

January/February 2023

# Newsletter

## THE 7 PRINCIPLES OF SPIRITUALISM

1. The Fatherhood of God
2. The Brotherhood of Man
3. The communion of Spirits and the Ministry of Angels
4. The continuous existence of the human soul
5. Personal responsibility
6. Compensation and retribution for all good and evil deeds done on earth
7. Eternal growth open to every human soul

**All with liberty of interpretation**

## UPCOMING EVENTS

- Meditation and Services resume. Check page 4 for details
- Sunday 15 January 2023: Sunday Services recommence. Kim Tennant will be talking to us about the Astrological themes for the year. All welcome!
- Saturday 21 January 2023: Vision Board workshop
- Saturday 11 February 2023: Super Soul Saturday Night with Marcia Quinton and Imelda Penny
- Friday 17 - Sunday 19 March 2023: Total Retreat
- Saturday 25 March 2023: Super Soul Connection Sessions



## Message from The Church President

Happy New Year members and friends, I hope you celebrated the start of 2023 safely, and in good health with your loved ones.

We were excited to rebuild our congregation in 2022 from the COVID-19 restrictions that plagued 2020 and 2021. As we step forward into our new year, let's do so with a positive attitude and acceptance of any changes or challenges that come our way.

Your committee are working hard behind the scenes to plan some exiting things for 2023, and we hope you take the opportunity to come along.

One of my favourite quotes is: 'Nothing changes if nothing changes', so here we go into this new year with a great deal of optimism, loaded with bundles of love, and faith for the future of Spiritualism and our church.

I would also like to thank Debs Carling and Kim Tennent for their contributions to the newsletter this month. Some great information and inspirational reading, thanks again.

*Charles Freeman, President*

### BOOKINGS ARE NOW OPEN FOR OUR FIRST OF THREE Tocal RETREATS IN 2023

**Friday 17th to Sunday 19th March 2023**

Please email us at [admin@newcastlespiritualistchurch.com](mailto:admin@newcastlespiritualistchurch.com) or send us a Facebook message to secure your place. The cost is to be confirmed as there may be a slight price rise from Tocal College, but is expected to be in the vicinity of \$150, which includes all meals, accommodation, and activities.

## Upcoming workshop – Vision Boards 2023

Are you interested in creating a tangible, visual manifestation tool to assist you in achieving your goals? This casual and fun workshop may be for you. Coinciding with the first New Moon of 2023, we will use mindful techniques to create a Vision Board to focus your intent and achieve the goals you have set for yourself this year.

**WHEN:** Saturday 21 January 2023. The new moon is a perfect time to set your intentions for the new year

**TIME:** 12.30pm to 4.00pm

**BRING:** All materials provided, including light refreshments. You might like to bring along your Oracle Cards to clarify your intentions, or any special images you might like to include

**COST:** \$10 – paid on the day

**BOOK:** LIMITED TO 20 PARTICIPANTS

Register your interest via the event on our Facebook page (send us a Facebook Message to reserve your place.)



# 2023 SPIRITUAL DEVELOPMENT COURSES WITH ROSIE KENNEDY

Whether you are just starting out on your spiritual journey or looking to further your development, these courses provide you with the opportunity to learn and grow with Spirit.

**FOUNDATION CLASS** (Thursday evenings 7.30 - 8.45pm): In this progressive course you will learn how to use your energy safely, stay grounded, practice energy balancing and chakra work before moving onto healing, then psychic reading.

**INTERMEDIATE CLASS** (Thursday evenings 6.00 - 7.15pm): This progressive course provides you with opportunities to master your psychic techniques and offers development into more mediumistic learning. You will practice different approaches and continue to grow in confidence as you connect further with the Spirit world (not for beginners).

**WHEN:** Both courses commence on Thursday 2 February 2023 and run for 9 consecutive weeks, concluding on Thursday 30 March 2023.

**WHERE:** Newcastle Spiritualist Church Inc., 3 Swan Street Cooks Hill 2300

**COST:** \$225 for the whole 9 week course. \$50 deposit required (non-refundable) to hold your place. Balance of \$175 payable by Thursday 2 February.

**REQUIREMENTS:** You must be a member of Newcastle Spiritualist Church Inc. to participate. Membership forms are available at the church.

Places limited, only committed individuals who can attend ALL sessions need apply

**BOOK:** Contact the church by email (see below) or via our Facebook page. Make sure to include your full name, email address and mobile phone number, along with the name of the course you wish to join.

Email [admin@newcastlespiritualistchurch.com](mailto:admin@newcastlespiritualistchurch.com)

*Rosie trained at the College of Psychic Studies in London, UK. She has been a working medium for the past fifteen years. She holds a Master of Arts in Education and a Post Graduate Teaching Certificate and teaches Spiritual Development at all levels.*



## CHURCH MEMBERSHIP

Are you a MEMBER of our church? If so, you might have noticed we are increasing our benefits to our members. We are a 'not for profit' organisation, that relies on donations and membership fees for the upkeep and running costs of our beautiful little church.

**HOW MUCH?** Membership is \$10.00 per year and benefits include:

- Extensive library: Our library is filled with many and varied spiritual books, lots of which are now out of print and unavailable - Members may borrow from our Library.
- Advance notice: Church members receive an email from us with the link to our Super Soul events 24 hours before the link is shared with the public on our Facebook page.

Would you like to have your say? Full Members are encouraged to stand to join our Committee at our AGM (usually held in October each year). Our committee meet once per month and are instrumental in planning and organising our special and regular weekly events.

Why not join? It is as easy as filling in a Membership Form and submitting it next time you are at church, the facilitator of your event will be able to assist you.

# SPECIAL EVENTS COMING UP - JAN/FEB 2023

**Saturday 21 January:** Vision Board Workshop  
Help manifest your goals in 2023

**Saturday 11 February:** Super Soul Saturday Night  
Featuring Marcia Quinton and Imelda Penny

## SUNDAY SERVICES - 3.00pm (all welcome)

JANUARY  
2023

15th	Kim Tennant	Astrologer from Pandora's Moon Exploring the Astrological themes for 2023
22nd	Janelle Campbell	Evidential Medium , Teacher, Mentor
29th	Sherynne Smith	Healer, Sound Therapist and Massage Therapist

FEBRUARY  
2023

5th	Debs Carling	Author and Motivational Speaker
12th	Damian Marc	Psychic Medium
19th	Rosie Kennedy	Spiritual Medium and Teacher
26th	Paul White	Spiritual Medium

Subject to change without notice - our Facebook page will be updated where possible



## SAVE THE DATE!

Our next Super Soul Saturday event, and the first one for 2023 will feature Marcia Quinton and Imelda Penny. Watch our Facebook page for more information, including a link to the booking page.



**Marcia Quinton and Imelda Penny on Saturday 11 February 2023**

## MEDITATION GROUPS RESUME IN JANUARY

MEDITATION GROUPS \$5.00 per person

Please make sure to arrive at least 10 minutes prior to the advertised starting time below



### TUESDAY MORNING

(resume 17/1/23)

10.30am - 12.00pm

Facilitated by  
Marcia Parkes .  
All welcome!

### WEDNESDAY MORNING

(resume 18/1/23 TBC)

10.30am - 12.00pm

Facilitated by  
Yvonne Warren  
All welcome!

### FRIDAY EVENING

(resume 13/1/23)

7.30pm - 9.00pm

Facilitated by  
Robert D.  
All welcome!

## What is happening in the sky? (for all signs)

### JANUARY/FEBRUARY - Happy birthday Capricorn, Aquarius & Pisces

January 7th brings the Full Moon in Cancer. It's the perfect time to clean out around the house. This Moon is conjunct retrograde Mercury, so releasing negative thought patterns under this Moon is supported by the cosmos.

January 22nd brings the New Moon in Aquarius. Embrace your uniqueness under this Moon. Take the steps to make new friends or join a networking group. A positive connection with Mars brings the energy to take action towards fulfilling your dreams.

December 29th sees Mercury turned retrograde on December 29th, be careful to double check any communication regarding your plans, as mix-ups are possible. As usual, it's a time for intense journaling, bringing your thoughts onto paper. Planning is key during this time. Continue to perfect the action plan created under the New Moon, ready for when Mercury goes direct on 18th January 2023.

Thank you to *Kim Tennant (Astrologer)*  
[www.pandorasmoon.com](http://www.pandorasmoon.com)  
for your contribution

## FEATURE STORY - WHAT THE RESCUE PONIES HAVE TAUGHT ME: The Authentic Self by Debs Carling

I live on a 50-acre farm with 15 rescue ponies and 5 rescue dogs. We have taken in these waifs and strays at a point in their lives where humans have greatly failed them, where their quiet patience has been mistaken for weakness, their grandeur mistaken for arrogance or aloofness, their intelligence and ability to forgive and to rise above abuse has been mistaken for ignorance and stupidity... the list goes on, unfortunately. What others have missed, and what we have noticed, is that they are all master teachers, each one a guru with a unique and personal message/lesson that a receptive human can benefit from.

We ask nothing of these equine beauties, we simply allow them to be. We encourage their character and wit to come to the fore, and genuinely really do laugh with them and have fun. Their zest for life becomes more obvious and apparent at this point, it is very freeing for them, and they begin to share their vast intelligence with us. In our established interspecies 'herd' no one is above anyone, no being superior. We all have regard and respect for each other. We have overcome the language barrier where their 'horsey- Arabic' and our 'speaky da English' is kept simple, and all physical body language and gestures are precise and clear, so that they can be easily interpreted and comprehended by both parties. It's a very effective level of communication. Ultimately, it's the universal language of love, of course, that stands proud amongst all of this.

Us humans work on the principal of co-operation, not control. We ask the horses opinion and wait for their response. We value what they have to say. Which brings me to a very interesting discovery for us over the years, and that is horses hear and understand every word, every single sentiment, and all our feelings and emotions. This one single, stand-alone realisation has enhanced the journey for us and created the trust of the herd. The horses arrive to us shut down: a result of being misunderstood and constantly berated, where they end up resigning to the role of 'dumb, stupid and subservient' for an easy life. However, with us they realise that we are listening, and they are in a safe place, and they very slowly unravel from their mental coil and begin to freely express themselves again, without the fear of reprimand, or any of the cruel handling methods that some of them have previously encountered. Eventually love and our sincere patience wins, and their trust is gained.

The horses ask only two things of us: they want us to present our authentic-self and to work only in the now. I must say, they really respond favourably and enthusiastically to this! Once this is established, each horse has a gift, a treasure, to pass on to us humans: a learning for us. A life lesson that the universe is passing onto us for our personal growth via them. When we stand in the now, in a place of stillness and peace, that's when each horse gracefully passes their teaching onto us. It comes as a vibratory exchange which is readily received by our mind, body and spirit as a knowing, a feeling, a cellular remembering. It is incredibly powerful. It is their unique teaching, which they are so committed to, in fact, that they will consistently repeat and re-present this until we get it, right until their last dying breath.

Each year, on average, a pony will pass from natural causes or old age. They often come to us late in years, inflicted with physical manifestations from the hard life they have endured until they find their way to us. But when they get to us, they have beautiful lives here at the farm, they really do receive abundant love and kindness before they leave this earth. I even sit with them when they lay down to pass away and I talk gently to them, often their head resting in my lap, and I thank them for their courage and for what they have taught me. Every passing is beautiful. Every animal, without fail, acknowledges this gratitude and thoughtfulness by looking up at me as they close their eyes and take their last breath, a tender moment between best friends. It is serene. The fact that a flight animal so willingly and gently shares its last passing moments with me in this way makes me feel truly blessed. To witness them crossing over is always blissful and peaceful: ears forward, eyes bright with the joy of seeing the spirits coming to gather them, and the love felt from this moment where the veil is so thin that even I can feel the mighty benevolence of the universe gathering them in its arms to take them away. It is an almighty loving energy palpable in the air. The last horse to pass neighed with joy as she went, the memory brings tears of happiness to my eyes as I write this.

I humbly share with you some of the most important lessons the horses have taught me over the years. Here are just a few of them: Don't dwell on illness, embrace wellness. Value the now, being present is where the magic is. Be aware of the role playing, don't be defined by it. Re-discover one's authentic self and get to know it well, never let it become lost or forgotten. Work always from one's heart space. Recognise the power of stillness and peace. To be gentle and kind is not a weakness, it is a strength.

I have also found that one of the greatest teachings comes from the natural nature of horses, in that they are quiet observers, equanimous, and unjudging. An intrinsic state of being that the horse's authentic self so gracefully expresses, its spirit shining through.

In closing, so, how does one find one's authentic self, often lost to the past, replaced through the will and necessity of other's expectations of us, leading to the requirement of role-playing: the best mother, father, daughter, son, provider, boss, a capable person who knows all the answers, with no weakness etc...? Well, our authentic self is the version of us that kids and animals respond best to when our minds are still. That's how we find it again. They see past all the role playing. They are masters at drawing that back to the fore, if one is open and willing.

Once the 'authentic self' is re-discovered, what then? Perhaps that is the time to ask our higher self what learning it is we would like to pass on to others, what is it that we would like to be remembered for? Not a muddled mess of many confusing egoistic messages, but the one concise, simple sentence, act, doing, or teaching that we feel that our loved ones left behind will benefit from. The single sentence or epitaph that would make us proud to see written on our tomb stones. Once we work out what this is, we must live it, and breathe it, and be it so that there is no doubt in the eyes of other's what that is. Because truly, as these gorgeous equine souls have taught us, there really is only one single thing that we are remembered for. Let's make sure we know what that is, so it is crystal clear to others. Something constructive and helpful that will linger in the minds of those we leave behind.

I end this little piece by thanking every horse, animal, and child for their reminders of how to be. The true authentic self is so freely expressed by them with such grace and strength and purity. How truly blessed we are to re-learn this from them.

*DEBS CARLING - Author/Healer*

<https://www.facebook.com/debscarlingfreeflyngpoet>

<https://debscarling.com/>

