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The Northeast Region: Redefining Goals

BY SHERRILL L. MCGILL

As most of you know, Graham and I have returned returned to service as Northeast Region Coordinators. The year 1998 was one of change and surprise for us, as it was for many. Several personal turning points made us reflect on our purpose and refine our ideals.

First was serious illness that left me having to guard my energy carefully. But I also realized a long-time goal last spring — to become a master gardener through the Cornell Cooperative Extension.

Second was an opportunity for Graham to revise Hugh Lynn Cayce's classic *God's Other Door*, now published as *No Death: God's Other Door*, which took enormous amounts of time.



EGYPTIAN TOMBS TO BE OPENED LIVE ON FOX TV



Two Egyptian tombs will be opened live on a Fox TV program, Tuesday, March 2, from 8 to 10 p.m. The

program will include segments on ancient Egypt, Atlantis and the Hall of Records, and a re-enactment of Cayce giving a reading, filmed at A.R.E. in Virginia Beach.



Third was the need for us to step back and re-evaluate our lives, which were intensely immersed in Region work that had become overwhelming.

We pondered the purpose of A.R.E. regions, specifically the Northeast Region, and how we might assist it in achieving that purpose.

The easy answer is that regions exist to build community among members, to support educational programs and outreach through conferences, and to promote and nurture *A Search for God* study groups and area teams.

The higher goal is that we, as members, join in singleness of purpose to make way for His return, by supporting activities that exemplify the Christ Spirit and by expressing the fruits of the spirit individually, to the best of our ability.

The Essenes, through dedication and discipline, brought about the birth of the Christ 2,000

Getting Together— A Place for Group Sharing

Hello! Here is our first member-submitted column! I'm really excited to see it become a reality. To share your group's ideas or a member's experiences of (or as a result of) being in a group, contact: Jane Muha, 24 Meadowbrook Lane, Piscataway NJ, 08854, or e-mail to GMMuha@worldnet.att.net.

SEARCH FOR GOD GROUP AFFILIATIONS

The A.R.E. Search for God Department and the Regions have a new system for affiliating groups. The goal is for both to have the same updated information so we can connect people to groups quickly.

The Northeast Region mailed 83 letters and affiliation forms to groups in December. If your group has not sent in the form, please do; if it was misplaced, let us know and we'll send another.

It's been exciting to see affiliations roll in; some have information about special projects; some contain donations; and some have asked for help finding new members or restarting the group.

The affiliation letter asked long-time SFG members to volunteer as mentors for new SFG

Continued on page 6

years ago. They lived in communes. Today our task is even greater; to open the way for His return, whether it be in the flesh or within hearts, while living in the midst of a materialistic world. And, because God never tests us beyond our ability, we can trust that we are ready for this task and that it will serve His purpose for greater good. Perhaps our "growth opportunity" is to learn to cling to Him wholly without "circling our wagons" against so-called ene-

Continued on page 2



**THE
NORTHEAST
SPIRIT**
*The Newsletter
of the
Northeast Region
of the A.R.E.*

The *Northeast Spirit* is published twice a year by the A.R.E. Northeast Region and is mailed as a membership benefit to A.R.E. members in Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island and Vermont. We invite submissions: 400 words maximum typed or clearly printed. Computer disks and e-mail welcome and encouraged. For the next deadline contact:

Views and opinions of contributors do not necessarily represent the views of the Editor, Core Team or the A.R.E. The Editor reserves the right to edit submissions, and to refuse articles and ads that do not meet publication standards. Advertisements contained herein are provided as a service to A.R.E. members and should not be considered a recommendation or an endorsement of any kind by A.R.E. Headquarters or the Northeast Region. All opinions and suggestions submitted by advertisers are their own. To receive an advertising order form, please contact the Editor.

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All A.R.E. members in the Northeast Region receive the *Northeast Spirit* as a membership benefit. Non-member subscriptions are available for \$6.00 per year.

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REDEFINING GOALS *Cont'd from page 1*

mies. For, as Walter Crawford Kelly said, "I have met the enemy and he is us." The promise is that He will meet us within if we seek, and without if we learn to see our brothers and sisters through eyes of love.

Perhaps the greatest purpose of regions is to help members build community with each other, and to network with other organizations and churches that promote peace and service in His name. In doing this we will live what we profess to believe — that we all are one in Him.

We have submitted a plan to the Northeast Region Core Team that will focus on starting and nurturing SFG study groups and area teams. In talking to members, and from our own experience, we know that many groups and teams don't last long, and don't know how to stay vital and nourish each other. Those who have been in groups know that we can create a glorious sacred space where Christ enters, or we can create a snake pit where self-righteousness fosters discord.

One aspect of the proposal includes group dynamic training and community building through retreats located amid clusters of members and SFG groups. The featured speaker would train us in how to "do" groups. Members could share experiences and build area teams through a commitment to plan an activity. This could be as simple as a potluck and video gathering, an inquirers' meeting or a community service project, or as large as a conference. The activity almost doesn't matter; it's the intent and spirit that creates opportunities for the Christ to enter and bring heaven on earth.

If you want to help us do this, keep reading.

REGION OPPORTUNITIES

As with any volunteer organization, many hands make light work. There are several positions to be filled on the Core Team.

Bettie Rodgers needs to step back as **BOOK SERVICES COORDINATOR** and is willing to train someone new. The candidate should enjoy books, have some business background, be proficient in recordkeeping and accounting and be

WE'RE HERE TO HELP

The Region will provide materials and mail flyers to help you start A Search for God study groups or hold Cayce inquirers meetings.

able to travel. Although the position is a volunteer one, entry to programs and travel expenses are paid. Contact or by e-mail at

We are also looking for an **EVENTS COORDINATOR**. This person will work with the Region Coordinators in planning programs and retreats and should enjoy working with people, have organizational skills and be deadline oriented. The Events Coordinator will be recompensed by free access to programs and retreats.

We are also seeking a person to head an "OPERATIONS TEAM." This would be someone who is experienced in short- and long-range planning, finances and fundraising, and be able to work with others in setting goals.

If interested in these last two positions, contact or by e-mail at

Beyond these specific jobs, we need volunteers to serve in their own communities, to hold inquirers' and members' meetings, and to start and mentor SFG groups. We also need members with expertise on a Cayce topic to hold small group workshops, and graphic designers to help with program flyers. Let us know if you have talents to share!

If you have found the Cayce material helpful in your life but have no time to serve, donations are another way to contribute (see page 5).

REGION CONTACTS

NORTHEAST COMMUNITY CORE TEAM

Visit our Web Site:

REGION COORDINATORS

NEWSLETTER EDITOR

WEB MASTER

SFG GROUP COORDINATOR

STUDY GROUP LIAISON

POWER OF PRAYER COORDINATOR

SECRETARY

MEMBERSHIP COORDINATOR

BOOK SERVICES MANAGER

TREASURER

OUTREACH COORDINATOR

AREA TEAMS & COUNCILS

GREATER BOSTON COUNCIL

CONNECTICUT AREA TEAM

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RHODE ISLAND

Hugs and Hand Claps

BY SHERRILL L. MCGILL

A NEWSLETTER FOR MEMBERS

This column spotlights A.R.E. Northeast Region members, activities, ideas that are special, funny or outstanding in service or promoting the Cayce material. Share your group's projects and stories or helpful hints. Send items for publication to us and watch for people you know—maybe yourself!

NEW JERSEY AREA TEAM OFF TO ROUSING START

Six SFG groups joined together to form the South Jersey Chapter of the A.R.E. Northeast Region and held a program on October 24 in Mt. Laurel. Titled "Awakening Your Healing Energy: The Edgar Cayce Approach," the program featured Betsy Barberi, Region Outreach Coordinator, and Peter Van Daam, then the Region Membership Coordinator.

Over 40 registered and the team earned over \$300; they returned \$100 to the Region and will use the rest in service locally.

But there's more! A local newspaper saw the ad for the program and asked

to visit their group during a meeting. Ginna Block, SFG contact for the Deptford-Woodbury group wrote:

"I received a call from one of the staff members of *The Courier-Post*, our main area newspaper located in Cherry Hill, who wanted to do an article on our group. He had seen the small notice that was in the "This Week" section of the newspaper concerning the seminar. A photographer was sent to my house where our bi-weekly meeting

was to be held and *The Courier-Post* writer interviewed me by telephone."

The article ran on page one of the section with a color picture of the group during the prayer-healing session. Since the story ran on December 17, Ginna has received 18 calls from people interested in SFG groups. She either invites them to her group or tells them about one nearer them.

According to Ginna, "I believe that in this year, 1999, we will see a blossoming of groups such as ours for as we know the millennium is almost here (however we interpret it)."

HEALING THROUGH SELF-AWARENESS RETREAT

The Enfield, CT SFG group will present its first annual retreat and conference on Sept. 19 and 20 at The Episcopal Conference Center near Essex CT,

which was named the "Best Small Town" in the U.S.A. The center is located on 650 acres with hiking trails and a mile-long private lake.

The program, **Healing Through Self-Awareness**, will include lectures by members of the Enfield group. Topics include "Dream Incubation" with David Cummins, "Spiritual Dancing" with Pat Owens, De Vere Oakes and Kim Cummins, and "Tai Chi and Meditation" with Denise Bowman Jackson.

Guest speaker James Luckey, superintendent of Applied Energy Systems, will talk about "The Healing Power of Christ in Business."

The retreat, limited to 38, will cost \$94 per person (double occupancy, single beds) and includes three meals, beverage service and lodging. More information is available through Suffield, CT

**"...but what is coming to
pass? and how may ye
as individuals help?
As indicated in that given,
to each it will become
a personal thing,
a personal condition.
Thus it will require
— yea demand —
that there be an expression
on the part of each as to that
given 3200 years ago:
"Declare ye today WHOM
ye will serve! As for me
and my house,
we will serve the living
God."**

Reading 3976-26



Dawning of the New Age

BY SKIP WEATHERFORD

When will it happen, you ask. Yesterday and the day before and just now. It is happening in everyone who becomes aware of the possibility of increasing their awareness of the spirit within.

The trouble is we keep looking for something outside ourselves to sweep down on us and change the world. We envision some idea or some catastrophe that will fundamentally change the rules of the game.

We are like the man who looked and saw only the AIDS epidemic, genocide in Africa, suppression and imprisonment in China, children shooting up school yards, greed causing pain, and hunger and war the world over.

"God, oh, God, why don't you do something about this?" And a voice in the depths of his fevered thoughts said, "I did. I made you."

When one of us becomes aware of our responsibility to the world, the Age of Aquarius has dawned for us. The Age is not like a holiday that we wait for with our heads bowed. The Age is not something outside us, but rather a new perception of who and what we are.

Like our man, when we look at the world, it seems overwhelming. "Good!" I say. That means that you know there must be something better, and that knowledge alone is the beginning of change. Actually, we are surrounded with wonderful opportunities, many of them devilishly disguised as impossibilities.

Within each of us there is a deep river of spirit flowing with the knowledge of what is good and what is evil. That river moves inexorably toward a final unity of all things. If we are able to embrace what it teaches, to surrender ourselves to its flow, we will find that we can bring that power to bear on some of those "impossibilities."

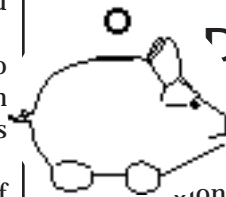
When two or three gather together, the power increases. Groups are gathering every day, all over the world. When their number reaches critical

mass, who knows what wonders will be possible?

If you are a member of such a group, work to rededicate yourself to the great work of Spirit now afoot in the world. Seek new members of like mind and journey onward, sharing, caring, praying and meditating together, knowing that nothing is impossible.

So the dawn of the New Age is here already, in the perception of all those who are willing to look within, recognize and surrender to that great force, and turn their attention to changing themselves first, and then their world.

"Be glad you have the opportunity to be alive at this time, and to be a party of the preparation for the coming influences of a spiritual nature that must rule the world. These are indicated, and these are part of thy experience. Be happy of it, and give thanks daily for it." 2376-3



Donations and Scholarships

The A.R.E. Northeast Region is supported by donations, earnings from book sales, programs and a \$3,000 stipend from A.R.E. Headquarters that does not even cover two issues of the *Northeast Spirit* — which cost \$3,620.

Money is needed for mailings to new members, inquirers and SFG groups, to put on programs and retreats, to provide support to area

teams, and to communicate with individual seekers. The Northeast Region provides services: the Power of Prayer network, the Cooperating Health Care Practitioners list, the SFG group list, flyer mailings, starting new groups and a web site. We also have a scholarship fund to ensure no one is turned away from a program.

In 1998, the Region spent over \$5,238 on postage, held eight Region programs, a road-runner trip for SFG groups and one retreat. The Coordinators attended two national meetings, one in Canada and one at A.R.E. headquarters, and the June A.R.E. Congress, and participated in the SFG Task Force committee meetings and conference.

As we look to 1999 and think about how we can serve more members, hold programs and initiate plans for the new proposal, we will need member support. The Northeast Region has just over 3,000 members. If each member gave \$20 per year, we would have enough to cover expenses and to build a fund for future projects.

We hope that you will support the Region in its efforts to serve members, build community and keep Cayce's work available for seekers.

Checks should be made to: A.R.E. Northeast Region. Visa or MC are also accepted — be sure to write your card number and expiration date on the donation coupon below. Also, please indicate what percentage of your donation you want allocated to the scholarship fund.

YES! I WANT TO HELP SUPPORT THE NORTHEAST REGION!

- Enclosed is my donation of _____ to be used for:
 - General expenses ____%
 - Region scholarship fund ____%

- I pledge to tithe _____ a month.

- Please charge my credit card: VISA Mastercard

Card no. _____ Exp. date _____

- Enclosed is my check or money order payable to: **A.R.E. NORTHEAST REGION**

Donations to the Northeast Region are tax deductible. Thank you!

Mail to: NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

FYI: MEMBER'S CORNER



A.R.E. Online Chat Rooms and New Web Site

BY RON SMITH,
SFG GROUP TASK FORCE

Hey folks: We are online with *A Search for God* real time chat rooms: Youth groups from 7 to 8 p.m. Tuesdays and SFG groups Thursdays at 9 p.m. and Sundays at 5 p.m. Log onto them through the A.R.E. home page at <http://www.are-cayce.com>. There is an entry page on which the rules are posted and then the user will enter the chat room.

Please pass the word to interested people in your Region or those who might not have access to a group.

Expected soon are a Dream Chat Room and a Cayce 2000 web site where information about future trends will be posted.

HEALTH AND REJUVENATION RESEARCH CENTER

The A.R.E. Health and Rejuvenation Research Center (HRRC) is engaged in a variety of research programs and is looking for participants for their resident programs. The Center conducts research for specific medical conditions to explore the efficacy of Edgar Cayce's recommendations for treatment. These programs are a complementary approach that supplements conventional treatment, but is not intended to replace it.

Two upcoming residential programs are "Migraine and Psoriasis" on April 15-24 and "Ulcerative Colitis, Crohn's Disease and Irritable Bowl Syndrome," May 6-15.

HRRC also has individual research protocols that allow participants to apply the Cayce approach at home.

For a list of protocols or program information contact at or write to: Meridian Institute, 1849 Old Donation Parkway, Suite 1, Virginia Beach, VA 23454.

CALL THE SFG DEPARTMENT —TOLL FREE

Want to connect with the A.R.E. Search for God Department? Now you can — free: (877) 428-2SFG (2734). Ask them what's new; they have pilot programs and new material to share.

THE A.R.E.'S NEW ADDRESS

Please note: The A.R.E. headquarters has had its address changed to:

A.R.E.
215 67th Street
Virginia Beach, VA 23451-2061

GETTING TOGETHER *Cont'd from page 1*

groups in their communities; four members stepped forward and are in the process of helping — Mike Hathaway in NH, Elena Allen in MA, Virginia Block in NJ, and Chitanya York in ME. We thank them for their dedication and service. If you are interested in being a mentor, please contact Graham and Sherrill McGill.

NEW BRITAIN, CT GROUP SHARES IDEAS

Michael Terezakis, contact for the New Britain, CT Search for God group, shared several ideas of how his group builds spirit and community.

Birthdays are celebrated during the meeting before a member's birthday. After meditation and the prayer/healing period, each person reads a birthday message that they have written — expressions of love and appreciation. The cards are then given to the one being honored.

Everyone knows that the acronym for A.R.E. is "Always Ready to Eat." And it's no mystery that the way to the heart is through the stomach. New Britain #1 has expanded on that theme

and, in the spirit of fun and fellowship, holds a potluck and orientation meeting once a month. What a wonderful way to make inquirers feel welcome! Thank you, Mike, for sharing.

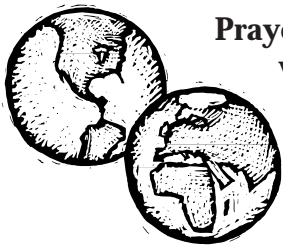
SOUTH ORANGE, NJ GROUP SENDS PRAYERS FOR THE WORLD

Gail Marshak, who is the contact for A.R.E.'s programs in New Jersey, sent us Meredith Puryear's "Prayers for the World with Surrounding Prayers for the World Leaders," which South Orange #1 SFG Group, has incorporated into their meditation. Their group follow this agenda:

1. Moment of Silence.
2. Leader Reads Bible passage.
3. Leader says prayer of protection: "As we open our hearts to the unseen forces that surround the throne of grace, beauty and might, let us throw about us the protection found in the thought of the Christ."
4. Leader says the Lord's Prayer (group follows silently or out loud together).
5. The head and neck exercise is done.
6. Breathing exercises are done: Breathe in through the right nostril and out through the mouth, breathing in strength, three times. Breathe in through the left nostril and out through the right nostril, three times, opening the spiritual centers.
7. All chant AUM three times.
8. The leader says the affirmation three times.
9. All meditate about 15 minutes.
10. Leader reads "Prayers for the World." Each in turn prays (pray first for yourself and then for others). Say "amen" when finished if praying silently. Those not praying send prayer energy to person praying.
11. Read and discuss the readings that led to the lesson in the SFG book.
12. Read and discuss the lesson in the SFG book after readings for that lesson have been read.

(See prayer on page 7.)

Cont'd on page 7



**Prayers for the World
with Surrounding
Prayers for the
World Leaders**

*Father, God of all
humankind,
let there be raised to power
those who love Thee
and who have the ability
to meet the needs of the time
and thus hasten the day
when peace will fill the earth.*

*We surround with light
the leaders of the nations,
cutting off all negativity,
so that the divine spark within each
may manifest in leadership
for the good of each group
and thus for the world.*

*We pray for all nations,
territories, and islands of the world
and their leaders.*

*We pray for all the troubled
spots over the earth.*

*We pray for the stability
of the continental land masses
and island groups; the purification
of all the waters of the earth,
the healing of the atmosphere
and of mother earth herself,
and that all the peoples
of the world may be good stewards
of the earth and all the resources
of their lands.*

*We pray for all religious leaders
and teachers, religions and
spiritual groups that teach
the oneness of God and
the brother-sisterhood of all humankind.*

*We send your light, love, joy,
healing power, and peace
to every receptive center
of consciousness in the earth ... (pause)
and bring in the universe ... (pause)
and pray that it be reflected therefrom
to bring peace and harmony
throughout the whole.*

PERSONAL ASTROLOGY REPORTS

CAYCE PAST LIFE REPORTS (PLP)

Birth chart based on the Cayce Readings. Specific in describing past lives. \$25.00
Each additional PLP \$20.00

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Includes planetary & major asteroid transits (3-month forecast) \$15.00
6-month forecast \$20.00

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Use for planning vacation, business trips, or moving to a new area:
3 locations \$10.00
5 locations \$15.00

Please supply accurate birth time. *NOTE:* Locations within 100 to 350 miles of each other will have similar interpretations.

To order reports, **please print clearly** the following information:

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