

# South Auckland Spiritualist Church SCNZ™



## SPIRITUAL CONNECTION & HEALING

All Welcome

Sunday Service 5:30pm

[WWW.SPIRITUALGROWTH4U.COM](http://WWW.SPIRITUALGROWTH4U.COM)

[info@spiritualgrowth4u.com](mailto:info@spiritualgrowth4u.com)

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

### Newsletter February 2025

#### NEWS:

Hello everyone. It's hard to believe January is almost over, and February is just around the corner. I hope your Christmas and holiday season, if you had the chance to take a break, provided valuable time to connect with loved ones and recharge for the year ahead.

We kicked off the year with our first service on January 12th, and it was wonderful to see our regular attendees along with some new faces, all are very welcome!

On a sad note, due to unforeseen circumstances, Kerry McLeod and Phil Dukes have had to cancel their 5 day workshop and demonstration evening with us. They deeply regret this decision and extend their apologies to everyone who was looking forward to the events. However, they will still be running workshops in Australia, so if you're interested, please check out their upcoming events here: [www.mymediumship.com/in-person-events](http://www.mymediumship.com/in-person-events).

Looking ahead, the Colby Rebel event is now just weeks away! If you're planning to attend, I highly recommend booking your spot soon, as places are limited. A great deal of effort and expense goes into bringing someone of Colby's calibre to our shores, so don't miss this incredible opportunity. We can't guarantee when or if she'll return!

Information and bookings for Colby Rebel email – [scnzauckland@gmail.com](mailto:scnzauckland@gmail.com)

Please refer to the end of newsletter for more information on coming events.

Please go to our Facebook Page [www.facebook.com/SpiritualistchurchNZ](http://www.facebook.com/SpiritualistchurchNZ) or our Website - <https://www.spiritualgrowth4u.com/> for Information on what is happening at SASC

♥ Till next month - talk soon ♥

#### Your Focus, Your Story, Your Life!

In life, we often hear the phrase  
"Focus on what matters!"

But the truth is, our focus goes far beyond just staying on task or achieving goals.

What we choose to focus on deeply affects how we see ourselves, how we act, and ultimately, how we experience the world.

#### Simply Put:

Your focus becomes your story,  
and your story becomes your life!

*"What you focus on grows,  
what you think about expands,  
and what you dwell upon determines your  
destiny."*

**Robin Sharma**

**"Always  
remember,  
your focus  
determines  
your reality."**

### The Power of Focus:

Focus is about where we place our attention.

Think of it like a spotlight. Whatever you shine your spotlight on becomes clearer, more vivid, and more important to you.

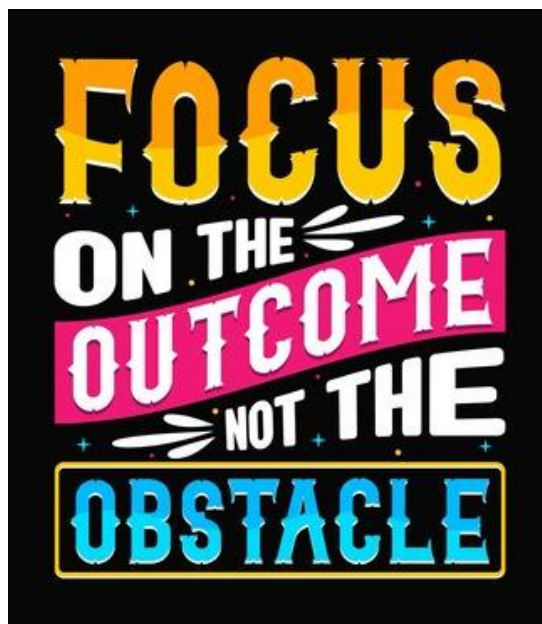
If you constantly focus on problems, challenges, or things that upset you, your mind will start to see the world through those lenses.

You may begin to feel stuck, anxious, or defeated.

On the other hand, when you choose to focus on positive things, your strengths, what you are grateful for, or the opportunities ahead - then you start to see MORE of that in your life!

*"You get what you think about, whether you want it or not!"*

**Abraham Hicks**



### Focusing is a Practice:

What you focus on shapes the way your mind works.

The more you focus on something, the more it becomes a part of your thinking.

Over time, your brain starts to create new patterns based on where your attention goes, reinforcing that focus and making it easier to think, act, and believe in ways that support it.

*"We are what we repeatedly do. Excellence, then, is not an act, but a habit!"*

**Aristotle**

### Problems or Solutions?

This is why people who focus on solutions often find them, while those who focus on problems feel more trapped by them.

*"The more focused you are, the more successful you will be!"*

**Tony Robbins**

### Intentional Focus:

Focusing on the good doesn't mean ignoring problems.

It means choosing to give more energy to what is working and to what is possible.

*"You get what you focus on. So focus on what you want!"*

**Steve Mehr.**

### You are The Story You Tell Yourself:

The story you tell yourself is the narrative that shapes your identity.

It's the internal dialogue you use to interpret your experiences.

*"The story you tell yourself about yourself, will either lift you up or tear you down!"*

**Monique Hohnberg**

### Mistakes or Possibilities?

If you focus on your mistakes and failures, your story might become one of regret or self doubt.

You might believe,

*"I'm not good enough," or "I'll never succeed."*

On the other hand,

if you focus on your growth, resilience, and achievements, your story becomes one of forward momentum, strength, and possibility.

*"Change your thoughts, and you change your world!"*

**Norman Vincent Peale**



### Your Story is NOT Fixed:

By changing your focus, you change your life!

When you shift what you pay attention to, your story will change, and so will the way you feel and act.

***"You can always edit a bad page.  
You can't edit a blank page!"***

**Jodi Picoult**

### How Your Story Shapes Your Life:

The story you tell yourself becomes the reality you live.

If your story is filled with fear, failure or limitation, your actions will reflect that. You may avoid opportunities, stay in your comfort zone, or give up too quickly.

But if your story is one of courage, hope, possibility, and growth, you are more likely to take risks, push through challenges, because your story tells you that you are capable of creating the life you want.

***"It doesn't matter what's been written in your story so far, it's how you fill up the rest of the pages that count!"***

### Relationship Stories:

Your story also affects the relationships you build.

If you see yourself as worthy of love and respect, you will attract people who treat you that way.

If you tell yourself, you are not good enough, you may end up in relationships where you feel undervalued or overlooked.

***"If you don't value yourself,  
you're not going to draw valuable things  
into your life!"***

**Robert Tew**

### Shift Your Focus, Change Your Story:

So, if our focus shapes our story and our story shapes our life, how can we change it?

The first step is to become aware of where your attention is going.

Are you focusing on what's wrong, or are you focusing on what's right?

Are you focused on your weaknesses, or are you paying attention to your strengths?

***"Whatever story we tell ourselves is the one that will come true!"***

**Here are a few steps to start shifting your focus and rewriting your story:**

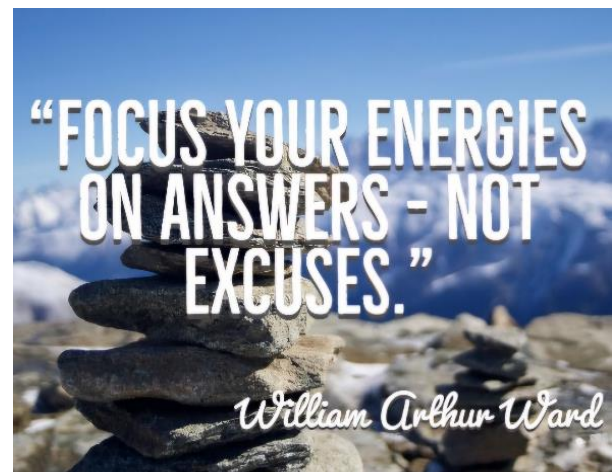
#### 1. Become Aware of Your Thoughts:

Pay attention to your inner dialogue.

Notice if you are focusing on things that make you feel negative, stressed, or small.

When these thoughts arise, remind yourself that you have the power to choose where your focus goes.

***"If you are positive, you'll see opportunities instead of obstacles!"***  
**Widad Akrawi**



#### 2. Challenge Negative Beliefs:

If you catch yourself telling a story that holds you back, ask:

*Is this true?*

*Is there another way to look at the situation?*

Start to replace limiting beliefs with empowering ones.

For example, if you often think, "I'm not good enough," challenge that thought by recalling moments where you succeeded or grew.

***"Once you replace your negative thoughts with positive ones, you'll start having positive results!"***  
**Willie Nelson**

**"Focus on the possibilities for success, not on the potential for failure."**

### 3. Focus on Gratitude:

Shifting your focus to gratitude is a powerful way to change your story.

When you focus on what you are thankful for, it brings positive energy into your life.

A simple practice of daily gratitude helps you shift your attention from what you lack to what you already have.

*"When you focus on the good, the good increases!"*

### 4. Visualize the Life You Want:

Spend some time imagining the life you want to live.

Picture yourself achieving your goals, living in alignment with your values, and feeling fulfilled.

Visualization helps reprogram your mind, making your ideal life feel more real and attainable.

*"To bring anything into your life, imagine that it's already there!"*

**Richard Bach**

### 5. Take Action Based on Your New Story:

Finally, your new focus needs to be backed up by action.

Start taking small steps that align with the positive story you are telling yourself.

If you see yourself as a confident, successful person, then you will naturally take actions that reflect that belief.

The more you act in alignment with your story, the more real it becomes.

*"Inspired action is the bridge between vision and manifestation!"*

### You Hold the Pen to Your Story!

Ultimately,  
Your focus shapes your story,  
and your story shapes your life!

It is not just about where you put your attention in a given moment, but about the long term direction of your thoughts and beliefs.

*"Your life is controlled by what you focus on!"*

**Tony Robbins**

### Choose The Life You Want:

When you choose to focus on what you want to create, rather than what you fear or regret, you begin to change your narrative.

And when your story shifts, so does your reality.

*"You don't have to believe every scary story you tell yourself!"*

### In the end:

You get to decide what to focus on, what to believe, and what kind of life you want to live.

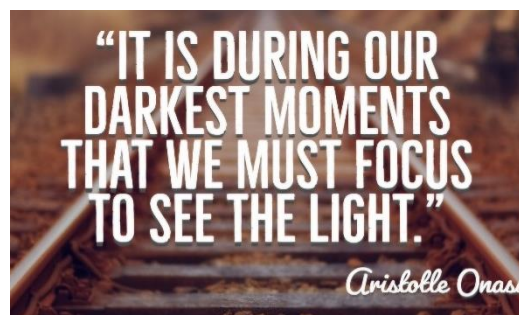
*"You cannot live a positive life with a negative mind!"*

### You are the author of your own story:

As your story changes, so does your life!

*"If you want to create brighter days, you have to stop creating your own storms!"*

**Roger Lee**



**So, ask yourself:**

What kind of story do you want to write?  
Because...  
The choice is YOURS!

**"Happiness is not by chance,  
but by choice!"**

**Jim Rohn**

What you focus on today will shape the story  
of your life tomorrow!

**SO... CHOOSE WISELY!**

*By Trish Bolstad*



**Calendar for February 2025**  
**Sunday Service:**  
**5.30pm to 7.00pm Platform Mediums:**  
2<sup>nd</sup> Matthew Tod  
9<sup>th</sup> Fiona Goldsmith  
16<sup>th</sup> Trish Bolstad  
23<sup>rd</sup> TBC

**Mix of Open Development and Healing  
Classes:**  
**Attention:**  
Expressions of interest being taken  
For all enquires contact -  
Matthew Tod Ph 021 1736344

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**COLBY**  
*Rebel*

Come Support Your Regional Church! Only \$20

**NEW ZEALAND TOUR 2025**  
ALL DEMONSTRATIONS 7 PM - 9 PM

**21/2/25-S. AUCKLAND SPIRITUALIST CHURCH**  
47 East Tamaki Rd Papatoetoe Auckland 2025 NZ  
scnzauckland@gmail.com

**27/2/25-NAPIER SPIRITUALIST CHURCH**  
43 Barker Rd Marewa Napier 4110, NZ  
nscbarker@gmail.com

**28/2/25-PETONE SPIRITUALIST CHURCH**  
88 Richmond Street, Petone 5012 NZ  
petonesc@gmail.com

**1/3/25-UNITED SPIRITUALISTS CHRISTCHURCH**  
41 Glenroy Street, Woolston, Christchurch 8062, NZ  
scnzchch@gmail.com

**3/3/25-NELSON SPIRITUALIST CHURCH**  
76 Tipahi Street, Nelson South, Nelson 7010, NZ  
nelsonspiritualistchurch@gmail.com

**\*BOOKINGS ONLY! EVENT WILL SELL OUT SO PLEASE BOOK EARLY!**

Colby Rebel is an award-winning international psychic medium, best-selling author, and host of the acclaimed Colby Rebel Show podcast. Colby was awarded Best Psychic Los Angeles 2022.

She has been featured on Travel Channel's True Terror on the Travel Channel as well as on US Weekly, ABC, CBS, Fox.



For Information on what is happening at SASC, please go to our Facebook Page [www.facebook.com/SpiritualistchurchNZ](http://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.

INTERNATIONAL CELEBRITY MEDIUM

# COLBY

*Rebel*

## NEW ZEALAND TOUR 2025



**SOUTH AUCKLAND  
SPIRITUALIST CHURCH**

47 East Tamaki Rd Papatoetoe Auckland 2025 New Zealand

**21/2/25- DEMONSTRATION**

7:00 PM - 9:00 PM

\$20

**22/2/25-WORKSHOP**

10:00AM-4:00PM

\$150

**23/2/25-WORKSHOP**

10:00AM-4:00PM

\$150



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