

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 2025

----- Newsletter April 2022 -----

NEWS:

Hello everyone, first of all I hope you are all well and doing great. It has been a very quiet month for us here as we have been closed for a wee while now, but that has now ended as our committee agreed we shall open this Sunday 10th April @ 5.30pm for service and also all our classes will resume as normal so please come along - all welcome. Please go to our Facebook Page www.facebook.com/SpiritualistchurchNZ for updates

♥ Till next month - talk soon ♥

WE ARE ENERGY!

You are a living energy field. Your body is composed of energy-producing particles, each of which is in constant motion. So, like everything and everyone else in the universe, you are vibrating and creating energy.

Different molecules vibrate at different rates — and those rates can speed up or slow down if conditions around the molecules change.

When something vibrates at a lower frequency, it feels heavy, whereas things vibrating with a higher frequency feel lighter, more at ease (physically and emotionally).

Lower vibrational energies include sadness, concern, and stress, whereas higher vibrational energies might include happiness, ease, joy, and love.

The important thing to know though, is that we can raise our energetic vibrations. We can change the frequency with which our bodies vibrate in order to bring more ease, peace, happiness, love and flow into our lives.

We can shift our energy to allow more of the lighter, higher vibrations into our daily lives

LIFE IS AN ECHO. WHAT YOU SEND
OUT COMES BACK. WHAT YOU SOW,
YOU REAP. WHAT YOU GIVE, YOU
GET. WHAT YOU SEE IN OTHERS,
EXISTS IN YOU.

- ZIG ZIGLAR



Below are 2 of the most powerful ways to raise your vibration:

MEDITATION:

Meditation involves bringing your attention inward.

By mediating you are aiming to still your outer world, recognizing that you're all you need; that you can find complete joy, happiness, and love within yourself.

It involves letting go of negative energy and clearing (or even momentarily stilling) the chaos that often ensues in our minds.

We can bring ourselves into a greater state of flow and a higher vibration through meditation because

it allows us to let go of so much that no longer serves us.

GRATITUDE:

Gratitude is one of the magical emotions that humans have. It is the feeling of being thankful for anything or everything that you have or are right now. The appreciation for your being and becoming of more.

Positive Energy

Invite positive forces

Speak positive words

Think positive thoughts - use affirmations

Choose my reactions - learn to pause

Connect with my own spirit

Create positive ripples by doing acts of kindness

Learn to have a grateful heart

Forgive myself when I fall short

Remember my Source always - My Creator!!

The Elephant and the Fly

One day, a disciple and his teacher were walking through the forest. The disciple was disturbed by the fact that his mind was in constant unrest.

He asked his teacher: "Why are most people's minds restless, and only a few people possess a calm mind? What can one do to still the mind?"

The teacher looked at the disciple, smiled and said, "I will tell you a story."

"One beautiful day, an elephant was standing by the shade of a tree, eating its leaves. Suddenly, a small fly came buzzing and landed on the elephant's ear. The elephant stayed calm and continued to eat taking not notice of the fly."

"The fly flew around the elephant's ear, buzzing noisily for a period of time, yet the elephant seemed to be unaffected. This bewildered the fly, and it asked, 'Are you deaf?'"

"No!" The elephant answered.

"Then why aren't you bothered by my buzz?" The fly asked.

The elephant just continued peacefully eating the leaves.

The fly carried on "Everything I see, hear and feel attracts my attention, and all noises and movements around me affect my behavior.

What is your secret? How can you stay so calm and still?"

The elephant stopped eating and said, "My five senses do not disturb my peace, because they do not rule my attention."

"I am in control of my mind and my thoughts, and therefore, I can direct my attention where I want, and ignore any disturbances, including your buzz."

"Now that I am eating, I am completely immersed in the act of eating. In this way, I can enjoy my food and chew it better. I am in control of my attention, and therefore, I can stay peaceful."

The disciple looked at his teacher and said:

"I now understand! My mind will always be in constant unrest if my five senses, and whatever is happening in the world around me, are in control of it. On the other hand, if I am in command of my five senses, able to disregard sense impressions, and able to control my thoughts, my mind will become calm, and I will be able to disregard its restlessness."

"Yes, that's right," the teacher answered, "The mind is restless and goes wherever the attention goes. Control your attention, and you control your mind."

By Remez Sasson



“THOUGHTS HAVE POWER; THOUGHTS ARE ENERGY. AND YOU CAN MAKE YOUR WORLD OR BREAK IT BY YOUR OWN THINKING.”

UPCOMING EVENTS

Calendar for April 2022 Sunday service

5.30pm to 7.00pm

**Platform Medium – 10th Fiona Goldsmith
17th Matthew Tod
24th Mathew Tod**

Classes for April 2022

Open Development (alternating weekly)

7pm-9pm Monday 11th

25th No class Anzac Day

Spiritual Healing (alternating weekly)

7pm-9pm Monday 18th No class Easter Monday

For all enquires contact –

Matthew Tod Ph: 021 1736344

Please visit our Facebook for confirmation and class updates

www.facebook.com/SpiritualistchurchNZ

Love and Light to you all



If you have any contributions you wish to have included in our newsletter, please feel free to email me at jtpl77@gmail.com

Subscriptions for the coming year. \$30 to join for the year 1st July 2021 – 30 June 2022.

Receive discount at classes and reading days and access to our library. Members are welcome to borrow from an extensive range of books from our library, for just a gold coin donation. Our trade table at the back of the church next to the library is also a gold coin donation.

All funds raised go towards the running and upkeep of our church.

Committee Jul 2021- Jun 2022

President:	John Bolstad
Vice President:	Denise Marsden
Secretary:	Jennie Henry
Treasurer:	Matthew Tod
Committee:	Barry Hall Shelley Hornell Janis Balmforth 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