



# BULLETIN DIVINE LIGHT

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*"Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and, Love your neighbor as yourself."*

*This bulletin  
is produced by*

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TUESDAY  
- Self Knowledge Group  
(English Study)  
7:30 - 8:30 PM

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## SEARCHING FOR HAPPINESS

Helena Rauduvinich

In the constant quest to overcome pain and the vicissitudes of life, man seeks happiness, running from side to side, trying to find the key that leads to it.

Living in a world of trials and atonements, human beings have the valuable opportunity to redeem their past mistakes and live new experiences that address their learning. Eternal happiness awaits them in the future as consequence of their efforts to make progress in their development.

Under the human prism, happiness is found in material wealth: power, authority, beauty, and success. For this reason, men will go far in their search, but still won't reach it. They ignore that happiness is near them, and in their ability to transform situations, to improve the people and the things around them, and to overcome obstacles and problems. "The world is a vast stage where we represent our part in the progress of Creation." Here on Earth are the opportunities to spread the blessings that we have been granted by God. If we want to draw happiness toward us, we need to keep watch of our feelings and thoughts, desires and attitudes in order to get to it. We must strive to extinguish the selfishness that still reigns in us through good will, donation, and making use the gifts we have in benefit of life and of our planet. Let us choose affability, modesty, and good as our walking flags. The founding principles for our ascension are called Charity and Humbleness.

Man is a beneficiary of the material goods that are temporarily invested in him, but in the future will have to pay accounts of how he used these assets. Having assets or not results from the way you used these assets yesterday and how you will use them today.

Jesus taught us to "love our neighbor as ourselves," and in pointing out that this is the way to happiness, then, happiness is the good that someone does for his neighbor. Happiness is a daily construction, realized from the inside out, built around the peace and joy of all, and that begins today and never ends. For this reason, we learn that happiness is not of this world. But it is indeed possible to improve our lives, and multiply the moments of joy that we experience. In order to do this we have in our hands the teachings of Christ, the Gospel, with His hopes and consolations. The Master's lessons show us that loving our neighbors makes us happier.

We are the builders of our happiness or our misfortune with the choices we make every moment of our existence. Happiness is independent of status or situations. It is an inner state that results from work of moral renovation. Only when men project their thoughts to the spiritual life that happiness embodies real meaning. When we learn to give and to serve, we are replacing old patterns of behavior with new concepts and attitudes that lead through the struggle to victory. When we open our hearts to good, the light of happiness brightens within us. Let's be happy!

*Research Book: "Garimpo do Amor" by Spirit Joanna de Angelis, psychography of Divaldo Franco*

## LIVING WELL

We must strive to enrich our lives with experiences that generate pleasant and optimistic stimuli in ourselves as well as those around us.

Everything we do that brings in a positive meaning and motivates us to move forward and work for our wellbeing as well as our neighbor's represents emotional growth and psychological maturity.

No one reaches wellbeing without effort, high discipline, and enlightened thinking. It is necessary to amplify those higher feelings in order to move forward in our ascension. We are all born with equal opportunities to be happy. It is up to each of us live life with common sense and perseverance in good. Our behavior should produce agreeable and friendly exchange with others. Our attitudes always affect those who live with us.

Achieving their goals, all the great leaders of humanity were faced, at the same time, with sympathy and animosity. However, they remained faithful to their ideals, even in adversity. It is important to be aware that when we choose to live a life enriched with peace and welfare, we are not exempt from the suffering, the struggles, and the difficulties that emerge along the way.

All these hard challenges must be met with understanding, serenity, and confidence in the tomorrow. Life is a blessing and should keep healthy and confident, even when we are going through liberating trials. Misplaced concerns erode our mental and physical strength. Let us be natural and cheerful, always seeking to maintain faith in our Celestial Father, accomplishing our duties to life, and thus balance and health will surround us.



**VOLUNTEERS!  
NEEDED**

## **VISIT TO NURSING HOMES**

Dear Friends

We are in urgent need of volunteers!  
Come exercise the practices of charity and  
love to your neighbor like Jesus taught you.

More information with Manoel Gamas - [manoelgamas@hotmail.com](mailto:manoelgamas@hotmail.com)



If you are interested in learning more about yourself and the world surrounding you, we invite you to come to our study, every Tuesday @ 7:30

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