

# South Auckland Spiritualist Church SCNZ™



## SPIRITUAL CONNECTION & HEALING

All Welcome

Sunday Service 5:30pm

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

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

### Newsletter November 2025

#### NEWS:

Hello everyone and welcome to November. With the days growing longer and the weather warming up, it's wonderful to see more people venturing out and joining us for our Sunday services. We've noticed a slight increase in numbers recently, which is great to see. If you haven't been along for a while, now is the perfect time to come and embrace that special hour and a half we dedicate each week to the celebration of Spirit.

In the time we spend together each week, we are reminded that we are so much more than our physical presence, we are an extension of source energy having a physical experience. Our services give us the opportunity to pause, reflect, and celebrate who we truly are - unique expressions of divine consciousness, all interwoven and connected.

A special part of each Sunday services is our Healing segment, which serves as more than just a space to receive Healing. It reminds us that, just as our bodies need food for nourishment, our souls too need nourishment and care.

Healing is an essential part of our wellbeing, it restores, balance, brings comfort, and connection in ways that words cannot. It truly is food for the soul and an important reminder that Healing is not limited to the service itself, but is part of everyday life, available to us all.

Please go to our Facebook Page [www.facebook.com/SpiritualistchurchNZ](https://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 ♥

## Life Is Too Short to Waste on Complaints!

We live in a world brimming with powerful energy, yet all too often, we squander it in our fruitless complaints of grievances.

Many people are entangled in negativity and trapped in their discontentment.

*"Each moment is precious, every breath a gift!"*

### Complaining is a Universal Habit:

From the trivial inconveniences of daily life to the heartfelt challenges we face, we often find ourselves complaining about what we lack, what we dislike, or what we wish was different.

Complaining not only ruins everybody else's day - it ruins the complainer's day too.

The more we complain, the more unhappy we get!

*"If you are not helping to make it right, then stop complaining about it being wrong!"*

### Complaint Experts:

Complainers change their complaints, but they never reduce the amount of time spent in complaining.

It is as if we have become experts in the art of dissatisfaction, masters of finding fault in even the most beautiful diversity of life.

*"While you are complaining about the little problems in your life, somebody is actually fighting for theirs!"*



### Complaining is a Habit:

Complaining has become a pervasive habit, ingrained in our daily routines like a noxious weed.

Often, without even realizing, we are venting our frustrations to anyone who will listen, even internally to ourselves.

*"When you complain, you make yourself a victim. Leave the situation, change the situation, or accept it! All else is madness!"*  
Eckhart Tolle

### Ask Yourself:

How often do you find yourself caught in the cycle of complaining, whether silently to yourself or aloud to others?

How many hours have you wasted rehashing grievances, reliving disappointments, and holding on to resentments?

*"If you have time to whine and complain about something then you have the time to do something about it!"*  
Anthony J. D'Angelo

### Wasted Hours!

When you complain too much, you lose sight of what is right in front of you!

Think of all the moments you spent dwelling on what's wrong rather than revealing in what's right...

*"Don't complain. Complaining is like sitting in a rocking chair. You can get lots of motion but you aren't going anywhere!"*  
Robert Eggleton

### Complains Complaints Complaints:

We complain about the weather, traffic jams, work stress, relationships, the shortcomings of others, and about the unfairness of life itself.

Complaining about a problem without posing a solution is called whining!

*"Complaining is finding faults. Wisdom is finding a solution!"*  
Ajahn Brahm

### Energy Drain:

Complaining is a drain, a constant leakage of our vital life force into a bottomless pit of negativity.

Every minute spent complaining is a minute wasted – a minute that could have been spent pursuing our passions, growing meaningful relationships, or simply appreciating the beauty of the world around us.

*"Complaining is a complete waste of one's energy. Those who complain the most accomplish the least!"*  
Robert Tew

### Relationships:

Nobody enjoys the company of a chronic complainer.

Their presence weighs heavily on our spirits, draining our enthusiasm and sapping our energy.

The constant barrage of complaints becomes a barrier to meaningful connection, eroding the bonds of friendship and togetherness.

*"What's the point of complaining. It just makes the people around you feel bad too!"*  
Suzanne Brockmann

### Complaining Is Contagious:

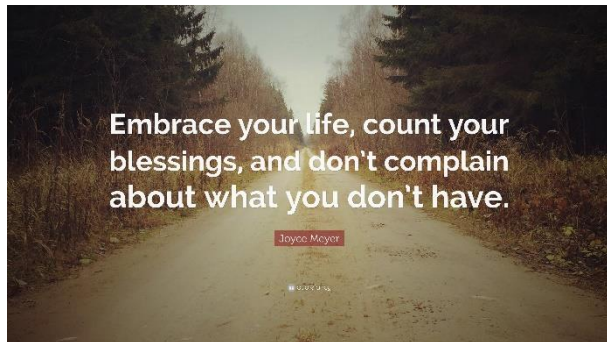
Just as laughter is infectious, so too is the toxicity of negativity.

Like a virus, it spreads rapidly, infecting not only our own minds but also those around us.

*"Happiness is contagious!*

*Be a carrier!"*

Robert Orben



### Complaining Is Poisonous:

It poisons both personal and professional relationships, driving others away with its toxic aura of negativity.

Complaining suffocates the possibility of joy, connection and instead creates mental tension.

*"People complain not because something sucks.*

*People complain because they're looking for empathy and to feel connected with those around them.*

*Unfortunately, complaining is maybe the least useful way to connect with other human beings!"*

Mark Manson

### It Grows Worse!

By fixating on what we perceive as wrong or unjust, we inadvertently magnify their significance, allowing them to consume our thoughts and dictate our emotions.

We become caught up in a feedback loop of negativity, where each complaint produces another until we are consumed by the very darkness we sought to cast out.

*"Complaining isn't a substitute for action!"*

Frank Sonnenberg

### Why Do We Complain?

Complaining often stems from a sense of powerlessness, a feeling that we are at the mercy of external circumstances beyond our control.

It becomes a coping mechanism, a way to vent our frustrations and assert some semblance of control over our lives.

Yet, in reality, complaints only serve to reinforce our sense of powerlessness, trapping us in a vicious cycle of negativity.

*"The primary cause of unhappiness is never the situation but your thoughts about it!"*

Eckhart Tolle

### Break Free:

**How do you break free from this cycle of complaint and reclaim your power over your life?**

The answer lies in a radical shift in perspective, a conscious choice to focus our attention on what we do like rather than what we don't.

*"Change is not an event, it's a process!"*

Cheryl James

### Have Gratitude:

Practicing gratitude is not always easy, especially in a world that bombards you with messages of scarcity and deficiency.

It requires conscious effort and discipline to shift your attention away from what you lack towards what you have.

Start a daily practice of acknowledging and appreciating the blessings, both big and small, that enrich your life.

If you are criticising, you are not being grateful.

If you are blaming, you are not being grateful.

If you are complaining, you are not being grateful.

*"The soul that gives thanks can find comfort in everything; the soul that complains can find comfort in nothing!"*

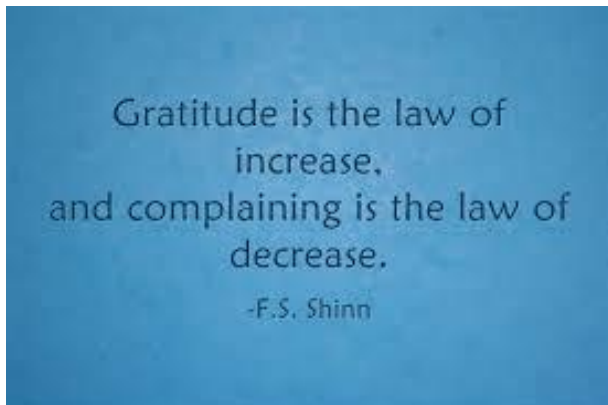
Hannah Whitall Smith

### Practice Mindfulness:

Mindfulness is being fully present in each moment without judgment or attachment.

By observing the patterns of your mind without judgment, you create space for clarity and insight.

*"Be where you are;  
Otherwise you will miss your life!"*  
Buddha



### Actively Self Care:

Whether it is through meditation, exercise, or simply taking a moment to breathe deeply and centre yourself, self care is essential for maintaining a positive mindset in the face of life's challenges.

*"The challenge is not to be perfect  
- it is to be whole!"*  
Jane Fonda

### Proactive Your Mindset:

Reframe your perspective to see challenges as opportunities for growth and learning.

If something is bothering you, address it constructively.

Take proactive steps to create change rather than complain.

If you took one tenth the energy you put into complaining and applied it to solving the problem, you would be surprised by how well things can work out.

**Complaining is finding fault!  
Wisdom is finding a solution!**

*"Cancers of the mind:  
Comparing, Complaining, Criticizing!"*  
Jay Shetty

### Choose Your Words:

Words have a remarkable power to shape your reality, both for better and for worse.

Instead of succumbing to the temptation to complain, choose to speak words that uplift, inspire, and encourage.

Lift others up rather than tear them down.

And when the urge to complain arises, be it inside your own mind or to others, pause and ask yourself:

*"Does this serve any purpose other than to feed my own negativity?"*

*"Complaining is asking for what you don't want!"*

### Surround Yourself With Positivity:

Seek out the company of those who uplift and inspire you, rather than drag you down with their own complaints.

By cultivating a supportive network of friends and loved ones, you can create an environment that encourages growth and positivity.

*"Sometimes, when things are falling apart,  
they may actually be falling into place!"*

### Focus Your Attention:

Instead of fixating on what is wrong, train your mind to seek out the good in every situation.

When you choose to focus on the good, something remarkable happens.

Your perspective broadens, your hearts open, and your life become more pleasurable.

*"The present moment is filled with joy and happiness. If you are attentive, you will see it!"*  
Thich Nhat Hanh

### Complaining Is NOT a Working Strategy:

We all have limited time and energy.

Spending your time whining will not help you achieve your goals - instead you will lose time that you could be enjoying.

*"What's the use of complaining about something when you have no intentions of changing it?"*  
Mario L Castellanos

**ZIG ZIGLAR**  
1926-2012

**THE MORE YOU COMPLAIN  
ABOUT YOUR PROBLEMS,  
THE MORE PROBLEMS YOU WILL  
HAVE TO COMPLAIN ABOUT.**

### Imagine...

Imagine a world where we don't channel our energy into complaining about what we lack, but instead into celebrating what we have.

A world where gratitude reigns supreme, and every setback is viewed as an opportunity for growth.

*"Stop complaining and start loving;  
every complaint will vanish like fog in the  
morning sunlight!"*

Debasish Mridha

The pessimist complains  
about the wind; the  
optimist expects it to  
change; the realist  
adjusts the sails.

William Arthur Ward

### It Is Your Choice!

You must consciously choose to shift your focus from the negative to the positive, from despair to hope, from complaint to gratitude.

Choose love over fear, gratitude over grievance.

It requires effort at first, but with practice, it becomes second nature.

*"Live one day without judging, complaining  
and "should-ing" on yourself and others. It  
might well turn out to be the happiest day of  
your life!"*

Nitya Prakash

### In Conclusion:

Refuse to be defined by your grievances and limitations.

**Complaining will NOT make you happier!**

*"Opportunities are where the complaints are!"*  
Jack Ma

### Focus On Your Blessings:

Make a commitment to stop complaining and start appreciating the abundance of blessings that surround you each and every day.

Refuse to criticize, condemn, or complain. Instead, think and talk only about the things you really want.

*"Any fool can criticize, condemn and complain  
- and most fools do!"*

Dale Carnegie

### Choose Wisely:

**CHOOSE** to see the beauty and wonder of the world, even in the midst of adversity.

**CHOOSE** to be beacons of positivity and inspiration, lighting the way for others to follow.

**CHOOSE** to live your life, not in complaint, but in celebration of all that is good and beautiful.

In doing so, you reclaim your power, becoming the architect of your own happiness rather than a passive victim of circumstance.

*"Some people complain; others act!"*

Frank Sonnenberg

### So, before you complain again...

Remember to be grateful you have breath to complain with!

*"The only way to live is by accepting each  
minute as an unrepeatabe miracle!"*

Tara Brach

**Life is much too short to waste on  
complaints!**

By Trish Bolstad

**NO WHINING  
NO COMPLAINING  
ABSOLUTELY  
NO FROWNING  
ONLY  
HUGS, SMILES  
&  
WARM FUZZY FEELINGS  
ARE ALLOWED  
THANK YOU**

# UPCOMING EVENTS

## Calendar for November 2025

### Sunday Service:

5.30pm to 7.00pm Platform Mediums:

2 <sup>nd</sup>	Matthew Tod
9 <sup>th</sup>	Bruce Jackson
16 <sup>th</sup>	Davene
23 <sup>rd</sup>	Lois Hammond
30 <sup>th</sup>	Fiona Goldsmith

## Mix of Open Development and Healing

### Classes:

#### **Attention:**

Expressions of interest being taken

For all enquires contact -

Matthew Tod Ph 021 1736344

*Love and light to you all.*



**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.

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/>