

May/June 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?

- 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 18 May now open for bookings. Please follow the link on our Facebook page to book.
- Super Soul Saturday Night coming up on 15th June is with Florence King. An invitation to book will be sent to members mid May, with the link being posted to Facebook if there are any remaining tickets available.
- Exciting news!! Advance notice of a weekend of workshops by Les Dyer - put the 6th and 7th of July in your diary and check page 3 for more information, with full details to be shared as soon as they come to hand.



Message from the Church President

I hope this message finds you in good spirits. I want to take this opportunity to talk about the importance of community and the powerful bonds that connect us. In times of uncertainty, it's these connections that give us strength, comfort, and the resolve to move forward together.

When we come together, we create a network of support that can uplift and inspire each of us. I encourage you to reach out to one another, check in with your neighbours, and make a special effort to spread kindness and compassion. Whether it's a friendly conversation, an offer to help, or simply a smile, these gestures build the fabric of our community.

Here are a few ways we can foster deeper connections:

1. **Stay in Touch:** Regularly connect with friends, family, and neighbours. A simple "hello" can brighten someone's day.
2. **Join Our Gatherings:** Our Sunday Services, special events and meditation circles are perfect opportunities to connect with others, share stories, and grow together spiritually.
3. **Spread Positivity:** A positive outlook and kind words can be contagious. Be the light that helps others see the way.

Let's make it a point to nurture our community spirit, creating a sense of unity that can overcome any challenge. I am grateful for each of you and the unique gifts you bring to our spiritual family. Thank you for being part of our journey.

With love and light
Charles Freeman, President



Newcastle Spiritualist Church Inc.
3 Swan Street Cooks Hill Newcastle
Super Soul Connection Sessions
Saturday 18 May 2024
45 minute, one-on-one sessions
with amazing local Mediums

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



Cecile Trapman



Lesli Yule



Anona Unicomb

EXCITING NEWS - UPCOMING WEEKEND WORKSHOPS WITH LES DYER

Coming up over the weekend of the 6th and 7th of July, are some very special workshop opportunities. Les Dyer will be returning to our church to present a series of workshops across the weekend. Les is a Retreat Director, Self-Empowerment Coach, Spiritual Author, Healer and Guide who has facilitated over 1,000 self-empowerment workshops since the mid 1980's. Many of our long term members will remember Les and his amazing workshops. He moved to Queensland, where he has been running a highly successful Spiritual Retreat Centre, and has written 8 books on spirituality, meditation, self-realisation and self-empowerment.

Sneak peek details: the topics covered over the weekend will include "From Delusion to Evolution: Realistically Embracing the Divine Spirit Within", "Meditation for Healing and Happiness", and "Centreing: Being the Light Every Day". Places limited, members watch your inbox for more details!



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

Happy Birthday Taurus, Gemini & Cancer!

May begins with the Sun in Taurus. We are asked to slow down during this time. It's a wonderful time of year for self-care.

May 8th brings the Taurus New Moon. This is a great time to commence a new gardening project, start having regular massages and begin new rituals. With Venus, Jupiter and Uranus all conjunct this New Moon, the potential for sudden good fortune is high!

On May 20th, the Sun moves into Gemini. This is the time to focus on your connections with others. It's a great time for networking and communicating.

The Full Moon in Sagittarius occurs on May 23rd. Release old beliefs that no longer represent your authentic self. Clear out old books or treasures from past travels that are no longer needed. A close connection to the Sun from Jupiter and Venus brings increased feelings for people who are special in your life. Allow yourself to be vulnerable.

On June 6th, the New Moon occurs in the sign of Gemini. Start networking and trying new things. Embrace small changes. Start over with a sibling or a neighbour. The conjunction with Venus enhances connection with others. The square from Saturn brings a reality check.

On June 21st, the Sun moves into Cancer. This is a time to embrace our emotional nature. Listen to your intuition now.

On June 22nd, the Full Moon in Capricorn occurs. Let go of old goals, issues with authority figures, structures in your life that are no longer working. The conjunction by Mercury and Venus to the Sun brings the energy to speak up about any issues you may have with your relationships.

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

A MESSAGE FOR MEMBERS: Time to renew your membership

Membership renewal fees are due on the 30th of June. Don't let your membership lapse! Please use the bank details below to pay online or any branch of the Newcastle Permanent Building Society by the end of June. You can also pay next time you are at church to your event facilitator (e.g. Meditation Group Facilitator or Sunday Service Chairperson).

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 special events 24 hours before the link is shared with the public on our Facebook page, members also get a discounted rate at some 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.

Account name: Newcastle Spiritualist Church Inc.

BSB: 650 000

Account Number: 540 772 802

Reference: Your name

Food for Thought...

It's easy to feel uncared for when people aren't able to communicate and connect with you in the way you need. And it's so hard not to internalise that silence as a reflection on your worth. But the truth is that the way other people operate is not about you. Most people are so caught up in their own responsibilities, struggles and anxiety that the thought of asking someone else how they are doing doesn't even cross their mind. They aren't inherently bad or uncaring - they are just busy and self-focussed. And that's ok. It's not evidence of some fundamental failing on your part. It doesn't make you unlovable or invisible. It just means that those people aren't very good at looking beyond their own world. But the fact that you are - that despite the darkness you feel, you have the ability to share your love and light with others - is a strength. Your work isn't to change who you are; it's to find people who are able to give you the

connection you need. Because despite what you feel, you are not too much. You are not too sensitive or too needy. You are thoughtful and empathetic. You are compassionate and kind. And with or without anyone's acknowledgement or affection, you are enough.

By: Daniell Koepke



THANK YOU FROM SOUL HUB

We received this wonderful message of thanks from the Soul Hub after our most recent donation. It is fabulous to see that we are really making a difference. In light of this, we have decided to keep the giving basket open indefinitely, and continue to collect for this worthy cause. Please keep this in mind, and if you find you have suitable items, please feel free to bring them in and drop them in the basket, periodically we will deliver them to the Soul Hub.

Dear Church members

Thank you so much for your ongoing support and the incredibly generous donation of 25 bags of groceries to Soul Hub. Your contribution to Soul has been greatly appreciated by our guests and volunteers and will significantly contribute to our day-to-day operations here at Soul.

We always describe Soul Hub as "a compassionate community response to some deep community needs". With no government funding Soul relies on the generosity & compassion of the Newcastle community for our existence. It is donors like you that fuels Soul Hub and supports our mission of serving all who walk through our doors. We consider everyone who supports Soul to be a Hero. Every donation of baked beans, every donation of \$1,000, every act of volunteerism all adds a bit more Soul to Soul Hub.

Each week Soul Hub provides hundreds of free meals to some of the most vulnerable in our community and connects our Guests to critical support services including our Soul social work and medical clinics, podiatry, audiology, chiropractic, legal and accommodation services, Centrelink, hairdressing, Service NSW and now NDIS.

Thanks once again for your generous support. We look forward to welcoming to Soul Hub soon.

Kind regards

*Anna Farncomb
Manager, Soul Hub*

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, with Monday evenings being on the last Monday evening of each month, 7.00pm - 9.00pm. 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..

MONDAY EVENING GROUP: MEDITATION AND DISCUSSION

Facilitator: Melanie

When: Last Monday Evening of the month - 7.00 - 9.00pm

All are welcome to join this group, from beginners right through to experienced meditators. Everyone is welcome to come along. This group incorporates meditation practices, healing and discussion on many and varied spiritual topics.

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 W

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

(Jenny H will be filling in as Robert will be on annual leave from 24/5-21/6/2024)

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.

SUNDAY SERVICES MAY/JUNE 2024

5th May		Paul White - Paul is a Medium who came from Lancashire, England over 17 years ago. Paul had experienced frequent encounters with deceased loved ones, which led him to train with Ezio De Angelis.
12th May *		Michael Francis Bray - Published Author, healer and Spiritual Explorer, who guides people to feel their magnificence and kindness.
19th May *		David Sumner - Local Psychotherapist and Spiritual Healer, David transforms peoples lives by showing them how to control and overcome stress, anxiety, panic attacks and limiting beliefs.
26th May		Cecile Trapman - A born psychic medium coming from generations of mediums before her. She has worked for many years bringing messages from the other side, bringing peace to many sitters.
2nd June		Rosie Kennedy - Rosie is a natural born clairvoyant/medium. She provides Spirit communication and teaches Spiritual Development at all levels as well as mindful meditation and healing.
9th June *		Lance Baker - Podcast Host at Akasha Talks with Lance Baker, Hypnotherapist, Energy healer, Counsellor, Teacher and author at Branches of Healing.
16th June		Rose Mayhew - Rose is an accomplished natural medium, who as a child could sense spirit. Rose joins us to bring through evidence based messages from our loved ones.
23rd June		Lesli Yule - Arthur Findlay College trained Lesli has a deep faith in spirit and a beautiful sense of compassion. She is dedicated to sharing messages from your loved ones, proving that love is truly eternal.
30th June		Susan Penno - New Zealand born Susan Penno is an experienced Psychic Medium, platform medium, trans medium, spiritual channel, spiritual teacher and healing facilitator.

*Please bring an item for Psychometry