

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 June 2026

NEWS:

Hello everyone and welcome to June. As June officially marks the beginning of winter, we naturally start preparing ourselves for the colder weather. Here at SASC, we're no different. On go the heaters and outcome the throws to help keep everyone who attends our Sunday services warm and comfortable.

After all, there's nothing worse than trying to relax, be present, or listen to the service while feeling cold. Creating a friendly and welcoming atmosphere has always been important to us at SASC, and during the winter months that also means do our very best to create a warm environment where everyone can feel at home.

We also have some exciting news to share.

On Saturday, 27th June 2026, from 6:00pm to 8:00pm, we are delighted to welcome Fiona Goldsmith, who will be presenting a special talk on Awareness.

What a wonderful topic. Awareness is something that touches every aspect of our daily lives, yet it is often overlooked. In the hustle and bustle of modern life, it's easy to fall into routines and habits without fully recognising how our thoughts, actions, and reactions influence the direction our lives take.

Fiona is highly regarded as a teacher, mentor and educator in the field of mediumship. She brings with her a wealth of knowledge and a deep understanding of Spiritualist philosophy.

Those who know Fiona will understand that she never presents a topic simply because it sounds interesting. Every subject she explores is carefully chosen and thoughtfully developed to provide something meaningful that people can take away and apply in their own lives. Regardless of your background, beliefs, or experience, Fiona's presentations are engaging, down to earth, and filled with practical insights that encourage personal growth, greater understanding, and positive change.

We are taking bookings right now please go to. – <https://www.spiritualgrowth4u.com/workshops> or email your interest to - info@spiritualgrowth4u.com

We look forward to welcoming you to what is sure to be an enlightening and inspiring evening.

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 Simple Power of 10% Will Transform Your Life!

What if I told you that the key to unlocking the life you have always dreamed of does **NOT** lie in making radical, overwhelming changes?

That the secret to massive transformation is simply in making small, consistent adjustments that compound over time?

I am talking about the **POWER of 10%**.

"What transforms your life isn't radical action - it's consistent 10% growth!"
Tessa Ray



A 10% Shift is **POWERFUL!**

It is a principle so simple, yet so powerful, it can shift the trajectory of your life, without you even realizing it, until you look back and see how far you have come!

"When you change your direction by 10%, your future changes 100%!"

Don't Over Think It!

We think that in order to make a change, we have to completely overhaul our lives, push ourselves, and become perfect versions of ourselves overnight.

But that is a lie!

"You are allowed to be both a masterpiece and a work in progress simultaneously!"
Sophia Bush

The Truth Is...

You do **NOT** need to make huge, dramatic shifts to experience huge change!

Instead, small, intentional steps, as little as 10%, **CAN** create huge results!

*"Start where you are!
Use what you have!
Do what you can!"*

The Magic Is In The Margin!

What is 10% really?

It is small, right?

It sounds almost insignificant...

But 10% is very powerful!

"10% more focus today is 100% more than most ever start with!"

Consistency is **POWER:**

Small changes, made consistently, create powerful momentum.

They compound, building on each other, leading to life altering transformation over time.

Think of it like adjusting the direction of your GPS by just 10%.

At first, you might not see a difference. But over time..?

You will be at an entirely new destination!

"When you do a little more each day, someday becomes today!"
Nate Silverton



7 Simple Examples:

1. Exercise Made Easy!

Imagine you are walking 10,000 steps a day...

What if you added just 10% more?

That is an extra 1,000 steps, or roughly a 10 minute walk.

Does not sound like much, right?

But by the end of the year, those 1,000 extra steps a day could lead to a 5 to 10 kg weight loss and a fitter, more energetic you!

"People do not decide their futures; they decide their habits and their habits decide their futures!"
F.M. Alexander

2. Eating Better!

What if you cut 10% of your sugar intake?

Let's say you eliminate just 3 teaspoons of sugar a day.

In a year, you could lose around 2 kgs.

Just by cutting out 3 teaspoons a day you can feel more energized, more connected to your body, and improve your mental clarity.

Even by eating just 10% less calories a day can result in a big weight loss of 5 to 10 kilograms per year!

Small, consistent changes like this add up.

"When you choose progress over perfection, 10% is more than enough!"

Serena Lowe

"We are what we repeatedly do... excellence, therefore, isn't just an act, but a habit, and life isn't just a series of events, but an ongoing process of self-definition."

ARISTOTLE

3. Less Smoking and Drinking!

By reducing your daily cigarette consumption by 5 cigarettes per day, can result in a reduction of around 1800 cigarette butts per year!

And can also lower your risk of heart disease, stroke, and cancer.

Cutting down 10% on alcohol can improve liver function, boost energy, aid in weight loss, and clear up mental fog.

"Healthy habits are learned in the same way as unhealthy ones - through practice!"

Wayne Dyer

“
YOUR HABITS
DECIDE YOUR
FUTURE.
”

4. More Gratitude!

Having 10% more gratitude every day is a game changer!

Gratitude is a magnetic force, because when you focus on what you do have, you attract more of it.

When you spend just 10% more time being grateful, you do not just get 10% more blessings in return...

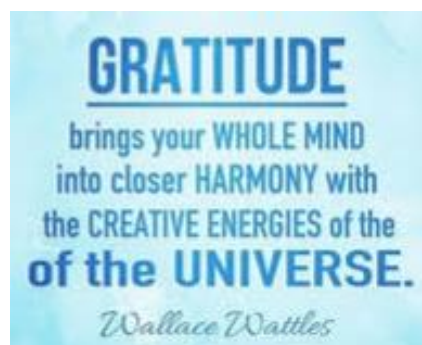
You get more than that because it **COMPOUNDS!**

It is like turning up the volume on positivity in your life.

The more you notice what is good, the more good you will see.

"Enjoy the little things, for one day you may look back and realize they were the big things!"

Robert Brault



5. Less Complaining!

Imagine if you cut your complaining by just 10%.

We all know how easy it is to fall into the trap of negativity, but complaining weighs you down.

It drains your energy.

It keeps you stuck.

What if, instead of focusing on what is wrong, you shifted your mindset just 10%?

Imagine the lightness that would come from releasing those heavy, negative thoughts.

Instead of seeing problems everywhere, you will start seeing opportunities, solutions, and ways forward.

*"Health is a state of body!
Wellness is a state of being!"*

6. More Giving!

What if you gave 10% more to the people you love or to those in need?

Giving is not just a physical act;
it is an energetic exchange.

Every time you give, you create space for more love, more joy, and more connection in your life.

Giving 10% more, whether it is your time, your resources, or your energy, opens your heart to greater fulfillment and deeper purpose.

It will bring more meaning to your life than you can possibly imagine.

*"Don't count the days!
Make the days count!"*
Muhammad Ali

7. Fewer Negative Thoughts!

Your thoughts are **POWERFUL!**
They shape your reality!

Negative thoughts block your flow of light, love, and abundance.

But imagine reducing just 10% of your negative thoughts every day.

That's 10% fewer worries,
10% less self doubt,
10% fewer judgments.

You will start training your mind to focus on the positive, and soon, you will find yourself surrounded by positive outcomes.

The more you focus on what is good, the more good will come your way.

"Almost everything will work again if you unplug it for a few minutes, including you!"
Anne Lamott



The Bottom Line!

Small shifts lead to **BIG** results!

Change does **NOT** have to be overwhelming!
It does **NOT** have to be extreme!
It does **NOT** even have to be fast!

"The person who improves just 10% a day will be unrecognizable in a year!"

You CAN Do It!

The power of 10% is that it is **SUSTAINABLE!**

It is something you can do every single day without feeling overwhelmed.

It is small, intentional shifts that, over time, will lead you to massive, lasting results.

You do **NOT** need to make a 180 degree turn. Just start by adjusting your direction by 10%.

It may take time, but the results **WILL** come!

"Don't judge each day by the harvest you reap but by the seeds that you plant!"
Robert Louis Stevenson

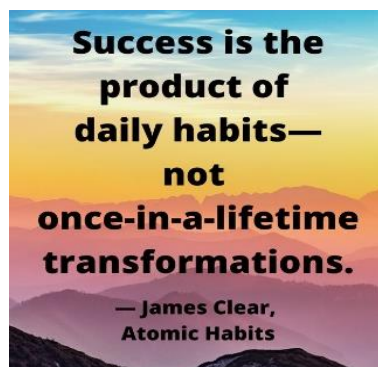
Take That First Step!

So, what will you change by just 10% today?

The road to **YOUR** transformation begins with just one small move.

And before you know it, you will look back and be amazed at how far you have come!

"10% every day is 100% transformation over time!"



Remember...

The **POWER** of 10% is simple, achievable, and sustainable!

By Trish Bolstad

UPCOMING EVENTS

Calendar for June 2026

Sunday Service:

5.30pm to 7.00pm Platform Mediums:

7 th	Fiona Goldsmith
14 th	Bruce Jackson
21 st	Matthew Tod
28 th	Zane & Tracey Smith

Awareness talk followed Q&A

by **Fiona Goldsmith**

**Saturday 27th June 6pm to 8pm
to be held at the church**

For booking, please go to -

<https://www.spiritualgrowth4u.com/workshops>

Or email your interest to -

info@spiritualgrowth4u.com

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

www.facebook.com/SpiritualistchurchNZ

or our website –

<https://www.spiritualgrowth4u.com/>

South Auckland Spiritualist Church



*and Fiona Goldsmith Spiritual Medium & Teacher
warmly invites you to a 50/50 fundraiser Talk on...*

Awareness

Followed by a Q&A

Saturday 27th June 6-8pm

'Beyond the five senses lies awareness.

*Awareness changes everything - the way you see
yourself, how you connect with others and your
mediumship. It's the doorway to personal
healing, your connection to all things and spirit.
Join us for an inspiring talk followed by a Q&A'*

Price: \$20 members, \$30 non members

Includes tea, coffee and a light supper

For tickets please contact: info@spiritualgrowth4u.com



**47 East Tamaki Road,
Papatoetoe,
Auckland 2025**



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fionagoldsmith.com