

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 March 2026

NEWS:

Hello everyone, and welcome to March. As we move into March, we take a moment to reflect on February, another wonderful month for our church community. It has been great to see a steady flow of people attending our Sunday services, each gathering filled with warmth, connection, and uplifting energy. Your continued support and presence truly make our church the vibrant community it is.

Looking ahead, one of the highlights of our calendar is fast approaching. Our **Readers Day on 14th March, from 10:30am to 3:30pm.**

Over the years, we have built a solid and trusted reputation for hosting these special events. The feedback we consistently receive is incredibly positive, with many attendees sharing how meaningful their readings have been.

Readers Days are not only a significant part of our church fundraising efforts, helping us continue the work we do, but they are also a valued service to our wider community.

They offer anyone seeking insight, guidance, or connection the opportunity to receive a personal reading at a very reasonable cost.

We are often asked when the next Readers Day will be held, and once a date is announced, sessions fill quickly. In fact, some past events have been completely booked out, so early booking is strongly encouraged to avoid disappointment.

Another wonderful feature of the day is the growing popularity of our Developing Mediums Table. Here, we offer free readings to anyone who would like one. This initiative provides an invaluable opportunity for our developing mediums to practise and refine their skills.

This upcoming Readers Day features a fantastic line up of experienced mediums, each bringing their own unique style and connection. If you are looking for insight guidance or connection, we strongly encourage you to **secure your booking as soon as possible.**

Sessions are already filling quickly, and with past events fully booked out, we recommend reserving your place now to avoid missing out.

Bookings for Reading Day email. - events@spiritualgrowth4u.com

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 ♥

Laughter: The Best Medicine!

You may of heard the saying,
Laughter is the best medicine?



But...
have you actually stopped and thought about
what that really means?

"A laugh is a smile that bursts!"

Transformation Tool:

Did you know that laughter is more than just a reaction?

It is a powerful tool that can heal, energize, and transform our lives.

"A day without laughter is a day wasted!"
Charlie Chaplin



The Science of Laughter:

It turns out that laughter isn't just something we do when we hear a funny joke or see something amusing.

Laughter is a full body experience, one that engages your brain, your heart, and your muscles.

"At the height of laughter, the universe is flung into a kaleidoscope of new possibilities!"
Jean Houston

Endorphins:

When we laugh, our brain releases endorphins, the body's natural 'feel good' chemicals.

These powerful compounds act like painkillers and stress relievers, helping us find relief during tough times.

It is like a natural gentle reminder;
"You have been through a lot - here is a little relief!"

Not only does this feel great, but endorphins help improve mood, reduce feelings of anxiety, and even ease pain.

"Every blessed one of you feels better for that burst of laughter!"
Ivor Novello

Stress Reducer:

Studies show that laughter can lower stress hormones, like cortisol, which helps improve our immune system.

When we laugh, we reduce the negative effects of stress, which, over time, can prevent chronic diseases like high blood pressure, heart disease, and diabetes.

"Laughter is the valve on the pressure cooker of life. Either you laugh or you got your beans or brains on the ceiling!"
Wavy Gravy

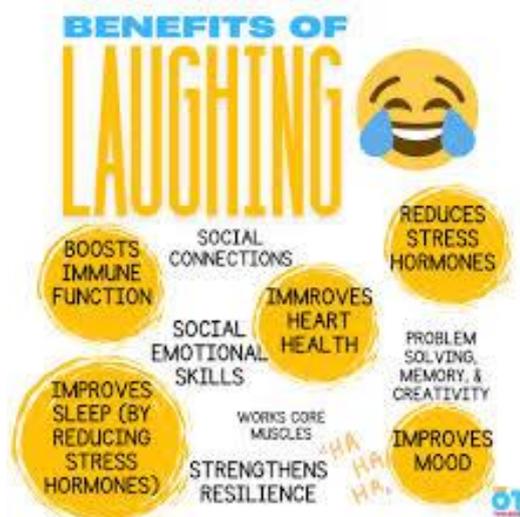
Heart Health:

Laughing also increases the blood flow to our heart and helps with oxygenation, making our blood vessels more flexible.

This cardiovascular workout reduces the risk of heart disease and promotes better overall heart health.

Laughter is often referred to as the **'cardiovascular workout'** because it mimics the effects of exercise on the body.

"Hearty laughter is a good way to jog internally without having to go outdoors!"
Norman Cousins



Emotional Power:

On the emotional side, laughter has a strong capability to lift us out of negative thinking and increase our sense of wellbeing.

Ever notice how a good laugh can instantly lift your mood, no matter how down you felt before?

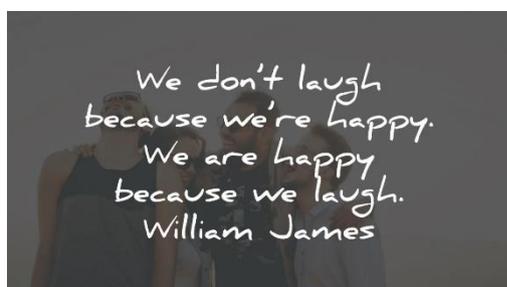
In stressful moments, laughter acts as a release button.

It frees us from the grip of negativity and allows us to see the world from a lighter perspective.

When life feels heavy, laughter helps us find a way to breathe and carry on.

It makes everything seem more manageable.

"It is impossible for you to be angry and laugh at the same time. Anger and laughter are mutually exclusive, and you have the power to choose either!"
Wayne Dyer



Laughter Is Contagious:

Laughter is not only a personal experience; it's a shared one.

Have you ever been in a room full of people laughing, and before you know it, you are laughing too even if you are not sure what is so funny?

That is because laughter is a social bond. It connects us.

It creates a shared experience that brings people closer together, breaking down barriers and building trust.

Think about a time when you were laughing with friends or family. In those moments, we feel connected, understood, and accepted.

"Everybody laughs the same in every language because laughter is a universal connection!"
Yakov Smirnoff

Laughter In Challenging Times:

But the true power of laughter is most evident when we face tough times.

Life is unpredictable, and we all face challenges - from personal loss, illness or hardship to the daily pressures of life.

Yet, even in these difficult moments, laughter can often surface.

"Comedy is defiance. It's a snort of contempt in the face of fear and anxiety. And it's the laughter that allows hope to creep back on the inhale!"
Will Durst

Some of the most inspiring stories come from people who, despite battling serious illness, have found strength and healing through laughter.

In fact, some hospitals now use laughter therapy as part of their treatment plans because it helps reduce pain, boost dopamine levels, and improve sleep.

"Laughter gives us distance. It allows us to step back from an event, deal with it and then move on!"
Bob Newhart

Laughter Heals:

Norman Cousins, a writer diagnosed with a debilitating and painful illness in the 1970s, famously used humour as part of his healing journey.

His doctors gave him little hope, but Cousins decided to take matters into his own hands.

He watched hours of comedic films, read humorous books, and surrounded himself with laughter.

Remarkably, he began to improve, and eventually, his condition went into remission.

His story shows the healing power of laughter.

"Laughter is a tranquilizer with no side effects!"

Laughing is, and always will be, the best form of therapy.

Mindset Shift:

Laughter does not cure everything, but it certainly has the power to shift our mindset, alleviate suffering, and improve our overall quality of life.

Laughter does not just make us feel better - it can help us live better, more freely, and happier!

"A good laugh heals a lot of hurts!"
Madeleine Lengle

Laughter Is Free:

We all have access to this powerful tool.

We do not need special equipment, expensive treatments, or even a perfect sense of humour.

Whether we are facing challenges or celebrating victories, laughter can always be there as a natural, accessible tool for better health and happiness.

"The person who can bring the spirit of laughter into a room is indeed blessed!"
Bennett Cerf

The Power of Your Response:

Life is full of challenges, and none of us are immune to difficult times.

But the question is not whether we will face adversity - it is how we will respond to it!

Laughter helps us bounce back quicker and strengthens our emotional resilience.

It is not about avoiding the tough stuff - it is about facing it with a lighter heart.

When we can laugh at ourselves or the absurdity of a situation, we create space for hope, solutions, healing, connection, and growth.

"So many tangles in life are ultimately hopeless that we have no appropriate sword other than laughter!"
Gordon W. Allport

Bring In Laughter:

Here are 6 simple ways to bring more laughter into your life:

1. The Small Moments:

Life is not always funny, but sometimes, the best laughs come from the most unexpected places.

Look for humour in everyday situations - whether it is an amusing observation, a funny mishap, or a silly joke.

"Life is better when you are laughing!"

2. Seek Out Funny People:

Spend more time with people who have a good sense of humour.

Their easy outlook on life can be contagious, and you will find yourself laughing more naturally.

Engaging in social activities that encourage laughter, such as game nights, comedy shows, or sassy interactions with your favourite people.

Laughter is more powerful when shared!

If you are alone, watch a funny movie, listen to a comedy podcast, or lose yourself in a humorous book.

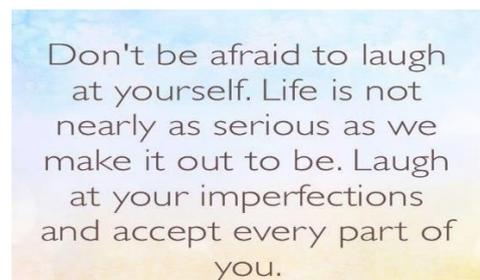
"Laughter is the closest distance between two people!"
Victor Borge

3. Laugh At Yourself:

Learning to laugh at yourself gives you freedom to be more authentic and less negativity influenced by judgment.

Embrace your imperfections and mistakes, and do not be afraid to be silly.

This not only reduces stress but also helps you to not take life too seriously, making room for more joy and laughter!



Don't be afraid to laugh at yourself. Life is not nearly as serious as we make it out to be. Laugh at your imperfections and accept every part of you.

"Blessed are we who can laugh at ourselves, as we shall never cease to be amused!"

4. Do Fun Activities:

Engage in activities that you genuinely enjoy, such as dancing, painting, or anything else that brings you joy.

Fun activities naturally lead to laughter!

"We don't laugh because we are happy. We are happy because we laugh!"

William James

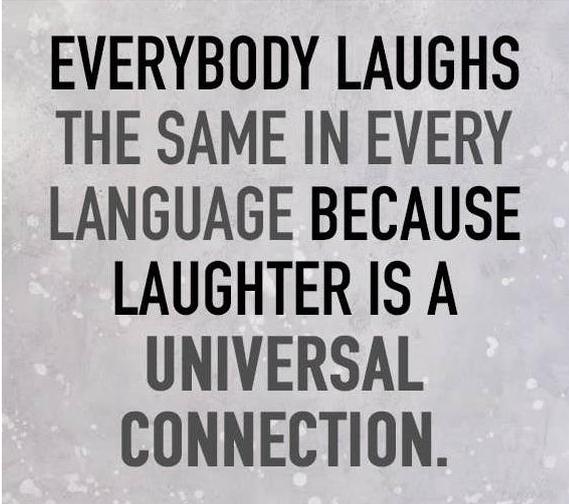
5. Make Time For laughter:

Share a joke, watch something funny, or simply enjoy the absurdity of life with those you love.

Laughter bonds us, so create those moments on purpose!

"Laughter is an instant vacation!"

Milton Berle



EVERYBODY LAUGHS
THE SAME IN EVERY
LANGUAGE BECAUSE
LAUGHTER IS A
UNIVERSAL
CONNECTION.

6. Joyful Scrolling:

The internet is a treasure chest of humorous content.

Search for feel good uplifting stories and humour.

Listen to a funny podcast in your car, watch funny show or read an uplifting book.

With so much content at your fingertips, you are just a click away from something that will make you laugh!

"Laughter is, and will always be, the best therapy!"

Dau Voire

It Takes Practice:

Like any other positive habit, increasing laughter in your life takes intention and practice.

Start small, be consistent, and your life will become brighter, easier, and more enjoyable.

"Laughter is like a reset button for your soul!"

Transformative Force!

Laughter improves our physical health, lifts our spirits, strengthens our relationships, and helps us navigate life's challenges with a lighter heart.

"Laughter can help relieve tension in even the heaviest of matters!"

Allen Klein

Powerful Healing Tool:

When we laugh, we not only heal ourselves but also share that healing with the world around us.

In recognizing the power of laughter, we uncover a tool for living more fully.

"Laughter is a weapon of mass construction!"

Laughter truly is one of the best medicines available to us

- no prescription needed!

live
well.
laugh
often.
love
much.

By Trish Bolstad

UPCOMING EVENTS

Calendar for March 2026

Sunday Service:

5.30pm to 7.00pm Platform Mediums:

1 st	Fiona Goldsmith
8 th	Bruce Jackson
14th	SASC Reading Day (Saturday)
15 th	Matthew Tod
22 nd	Zane & Tracey Smith
29 th	Clinton Arnold

Mix of Open Development and Healing

Classes:

Attention:

Expressions of interest being taken

For all enquires contact -

Matthew Tod Ph 021 1736344

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.

Coming up on the **Saturday
14th March SASC Reading
Day. Details in the attached
poster.**

Love and light to you all



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 14th March 2026 from 10:30am to 3:30pm
 - 47 East Tamaki Road (down Simons Lane), Papatoetoe, Auckland
- We have secured a wonderful lineup of mediums for this event. Our Reading Days are always popular and sessions fill quickly.
Book now to secure your preferred time*

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
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- 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 choice 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 will also be available from up and coming Mediums in development