

# Kardec Spiritist Group of Austin

Kardec Spiritist  
Group of Austin  
PO BOX 203502  
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## Biography - Joanna de Angelis

Juana Inés de la Cruz - Joanna de Angelis (1648-1695), Mexican poet and scholar, whose ingenious, eloquent, and expressive verse established her as the outstanding 17th-century poet of colonial Latin America. She was born Juana Inés de Asbaje y Ramirez in San Miguel, Nepantla, Mexico, and was mostly self-educated.



affair, but she declared that only the monastic life permitted her sufficient opportunity to carry on her intellectual pursuits.

As a nun, Juana de la Cruz studied theology, literature, history, music, and science, and in the process acquired a vast library. She corresponded with many leading poets and scholars of her day and wrote poetry that earned her the sobriquet of the Tenth Muse. Some authorities of the Catholic Church in Mexico disapproved of her studies and sought to curtail them. In 1691, in response to a public critique from a superior, she wrote a letter defending her secular interests and pleading for equal educational opportunities for women. The

letter, which came to be known as Response to Sister Filotea is one of her best-known works and is considered a defining work in feminist literature. Two years after writing it, however, she gave up her studies and turned almost wholly to religious contemplation.

Her writings, comprising lyric and allegorical poems and religious and secular drama, were first published in Spain between 1689 and 1700, and have been published frequently since that time. Her works have also been translated into English and collected in several volumes and anthologies.

Source: MSN Encarta

A prodigy in her childhood, she learned to read at the age of three. In her teens, she served as a lady-in-waiting at the court of the viceroy of New Spain and was renowned for her beauty, wit, intelligence, and learning. In 1667 she retired from court life to become a nun. Some biographers have attributed her retirement to an unhappy love

### INSIDE THIS ISSUE:

Past Events	1
Message	1
Article	2
Announcement	2
Past Event	3
Biography	4
Our Activities	4
Opportunity to Help Us	4

## Christmas Party - Our 6<sup>th</sup> Year Together



On December 8<sup>th</sup>, we celebrated the arrival of the holiday season with our 6<sup>th</sup> Annual Christmas Dinner Party. The event featured delicious home made dishes, lots of fun prizes and many happy faces. We hope you also had a chance to shop some of the great gifts from our bazaar.

holiday cookies, decorated trees, sparkling lights outside our homes, and family gatherings. But the most important of all of these things is to remember the loving lessons given by Jesus so we can live with peace in our hearts.

We all enjoyed each other's company, celebrated the friendship we have established throughout the years...always keeping in mind the real meaning of Christmas by the scent of fresh baked

From our family to your...The Kardec Spiritist Group of Austin thanks you all for being part of this wonderful journey with us and wishes you a Happy 2013!

By Beth Madden

## Youth Spiritist Education

Kardec Spiritist Group of Austin invites you and your kids to join us on our Youth Spiritist Education.

The meetings take place every 1st and 3rd Sunday of the month.

From: 11:00 to 12:00am

Ages: 5 and older

If you plan to join us, please let us know in advance.

If you need to reach one of us to find your way, please feel free to call:

- Adriana Martins: 638-7176
- Beth Madden: 992-9048
- Joce Almendra: 576-2030

## Book Club

Our Book Club meets every last Thursday of the month to discuss a book or part of a book related to Spiritism.

The purpose of our Book Club is to promote the study and discipline through reading.

Our next meetings:

Jan 31st at 7:00pm

Feb 28th at 7:00pm

For more information, please contact:

Celina Cavalcanti

[celinacavalcanti@gmail.com](mailto:celinacavalcanti@gmail.com) or

Luciana Corwin [luairam@gmail.com](mailto:luairam@gmail.com)

## Volunteer Opportunity

Every second Saturday of each month Kardec Spiritist Group of Austin visits the Austin Children's Shelter for an afternoon of fun and interaction with children that were rescued from abuse and neglect.

There are 51 children and youth in care today at ACS, over 40 of them are between the ages of 12 - 18.

Sign up as a volunteer with Fernanda Bueno:

[nandafernandabueno@yahoo.com](mailto:nandafernandabueno@yahoo.com).  
phone 512-669-9263

We look forward to hearing from you!

### Many of you have asked how to help our group, and here is one opportunity!

Our fixed monthly expenses with rent, utilities and other essentials total \$1058.00 per month.

Any contribution is optional, but really appreciated.

If you are in a position to commit helping the group, even with a small amount monthly it would be really helpful.

The fundraising events we promote throughout the year help us mainly with special events, such as speakers' travel expenses, but they don't cover these fixed costs.

Please talk to us if you can help!

We feel very blessed to share such a wonderful house of studies and prayers!

Thank you in advance for your consideration.



## Christmas Message

Lord Jesus!

Before Christmas, when we remember your glory in the manger,  
We thank you for the music of prayer;  
The rejoicing of faith;  
The message of love;  
The happiness of our home;  
The call of brotherhood;  
The joy of hope;  
The blessing of work;  
The confidence in the good;  
The treasure of your peace;  
The word from Good News;  
And confidence in future! ...

However, oh! Divine Master, with our hearts turned to thy heart, we beg you something else!

Grant us, Lord, the unspeakable gift of humility so that we have the courage we need to follow your examples!

Chico Xavier



## “One of My Biggest Struggles”,

By Mark Merrill

Coming Soon:  
Alirio Cerqueira  
February 2013



Spiritist speaker, doctor, biologist with qualification in ecology, specializing in Homeopathy, Transpersonal Psychology and Psychotherapy. Master Practitioner and Trainer in the art of NeuroLinguistic Programming. Course of regressive therapy to past lives, consultant to businesses and professionals for issues of emotional intelligence. Transpersonal Educator and author of the book "The Art of Essential Powers," "Psychotherapy in the light of the Gospel of Jesus" and "Jesus and Kardec." As an extension and upgrade made: Ericsonian Hypnosis, NeuroLinguistic Programming For Psychotherapists, Games of Companies and others. Fifteen years of experience as a doctor, psychotherapist, facilitator of courses, seminars and lectures. He is *technical and scientific director of the Brazilian Institute of Human Plenitude*® - IBPH

More information to be announced in our weekly study meeting



We live in a world of gratification. We want it now. We're a nation of express lanes, fast food, high-speed Internet, and smartphones. Sure, there are benefits, but it's a problem when we impose those same expectations on people. We demand instant acceptance from our peers, instant response from our employees, and instant help from our spouse, regardless of the circumstances. And when we don't get the immediate response we expect, we react negatively.

My type A personality and our demanding world have joined forces and resulted in one of my biggest struggles—being patient. Being patient with circumstances and being patient with people is something I have to work hard at. Both my kids and my wife, Susan, are helping me with it.

### My Kids Have Taught Me

My kids have taught me a lot of things, and I can tell you, it's a very humbling experience. One

thing that they've shown me over and over again is my lack of patience. For example, they've pointed out my impatience with the grocery store cashier during checkout, with the waitress at a restaurant, and while hurriedly driving them to school. You get the picture. It's kind of embarrassing to admit, but I was even impatient while in traffic today when my son Marky was with me. When my children point out my impatience or other faults, I can respond by being defensive and telling them to be quiet. Or, I can listen and thank them for pointing it out to me and ask them to keep reminding me. I'm pleased to report; I've been patiently doing the latter. Here's another [Lesson Learned from My Children](#) on patience.

### My Wife Has Taught Me

My wife also knows my struggle with patience. It was October 11, 2010. Susan was sitting across the table from me in the conference room at a Family First leadership team meeting. I received a text from Susan during the meeting at 10:47 a.m.

I know the exact time because I saved the text as a constant reminder. It simply said, "Patience, kindness." She saw how I was being short and cutting people off in the meeting and gave me a gentle nudge in the right direction.

### The Choice

Patience is a choice. When you're patient, you choose to hold your tongue instead of releasing its venom. You choose to have a long fuse instead of a quick temper. *Patience is choosing to control your emotions rather than letting your emotions control you.*

### Do you struggle with being patient? What do you do about it?

Extracted from Mark Merrill website: [www.markmerrill.com](http://www.markmerrill.com) posted on November 29<sup>th</sup>, 2012.

## Join us in our study meetings:

Every Tuesday: 7:30pm to 9:00pm  
For more information please contact us:  
admin@kardec-austin.net  
(512) 636-2148  
<http://www.kardec-austin.net>

## THE 2<sup>ND</sup> TEXAS SPIRITISM SYMPOSIUM WAS A SUCCESS!

Thanks to Houston, Dallas and Austin and participants that made this event happen!



### Renewal

We should recognize in our hearts the moment in our lives where we should stop and think about our attitudes.

Where are we going? What is leading us down the road? What are our intentions? Many times we find ourselves in "cruise control", and we keep going without paying attention to what we are doing.

Every day is a day for renewal. Renewal means to re-evaluate; improve; apply news ideas; experiment; sometimes make mistakes; but always with the intention of doing good for ourselves and those surrounding us.

It doesn't need to be complicated nor even difficult. The simplest acts generally are more efficient. Treat your body well; rest when you are tired; eat healthy; keep hydrated, water is one of the best elements available for the renewal. Bathe yourself; take care of your home as a place of communion with your family and friends. Look at the sky; appreciate the warmth of the sun; the shape of the moon; the brightness of the stars. Thank the Creator for the beauty of the planet where we live. Pray, giving thanks for the opportunity of life, the suffering that teaches and the night that restores. Give thanks for the opportunity of being part of our planet's transitional period toward progress. To renew is to wish to do good and have daily reminders to continue. When we discourage, we will have our friends to promptly remind us that life goes on and that it is our duty as eternal spirits to continue fighting and seeking improvement so we can follow the Divine law of progress.

Automatic writing received in our group  
Kardec Spiritist Group of Austin

If you did not have a chance to attend the symposium or if you would like to see the lectures again you can find DVDs for sale at our Kardec Spiritist Group of Austin.