

**NEWCASTLE SPIRITUALIST  
CHURCH INC.**

**3 Swan Street, Cooks Hill 2300  
www.newcastlespiritualistchurch.com  
newcastlespiritualistchurchinc@gmail.com  
0494 029 236**

**July/August 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 now overdue - if you wish to continue to enjoy the benefits of being a member, please make sure to pay your membership asap.**



## Message from the Church President

I hope this message finds you well and at peace. Today, I want to talk about something that's close to my heart and important for all of us - forgiveness.

Forgiveness can seem like a big, challenging concept, but at its core, it's about freeing ourselves from the weight of hurt and moving forward with a lighter heart. It's not about forgetting or excusing what happened, but about finding a way to heal and grow from those experiences.

When we choose to forgive, we open ourselves up to a beautiful, transformative energy that helps us let go of anger and make room for love and understanding. It's like taking a deep breath and letting go of all those heavy feelings that hold us back.

Forgiveness is a gift we give to ourselves as much as to others. It's a way to nurture our own peace of mind and connect more deeply with the divine love that surrounds us. It can be a journey, and it's okay if it takes time. What matters is the intention to move towards healing and harmony.

As we come together in our spiritual community, let's hold each other in our thoughts and prayers, encouraging one another to embrace forgiveness in our lives. Let's support each other as we work through past hurts and open up to new beginnings.

Remember, forgiveness isn't always easy, but it's always worth it. It's a path to a happier, more peaceful life and a way to share the love and light we find in our spiritual practice.

*With love and light*  
Charles Freeman, President

## THANK YOU FROM SOUL HUB

We recently took our third delivery of your donations to the Soul Hub Newcastle, and it was very well received. We were told that the patrons were excitedly choosing warm clothes and blankets, which we are very sure are coming in really handy right now with this cold snap we are having.

A reminder that we have a perpetual giving basket at church, and each time it builds up, we will deliver them. Here is a list of practical and useful items they need.

And from their website *'We are a "compassionate community response to some of our deepest community needs." We receive no government funding and rely purely on the support of individuals, businesses, schools, sporting teams, etc. However big or small, each contribution adds a bit more Soul to Soul Hub'*.

Alternatively, you can transfer directly into their account, see their website for details: <https://soulhub.org.au/regular-giving/>

Thank you again for your generosity in supporting this worthy organisation.



**Bulk Items you can donate.**

- Long Life Milk
- Tea, Coffee, Milo
- Sugar
- Tinned beans & spaghetti (ring top pull)
- Tinned soups & stews (ring top pull)
- Tinned tomatoes and vegetables
- Tomato Paste
- Tinned fruit (ring top pull)
- 2-minute Cup Noodles
- Dog Food
- Rice
- Pasta
- Toothpaste, toothbrushes, razors, soap, shampoo, women's hygiene

A little bit of **Soul** goes a long way...

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

Happy Birthday Cancer, Leo and Virgo!

July begins with the Sun in Cancer. We are asked to take some time out for ourselves during this time and recharge our emotional batteries. The New Moon in Cancer on July 6th is a great time to start home renovations or look for a new home or create your own safe space. The wide conjunction from Venus indicates good fortune through connection with others. The involvement of Mars brings the energy to take steps towards your dreams. The Full Moon in Capricorn occurs on July 21st and is the second Capricorn Full Moon of the year, falling in the last degrees of the sign. It brings us a second opportunity to release and reset. The close connection with Pluto to the Moon and the square from Chiron indicates that this Full Moon may bring powerful healing potential if you're prepared to release any issues that are holding you back. When the Sun moves into Leo on July 22nd, take time out to explore your passions. Have fun. Lead through action. Be brave. Step out of your comfort zone and let your inner lion roar!

On August 4th, the New Moon occurs in the sign of Leo. Start a new creative project. Find ways to express yourself. Make wishes for children. The influence of Mars and Jupiter brings increased energy to achieve any project started under this New Moon. Mercury turns retrograde on August 5th, bringing with it a reminder to take care with all communications, it turns direct on August 29th. The full moon in Aquarius on August 20th is a time to let go of any friendships or groups that are no longer working for you. Release any fears and embrace your compassion for others. The conjunction of Mercury retrograde to the Sun (and opposite the Moon) may bring up some uncomfortable feelings. The square from Uranus brings sudden change. On August 23rd the Sun moves into Virgo. This is a great time to embrace good health practices. It's also a good time to connect with the angelic realm (as Virgo rules over these holy beings).

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

### A MESSAGE FOR MEMBERS

Membership renewal fees are now overdue. If you want to keep enjoying the benefits of being a member of the church, don't let your membership lapse! Please use the bank details below to pay online or any branch of the Newcastle Permanent Building Society asap or at church to your event facilitator (e.g. Meditation Group Facilitator or Sunday Service Chairperson).

A note for any new members who 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



## My Law...

The sun may be clouded, but ever the sun  
Will sweep on its course till the cycle is run.  
And when into chaos the system is hurled,  
Again shall the Builder rebuild a new world.

Your path may be clouded, uncertain your goal;  
Move on, for your orbit is fixed to your soul.  
And although it may lead you through darkness of night,  
The torch of the Builder shall give it new light.

You were, you will be, know this while you are,  
Your spirit has travelled both long and afar.  
It rose from the source, to the source it returns.  
The spark which was lighted eternally burns.

It slept in a jewel, it leapt in a wave,  
It roamed in the forest, it rose from the grave.  
It took on strange garbs for long eons of years,  
And now in the soul of yourself it appears.

From body to body your spirit speeds on.  
It seeks a new form when the old one is gone.  
And the form that it finds is the fabric you wrought  
On the loom of the mind from the fibre of thought.

As dew is drawn upwards in rain to descend,  
Your thoughts drift away and in destiny blend.  
You cannot escape them for, petty or great  
Or evil or noble, they fashion your fate.

Somewhere on this planet, somewhere or somehow,  
Your life is reflecting your thoughts of your NOW!  
My law is unerring, no blood an atone,  
The structure you built you will live in alone.

From cycle to cycle, through time and through space,  
Your lives with your longings will ever keep pace.  
And all that you ask and all you desire  
Must come at your bidding, as flame out of fire.

Once list' to that voice and all tumult is done,  
Your life is the life of the infinite One.  
In the hurrying race you are conscious of pause,  
With love of the purpose and love for the cause.

You are your own devil, you are your own God,  
You fashioned the paths that your footsteps have trod,  
And nothing will save you from error or sin  
Until you have harked to the spirit within.

~ *Tieme Ranapiri* ~



# 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 a local venue 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

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 JULY/AUGUST 2024

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

\*Please bring an item for Psychometry

7th July		<p><b>Les Dyer</b> – Retreat Director, Self-Empowerment Coach, Spiritual Author, Healer and Guide, Les has facilitated over 1,000 self-empowerment workshops since the mid 1980's. This service with Les Dyer is the culmination of a full weekend of workshops.</p>
14th July		<p><b>Emily Hallinan</b> – Emily's love for working with Spirit has taken her on a life long journey around the world. Now relocated to the Hunter Valley from Adelaide, Emily counts working with and for Spirit to bring through evidence and messages for their loved ones as one of the most uplifting and rewarding gifts she has to give.</p>
21st July *		<p><b>Debs Carling</b> – Always with something interesting to say, former commercial helicopter pilot, Debs is a published author, motivational speaker, and a qualified Trust Technique Practitioner who specialises in helping horses and other animals overcome emotional issues.</p>
28th July*		<p>To be advised...</p>
4th August		<p><b>Rosie Kennedy</b> – Medium and teacher, Rosie trained at the College of Psychic Studies in the UK, studying Energy Work, Healing and Mediumship, prior to taking the Platform and successfully working in many Spiritualist Churches in London and surrounding areas. Rosie's energy is contagious, as is her will to empower others around her.</p>
11th August *		<p><b>David Sumner</b> – Local Psychotherapist and Spiritual Healer, David transforms peoples lives by showing them how to control and overcome stress, anxiety, panic attacks and limiting beliefs.</p>
18th August		<p><b>Paul White</b> – 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.</p>
25th August		<p><b>Cecile Trapman</b> – 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.</p>