

# South Auckland Spiritualist Church SCNZ™



## SPIRITUAL CONNECTION & HEALING

All Welcome

Sunday Service 5:30pm

[WWW.SPIRITUALGROWTH4U.COM](http://WWW.SPIRITUALGROWTH4U.COM)

[info@spiritualgrowth4u.com](mailto:info@spiritualgrowth4u.com)

47 East Tamaki Road (down Simons Lane), Papatoetoe, Auckland 202

### Newsletter April 2025

#### NEWS:

Hello everyone and welcome to April! It's been an incredible month of Sunday services here at SASC. With a few services bringing in some higher than usual numbers. What a delight to welcome many new faces, some of whom are visiting a spiritualist church for the very first time. It's truly inspiring to see people feeling the influence from Spirit and venturing out to experience what we do and what we stand for. Our doors are always open to all.

The excitement is building as we approach May 9th, 2025, when we will have the honour of welcoming back Sarah Jeffery, a renowned Psychic/Medium from Australia. Sarah has shared the demonstration platform and trained with the esteemed Paul Jacobs CSNU, and has also collaborated with other notable international mediums.

Sarah is highly respected in her field and has dedicated years to honing her craft and training mediums throughout Australia.

Her reputation and credentials are a testament to her expertise and dedication.

On May 9th, Sarah will be conducting a Demonstration of Spirit Communication evening for SASC. Following this, she will lead a two-day workshop titled

#### 'Spirit's Voice: Your Expression!'

This will be an event not to be missed. This is a great opportunity to develop your mediumship no matter where you are at on your journey. We look forward to seeing you at these events.

Bookings for this workshop are filling up, and spaces are limited. Sarah wants to ensure individual attention to each participant, so numbers are intentionally kept low ensuring you get great value.

Don't miss this opportunity to learn, grow, and connect - secure your spot now!

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

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

♥ Till next month - talk soon ♥

#### **You Are What You Think:**

#### **Transform Your World with Positive Thinking!**

The simple act of thinking positively can have a profound impact on everything from your mood to your overall success in life!

*"It's not what you are that holds you back, it's what you think you are not!"*

#### **The Power of Positive Thinking:**

Positive thinking isn't about ignoring life's difficulties.

Instead, it's about approaching challenges with a constructive attitude and focusing on positive outcomes.

*"Changing your mindset is a game changer!"*  
Frank Sonnenberg



### **Our thoughts can either uplift us or hold us back:**

Negative thinking patterns can lead to stress, anxiety, negative outcomes and a host of mental health issues.

Positive thinking can enhance our mood, boost our confidence, and foster resilience.

*"Whoever is happy will make others happy too!"*

Anne Frank

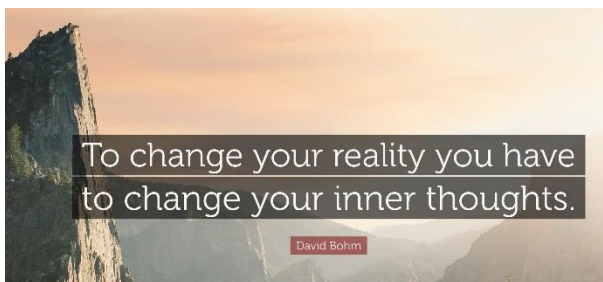
### **Our Thoughts Create:**

Our thoughts shape our reality and influence every aspect of our lives.

The way we think affects our emotions, behaviours, and ultimately, our overall wellbeing.

*"The mind is everything. What you think you become!"*

Buddha



### **Changing your thoughts to better positive ones can lead to profound changes in your life such as:**

#### **Improved Mental Health:**

Positive thinking reduces stress and anxiety, boosts mood, and increases overall wellbeing.

#### **Better physical health:**

Optimism is linked with lower blood pressure, better heart health, and a stronger immune system.

#### **Enhanced Relationships:**

When you think positively, you communicate more effectively and attract more positive relationships.

#### **Increased Resilience:**

A positive mindset helps you bounce back from setbacks and face challenges with confidence.

#### **Greater Success:**

Positive thoughts inspire action, creativity, and determination, increasing your chances of achieving your goals.

#### **Greater Happiness and Fulfilment:**

Better thoughts lead to a more optimistic outlook on life, enhancing your overall happiness and satisfaction.

#### **We Choose Our Thoughts:**

It is essential to recognize that we have control over our thoughts and can **CHOOSE** to direct them towards positivity and growth.

*"Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same!"*

Francesca Reigler



#### **Identify Negative Thought Patterns:**

The first step to cultivating better thoughts is identifying negative thought patterns:

#### **These might include:**

##### **Self Criticism:**

Constantly putting yourself down and focusing on your flaws.

##### **Catastrophizing:**

Expecting the worst possible outcome in every situation.

**Black and White Thinking:**

Seeing things in extremes, with no middle ground.

**Overgeneralization:**

Making broad conclusions based on a single event.

**Personalization:**

Blaming yourself for events beyond your control.

**Awareness:**

But by becoming aware of these patterns, you can begin to challenge and change them.

*"The happiness of your life depends upon the quality of your thoughts!"*

Marcus Aurelius

What you think, you become. What you feel, you attract. What you imagine, you create

— Buddha —

**Techniques for Developing Better Thoughts:****1. Mindfulness:**

Mindfulness is about being present and fully engaged with whatever you are doing in the moment.

By paying attention to your thoughts and feelings without judgment, you can manage negative thoughts and focus on positive ones.

Try deep breathing or meditation, as this can calm your mind and create space for positive thoughts to flourish.

**By practicing mindfulness, you can:**

Interrupt negative thought patterns by catching negative thoughts as they arise and redirect your focus.

Enhance self awareness by understanding your reactions and make more conscious choices.

*"Don't miss out on your life just because you're too busy scrolling through someone else's!"*

Mel Robbins

**2. Gratitude:**

Gratitude shifts your focus from what is lacking in your life to appreciating what you already have, fostering a positive mindset.

Keep a journal where you write down five things you are grateful for each day.

This practice trains your mind to spot the positive aspects of your life.

Gratitude can transform common days into beauty, turn routine moments into joy, and change ordinary experiences into blessings.

*"Gratitude unlocks the fullness of life.*

*It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity."*

Melody Beattie

**3. Affirmations:**

Positive affirmations are statements that can help you overcome negative thoughts and self doubt by reaffirming your capabilities and strengths.

Create a list of affirmations that resonate with you.

For example:

*"I am capable."*

*"I am worthy."*

*"I attract positive experiences."*

Or *"I am moving forward."*

Repeat these affirmations daily as consistency will help reinforce these positive beliefs.

*"Talk to yourself like someone you love!"*

Brene Brown



#### 4. Reframe Negative Thoughts:

Cognitive restructuring is a method used in cognitive behavioural therapy to change/reframe negative thought patterns.

##### It involves:

Identifying negative thoughts that are holding you back.

##### Challenge these thoughts:

Question the validity and logic behind your negative thoughts.

##### Replace them with positive alternatives:

Transform negative thoughts into positive, realistic ones.

For example if you think

*"I always fail",*

then challenge this by listing times when you have succeeded and replace it with

*"I am capable of success."*

Or, if you think

*"I can't do this",*

reframe it as

*"I will give it my best shot."*

*"Stay positive!*

*The only difference between a good day and a bad day is your attitude!"*

Dennis S. Brown

**LOOK FOR  
SOMETHING  
POSITIVE IN EACH  
DAY, EVEN IF SOME  
DAYS YOU HAVE TO  
LOOK A LITTLE  
HARDER**

#### 5. Surround Yourself with Positivity:

The people you interact with and the media you consume influence your thoughts and emotions.

Spend time with individuals who uplift and support you.

Distance yourself from those who consistently bring negativity into your life.

Consume positive content by choosing books, podcasts, and media that promote positive thinking and personal growth.

*"Optimism is a happiness magnet.*

*If you stay positive good things and good people will be drawn to you!"*

Mary Lou Retton

#### 6. Goal Setting and Visualization:

Setting meaningful goals and visualizing success can keep you motivated and focused on positive outcomes.

Break down your goals into manageable steps.

Achieving small milestones fosters a sense of accomplishment and encourages positive thinking.

*"Setting goals is the first step in turning the invisible into the visible!"*

Tony Robbins



#### 7. Continuous Personal Growth:

Embrace failure as a learning opportunity as failure provides valuable lessons.

By viewing failure positively, you can turn setbacks into stepping stones for success.

Engage in activities that encourage growth and learning.

Reading books, attending workshops, or learning new skills can boost your confidence, exposes you to new ideas and foster a positive mindset.

*"Know what sparks the light in you.*

*Then use that light to illuminate the world!"*

Oprah Winfrey

#### 8. Practice Self Compassion:

Treat yourself with kindness and understanding, especially during challenging times.

Self compassion fosters resilience and counters negative self talk.

Offer yourself words of encouragement and support.

Establish routines that prioritize your physical, emotional, and mental wellbeing.

*"Life is too short to spend another day at war with yourself!"*

Ritu Ghatourey

### 9. Declutter Your Space:

Physical clutter can contribute to mental clutter.

A tidy and organized space promotes clarity and calmness.

Get rid of items you no longer need or use.

*"Have nothing in your house that you do not know to be useful or believe to be beautiful!"*

William Morris

### In conclusion...

By cultivating better thoughts, you can transform your life, improve your mental health, and achieve a higher state of happiness and fulfilment.

By adopting positive thinking patterns, you can unlock new levels of personal growth, productivity, and happiness.

*"Positive thinking will let you do everything better than negative thinking will!"*

Zig Ziglar

**"Focus on the possibilities for success, not on the potential for failure."**

### Remember....

You have the power to choose your thoughts and create a better life for yourself!

*"Once you replace negative thoughts with positive ones, you'll start having positive results!"*

Willie Nelson

Your journey begins with a single thought! Make it a positive one, for it has the power to shape **EVERYTHING** that follows!

By Trish Bolstad



### Mix of Open Development and Healing Classes:

#### **Attention:**

Expressions of interest being taken

For all enquires contact -

Matthew Tod Ph 021 1736344

### Calendar for April 2025

#### Sunday Service:

5.30pm to 7.00pm Platform Mediums:

6 <sup>th</sup>	Matthew Tod
13 <sup>th</sup>	Lois Hammond
20 <sup>th</sup>	Trish Bolstad
27 <sup>th</sup>	Ronald Jones

**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.

For Information on what is happening at SASC, please go to our Facebook Page [www.facebook.com/SpiritualistchurchNZ](http://www.facebook.com/SpiritualistchurchNZ) or our website –

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

*Love and Light  
to you all*



# *South Auckland Spiritualist Church*

## READING DAY

- Saturday 12<sup>th</sup> April 2025 from 10:30am to 3:30pm
- 47 East Tamaki Road (down Simons Lane), Papatoetoe, Auckland

*Are you looking for clarity or direction in your life?*

*Or the opportunity to connect with family, loved ones and friends in Spirit?*

*Or simply just want to experience a Reading?*

*Here is your opportunity!*

**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

We recommend you book. However, pre booking is not required but highly recommended if you want to choose your time slot.

Door sales available on the day on a first come first served basis.

Door tickets are cash only.

Membership forms are available on our website - [www.spiritualgrowth4u.com](http://www.spiritualgrowth4u.com)  
or available at the Church

Payment: All bookings must be pre-paid and email your choice to  
[events@spiritualgrowth4u.com](mailto:events@spiritualgrowth4u.com)

Internet banking: 06 0197 0037869 - 00

Reference: your name and option 1, 2, or 3 Readings.

- *FREE Readings will also be available from our up-and-coming Mediums in development.*



# 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](mailto: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





**SPIRIT'S  
VOICE: YOUR  
EXPRESSION**

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9-4pm, 10 and 11 May 25  
Evidential Mediumship Workshop  
South Auckland Spiritualist Church

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[WWW.SARAHJEFFERY.COM.AU](http://WWW.SARAHJEFFERY.COM.AU)






**South Auckland Spiritualist Church of NZ** is hosting Australian medium and teacher, Sarah Jeffery Psychic/Medium, for the third year as she brings her transformative two-day workshop, 'Spirit's Voice: Your Expression' to New Zealand. This workshop is designed to help you connect with the spirit world and confidently express your mediumship abilities.

**Sarah Jeffery** brings a wealth of knowledge, having trained with the renowned Paul Jacobs CSNU. Since 2016, Sarah has had the privilege of hosting Paul Jacobs on residential retreats and has been his assistant tutor at workshops and residential mediumship courses in Sydney, Galong, Melbourne, and Canberra. She has also shared the demonstrating platform with Paul and other international mediums, gaining invaluable experience in public demonstrations, private sittings and teaching.

 **Time: 9:00 am - 4:00 pm**

 **Venue: South Auckland Spiritualist Church, 47 East Tamaki Rd, Papatoetoe, Auckland.**

 **Dates: 10 & 11 May**

#### **What to Expect:**

- Learn to communicate more effectively with spirit and allow your unique mediumship expression to flourish
- Explore the ethics of mediumship and the importance of clear, evidential messages
- Gain valuable insights from Sarah's extensive background, including her experience working alongside Paul Jacobs and other international mediums
- Practical exercises focused on delivering evidence in both private sitting and demonstration styles
- Learn techniques for structuring messages and evidential delivery in a way that is clear, powerful, and meaningful

#### **The Spirit World Counts on You:**

In mediumship, the spirit world relies on the medium as the messenger to express their story. The only way to represent the spirit world clearly is to express what they want to say, without dilution or distortion. The spirit world communicate through subtle impressions, emotions, and images that are often unique to their life experiences. The medium becomes the bridge between the two worlds, tasked with delivering these messages in their purest form.

Every detail, whether it's a specific name, event, or emotion, is a piece of the puzzle that forms the larger story the spirit wishes to share. The medium's role is to express these messages as they are received serving both worlds.

#### **Investment:**

- Early Bird: \$300 AU (GST incl)
- From April: \$330 AU (GST incl)

Invoices are sent from At One Events on registration.

Refund policy: Refunds for cancellation are available up to 18 April 2025 (not including merchant fees). No refunds are available from 19 April 2025.

Morning tea provided; BYO lunch. Please note that specific dietary requirements cannot be catered for.

Join **Sarah Jeffery** for a transformative two-day experience where you will discover and refine your own expression as a medium.

**Spaces are limited.**

**Bookings through:** [www.sarahjeffery.com.au](http://www.sarahjeffery.com.au)

**Demonstration of Mediumship Evening:** 9<sup>th</sup> May 7pm to 9pm please Email to book: [events@spiritualgrowth4u.com](mailto:events@spiritualgrowth4u.com).

All bookings must be pre paid via internet banking to 060197 003786900 referencing your name and event 'SJ Dem'.  
Door sales also available on the night