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- assists the President.
Public Officer - Cheryl Godden- AGM Chairperson, Overseeing of Elections, Upholds the Constitution.
Secretary - Catherine Landall- Administration.
Treasurer - Debbie Ansell- Centre Financials & Banking
Committee - Cheryl Godden
Committee - Les Sharp
Committee - Rieky Heyden
Committee - Maria Capone
Committee - Kylie Joseph
Committee - Justin Tran

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

Hi everyone,
Firstly, I'd like to thank all the members who attended our Centre's AGM on Sunday, 6th July. The positive energy you brought made it a truly lovely afternoon. Thank you to everyone who submitted nominations and for the vote of confidence in electing the new committee.
I'm pleased to introduce the newly elected Committee for 2025–2026:

- Vice-President: Joyce Taylor
- Secretary: Catherine Landall
- Treasurer: Debbie Ansell
- Committee Members:
    - Cheryl Godden
    - Les Sharp
    - Rieky Heyden
    - Maria Capone
    - Justin Tran
    - Kylie Joseph

Thank you to each of our committee members for accepting your roles and volunteering your time to support the Centre as we move forward into 2026. I look forward to working alongside you all as a team, ensuring our Centre remains open, active, and welcoming to both our members and the broader community.

A heartfelt thank you to Felicity and Gordon Lambkin for your long-standing dedication. While you're stepping back from committee duties for a well-deserved rest, we're so grateful for your continued support behind the scenes.
A huge thank you also to our wonderful volunteers who give their time to run free workshops for our financial members—healing circles, development groups, spiritual healing, meditation, and mediumship. To Kylie, our amazing Facebook editor, who posts daily messages of encouragement and positivity—thank you. To all who contribute to our bimonthly newsletter, your contributions are truly valued.

Thank you to the facilitators who hire the Centre to share their wisdom and healing practices, including tarot readings, crystal bowl therapy, remedial yoga, acupuncture, cupping, aromatherapy and much more.
A special thanks to those who generously bring food and snacks, help serve tea after services, greet new attendees, and make everyone feel welcome. And to Joyce, our centre caretaker/Cinderella
Thank you, thank you, thank you.
You are ALL The Hills Spiritualist Centre.

I hope the Centre continues to be a safe and supportive space for like-minded individuals. With the incredible energy, service, and commitment you all bring, we are growing stronger each day. The Centre is buzzing with positive vibrations—there's something happening nearly every day of the week, and more people are reaching out to book our space.

We've had a wonderful start to the year, with a full calendar of mediums for our services—thank you, Felicity Lambkin, for your excellent work.

With a new committee ready to go, the vibrant spirit already in the Centre, and your ongoing support, I can honestly say…
I'm excited for the future of The Hills Spiritualist Centre!
Sending love and healing vibes to you all,

Wiki
President

HAPPY BIRTHDAY to our members!

Every Member having a Birthday in July/August, 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.

Happy Birthday! Enjoy!

JULY			AUGUST		
Rieky	Heyden	1	Maria	Capone	2
Don	Triffet	1	Justin	Camacho	5
Alana	Tolley	3	Semira	Kelly-Wisemen	8
Vasyl	Akinin	9	Scott	Peterson	9
Susana	Goia	12	Kylie	Joseph	15
Cathy	Landall	20	Jennifer	Ward	20
Betty	O'Brien	29	Lorenzo	Spano	27
Kerry	Galea	31			
Janet	Hall	11			

CHANNELLED GUIDANCE by Gail Clark

Good morning and welcome to all who are listening or reading these words. This guidance is intended to help each of you progress on your spiritual journey, in the best way possible for you to move forward in ways that encourage your soul's growth. It may seem a daunting task when you look inward and try to make sense of the chaos, the scrambled emotions, muddled thoughts, or lack of clarity, of which may be happening to you at this current time. Not everything we write will apply to each of you, yet you will know intuitively, or instinctively which words resonate within your heart. This is what we ask you to listen to as we continue further on with ways for you to start. Deciding to take the first step is a good place to start, to honor, respect and listen to your inner dialogue takes time, practice, perseverance and persistence. These are words that many of you will have heard before, we ask how many of you practice them? and how diligent are you with whatever time frame you decide to give to yourself. Do you seek to find time, or to make time for your spiritual nourishment? We ask you to make yourself your first priority, before everything and everybody else. It may not be possible to do this 100% of the time, as each of you have many commitments in your life. Make yourselves a priority and set a time frame in which to discipline yourself, to find time on a regular basis to reconnect with Mother Earth energies. Continue to sit in mindful silence, by the focused intention of your breathwork, you allow yourself to connect to the inner realms of your consciousness, this will reestablish your connection to your higher guidance.

This will have a great influence in your life, once you practice these disciplines, you will begin to feel and understand the benefit of this. Your emotions will be calmer, you will have more mental clarity, therefore your headspace will be much clearer. Once you feel the difference within yourself, once you give this gift to yourself, everything else starts to follow. Your life will become much clearer and simpler for you to navigate. Commitment, patience, perseverance, and persistence is required by yourself. By taking small steps to start with, larger steps will surely follow. We ask you to keep a small diary to become aware of your progress, to make notes of what you are achieving, to note what your commitment to yourself is. When you look back in a month's time, in two months' time, or in three months' time, you will see, feel, and understand your progress very clearly. Please understand it is always your choice, yet if you are truly looking for more clarity and direction in your life, we assure you this is the way to start. Listen with your inner senses and to your heart, and let this message settle within you.

Namaste and blessings to you all

Astrological Predictions for July and August 2025, using Tarot Cards

by Rieky, Psychic Pathways, Luluai Spiritual Group

Aries		The Justice card usually indicates balance and fairness returning to your energy. Please make sure you don't have any legal papers without the signature. You will receive a fair judgement.
Taurus		Time to put the past away. You have placed them behind you and are moving on to the rewards you deserve. A planned trip is also possible as long as you plan and review the details.
Gemini		There is an offer which you should consider. It is offered in innocence, but of course you should still be responsible. Research properly and all will be well and even a small profit.
Cancer		There is a lot of new beginnings arriving. There is a plan you will begin and be pleased with the results. Also new projects and a surprise offer. Smile it can be fun and profitable
Leo		Things have been dull and now inspiration arrives, which is such a breath of fresh air. An exciting new idea, a flash of inspiration and a new and unplanned path is opening for you. Enjoy
Virgo		Someone young, under 25, has been worrying you. Be patient and you will be happy with their choice. If it's your inner child, allow some leeway and stop being so hard on yourself. Have fun.
Libra		There you go, looking at all options and not deciding on one. Now, that's the best way, this time. If you are honest, you can have it all. No need to choose. More ideas and answer will come.
Scorpio		Tough times, but it is a pause you need. Time to contemplate and really see what is being offered. There is love and good on offer. Embrace it. Yes, it is real caring being offered. Trust is the key.
Sagittarius		A trip being planned? Hope you have a spot to visit, as it may be soon. A small win? Possible if it's one that has the prize you most desire. A trip? Make sure it is where you want to go. Balance
Capricorn		Really like the feel of this partnership. Both following a path you can really share. The friendship is the most important, as I'm not sure it's a love match. That comes later and next friend.
Aquarius		A very happy result and some is earned, perhaps an award; One surprise; Definitely a feeling of pride. Your hard work will be appreciated from an unexpected source. Good work
Pisces		You see the harvest come in and you are pleased with the profit. It doesn't end there, as this leads to new planting of ideas and actions to begin. You are able to share your good fortune.

WHAT'S HAPPENING AT THE CENTRE? 2025

Sunday Services:
Every Sunday at 3pm. doors open at 2.30pm.
Changing to 4pm 5th October with daylight saving. Doors will then open at 3.30pm.
Entry: Free will offering.
NB: If you arrive during service and while the medium is giving their address or demonstration, you may be asked to wait for a break. This is in respect to the medium as they occasionally channel their messages. We ask for your understanding. Thank you.

Pre-Service Healings:
Available every Sunday.
All Healers are certified through HSC.
$15 for 20 mins
Bookings are essential by contacting Wiki on 0452334086 or
through Facebook messenger.

Post-Service Readings:
Available every Sunday following service from 4.45pm. Except 4th Sunday.
Cost $10 for 10 minute/1 question reading.
Bookings taken at entry prior to service at 3pm.
Limited spaces, readers listed on the day.

Healers Haven with Cheryl:
Held fortnightly. Entry; $5
Conditions apply, contact Cheryl for details.

Selfcare Meditation with Wiki:
Thursdays 6pm-7pm. Entry $5

Monthly Healers Meeting:
First Sunday of every month, 10.30am - 12pm.
Entry $5, ALL WELCOME

Spiritual Development Evenings with Gail
First Friday of the month.
Time: 7pm - 9.30pm
Cost: $30 members $35 non-members

Mediumship Courses with Danielle:
10 week Course with members graduating recently.
More courses TBC

Spiritual Healing L1 and L2 with Wiki:
L1 - 12 weeks, L2 - 10 weeks
The L1 course is currently running. L2 follows starting on 21st July.

Cuppa and Cards: with Rieky
Thursdays: 10am-12pm and 7.30-9.30pm
Enjoy learning to read your tarot cards over a cuppa.

Remedial Yoga: with Sandra
Saturdays from 9.30am - 10.30am
Dates TBC or on Notice Board.

UPCOMING CENTRE ACTIVITIES:

Mediumship Practice Night with Danielle:
3rd Friday of the Month 7pm-9.30pm
Starting: 18th July 2025
Open to All mediums who would like to sit in a group setting and practice their mediumship skills.
$30 members $35 non-members

Starseeds and Light Workers Activation Circle with Tanya Paiti:
Tuesdays starting 15th July 2025 7pm - 9.30pm.
$15 members 20 non-members
Includes: Meditation, Tarot readings, Psychic Development, Spiritual Healing and Sharing of knowledge and Spiritual Experiences.

Wellness Circle: - with Libby Plaza and Maria Capone
Currently on hold until the warmer weather.

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

ACUPUNCTURE, CUPPING & AROMATHERAPY: with Justin Tran
Date - Thursday's by appointment
Time - 1pm - 5pm
Acupuncture - $80
Cupping - $50
Aromatherapy - From $50
Bookings Essential by contacting Justin - 0434 742 273
Email: kinhcare@gmail.com
Health fund rebate available

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 a Free Spiritual Healing during the month of your birthday.
Membership is due for next financial year, 1st July 2025- 30th June 2026.
You must be a member for 2 consecutive years to vote and/or be elected to the committee.

If there is a particular Course or Workshop you would like to see at the Centre, please let us know via email at 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 - 2026 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

DAILY AFFIRMATION

Every day I embody the best version of myself. I get out of my comfort zone and see it as an opportunity for growth, resilience, and self-love.
I courageously step into the vulnerability of uncertainty/love/discomfort.
I am perfect as I am today, and there is still room for growth.

QUOTE OF THE DAY

"Winning doesn't always mean being first. Winning means you're doing better than you've done before - (Bonnie Blair)

RECIPE TO SHARE: ENJOY!!

CACAO & DATE CARAMEL SLICE

Makes **16+** Prep + Cook **25 Mins + Refrigeration and Freezing**

BASE
- 1/2 c fresh pitted dates
- 1 c roasted almonds
- 1 1/2 c tbsp melted coconut oil
- 1/4 tsp fine sea salt flakes

CACAO TOPPING
- 1/4 c raw cacao powder
- ¼ c melted coconut oil
- 2 tsp pure maple syrup

DATE CARAMEL
- 1 c fresh pitted dates
- 1/2 c pure maple syrup
- 1/2 c natural crunchy peanut butter
- 1/4 c melted coconut oil

1) Line a 19cm square pan with baking paper.
2) **BASE**: Process Dates, almonds and oil until smooth. Press mixture evenly onto the base of the pan. Refrigerate 1 hour or until set.
3) **DATE CARAMEL**: Process ingredients for 2 mins or until very smooth. Spread mixture evenly over base mixture in pan. Freeze 1 hour or until firm.
4) **CACAO TOPPING**: Whisk ingredients in a medium bowl until smooth. Working quickly , pour topping over date caramel mixture. Sprinkle it with salt. Refrigerate for 1 hour or until set.
5) Use a hot, sharp knife to cut into 16 pieces.

WINTER WELLBEING

The days are shorter, the ground stays soggy, the cold can feel like it seeps right into your bones, and there is three times more washing to do that takes three times as long to dry, but winter offers us an invitation to slow down and turn inward. It is a time for rest, reflection, and gentle restoration. When we allow ourselves to embrace the quiet and stillness of winter, we can connect more deeply to our inner world and the whispers of Spirit.

If you find yourself in a low mood during wintertime, it's essential to cultivate more love within and actively create reasons to feel gratitude. Instead of focusing on the chill, wrap yourself in a warm blanket and savour a hot drink. Enjoy a long, hot bath. Watch the rain nourish the earth and imagine it washing away the old, making space for the new. Put on warm clothes straight from the dryer, have a hot cuppa while sitting in the sun, throw some bread out for the birds to eat, consume a nourishing soup or curl up on the lounge with a blanket and watch a movie. Gratitude is a powerful antidote to the winter blues. May this winter be a time of gentle healing, deep reflection, and quiet gratitude for you.

Please check Facebook or the Blackboard for any last-minute changes, and 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