Talking Spirit

The Symbol
The circle within a circle symbolises the “Earth Sphere” encompassed by the “Circle of Infinity”
The gold triangle symbolises the essence of Spirituality
The base of the gold triangle faces downward indicating the offering of Spirituality to the lower spheres
The blue triangle symbolises the essence of all life
The base of the blue triangle faces upward, in life’s search for Spirituality
The white background symbolises the God Light of Purity and Perfection
The Flame symbolises the Light, which can never be extinguished The Life Light

Centre News

The Current Committee at the Centre and their Responsibilities

President -(Resigned)- Ensures the Centre is run according to the Constitution, Actioning of Centre Decisions, Representative of the Centre, Chairperson of Meetings.
Vice President - Gordon Lambkin- assists President duties, Monthly Healers Group Co-ordinator.
Public Officer - Cheryl Godden- AGM Chairperson, Overseeing of Elections, Upholds the Constitution.
Secretary - Wiki Fox- Administration, Memberships, Newsletter, Healers Roster.
Treasurer - Centre Financials and Banking
Committee - Felicity Lambkin - Monthly Healers Group Co-ordinator
Committee - Catherine Dever
Committee -Les Sharp
Committee - Alana Smyth
Committee - Joyce Taylor

Spiritualism is a science, a philosophy and a religion. There is no dogma or creed.
Listed below are the Seven Principles which we follow.

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 Hereafter for all Good and Evil Deeds done on Earth
7 Eternal Progress Open to Every Human Soul

Each of the Principles are open to your own personal interpretation and understanding.

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Vice President's Report

Welcome to 2025 - Greetings !

Let us Welcome the New Year with all the enthusiasm we can muster.

Firstly, we say "Thank You " to Bernard Caldwell as he resigns from the position as President of the Centre. For his love and enthusiasm that he had as he captained the HSC through eight years of service.

These have been troubled and dramatic times of upheaval. Covid19 hampered transition from Hartley Road, to Hope Street, nos. 24 , to
32.

Secondly, we are grateful to the ever-growing support of a stalwart HSC Committee who continue the Legacy that we govern together going forward in the true Spiritual way of belief, that ' Life does go On !

We have recovered our enthusiasm to commit, to the principal of Faith and Spiritual Trust that our Friends and Helpers are with us , indeed.

We now look to you, our Brothers, and Sisters, to help us, have the
renewed vigour of your loving support of Love and Light.

May we together, carry on the joy of sharing fellowship with All who seek to know about this way of Life

Please help us, in any way you can to grow the vibrancy of loving healing Energy to those around us

This Centre is yours to enjoy and use with open- hearts, to give out comfort and friendship to those in need.

Kind Regards

Gordon Lambkin. Love 🙏❤️🙏
Vice President

Channelled Guidance by Gail Clark

Greetings and welcome to all who are reading these words.
We would like to welcome you to the start of your new calendar year and remind you that the coming year stretches forward in front of each one of you. Do so with discernment, with clarity, with potential, with focus. If you wish to move forward this year to your ultimate benefit, we ask you to consider what we say, if it resonates with you, and if you feel comfortable to follow these words.
Discernment is the first issue we would like to discuss with you. What is discernment you say?
You may have your own understanding of the meaning of this word, when you break it down to a personal level it is about choosing. Discerning your choices about your day-to-day activity.
consider as you start to do a particular task, ask yourself why am I doing this? Does this have a benefit or a purpose to myself and to my loved ones.
If it does not ask yourself, why am I doing it? If it is a necessary activity, or chore that you decide you need to do, then do so with the consciousness of choice that yes, I am choosing to do this task at this moment, I am choosing to do this because it is a benefit to myself, to my family, to my friends, to my group, or to my community.
As you practice this discernment over what you do, you are bringing yourself into the present moment and consciously choosing the benefit of what you are doing. You are then free to decide not to do this task if it is your free will, and your choice.
Ask yourself how you feel when you are practising this discernment for yourself?
Do you feel you are regaining control over this area of your life?
Do you feel you are obligated to do this task?
Do you feel it is an unnecessary task?
Do you feel you are doing this because nobody else will or nobody else wants to?
These are questions which may be helpful for you to gain clarity within your mind over some of your daily day to day activities.
By keeping your focus and your mind on asking these questions you will gain much mental clarity within your daily life. Also, you will note that you become more focused, and as you become more focused, you will find you put less pressure on yourself. You will find that you are feeling more in control, and happier within certain parts of your life. If this cannot change all at once, we ask you to take the time to think and reflect on how things can be changed. Sometimes slow changes are beneficial, sometimes fast changes are beneficial, be guided by your inner feelings and your intuition into which is the best course of action for you.
This encourages you to be more mindful during your daily work, your daily life, and your interaction with people in general.
It may be that you decide that you are doing this because you have always done it.
You are doing this because it's expected of you, you are doing this because you feel it is your responsibility. We ask you to sit and achieve of clarity, and ask yourself,
Am I responsible for this? Am I obligated to do this? By working honestly with yourself, by taking the time to think and digest, you will come to an understanding of why you are doing certain tasks.
Always ask yourself how you are feeling? and if you feel you are in need of some guidance or some help, please take time to sit and find the peace you know you can find within your heart, and in these moments, send up the thought and ask for help from your guides or your Team in Spirit. The answer will surely be given to you when the timing is correct.
This is a straightforward way that you can gain clarity and more focus within yourself.
We understand that all circumstances may not be changed at once. So start with what can change, always observing how you are feeling, whether you are feeling empowered, and if you feel this is the right way for you to move forward.
As you continue on this new clear pathway for yourself, you give yourself more time and space, you will discover you have extra energy, there will a lack of resentment; a lack of disappointment; no more will you have a sense of being put upon.

Channelled Guidance - continued

Start by making slight changes, and very rapidly you will reap the benefits of this new way of discernment, focus and clarity for yourself.
This calendar year is a year which will be full of endings, take advantage of the Energies that are around, it will be easier to release what is no longer working in your lives. These Energies bring cleansing and healing, old ways are not working, it is therefore timely to release these circumstances. With the release of old ways, new ways are given time and space to manifest in your lives.
Namaste and blessings to each of you.

Personal Responsibility – by Adrian

Personal responsibility is about accountability for one's own choices and actions. This is a core part of one's spiritual journey in Life.
Taking personal responsibly requires strength and courage. It means looking at oneself from another angle or perspective. It requires us to be raw and truthful with ourselves.
We move away for a criticism mentality. We release control of others and of situations.
Taking personal responsibility has many benefits, it allows us to feel free and whole.

HAPPY BIRTHDAY to our members!

Every Member having a Birthday in January/February, is entitled to a Complimentary Pre-service Healing in your birthday month, in the Healing Room. Booking is essential by contacting Wiki, 0425334086 or through Facebook.
January birthdays may book their complimentary healing in February.

Happy Birthday! Enjoy!

JANUARY			FEBRUARY		
Justin	Tran	13	Debbie	Ansell	2
Cheryle	McArthur	16	Mahesh	Mehta	8
Allyson	Balding	17	Loraine	Figures	9
			Gail	Clark	28

WHAT'S HAPPENING at the Centre?

REGULAR ACTIVITIES

Sunday Services:
Every Sunday resuming February 2nd 2025.
Time: 4pm.
Entry: Free will donation

Pre-Service Healings:
Every Sunday resuming February 2nd 2025.
Time: From 3pm.
Cost: $15 for 20 minutes.
Bookings are essential.
Contact Wiki on 0425334086 or through Facebook messenger.

Post-Service Readings:
Held the 4th service of the month
Starting: Feb 23rd 2025
Time: From 5.45.
Cost: $10 for 10 minutes. (1 question reading)
Bookings taken after service.

Healers Haven: with Cheryl.
Held fortnightly, dates are Jan 22nd, Feb 5th, and 19th 2025.
$5 entry.
Conditions apply, see Cheryl for details.

"Selfcare Meditation": with Wiki
Dates: Jan 23rd, 30th, Feb 6th, 13th, 27th 2025
Time: 6pm-7pm.
Entry: $5 entry.

Monthly Healers Group Meeting:
First Sunday of the month resuming March 2nd 2025.
Special Guest speaker. Christopher Watts.
Topic: History of palmistry and connecting to spirit.
$5 entry, 10.30 - 12pm.

Spiritual Development Evenings with Gail
First Friday of the month.
Date: Feb 7th 2025
Time: 7pm - 9.30pm
Cost: $30 members $35 non-members
Psychic and mediumship. Meditation and varied interaction exercises to enhance each persons progress and development

REGULAR ACTIVITIES - continued

Mediumship Courses 2025: with Gail
Upcoming dates to be confirmed.
Expressions of interest for upcoming courses please contact Gail.

Spiritual Healing Course Level 1 and Level 2 2025: with Wiki
Upcoming dates to be confirmed
Any expressions of interest for upcoming courses please contact Wiki.

Remedial Yoga: with Sandra
Dates: Saturdays on Jan 25th, Feb 1st, 8th, 22nd 2025
Time: 9.30am-10.30am
Cost: $15 member/pensioners $20 non-members

UPCOMING EVENT

Wellness Circle: - with Libby Plaza and Maria Capone
Every 3rd Thurs of the month.
Date: Starting Feb 20th.
Time: 7pm - 9pm.
Cost: $10 Payment Prepaid
Contact Libby: 0420620780

If there is a particular Course or Workshop you would like to see at the Centre, please let us know via email hills.spiritualist.centre@gmail.com or the suggestion box at the Centre.

For people who are interested in running Workshops or Courses at the Centre in 2025

For more information, please email hills.spiritualist.centre@gmail.com An application form including terms and conditions will then be forwarded to you

A current public liability Insurance policy is required on lodgement of an application.

POSITIVE AFFIRMATION: to start the new year.

Today marks a new beginning.
I welcome this year with open arms, filled with gratitude, strength and purpose.
I am capable of growth, worthy of success and ready to embrace every opportunity that comes my way.
This is my year to shine

WHAT ARE YOUR THOUGHTS on them?

2 Excerpts from Paulo Coelho – Maktub

Eve was strolling in the Garden of Eden when the serpent came over to her.
"Eat this apple" he said. Eve, who had been well trained by God, refused.
"Eat this apple" said the serpent again, "because you need to look as beautiful as you can for your man"
"No, I don't" answered Eve, "because he has no other woman than me"
The serpent laughed. "Oh yes he does"
And when Eve wouldn't believe him, he led her to the top of the hill where there was a well.
"She's inside this cave. Adam has her there"
Eve leaned over and saw a lovely woman reflected in the water in the well. She didn't hesitate then and ate the apple the serpent was offering her.

A man is selling vases at a market. A woman comes over and looks at the things on sale. Some vases are completely plain, while others have been decorated with meticulous care. She asks the price of the different vases. To her surprise they all cost the same.
"How can a decorated vase cost the same as a plain one?" she asks. "Why charge the same for a piece of work that took longer to make?
"I am an artist" says the seller. "I can charge for the vase I made, but not for its beauty. Beauty comes free"

Recipe to Share: ENJOY!!

Basic Muffin Recipe

In a bowl add:
2 cups flour
1 ½ cups plain yoghurt
½ cup oil or melted butter
2 eggs
½ cup sugar for sweet muffins or leave out for savoury muffins
Mix it altogether.
If sweet muffins add 2 cups of whatever you would like.
Berries, choc chips, chopped banana, grated apple etc
For savoury muffins add grated cheese, chopped spinach and feta, ham, olives, sundried tomatoes.
Preheat oven at 180 degrees.
Fill muffin cups and bake approx. 20mins.

Please check Facebook or the Blackboard for any last-minute changes to keep up to date with all the latest news, please visit:

Facebook: www.facebook.com/HillsSpiritualistCentre
Email: hills.spiritualist.centre@gmail.com
Address: 32 Hope Street,
Seven Hills NSW 2147