

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 202

Newsletter July 2025

NEWS:

Hello everyone and welcome to July. The past month has truly marked the arrival of winter with cooler temperatures and lots of rainy days, it makes those rare glimpses of sunshine more appreciated.

Despite the less than ideal weather, our services at SASC continue to forge ahead, and we're incredibly grateful to everyone who makes the effort to attend each Sunday service. Your presence keeps our community strong and connected.

Upcoming AGM.

We'd like to let you know that on **Sunday, 27th July 2025**, following the evening service and a cuppa, we will be holding our **Annual General Meeting (AGM)** at **7:20pm**.

This meeting is open to all members of the South Auckland Spiritualist Church. It's your chance to get involved and help shape the future of our Church. During the AGM, we will be electing the Executive Officers and Committee for the coming year. Positions available include:

President, Vice President, Secretary, Treasurer, General Committee,

If you're a member and interested in playing a more active role, we encourage you to step forward. For more information about any of the roles and nomination process, feel free to call **021 726472**.

That's all from us for now but just a reminder, whether it's been a while since your last visit or you're thinking of coming along for the first time, **our doors are always open**.

We're a welcoming, easy going bunch and we'd love to see you at a service 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 ♥

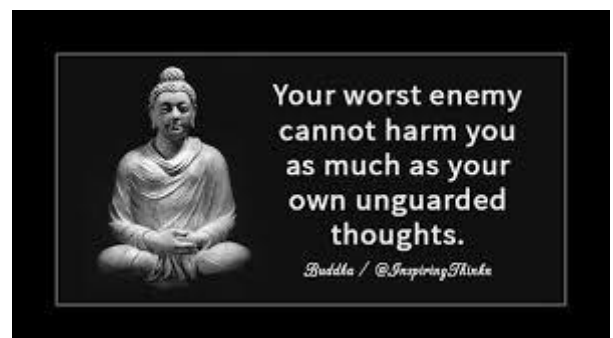
Overcome Self Sabotage: Unlock Your Full Potential!

Self sabotage is an insidious force, often lurking in the shadows of our minds, undermining our efforts to succeed and live fulfilling lives.

"Resistance by definition is self sabotage!"
Steven Pressfield

Everybody engages in self sabotage from time to time:

Whether in our careers, relationships, health, or personal growth, self sabotage can prevent us from reaching our true potential.

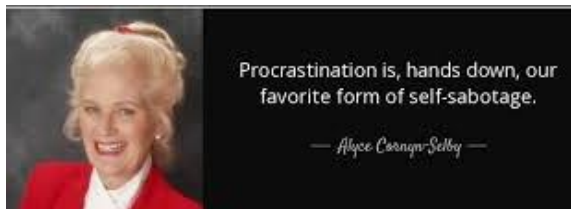


The Good News:

With awareness and the right strategies, we can overcome this destructive behaviour.

First, We Need To Understand Why We Self Sabotage:

Self sabotage can manifest in various ways, from procrastination and perfectionism to negative self talk and fear of failure.



It often stems from deep seated beliefs and fears that, consciously or unconsciously, drive us to act against our best interests.

"Before you can undo an unhealthy behaviour, you have to understand the function it serves!"

Nick Wignall

Firstly, there is Low Self Esteem:

Negative self beliefs and low self worth can convince us that we don't deserve success or happiness, leading us to undermine our own efforts.

Next is...

Fear of Failure:

Fear of Failure is one of the biggest! Often, the fear of failing can paralyze us.

We might avoid taking risks or pursuing opportunities because we are terrified of not succeeding.

Then there is...

Fear of Success:

Surprisingly, the fear of success can be just as crippling.

The potential for greater responsibility, heightened expectations, or changes in lifestyle can be daunting.

And there is also

Comfort in the Familiar:

Change, even for the better, can be uncomfortable.

We may self sabotage to stay within our comfort zones, where things feel safe and predictable.

"Our worst enemy is as close as the nearest mirror!"

Craig D. Lounsborough

You may have heard the saying... Better the devil you know!

How many people do you know who justify why they stay in unhappy relationships, jobs, patterns or circumstances? Maybe you are one of them...

"The ability to overcome resistance, self sabotage, and self doubt is way more important than talent!"

Steven Pressfield

Recognizing Self Sabotaging Behaviours:

Acknowledging that you are engaging in self sabotage is the first step towards change.



Here Are Some Common Signs:

Procrastination:

Constantly delaying important tasks or changes.

Perfectionism:

Setting unattainably high standards that lead to paralysis.

Negative Self Talk:

Inner dialogue filled with self criticism and doubt.

Avoidance:

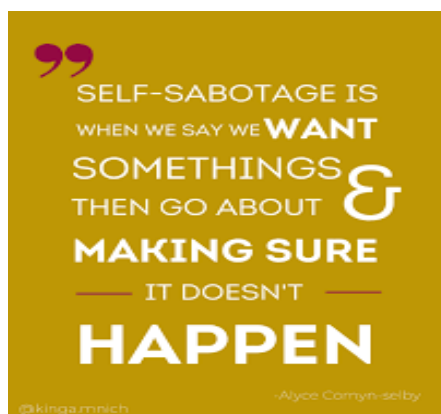
Steering clear of challenges or opportunities that could lead to growth.

Self Medication:

Using substances or destructive habits to escape or numb feelings of inadequacy.

"Self sabotaging behaviour turns you into your own worst enemy!"

Darien Gee



Strategies to Overcome Self Sabotage:

1. Challenge Your Inner Critic:

Your inner critic can be relentless, feeding you negative thoughts that erode your confidence.

Start by recognizing these thoughts for what they are - **UNHELPFUL!**

And, more often than not - **UNTRUE!**

Replace negativity with affirmations and positive self talk.

"Be careful how you are talking to yourself because you are listening!"

Lisa M. Hayes

2. Set Realistic Goals and Break Them Down:

Large goals can be intimidating, leading to procrastination.

Break your goals into smaller, manageable steps and celebrate your progress along the way.

"Decide which direction you are going in and take action. One decision at a time, one moment at a time!"

Akiroq Brost

3. Embrace Failure as a Learning Opportunity:

Failure is not a reflection of your worth, but a part of the learning and growth process.

Embrace setbacks as opportunities to learn and improve.

"Focus on rewarding and praising yourself instead of degrading and punishing yourself. You'll get far better results!"

Akiroq Brost

4. Develop a Growth Mindset:

A growth mindset encourages the belief that abilities and intelligence can be developed through focus and applied effort.

This mindset fosters resilience and a love of learning, which is crucial for overcoming self sabotage and creating the life you want.

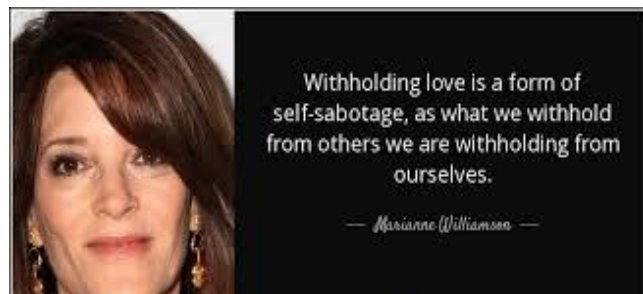
"A person who never made a mistake never tried anything new!"

Albert Einstein

5. Surround Yourself with Supportive People:

Surround yourself with individuals who support your goals, are positive, and believe in your potential.

Their encouragement can help you stay motivated and accountable.



6. Practice Self Compassion:

Treat yourself with the same kindness and understanding you would offer a friend.

Self compassion helps you recover from setbacks more quickly and with less self judgment.

"Be on your own side!"

Rasheed Ogunlaru

7. Become Aware:

By becoming aware of your limiting behaviours, you can instead create the life you prefer!

Awareness of who you are allows you to see the opportunities around you and flow more easily with Divine consciousness.

"Knowing others is intelligence, knowing yourself is true wisdom!"

Lao Tzu

Remember...

At the end of the day, your life is what you make it!

*"An excuse is nothing more
than a self-imposed roadblock."
~ C.C. Chapman*

You Are Your Life:

So start showing up in life the way you **WANT** to be!
And with practice, so you shall become!

"Rise in your mind and you can rise in your world!"

Matshona Dhliwayo

Because...

Nothing changes until you change!

Inspirational writings By Trish Bolstad

UPCOMING EVENTS

Calendar for July 2025

Sunday Service:

5.30pm to 7.00pm Platform Mediums:

6th	Matthew Tod
13th	Lois Hammond
20th	Christine Donald
27th	Fiona's Goldsmith's development group

Mix of Open Development and Healing Classes:

Attention:

Expressions of interest being taken
For all enquires contact -
Matthew Tod Ph 021 1736344

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

*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.

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South Auckland Spiritualist Church Annual General Meeting

This meeting is to elect Executive Officers and Committee for SASC for the year ahead.

This meeting is open to all members.

If you are interested in working behind the scenes or would like to be more involved with the running and direction of this Church this is your opportunity.

- **Date and Place:**

Sunday 27th July 2025
47 East Tamaki Rd, Papatoetoe,
Auckland.

- **Time:**

7:20pm (After Sunday Service)

- **Available Positions:**

President
Vice President
Secretary
Treasurer
General Committee

- **For any enquires please Ph 021726472**

Milford Spiritual Centre

Messages from Spirit Charity Fundraiser Event

Join us as we welcome our very special
guest from Sydney Australia,

Christine Morgan

at the Milford Spiritual Centre
on Friday 8 August 2025 at 7.30 pm.



Christine has dedicated herself for the past 32 years, to working in the field of Spiritual Mediumship and the Intuitive Arts, throughout NZ, Australia, USA, Canada, Europe and England. We are excited and privileged to have her demonstrating for us.

*For an evening of spiritual communication, as Christine connects with
your loved ones who have passed onto the spirit world.*

Proceeds raised will be donated to worthy charities within our community.

Christine is also running a weekend workshop on the 9th and 10th August
"The Mediums World –
Putting Spirit Back into Spirit",
for those interested in the
development of Mediumship.

Event tickets are **\$20** each available from Eventfinda
via the following link:

<https://www.eventfinda.co.nz/2025/messages-from-spirit-charity-event-fundraiser-with-christine-morgan/auckland/milford>

Or direct by contacting Zane Smith.

Door sales will be available on the evening; however
this will be subject to availability,
as tickets sold quickly last time.

Venue: **Milford Senior Citizens Hall**, 141a Kitchener Road, (behind New World)

For further information please contact Zane Smith at zanes@allend.co.nz or 021 998 663.