

March/April 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

- Thursday 9 March to Thursday 18 May 2023: **Key to Light Spiritual Playtime Program.** See Page 2 for more details.
- Friday 17 - Sunday 19 March 2023: **Total Retreat** - sold out.
- Saturday 25 March 2023: **Super Soul Connection Sessions** - Sessions will be available to book with Cecile Trapman, Anona Unicomb and Donna Wilkes-Hardy, all well respected local Mediums. Members - check your emails for the link very soon, any remaining places will be shared on our Facebook page.
- Saturday 15th April 2023: **Super Soul Saturday Night** with Rose Mayhew. Tickets on sale soon, members, watch your inbox.
- **Membership now due!** See page 3 for more details



Message from The Church President

It is with great joy and enthusiasm that I welcome you to the latest edition of the Newcastle Spiritualist Church Inc. newsletter. As we enter a new phase of growth and transformation, I am excited to share with you the latest news and developments from our community.

In these challenging times, the need for spiritual connection and guidance has never been more important. As we navigate the complexities of life, we are called upon to deepen our understanding of ourselves and the world around us, and to draw upon our spiritual resources for strength and inspiration.

At our spiritualist church, we are committed to providing a space where people from all backgrounds and belief systems can come together to explore their spiritual path and connect with others on the same journey. We offer a range of services, events, and groups that cater to the needs of our diverse community, and provide a safe and nurturing environment for spiritual growth and development. At each Sunday Service, (and on other occasions) we joyfully demonstrate a favourite of many of our members and guests, and the third of the 7 Principles of Spiritualism, which is *"The communion of Spirits and the Ministry of Angels"*, for all who are in attendance.

As we continue on our spiritual journeys, I encourage us all to stay connected, support one another, and remain open to the guidance and inspiration of spirit. Together, we can create a more peaceful, loving, and spiritually aware world.

Charles Freeman, President

The "KEY TO LIGHT" Spiritual Playtime Program

with Ellie Henriksen

Commencing Thursday 9th March, The KEY TO LIGHT Spiritual Playground Program runs over 11 consecutive Thursday mornings from 10am to 12pm, at a cost of only \$99 for the full program (payable by Thursday 9th March 2023). The Program is facilitated by Ellie Henriksen using The Key to Light Viking Cards. These cards are not in print and only available to use during this program.

The Key to Light Viking Cards is a collaboration between heaven and earth, moving from fear to love. There is unlimited knowledge and information from past souls, masters and lost civilisations behind the teaching of the Key to Light cards which we can benefit from now.

You will learn intuitively and let spirit be your teacher. Everybody can participate and have fun in the process. If you believe in the cards and trust them, they never lie. It is a direct line to your spirit guidance, by teaching us that our soul is immortal and can never die.

You can find more details on our Facebook page, just email or Facebook Message us to book: admin@newcastlespiritualistchurch.com

Please note: full payment due by Thursday 9 March 2023



THE IMPORTANCE OF SELF LOVE

Self-love is a transformative and essential aspect of spiritual growth. It is the practice of accepting, valuing, and nurturing oneself, just as we are, with all our strengths and weaknesses. However, the concept of self-love can be difficult to grasp and even more challenging to practice, especially for those who have been conditioned to prioritize the needs and opinions of others over their own.

To cultivate self-love, one must start with recognising their inherent worth and value as a unique individual. It requires acknowledging that we are all deserving of love and respect, regardless of our background, circumstances, or past mistakes. One way to develop self-love is through mindfulness practices that allow us to observe our thoughts and emotions without judgment. By being present with our thoughts and emotions, we can acknowledge our inner experiences and treat ourselves with compassion and kindness.

Another way to develop self-love is by practicing self-care. Self-care involves taking actions to prioritise our well-being, whether it's through physical exercise, eating well, or taking time to relax and recharge. By engaging in self-care practices, we communicate to ourselves that we value our own health and happiness.

The practice of self-love is also about setting healthy boundaries and saying no when we need to. It means not allowing others to dictate our lives and instead making choices that align with our own values and goals. By respecting our own needs and desires, we demonstrate self-love and increase our sense of self-worth.

Ultimately, self-love is about cultivating a deeper sense of compassion and understanding toward ourselves. It is about embracing our flaws, mistakes, and imperfections, and recognising that they are a natural part of being human. When we learn to love ourselves unconditionally, we open ourselves up to more meaningful and fulfilling relationships with others.

In conclusion, the practice of self-love is an ongoing journey, but one that is worth embarking upon. By cultivating self-love, we learn to appreciate and honour ourselves, and in turn, create a foundation of inner strength and resilience that supports our spiritual growth and well-being. Why not? You are worth it...

MESSAGE FOR MEMBERS: Your membership is now due!

Membership is now due for the 2023 -2024 financial year. A note for any new members who have only just joined since the start of 2023, your new membership carries you over and is not due again until this time next year.

If you are not already a member, now might be the time to join?

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.

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.

WOULD YOU BE INTERESTED IN JOINING OUR COMMITTEE: Full Members are encouraged to consider standing 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, along with the everyday upkeep of the church itself, promotions, social media and more. We are a friendly bunch and would love for you to think about it. Many hands make light work...



Newcastle Spiritualist Church Inc.

3 Swan Street Cooks Hill Newcastle

Super Soul Connection Sessions

Saturday 25 March 2023

45 minute, one-on-one sessions
with amazing local Mediums

Members, watch your emails. Any remaining
sessions will be advertised on our Facebook Page



Donna Wilkes Hardy



Anona Unicombe



Cecile Trapman

SUNDAY SERVICES - 3.00pm (all welcome)

MARCH
2023

5th Rebecca Ashenden Sydney based Psychic Medium

12th **NO SERVICE** due to Supercars being in town

19th David Everett Kinesiologist

26th Michael Bray Author, Healer & Spiritual Explorer

APRIL
2023

2nd To be advised

9th Eric Livingstone Psychic Medium

16th Cecile Trapman Psychic Medium

23rd Lance Baker Reiki Healer and Hypnotherapist

30th Paul White Spiritual Medium

Subject to change without notice - our Facebook page will be updated where possible,
so make sure to follow us on Facebook.

MEDITATION GROUPS - ALL WELCOME!

MEDITATION GROUPS \$5.00 per person

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



TUESDAY
10.30am -
12.00pm
Facilitated by
Marcia P

WEDNESDAY
10.30am -
12.00pm
Facilitated by
Yvonne W

FRIDAY
7.30pm -
9.00pm
Facilitated by
Robert D.

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

Happy Birthday Pisces, Aries & Taurus

March begins with the Sun in Pisces, this is the most spiritual time of the year. On March 21st we see the Sun move into Aries. Happy Astrology Day! It's also the Autumn Equinox, a time when the light and dark are in balance. During Aries season we stop to pay attention to ourselves and our own needs.

March 7th brings the Full Moon in Virgo. Release any habits that aren't good for your health. Let go of negative mind chatter and perfectionism. The square from Mars brings the energy to release any perfection issues. It's also a great time to release your anger over something. April 6th brings the Full Moon in Libra. Release any relationship issues with a partner or best friend. The conjunction to the Sun with Chiron & Jupiter opposite the Moon brings the potential for healing through releasing old belief patterns around relationships.

March 22nd brings the New Moon in the early degrees of Aries. Start a new adventure or something that takes courage. Take action to manifest your dreams. The conjunction from Mercury indicates that clear communication will be important when making your New Moon wishes. April 20th brings us a Solar Eclipse in the late degrees of Aries. This brings a second opportunity to start a new adventure or something that takes courage. This Solar Eclipse has the potential to be hugely transformative with a square from Pluto and a conjunction with Jupiter, the planet of good fortune.

Mercury turns retrograde on April 21st in the sign of Taurus, bringing the opportunity for reflection and planning. Double check your paper work before signing and think twice before purchasing communication devices during this time. Mercury will go direct on May 15th.

Thank you to *Kim Tennant* for your contribution
www.pandorasmoon.com

SPIRIT MESSAGE

Through the Mediumship of Katrina - December 2022

We all have at least one negative person in our life that we have to deal with, if not now then in our future. Maybe it's someone you work with or a neighbour, but the real challenge is when it is a family member, and our strength will be tested.

Our happiness comes from a place of love and positivity, and we have a need to share this part of ourselves with others to become whole as a person. But someone that is consumed by negativity can never truly be happy because of their inability to give and receive love. Instead this type of person has a need to control everyone around them, this is done by using fear, blame, dishonesty and manipulation.

The truth is, people who are consumed by negativity only achieve a sense of satisfaction after they have made others feel miserable.... because that is what makes them feel powerful.

The love that is missing in their life is filled by a constant need for drama and attention seeking, and they exhibit extreme and desperate ways to obtain their place in the spotlight without any thought for others. If they feel they are not the main focus in all situations, then they'll do something dramatic and impulsive to make sure they will be.

They are selfish and thoughtless because in their mind, life is not about connecting and sharing love with others... life is just about them. The negative person thinks they are winning or achieving in life by placing demands on others and controlling their friends and family members, but in reality, they are missing out on what life is all about.

The person who chooses to live a negative and selfish life will also end up living a lonely life. The toxic negative energy affects everyone around them so family and friends will be pushed out of their lives. You'd think that it would be possible to get through to this person, surely something can be said or done to make them understand... but no, it doesn't matter what you do, you will never be able to change them, please them, or reason with them.

In fact when they are offered love and kindness they perceive those traits as a weakness and will choose to exploit and manipulate you instead. There is no place in the mind of the negative person for love and understanding just dominance, selfishness and control.

The negative person always feels entitled and never feels sorry.... because nothing is ever their fault, they are always right and everyone else is wrong. If we want this person to acknowledge how hurtful their words and actions are the closest you will ever get to a confession from them is "I did it, but.... it's someone else's fault that I behaved way, always denying any responsibility.

It is only human to react to the negativity with anger, fear and resentment but to engage with this person and lash back only makes the situation worse because negativity feeds and grows the more you give attention to it.

Do not allow negativity to be in the centre of your life, don't focus on it, don't give it the energy it needs because if you do, you'll feel exhausted, depressed and defeated. The more time that is spent around these people the more unwell you will feel, shift your focus away from them, don't give them the spotlight and don't allow them to overshadow you. Know that you don't deserve to be treated in this way.

Please don't blame yourself or give up and never take it personally, as everyone around this person is being manipulated in the same way. While there is nothing you can do to change this person's negativity, we CAN change how we choose to deal with them.

If you are sad and upset, you will be only giving them satisfaction. If you feel a sense of hopelessness, now you're giving your power over to them. If you feel so exhausted that you want to give in and cater to their every whim by subjecting yourself to being their doormat, ahh, that is what they truly desire because then they will have full control and feel victorious.

It is not easy to witness the people around you being affected by negativity, get worn down and suffer from the relentless abuse, it tears life apart and it's easy for them to go into a downward spiral if they keep everything to themselves and don't reach out for help.

People die thinking they can withstand the burden on their own. We need to reach out to our friends and family and never feel afraid to seek professional help; don't think that you can get through this alone.

What defeats negativity is love and positivity, let these be the traits that define you. Start by showing yourself love and respect, be the positive loving light in your own life and lead by example. You will need to be a positive role model by sharing and giving love to those family members that are being neglected, especially if children are involved.

The love and positivity you share with others makes a huge difference to their lives and yours. Your love will nurture people and give back what is missing in their lives.

We have all heard someone say "if it wasn't for this person being in my life, I don't know how I would have survived. Tell the people in your life that you love them and are always there for them and will help in any way you can. Teach them that love is a gift that is given freely without conditions and that life is to be shared with compassion. The more you can ignore and deflect negativity the better and focus on what positivity you can bring to the situation, making life better for yourself and the ones you love.

Love is our strength and can be shown even with the smallest of gestures.