

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 October 2026

NEWS:

Hello everyone, and welcome to October.

With daylight saving now upon us and the clocks moving forward an hour, we can look forward to those lighter evenings and the lovely natural light that fills our church during our Sunday services. There is something very special about sitting together in the church, surrounded by that natural light, and hopefully the sunshine outside as well. It all helps to create a warm and uplifting atmosphere as we come together for our services.

But October is bringing something a little different to South Auckland Spiritualist Church!

✨✨✨ **An Evening Beyond the Veil with Spirit** ✨✨✨

On **Sunday 18th October at 5:30pm**, we will be putting aside our regular Sunday service and doing something a little different with a special fundraising evening of demonstration of mediumship.

An Evening Beyond the Veil with Spirit will feature **five mediums on our platform**, coming together for an evening of demonstration and communication with Spirit.

Our five mediums for the evening will be:

Matthew Tod
Tracey Smith
Zane Smith
Trish Bolstad
John Bolstad

This promises to be a very special evening, with each medium demonstrating their own connection to Spirit. It is an opportunity to come together, experience an evening of mediumship, and support our church at the same time.

This is a fundraising event for South Auckland Spiritualist Church, so your support will be greatly appreciated.

Whether you regularly attend our services or have never experienced a demonstration of mediumship before, this is a great opportunity to come along and experience it firsthand.

Everyone is warmly welcome.

There is a suggested donation of \$10 per person at the door, if you are able to contribute. There is no need to book - just turn up on the night.

So, mark **18th October at 5:30pm** in your calendar and come along for **An Evening Beyond the Veil with Spirit**.

Bring a friend, bring your curiosity, and most importantly, come and enjoy what promises to be a very special evening together with Spirit.

We look forward to seeing you there.

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 ❤

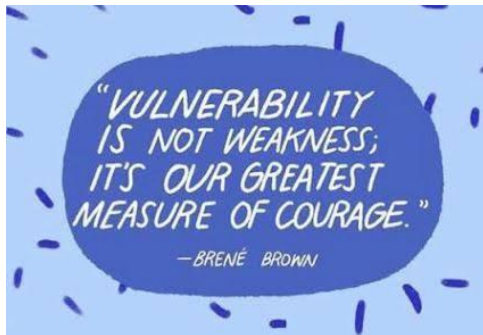
The Power of Vulnerability! Your Doorway to Healing and Freedom!

We live in a world obsessed with strength.

A world that worships control, hustle, and the illusion of having it all together.

From a young age, most of us were told to **'toughen up,' 'keep it moving,' 'never show weakness,'** and **'don't be emotional.'**

"Staying vulnerable is a risk we have to take if we want to experience connection!"
Brene Brown



The Truth Is...
Vulnerability is **NOT** weakness!

VULNERABILITY IS YOUR GREATEST STRENGTH!

Not just emotional strength...
but **SPIRITUAL POWER!**

Because vulnerability is the doorway to your **HEALING!**

It is the bridge between pain and peace.
And it is the key to unlocking the divine energy within you that has been waiting to come alive.

"The wound is the place where the Light enters you!"
Rumi

Society Lied to You About Strength!

You have been told to perform.
To push through.
To keep going no matter what.

But let me ask you this:

*"How long have you been holding it in?"
"How long have you been smiling on the outside while silently breaking on the inside?"*

"The most important conversations you will ever have are the ones you will have with yourself!"
David Goggins

We Live in Emotional Armor!

But armour does **NOT** protect you from pain
- it **PROTECTS YOU FROM HEALING!**

You can **NOT** heal behind walls.
You can **NOT** receive love behind a mask.
You can **NOT** transform while pretending everything is 'fine.'

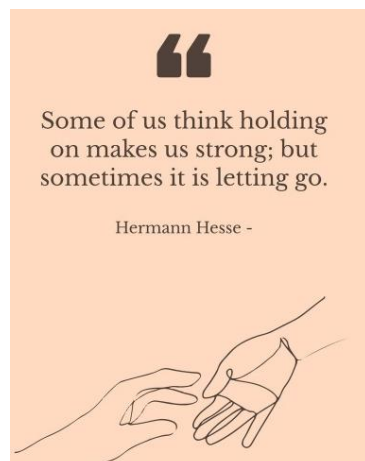
*"Armor does not just block pain...
It blocks connection!"*

You Must Be REAL!

You must be **RAW!**
You must be **WILLING TO BE SEEN**
- even when it is uncomfortable!

That is **NOT** weakness...
That is what **TRUE** power looks like!

*"Strength is not holding it together!
It is letting go of the need to!"*



Healing Starts with Surrender - NOT Control!

Real healing does **NOT** come from pretending everything is okay.

It does **NOT** come from 'thinking positive' while you are bleeding inside.
Healing begins when you stop resisting what is true!

It starts with a major, soul deep decision to stop running and say:

"This is me!"

"I have been hurt!"

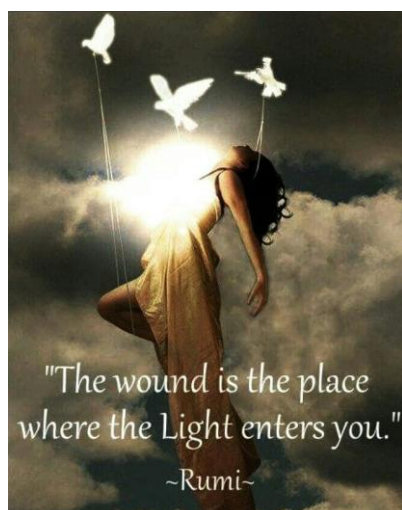
"I am not perfect!"

"But I am here!"

"I am still standing!"

"And I am ready to HEAL!"

*"You are not broken!
You are breaking open!"*



You Do NOT Heal by Fixing! You heal by **FEELING**!

Your pain is not the enemy...
It is a **MESSENGER**!

The cure for the pain is in the pain!

The moment you **STOP** numbing your pain and start listening to it, is when you begin to reconnect with yourself, your truth, and your spirit.

*"Your healing does not come
from fixing
- it comes from feeling!"*

Vulnerability Is a Spiritual Experience!

This is deeper than emotions!

This is about coming **HOME** to yourself!

Because vulnerability is not just about opening your heart...

It is about opening your **SOUL**!

*"You do not have to be perfect!
You just have to be present!"*

Surrender!

When you allow yourself to be vulnerable, you create space for something sacred to happen.

You surrender the ego.

You soften the control.

You open the channel for the divine to flow through you.

"I don't have it all figured out..."

"But I am willing!"

"I am here!"

"I am open to healing!"

That is when miracles start to unfold!

*"You don't reclaim your power
by tightening your grip!
You reclaim it by letting go!"*

You Are Becoming Whole!

You are **NOT** broken!

You are **NOT** flawed!

You are **NOT** your mistakes!

You are **NOT** your past!

You are a vessel of divine energy!

A soul having a human experience.

And every scar, every tear, every moment you thought would destroy you **IS** part of your spiritual awakening.

The path of vulnerability is the path of becoming **WHOLE** again!

Enlightenment is intimacy with all things!

*"Healing begins the moment you say:
This is me! I am done hiding!"*

"Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are."

Brené Brown



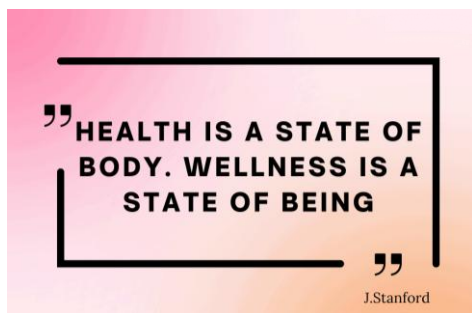
Be Fully Present!

You do **NOT** need to perform!
You do **NOT** need to be perfect!

You just need to be **PRESENT!**

That is where the healing happens.
That is where your power is reclaimed.

"Wherever you are, be there totally!"
Eckhart Tolle



Take Off the Mask: Reclaim Your Power!

You have got two choices!
You can keep hiding...
Keep pretending...
Keep smiling through the pain and hoping
it all goes away on its own...

Or you can step into your **TRUTH!**

You can take off the mask.

You can choose **VULNERABILITY** and
begin the most powerful journey of your
life!

Not the journey of performance...
But the journey of TRANSFORMATION!

*"You are not here to perform...
You are here to transform!"*

CHOOSE To Be REAL!
CHOOSE to be SEEN!
CHOOSE to HEAL!

That is **NOT** weakness!
That is **EMPOWERMENT!**
That is divine alignment!

"You can't heal what you don't reveal!"
Jay Z

Come Back to Yourself!

Come into the most authentic, spiritually
connected, **FULLY ALIVE** version of you!

That version is **NOT** found through
control...

NOT through perfection...
But found through **honesty!**
Through **surrender!**
Through **vulnerability!**

*"Your mask may protect your image,
but it suffocates your soul!"*

Ask Yourself:

"What am I afraid to feel?"
"What truth am I afraid to admit?"
"What would happen if I stopped hiding?"

Because when you stop hiding, something
amazing happens:

You start to **HEAL!**
You start to **CONNECT!**
You start to **LIVE!**

And you remember...

You were never here to survive...
You were born to **RISE!**

*"If we are wrapping ourselves up to
conceal any vulnerability, whatever
happens to us must go through all
those extra layers!
Sometimes love doesn't even reach
where we truly live!"*

Growth *requires* vulnerability.

You can't begin to *heal* what
you're not willing to *confront*.

So, In Conclusion:

Your healing, your peace, your power is
NOT out there...

It is already inside you!

Waiting...

Waiting for you to drop the mask!

Waiting for you to open your heart!

Waiting for you to come back to your truth!

***"This is not your breakdown!
It is your breakthrough!"***

Choose to Step into Your Empowerment!

There is no freedom in pretending!

Tell yourself,

"I CHOOSE vulnerability!"

"I CHOOSE to be seen!"

"I CHOOSE to heal!"

"I CHOOSE to step into my power!"

This is your moment.

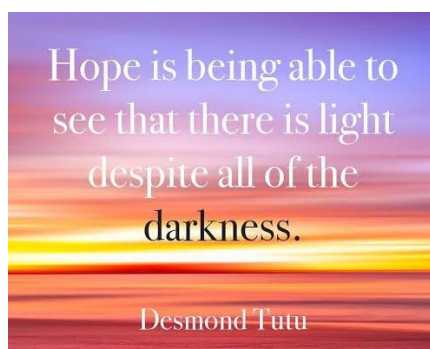
This is your turning point.

This is your soul calling you home.

And when you answer...

Your life will never be the same!

***"Only when we are brave enough to
explore the darkness will we discover
the infinite power of our light!"***
Brené Brown



So...

Are you ready to be **REAL**?

Are you ready to **FEEL**?

Are you ready to **HEAL**?

By Trish Bolstad



Calendar for October 2026

Sunday Service:

5.30pm to 7.00pm Platform Mediums:

4 th	Matthew Tod
11 th	Bruce Jackson
18 th	SASC Fundraiser 5 Mediums Dem
25 th	Davene

Love and light to you all



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.

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/>

FUNDRAISER EVENING FOR

South Auckland Spiritualist Church



Sunday 18th October at 5:30pm
47 East Tamaki RD, Papatoetoe.



Matthew Tod



Tracey Smith



Zane Smith



Trish Bolstad



John Bolstad

5 Mediums | 1 Special Evening | An Experience Not to Be Missed!



Join us on Sunday 18th October at 5:30pm
for a very special evening as **FIVE MEDIUMS**
take to our platform for an evening of
mediumship, connection and inspiration



Come along and experience an evening
dedicated to connecting with the Spirit World
and sharing messages of love and remembrance



SUGGESTED
DONATION

\$10
per person

*We look forward to sharing this special
Fundraiser Evening with you*