

South Auckland Spiritualist Church SCNZ™



SPIRITUAL CONNECTION & HEALING

All Welcome

Sunday Service 5:30pm

WWW.SPIRITUALGROWTH4U.COM

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47 East Tamaki Road (down Simons Lane), Papatoetoe, Auckland 202

Newsletter May 2026

NEWS:

Hello everyone, and welcome to May. Over the last month, it's been lovely seeing our regular faces each week, along with a few new ones coming through the doors, as well as some new people signing up as members. We really appreciate each and every one of you. It's what keeps our community strong and doors open.

The month of May brings a shift in temperature. The days start getting cooler, as the door to winter gets closer. There's a natural slowing down that seems to happen. Spiritually, it's a time for letting go of what we no longer need and taking a bit more time to reflect. It's a good opportunity to turn inward, reconnect, and allow space for healing and growth.

An important date in May is the 10th "Mother's Day", a special time to acknowledge and celebrate mums and all those who take on that nurturing role in our lives. Truth be told, most mothers deserve to be celebrated every day for the love, strength, and care they give, often without recognition. Whether they're still with us or in Spirit, their influence never really leaves us. It's a chance to honour that unconditional love and the important role they play in shaping who we are.

As we move through the month, may we all take a little time to slow down, look after ourselves, and stay connected to each other and to Spirit.

Look forward to seeing you at one of Sunday services soon.

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 ♥

Inner Alchemy!

For centuries, alchemy was pictured as turning lead into gold.

Inner alchemy, however, is **NOT** about metal...

It is about **YOU!**

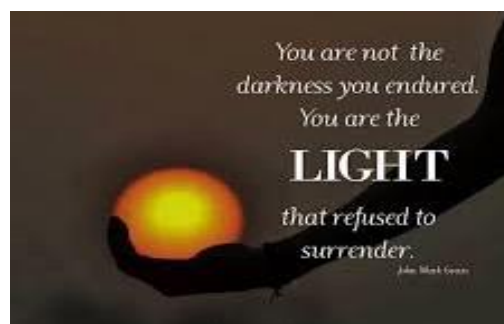
"When you treat your inner world with reverence, everything in your outer world reorganizes!"

The Transformer Is You!

Inner alchemy is about transforming the dense, painful, confusing parts of your life into clarity, power, and purpose.

Every time you turn fear into courage, pain into insight, or confusion into wisdom - you are already practicing inner alchemy. This is the **ULTIMATE** human skill!

"Transformation begins when you stop asking life to change and start changing your relationship with it!"



The Lead We All Carry!

Every one of us carries "lead!"

Fear.

Doubt.

Shame.

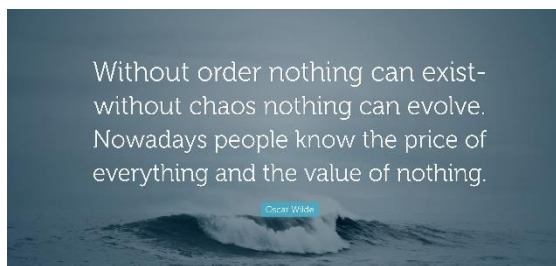
Old wounds.

Limiting beliefs.

Patterns inherited from our environment, family, culture, or childhood.

This is **NOT** failure - it is raw material!

*"Nothing inside you exists to punish you!
Everything inside you is asking to evolve!"*



Without order nothing can exist-
without chaos nothing can evolve.
Nowadays people know the price of
everything and the value of nothing.

Lead Shows Up As:

- Fear of being seen
- Pressure to be perfect
- Emotional triggers
- Hesitation
- Anger or confusion

Lead is **NOT** here to punish you!

Its purpose is simple:

To be TRANSFORMED!

Inside every heavy experience is a capacity waiting to emerge such as:

- Vision
- Love
- Boundaries
- Compassion
- Strength
- Truth

Your emotions are not weaknesses

- they are signals.

They tell you where your power is buried!

*"The gold you seek is not external!
It is the clarity, strength, and truth
already living in you!"*

The Gold is Already Inside YOU!

Inner gold is not added to you

- it is **UNCOVERED!**

Inside fear is courage.

Inside anger is self respect.

Inside shame is authenticity.

Inside confusion is wisdom.

Inside pain is depth, clarity, and empathy.

You do **NOT** lack gold...

You have just never been taught how to refine it!

*"Your past is not a prison!
It is a map!"*

Self Mastery!

Inner alchemy does **NOT** happen through denial or force!

It happens through **SELF MASTERY**

- choosing consciousness over autopilot!

Self mastery does **NOT** erase emotion...
it frees you from being ruled by it!

You become the one who:

- **Observes** thoughts instead of drowning in them.
- **Explores** emotions instead of fearing them.
- **Chooses** positive meaning instead of reacting blindly.

This is how you **CREATE** your inner world
instead of repeating your past!

*"Inner alchemy begins the moment you stop
running from yourself and start listening!"*

The Three Stages of Transmutation!

1. Recognition:

See What Is There!

Awareness changes everything!

You notice your patterns **WITHOUT** shame or blame.

It is like turning on a light in a dark room.

Once you see clearly, you take back your power.

*"Your greatest breakthroughs hide inside
the places you least want to look!"*

**"Look closely at the
present you are
constructing: it
should look like the
future you are
dreaming."**

ALICE WALKER

2. Reframing: Change The Meaning!

The events in your life have no meaning until **YOU** give it one.

YOU are the one assigning the meaning to all of your interactions and experiences!

Meaning shapes your emotion.
Emotion shapes your action.
Action shapes your identity.

Switch the meaning and your entire world transforms!

"My fear means weakness"
becomes
"My fear is showing me where I am ready to grow!"

"My anger means I am broken"
becomes
"My anger reveals a boundary I have ignored!"
This is the fire of alchemy!

*"Your discomfort is not a dead end!
It is your set up!"*



3. Conscious Choice: Act From Your Highest Self!

This is where transformation becomes real!

You choose **truth** over suppression.
Boundaries over collapse.
Courage over waiting.
Presence over reactivity.

Every conscious choice builds a new identity and a new life!

"Self mastery is choosing consciousness over habit!"

Your Past: A Resource - NOT a Curse!

Nothing in your past is wasted!

Your trauma taught you depth.
Your failures taught resilience.
Your heartbreak expanded your empathy.
Your mistakes clarified your values.

Your past is not a stain
- it is a **LIBRARY OF POWER**
waiting to be used!

*"Your past is a resource!
Mine it for wisdom, not shame!"*



Life As An Alchemist!

When you live this way, you experience:

- More clarity
- More freedom
- More presence
- More confidence
- More joy

Not because life gets easier, but because you get stronger, clearer, and more awake!

You stop reacting.
You start creating.
You begin to trust yourself at the deepest level!

*"You don't 'fix' yourself!
You reveal yourself!"*

Stop trying to 'fix' yourself;
you're NOT broken! You are
perfectly imperfect and
powerful beyond measure.

Claim Your Role As The Alchemist!

Right now, identify one piece of your “lead”
- a fear, a wound, a story, a limiting pattern.

Then ask the alchemist’s question:
“What wants to emerge through this?”

Because inside every heavy part of your life
is a higher version of you trying to be born.

Your lead is **NOT** your limitation!
It is your initiation!

*“Healing is not becoming someone new!
It is remembering who you were before
the world taught you fear!”*



You Are The Alchemist!

Your awareness is the fire.
Your heart is the container.
And your life... your true life...
is the gold waiting to shine!

Inner alchemy is the art of meeting your
shadows **WITHOUT** losing your light!

Release does not mean forgetting...
It means **REASSIGNING** power!

**When you transform within,
your world around you
transforms with you!**

By Trish Bolstad



Calendar for May 2026

Sunday Service:

5.30pm to 7.00pm Platform Mediums:

3rd	Sarah Ward
10 th	John Bolstad
17 th	Matthew Tod
24 th	Clinton Arnold
31 st	Mary Newton

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.

Love and light to you all



For Information on what is happening at
SASC, please go to our Facebook Page
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or our website –
<https://www.spiritualgrowth4u.com/>