumship is one of these special gifts. It is an inherent human condition. It is extremely necessary that the person joins a serious and knowledgeable mediumistic group to have a good support and to avoid charlatanism. It is strongly recommended that one does not practice mediumship alone. A teamwork effort, in a homogenous basis, is recommended. Mediumship, when practiced selflessly and free of charges is Divine gift.

Prayer

Prayer is thought. And thought is life. Based in this assertive, we conclude that is indispensable the act of pray. Pray connects us to the divine and the feedback is always positive. And to be connecting to this force we only need will and a sincere heartfelt prayer.

UPCOMING EVENTS

2005 WORKSHOP SERIES

January 29 – Where Science and Spiritism Intersect
 February 26 – Spiritist tools for everyday use
 March 19 – Spiritist insights for health practitioners
 April 30 – Spirit-influence in our well being
 May 21 – Reincarnation and sexuality
 June 25 – America and its role on Earth's spirituality
 July 30 – Poor or rich: why?
 August 27 – Spirituality at Work
 September 17 – Mediumship in you
 October 29 – Wars and the spirit-world
 November 19 – The family I chose
 December 10 – Christ consciousness

Free Admission !!!

Activities for CHILDREN (above 4 years old) are provided, while parents are at Workshop

Time:
7:30 PM - 9:00 PM
 Place:

Ruscombe Mansion Community Health Center
 4801 Yellowwood Avenue
 Baltimore - MD 21209

A SPECIAL SEMINAR WITH DIVALDO P. FRANCO

"I love myself. I am drug-free." Spiritual Tools to Fight Addiction

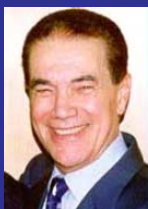
This seminar will cover an American true story on drug addiction; family issues and addiction; genetic, psychosocial, socioeconomic and spiritual factors that induce addiction. Divaldo Franco will give an overview of academic and spiritual therapies. One of the highlights will be education as a preponderant factor to Human Being's health.

Saturday, March 12th 2005
 3 PM - 6:30 PM
 University of Maryland - School of Medicine
 685 W. Baltimore St. MSTF Auditorium
 Baltimore, MD 21201



FREE ADMISSION !!!

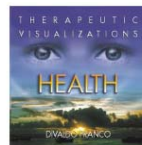
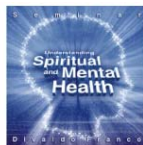
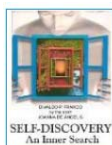
Refreshments will be served.



Divaldo Franco is a worldwide renowned speaker. He has given more than 10 thousand lectures and spoken in 52 countries in the continents of Europe, Asia, Africa and the Americas. Mr. Franco is Doctor HonorisCausa in Humanity and also in Parapsychology by American and Canadian Universities. Through his extraordinary mediumship, Mr. Franco has published almost 200 books and 70 of them have already been translated in 15 languages.

Professional simultaneous translation with wireless headphones will be provided.

LAUNCHING OF NEW BOOKS AND CDS



Sponsored by **SSB**

SPIRITIST SOCIETY OF BALTIMORE, Inc.
 SSB is an Educational Non-Profit Organization.



JOIN OUR ACTIVITIES

SPIRITIST THOUGHT STUDY GROUP

These meetings take place every **Thursday** from 8:00PM to 9:30PM for the study of the Spiritist Doctrine. They are open to the general public. For more information, please contact us. Phone: 410 - 837-0991 or 410-382-5328
 e-mail: ssb@ssbaltimore.org

FRATERNAL COUNSELING & SPIRITUAL TREATMENT

These services are offered every **Monday** from 7:00-7:45PM. Please, contact us for more information. Phone: 410 - 837-0991 or 410-382-5328
 e-mail: ssb@ssbaltimore.org

Mediumship Educational Meetings (by invitation only)

These meetings take place every **Monday** from 8:00 PM to 9:30PM for the study and practice of mediumship according to the Spiritist thought.

Activities are free of charge !!!

Fundraising Event

You are invited to the
PASTA LUNCH

Join us in this fundraising event
 &
Have a special lunch with your family and friends!

Delicious variety of pasta dishes!

When: Sunday, February 6th (2PM - 5PM)

Price: \$10.00 each (8-12 year-old children pay half price)

Where: Ruscombe Mansion Community Health Center
4801 Yellowwood Avenue - Baltimore, MD 21209

For more information:
 (410) 382-5328 or (443) 540-0442
 Sponsored by SSB

Addiction in the Light of Spiritual Science

by **Peter Hinderberger, M.D., Ph.D.**



in April

Many people suffer from addictions. These addictions vary from alcohol, legal and illegal drugs to gambling, sex and tobacco. Genetic as well as socio-psychological factors are disposing elements. Neurotransmitters are maintaining them. In this presentation we are exploring the deeper meaning of addiction beyond the physical realm: What do addictions do to the sublime members of our human organism, our etheric, soul and spirit?

Thursday, April 21st 2005
8 PM - 9:30 PM

University of Maryland -Student Center
 222 Pine St - 2nd floor
 Multi-Purpose Room 245
 Baltimore, MD 21201

This event is a part of the new campaign launched by SSB: I love myself, I am drug-free. The SSB has a broader definition of what is a Drug. It encompasses anything that can harm either our physical body (chemical substances, junk food, etc) or our spiritual body (selfishness, anger, pride, gossip, hatred, etc).