

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 May 2025

NEWS:

Hello everyone and welcome to May. It's been another fantastic month here at SASC, highlighted by our record breaking Reading Day on April 12th. For the first time ever, we were fully booked through online registrations - a first for us!

This meant, unfortunately, we couldn't accommodate any walk ins, as all spots were taken except for places at the Development Mediums table, who were also kept busy throughout the day.

We understand some of you missed out, but don't worry, another Reading Day is coming later this year, so keep an eye out for the announcement and be sure to book early!

Now, the wait is nearly over! Just around the corner on **May 9th**, we're thrilled to welcome Psychic/Medium **Sarah Jeffery** from Australia for an **Evening with Spirit: - A Demonstration of Mediumship** from **7 PM to 9 PM**.

Sarah's 2 day workshop, "**Spirit's Voice: Your Expression**", is sold out, which is not surprising as Sarah keeps numbers small, so each attendee gets maximum value.

Meanwhile, **tickets are still available for the Evening Demonstration with Sarah**. At just **\$20**, it's fantastic value for a powerful and uplifting night. We recommend booking soon, as places are limited. Please email - events@spiritualgrowth4u.com for a booking

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

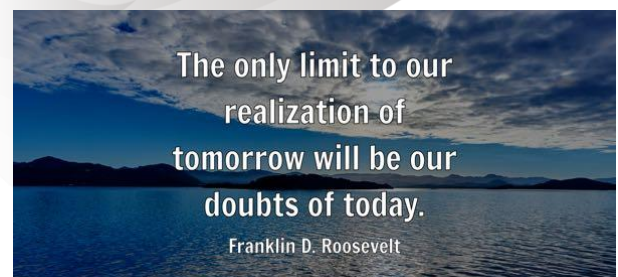
Please go to our Facebook Page www.facebook.com/SpiritualistchurchNZ or our Website - <https://www.spiritualgrowth4u.com/> for Information on what is happening at SASC

♥ Till next month - talk soon ♥

How To Drop Everything That Is Holding You Back!

Imagine...
Waking up each morning brimming with energy and joy,
then excitedly going through your day unburdened by the doubts and fears that once held you back.

*"Life has no limitations,
except the ones you make!"*
Les Brown



This Reality Is Within Your Reach:

It is time to shed the weight of everything that has been holding you back and embrace the life you were meant to live!

"Change the way you look at things and the things you look at change!"
Wayne W. Dyer

Make a Dramatic Shift in Your Life:

Dive deep into what is really stopping you and take decisive action towards a more fulfilling life.

"An unexamined life is not worth living!"
Socrates

Here Is How You Can Start:

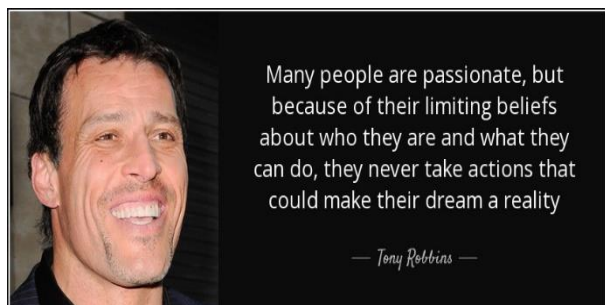
1. Identify Your Limiting Beliefs:

The first step in overcoming obstacles is to recognize the limiting beliefs that constrain and confine you.

Limiting beliefs often stem from past experiences, societal conditioning, or even childhood.

These beliefs operate silently, dictating your actions and what you believe you can and cannot achieve.

"If you want to fly, you have to give up what weighs you down!"
Roy T. Bennett



Action:

Spend some time in introspection.
Awareness is the first step toward change.

Ask yourself.
"What thoughts or beliefs are stopping me from achieving my goals?"

Write down your deepest fears and doubts.
Ask yourself.
"Do these thoughts or beliefs help me?"
"Where do they originate?"

Challenge these beliefs by seeking evidence of their validity.
Most often, you will find they are based on misguided perceptions rather than reality.

"Turn your wounds into wisdom!"
Oprah Winfrey

2. Surround Yourself with Positivity:

Your environment plays a crucial role in your mindset and motivation.
Your environment can either lift you up or pull you down.

Surrounding yourself with positivity doesn't just mean having supportive people around but also creating a physical space that inspires and energizes you.

"The purpose of our lives is to be happy!"
Dalai Lama

Action:

Evaluate your current environment.
Is it conducive to growth and positivity?

Declutter your space, add elements that inspire you like quotes, art, or plants.

Reach out to uplifting people, mentors and join communities that are aligned with your aspirations.

Positive energy is contagious and will lift you up when you need it most.

"Keep your face to the sunshine and you cannot see a shadow!"
Helen Keller

3. Set Clear, Achievable Goals:

Having a clear vision of what you want to achieve is essential.

Dreams only become achievable when they are transformed into clear goals.
Vague desires lack the power to drive change.

"Know what you want!"
Clarity is power!
Vague goals promote vague results!"
Robin Sharma



Action:

Define what success looks like for you.

"What do I truly want to achieve?"

Break down your ultimate goal into smaller, manageable actionable steps.

This will make the journey seem less overwhelming and more attainable.

"Start where you are!

Use what you have!

Do what you can!"

Arthur Ashe



4. Embrace Fear and Take Calculated Risks:

Fear often masquerades as safety.

It keeps you within the confines of the familiar and the comfortable.

Growth, however, requires stepping into the unknown and taking risks.

The moment you step out of your comfort zone you begin to expand your potential.

Remember, failure is often a stepping stone to success.

"In order to design a future of positive change, we must first become expert at changing our minds!"

Jacque Fresco

Action:

Identify the areas in your life where fear has kept you stagnant.

Make a list of potential risks and evaluate them.

Start with small risks to build your confidence, and gradually take bolder steps towards your aspirations.

"All things are difficult before they are easy!"

Thomas Fuller

5. Practice Self Compassion and Patience:

True self compassion involves a profound understanding of your journey.

Be your own best friend.

Treat yourself with the same kindness and understanding you would offer a friend.

When things do not go as planned, don't be overly critical.

Recognize that progress is not linear, and setbacks are not failures but opportunities to learn from.

"No matter who you are, no matter what you did, no matter where you have come from, you can always change and become a better version of yourself!"

Madonna

Action:

Engage in mindfulness practices such as meditation or journaling.

Reflect on your journey, acknowledging your efforts and celebrating even the smallest victories.

Develop rituals that nurture your mind, body, and soul.

"We cannot change what we are not aware of, and once we are aware, we cannot help but change!"

Sheryl Sandberg

6. Stay Committed and Consistent:

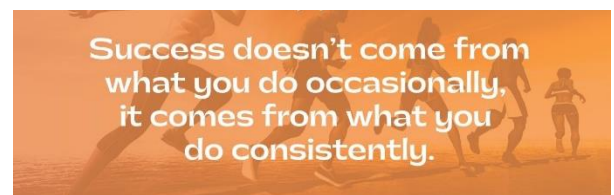
Consistency is key when it comes to making lasting changes.

It is through repeated and sustained effort that changes become ingrained and lasting.

These small, consistent actions lead to significant results over time.

"It does not matter how slowly you go as long as you do not stop!"

Confucius



Action:

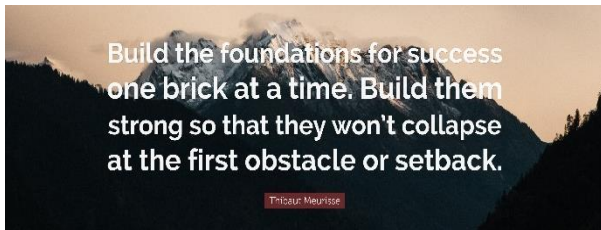
Create a daily routine that aligns with your goals.

Incorporate habits that support your objectives daily, no matter how small.

Track your progress, and modify your course as needed.

"In any given moment we have two options: to step forward into growth or step back into safety!"

Abraham Maslow



7. Let Go of The Need to Control Everything!

We try to control things because of what we think will happen if we don't.

The more you try to control something, the more it controls you.

Control is rooted in fear!

Surrender is the opposite of control.

Surrender is not about giving up, it is about letting go!

Surrender literally means to stop fighting.
Stop fighting with yourself.
Stop fighting others.
Stop fighting your circumstances.
Stop fighting the universe and the natural flow of things.

"To the mind that is still, the whole universe surrenders!"

Lao Tzu

Action:

Notice when you are in control mode.

Then, by choosing to let go consciously and deliberately, you will shift into allowing energy.

Next, quiet your mind and allow your inner guidance to come through.

From that place of surrender, you will be able to take positive action and flow more freely and happily.

"By letting go of control, by surrendering and allowing, you not only feel better, but actually produce better results!"

8. Lead by Example and Inspire Others:

As you move forward, share your journey with others.

Your journey of transformation has a ripple effect.

Your courage and determination can inspire those around you to also break free from their limitations and pursue their dreams.

"Everyone thinks of changing the world, but no one thinks of changing himself!"

Leo Tolstoy

Action:

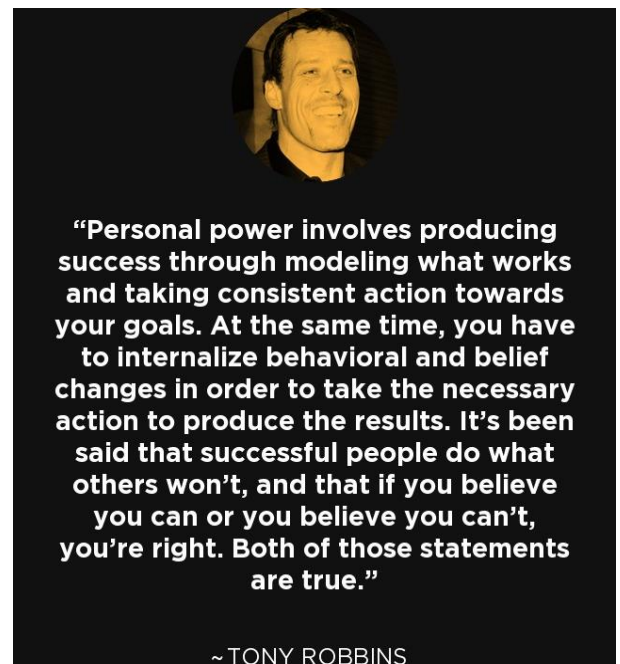
Share your story authentically.

Whether it's through social media, blogging, or speaking, let others see your struggles and triumphs.

Be a source of encouragement and inspiration, demonstrating that change is possible for everyone.

"Be the change that you wish to see in the world!"

Mahatma Gandhi



In Conclusion:

The only barriers to us living fully are the ones we create in our minds.

"The only thing we have to fear is fear itself!"
Franklin D. Roosevelt

Dropping what is holding you back is not an overnight process, but every small step forward IS progress!

*"Change will not come if we wait for some other person or some other time!
We are the ones we've been waiting for!
We are the change that we seek!"*
Barack Obama

So..

Are you ready to drop everything that is holding you back and step into a future filled with limitless possibilities?

*"Change is inevitable!
Growth is optional!"*
John C. Maxwell

Trust The Process:

By following these steps, you will find yourself becoming more empowered, discover internal happiness and create a more easy, joyful life!

"The best way to predict your future is to create it!"
Abraham Lincoln

Remember...

The only thing standing between you and your desired outcome is **YOU!**

*"Only I can change my life!
No one can do it for me!"*
Carol Burnett

Life is what we make it!

"Get busy living or get busy dying!"
Stephen King

THE TIME TO ACT IS NOW!

By Trish Bolstad

UPCOMING EVENTS

Calendar for May 2025

Sunday Service:

5.30pm to 7.00pm Platform Mediums:

4 th	Bruce Jackson
11 th	Christine Donald
18 th	Fiona Goldsmith
25 th	Matthew Tod

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 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.

Bookings for the Demonstration of Mediumship evening with Sarah Jeffery, please email - events@spiritualgrowth4u.com

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/>

*Love and Light
to you all*



An Evening with Spirit

**Sarah Jeffery
Psychic/Medium**



**Demonstration of
Mediumship
9 May 2025
7–9 PM
South Auckland
Spiritualist Church
\$20**

Email to book: events@spiritualgrowth4u.com

**All bookings must be prepaid via internet
banking to 060197 003786900, referencing
your name and event 'SJ Dem'.**

**Payments and bookings are through the
Church. door sales also available**