



NEWCASTLE SPIRITUALIST CHURCH INC. NEWSLETTER

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Welcome to May 2025

A message from our President

Greetings all,

As we begin a new month, I wanted to share a reflection after attending a dawn service for ANZAC Day. I was deeply moved by the number of young people present. As the son of two World War II veterans—my father served in the British Navy and my mother in the Australian Women's Army—memories of that time will always remain with me.

To witness today's youth showing such respect and connection to a history passed down to them was truly heartening. Despite all the negativity we often see in the media, I firmly believe the world is in good hands, and will continue to be for some time to come.

Petty politicians may try to fill our heads with doubt and fear, but they will never win. I'd like to end with a powerful quote from an ANZAC memorial in Villers-Bretonneux, France:

"ANZAC is not merely about loss. It is about courage and endurance, and duty and love of country, mateship and good humour, and the survival of a sense of self-worth and decency in the face of dreadful odds."

And so, in closing, let me say this: I feel confident in our future—together.

Blessings and Gratitude,

Mr. Charles Freeman

President



A Message from our Editor:

Kindness is a simple yet powerful act that can transform lives. A smile, a helping hand, or a listening ear can make a world of difference. Let's remember that small acts of kindness ripple out, creating a more compassionate world. Spread kindness wherever you go, and watch it grow.

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)

Kim Tennant (Astrologer)

www.pandorasmoon.com



What is Happening in the Sky (May)

Happy Birthday Taurus & Gemini!

May begins with the Sun in Taurus. During the first three weeks of the month we focus on taking things slow and following through on any projects we may be involved in.

May 13th brings the Full Moon in Scorpio. Purge your life. What areas need a complete declutter now? Release control. Shine a light on what needs transforming in your life. The conjunction from Uranus to the Sun indicates that there may be an unexpected energy shift during this Full Moon.

On May 21st, the Sun moves into Gemini. The energy speeds up and we become more interactive. This is a great time for networking and learning new things.

The New Moon in Gemini occurs on May 27th. Start networking, trying new things. Embrace small changes. Start over with a sibling or a neighbour. The conjunction from Mercury brings the opportunity to make new connections.



Member Spotlight!

Shae Musgrove

Those who know me understand that I need to wear a hat and glasses both indoors and outdoors. I came to Newcastle Spiritualist Church about four years ago, carrying a lot of grief. I had just lost my mother, who was also my best friend. As well as losing other close family members shortly after. I was deeply broken and carrying a lot of trauma.

Being around like-minded people at Newcastle Spiritualist Church helped me feel less alone and gave me hope that there is life after death. I've met and made some wonderful friends through this community.

My life experiences and traumas have led me to my path in sound healing. I've been involved in sound healing for over three years now, and I truly love it with a passion. I also love helping others, so I give it my all. Sound healing has helped me cope with grief, stress, anxiety, headaches, and chronic pain.

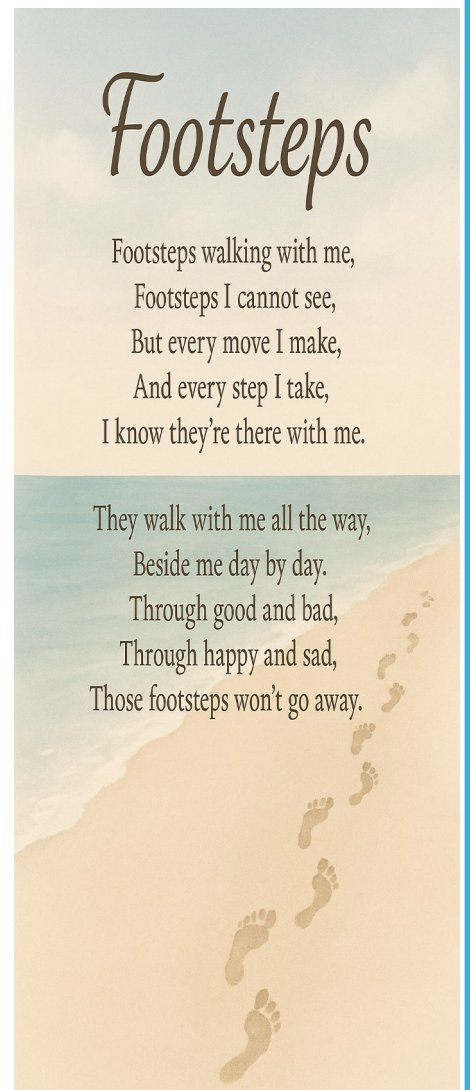
I'm guided by an American Indian spirit guide during my sound healing work. Some of the instruments I use include crystal bowls, a Tibetan bowl, a drum, a gong, and more. Sessions can be held one-on-one or in a group setting.

Dance to your own beat and keeping smiling. Shae xx

Footsteps

Footsteps walking with me,
Footsteps I cannot see,
But every move I make,
And every step I take,
I know they're there with me.

They walk with me all the way,
Beside me day by day.
Through good and bad,
Through happy and sad,
Those footsteps won't go away.



Save the Date!

Newcastle Spiritualist Church

Members Night – Christmas in July



 Saturday 5th July 2025


 4:30 PM

 Venue: Church

 List for bookings opens start of June

 Secret Santa - bring a gift up to \$10 value

 Please bring a plate to share

 Add your name and item to the list in kitchen

 Dress Code: Festive!

Bring your own drinks



Can you help our friends at
Soul Hub ?

Donations can be brought into
the Church Hamper.

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...

Les Dyer weekend workshop is coming soon, everyone is welcome to book, not just our members.

Please see details below.



Les Dyer Weekend Workshop 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

Trybooking Link (or scan QR code):
<https://www.trybooking.com/CZAWV>

A new event will be
bracing our church in June!
Keep an eye on your emails



HEAL AND HYDRATE

An afternoon of healing—and
a warm cup to follow.

Kindness Calendar May 2025

1
Do something kind
for someone you
really care about

2
Focus on what you
can do rather than
what you can't do

3
Take a step
towards an
important goal,
however small

4
Send your friend a
photo from a time
you enjoyed
together

5
Let someone know
how much they
mean to you and
why

6
Look for people
doing good and
reasons to be
cheerful

7
Make a list of
what matters
most to you and
why

8
Set yourself a
kindness mission
to help others
today

9
What values are
important to you?
Find ways to use
them today

10
Be grateful for the
little things, even
in difficult times

11
Look around for
things that bring
you a sense of awe
and wonder

12
Listen to a
favourite piece of
music and
remember what it
means to you

13
Find out about the
values or
traditions of
another culture

14
Get outside and
notice the beauty
in nature

15
Do something to
contribute to your
local community

16
Show your
gratitude to
people who are
helping to make
things better

17
Find a way to
make what you do
today meaningful

18
Send a hand-
written note to
someone you care
about

19
Reflect on what
makes you feel
valued and
purposeful

20
Share photos of 3
things you find
meaningful or
memorable

21
Look up at the sky.
Remember we are
all part of
something bigger

22
Find a way to help
a project or
charity you care
about

23
Recall three things
you've done that
you are proud of

24
Make choices that
have a positive
impact for others
today

25
Ask someone else
what matters
most to them and
why

26
Remember an
event in your life
that was really
meaningful

27
Focus on how your
actions make a
difference for
others

28
Do something
special and revisit
it in your memory
tonight





29
Today do
something to care
for the natural
world

30
Share a quote you
find inspiring to
give others a
boost


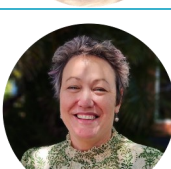
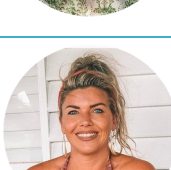
31
Find three reasons
to be hopeful
about the future

WHAT IS COMING UP?

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

27 April*		Charles Freeman – 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!
4 May*		Marcia Parkes with Sound Healing by Shea Musgrove: Join us for this very special service, where one of our members Shea presents a very moving sound healing.
11 May		Michelle Hughes – 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		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.

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. Follow the QR Code or Link in this newsletter to book your place!

25 May		Les Dyer 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.
1 June		Lesli Yule – A medium from a long family line of intuitives, mediums and healers, Lesli has a deep faith in spirit and is humbled by her work for spirit, sharing messages from your loved ones. She is continuing her training both here and overseas to ensure that she is able to be the best conduit between those here and the spirit world.
8 June		Mel Nicholson – Melanie is a published Writer who channels the spirit world via automatic writing which has helped her through challenging times. Melanie will share how connection to spirit for all of us is critical at this time in history.

14 June **Super Soul Connection Sessions** – 45 minute, one-on-one sessions, with some of our amazing mediums available to choose from. Members watch your inbox for the booking link, which will be shared 24 hours later on our Facebook Page.

*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.