

# South Auckland Spiritualist Church SCNZ™



## SPIRITUAL CONNECTION & HEALING

All Welcome

Sunday Service 5:30pm

[WWW.SPIRITUALGROWTH4U.COM](http://WWW.SPIRITUALGROWTH4U.COM)

[info@spiritualgrowth4u.com](mailto:info@spiritualgrowth4u.com)

47 East Tamaki Road (down Simons Lane), Papatoetoe, Auckland 2025

### Newsletter August 2024

#### NEWS:

Hello everyone, and welcome to August. The past month has been full of activity for us. Firstly, our Reading Day was a great success. A big thank you to everyone who supported the event and to all the Mediums for their services.

Next, we had our AGM, which saw an excellent response from members, with all positions being filled. This puts us in a strong position for the year ahead.

A warm welcome from SASC to those serving on the committee for the first time, and for those returning thank you for your ongoing commitment.

Lastly, we would like to express our gratitude to those who have attended our Sunday services and shared their appreciation. It is our pleasure to hear your positive feedback, and we look forward to seeing you all again.

With just over a month to go, we are looking forward to hosting Australian Medium Sarah Jeffery's 2 x Evidential Mediumship Workshops and a Demonstration of Mediumship Event.

The first workshop is on the weekend of the 7-8<sup>th</sup> of September and is aimed at all levels of mediumship development. On the following weekend 14-15<sup>th</sup> is the 2nd workshop which is aimed at Intermediate to advance mediumship. Sarah has put this together to cater for all needs with a focus on keeping class sizes limited so every participant gets the full immersion of Sarah's extensive experience and expertise. If you have an interest, or you are a developing Medium, or a practicing Medium, these in person experience workshops are sure to inspire and elevate your journey.

For more information and bookings go to <https://www.sarahjeffery.com.au/events>  
Mediumship Demonstration bookings email - [events@spiritualgrowth4u.com](mailto:events@spiritualgrowth4u.com)

Please refer to the end of newsletter for more information on coming events

Please go to our Facebook Page [www.facebook.com/SpiritualistchurchNZ](http://www.facebook.com/SpiritualistchurchNZ)  
or our Website - <https://www.spiritualgrowth4u.com/> for Information on what is happening at SASC

♥ Till next month - talk soon ♥

## Forgiveness!

Imagine carrying a heavy burden on your shoulders, day in and day out!

A burden of pain, anger, and resentment towards someone who has wronged you.

“If we really want  
to love, we must  
learn how to forgive.”

—MOTHER TERESA



### **Negative Emotions:**

These negative emotions not only consume us but also affect our mental and physical health.

But now, envision a life where that weight is lifted, where bitterness is replaced by compassion, and where wounds are healed through the act of forgiveness.

*"Forgiveness is the needle that knows how to mend!"*

Jewel



### **Think about:**

How many times have we held grudges, refusing to let go of the pain inflicted upon us by others?

We may feel justified in holding onto that anger, but in reality, it keeps us imprisoned in a cycle of negativity.

It prevents us from experiencing true joy and peace in our hearts.

*"Forgiveness has an uncanny way of bringing incredibly good out of incredibly bad situations!"*

Paul J. Meyer

### **Forgiveness Is Strength:**

Forgiveness is not a sign of weakness. It is an act of immense strength and courage.

It takes courage to confront our pain head on and choose to forgive, but it is a choice that leads to a life changing transformation.

*"Forgiveness is a strange thing... It can sometimes be easier to forgive our enemies than our friends. It can be hardest of all to forgive people we love!"*

Fred Rogers

### **Let Go:**

When we forgive, we release ourselves from the burden of resentment, anger and bitterness that can weigh us down.

It allows us to let go of the shackles of the past and move forward towards a brighter future.

*"When you forgive, you in no way change the past - but you sure do change the future!"*

Bernard Meltzer

### **I am Worthy:**

Forgiving isn't something you do for someone else.

It's something you do for yourself.

### **It's saying:**

You're not important enough to have a stranglehold on me.

### **It's saying:**

You don't get to trap me in the past. I am worthy of a future!

*"Forgiveness isn't approving what happened. It's choosing to rise above it!"*

Robin Sharma

### **Forgiveness Is a Gift:**

It is a decision to break free from the past and embrace a future filled with positivity and growth.

Forgiveness free us from the chains of hate, and liberate our souls from the burden of carrying past wounds.

It is like unburdening a heavy load from our shoulders, allowing us to stand tall and walk forward with renewed strength and clarity.

*"How unhappy is he who cannot forgive himself!"*

Publilius Syrus



### **Forgiving Ourselves:**

Moreover, forgiveness is not just about absolving others; it is also about forgiving ourselves.

We are all human, prone to making mistakes and regrettable choices.

Instead of dwelling on our shortcomings and drowning in self condemnation, let us learn to forgive ourselves.

Doing so opens the door to self compassion, self love, and self growth.

It allows us to blossom into the best version of ourselves.

*"When you forgive, you heal.  
When you let go, you grow!"*



### **Forgiveness Extends Beyond Ourselves:**

By forgiving, we can sow the seeds of healing and reconciliation in our relationships and communities that were torn apart by conflict.

It fosters an environment of empathy and understanding, paving the way for stronger connections and a more compassionate society.

*"In order to have understanding, you need forgiveness, compassion, and empathy!"*  
Rooney Mara

### **Forgiveness Shapes Us:**

History has shown us instances of profound forgiveness, where individuals and nations chose reconciliation over revenge, leading to a more harmonious and prosperous society.

*"We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love!"*  
Martin Luther King Jr.

### **Forgiveness Is Not Condoning:**

It is crucial to acknowledge that forgiveness does not necessarily mean condoning or excusing harmful actions of others or forgetting the pain they caused.

It is not about letting them off the hook for their deeds.

**Instead**, it is about reclaiming our power and choosing to no longer let those actions define us.

*"Forgive others, not because they deserve forgiveness, but because you deserve peace!"*

### **Forgiveness Brings Healing:**

It's about choosing to rise above the pain, to break the cycle of anger and retaliation, and to create space for healing.

Forgiveness empowers us to take control of our lives and our emotions, rather than being controlled by past hurts.

*"Weak people revenge.  
Strong people forgive!"*  
Albert Einstein

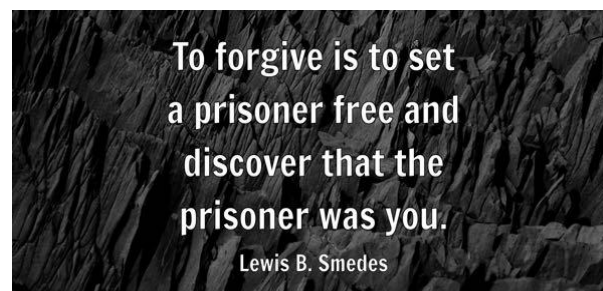
### **Forgiveness Impacts Our Mental State:**

The impact of forgiveness on our mental and emotional wellbeing cannot be overstated.

Studies have shown that those who practice forgiveness experience reduced stress, anxiety, and depression.

They also report higher levels of life satisfaction and overall happiness.

*"Forgiveness is for yourself because it frees you. It lets you out of that prison you put yourself in!"*  
Louise L. Hay



### Forgiveness Opens Doors:

When we forgive, we open the door to a more positive outlook on life.

Forgiveness frees us from the corrosive effects of bitterness and resentment, paving the way for a brighter and more fulfilling life.

*"Without forgiveness life is governed by an endless cycle of resentment and retaliation!"*  
Roberto Assagioli

### Forgiveness Takes Time and Effort:

To embrace forgiveness, we must start by acknowledging our pain and acknowledging that forgiveness is not always easy.

It may take time and effort, but the rewards it brings are immeasurable.

Surround yourself with a support network of friends, family, or professionals who can guide you through the process.

Each step we take towards forgiveness brings us closer to happiness and wellbeing.

*"Forgiveness is not an occasional act, it is a constant attitude!"*  
Martin Luther King Jr.

### Forgiveness is Personal:

Forgiveness is a very personal intimate thing. Forgiveness is not something that you can speak for others because it includes not only your desire and will, your reflection and intellect, but also your emotions.

*"If we really want to love, we must learn how to forgive!"*  
Mother Teresa

### Open Up:

Forgiveness is like a dark room, where you have closed the windows, and you closed the curtains.

But the sun is shining outside, and the air is fresh outside.

In order to get that fresh air, you have to get up and open the window and draw the curtains apart!

*"Choosing forgiveness opens the door of your heart and makes way for a miracle in your life!"*  
Victoria Osteen

### Conclusion:

Forgiveness is a mighty force that can transform your life!

By Trish Bolstad

## UPCOMING EVENTS

### Calendar for August 2024

#### Sunday Service:

5.30pm to 7.00pm Platform Mediums:

4 <sup>th</sup>	Bruce Jackson
11 <sup>th</sup>	Lois Hammond
18 <sup>th</sup>	Matthew Tod
25 <sup>th</sup>	Open evening to all Students in development groups to practice a public demonstration

### Mix of Open Development and Healing Classes:

#### Attention:

Expressions of interest being taken  
For all enquires contact -  
Matthew Tod Ph 021 1736344

### **Sarah Jeffery's Evidential Mediumship 2x2 workshop "In the next room"**

7<sup>th</sup> - 8<sup>th</sup> September 2024, Open all levels  
14<sup>th</sup> - 15<sup>th</sup> September 2024, Intermediate

<https://www.sarahjeffery.com.au/events>

### **"An evening with Spirit" Demonstration event with Sarah Jeffery**

6<sup>th</sup> September 7pm. For bookings email -  
[events@spiritualgrowth4u.com](mailto:events@spiritualgrowth4u.com)  
Door sales also available

*Love and Light to you all.*



For Information on what is happening at SASC, please go to our Facebook Page [www.facebook.com/SpiritualistchurchNZ](http://www.facebook.com/SpiritualistchurchNZ) or our website –

<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.

# EVIDENTIAL MEDIUMSHIP 2 X 2 DAY WORKSHOP IN THE NEXT ROOM

*Opening the door, the messenger's journey*

9am-4pm Private Sitzings  
(All levels)  
7-8 September 24

9am-4pm Demonstrating Mediumship  
(Intermediate)  
14-15 September 24

South Auckland Spiritualist Church of  
New Zealand

To book visit  
[www.sarahjeffery.com.au](http://www.sarahjeffery.com.au)



Sarah Jeffery  
Psychic/Medium



# An Evening with Spirit

**SOUTH AUCKLAND  
SPIRITUALIST CHURCH**

7PM FUNDRAISER

**WITH GUEST  
AUSTRALIAN  
MEDIUM  
SARAH  
JEFFERY**

**6 SEPTEMBER 2024**



**47 East Tamaki Road, Papatoetoe, Auckland  
\$20NZD per person**

**To book email [events@spiritualgrowth4u.com](mailto:events@spiritualgrowth4u.com)  
Doors sales available on the night**