

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

----- Newsletter June 2023 -----

NEWS:

Hello everyone and welcome to June. We now find ourselves at nearly the halfway point of 2023 and a common comment often heard is where have the months gone, or time has just disappeared? A lot of the feelings associated with this often comes from a lack of achievement of goals or tasks that you had wanted to accomplish but, instead, are now facing a sense of loss because you know you won't get that time back. That my friends is when we need to take note of these quotes:

"Make every second of everyday count!", and "Live every day as if it were your last!"

We have some very exciting news to share! We are hosting 2 different events from 3 International Mediums.

Sarah Jeffery will be doing a 2-day workshop plus a Mediumship demonstration evening in September this year. Sarah is a well-respected and known Australian psychic, evidential medium and teacher. She has run several classes and workshops throughout Australia and online. Sarah is also the President of the Canberra Spiritualist association. <https://www.sarahjeffery.com.au/>

Our second international visitors are Kerry McLeod and Philip Dykes from the UK. They will be doing a Mediumship Demonstration evening and a 5-day workshop to follow. This will be in March 2024. Kerry and Philip have a large media presence offering Spiritual education and running large services such as the 'Sunday Gathering' held online. They have extensively travelled throughout the world doing live Workshops/Events. Their aim is to educate the truths of mediumship and the reality of the Spirit World to those that wish to learn or are seeking to find their own truths. Phil and Kerry have also worked on national and international radio, international television, Internet podcasts, and taken part in university scientific experiments and investigations. <https://mymediumship.com>

We are truly blessed to be given this opportunity to host these Mediums and their Workshops that are sure to be packed with knowledge and fun. More information will be available soon, such as dates/ times/cost/ bookings, and will be posted on our Facebook page and Website.

The numbers to both events will be limited, so action well needed to be taken to secure your spot.

Please go to our Facebook Page www.facebook.com/SpiritualistchurchNZ for updates or our Website - <https://www.spiritualgrowth4u.com/> for membership forms or alternatively you can fill out a form at the Church.

♥ Till next month - talk soon ♥

10 Ways to Add More Magic into Your Life!

We're always searching for ways to bring more happiness, peace, love, and magic into our everyday lives.

When we are aligned with our true essence of wellbeing, we feel empowered with the special power of the universe around us.

"The earth has music for those who listen."

What or who are you listening to?

There are a huge number of books out there on these subjects.

So why do most people not feel the magic of life?

Because they are spending more time in their lives focusing and participating on the parts and feelings that are not to their liking!

"Those who don't believe in magic will never find it." Roald Dahl

Feelings and Emotions:

Whatever you are feeling, your emotions, WILL be what the world reflects back to you!

The feelings and emotions that you continually practice and hold on to, will build more and more momentum, until they become a solid theme in your life interactions and experiences.

"Your emotions are the slaves to your thoughts, and you are the slave to your emotions."

Are you practicing feelings you want more of in your future?

What feelings are you practicing and building momentum on?

Positive good feeling ones?
Or negative bad feelings ones?

"Reality is a projection of your thoughts or the things you habitually think about."

Magic is being in the feelings of Joy, Bliss, and Love!

The more joyful, blissful, loving you are now; the more joy blissful, loving your future life interactions and experiences will be!

Put simply: **Like attracts like!**

"Feelings are something you have; not something you are."



Here are a few ideas of how to grow and nurture better feelings so to better your life interactions and experiences:

1. Gratitude:

Expressing Gratitude is a form of magic!

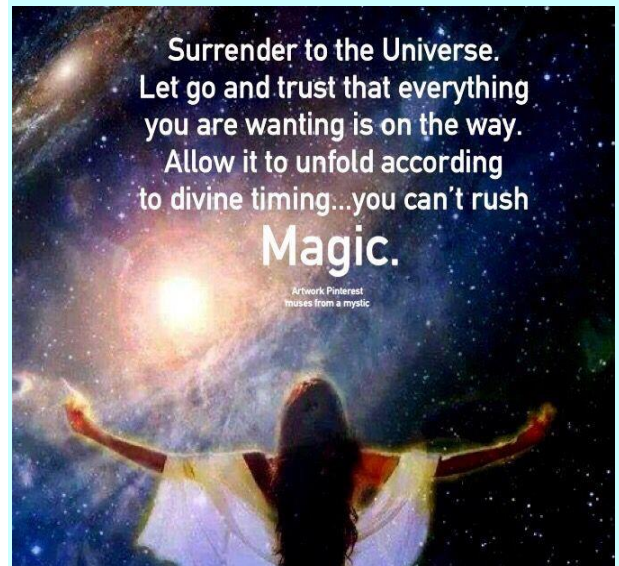
Expressing gratitude helps us focus on the present moment and appreciate everything we already have.

Gratitude is much more than just saying thank you - it is the way you look at the world.

Everything is beautiful when you start being grateful!

Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

"When you are grateful, fear disappears, and abundance appears."



2. Practice Forgiveness:

To forgive is the highest, most beautiful form of love!

If you're holding grudges, you're not hurting anyone but yourself!

Forgiving doesn't mean you condone whatever the person did to you.

It doesn't mean what they did is excusable. It means letting go so that you can move on with your life.

Without forgiveness and love, you will live with resentment, bitterness, malice, and strife which result in more pain.

When you understand that hurt people, hurt people, it's a lot easier to offer them compassion.

"Those who judge other will never understand and those who understand others will never judge."

3. Perform Acts of Kindness:

Making someone else's day brighter brightens our own!

No act of kindness, no matter how small, is ever wasted!

Remember there's no such thing as a small act of

KINDNESS.

Every act creates a ripple with no logical end.

– Scott Adams –

Whether it's an act of kindness that's recognized or something in secret, promoting others' happiness gives us the warm fuzzies. And there are so many ways to be kind!

Kindness is the language which the deaf can hear and the blind can see.

"Do unto others as you would have them do unto you."

4. Take Care of Your Body and Mind:

Listen to your body — what is it saying?

We all know the benefits of exercise and eating healthy...

You are also constantly feeding your mind and have inner thoughts that are influenced by that which is going on around you.

Every thought is a connection to our body!

Are you watching and listening to positive uplifting inspiring people and media or are you under the influence of negativity?

Improve your mood, boost your energy, and lower your stress by taking care of yourself.

"The body achieves what the mind believes."

5. Just Be You:

How you love and perceive yourself is how you teach others to love and perceive you!

The comparison game is frustrating!
Trying to be everyone else is tiring!

There is only one of you and there will only ever be one of you.

You are magnificent!
Celebrate that.

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

Ralph Waldo Emerson

DID YOU KNOW?



Your brain will constantly rewire itself to suit the information that you feed into it. If you constantly complain, gossip, find excuses, etc; it will make it much easier to find things to be upset about, regardless of what is happening around you. Likewise, if you constantly search for opportunities, abundance, love, and things to be grateful for, it will make it much easier to find a reflection of those things around you. It takes practice, but over time this is a very powerful way to reshape your reality.

6. Look for Everyday Magic:

Magic is all around us!

Sometimes you must look a little deeper, but it's there!

The world is alive with colour and inspiration like living music and poetry in motion.

The flicker of candle flames, the way the earth smells after it rains, the texture and colour of leaves and flowers, and a continuation of new creations, inventions, and blends.

It's all magical beauty when you stop to really to look, smell, touch, taste it.

Find magic in the little things, and the big things you always expected will start to show up.

"The world is full of magic things, patiently waiting for our senses to grow sharper."

7. Spend Time in Nature:

It is our companion since eternity!

The natural world is alive and full of wisdom! Nature is the purest portal to inner peace. Look deep into nature, and you will understand everything better.

It gives us a sense of connection to something larger than the self.

In nature, nothing is perfect, and everything is perfect.

When we spend intentional time around plants and animals, we can more easily connect to our true essence.

"Look deep into nature & you will understand everything better". Albert Einstein.

8. Spend Time with Children:

Children are naturally magical!

They are led by their imaginations, and they love to celebrate the small moments. Spending time with children or doing things you loved as a child will allow you to connect this energy.

Children help remind you of how special every day can be through their eyes.

"Children see magic because they look for it."
Christopher Moore

9. Lead with Love:

Being present with love is sensing all of life is magic as it is!

When we allow love to stream through our body the world adds in colour and richness. When we are loving towards others it fills us with love as well.

If we approach people with respect and come from the heart, the results are almost always positive.

It is a magical feeling to be connected to our true nature of loving kindness.

Love does not dominate; it cultivates!

It is about opening up to what more is possible, within all the colours of this one word; love.

"Nobody has ever measured, even poets, how much a heart can hold." Zelda Fitzgerald

10. Be a Possibility Explorer and Discoverer:

So many things are possible as long as you don't know they are impossible!

It is the explorers that discover the new lands! It is the dreamers that discover new possibilities!

It is those that care, and act upon it, that open doors to new ways and discoveries.

"It is only through mystery and madness that the soul is revealed".

Thomas Moore



Life CAN be a Magical Wonderland!

Play with all possibilities!

Life can be a magical wonderland or can be misery – **you get to choose!**

For we cannot force magic to happen. But we can help the magic unfold in our lives, just by opening up to experiences outside our current boundaries.

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."
Albert Einstein.

Whether you allow magic in your life or not is simply a matter of **YOUR** perception!

Magical miracles happen when we create space within ourselves and in the world!

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

UPCOMING EVENTS

Calendar for June 2023 Sunday Service: 5.30pm to 7.00pm Platform Mediums:

4th Matthew Tod
11th Shirley Ann Sharp
18th Paul Edghill
25th Ann Ryndek

June- Mix of Open Development and Healing Classes:

**From 7pm to 9pm Mondays:
5th, 12th, 19th, 26th**

Cost per class:
\$5 for members
\$10 for non-members

All welcome!
For all enquires contact:
Matthew Tod Ph: 021 1736344

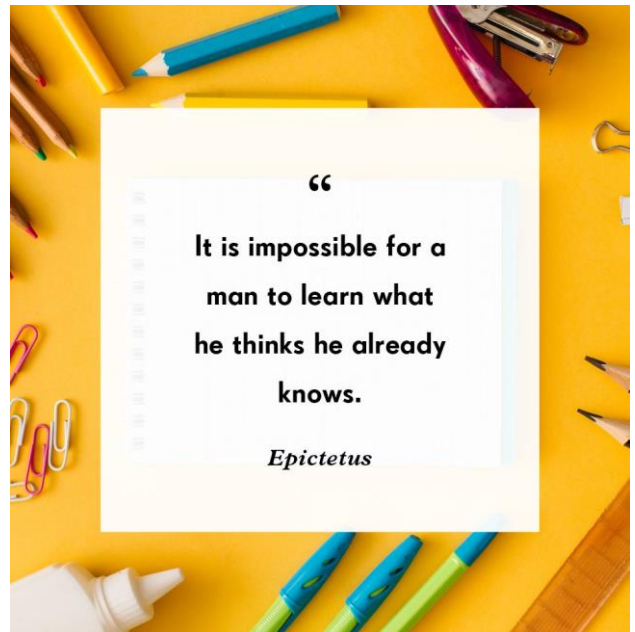
Please visit our Facebook:
www.facebook.com/SpiritualistchurchNZ
For confirmation and class updates or our
website:
<https://www.spiritualgrowth4u.com/>

Visiting International Mediums

Sarah Jeffery
Mediumship Demonstration, 2 Day Workshop
September 2023
<https://www.sarahjeffery.com.au/>

Kerry McLeod and Philip Dykes
Mediumship Demonstration, 5 Day Workshop
March 2024
<https://mymediumship.com>

More details/updates coming soon and will be
posted on -
www.facebook.com/SpiritualistchurchNZ
<https://www.spiritualgrowth4u.com/>



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.

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 Matthew Tod

Minister:

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 rear of the centre on Charles St.

Love and Light to you all

