

South Auckland Spiritualist Church SCNZ™



SPIRITUAL CONNECTION & HEALING

All Welcome

Sunday Service 5:30pm

WWW.SPIRITUALGROWTH4U.COM

info@spiritualgrowth4u.com

47 East Tamaki Road (down Simons Lane), Papatoetoe, Auckland 2025

Newsletter April 2024

NEWS:

Hello everyone, and welcome to April. It's been an eventful month for us.

We recently had the pleasure of hosting Kerry McLeod and Phil Dykes from the UK who brought us The Auckland experience. An emersion of a 5-day workshop.

Additionally, they captivated us with a Mediumship demonstration evening event, and generously served as our esteemed platform Mediums for our Sunday service.

It was indeed an honour for SASC to have been chosen as the host for these events, allowing us to extend these offerings to our community.

The feedback has been overwhelmingly positive, with both attendees and our esteemed guests, Kerry, and Phil, expressing their delight in the experiences shared.

A heartfelt thank you to all who participated and supported these events, your involvement is deeply valued and crucial in our endeavour to bring forth more such enriching events in the future.

We have put the Open Development and Healing classes on hold for the time being. Expression of interest are now being taken for those that would like to learn and a start date will be established.

For all enquiries, please contact Matthew Tod 021 1736344

Please go to our Facebook Page www.facebook.com/SpiritualistchurchNZ

or our Website – <https://www.spiritualgrowth4u.com/> For Information on what is happening at SASC

♥ Till next month - talk soon ♥

Change Your Life with Laughter!

Laughter is the UNIVERSAL language of joy and happiness!

"Everybody laughs the same in every language!"

Laughter holds immense power to uplift spirits, heal wounds, and transform our perspective on life.

"Laughter is the language of the soul!"

Laughter is a powerful tool that can truly change our lives for the better!

From the lighthearted chuckle to the contagious belly laugh,

laughter can ignite happiness, improve health, foster connections, boost creativity and ultimately change your life.



"Laughter has the extraordinary ability to change your life!"

Those Bursts of Laughter:

We all know the feeling when a burst of laughter takes over and suddenly, our worries and stress melt away.

Whether in the workplace or in our personal lives and relationships, laughter has the potential to transform the way we perceive and navigate the world.

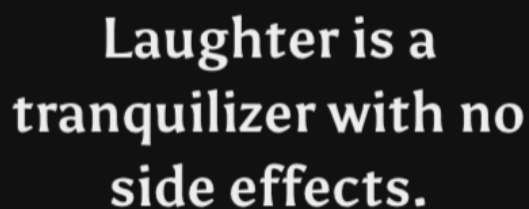
But what exactly happens when we laugh, and how does it impact our lives?

The Physical Benefits of Laughter:

When we laugh, our brains release endorphins, the feel good chemical hormones responsible for promoting feelings of happiness and wellbeing.

Research has shown that laughter strengthens our immune system, lowers blood pressure, increases lung capacity, reduces pain, and improves cardiovascular health.

"Laughter is nature's way of rejuvenating us from within with a natural medicine for a healthier and happier life!"



**Laughter is a
tranquilizer with no
side effects.**

A Laughter Workout:

A good belly laugh can get our hearts pumping, boost our oxygen intake and stimulate our organs.

It's like a mini workout that you can enjoy without breaking a sweat!

"Laughter a healing balm for those who needed it most!"

Laughter for Natural Youthfulness:

Laughter also exercises our facial muscles and increases blood flow, resulting in a natural glow and a more youthful appearance.

"Instead of spending a fortune on anti-aging creams, why not embrace laughter as a natural fountain of youth?"

The Emotional and Mental Impact of Laughter:

Humour provides us with a fresh perspective, allowing us to see life's challenges in a more lighthearted manner.

Laughter can help us move forward, navigate difficult situations and find resilience in the face of adversity.

"Let laughter be your guiding light, your compass in the journey of life!"

The Healing Power of Laughter:

Laughter is a powerful tool for healing emotional wounds and promoting mental health.

It acts as a natural stress reliever, reducing anxiety and depression.

In times of adversity, laughter serves as a remarkable coping mechanism.

When we laugh, we momentarily forget our worries and immerse ourselves in the present moment.

"Laughter helps us gain perspective and find joy amidst the chaos of life!"



**A GOOD
LAUGH
HEALS
A LOT OF
HURTS**

Laughter and Relationships:

Laughter is a powerful social glue that fosters connections and strengthens relationships.

It transcends cultures, languages and backgrounds, connecting people on a deep and fundamental level.

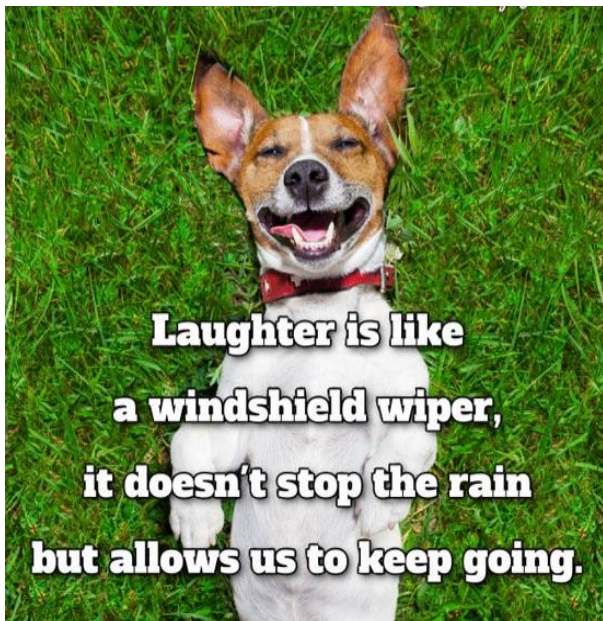
"Laughter breaks down barriers, diffuses tension and creates a positive atmosphere!"

Share a Laugh:

Sharing a good laugh with loved ones creates a sense of belonging as well as enhances and strengthens the emotional bond between individuals.

Laughter acts as a lubricant, easing communication and diffusing conflicts.

"Laughter is the shortest distance between two people!"



Unleash Creativity Through Laughter:

Humour sparks our imagination, encourages risk taking and facilitates out of the box thinking.

Laughter creates an environment conducive to innovation and problem solving, enabling us to find novel solutions and approach challenges with renewed creativity and imagination.

When we're in a relaxed and joyful state, our minds become more open allowing us to

approach problems with a fresh perspective to new ideas, innovations and solutions.

"Laughter is a catalyst for creativity and innovation!"

Laughter in the Workplace:

Incorporating laughter into the workplace can have transformative effects on employee morale, productivity, and overall job satisfaction.

When we laugh together, it creates a positive work environment, fosters creativity and improves overall job satisfaction and enhances collaboration.

"Laughter boosts creativity and problem solving abilities, resulting in both increased personal and professional success!"

Seek Out Laughter Daily:

Laughter is not limited to specific contexts but can be integrated into our daily lives.

Surrounding ourselves with positive and funny people, engaging in activities that make us laugh and seeking out laughter in everyday situations can uplift our spirits and change our perspective on life.

"Laughter is contagious and brings people together!"

Tips For Laughter in Everyday Life:

Here are some practical tips to cultivate laughter in our daily lives:

Seek Out Comedy:

Watch funny movies, videos, spend time with people who make you laugh or read humorous books to expose yourself to laughter inducing content.

"Surround yourself with laughter and create an environment that encourages laughter!"



Find Humour in Everyday Situations:

Look for the lighter side of life's challenges and find opportunities to laugh at yourself.

Don't take things too seriously, as sometimes, a good laugh is the best response.

"Laugh at the absurdity of life, at the funny mishaps and at the quirks that make us human!"

Embrace Childlike Playfulness:

Engage in activities that bring out your inner child, such as playing games, engaging in creative hobbies or even just goofing around.

"Embrace the childlike joy within you and find humour in the everyday moments!"

The answer to Incorporating more laughter into your life is really quite simple:

Seek out laughter in all its forms!

Laughter has the extraordinary ability to change your life!

Cultivate laughter as a daily practice and you will witness its transformative power firsthand.

"Laughter holds the key to changing our lives for the better!"

When we laugh, our hearts open up and our souls rejoice!

"Laughter is the best therapy for your soul!"

So, go forth and change your life for the better with laughter, because a life enriched with laughter is a life well lived!

"Laughter is everywhere if we are willing to seek it out and embrace it!"

**A DAY WITHOUT LAUGHTER
IS A DAY WASTED.**

- CHARLIE CHAPLIN -

Wherever you go, spread laughter like confetti and create a world where laughter reigns supreme.

Remember...

Laughter is contagious and when you share it with others, it multiplies!

By Trish Bolstad



Calendar for April 2024

Sunday Service:

5.30pm to 7.00pm Platform Mediums:

7 th	Zane Smith
14 th	Fiona Goldsmith
21 st	Clinton Arnold
28 th	Matthew Tod

Mix of Open Development and Healing Classes:

Attention:

We have put these classes on hold for the time being. Expressions of interest are now being taken and we will establish a start date for those who wish to learn.

**For all enquires contact -
Matthew Tod Ph 021 1736344**

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For Information on what is happening at
SASC

Love and Light to you all.



Yearly Subscriptions: \$30 to join per year.
Member benefits:
Discounted Reading days and classes and access to our library.
Our members are welcome to borrow from an extensive range of books from our library. All funds raised go towards the running and upkeep of our Church.