



Spiritual Path to Mental Balance

September 30, 2023 - Portland, OR

Lincoln Recital Hall @ Portland State University



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17th U.S. Spiritist Symposium Press Release

Portland, Oregon – The United States Spiritist Federation (USSF) will host its 17th US Spiritist Symposium on September 30, 2023, in the inviting atmosphere of Lincoln Recital Hall on the beautiful campus of Portland State University in Portland, Oregon. The symposium will focus on the topic of “Spiritual Path for Mental Balance.”

Not only will participants have a day of learning and focus on spiritual growth, but they will be in Oregon’s largest city before the shadow of snow-capped Mount Hood. Gorgeous nature, great sites to be visited, and a cultural life including thriving art, theater, and music scenes. It can be a rich weekend of diverse activities... [READ MORE](#)

Revisit the 16th U.S. Spiritist Symposium

If you would like to watch it again please check the link below. There you will find the morning and afternoon sessions, and the videos that helped us celebrate the USSF 25th anniversary shown at the symposium – [WATCH VIDEOS](#) | [See PHOTOS](#)



Past Symposia

Get an idea of other subjects covered in previous symposiums. Check out the videos and photos!



What is Spiritism?

“Spiritism is a science which deals with the nature, origin and destiny of Spirits, as well as their relationship with the corporeal world.”



The Spiritist Symposium is an annual event presented by the United States Spiritist Federation to promote Spiritism and its practical aspects for a new level of self-awareness and life purpose.

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SPIRITUAL PATH TO MENTAL BALANCE

Join us on September 30th, 2023 in Portland – OR, at the Lincoln Recital Hall @ Portland State University

Our Program | **Pacific Time**

Opening

09:30 am: Musical Presentation (door opens)

10:00 am: Welcome & Greetings

Session One – Panel: Psychology & Spirituality

10:10 am: Overcoming the Pains of the Soul

Presented by Dr. Anahy Fonseca and Jussara Korngold

Moderator: Marcia Trajano

Session Two – Q&A of Session One

11:10 am – Moderators: Leonardo Vieira & Marcia Trajano

Session Three – Lecture

11:40 am: Achieving Mental and Spiritual Balance: A Current Global Challenge

Presented by Dan Assisi

12:15 pm — Lunch Break

1:30 pm — Musical Presentation Starting at last 15 minutes of Lunch

Session Four – Panel: Taking Action to Heal a World in Distress

1:45 pm: – Suzana Simoes, Andreia Marshall-Netto, and Kirsten DeMelo

Moderator: Brian Vosberg

2:35 pm — Spiritist Medical Association Video Presentation

Session Five – Lecture

2:45 pm: Integrating Spirituality in Healthcare

Presented by Dr. Anahy Fonseca

3:20 pm — Coffee Break

Session Six – Q&A of Sessions Three, Four & Five

3:50 pm – Moderator: Joao Korngold

Session Seven – Youth Panel

4:35 pm: Youth Perspective on Spirituality and Mental Balance

Presented by Gabriel Macedo, Sophia DeOliveira and Isabella Cabral

Moderator: Beatriz Lopes

5:35 pm: Youth Education Presentation

6:00 pm: Conclusion



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Get to know the speakers that will be participating on the event.



Anahy Fonseca

Brazil

Anahy Fonseca is a psychiatrist, member of the Psychiatric Association of Rio Grande do Sul, Brazil, where she is a coordinator and a founding member of its Department of Psychiatry and Spirituality. She is also a member of the Brazilian Psychiatric Association and of the Section of Religiosity, Spirituality and Psychiatry of the World Psychiatry Association. She is a jungian analyst and supervisor and she is also the coordinator of the Department of Analytical Psychology and Spirituality of the Jungian Association of Brazil. Dr. Fonseca is a member of the Spiritist Medical Association of Rio Grande do Sul and of the Spiritist Medical Association of Brazil where she teaches "Spiritist Psychology of Joanna de Angelis".



Andreia Marshall-Netto

Florida

Andreia Marshall-Netto is the Director at Conscious Living Spiritist Group; Secretary of the Board of the Spiritist Federation of Florida; managing director of Leal Publisher (an affiliated branch of Leal Livraria in Brazil in the translation & dissemination of Divaldo Franco's spiritist books) and FEB Publisher (an affiliated branch of the Brazilian Spiritist Federation's publisher in the dissemination of spiritist titles).



Beatriz Lopes

Connecticut

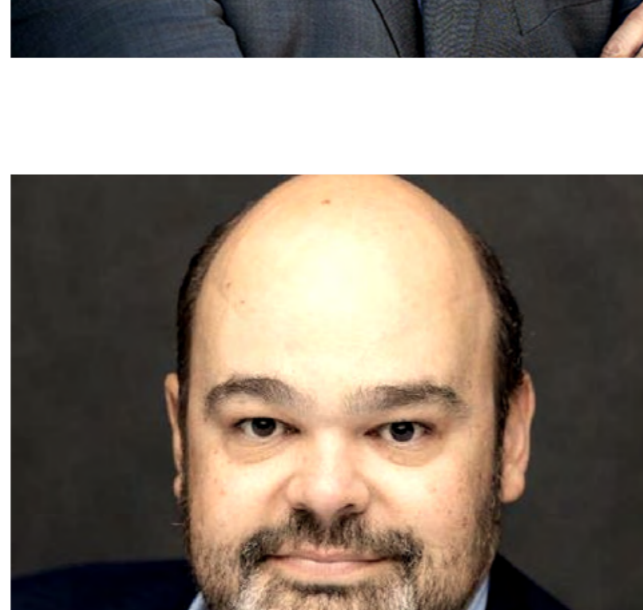
Beatriz Lopes is a recent Stony Brook University graduate with a Bachelor of Science in Applied Mathematics and Statistics as well as a minor in Italian language. Bia has started her career as a Quantitative Consultant at MassMutual. Bia has grown up in Spiritism, attending the Allan Kardec Spiritist Center of Danbury CT since the age of 3 and during college she attended the Long Island Spiritist Center. She has been involved in Spiritism by participating in study groups, giving lectures, delivering a speech at the United Nations, and most recently helping to coordinate a Youth Spiritist Retreat.



Brian Vosberg

Florida

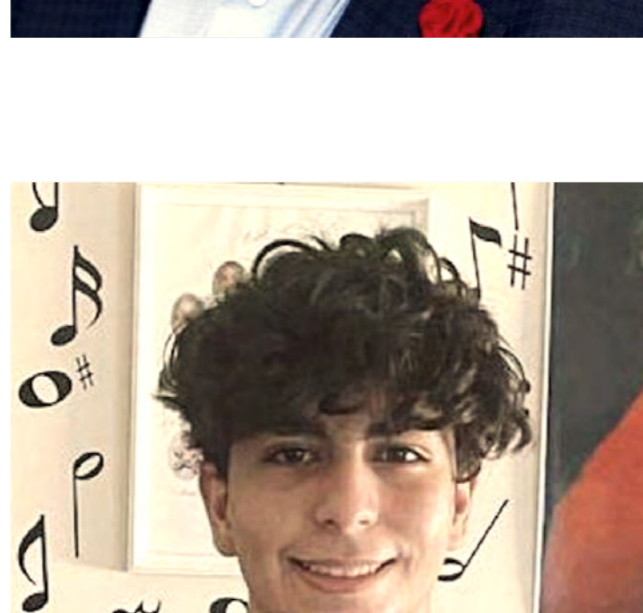
Brian Vosberg has been a Spiritist speaker and presenter since 2005, having spoken at centers in NJ, NY, and FL, as well as past Spiritist Symposiums. Brian actively advocates living the principles of the doctrine and living a moral life. Professionally, he is a Licensed Professional Civil Engineer working as a Project Administrator overseeing state roadway construction projects in the Tampa/Sarasota area of Florida.



Dan Assisi

California

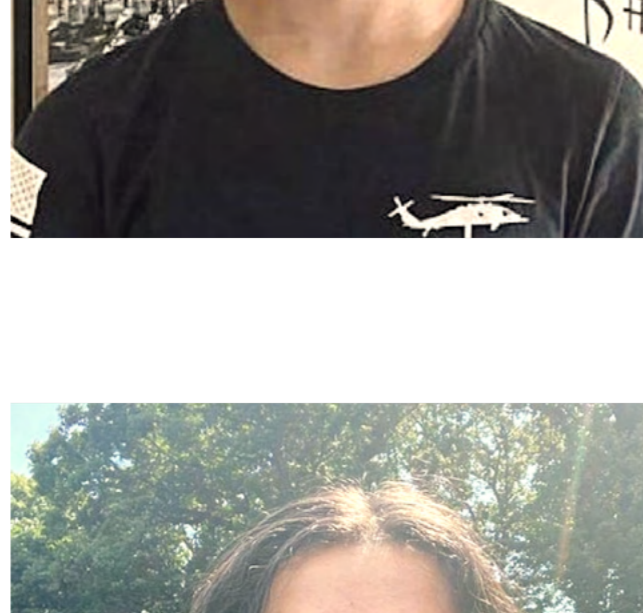
Dan Assisi is an author and an international speaker who has delivered hundreds of talks and conferences on spirituality in over 60 cities on 4 continents. Known for a mix of deep thinking and witty humor, Dan takes a unique approach to spirituality that is steeped in reason to remind audiences everywhere of our spiritual nature. He is a founding member of The Spiritist Institute and of the California Spiritist Association and hosts the Spiritist Conversations podcast. Daniel holds a Doctorate degree in Education and a Masters in Public Administration with a Graduate Certificate in Public Policy.



Gabriel Macedo

Florida

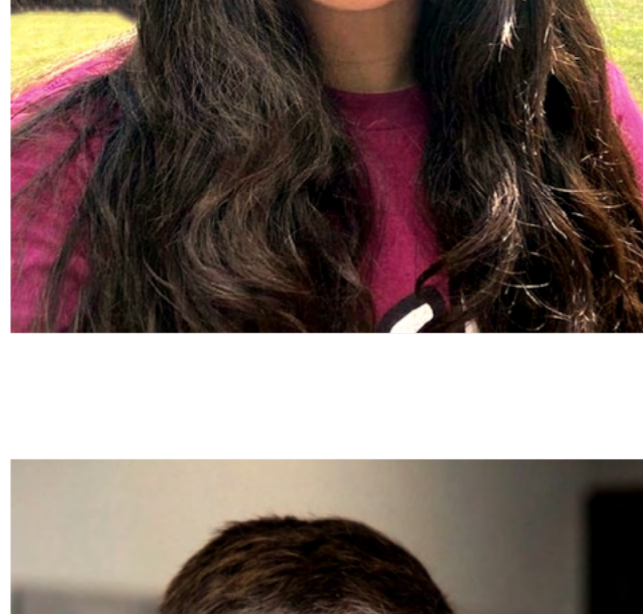
Gabriel Macedo is a junior at Olympic Heights in Boca Raton, Florida. Inspired by his dear uncle, Gabriel grew up as a Spiritist, and is an active member at Chico Xavier Spiritist Center in Delray Beach volunteering as a youth educator. Gabriel has been playing the piano for 12 years, and loves the divine beauty of classical music. He wants to pursue a music career and compose music, following the steps of his idols Beethoven and Mozart. His dream is to inspire people of his age and younger, with the emphasis in connecting music and Spirituality.



Isabella Cabral

Connecticut

Isabella Cabral is a sophomore at Trumbull High School in Trumbull, Connecticut. She has been Spiritist since she was born, and attends the youth group at Spiritist Society of Bridgeport in Stratford, CT. She loves dance, in special tap dancing, which she has done for 12 years. Theater is also a big part of her life, and she directs and participates in many shows. In addition, she advocates against gun violence in and outside of school, to ensure the safety of students within the school system. Bella also works with her town's drug abuse prevention coalition and with a youth group that provides mental health services to teenagers. She always uses her faith to guide her and wants to share the peace she has found with everyone.



Joao Korngold

New York

Joao Korngold is one of the founders and directors of the Spiritist Group of New York and the Spiritist Alliance for Books. He began studying Spiritism more than 25 years ago and has been one of the directors of the mediumship meeting at SGNy for the past 20 years. He is also responsible for study groups that focus on the basic books of Spiritism and on the Andre Luiz Collection. He gives talks on Spiritism in Portuguese and in English. Joao Korngold is an Engineer and works as a banker.



Jussara Korngold

New York

Jussara Korngold is currently the General Secretary of the International Spiritist Council, former president and current Vice-President of the United States Spiritist Federation. She is the founder and president of the Spiritist Group of New York and the Spiritist Alliance for Books Mrs. Korngold is fluent in Portuguese, English, French and Spanish. She is an international speaker, a published author, and a translator. Mrs. Korngold works for Brazil Child Health/Dara Institute as its main executive.



Kirsten DeMelo

Maryland

Kirsten DeMelo is an active board member at the Spiritist Society of Baltimore. She was born in Philadelphia, Pennsylvania to Spiritist parents before moving to Maryland in 2011. She has participated in the Spiritist Medical Congress and multiple Spiritist symposiums here in the USA. Professionally she has been a Registered Nurse for over 10 + years with her Bachelor of Science degree in nursing.



Leonardo Vieira

Maryland

Leonardo Vieira is one of the founders and workers of the Spiritist Society of Baltimore (SSB). He has conducted and helped with several works at the SSB including study groups, mediumship meetings, and public talks. He has a Bachelor's degree in Business Administration and a Master's degree in Management with a specialization in Homeland Security. Professionally, he works for a major financial institution as a Banker.



Marcia Trajano

Tennessee

Marcia Trajano is the president and one of the founders of the Solitude Center for Spiritual Living. She is also one of the co-founders of the Christian Spiritist Community of Atlanta and a former board member of the US Spiritist Federation. She is a Spiritist for more than 25 years and has participated in giving talks and leading study groups in English and Portuguese. With a Master's Degree in Management of Technology, Marcia currently works in the field of Project Management.



Sophia DeOliveira

Texas

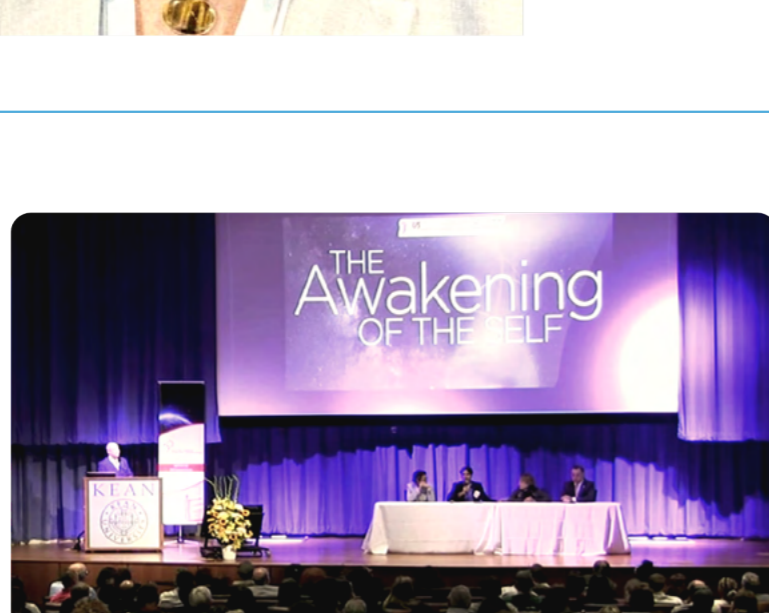
Sophia DeOliveira is a sophomore at Clements High School in Houston, Texas, where she is working in a Women's Rights Club and adores learning about mathematics. In the future, she hopes to seek a psychology degree from the University of Houston. Currently, Sophia is involved in the youth group of Sunrise Spiritist Society of Texas. She believes that Spiritism has made her a more mature young woman, and it fills her with inner peace. Sophia is bilingual in English and Portuguese and hopes to be fluent in Spanish.



Suzana Simoes

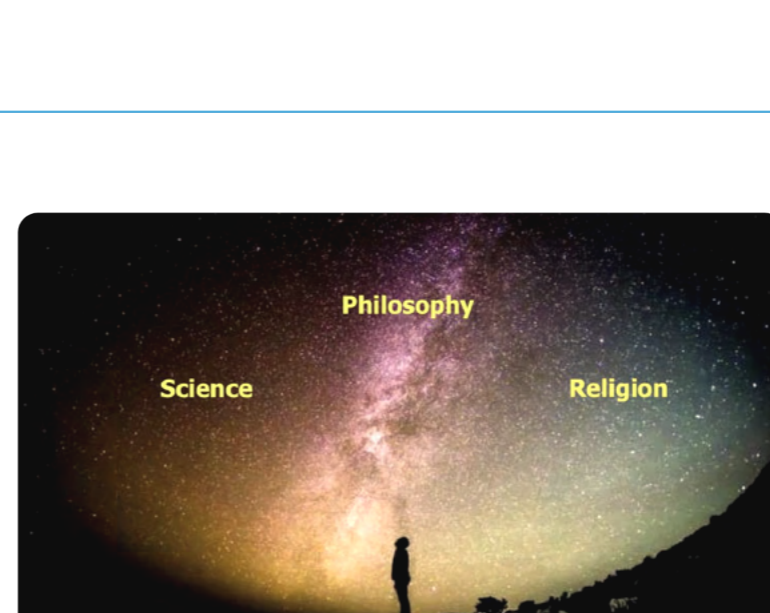
Florida

Suzana Simoes is an active worker of the Spiritist movement. Dr. Simoes spends her time between her professional work as a Doctor of Physical Therapy, her family, and the dissemination of Spiritism. Suzana has worked as a member of the Spiritist Federation of Florida and the United States Spiritist Federation. She is one of the founders of the Conscious Living Spiritist Group in Miami where she works primarily overseeing the work in English. She is an active speaker in the US and abroad.



Past Symposia

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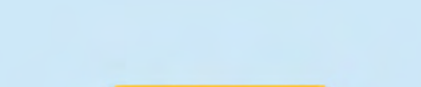
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SPIRITUAL PATH TO MENTAL BALANCE

Join us on September 30th, 2023 in Portland – OR, at the Lincoln Recital Hall @ Portland State University

VENUE

Once again the 17th Spiritist Symposium will be held in person, this year at the inviting atmosphere at the **Lincoln Recital Hall (LH 75)** on the beautiful campus of **Portland State University** in Portland, Oregon.



Directions by car: The address for Lincoln Hall is 1620 SW Park Ave, 97207. However, this address might be good for mapping the location, but to access the Broadway entrance, a more apt local address would be the southwest corner of SW Market and Broadway.

PARKING LOT – INSTRUCTIONS

The PSU offers different options for full day parking. The instructions are as follows:

- 1- You can choose Parking Structure 1, 2 or 3 marked with yellow circles in the picture below.
- 2- Choose only the “hourly” spaces, not the ones that require permit. For disabled parking check in General Parking.
- 3- Select the “Full Day” option for payment so you have multiple entries for the same amount.
- 4- Follow instructions to make payment with Parking Kitty app <https://parkingkitty.com/> or using your credit card at the pay station as well.

5- Check the map below to locate the entrance to the symposium on Broadway where the check-in of the symposium will be. For more details use the link: <https://map.pdx.edu/?layers=parking¢er=45.51044465753362,-122.68818855285646&zoom=16&building=LH>



AIRPORT

The main airport in Portland, Oregon is **PDX Portland International Airport**.

Located 9 miles (14.5 km) northeast of downtown Portland, OR and is conveniently connected to the center via MAX light-rail train. Click [Here](#) for more info. The PDX is located approximately 20 minutes from Portland State University.

HOTEL

The USSF has a special agreement with the hotel:

The Bidwell Marriott Portland
520 SW Broadway Portland, Oregon 97205
 for a group discounted rate of U\$169.00 + taxes per room/per night
 Rate available: 09/25/2023 to 10/05/2023

To get this special rate either click at the link:
<https://www.marriott.com/event-reservations/reservation-link.mi?id=1677881179961&key=GRP&app=resvlink>

or call the Hotel Reservations Department at +1 (503) 552-2201 or Marriott Reservations in the U.S. and Canada: Toll Free 1 888 236 2427 identifying yourself as a participant of the group “17th US Spiritist Symposium”.

The cutoff date to use this discount is August 30th 2023.

Transportation from Portland International Airport to The Bidwell Marriott Portland (520 SW Broadway, Portland, OR 97205):

- Uber/Lyft/Taxi/Driving: Located approximately 12 miles away it takes approximately 16-25 minutes. [Car- and Ride-Sharing | The Official Guide to Portland \(travelportland.com\)](#)
- Max Light Rail Cost \$2.50 [Transportation | The Official Guide to Portland \(travelportland.com\)](#)
- More Information: [Portland International Airport \(PDX\) | The Official Guide to Portland \(travelportland.com\)](#)

There are also several hotels conveniently located near the symposium venue. Here are some search sources:

[HOTELS.COM](#)

[GOOGLE HOTEL](#)



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The 17th US Spiritist Symposium would not have been possible without the sponsorship of many Spiritist organizations throughout the US.

- | | |
|--|--|
| 1. A.K. Spiritist Center of Danbury (CT) | 23. Plenitude Spiritist Society (FL) |
| 2. A.K. Spiritist Society of MA (MA) | 24. San Antonio Kardec Spiritist Center (TX) |
| 3. A.K. Spiritist Society of Maryland (MD) | 26. Solitude Center for Spiritual Healing (TN) |
| 4. A.K. Spiritist Society of Peabody (MA) | 27. Spiritist Enlightenment and Renewal (GA) |
| 5. Allan Kardec Fellowship of San Diego (CA) | 28. Spiritist Federation of Florida (FL) |
| 6. Allan Kardec Spiritist Institute of Maui (HI) | 29. Spiritist Group Love and Light (NJ) |
| 7. Allan Kardec Spiritist Society of Chelmsford (MA) | 30. Spiritist Group Path and Light (NJ) |
| 8. ASK – Austin Study Kardec (TX) | 31. Spiritist Group of New York (NY) |
| 9. Bezerra Spiritual Healing Center – BSH Center (CA) | 32. Spiritist Organization of Seattle (WA) |
| 10. Bezerra de Menezes Kardecian Spiritist Association | 33. Spiritist Society of Baltimore (MD) |
| 11. California Spiritist Association (CA) | 34. Spiritist Society of Bridgeport (CT) |
| 12. Chico Xavier Learning Center (OR) | 35. Spiritist Society of Chicago (IL) |
| 13. Chico Xavier Spiritist Society (CA) | 36. Spiritist Society of Dallas (TX) |
| 14. Conscious Living Spiritist Group (FL) | 37. Spiritist Society of Illinois (IL) |
| 15. Fraternity & Love Spiritist Center (FL) | 38. Spiritist Society of North Beach (MD) |
| 15. Germantown Spiritist Society (MD) | 39. Spiritist Society of San Diego (CA) |
| 17. Joanna de Angelis Spiritist Society (CA) | 40. Spiritist Society Seeds of Light (FL) |
| 18. Kardec Spiritist Group of Autin (TX) | 41. Spiritist Society Towards the Light (CA) |
| 19. Kardec Spiritist Society of Houston (TX) | 42. Spiritist Study Group of Seattle (WA) |
| 20. MIA Innerlight (FL) | 43. Sunrise Spiritist Society of Texas (TX) |
| 21. Nosso Lar Spiritist Society (CA) | 44. Tri-State Spiritist Federation (NY-NJ-CT) |
| 22. Peace and Knowledge Spiritist Center of Orlando (FL) | |



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What is Spiritism

- “Spiritism is a science which deals with the nature, origin and destiny of Spirits, as well as their relationship with the corporeal world.”
 - It is the set of principles, as revealed by the Superior Spirits, contained in Allan Kardec’s works, which constitute the Spiritist Fundamentals: The Spirits’ Book, The Mediums’ Book, The Gospel Explained by Spiritism, Heaven and Hell, and The Genesis.
- **Allan Kardec** (Taken from *Qu’est-ce que le Spiritisme? – Préambule*) Translated from the original French)

What it Reveals

- It reveals more profound concepts with respect to God, the Universe, the Human Being, the Spirits and the Laws which govern life itself.
- Furthermore, it reveals who we are; where we have come from; where we are going to; what is the objective of our existence; and what are the present and past causes of pain and suffering.

What it Encompasses

- Spiritism contributes to all areas of knowledge, human activities and behavior, offering new perspectives for humankind.
- Spiritism is studied, analyzed, and practiced in all the fundamental aspects of life, such as scientific, philosophical, religious, ethical, moral, educational, and social.

Spiritism’s Main Principles

- God is the Supreme Intelligence, the first cause of all things. God is eternal, immutable, immaterial, unique, omnipotent, supremely just and good.
- The Universe is God’s creation. It encompasses all rational and non-rational beings, both animate and inanimate, material and immaterial.
- In addition to the corporeal world inhabited by incarnate Spirits, which are human beings, there exists the spiritual world, inhabited by discarnate Spirits.
- There are other inhabited worlds in the Universe, with beings at different degrees of evolution: some less, some equal, and others more evolved than men on Earth (us).
- All the Laws of Nature are Divine Laws because God is their author. They cover both the physical and moral laws.
- A Human Being is a Spirit incarnated in a material body.
- What connects the physical body to the Spirit is a semi-material body named perispirit.
- Spirits are the intelligent beings of creation. They constitute the world of the Spirits, which pre-exists and outlives everything.
- Spirits are created simple and ignorant. They evolve intellectually and morally, passing from a lower order to a higher one, until they attain perfection when they will enjoy unalterable bliss.
- Spirits preserve their individuality before, during, and after each incarnation.
- Spirits reincarnate as many times as is necessary for their spiritual advancement.
- Spirits are always progressing. In their multiple physical existences, they may sometimes become stationary but they never regress. The speed of their intellectual and moral progress depends on the efforts they make to attain perfection.
- Spirits belong to different orders according to the degree of perfection they have attained: Pure Spirits, who have attained maximum perfection; Good Spirits, whose predominant desire is towards goodness; and Imperfect Spirits, characterized by their ignorance, their tendency towards evil, and by their inferior passions.
- The Spirits’ relations with Human Beings are constant and have always existed. The Good Spirits attract us towards goodness, sustain us in life’s trials, and help us bear them with courage and resignation. The Imperfect Spirits induce us towards error.
- Jesus is the Guide and Model for all Humankind. The Doctrine He taught and exemplified is the purest expression of God’s Law.
- The morality of Christ, as contained in the Gospels, is the guide for the secure progress of all Human Beings. Its practice is the solution for all human problems and the objective to be attained by Humankind.
- Human Beings are given free-will to act, but they must answer for the consequences of their actions.
- Future life reserves for Human Beings penalties and pleasures according to the respect they do or do not show for God’s laws.
- A prayer is an act of adoration for God. It is found in the natural law and is the result of an innate sentiment in every Human Being, just as the idea of the existence of the Creator is innate.
- Prayer makes Human Beings better. Whoever prays with confidence grows stronger against evil temptations, and God sends the Good Spirits to assist them. This assistance will never be denied when requested with sincerity.



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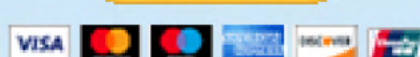
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JOIN US FOR A FULL DAY OF LEARNING AND FOCUS ON SPIRITUAL GROWTH. LET'S EXPLORE THIS IMPORTANT TOPIC ON MENTAL BALANCE AND HOW SPIRITISM CAN PROVIDE SUPPORT ON THIS JOURNEY IN TODAY'S FAST-PACED WORLD!

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SPIRITIST FEDERATION**



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ALL DAY YOUTH ACTIVITIES



A program specially designed for children (5-11) and teens (12-17)

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