



**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

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**Newsletter August 2022**

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**NEWS:**

Hello everyone and welcome to August. We have had lots of new faces to our Sunday services and lots of great messages being given out through the demonstration of Mediumship from the platform Mediums. Our Healing and Open Development classes have been popular with people braving the wet and cold weather conditions to attend.

On the 17<sup>th</sup> of July We had our AGM with some changes of roles. They are as follows, - Vice President, Jennie Henry. Secretary, Denise Marsden. And a new member to Committee, Paula Vincent.

Coming up on the 6<sup>th</sup> of August 2022 Starting at 10:30am is our first Reading Day in over a year now. We have some great Mediums booked and something new we are adding is a development table where you can have a free reading with one of our up-and-coming mediums from the Open Development class. So, get in earlier as our Reading Days are very popular. We will also have refreshments available.

If you would like to book ahead then please email - [events@spiritualgrowth4u.com](mailto:events@spiritualgrowth4u.com) or alternatively door sales will be available.

For membership forms go to - <https://www.spiritualgrowth4u.com/> or alternatively you can fill out a form at the Church.

Please go to our Facebook Page [www.facebook.com/SpiritualistchurchNZ](http://www.facebook.com/SpiritualistchurchNZ) for updates.

♥ Till next month - talk soon ♥

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## **Changing Your Life**

Any time you want to make a change in your life, the first thing you need to do is to raise your standards and believe you can meet them. We must then change our belief system and develop a sense of certainty that we can and will meet the new standards before we actually do.

*"It's not what we do once in a while that shapes our lives, but what we do consistently."*

### **Decisions:**

The three decisions that control your destiny are:

- 1.** Your decisions about what to focus on.
- 2.** Your decisions about what things mean to you.

- 3.** Your decisions about what to do to create the results you desire.

*"You can change how you feel in an instant, just by changing your focus."*

In essence, if we want to direct our lives, we must take control of our consistent actions. It's not what we do once in a while that shapes our lives, but what we do consistently.

It's in each of your moments of decision that your destiny is shaped.

*"Most of us base our decisions about what to do around what's going to create pain or pleasure in the short term instead of the long term."*

### The elementary process for getting you where you want to go:

1. Decide what you want.
2. Take action.
3. Notice what's working or not working.
4. Change your approach until you achieve what you want.

*"Success is the result of good judgment.  
Good judgment is the result of experience.  
Experience is often the result of bad judgment."*

### Your master system comprises of 5 components:

1. Your core beliefs and unconscious rules.
2. Your life values.
3. Your references.
4. The habitual questions that you ask yourself.
5. The emotional states you experience in each moment.

By changing any one of the five elements (whether it's a core belief or rule, a value, a reference, a question, or an emotional state) you can immediately produce a powerful and measurable change in your life.

Remember the true power of making decisions. Realize that the hardest step in achieving anything is making a true commitment — a true decision. Stay committed to your decisions but stay flexible in your approach.

*"Know that it's your decisions, and not your conditions, that determine your destiny."*

Everything you and I do; we do either out of our need to avoid pain or our desire to gain pleasure. For most people, the fear of loss is much greater than the desire for gain.

Why is it that people can experience pain yet fail to change? They haven't experienced enough pain yet; they haven't hit their emotional threshold.

If we link massive pain to any behaviour or emotional pattern, we will avoid indulging in it at all costs.

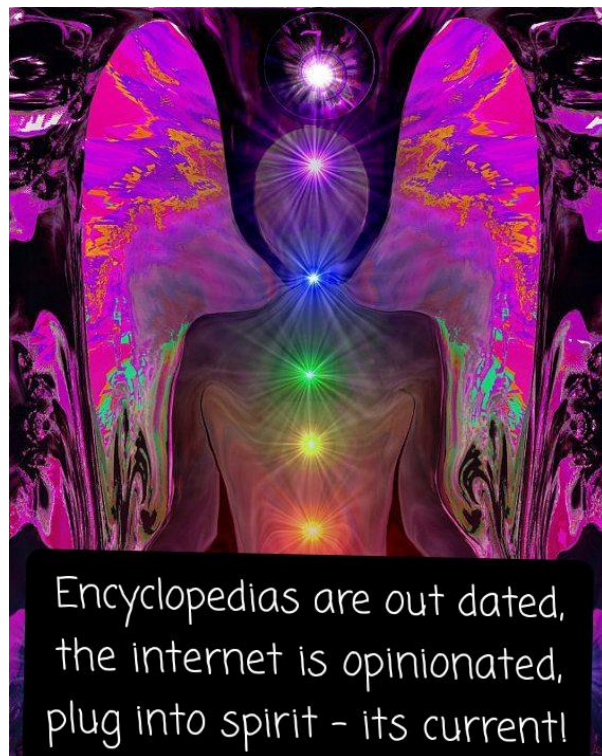
*"It's our neuro associations, the associations we've established in our nervous systems that determine what we'll do."*

It's not actual pain that drives us, but our fear that something will lead to pain.

And it's not actual pleasure that drives us, but our belief our sense of certainty that somehow taking a certain action will lead to pleasure.

*"We're not driven by the reality, but by our perception of reality."*

It's not the events of our lives that shape us, but our beliefs as to what those events mean.



It's never the environment; it's never the events of our lives, but the meaning we attach to the events, how we interpret them, that shapes who we are today and who we will become tomorrow.

*"Beliefs are the guiding force that tell us what will lead to pain and what will lead to pleasure."*

### Whenever something happens in your life, your brain asks two questions:

1. Will this mean pain or pleasure?
2. What must I do now to avoid pain and/or gain pleasure?

*"Emotion is created by motion."*

Most of us do not consciously decide what we're going to believe.

Often our beliefs are based on misinterpretation of past experiences, on others' opinions and global beliefs.

*"Once we adopt a belief, we forget it's merely an interpretation."*

### Beliefs classified into three categories:

1. An **opinion**; is something we feel relatively certain about, but the certainty is only temporary because it can be changed easily.
2. A **belief**; is formed when we begin to develop a much larger base of reference legs, and especially reference legs about which we have strong emotion.

**3. A conviction;** eclipses a belief, primarily because of the emotional intensity a person links to an idea. A person holding a conviction does not only feel certain but gets angry if their conviction is even questioned and is unwilling to ever question their references, even for a moment; they are totally resistant to new input, often to the point of obsession.

Someone with a conviction is so passionate about their belief that they're even willing to risk rejection or make a fool of themselves for the sake of their conviction.

**There are three specific beliefs that a person must obtain to create long term change without effort or willpower:**

- 1.** We must believe '**Something must change**' not that it should change, not that it could or ought to, but that it absolutely must.
- 2.** We must not only believe that things must change, but believe, "**I must change it.**"
- 3.** We have to believe, "**I can change it.**"

So often we blame the wrong cause, and thereby close ourselves off from possible solutions.

*"The difference between acting badly or brilliantly is not based on your ability, but on the state of your mind and/or body in any given moment."*

Our ability to change the way we feel depends upon our ability to change our sub modalities. Thinking itself is nothing but the process of asking and answering questions.

*"Quality, consistent questions create a quality life."*

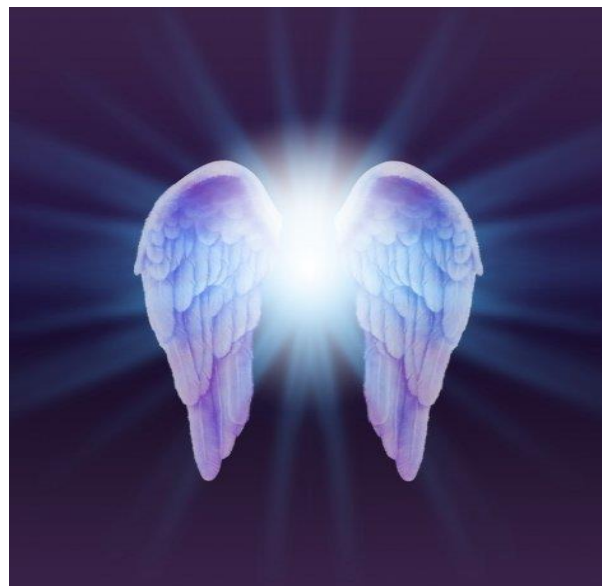
As we develop new beliefs about who we are, our behaviour will change to support the new identity.

*"Focus on where you want to go, not on what you fear."*

By Trish Bolstad



If you have any contributions you wish to have included in our newsletter, please feel free to email me at [jtp177@gmail.com](mailto:jtp177@gmail.com)



### **Calendar for August 2022 Sunday service**

**5.30pm to 7.00pm**

**Platform Medium –**

**7<sup>th</sup> Tearani Cooper**

**14<sup>th</sup> Mary Newton**

**21<sup>st</sup> Matthew Tod**

**28<sup>th</sup> Shirley Ann Sharp**

### **Classes for August 2022**

**Open Development (alternating weekly)**

**7pm-9pm Monday - 1st, 15<sup>th</sup>, 29th**

**Spiritual Healing (alternating weekly)**

**7pm–9pm Monday - 8<sup>th</sup>, 22<sup>nd</sup>,**

**All welcome**

**For all enquires contact –**

**Matthew Tod Ph: 021 1736344**

**Please visit our Facebook for confirmation and class updates**

**[www.facebook.com/SpiritualistchurchNZ](http://www.facebook.com/SpiritualistchurchNZ)**

# READING DAY

**Saturday 6th OF August 2022**

**From 10:30am till 3:30pm**

Pre booking is not required; however, this will give you some choice of time. You can turn up on the day and put your name down for a reading, first come first served basis. **Door tickets are cash sales only.** (If you would like consecutive sessions, we recommend you book)

**Ticket options** (all sessions are 20 minutes)

**Option one** (Any one session) – members \$20, non-members \$30

**Option two** (Any two sessions) – members \$30, non-members \$40

**Option three** (Any three sessions) – members \$50, non-members \$60

**Membership forms are available on our website, or at Church**  
[www.spiritualgrowth4u.com](http://www.spiritualgrowth4u.com)

**Payment:** All bookings must be pre-paid and email your choice to [events@spiritualgrowth4U.com](mailto:events@spiritualgrowth4U.com).

**Internet banking account:**

06 0197 0037869 – 00

**Reference** your name and option 1, 2, or 3

**Subscriptions for the coming year.** \$30 to join for the year 1<sup>st</sup> July 2022 – 30 June 2023

Member benefits: - **Receive 50% off classes and heavily discounted Reading days and access to our library.** 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.

*Love and Light  
to you all*



**Committee July 2022- June 2023**

President:	John Bolstad
Vice President:	Jennie Henry
Secretary:	Denise Marsden
Treasurer:	Matthew Tod
Committee:	Barry Hall Shelley Hornell Paula Vincent Andrew Clayton
<b>Minister:</b>	Matthew Tod

**PARKING NOTICE FOR ALL CLASSES, SERVICES, EVENTS**  
You may park in the parking spaces alongside the front section of the church. Please do not park in any of the parking spaces across from the front entrance of the church as your cars may be towed away. Additional free parking is available in the parking lot at the