

Studying the
Spiritist Gospel at Home:
How to hold a meeting

MAKE PEACE AND HARMONY
BLOSSOM IN YOUR HOME

3rd Edition – updated & revised 2020
**Campaign to bring the Teachings of Jesus
into our homes and daily lives.**

This brochure is **OFFERED GRATUITOUSLY** for the purpose
of stimulating fellowship amongst all Humanity



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156 Years of “The Gospel According to Spiritism”

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INTRODUCTION

This brochure is meant to help and guide us towards a more balanced way of life. It is also a recipe to help unite the family at a given moment so as to be able to cultivate peace and harmony, where otherwise there might be the occasional disagreement.

In our troubled world at this special time of transition between two epochs, people often feel disturbed and sometimes even out of balance. A few moments of prayer together with a simple regular study of how best to live our lives gives us time to rebalance ourselves, meditate a little and re-link with our Spiritual Benefactors.

A few minutes each week given to a sincere study of what Jesus tried to teach us more than two thousand years ago will gradually allow us to realise the rationalisation and logic contained in these Teachings. It will bring us answers to most or all of our questions regarding our suffering, the enormous differences amongst nations and groupings of people and religious differences. It will also show us that there is only one true GOD (SB-Q1), the creator of all things.

When we come to understand and accept that reincarnation does exist, and that according to the Natural Law of CAUSE & EFFECT we all, each one of us, create the causes and consequently reaps the effects, then life finally begins to make sense.

With the weekly study of THE GOSPEL IN THE HOME meeting, always on a regular day and time, our hearts begin to expand and we see our present life and the world around us with fresh eyes. The peace that surrounds us during the meeting, the spiritual renewal felt with the final healing prayer, added to the resulting new strengths and energies as a result will encourage us to continue each week. This is to say nothing of the resulting calm, peace and fraternity blossoming within our family circle.

So my dear friends, my dear brothers and sisters because we are all children of the One Creator, try this recipe!

See and feel for yourselves the peace and harmony that slowly begins to build around you and members of your family.

Also, it is certainly a good recipe for the children, who can be encouraged to participate and ask questions. Who knows with the new generation coming to participate together with us, they may even be able to teach us a few things!

So, together with this simple brochure to guide you, goes a special prayer from BUSS to our Great Teacher Jesus, asking for His blessing each week to every GOSPEL IN THE HOME MEETING, wherever and in whatever language it may be held

THE BRITISH UNION OF SPIRITIST SOCIETIES – BUSS

“THE GOSPEL IN THE HOME”

PRINCIPLE REASONS FOR THIS STUDY MEETING

- 1 - When we study *The Gospel According to Spiritism*, we discover that it is easier to understand the true meaning of Life itself. Then we can begin to realise the need to adapt our lives accordingly.
- 2 - The practice of THE GOSPEL IN THE HOME each week creates a beneficial habit of evangelical study within the home. The ultimate purpose of these gatherings being to awaken and strengthen sentiments of fellowship within the family and amongst friends who may come to join us.
- 3 - Through these moments of peace and tranquillity each week, members of the family become more united as the Teachings of Jesus come to have more meaning in our everyday existence.
- 4 - By generating superior thoughts and sentiments within the home, this offers the possibility of receiving regular spiritual cleansing for the ambient itself; thus permitting easy access for the presence of God’s messengers throughout the week.

5 - In amplifying our knowledge of these Moral Teachings, in both every day and spiritual terms, it also gives us the possibility of passing this knowledge on to others, so they too can find more peace and tranquillity in their lives.

6 - Even when not all the members of a family participate in this simple meeting, the regular practice of THE GOSPEL IN THE HOME by at least one person raises the vibratory level of the whole home.

7 - It is also found that those who hold this special meeting each week are always constantly accompanied by their Guardian Angels. Therefore, whenever help is needed these helpers are always readily at hand to protect and inspire us towards correct and beneficial action and responses.

CONSIDERATIONS FOR THE REALISATION OF THIS SIMPLE MEETING:

After careful thought, choose a day and time during the week when you, and as many members of the family as possible, can be present together. This day and time must be kept **RIGOROUSLY** every week, so as to assure constant elevated spiritual assistance during the meeting and throughout the week, from true spiritual Benefactors.

- Even if you live alone or other members of your family do not wish to participate you should hold this meeting by yourself.
- Having chosen a day and time when you are able to be alone, it is also very important not to be interrupted. So choose a location in your home where you may be left in peace for a minimum of 20 minutes.
- If there are friends or visitors present in your home at that time, they should be invited to participate. This Meeting should not be postponed because of unexpected guests or visitors.
- However, the purpose of the meeting should be explained to the visitors beforehand, so they may have the choice of attending or not.

- It is always suggested that friends may be invited to attend on a regular basis, till such time as they may wish to hold this study in their own homes.

PROCEDURE TO BE FOLLOWED:

- a) THE GOSPEL IN THE HOME study may take from 20–30 minutes approximately, according to the number of people present, but should not be longer than one hour.
- b) Begin the meeting with a simple sincere spontaneous prayer, said aloud, taking no more than two minutes. However, remember that real prayer is a matter of sentiment, not just mere words.
- c) Prayer should be given with uplifted thoughts towards Jesus and the good spiritual companions, requesting the presence of the spiritual Benefactors, asking for protection for the home, help to assimilate the study and also to maintain an atmosphere of peace and fellowship throughout the meeting.
- d) After this prayer, the meeting is then opened. This may be done by starting from the very beginning or working systematically through the book each week. At each meeting, only a small portion should be read out loud, perhaps just a paragraph. Then those present should comment or discuss the topic presented within the time allocation.
- e) Remember that comments or discussion must always be developed around the actual topic and not allowed to stray into other areas. This is a gentle study period so that we learn slowly but surely.
- f) Even if we are alone for this meeting, the prayer and comments should always be said out loud. This is because we are constantly accompanied by those on a spiritual level who can benefit from our readings and comments.
- g) Let us be sure that we always look for the essence of the topics, so that we can learn how to apply these Teachings in our daily lives.
- h) If there are those present who already have some knowledge of the Spiritist Teachings be sure they are given the opportunity to help everyone understand more clearly. It is also important to allow

beginners the time and opportunity to ask questions and discuss. It is a moment each week to practice harmony and unity, not to show superiority one over another.

- i) Nevertheless, it is advisable for someone to assume the task of directing this study, so to maintain the order and progress, but always with loving kindness and friendship.
- j) Finally, the closing prayer should be said with simplicity, sincerity and uplifted thoughts. This prayer should include positive thoughts for our planet, for all the many countries, for human suffering especially in the most needy areas, for world peace and loving vibrations to envelop everything in nature and everyone. Remember also hospitals, nursing staff, doctors, etc., those who are sick, etc., etc.
- k) This closing prayer may take a little longer, perhaps from five to ten minutes. It should include a brief moment of elevated silence, having first called upon the Good Spirits to give Healing to all present. Love is the ever-powerful element, so let us also send our love upwards in gratitude and thanksgiving for the meeting and the cleansing and blessing of the home.

FURTHER SUGGESTIONS:

The utilisation of water

Before the meeting is begun, place a jug of water and glasses on the table. During the meeting, the spiritual Benefactors will bless the water, which should then be drunk at the close of the meeting.

It is also a good idea to put several bottles of water nearby in the room, which will also receive a blessing. These can then be utilised during the week to allow a small dose of blessed water to be drunk daily by each member of the family.

Behaviour

It is strongly advised that care should be taken at all times during this study to avoid all disdainful or gross language. It is the time for seriousness, so as to build up strong renewing energies that can last out the week.

On holiday

When on holiday, if it is possible, keep the date and time for a short family prayer. If the condition is favourable for a Gospel Study Meeting even better.

THE IMPORTANCE OF THE CHILDREN

Parents have the obligation to help their offspring towards all that is beneficial in life. This includes knowledge of the significance of life, who and what we are, where we have come from and where we are going.

This can begin even from the ‘sleeping baby’ stage with the cradle and the sleeping baby in the same room. However, later on, the child must be able to remain quiet and not fidget in order to be able to participate in this important meeting.

Therefore reading and commentaries must be in accordance with their understanding at whatever age. Various non-Spiritist books can be used for small children, as long as they tell good stories about Jesus and Christian morals. Parents should always pre-read the books so as to be prepared to explain in adequate language, according to the possibility of understanding of the age levels.

Nowadays it can often be found that some children if given the opportunity to express themselves at quite an early age, can teach the adults some interesting facts regarding LIFE! So, let us allow them to talk if they are so inclined and treat them with respect.

It is also necessary that, *prior to an actual meeting*, the parents explain what goes on during the session from the spiritual point of view, as well as the significance of the various stages of the meeting.

Here is the opportunity to discuss with the children the real meaning of ‘The Lord’s Prayer’. So that when they understand it, they can then begin to learn it and thus offer it to begin the meeting, being sure it is NOT gabbled off, but said with understanding.

Gradually as the children grow up, they should be encouraged to give spontaneous prayers as well. As they become more adult-minded, they should be allowed to offer the vibrations and healing prayer occasionally.

There is also another option:

Especially useful if there are several children in a family is to organise a meeting just for the children, on a different day to that of the adults, with one adult to direct them. For young children, this meeting *should only be 15/20 minutes long* following the same lines as the adult meeting.

For a “Children’s Meeting of the Gospel of Jesus”, the preparations are even more essential so that the study can flow and keep them interested. Always encouraging the children to ask questions and be participative.

Gradually help the children come to understand about the ‘vibrations and healing prayers’, so they can gradually come to participate actively at an early age in the giving of thoughts and eventually the saying of prayers. Explain simply, but clearly, that thought plus the sentiment of love is a powerful energy for goodness, tranquillity, good health and peace. At the end of the meeting when it is time for the prayers, the adult can then direct their thoughts towards all incarnates, harmony in the family, harmony in the family, our planet, world peace, the animal world, etc., etc.

Remember that all children from birth till approximately 7 years of age remain very attached to the spiritual world. From then onwards till their early teen years they gradually lose this spiritual attachment and finally become well entrenched in their physical bodies. Therefore, this early education towards prayer and good moral behaviour is essential, as frequently at a later date it is rejected by the child/adolescent.

Never forget that a habit of practising “The Gospel According to Spiritism in the Home”, on a regular basis, on a fixed day, at a fixed time, ensures peace and harmony in the home. It can also help to prevent spiritual instability in members of the family, because it calls around us the protection of our Spiritual Benefactors, who are then better able to maintain our home ambient in an aura of loving protection.

Reminders & Suggestions about Prayer:

In terms of prayer, words are as nothing if they are not uttered with sentiment from deep in your heart and profound love. Without this, your prayers can never reach up to the Heavens!

Therefore, your prayers should be offered up with real meaning and feeling to the Spiritual Benefactors or Good Spirits. Or perhaps you prefer to send them up to God and Jesus.

Do not constantly ask for benefits, but first send your love out to help humankind, a particular person or organisation in need, a situation occurring or a tragic incident that has happened, etc. Then ask for help for your loved ones, your family or friends and lastly, ask for renewed strength and energies for yourself.

Remember that the Heavenly Powers know everything about our lives!

If and when we make the effort to be charitable our prayers will certainly be listened to and answered, in a way that will truly be of benefit to all concerned.

Suggestion for a Prayer:

Beloved Benefactors (Jesus), we thank you for everything we have received today, and so we send up our love in your direction to help all who are in need, be they sick, troubled, bereaved or unhappy.

Shed Your Light across our planet dear Lord, so as to cast aside all darkness and evil and bring spiritual progress to life here on Earth.

Bless our home and all our family members, those near and far, as well as bless and comfort our friends and help all of us to find greater enlightenment.

Guide us all as to the pathway we should walk in order to fulfil our commitments while on Earth, thus enabling us to achieve spiritual progress.

In thanks and immense gratitude, we send you all of our love.

Amen

A Word of Warning:

As has been said already this is a family meeting for the purpose of studying the Spiritist Teachings regarding the purpose of Life. Therefore, under no circumstance should psychic faculties ever be allowed to manifest during this meeting!

If any member of the family has difficulty in controlling their psychic faculties, they should seek urgent help at a Spiritist Centre, where they will receive guidance, counselling and Healing.



TO FINALISE

Here is a special message received from the spirit world by Brazil's most well-known and renowned medium Francisco Candido Xavier (returned to spirit 2002), commonly known as 'Chico Xavier'. The spirit communicator of this message, who signs himself by the name of Emmanuel, had in the past been a well known Roman Senator. During Chico's long incarnation Emmanuel was his main guiding light and communicator, writing hundreds of special messages and many very important teaching books through the automatic writing of Chico:

CHRISTIAN WORSHIP IN THE HOME

The study of the GOSPEL IN THE HOME is not a new idea. But today it is a necessity in every place where Christianity spreads out its roots towards the attainment of perfection and sublimation.

The Glad Tidings left the manger to go into the public square and continued on from the humble house of Simon Peter to glorification on the Pentecost. The voice of the Lord was first heard under that humble roof in Nazareth and will certainly be echoed again through our intermediary. Before anywhere else this will happen in the ambient of our own homes amongst our loved ones, with whom lies our first and constant duty.

When the words of Jesus resound within the four walls of a home, which is the domestic temple, our many sacrifices will weave a common happiness. Then any unfortunate observation, often uttered without thinking, is able to be received calmly. Slander becomes isolated by silence; illness is accepted with conformity and the errors of others are able to be understood with compassion. So then evil will no longer find cracks through which to infiltrate.

It is here, within this domestic paradise that some people are already building mutual stimulation for the benefit of themselves and others, that becomes an inexhaustible fountain of peaceful understanding. It is where gentleness becomes a constant inspiration and all words are then enveloped in Light as they link with the love that has been bequeathed to all by our Celestial Friend. Then a smile will become as a password for each one.

It is really only after experiencing constant evangelical study within our own homes that our hearts are truly equipped to distribute this Divine Bread to the multitude, which is the Teaching contained in the Glad Tidings. Therefore, we have a duty to offer friendly advice and sanctifying counsel to all the companions of the human pilgrimage, whatever the circumstance.

We must never forget the necessity of applying the Teachings of Jesus in our own homes. It is here that we must always show examples of patience, tolerance, understanding and fraternity as well as those of work, faith and goodwill. We must always envelop everyone and everything in vibrations of genuine love.

When we study the four Gospels, being “WORDS FROM HEAVEN” constituting a Testament of Light, each one of us becomes the unfinished fifth Gospel, alive and operative, that we are writing with our own personal testimonies. Thus our lives may be a revelation from Christ, to be seen and appreciated by all, without the need for many words, either as warnings or as preaching.

Emmanuel



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For further help or guidance regarding starting:

THE GOSPEL IN THE HOME

please contact us: office@buss.org.uk

or visit the website: www.buss.org.uk

Spiritist books for **adults** and **children** are available in English and various other languages. Contact: bookshop@buss.org.uk

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