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 - Wikitoria Fox, ensures the Centre is run according to the Constitution, Actioning of Centre Decisions, Representative of the Centre, Chairperson of Meetings
Vice President - Joyce Taylor
Treasurer - Debbie Ansell, Centre Financials & Banking
Secretary-Catherine Landall, Administration
Public Officer- Cheryl Godden, AGM Chairperson, Overseeing of Elections, Upholds the Constitution
Committee - Les Sharp
Committee - Rieky Heyden
Committee - Maria Capone
Committee - Kylie Joseph
Committee - Brooke Cupitt

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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Presidents Report

Hello to all members,

Happy New Year to you all. I hope your festive season was filled with love, joy, and special moments with family and friends.

As the Centre prepares to reopen on **Sunday, 18 January at 4:00 pm**, the Committee is very much looking forward to welcoming everyone back and bringing a hive of activity and events to the Centre. We will be continuing our wellbeing and spiritual development classes, which many are eager to return to, as well as our Mediumship and Spiritual Healing courses. The Mediumship course is now advertising *Expressions of Interest* on the notice board, so please add your name if you wish to participate.

We also have a **Suggestion Box** available for members to leave feedback or ideas. Please ensure you include your name and contact details with any submission, as the Committee will only discuss and respond to feedback that includes this information. Suggestions are reviewed at the Committee meeting held on the first Sunday of each month following the service, when the box is checked. This process allows us to provide a response once your feedback has been discussed.

We kindly ask that all feedback and suggestions are shared with respect and kindness. Our Committee members are all volunteers who generously give their time to help keep the Centre open and operating. Thank you for your understanding and support.

We will be updating our Facebook page weekly with all upcoming events, so please pop in and check our page regularly and stay up to date.

If you have some free time, and you wish to volunteer your time and service to the centre, please feel free to speak to myself or any of the Committee members.

I look forward to seeing you all back at the Centre very soon.

Take care.

Love and light,
Wiki

“ When hearts unite in spirit, harmony flows and joy naturally follows”

Channelled Guidance: by Gail Clark

Greetings and welcome to you, as you are reading and listening to these words, we ask as you move into a brand-new Calendar year on the planet, that you do so with a clear mind and an open heart. We ask you to listen to what your heart is telling you, and to follow the direction in which your heart is leading you.
For the people who are listening to what your heart is telling you, there will be a variation from the last few years. The energies have been challenging, often heart wrenching, incredibly beautiful and yet also difficult at the same time. You will recognise these emotions in some way, shape or form. All of your relationships will have changed, sometimes in smaller ways and sometimes in larger ways. Yet always for your highest good,
Insights, understanding and awareness's have come to you many times over the last several years. And so, as the energies of the New Year start to progress and start to make their presence known, you will say feel a sense of hope, a sense of newness, and a sense that some things will be different and many things are now possible. The change always starts on an inner level and then as each person changes individually, then so their outer of world will change. It is the Law of the Universe.
It is how it works, and you move forward with a new perspective and viewpoint, you will start from a different platform or inner space, and many things will change for you. You may appear to be the same on the outside, but internally there has been growth, change, and a resetting of the direction or course of your Life. Please take some time to refer to yourselves, understand, validate, and recognise the changes which have been happening for you. With a fresh perspective and mindset, start to move forward into the New Year and allow the changes to unfold for you as they will.
Be mindful never to force anything that happens to you, if it's meant to come to you, it will.
Trust in this and put your faith in which you believe, and all will be well. Growth is assured.
Namaste and blessings to each one of you.

HAPPY BIRTHDAY to our members

We wish our members celebrating a birthday in January/February 2026 a safe and enjoyable birthday celebration.

January		February	
Tanya Paiti	2nd	Gail Clark	28th
Justin Tran	13th		
Allyson Balding	17th		

Every financial Member is entitled to a Complimentary Pre-service Healing in the Healing Room. Booking is essential by contacting Wiki on 0425 334 086 or through Facebook messenger. Booking must be made by the Friday prior. Thankyou.

MEDIUMS ROSTER

January
18th. Danielle Smith
25th. Robin Lamb

February
1st. Benjamin Graham
8th. Denise Lichfield
15th. Wayne Cornish
22nd. Trish McLoughlin

THE ESSENCE OF GROUNDING

Grounding is the practice of reconnecting the body and mind to the present moment through direct awareness of physical sensations and connection with the Earth. Grounding helps regulate the nervous system by activating the parasympathetic response, lowering cortisol, reducing inflammation, and improving heart-rate, all of which support emotional regulation, clearer thinking, and a greater sense of calm.
When the body feels safe and supported, mental noise quiets, allowing clarity to emerge naturally. Energetically, grounding creates stability, helping scattered or overwhelmed energy return to the body so that thoughts, emotions, and intentions can align more easily.
Grounding also balances energy by anchoring awareness in the here and now, preventing us from becoming lost in past worries or future anxieties. This stabilising effect enhances focus, and supports emotional regulation, making it easier to respond thoughtfully rather than react impulsively.
Long before modern science described these benefits, the original custodians of this land, the **Dharug People**, practised deep grounding through their deep connection with Country, walking, sitting, listening, and living in attunement with the land. First Nations Peoples have always understood that connection to Earth is not only physical but spiritual, cultural, and psychological, and that true wellbeing flows from being in respectful relationship with the land that holds and sustains us.

Alana Smyth

SEASONAL AFFIRMATION/ SUMMER ENERGY

“I welcome the warmth of summer and the cleansing afternoon rains, as the sun’s golden light renews my body, lifts my spirit, and fills me with joy, while the flowing waters of the Earth gently cool and restore me.”

Astrological Predictions for January and February 2026, using Tarot cards by Rieky at, Psychic Pathways, Luluai Spiritual Group.

Aries			Plans made last year will soon become a reality. There is more detail needed, but you have laid the foundation. Look for the next step, the promotion, that will give you the clarity for what is next on your path.
Taurus			There is a major transformation coming, which will sooth out the rough path you have been on for some time. Keep the faith and look for the best path for you. That dream you have kept on the back burner can now be brought into your life. Stay positive.
Gemini			You got the same card as Taurus but there is a different message. Stay on your path a little longer. Some aspects need adjustment, but you are on the best course and you should reach your goal by April. Ready for the next step. A year of action and achievement.
Cancer			A time to heal the past and going beyond the pain. New ideas now will take you on your next paths and you will find what heals you best. Time to visualise where you want to go next. These steps will emerge and your year will blossom for your best path.
Leo			Lots of ideas bubble up and you will try to rush to do them all. Slow down and let one idea be put in place before starting another. Being organised will help you get all your ambitions active and productive.
Virgo			You have many options and the last on the list may be your first choice. You seem to replace finished projects immediately with a new one. An active year and you can make it all come true.
Libra			You also have the card showing a transition to calmer times. Reflect on your path and choose what aligns with your principles. Stay true to your standards. Time to put yourself first…. all year.
Scorpio			You find have enough money, but want a little extra income for extras. Choose an enjoyable side activity to earn more, and your next plans will be affordable. Stick to a budget and all should be fine.
Sagittarius			You too have a repeat card…your message is that there are unexpected barriers coming. Ask questions and do some research and these barriers will be temporary. Continuing to work at it will be fruitful.
Capricorn			Good news around family and your home. Your efforts are achieving better than expected outcomes. Enjoy the celebrations that will continue from surprises form those around you. Allow new inspirations emerge.
Aquarius			Celebrate last year's achievements. Make sure you put your dreams into your own goals. This year? - help yourself as much as you help others. You want your work to be caring, just make sure you are on the list too
Pisces			Time of new opportunities. You will receive the offer you have been waiting for. You should also receive other offers. Try to meditate on the issues and trust your instincts.

WHAT'S HAPPENING AT THE CENTRE

Sunday Services
Every Sunday at 4pm, doors open at 3.30pm.
Please be seated by 4pm for a prompt start.
Entry: Free will offering. Cash/Eftpos accepted.

Pre-Service Healing
FREE 20 minute healing to current financial members OR $15 to non-members.
Every Sunday, limited spots available.
Bookings essential by contacting Wiki on 0425 334 086 by the Friday prior.

Post Service Reading
Every 3rd Sunday following service from 5.45pm.
Cost $10 for 10 mins/1 question reading.
Bookings taken on entry to the service at 4pm.
Limited spaces, readers listed on the day.
(Tarot card readings are available whenever Rieky is in attendance except on the 1st Sunday of the month)

Healers Haven: with Cheryl
Held Wednesday, fortnightly.
When: January 28th, February 11th and 25th 2026
Time: 7pm-9pm
Entry: $5
Conditions apply, contact Cheryl for details on 0404 159 985

Selfcare Meditation : with Wiki
Fortnightly Thursdays 6pm-7pm
Starting January 22nd, February 5th and 19th 2026 (Dates TBC)
Entry: $5

Monthly Healers Meeting
1st Sunday of the month.
Starting February 1st 2026
10.30am-12pm
Guest Speaker: Cheryl Godden
Topic: Bonding with your pets through Energy Healing and Animal Communication
Entry $5

Spiritual Development Evenings: with Gail
First Friday of the
Month
Starting February 6th 2026
Time: 7pm-9pm
Cost: $30 members $35 non-members
Psychic and mediumship. Meditation and varied interaction exercises to enhance each person's progress and development.

What's Happening At the Centre: continued

Introduction to Mediumship Course: with Danielle
10 workshops over 8 weeks
2x Saturdays - 11th April & 23 May 2026 (10am-4.30pm)
8x Tuesdays - 14th April-6 June 2026 (6.30pm-9pm)
Cost: $550 members $650 non-members
This course is designed for beginners or anyone wanting to enhance their skills and revisit the basics of Mediumship.
Participation in this course is a wonderful way to communicate with Spirit for yourself and others.
For more information contact a Committee member or send a message on Facebook.

Mediumship Practice Group: with Danielle
3rd Friday of the Month.
Starting February 20th 2026
Time: 7pm-9.30pm
Cost: $30 members $35 non-members
Open to all Mediums that would like to sit in a group setting and practice their mediumship skills.

Spiritual Healing Course Level 1/2: with Wiki
All Course information will be confirmed at a later date.

Cuppa's and Cards: with Rieky
Starting January 22nd 2026
Every Thursday
Morning Session: 10am
Evening Session: 7.30pm

Upcoming Centre Activities

Wellness Circle with Libby and Maria
Start date TBC

Sound Bath Healing with Debbie Ansell
On hold until further notice. Dates TBC

HSC Membership
Financial year 1st July-30th June
Cost: $25 or $20 Concession card.
As a financial member you will receive discounts to courses and workshops. A copy of the bi-monthly newsletter and FREE Pre-service Spiritual Healing when spots are available.
You must be a financial member for 2 consecutive years to vote and/or be elected to the committee.

Recipe to Share

Mango Sunset Mocktail (No Alcohol) makes 2 servings

1 cup mango juice 4 scoops mango sorbet Grenadine
Mix mango sorbet and mango juice in a blender. Put a dash of grenadine in the bottom of your glass and pour the mixture from the blender into the glass. ENJOY

AFFIRMATION **for Positivity**

"I LOVE AND RESPECT MYSELF TODAY"

More workshops will be advised when available

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 2026

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

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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

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Seven Hills NSW 214