

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 2026

NEWS:

Hello everyone, and welcome to July. It's been another positive month here at South Auckland Spiritualist Church. Considering the time of year, it is always encouraging to see continued support at our Sunday evening services. We sincerely appreciate everyone who makes the effort to join us each week. Your presence helps create the warm and welcoming atmosphere.

On Friday, 27 June, we were delighted to welcome Fiona Goldsmith, who presented her inspiring talk on Awareness. The evening was very well received, with Fiona exploring many different aspects of awareness and encouraging everyone to reflect on where they are in their own lives. Her presentation challenged us to think differently, recognise opportunities for personal growth, and understand the positive changes that can occur when we become more aware of ourselves and the world around us.

Following the presentation, Fiona answered questions from the audience during the Q&A session. This provided even greater insight into the topics discussed and made for a thoroughly enjoyable and thought provoking evening.

On behalf of everyone at South Auckland Spiritualist Church, we would like to extend our sincere thanks to Fiona for sharing her knowledge and experience with us.

We would also like to thank everyone who attended for your wonderful support.

We hope the evening offered you valuable insights and perhaps a new perspective that will help you navigate life's journey with greater awareness and confidence.

Looking ahead, on Saturday, 18 July, we will be holding another of our popular Reading Days. These days are always in high demand, and appointments fill quickly.

Reading Days are an important part of our church's activities, providing a valuable service to our community while also being one of our major fundraising events each year.

By booking a reading, you are not only investing in your own personal journey but also helping South Auckland Spiritualist Church continue its work in serving Spirit and supporting our local community. If you are interested, we encourage you to book early to avoid disappointment.

Finally, on Sunday, 26 July, following our church service at approximately 7.20 pm, we will be holding our Annual General Meeting (AGM).

The AGM is an important part of our church calendar as we elect the committee that will work behind the scenes over the coming year to ensure the smooth running of the church.

All committee positions will be open for nomination.

If you are a current member and would like to become more involved, or if you have any questions about what is involved, please don't hesitate to speak with our President.

We would love to hear from you.

Thank you once again for your continued support. We look forward to seeing you throughout July.

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 ♥



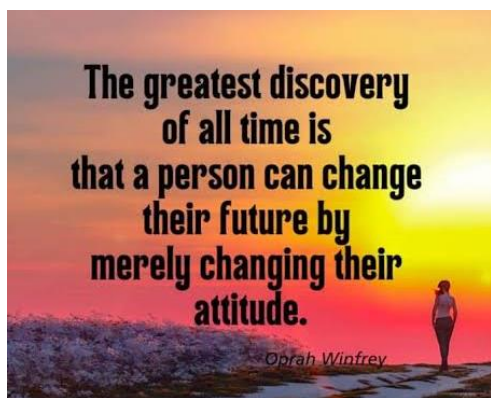
The Antidote To Fear

Have you ever noticed how fear can sneak in quietly?

It shows up as worry, anxiety, stress, doubt, or even anger.

Any emotion limiting you from being the person you want to be, or having the life you desire, is fear based.

"Unless you make the unconscious conscious, it will direct your life and you will call it fate!"
C G Jung



Who Is The Boss Of Your Mind?

Would you stay living with a negative companion who constantly undermines you?

People who accept fear as a normal part of their daily lives are actually doing just that!
Are you...?
Does fear have free reign over your mind?

"Reality is a projection of your thoughts or the things you habitually think about!"
Stephen Richards

Did you know that there is a simple, yet powerful antidote to fear?

That antidote is **GRATITUDE!**

Sounds simple... but do **NOT** underestimate how tremendously powerful gratitude is!

"When I started counting my blessings, my whole life turned around!"
Willie Nelson

It Is a Choice:

In every moment of our lives, we are faced with two choices:

To live in fear or to live in gratitude!

These two emotions may seem unrelated at first glance, but they are deeply intertwined.

More importantly, they are mutually exclusive.

"The more grateful I am, the more beauty I see!"
Mary Davis

Dark And Light:

Just as light cannot exist in the same space as darkness, gratitude and fear cannot occupy your mind at the same time.

It is like trying to keep a light on and have darkness in the same room.

The moment light enters; darkness disappears.

No argument, no struggle!
Just light replacing what can no longer stay.

"It is through gratitude for the present moment that the spiritual dimension of life opens up!"
Eckhart Tolle

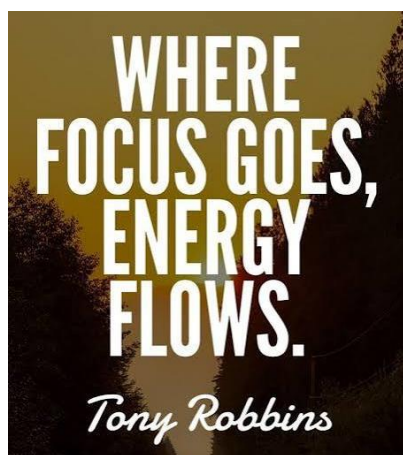
Fear And Gratitude:

This is exactly what happens in our minds and hearts when we choose gratitude.

Fear and gratitude cannot coexist!

Just like darkness and light, one drives the other away.

"Gratitude lifts our eyes off the things we lack so we might see the blessing we possess!"
Max Lucad



The 'What If's':

In a world filled with uncertainty, anxiety, and 'what ifs', knowing this is more than comforting - it is life changing!

"Enjoy the little things, for one day you may look back and realize they were the big things!"
Robert Brault

Understanding Further:

How it works within the mind and body.

And how you can bring it into your daily life like a torch in the night!

"Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you!"
Eileen Caddy

Understanding Fear:

The Mind's Alarm System!

Fear is deeply rooted in our biology.

It is an evolutionary response, hardwired into the human brain to protect us from danger.

Back in the days of our ancestors, fear helped keep us alive, alerting us to threats like predators, natural disasters, or hostile environments.

But in our modern world, fear often activates unnecessarily.

We fear rejection, failure, judgment, poverty, illness, and loss.

These are real emotional experiences, but most are not immediate threats.

They are projections - scenarios our minds create based on imagination and past painful experiences.

"You have got to your train mind to be stronger than your emotions or else you will lose yourself every time!"

Fear Is Fuelled by Lack:

It feeds on the idea that something bad might happen or that something important is missing.

*"I'm not safe,"
"I'm not enough,"
"There's not enough,"
Or "Something will go wrong."*

It clings to the unknown and magnifies it, trapping us in mental loops that can feel impossible to escape.

"When you are grateful, fear disappears and abundance appears!"
Anthony Robbins

Understanding Gratitude:

The Echo of Grace!

Gratia is the Latin origin for 'gratitude' and means grace, graciousness, or gratefulness.

Gratitude is more than saying *"Thank you."*
It is a state of awareness.
It is a state of grace.

It is the deep, intentional practice of recognizing what is good, what is present, and what is already working - even if it is just one small thing.

It is the realization that 'right now', in this present moment, in this breath, you are alive. You have something to hold on to. There is something to appreciate.

Gratitude is about fullness, about noticing what is already here rather than fearing what is not.

"Gratitude is the ability to experience life as a gift. It liberates us from the prison of self preoccupation!"
John Ortberg

Gratitude Is Seeing The Positive:

Gratitude says:

"I may not have everything I want, but I have enough right now!"

"This moment is a gift, even if it is hard!"

"There is beauty here, even in broken places!"

Gratitude acts as a powerful antidote to negativity, resentment, and entitlement, allowing us to build healthier and more fulfilling connections.

"The more you practice the art of thankfulness, the more you have to be thankful for!"
Norman Vincent Peale

They Cannot Coexist:

And that is why fear and gratitude cannot live in the same place.

One sees lack!

The other sees abundance!

One says,

"There is not enough!"

The other says,

"Look how much I have!"

"The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time!"
Douglas Wood

The Science:

The impact of gratitude on the brain and body is extensive and measurable.

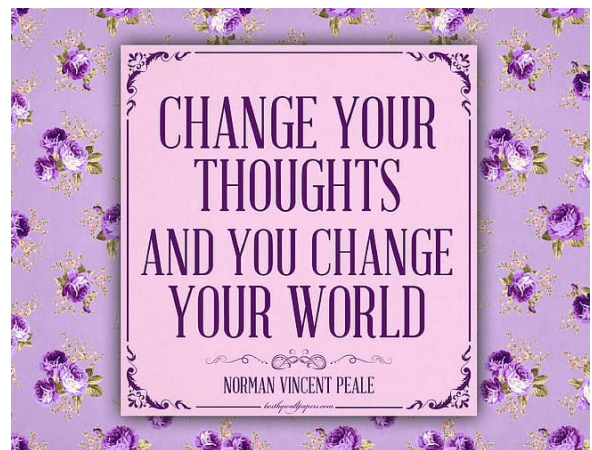
Studies show that practicing gratitude:

- Activates the brain's reward centres, releasing feel good neurotransmitters like dopamine and serotonin.

- Reduces cortisol, the stress hormone that fuels fear and anxiety.

- Strengthens neural pathways associated with emotional regulation, empathy, and optimism.

- Improves sleep, heart health, and immune function.



"Be thankful for what you have; You will end up having more!"
Oprah Winfrey

There Have Been Many Studies:

One study involving 300 adults in mental health counselling found that those who wrote gratitude letters each week reported significantly better mental health.

Another study found that gratitude actually changes the structure of the brain, making you more resilient to stress over time.

In other words, gratitude 'rewires' the brain for peace, joy, confidence and strength.

"Gratitude is riches. Complaint is poverty!"
Doris Day

Gratitude In The Storm:

Think about a person you know who remains calm in a crisis.

Chances are, they practice gratitude
- maybe without even realizing it!

Gratitude enables you to see the positives within life's difficult moments.

*"This is a wonderful day!
I have never seen this one before!"*
Maya Angelou

Consider:

The mother who holds her sick child in a hospital bed and whispers,
"I am grateful we have this time together!"

The man who loses his job but says,
"I am thankful I have my health and a chance to start something new!"

The survivor who says,
"That moment changed me, but it did not break me. And I am grateful for the strength I found and the person that I have become!"

These people are not naive...
They are **NOT** pretending things are perfect.

They are **CHOOSING** to bring in light!
And in doing so, fear has no choice but to shrink away.

*"Being grateful does not mean that everything is necessarily good...
It just means that you can accept it as a gift!"*
Roy T Bennett

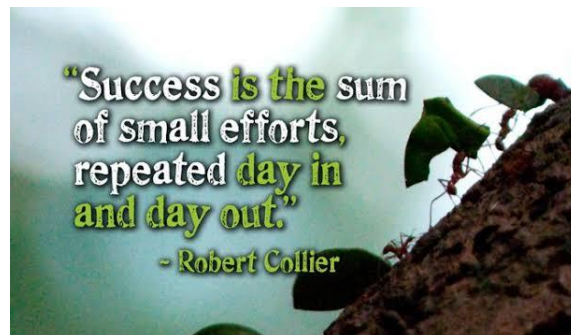
Gratitude in Daily Life:

Gratitude does not have to be grand or complex.

You do not have to be close to death to know what life means, and to have gratitude.

It is the consistent practice of simply noticing and appreciating the good.

*"I don't have to chase extraordinary moments to find happiness
- it is right in front of me if I am paying attention and practicing gratitude."*



Here are simple ways to invite it in:

1. A Gratitude Journal:

Start and end each day by writing down the things you are grateful for.

They can be as simple as sunshine, a warm shower, or hot coffee.

"Acknowledging the good that you already have in your life is the foundation for all abundance!"

Eckart Tolle

2. Gratitude Breaks During Stress:

When anxiety rises, pause.

Take a few breaths, and connect to Divine energy.

Ask yourself,
"What can I appreciate in this moment?"
Even if it is just the strength to keep going.

"Practicing gratitude is one of the best gifts you can give yourself and others!"
Cynthia Germanotta

3. Gratitude Letters or Messages:

Reach out to someone who has impacted your life.

Send them a text, a note, or a call just to say,
"I am grateful for you!"

Consider writing yourself a letter of appreciation.

"Gratitude is a mark of a noble soul and a refined character. We like to be around those who are grateful!"

4. Gratitude Walks:

Take a walk and actively notice and acknowledge things that bring you joy or peace, such as the trees, birds, maybe even something funny.

"Nature's beauty is a gift that cultivates appreciation and gratitude!"

Louie Schwartzberg

5. The Instant 3-3-3 Gratitude Reset:

1. Name 3 things you are grateful for right now.

2. Think of 3 people who have made a difference in your life.

3. Recall 3 challenges that taught you something valuable.

Do it slowly...

Breathe...

Feel each one...

You will notice fear begin to fade and peace take its place.

"Your attitude of gratitude will change your world!"

Kimberly Dillavou

6. Choose Your Thoughts:

It is not the situation that is causing your stress, it is your thoughts, and you **CAN** change those thoughts right here and now.

Fearful thoughts will create tension and discomfort - right here and now!

Thoughts of gratitude will give you feelings of peace and joy - right here and now!

Peace and joy is a choice, and it has nothing to do with your circumstances or what other people do or think!

"You are always one decision away from a totally different life!"

So... Choose Gratitude!

Sounds simple right...?

It actually isn't difficult!

Because there is **ALWAYS** something to be grateful for!

You have a **CHOICE** every single day!

You can either feed the cycle of excuses, or you can embrace gratitude and transform your life in the process.

"Things turn out best for people who make the best of the way things turn out!"

John Wooden

Practice And Focus:

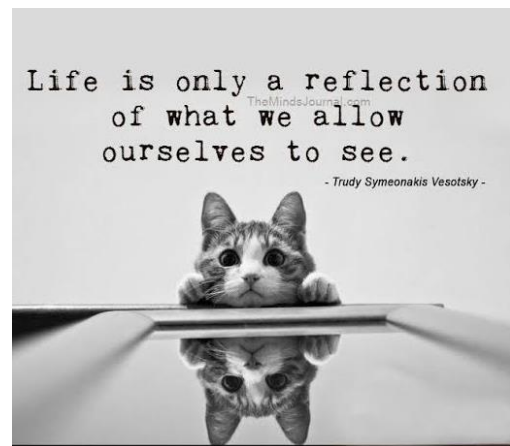
Gratitude is **NOT** just a feeling; it is a practice, a mindset, a force that has the power to shift your reality.

The more you choose to focus on gratitude, the more your world shifts from negativity to possibility.

Make the choice!

Create the joy!

"Gratitude is the open door to abundance!"



Fear Can Be Loud:

Fear will often try to speak, even shout, in the shadows of your mind.

But gratitude is louder in your heart if you choose to focus on the good aspects of your life.

"When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in!"

Gratitude Is Light:

So, the next time fear rises

- do not fight it with force...

Just flip your mind switch to gratitude and let your heart lead.

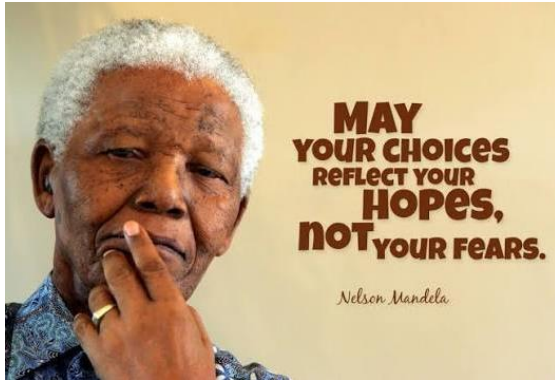
Bring in the light.

Speak gratitude out loud.

Spend time in that warm peaceful feeling of appreciation.

Bask in the Divine's love that is always available to you.
And let it chase the darkness away!

*"Happiness cannot be travelled to, owned, earned, worn or consumed!
Happiness is the spiritual experience of living every minute with love, grace, and gratitude!"*
Denis Waitley



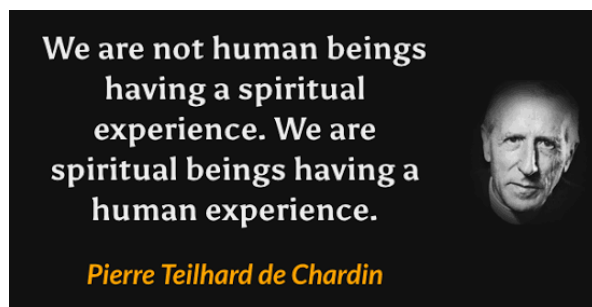
Remember...

Fear and gratitude cannot be roommates together!

YOU get to choose which lives in your mind!

CHOOSE to replace fear with gratitude, and your whole world changes!

By Trish Bolstad



UPCOMING EVENTS

Calendar for July 2026

Sunday Service:

5.30pm to 7.00pm Platform Mediums:

5 th	Nicole Oliver & Sharron Clifford
12 th	Matthew Tod
19 th	Trish Bolstad
26 th	Gwen Read & Cameron Phillips

- **Reading Day Saturday 18th July**
10:30am to 3:30pm

<https://www.spiritualgrowth4u.com/reading-day>

- **SASC AGM**
Sunday 26th July 7:20pm

- **The Spiritualist Alliance, Special Mediums Afternoon Fundraiser.**
Sunday 26th July 1pm to 4pm.
333 Onehunga Mall Rd. AK

Email – anneclifford20@gmail.com

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
www.facebook.com/SpiritualistchurchNZ
or our website –

<https://www.spiritualgrowth4u.com/>

South Auckland Spiritualist Church

READING DAY

Saturday 18th July 2026 from 10:30am to 3:30pm

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

Join us for another of our popular Reading Days, featuring a talented selection of mediums ready to share connections, guidance, and inspiration. These events are always in high demand and available appointments fill fast, so be sure to book early to secure your place.

Ticket options (all sessions are 20 minutes)

- 1 Reading (Any 1 session) – members \$20, non-members \$30
- 2 Readings (Any 2 sessions) – members \$30, non-members \$40
- 3 Readings (Any 3 sessions) – members \$50, non-members \$60
- We recommend you book. However, prebooking is not required but highly recommended if you want to choose your time slot.
- For all bookings email your option to - events@spiritualgrowth4u.com

A list of mediums and available time slots will be sent to you.

Payment:

- All bookings must be pre-paid.
- Internet banking: 06 0197 0037869 - 00
Reference: your name and option 1, 2, or 3 Readings.
- Membership forms are available on our website - www.spiritualgrowth4u.com or available at the Church
- Door sales may not be available on the day.
- All door sales on a first come first served basis, and are cash only.
- *FREE Readings also available from up and coming Mediums in development*



South Auckland Spiritualist Church Annual General Meeting

This meeting is to elect Executive Officers and Committee for SASC for the year ahead 2026-2027. 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 of this Church, this is your opportunity.

- **Date and Place**

Sunday 26th July 2026

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**

SPECIAL MEDIUMS' AFTERNOON FUNDRAISER

**Book your 20 minute private
reading with one of the following
Mediums:**

**Denis Burrow
Fiona Goldsmith
Julie Mackey
Llonia Wu
Sarah Jane Ward
Trish Bolstad**

**26th July
1pm-4pm
\$30 per session**

333 Onehunga Mall , Auckland



**Contact Anne to secure your spot
anneclifford20@gmail.com**