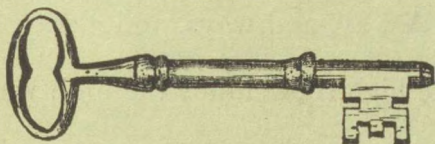


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1935

THE CHRISTIAN SPIRITUALIST QUARTERLY

YOUR



TO HAPPINESS

HEALTH

PROSPERITY

PEACE

THROUGH KNOWLEDGE OF

LIFE ETERNAL

*"Thy Word is a Lamp Unto My Feet,
and a Light Unto My Path."*

REV. NETTIE GARMER BARKER, EDITOR

3540 WABASH AVENUE

KANSAS CITY, MISSOURI

The Way

To every man there openeth

A way, and ways, and a way,

And the high soul climbs the high way,

And the low soul gropes the low;

And in between on the misty flats,

The rest drift to and fro.

But to every man there openeth

A high way and a low,

And every man decideth

Which way his soul shall go.

—John Oxenham.

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Christian Spiritualist Quarterly

Official Organ of

The Church of Jesus Christ Our Redeemer

(Christian Spiritualist)

REV. NETTIE GARMER BARKER, Editor

3540 Wabash Avenue

Kansas City, Missouri

Vol. 1, No. 1

October, November, December 1935 20c A Copy, 75c Yearly

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Self Help and Attainment

(For the Quarter)

Beginning October 1, 1935:

Tuesday—All that I need will be provided for God will take care of me.

Wednesday—I can do all things through the Christ, who strengtheneth me.

Thursday—I count my blessings, one by one, and I am lovingly grateful to my Heavenly Father.

Friday—The kingdom of heaven is within me; I will find it, and abide therein.

Saturday—Perfect health, and peace, and power is my heritage. I ask for them **now**, and they are mine.

Sunday—"Be still and know that I am God."

Monday—My body is the temple of the Living God, and the Spirit of the Almighty dwells in me at all times.

Use these statements daily, morning, noon, and night, or oftener if you wish. Be faithful. At the end of the week, repeat, and thus continue until the close of the quarter, when you will note a wonderful change taking place in your life and your affairs. "Draw nigh to God, and He will draw nigh to you."



"A Spirit, beautiful to see"

Reflecting the Christ-love,

Tenderly hovers over thee,

Bringing God's work from above."

—Ellen, 5/23/34

The Old Hymns

"Nearer My God To Thee"

THIS noble hymn, used world wide as a devotional song, is especially dear to the heart of the Christian Spiritualist because of the wording of the third verse.

"There let the way appear,
Steps unto Heaven."

The Way of the Christ—the Way as it appears to the Christian Spiritualist is truly "steps unto Heaven."

"All that Thou sendest me
In mercy given."

In Christian Spiritualism, we are taught that all our blessings and all our vicissitudes—our trials—our tests of spiritual strength and faith—come from God, and He bestows them out of His great mercy for us; also, the Christian Spiritualist learns God wishes us to show gratitude for the blessings, and make acknowledgement at every opportunity. If you wish a Divine healing for yourself or others to be permanent, give God the glory for its accomplishment. "In the twinkling of an eye," all things can be brought to pass, or all things can be destroyed. It all depends upon our understanding of The Law, and our strength and courage to use that Law aright.

"Angels to beckon me
Nearer my God, to Thee."

The Christian Spiritualist endeavors to live in close contact with the Spirit World. "Angels to beckon me"—like Jacob's vision,

the Christian Spiritualist medium sees a golden ladder "set up on the earth, and the top of it reached to heaven; and behold the angels of God ascending and descending on it." Daily, hourly, the medium endeavors to live life as so many golden "steps unto Heaven" with "angels to beckon" one onward. Drawing nearer to God, in unquestioned faith, with His angels and our loved ones going on before to light our path, we ascend—evolve upward to the Higher Life.

From the heart of God to the heart of man—and in between, the golden steps of the ladder of immortality, angels ascending and descending on it, proving to mankind that life is continuous, life is eternal, and we may now and forevermore, if we so desire, draw "nearer my God, to Thee."



"Aspire! Aspire to heights divine!

Give thee all that is wholly thine,

Angels of music, angels above,

Greet thee in gladness, bless thee with love."

—Ellen, 5/23/34

Spirit Phenomena

THERE is no question in the mind of the sincere medium that Spirit phenomena is a reality. The door between this wonderful manifestation of the continuity of life and man's mere mortal comprehension of same will be thrown wide open, if those who seek proof come into the seance room with reverence for this expression of eternal life, which they are about to witness, also, they must be grateful to those on the Spirit Side of Life, who make the demonstration possible. For it is very necessary that spirits develop and prepare themselves over there to be able to lower their vibrations to the low rate of the earth plane, and to be able to communicate with those still in the body. There is trickery—yes!—in much of the phenomena presented to the public. That is the reason the whole world today is not of one religious mind—believers in Spiritualism. The honest investigator of Spirit phenomena sincerely hopes to be convinced. Then he contacts a medium, who once had wonderful manifestations, but because of immoral living those on the Spirit Side have taken away the power, and the bereft one, rather than admit he or she is no longer able to demonstrate, resorts to cheap trickery. Sometimes that one proceeds to earn a living on the stage by the so-called exposure of Spiritualism. Immediately the cry goes

up that all Spiritualist mediums are fakes. We have never been able to understand **why** the Spiritualist Church errs in this respect more than any other sect—**why**, because of a few illiterate or untruthful mediums we all are fakes, as the general public would have us branded. In all denominations, we find black sheep—erring preachers, who are a disgrace to the religion they represent.

We Spiritualists have only pity in our hearts for those who condemn us. In the first place, they are tampering with God's holiest expression of His greatest creation—eternal, continuous, expressive Spirit life. In the next place, they miss so much! Because of their determination (or shall we say "stubbornness") not to be convinced, and the great loss in failing to contact and communicate with the so-called dead—they close the door on comfort, advise, and aid for the material as well as the spiritual side of their being. If every mortal realized what Spiritualism really is, how it makes of life a vivid, ever-increasing adventure, something more to look forward to than a gray, monotonous existence, ending in old age, and finally, in so-called death, there would be no other religious belief but the soul-satisfying, life-guaranteeing creed of Spiritualism.

We make no statements we cannot prove—both by the Old and the New Testament, and by experiences in our own lives.

To be a Spiritualist is to live a life of peace, poise, and power knowing we are never alone, never forgotten by the higher forces of life. To be a Christian Spiritualist is to follow the teachings of the Christ exactly as every Orthodox church does today, and in addition, to prove eternal life by Spirit return and Spirit communication; also to prove Jesus' promise: "The works I do you can do, and greater works" (healing).

The truth of Spirit phenomena has become an acknowledged fact, its investigators being men of scientific reputation.

Mrs. Grace G. Durand, in her interesting book "Sir Oliver Lodge Is Right," quotes the Rev. H. W. Thomas, the great Methodist preacher, as saying: "I am a Spiritualist. I would have to give up the Bible if I denied the ministering spirits."

"Henry Ward Beecher said: 'There have been times in which I declare to you heaven was more real than earth; in which my chil-

children that were gone spoke more plainly to me than my children that were with me . . . It is generally admitted from the very beginning of things that this world has been open to the influence of spirits. That false notions have arisen during the ages concerning Spiritualism does not prove its fallacy by any means.' ”

Apropos of this last, “The Rev. R. H. Newton (Episcopalian) said: ‘Spiritualism is a truth which is embodied in the records of the very beginning of our Christian religion.’ ”

“Rev. Joseph A. Milburn (Presbyterian) said: ‘You cannot laugh at Spiritualism. Only shallow people laugh at Spiritualism. Only ignorant people laugh at Spiritualism. The thoughtful man no longer laughs at the Spiritualist. That man is reaching for a truth beyond the truth that he can find within the boundaries of the visible church.’ ”

J. Godfrey Raupert of London, lecturing to Catholics, said: “‘It is no longer possible to put the phenomena aside . . . Consequently the Pope has asked me to tell Catholics just the attitude to take toward this mysterious subject . . . The Church admits the reality of these phenomena.’ ”

“Archdeacon Colley of England says: ‘Spiritualism comes as a God-send to millions who are incapable of believing the Christian faith without its aid. It teaches that death is the gate of life, hence that there is continuous and immediate and conscious being without no sleeping in the grave.’ ”

“‘Italia’ of Rome, a few years ago, said: Joan of Arc recently appeared to Pope Pius and addressed to him solemn words of encouragement and exhortation. It was while the Holy Father was indulging in devout prayer and meditation in his private oratory immediately after the ceremony of reading the decree of beautification that the spirit appeared.’ ”

Mrs. Durand, herself, says: “When I can stand today and say openly and fearlessly that I speak directly to those who have passed over to Life Eternal, or what the world calls Death, the worldly wise, the skeptical, the ignorant, superciliously smile or perchance may pity. Nevertheless it is a fact that it is as natural for

me to speak to those on the other side,' as we say, as it is to speak to those in the flesh. The voices are as distinct, oftentimes more distinct, than the voices of some human beings."

Personally, the writer has experienced marvelous Spirit phenomena when only three people sat in a seance. The strong, clear notes of the guitar, and the organ-like accordin played the accompaniment as another spirit guide's distinct words came through the trumpet, joining one of the mediums and a student in singing "The Old Rugged Cross," "Face To Face," and "There Is Power In the Blood." The fact that this was the first time the guitar had been brought into the seance room and Rosa, the educated Gipsy guide, played it with strength and expression, and without a pick, made this demonstration out-of-the-ordinary.

Joe Blevins, who, when on the earth plane, had been a professional accordinist, had soloed in the seance room twice before. Likewise, Pat McDonald, the trumpet guide, often sang with us, and if he did not know all the words, he would continue to carry the tune, finishing with a vigorous "ta-ta-ta-tee-tum." But the remarkable feature of this performance was that there were only three people from whom the Spirit Forces could draw the necessary chemicals for the demonstration. Yet the Spirit music and the Spirit voice would have been a credit to a public entertainment.

Oh, the wonderful strength and knowledge displayed by those on the Spirit Side! Wonderful, too, the patience and the desire to please the instrument in any request, and the enlistment of the Higher Forces when a medium will not tolerate anything but The Truth in the seance room! Over there, like on the earth plane, there are Spirits good, bad and indifferent, and all are eager to demonstrate that life is eternal for them and every one else. Like attracts like, here and hereafter. If you desire only the best in Spirit phenomena, ask for it, prepare yourself for it by raising your standard of living to balance it; then open the door only to the highest, and as you seek, so shall you find.

(To be continued.)

Come Unto Me!

CHRIST the Master, at all times, is ever present with each one of us. "Come unto Me, all ye that labor and are heavy laden, and I will give you rest," He promises. During these trying days of the depression, when the latter leaves its mark on all of us, reach out for the Christ, draw near to Him, ask what you will, and He will answer you as He has said, "Come unto Me."

If you face financial chaos, seek the Savior, and learn of Him. The kingdom of heaven (peace) is within your own soul, not in your dollars and cents; not in your houses and lands; neither is it in your social position, your family ties, nor in your friends, but in the Christ, the Master, alone. "My peace I give unto you. Let not your heart be troubled."

Are you ill in mind and body, and soul? Turn to the Christ for aid, for comfort, for release. "Come unto Me—and I will give you rest."

No matter what your problem, whether it be big or little, accept His invitation, and claim your heritage—rest in His understanding and His all-enveloping love. Remember the Spirit of the Almighty is always in you, and working for your good day and night as if you were the one person of importance in the whole universe. Get this thought planted firmly in your mind.

"Come unto Me!" Oh, the blessed relief of having a resting-place to which you may come in times of strife and storm! He will restore your courage, your strength, your wisdom, your ability to rise above all injustice, all confusion. He will cause you to be bigger than anything that can happen to you. He will give you rest!

From Him you will learn to say, "It is not I, but the Father abiding in me, who solves all my problems, and gives me peace." "Abide in Him, and He in you," and realize the dawn of new strength, new courage, new faith.

Universal Healing Club

*Health—Happiness—
Prosperity—Peace*

IF TWO of you shall agree on earth as touching anything that they shall ask, it shall be done for them of My Father in heaven."

This club is open to you, **whoever you are**, and **wherever you may be**, as a channel through which you may fulfill for yourself and and the other members the Christ-Law of healing and prosperity. "Freely ye receive, freely give."

Time: 8:30 to 9 a. m., Standard Time.

We bring you each morning, at this time, the mighty healing power of our Lord Jesus, the Christ, the same yesterday, to-day, and forever. Every person joining this healing club has tuned in on the Universal Healing Wave of our Blessed Savior, Jesus of Nazareth. "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you."

This healing force is free, abundant, and never-failing. "God is no respecter of persons." The Christ power heals **you, me, everybody!** Believe in it, ask for it and soon you shall realize peace, poise, and power coming into your life. For as you "draw nigh to God, He will draw nigh to you."

At this sacred half-hour, you, individually, are asking, through the other members as the spiritual instrument, for healing in all your physical, mental material, and spiritual affairs. "Ask,

and it shall be given you." If you continue to tune in on this universal broadcast for yourself and others each morning, you are sincerely seeking, and you **shall** find that which you seek. "Knock, and it shall be opened unto you."

In unity there is strength. Each morning, at this time, join us, in spirit, for a half-hour of universal healing.

Sing the first verse of "The Great Physician."

Repeat the Lord's Prayer.

Then sit, for 15 minutes in silence. "Be still and know that I am God."

Sing the first and third verses of "Pass Me Not, O, Gentle Savior."

Repeat the Twenty-third Psalm, slowly, prayerfully, emphasizing each word as if it were written especially for you and your needs. After which, ask for what you desire for yourself and others, from our Heavenly Father. Each morning, together you and I and

Prayer is the door through which we seek and receive aid every member of this club shall take your problems to the Lord in prayer. Jesus says: "All things whatsoever ye shall ask in prayer, believing, ye shall receive." Therefore, at this hour, pray, "God bless us," and "God heal us and supply our every need."

Sing one verse of "I Need Thee Every Hour."

Repeat the Lord's Prayer.

Close with singing the first verse of "The Great Physician."

"According to your faith be it unto you."

Send Rev. Nettie Garmer Barker, 3540 Wabash Ave., Kansas City, Mo., a self-addressed, stamped envelope for your Universal Healing Club membership card. This is the only expense attached to this service. Otherwise it is free to all.

Christian Spirit Healing

SPECIAL absent healing by the Rev. Nettie Garmer Barker and Spirit Healers will be given you. You cannot pay for the healing—that is from God—but you do donate \$3.00 per month to the Rev. Barker for her time. To receive Life's richest blessings, you must do something for someone else. Begin by sending in \$3.00 to the Rev. Barker, and a name, (someone besides yourself) to whom you wish your gift of a yearly subscription to the Christian Spiritualist Quarterly sent. For yourself, you will be given a daily spiritual treatment for your own needs for a month. Enclose a self-addressed, stamped envelope for reply, and address, Rev. Nettie Garmer Barker, 3540 Wabash Ave., Kansas City, Mo.



"The spark divine within thy soul

Finds an answering song in the Spirit Band.

The upward path ever thy goal —

Praise God for thy work from the Heavenly Land."

—Ellen, 5/30/34

Your Health

The Spine

YOUR body is the temple of the Living God, so you should do your part to keep it healthy and supple.

Start with your spine. Make it flexible, and keep it that way by the following exercise. Just before retiring at night, and immediately upon rising in the morning when you are wearing no restricting clothes, is the time for exercise.

With your soles flat on the floor, and as if they were glued to the floor, stand with your feet 3 inches apart. Then lean slowly forward, the body limp, and touch, or try to touch your toes. Not easy at first, but you can accomplish it, if you make the effort. With the head and arms at your sides limp, wiggle the spine until every vertebra seems to move. Then sway the limp body in a half circle. Straighten up, always keeping the body limp, and sway backward, forward, and from side to side. Next, erect again, loosen the shoulders by wiggling them up and down.

With your feet still glued to the floor, and arms above your head, reach up until you feel every muscle in your body stretching, glowing with vitality.

This exercise, practiced twice a day, once at night, once in the morning will put spring in your step, youth in body, and roses in your cheeks.

Your Eyes

Your most treasured physical organ should be the windows of your soul—your eyes. Correct foods (those with the "eye" vitamins), exercise, cleanliness, and sufficient rest are necessary for eye health.

For correct foods, eat plenty of Vitamin A, such as butter, cream, egg yolk, milk, lettuce, corn, carrots, tomatoes, celery, prunes, oranges, pineapples, bananas, and apricots. The deeper the color of the ripe fruit, the yellower the corn, the greener the lettuce, the better the course of Vitamin A therein.

Exercise: Blink the eyes often, slowly, then faster, and while blinking look up, look down, and from side to side. Roll the eyeball slowly from right to left. Then reverse.

Cleanliness: Use an eye cup, and a weak solution of salt water, or weak, lukewarm tea to clear the eye of dust and mucus discharge. Weak tea will clear the eye of a blood-shot condition or red-rimmed eyelids. Never use the same eye cup solution for both eyes. If one is diseased, the other will become infected. When one eye is cleansed, empty the eye cup, and fill with fresh solution before treating the other eye.

Sufficient Rest: Do not use the eyes continually. Rest them for short periods. A few minutes' rest, with the eyes relaxed and closed, is helpful. Also, correct lighting for reading or working is important.

Call upon Spirit to manifest in all your health efforts, and great will be the result thereof. Take normal care of your eyes, and they will be healthy, and serve you for a lifetime.



"From the sphere above, loving eyes
 Blue as the heavenly skies,
 Look down now, yearning and hoping, too,
 God's glorious work to share with you."

—Ellen, 5/30/34

Be a Self Starter

RISE UP through the debris of past false hopes, wishes, failures, disappointments and cares, break through your shell of uncertainty or doubt in self, throw aside that lack of confidence, let **self** have an opportunity to compete with mistrust on an equal footing. Try again, try on every little thing to improve your expression of life. Remember that real success is not measured by results so much as by the **effort** made.

Think of the beautiful rose. It must come up from the thorny stalk and the twig, go through the agony of budding, drawing sustenance from earth, air, light, and everything available, that it may be transformed into blossom and fragrance and add its mite of beauty unto the world.

“Down in the mud and slime of things
There always, always something sings.”

The beautiful lily can grow up from mud and slime and form itself into a flower that causes admiration in every beholder. Nature teaches that we, too, can come up, even out of dark, weak, scarred pasts, grow a new branch of our lives and develop into something worth while. Go forth **now**, this minute; strike your standard and **stand fast by the colors**. The wonderful, unexplored country of “self within” is calling the man or the woman to arms, to resolution to action. Will you volunteer, or must you be driven and drafted into the march of real progress by further trials?

Don't be a slacker to self. The king within the temple of the mind is calling; listen, heed, resolve, try, or die knowing that you made a good valiant effort.

Resolve to start now and put the best of you into expression in the things you do and say every day.

—(From “Health and Attainment
Through Cosmic Vibrations.”)

Book Chatter

THE GREAT, the Mighty God, the Lord of hosts, . . . which has **set signs and wonders in the land of Egypt even unto this day**" (Jer. 32:18-20). Worth Smith, in his "Miracle of the Ages," the Great Pyramid of Gizeh, the mighty, mysterious "Bible in Stone," tells us that 'Between 1936 and A. D. 2001, mankind shall make more and greater spiritual progress than has been made for the past nearly six thousand years, that has been made since the time of the Fall of Man!' According to the teachings of the Great Pyramid, "on Sept. 16, 1936 mankind enters that sublimely beautiful 'Chamber of the Grand Orient,' the King's Chamber—the 'Chamber of Spirit Rebirth,' and the 'Chamber of Immortality.'"

This is a volume you will wish to own, and reread many times. The author shows in his interpretation of his subject that he, himself, is deeply spiritual, and dwells in the Secret Place of the Most High, the Sanctuary of his beloved God, and is thus able to bring us this revealing message and prophecy, which was first given out publically in a series of lectures in the leading cities of the U. S.—(Elizabeth Towne Co.—\$1.10, postpaid.)

* * * * *

"Cosmic Vibrations," by Llewellyn George, is a series of lessons teaching the Law that to know the Truth is to be free, and to utilize the alchemy of life and healing is to bring abundant health, happiness, knowledge, prosperity into your everyday affairs. In our present age, as the Master said, "The harvest truly is great, but the laborers are few," and it behooves those who understand the Christ-Law to endeavor to enlist workers in this great God-plan of which each one of use is a part. This book as a gift to one seeking knowledge of The Way, The Truth, and The Life will be a God-send. There are developing exercises for achievement, healing, and high mental power. The cloth binding in its holiday dress of attractive blue-green and gold is \$1.60 postpaid; Paper, \$1.05 (Llewellyn, Los Angeles). Read "Be A Self-Starter," page

"Health News" Hollywood, Calif., is a national journal issued fortnightly, and devoted to better living (\$1.00 a year). Within its 16 pages are many worthwhile articles, of which the following is a "quote":

"LIFE BEGINS TO END AT FORTY.

Did you ever stop to realize that real life, the joyous life of some persons, is only 20 years? It is a fact that health is best in the average life between 20 and 40. Up to maturity the child or youth plays, burns up energy, and does not know he is alive. Between 20 and 40 a great deal transpires and when at 40 he is really ready to begin living, life often ends miserably. One of the most prevalent of the 'after 40' maladies is kidney breakdown, heart trouble. Over half the population above 40 are so affected, most of them unknowingly, because the internal organs usually break down without warning. This is one reason why you should exercise special care in your elimination. Watch the skin, the lungs, the intestines, and especially the kidneys. They eliminate 75 percent of poisonous waste, much of it in highly concentrated form. Your precaution: bathe internally and externally. Drink plenty of good pure water. Get sunbaths and airbaths. Eat properly and avoid any damaging drugs, such as alcohol, tobacco, etc. Drinking plenty of water washes the poison out of the system. Yes, indeed, life may begin to end at 40 or it may begin to really start. We hope it is starting for you."



"It is not a smiling delusion that shames;
Nor a folly that reason should scorn;
'Tis the voice of the heart which so loudly proclaims,
That for the better we're born.
And that which the inner voice bids us believe
Can never the hope of a Spirit deceive."

—Spirit Ellen Garmer, 7/5/34

The Course in Unfoldment

By

Rev. Nettie Garmer Barker

The Silence

“He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty.”

THE FIRST step in unfoldment is to go into the sanctuary of your being — into the silence — the secret place of the Most High — and learn to concentrate. If you would hear the voice of God — guidance — you must be still and listen to that which speaks within you. When you are able to center your consciousness on the Divine — the Spirit of the Almighty within — your soul unfoldment begins, and wisdom, inner understanding, and Spirit Illumination are yours. You then are at peace with yourself and your God, and truly you shall abide hence forth and forevermore under the shadow of the Almighty.

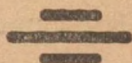
Going into the silence means to quiet the mind and body, to be perfectly relaxed, and unconscious of time and space. GOD-CONSCIOUS we may well call it. To realize this, when alone, lie down fifteen minutes each day. Stretch out comfortably, and take three deep breaths. The breathing brings quick and thorough relaxation, and lying down takes all strain off of the heart and nerves, the two main tense centers of the body. Close your eyes, and lie limp and quiet, your mind a blank. In a few minutes, all material problems will be cleared out of your consciousness, and the Spirit will take possession. What you receive you may choose to call the voice of Intuition, but it is Pure Spirit speaking to and through **you**.

We must surround ourselves with peace and harmony, if we would have our soul grow and expand. It may seem utterly impossible at first to forgive some people, or to hold a cheerful attitude of mind under some conditions, or to smile when pain twists our bodies, but easnest effort on your part, and God's ever-abiding, merciful guidance will bring it to pass. You will learn to regard your Silent Hour as a necessary part of the beginning of your day or its close, for with each sitting comes a feeling of being blessed by God and the Angel World. This all-enveloping sense of strength, knowledge, and Divine guidance goes with you when you close the door of your sanctuary, and take up the duties of the material.

For this quarter, go into the Silence as above instructed. After which, once you have learned complete relaxation, you may practice the Silence sitting in a straight chair, which is the way most people do it.

May you ever realize the presence of The Master, and may God, the Almighty, and the Spirit World draw very near to you, and bring you the desires of your heart. Remember always: "With God all things are possible."

(To Be Continued.)



"There is sunshine, glorious and bright,
On the peaceful road before you;
There is wonderful joy serving the right,
And Spirit blesses all you do."

—Ellen, 5/23/34

The Game of Life

The game of life we all must play,
Face its hazards day by day.

The pictures in our minds that dwell,
For weal or woe must weave their spell.

So make those pictures, fine and true,
Smile and the world smiles back at you.

Should weeds of doubt obstruct your way,
Imaginary ills should cloud your way;

Should stormy winds around you blow,
And trusted friend should prove a foe;

Face your fate with courage, fine and true,
Smile and the world smiles back at you.

—Emma J. Duley.

Bible Course

By

Rev. Nettie Garmer Barker

THIS course is free to subscribers of the Christian Spiritualist Quarterly. The only expense to you is a stamped, self-addressed envelope for reply when writing to Rev. Barker. At the close of the year, a written examination will be given, and at the close of the complete course — the reading of the entire Bible — a certificate will be issued, if the grade is 85 percent or more.

For the First Quarter, read and study Genesis from the Spiritualist viewpoint. Choose an hour or more, once a day, or once a week, and the same place in which to study. This is very necessary so that you may get a spiritual vibration — that is, create your own vibration through contact with the Spirit Side of Life. Each time, ask the Spirit to manifest by guiding your interpretation. Your equipment is a Bible, a pencil and a note book. Mark your Bible with a colored pencil, underscoring or placing in parenthesis any verse that may attract and hold your attention. On the first page of your note book, write the date, followed by one verse, which is to be your key thought for that day, and which you are to memorize, and repeat as often as you think of it until the next verse is written. Every day write a date and a verse.

Begin at Genesis 1:1, and read slowly and thoughtfully as much as you can during your Bible period. At the close of the quarter, you will be surprised at the progress you have made spiritually along the King's Highway, the road that leads back to God and Soul Peace.

(To Be Continued.)

DR. F. F. SMITH
Small Animal Hospital

1615 Minnesota Ave., Kansas City, Kansas

Office: Dr. 0540 Residence: Fa. 0540

READ

"Health And Attainment Through
COSMIC VIBRATIONS"

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