

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 August 2025

NEWS:

Hello everyone and welcome to August. It is with great pleasure that we move into a new chapter with our newly elected committee for our 2025 - 2026 year ahead.

Our Annual General Meeting was a smooth and simple process, with minimal changes from our previous committee making for an easy transition.

The South Auckland Spiritualist Church extends heartfelt gratitude and appreciation to those who have stepped forward to serve behind the scenes. Your willingness to volunteer your time and energy ensures the continued operation and growth of our church. Without your service to Spirit and our community, none of this would be possible. Thank you all for your dedication.

We are pleased to introduce the committee for 2025–2026:

President: John Bolstad

Vice President & Secretary: Denise Marsden

Treasurer: Matthew Tod

General Committee Members:

Shelley Hornell

Barry Hall

Paul Edley

Talia Roberts

Charnelle Hikaiti

Bianca Martin

Jayne Anderson

We look forward to the coming year with a strong and committed team, as we continue to grow, serve, and walk together with Spirit.

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 ♥

The Power of Our Stories!

Stories are the fundamental building blocks of human experience, serving as both the architects and the prisoners of our minds.

Our minds are master storytellers, weaving narratives within ourselves and to others.

"There is no greater power on this earth than story!"

Libba Bray

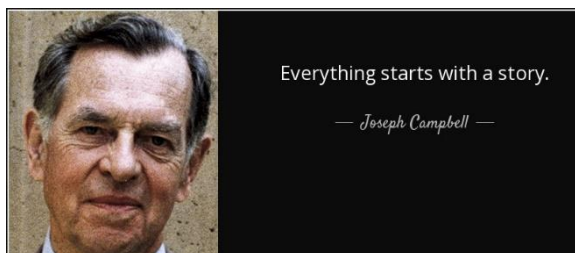
Our narratives possess the power to:

Uplift, to inspire,
or deceive and confine.

**We are so accustomed to
disguise ourselves to
others that, in the end,
we become disguised to
ourselves.**

—Doona Tartt

These narratives shape our experiences, perceptions, beliefs, and actions which ultimately become our life stories.



Here are a few types of stories we often encounter or tell:

1. The Regurgitated Story:

At the heart of our internal narratives is the repetitive loop of past events, failures, and perceived shortcomings.

Like a broken record, these stories play on repeat, reinforcing limiting beliefs and trapping us in patterns of stagnation.

Whether it is reliving past mistakes or dwelling on missed opportunities, the regurgitated story holds us captive in a cycle of self doubt and inaction.

It is the story we have repeated so many times that it has become ingrained in our psyche, shaping our beliefs and behaviours without us even realizing it.

While these stories might have served a purpose in the past, clinging onto them without questioning can hinder personal growth and progress.

"What is has no bearing on what is coming, unless you are continuing regurgitating the story of what is!"
Abraham Hicks

2. The Embellished Story:

The embellished story is a tapestry of exaggerations, half truths, and idealized fantasies in a bid to impress, garner sympathy or deceive.

We mask our vulnerabilities and insecurities, by inflating achievements, exaggerating successes, and protecting our supposed image.

"Life is hard enough, you don't have to embellish the drama!" Marianne Williamson

3. The Comparison Story:

This narrative revolves around comparing ourselves to others, whether it is in terms of achievements, possessions, or experiences.

It is the constant measuring of our worth against external standards, often leading to feelings of inadequacy, insecurity or superiority.

This story can be particularly insidious, as it fosters a mindset of competition rather than collaboration and self compassion.

In this perpetual game of one-upmanship, we lose sight of our own unique journey where success is defined by external standards rather than internal fulfilment.

"Don't compare yourself with others. No one can play your role better than you!"

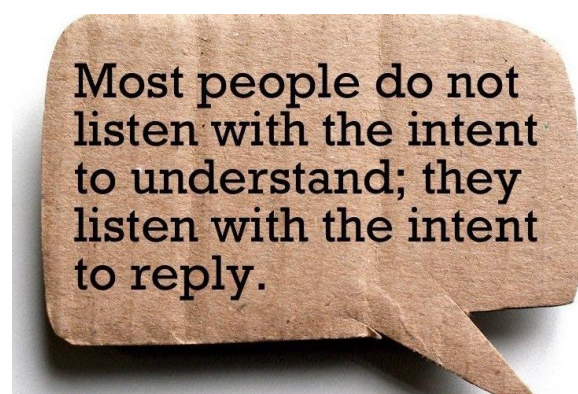
4. The Point Scoring Story:

This is where someone, who upon hearing a story of any kind, rather than actively listening to it, is instead busy formulating a story in their head to tell back.

This is done for attention and validation, as it diverts from the previous story teller's story and scores them validation points for their own stories.

They feel better when heard, or noticed and will often include a story even when not warranted.

Ultimately, these people are putting their validation and fulfilment in other people's hands.



5. The Worst Story Topper:

In this narrative, individuals compete to outdo each other in terms of suffering or hardship.

Within the vast range of human suffering, the story of "who has suffered the most" often evolves into a narrative of victimhood and martyrdom.

Fuelled by pain and resentment, we compete for sympathy and recognition, seeking solace in the perceived injustices we have endured.

Our pain becomes a badge of honour, a currency with which we seek to elevate ourselves above others.

While it is natural to seek validation or empathy through shared experiences, turning suffering into a competition game of one-upmanship, can minimize the struggles of others and undermine genuine connections.

These tales of woe may offer temporary solace in shared pain, but they can also perpetuate a victim mentality, trapping us in a cycle of negativity and resignation.

"Toxic people never tell the full story! They always tell the part where they are the victim and everyone else looks bad!"



6. Our inner Limitation Stories:

These are the narratives we tell ourselves about what we can and cannot achieve, based on our perceived inadequacies, limitations, constraints or past failures.

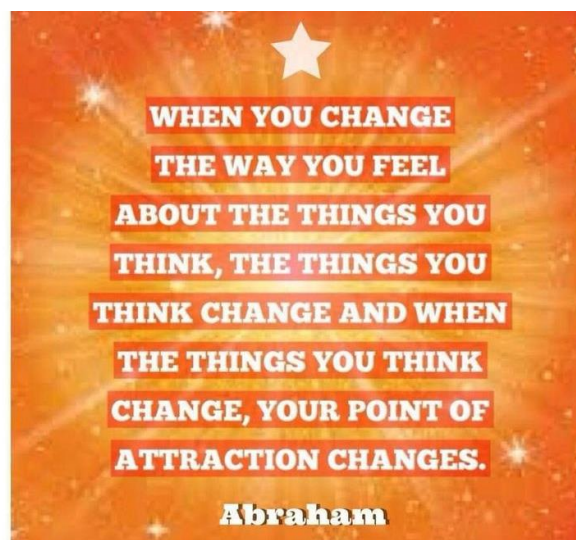
Whether it is self doubt, fear of failure, or ingrained beliefs about our capabilities, these stories can create self imposed barriers that prevent us from reaching our full potential.

These stories are the silent saboteurs, whispering doubts and fears that hold us back from realizing our true potential.

These stories become self fulfilling prophecies, shaping our beliefs and behaviours in ways that reinforce our limitations rather than challenging them.

Challenging these limitations requires a shift in mindset and a willingness to explore new possibilities.

"When you change the way you look at things, the things you look at will change!"
Abraham Hicks



Rewriting Our Narratives:

Here is the thing about stories – they are NOT set in stone!

Just as we have the power to create narratives that limit us, we also have the power to rewrite them.

It requires us to challenge the narratives that no longer serve us, to rewrite the script of our lives with intention and purpose.

By becoming conscious of the stories we tell ourselves, we can reclaim power over our lives and set a path towards empowerment and self transformation.

"Great stories happen to those who can tell them!"
Ira Glas

It Starts with Questioning:

Become conscious of the stories you tell yourself and question their validity.

It Requires Courage:

Build courage to confront your fears, insecurities, and self imposed limitations.

And it Demands Vulnerability:

Be willing to embrace your true self and share your authentic stories with others, unfiltered and unadorned.

"Have a strong vision about the story you want to tell and how you want to tell it!"

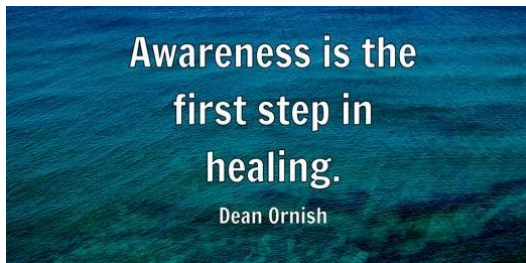
Robert Redford

Awareness:

By becoming more aware of the narratives you tell yourself and actively questioning their validity, you can break free from limiting patterns and open yourself up to new opportunities for growth and fulfillment.

"The only thing keeping you from what you want is the story you keep telling yourself about why you don't have it!"

Tony Robbins



Count Your Blessings!

Our biggest mistake is counting the blessings of others.

You will not see your opportunity if you are busy looking for theirs.

Make it a point to focus on your life and only count your blessings – don't compare them to others!

"You will be blessed the moment you realize you already are!" Bryant McBill

In Conclusion:

Be mindful of the stories you spin, for they have the power to shape your reality.

Choose narratives that uplift and inspire, that empower you to live authentically and pursue your dreams with courage and conviction.

"There is always one true inner voice! Trust it!"

Gloria Steinem

Ask yourself:

What stories are you telling yourself and others?

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

For within every story lies the potential for transformation, growth, and ultimately, the realization of your fullest potential!

Tell the story you want to live!

Inspirational writings By Trish Bolstad



Calendar for August 2025
Sunday Service:
5.30pm to 7.00pm Platform Mediums:

3rd	Matthew Tod
10th	Bruce Jackson
17th	Trish Bolstad
24th	Fiona Goldsmith
31st	Cameron Phillips and Gaylene Kennedy

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

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.

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/>

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.