

South Auckland Spiritualist Church SCNZ™



SPIRITUAL CONNECTION & HEALING

All Welcome

Sunday Service 5:30pm

WWW.SPIRITUALGROWTH4U.COM

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47 East Tamaki Road (down Simons Lane), Papatoetoe, Auckland 202

Newsletter September 2026

NEWS:

Hello everyone, and welcome to September.

September brings with it the welcome arrival of spring. After the colder, darker months of winter, it is lovely to see the daylight hours becoming longer and the days gradually becoming warmer.

Spring is a season of renewal, growth and new beginnings. Spiritually, it can remind us that we too go through seasons in our lives. There are times for rest and reflection, and times when we are ready to grow, change and move forward. Just as nature awakens in spring, we can also take the opportunity to renew our own spiritual outlook and make room for new possibilities.

As a church, we look forward to this new season with gratitude.

The warmer days are especially welcome for our Sunday services, as our larger building is not always the easiest to heat during winter.

May this spring bring warmth, renewal and new growth to us all.

We look forward to seeing you at one of our services soon

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 – The SASC team ♥

***Life Is a Buffet:
Get Up and Get It Yourself!***

*"To change your life,
you have to change your life!"*
Bob Proctor

Here is the hard truth:

Life is **NOT** a table service...
It is a buffet!

NO ONE is coming with a silver platter.
NO ONE is going to hand you your dreams.
NO ONE is going to drop happiness in your lap.
NO ONE else can live your life for you!

If you want joy, peace, success, purpose
- you have to get up and get it yourself!

*"Life has no limitations,
except the ones you make!"*
Les Brown

You Are Responsible for Your Own Plate:

In a buffet, you do not sit and complain about what is not on your plate - you go and get it.

You walk up, you make choices, and you take responsibility for what you consume.



"Hold yourself accountable or be held accountable by your circumstances!"

Take Ownership:

This is **NOT** about hustle culture.
This is **NOT** about grinding or chasing status.

This is something deeper...
It is about **OWNERSHIP!**

*"Whatever you are **NOT** changing you are choosing!"*

This Is Your life!

You **CHOOSE** what you feed your mind.
You **CHOOSE** what you believe about yourself.
You **CHOOSE** how you respond to pain.
You **CHOOSE** what energy you carry, what relationships you invest in, and how you spend your time.

"Everything in your life is a reflection of a choice you have made!"

Life Can Be Difficult:

Of course, not everything is within your control.

Life brings storms - sudden losses, heartbreaks, unfair situations...
But even then,
you still get to **CHOOSE** your responses!

"Not all storms came to disrupt your life, some came to clear your path!"

You CHOOSE:

You can **CHOOSE** to fill your spiritual plate.

You can **CHOOSE** healing.
You can **CHOOSE** growth.
You can **CHOOSE** joy.
You can **CHOOSE** love.
You can **CHOOSE** to keep showing up!

"Choose yourself more often!"



Happiness Is a Choice:

A lot of people are waiting to feel happy before they move forward.

But happiness does not just show up like a surprise gift...
It is created, one moment at a time!

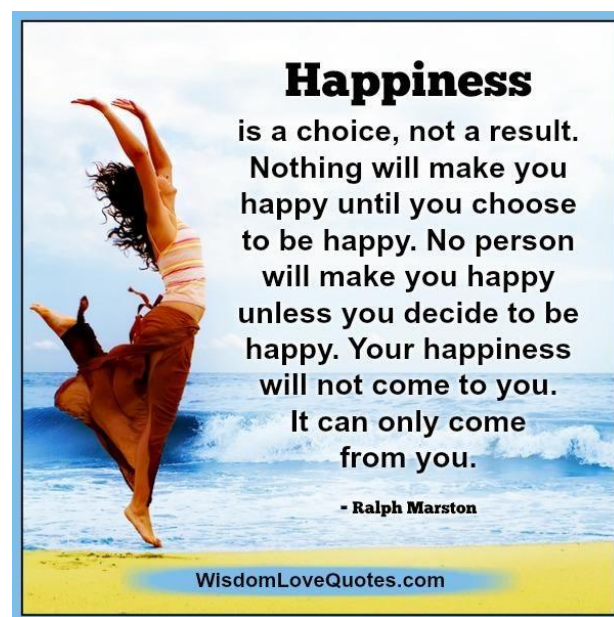
It is not about being fake, positive or pretending everything is perfect.

It is about making a powerful, quiet decision:

*"I am going to create meaning from this!"
"I am going to find beauty where I am!"
"I am going to rise anyway!"
"I WILL work it out!"*

That is the kind of happiness that lasts!

The kind that does **NOT** depend on money, or other people, or perfect conditions.



"The secret to change is to focus all of your energy not on fighting the old, but on building the new!"
Socrates

CHOOSE Purposely:

You can **CHOOSE** happiness even when life is messy.
Even when you are healing.
Even when you are unsure of the next step.

"Our lives are fashioned by our choices! First, we make our choices, then our choices make us!"
Anne Frank

CHOOSE A Positive Mindset:

Your happiness is not a reward
- it is a **DECISION!**

It is a mindset!

It is **choosing** to look for light when all you see is dark.

It is **choosing** growth over comfort.

It is **choosing** gratitude over bitterness.

"Stop being afraid of what is going wrong and start being excited about what can go right!"

Tony Robbins

Be A Creator:

You are not a victim of life...

You are a creator within it!

Happiness is **NOT** about what happens to you; it is about what **YOU** do with it!

"Change your thoughts and you change your world!"

Norman Vincent Peale

You Won't Live Forever:

Let's be honest about something most people avoid...

YOU WILL NOT BE HERE FOREVER!

You do **NOT** get unlimited time.

You do **NOT** have endless chances.

Every day you wake up is a gift that someone else did **NOT** get.

Time is short.

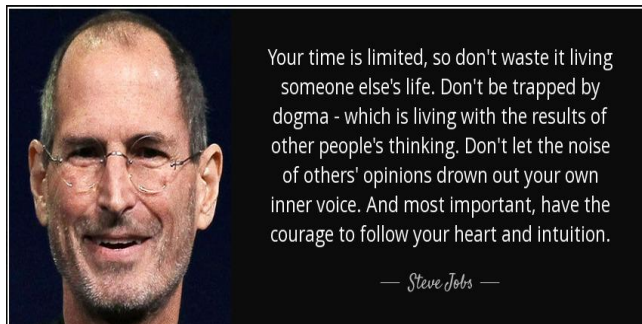
Days pass quickly.

Moments do **NOT** wait.

SO LIVE NOW!

"Your life does not get better by chance, it gets better by change!"

Jim Rohn



Your Life is A Miracle:

Do NOT waste it.

Do **NOT** sleepwalk through it.

Do **NOT** wait for someone else to save you or make you feel alive.

You do **NOT** have time to live a life that is NOT yours!

You do **NOT** have time to wait for permission.

You do **NOT** have time to dim your light, to play small, to stay in places where your soul is shrinking.

"You can't go back and change the beginning, but you can start where you are and change the ending!"

C S Lewis

Wake Up!

This is not meant to scare you.

This is meant to **WAKE YOU UP!**

Because once you truly accept that your time is limited, you stop wasting it.

You start living with intention!

You start caring about what truly matters.

You start moving forward, even with fear in your bones, because you realize that regret is heavier than failure.

"Your life begins to change when you change something you do every day!"

John Maxwell

The Spiritual Power of Showing Up:

There is something sacred about action.

About saying,

"This is my life, and I am going to live it!"

That **DECISION**

- to get up, to move, to seek, to grow, is the beginning of transformation!

It does **NOT** require you to be fearless.

It just requires you to be willing...

Willing to show up.

Willing to take responsibility.

Willing to change what needs to change.

Willing to feed your soul with the truth of who you are - **NOT** what the world told you to be!

*"You miss 100 percent of the shots
you never take!"
Wayne Gretzky*

Awaken:

This is the spiritual path
- not tied to religion,
but tied to **'awakening.'**

Tied to the deep, quiet voice inside you
that knows:

*"I came here for more than survival!
I came here to live!"*

*"If you want to fly give up everything
that weighs you down!"*

Remember...

You are **NOT** at a sit down restaurant...
Your life is a buffet!

*"Life has no remote!
Get up and change it yourself!"*

So, What Will You Choose?

The buffet is open!

The options are in front of you!

Will you sit and wait for someone to feed you?
Or... will you stand up, walk forward,
and take what **YOUR** soul truly needs?

*"If you are serious about changing your life,
you will find a way!
If not, you will find an excuse!"*



Whatever you are hoping for...
Whatever you are dreaming about...
Whatever you are wanting to become...
It is already there **WAITING!**

**So get up,
Pick up your plate,
And go get what is yours!**

By Trish Bolstad



Calendar for September 2026

Sunday Service:

5.30pm to 7.00pm Platform Mediums:

6 th	Nicole Oliver
13 th	Ann Marie Williams
20 th	Matthew Tod
27 th	Trish Bolstad

Love and light to you all



Yearly Subscriptions: \$30 to join per year.

Member benefits:

Discounted Reading days 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.

For Information on what is happening at SASC, please go to our Facebook Page
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or our website –
<https://www.spiritualgrowth4u.com/>