

March/April 2024

# 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

## What is happening?

- Remember, if you are a current financial member of the church, you will receive notification of our events 24 hours before information is shared on Facebook, and there are some Members Only events.
- Memberships are due now - payable by 30 June 2024. If you only just became a member (since January 2024), your fees are not due until next June 2025.
- Super Soul Connection Sessions, being held on Saturday 16 March are SOLD OUT. Please email or send a Facebook message if you would like to be put on the waiting list.
- Total Retreat for MEMBERS ONLY is coming up in early April - Members watch your inbox!
- Super Soul Saturday Night coming up on 20 April with guest medium Rose Mayhew



## Message from the Church President

As we journey through life's twists and turns, let's remember the magic of looking out for each other. Whether it's a smile, a helping hand, or a shoulder to lean on, every act of kindness ripples out into the world, making it brighter for all.

So, let's spread some love and joy! Reach out to your friends, family and neighbours, check in on them, share a laugh, or lend a listening ear. We can make a massive change in somebody's life, just by saying hi.

A quick heads up! Memberships for our community are now due. Your support helps us keep the love flowing and the lights on, ensuring our sanctuary remains a beacon of hope and healing for all.

Let's keep shining our light and lifting each other up, making our spiritual community a warm and welcoming home for all.

*With love and light*

*Charles Freeman*

*President*

### Membership now due for the 2024 - 2025 Financial Year

A note for any new members who have only just joined since the start of 2024, 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, and other 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.

## Don't forget our Healing Book

We have a distant healing book near the platform at church. Please take a moment to write your name, or the names of any family members or friends who might be in need of some healing at this time.

Distant Healing is sent to those persons who are written in the book during Sunday Services, and during our regular Meditation sessions.

Each month the page is turned, so please feel free to add the names back into the new month.



## What is Happening in the Sky - Astrological events in March and April 2024

Happy Birthday Pisces, Aries & Taurus!

March begins with the Sun in Pisces. This is probably the most spiritual time of the year. It's okay to withdraw, reflect and just dream. Then March 10th brings the Pisces New Moon. This is the perfect time to begin a new spiritual practice. Start a yoga and/or meditation class. Spend time in reflection. On March 20th, the Sun moves into Aries. This is the time to focus on your own needs and wants. Take action and have fun. The Full Moon Eclipse in Libra occurs on March 25th. Release any relationship issues with a partner or best friend. Are your feelings being eclipsed at this time? Are you feeling emotionally blocked?

April 2nd sees Mercury turn retrograde. This period is all about self reflection and planning. Spend some time writing down your thoughts during this time. On April 9th, the New Moon Eclipse occurs in the sign of Aries. Start a new adventure or something that takes courage. Take action to manifest your dreams. On April 19th, the Sun moves into Taurus. The rhythm and flow of the natural world can be embraced. Simple pleasures can be enjoyed. Spend time in nature and take the time to smell the roses. On April 24th, the Full Moon in Scorpio occurs. What areas need a complete declutter now? Shine a light on what needs transforming in your life.

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

## VISION BOARD WORKSHOP - 3 FEBRUARY 2024



In 2024, our first workshop was a Vision Board session where all participants focused on envisioning their future.

It was a highly enjoyable experience for everyone, and we extend our gratitude to Eric for facilitating this workshop.

**Do you value yourself?** Valuing yourself is an essential aspect of living a fulfilling and meaningful life. It involves recognising your worth, acknowledging your strengths and capabilities, and treating yourself with kindness and respect. When you value yourself, you are more likely to set healthy boundaries, make decisions that align with your values, and pursue goals that bring you joy and fulfillment.

Valuing yourself also means practicing self-care and prioritising your well-being. This can involve taking time for activities that nourish your mind, body, and soul, such as exercise, hobbies, or simply relaxing and unwinding. Valuing yourself also includes surrounding yourself with positive and supportive people who uplift and encourage you.

Ultimately, when you value yourself, you exude confidence and self-assurance, which can positively impact all aspects of your life, including relationships, work, and personal growth. By recognising your inherent worth and treating yourself with the compassion and esteem that you deserve, you pave the way for a life filled with self-love and fulfillment.



# Food for Thought...

## DO YOU JUST BELONG?

Are you an active member,  
the kind that would be missed?  
Or are you just content to have  
your name upon the list?  
Do you attend the functions,  
and mingle with the flock?  
Or do you stay at home  
to criticise and knock?

Do you take an active part  
to help the work along?  
Or are you satisfied to be  
the kind that 'just belong'?  
Do you voluntarily help  
at the guiding stick?

Or leave the work to just a few  
and talk about the clique?

Come to the functions  
and help with hand and heart.  
Don't just be a member  
but take an active part.

Think this over member  
you know right from wrong.  
Are you an active member  
or do you 'just belong'?

*By: Anonymous*

## As the old saying goes 'many hands make light work'...

The above poem was seen on the wall of another organisation that is fully run by volunteers. Everything you see in and around our church is lovingly cared for by a group of tireless volunteers. Someone is making sure everything is squeaky clean each week, and that our cupboards never run out of biscuits, cake, tea, coffee, toilet paper, and more. The electricity bill has been paid, the website is up and running, and our Facebook page is consistently updated. There is a team of people planning our calendar and contacting speakers and mediums that they feel may be of interest to you. And there are many, many more quiet and behind the scenes jobs that are done, week in, week out, by individuals who ask for nothing but enjoy the warm feeling that comes from giving to others. They are not looking for recognition, but every now and again a quiet 'thank you' also warms the heart. And if you see something that needs doing, or you have some time to give us a hand, we welcome your input.

## WHAT IS INTUITION? ...

Intuition is the voice of the nonphysical world. As you become multisensory, you become intuitive. You do not need to find your intuition. It will find you. Each individual experiences intuition in a different way. Some hear voices, Some hear sounds and others see colours. Some people feel sensations. There is no correct way to experience intuition. Your intuitional structure - the way you experience intuition - is as unique as your body.

Multisensory perception is also the ability to see meaning in everyday circumstances. You may see, for example, how perfect an experience is for you, or for someone else. All of your experiences are perfect for you given the wisdom of the choices you have made. Multisensory perception is seeing that."



*From 'Soul to Soul, Communications from the heart' by Gary Zukav*

# INTERESTED IN JOINING ONE OF OUR MEDITATION GROUPS?

Our regular Meditation Groups are held each week on Tuesdays and Wednesdays at 10.30am, and Fridays at 7.30pm. All are welcome to attend, there is no need to book. Just make sure to arrive at least 15 minutes prior to the advertised start time, entry is via the second door along the driveway.

Cost for each session is \$5.00 per person, paid on arrival.

See below for more details about each group...



## TUESDAY MORNING GROUP: MEDITATION AND DEVELOPMENT

**Facilitator: Marcia Parkes**

**When: Tuesday mornings - 10.30am to 12.00pm**

Suitable for beginners right through to more experienced meditators, anyone is welcome to come along to this friendly and welcoming group.

Each session starts by us introducing ourselves, then we begin with a small exercise where we will open our energy and ground ourselves. Then after an opening prayer, you will be guided into a meditation, where you will experience the healing and relaxing benefits of this practice. The meditation is followed by a psychometry exercise using various oracle cards or personal items.

This group is very social and will often continue the comradery by having lunch at one of the Darby Street outlets after group.

## WEDNESDAY MORNING GROUP: MEDITATION AND DISCUSSION

**Facilitator Yvonne G**

**When: Wednesday mornings - 10.30am to 12.00pm**

Suitable for beginners right through to more experienced meditators, and commencing with an opening prayer, this group commences with a guided meditation followed by a discussion of what was experienced.

Afterwards the group shares a cup of tea or coffee and light refreshments, and during this time there is a group discussion, exploring different topics and themes each week, regarding aspects of spiritualism. If you attend Wednesday Morning Group, don't forget to bring along your questions!

## FRIDAY EVENING GROUP: MEDITATION AND DEVELOPMENT

**Facilitator: Robert D**

**When: Friday evenings 7.30pm - 9.00pm**

In a positive and inclusive environment, we aim to help each other grow spiritually and send love and healing energy to whoever and wherever it is needed.

We start the session with an opening prayer and spiritual reading, followed by a guided meditation helping you to relax after a busy week. Each meditation explores a new topic for that week. This is followed by a spiritual development exercise that will assist with the growth of your spiritual awareness and gifts such as psychometry, card readings, messages, etc. Lastly, we finish the night with a healing meditation (different each week) that helps you to leave the class feeling totally refreshed and ready for the week ahead.

### WHY MEDITATE?

Meditation offers numerous benefits for mental and physical health. It is a proven method to reduce stress and anxiety, while promoting focus and emotional well-being. Regular meditation can improve sleep patterns, lower blood pressure, and enhance self-awareness. By cultivating a sense of inner peace, it builds resilience to life's challenges. The practice of meditation not only contributes to a balanced lifestyle but also improves overall health. It's an invaluable tool for maintaining equilibrium in today's fast-paced world.

# OUR EVENTS: MARCH AND APRIL 2024

## SUNDAY SERVICES

Sunday Services commence at 3.00pm, all welcome, no need to book

Sunday 3rd March	Lesli Yule - Spiritual Medium
Sunday 10th March	Rosie Kennedy - Psychic Medium
Sunday 17th March *	Debs Carling - Author, Trust Technique Practitioner
Sunday 24th March	Rose Mayhew - Psychic Medium
Sunday 31st March	Eleanor Walker - Scottish Medium and Teacher
Sunday 7th April	Rebecca Ashendon - Sydney Medium
Sunday 14th April	Susan Penno - Psychic Medium
Sunday 21st April *	Sherynne Smith - Healer, Serenity Sounds
Sunday 28th April	Wendy Jordan - Medical Intuitive

\*Bring an item for Psychometry

## SPECIAL EVENTS

Members are emailed a booking link 24 hours before it is shared with the general public.

**Saturday 16th March**  
**SOLD OUT!** Super Soul Connection Sessions - 45 minute one-on-one session.

**Friday 5th - Sunday 7th April** Total Weekend - Members only.

**Saturday 20th April** Super Soul Saturday Night with Rose Mayhew!

## WEEKLY MEDITATION CLASSES - ALL WELCOME!

\$5.00 per person per class: Please make sure to arrive at least 15 minutes prior to the advertised starting time below. See Page 5 for more details.

### TUESDAY

10.30am to 12.00pm  
Facilitated by  
Marcia

### WEDNESDAY

10.30am to 12.00pm  
Facilitated by  
Yvonne

### FRIDAY

7.30pm to 9.00pm  
Facilitated by  
Robert

