



# NEWCASTLE SPIRITUALIST CHURCH INC. NEWSLETTER

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## Welcome to April 2025

### A message from our President

Good news doesn't make the papers — we only hear about bad news and how we mistreat each other. Can we find a reason for this other than a focus on negative things, page after page of raids by unruly children, car thefts, assaults, and other crimes? Are we really in such dire straits? As we move towards the colder months, we worry about power failures, and whether we will have enough warmth, food, and comfort.

In the past, we made time to help others. As a spiritualist, I believe personal responsibility is a guide for me — responsibility for the consequences of my actions. A smile, a "hello," or a "good morning" can make a difference in someone's day. As humans, we've become increasingly insular in our lives. We communicate through SMS and emails, and in the process, we are losing the ability to truly connect with one another.

We need to get back to shaking hands, saying "How do you do?" and hearing the song "What a Wonderful World." Understanding each other is easy if we make the effort. Let's try to care more, look on the bright side, and offer a pat on the shoulder for support. We must remember that we are all in this together.

This quote is from Eddie Jaku, a Holocaust survivor who passed away at 101 years old: "Don't walk behind me, I may not lead; don't walk in front of me, I may not follow; just walk beside me and be my friend."

As part of our effort to help others, we are currently holding a hamper drive for the Food Hub. If you are able to contribute non-perishable food items or toiletry and feminine hygiene products, it would be greatly appreciated. Your kindness can make a real difference to those in need.



**Blessings and Gratitude,**

*Mr. Charles Freeman*  
President

### A message from the Editor

March has been a wonderful month, and I've truly enjoyed my first time serving as the Chairperson for Sunday Service. We've had a wonderful month together, and we have so much more ahead in the coming months. Be sure to check out the "What's Coming Up?" page for all the details.

Don't forget to follow us on Facebook to stay updated on upcoming events. If you're not yet a member, have you considered joining for just \$10 per year? This membership gives you access to exclusive discounts and first-hand information on all events.

May your month be filled with blessings.



**Love and Light,**  
*Justin Charlton*

### Mindful Moments: Find Your Peace Within

**Regular meditation provides significant mental and physical health benefits. Reduces stress and anxiety, improves sleep, lowers blood pressure and more..**

**Why not come along to one of our regular weekly meditation groups and try for yourself?**

Tuesday 10.30am - 12pm with Marcia  
Wednesday 10.30am - 12pm with Yvonne  
Friday 7.30pm - 9pm with Robert  
\$5 per person (cash only) - All welcome

### Member's Social Night, advanced notice:

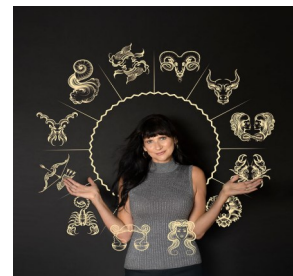
A member's night in the plans for July, more information will be released in the next month or two, watch this space!!



*Happiness cannot be traveled to, owned or earned, or worn. It is the spiritual experience of living every minute with love, grace & gratitude. Denis Waitley*

# Kim Tennant (Astrologer)

[www.pandorasmoon.com](http://www.pandorasmoon.com)



## What is Happening in the Sky (April)

Happy Birthday Aries & Taurus!

April begins with the Sun in Aries. This is the beginning of the astrological year. It's a time to focus on your own needs and wants.

April 7th sees Mercury turning direct. This is followed by Venus turning direct on April 13th. Those with the Sun in Taurus, Gemini, Virgo and Libra may find it easier to move forward with projects now.

April 13th brings the Full Moon in Libra. Release any relationship issues with a partner or best friend. Release projections you may have placed on others. The conjunction from Chiron to the Sun offers the opportunity to deal with past hurts, while the square from Mars brings the energy to do so.

On April 20th, the Sun moves into Taurus. The energy starts to slow down and we are asked to focus on the things that bring us pleasure.

The New Moon in Taurus occurs on April 28th. Commence a new gardening project, regular massages, new rituals. The square from Pluto and Mars brings the potential to focus on your goals in order to transform your life.



## Member Spotlight!

### Neil Thrift

You might not know me, but I have been in and around the Church for 42 years. I met my wife to be who was a friend of a friend. I did not know that she was involved with the church until we started to go to Sunday Service and joining in the meditation groups. Anne was an unreal medium and teacher and her Mum was Reverend Joy Whitaker our Minister.

We moved away for a period of time, Anne kept in touch with the church (I was working) and also had health problems which drained our finances. We came back to East Maitland, Anne was teaching spiritual healing and I worked two jobs to keep going. Anne sadly passed away in 2010 and I was off track for years. Coming back to the Church for Meditations and with our church members helping me. I seem to be on my own healing path and extra learning with Anne in spirit to help keep me going.

I could add more, but sadly ran out of room.

*In Love and Light,  
Neil Thrift.*

Can you help our friends  
at Soul Hub ?

Donations may be dropped off at  
the Church, there is a basket  
in the Kitchen area.

Thank you!



### 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...

# Anzac Biscuits

## Ingredients:

- 1 cup plain flour
- 1 cup of rolled oats
- 1 cup brown sugar
- 1/2 cup coconut
- 125g butter
- 2 tbs golden syrup
- 1 tbs water
- 1/2 tsp bicarbonate of soda

## Method:

1. Preheat oven at 175C.
2. Sift the flour into a bowl.
2. Add the sugar, rolled oats and coconut.
3. Melt the butter into a saucepan, then add golden syrup and water.
4. Stir the bicarbonate of soda, into the mixture.
5. Add the liquid to the dry ingredients and mix thoroughly.
6. Place walnut sized balls of mixture onto a greased tray and back for 15 to 20 minutes.



## Les Dyer Weekend Workshop NEW DATE 24/25 May 2025

**Saturday Program: 9am - 4pm:  
The 10-Fold Path to Intentional  
Living**

**Saturday night: 6.30 - 8.30pm:  
Meditations, Mantras and  
Mordechai Messages**

**Sunday Program: 9am - 1.30pm:  
The Five Golden Pillars of Abundance**

**Total cost for Saturday Workshop, Saturday Night, Sunday Workshop -  
Just \$105 if can afford it, \$55 if that's what you can afford, \$22 if funds  
are low, another amount by sealed envelope if that helps.**

**No-one ever turned away.**

*All bookings via Trybooking - <https://www.trybooking.com/CZAWV>*




# WHAT IS COMING UP?

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

4 - 6 Apr Total Members Only Retreat - Booked out

6 April*		<b>Charles Freeman</b> - Life member, long term committee member and church president Charlie Freeman is back on platform filling in for us. Charlie is always entertaining and we look forward to hearing what he has to say!
13 April		<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.
20 April*		<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.
27 April*		TBC
4 May*		TBC
11 May		<b>Michelle Hughes</b> - Michelle is a compassionate medium who is dedicated to being of service to spirit. Her main goal is for you to leave without any question that your loved ones are right there with you and have survived physical death.
18 May		<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.

24/25 May **3 Part Weekend with Les Dyer** - For over 40 years, Les, a down-to-earth spiritual teacher and author of 13 transformative books, has visited Newcastle more than 30 times! Now, he returns to share his wisdom and spiritual love once again. Take this opportunity to reconnect, refresh, and restore your spirit! See Page 3 for details.

25 May		<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.
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\*Please bring an item for Psychometry

Please note: All guest speakers are subject to change without notice. Where possible we will update this page, but make sure to watch our Facebook Page for all updates.