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 - Debbie Ansell- Centre Financials and Banking
Committee - Felicity Lambkin- Monthly Healers Group Co-ordinator
Committee -Les Sharp
Committee - Alana Smyth
Committee - Joyce Taylor
Committee - Cathy Landall

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.

In this issue:
Page 2 Vice Presidents Report
Page 3 Channelled Guidance
Page 4 Channelled messages and Positive Affirmation
Page 5 March/April Birthday List and Mediums Roster
Page 6 Rieky's Tarot Readings
Page 7 "What's Happening at the Centre" Regular Activities
Page 8 Regular Activities continued, Upcoming Events
Page 9 Recipe to Share

Vice President's Report

We are off to a good start with our 2nd. Bimonthly News Letter. Our Guest Medium's Roster is almost complete for this year with strong and varied support from our cherished friends, who also give their time freely, which is greatly appreciated. We welcome back many old friends and members, pre Covid19 years. Lovely to reconnect with you all. The reverting to free will offerings and donations at collection has been well received.
Your afternoon with like-minded people is worth more than a cup of coffee from Starbucks


Lovely to reconnect....

Reverting to free will offerings and donations at collection during Service has been well received. For those who don't carry cash any more, we do have an eftpos available, on request or at entry. New people are finding their way to our Centre, and because they feel so welcome, are telling others about the Hills Spiritualist Centre (HSC)
This is all about You, being such a warm open-hearted group of friends who make this inviting atmosphere possible! Currently, your Committee, and Sub-committee are being active to refresh our songs and Service format to up-lift and inspire 'One and All'
With your help and suggestions all of these things can be achieved in a short while.
Remember any contributions that you would like to see in our Newsletter are gratefully received by our Committee/Secretary.


Please allow approx 10 days prior to the end of each 2 monthly period; March-April (mid-April) to submit your recipe , poem, personal news item worthy of publication
In order to make our Centre self-sufficient, viable, and 'pay the rent' we are looking to utilize our special space to the maximum for workshops, well-being courses, fun activities, community gatherings during the weekdays and working hours. This is a dedicated space of quiet contemplation, so the HSC Committee reserves the right to govern the purpose of use.
Unfortunately, due to unforeseen circumstances we were obliged to cancel our Service for February 23rd.


This was in the interest of health and safety, duty of care to our HSC Community. A decision 'not taken lightly', I can assure you !

Kind Regards
Gordon Lambkin
Acting President Interim Vice-President

Channelled Guidance by Gail Clark

Greetings and welcome once again to all who are reading these words.
As we welcome you, we will acknowledge the first few months of the calendar year has been very joyful, and yet very traumatic for many people, for as the heart raises its vibration in love, laughter, joy and song, a state of balance within the human person must then come into alignment. This is acknowledged by the shedding of tears, and the releasing of emotion. This then brings healing to the inner spaces of each person, sometimes these emotions are seen and known, and other times these emotions are unseen and unknown. Turbulence times raises turbulent emotions and turbulent emotions, when they are firstly recognises and acknowledged, are an important first step. Then a person can step back and move out of the emotion and allow the emotion to open and unfold within the self. This is very beneficial to each person and is how a person moves towards emotional self-mastery.
We would further like to suggest, that to act and make decisions from a place of emotional turbulence is something to be avoided wherever possible for major decisions and life changes. The ideal is to make decisions from a place of mental clarity and calm emotions. We understand this is not always possible during difficult times in one's life. And yet we would say to you, it is times like this, that for a person who has deep spiritual beliefs, you can look to the understanding of your beliefs, and apply those beliefs into your everyday life. This will ensure a moment of stepping back from turbulent emotions which a person feels or is triggered by. Sometimes these triggers are past wounds and past hurts, sometimes they are karmic wounds, and as often happens there is a snowball effective. Taking a step back from these once again is the way for each person to move forward, as a person does this there will be a feeling deep inside you, that yes you are looking, living and working from your higher perspective. a perspective higher than that of your physical self. When you allow yourself to step back you are tuning in to deeper levels of yourself, and as this occurs, your spiritual knowledge and understanding is available to you.
Please be aware turbulent times are also the most healing times. There is always this possibility for each one of you. It is always your choice. And as many of you know after turbulent times within your life there is an inner time of calm, a time of finality, perhaps a sense of completion. After these times a person can rest internally, a person needs respite, perhaps just a few steps back where possible from the emotional and daily life. At these times, you can notice you may go into an automotive state, where you can still function in your daily life. In this way the newer energies within a person can settle. The learning and the grace you feel has been earned through your own endurance. We ask you to acknowledge this, and that you have come to the realisation, through turbulent times there is integration with yourself at a deeper level.
And so each person changes, each person then has more depth to their physical self, and to their mental and emotional understanding of how they achieve progression in their life. We ask that you take time to reflect on these words, to read them and reflect on how they affect you, how these words can help you move

forward in your daily life. We then ask that you reread it in a few days and you will absorb and understand more of these words. Namaste and blessings to all of you.

A Channelled Message by Joyce Taylor

As we Ground ourselves with stillness in earth mothers nurturing energy, there's a slight breeze blowing around us.
Embrace the seasons of change both within and without. Allow yourself to adjust as you are feeling the need to, keeping in mind the stillness within which is the essence of who you are.

Clear your thoughts of clutter to allow room for the things that are valuable to you in your learning quest of your life journey.

Your life purpose is what you make of it. You are the creator of your own destiny
The Power! The Strength! The knowledge!!

A Channelled Message by Alana Smyth

For those of you who have spent a long time healing, your rewards are coming. It is time to come out of your shell and enjoy the sunshine. Don't let the fear of being bowled over by a wave or three discourage you from getting your feet wet.

For those who are having a rough time and running around for everyone else, you must prioritise self-care and sleep. Take some time to meditate before sleep, and give your guides permission to intervene should your dreams become stressful or negative.

If you have been feeling down lately, make time to immerse yourself in creative endeavours that lift your spirit. Try not to rely on food for comfort. Surround yourself with people with positive energy, especially when being around them feels like the last thing you want to do—for that is when you need them the most.

If you are feeling great and everything is going according to plan, well done, you manifester! Think about the people around that might need some loving intentions and make some time to meditate and send out your love for those who need healing.

A Positive Affirmation For Good Health and Well-being

I am healthy, strong and full of energy. Every cell in my body vibrates with vitality and I nourish my mind, body and soul with love and care.

HAPPY BIRTHDAY to our members!

Every Member having a Birthday in March/April, is entitled to a Complimentary Pre-service Healing in your birthday month, in the Healing Room.
Booking is essential by contacting Wiki, 0425 334 086 or through Facebook messenger.

"Happy Birthday! Enjoy!"

March

Regina (Gina)	Wooton	6
Brooke	Cupitt	10
Justine	Proctor	10
Aleksandra	Tensek	12
RJ	Hartley	15
Anjanesh	Prasad	21
Wiki	Fox	26

April

Anne-Marie	Matthews	4
Gordon	Lambkin	4
Barry	Townson	18
Deborah	Selby	19
Nicky	James	23
Leah	Parker	24
Les	Sharp	26
Olga	Paras	30

MARCH/APRIL MEDIUMS ROSTER

(Subject to change)

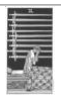
March

2nd: Ben Graham
9th: Maria Krystyna
16th: Justine Edwards
23rd: Janet Bradbrook
30th: Trish McLoughlin

April

6th: Alana Pienkosz
13th: Remo Monteleone
20th: Justin Ray
27th: Jacque Harvey

Astrological Predictions for March & April, using Tarot Cards
by Rieky at Psychic Pathways, Luluai Spiritual Group

Aries	**5 Wands**		**Winning in actions that have been a long time coming. Mainly needs more communication.**
Taurus	The Hierophant		Use the same actions as you always have and stay practical. No new lessons coming. Change comes in the second half of the year.
Gemini	Ace of Pentacles		The beginnings of money opportunities. There are new actions you can take to speed things up. Just don't over overdo things and take care of yourself.
Cancer	4 Pentacles		Be secure in plans around finances. You should be safe and extra is coming. Gift for Easter
Leo	7 Wands		Even though there are many actions around, you are getting on top of things. Slow and steady wins the race. Be proud of your patience.
Virgo	5 of Cups		Time for your prayers to be answered. Letting go of the past allows the successes to emerge. Guardians will answer.
Libra	3 of Wands		There are opportunities which may take you out of your usual routines. Some bring travel. Struts your instincts as what is best for you. Happy outcomes.
Scorpio	Temperance		Healing is happening and you can achieve this by seeking help. Talk to your Guardians and conduct research if necessary, as there is good advice around.
Sagittarius	7 Wands		You have taken action and will be seeing rewards. Some battles will take a little more time. You have the energy needed. Patience is only practical way to gain success.
Capricorn	10 Wands		Hard working as usual, but you would not want it any other way. Asking questions and encouraging communication, will help you get where you want to go. Good path for you right now.
Aquarius	Queen of Swords		You only have half the information you need to decide. Wait and research. The correct decision will be made in the right time. Keep asking questions. And keep faith in your choices
Pisces	9 of Swords		Any negativity will bring your nightmares alive. You must practice gratitude and look for and acknowledging your blessings. You know what actions to take by following your principles. Stick to it and change will come in the second half of the year.

Psychic Pathways, Luluai Spiritual Group.
Ph :0423583994
Email: rieky@psychic-pathways.com

WHAT'S HAPPENING at the Centre?

REGULAR ACTIVITIES

Sunday Services:
Every Sunday
Time: 4pm.
Doors open at 3.30pm
Please be seated by 4pm.
Entry: Free will donation

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

Post-Service Readings:
Held every Sunday
Time: From 5.45.
Cost: $10 for 10 minutes. (1 question reading)
Bookings taken only at entry prior to the start of service at 4pm.
Limited spaces available.
Readers listed on the day.

Healers Haven: with Cheryl.
Held fortnightly, dates are Mar 5th, 19th and April 2nd, 16th, 30th 2025.
$5 entry.
Conditions apply, see Cheryl for details.

"Selfcare Meditation": with Wiki
Dates: March 6th, 13th, 27th, April 3rd, 10th, 24th, 2025
Time: 6pm-7pm.
Entry: $5 entry.

Monthly Healers Group Meeting:
First Sunday of the month, next meeting 6th April
Guest Speaker and topic will be advertised closer to date via Facebook.
Healers of all modalities are welcome
$5 entry, 10.30 - 12pm.

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

REGULAR ACTIVITIES - continued

Mediumship Courses 2025:
Upcoming dates to be confirmed.

Spiritual Healing Course Level 1 and Level 2025: with Wiki
Upcoming date in April to be confirmed
Any expressions of interest please contact Wiki 0425 334 086.

Remedial Yoga: with Sandra
Dates: Saturdays on March 8th, 22nd, 29th 2025
Time: 9.30am-10.30am
Cost: $20

Wellness Circle: - with Libby Plaza and Maria Capone
Every 3rd Thurs of the month.
Date: March 20th. April 17th
Time: 7pm - 9pm.
Cost: $10 Payment Prepaid
Contact Libby: 0420 620 780 for more details

UPCOMING EVENT

Sound Bath Healing: with Debbie Ansell
Friday 14th March from 7.30pm-9pm.
Cost will be $30 per person.
Contact Debbie: 0407 531 585 for more details

"FREE" Spiritual Development Workshop for current financial members
Facilitated by Gail Clark, Danielle Smith and Maria Capone
When: April 5th 2025 save this date
1 x Day workshop, More details to follow.

Change in Start of SERVICE TIME:
From April 6th being the change in daylight saving, services will start at 3pm.
Doors WILL 0open from 2.30pm

AGM
Date: July 6th 2025
Time: 3pm, doors open at 2.30pm
This will replace the regular service. There will be NO pre-service healing 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 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.

RECIPE TO SHARE

PEACH VANILLA PUDDING as served at service on 2nd March 2025

1 packet Nice biscuits (or any other square milk biscuit)
1 packet Vanilla Instant pudding
1 tin (410g) Peaches in syrup
1 cup milk
1 cup Thickened cream (300ml)

1) Line a tray with foil. This will wrap the desert while it sets.
2) Line the packet of biscuits in 3 rows together on top of the foil.
3) In a small bowl mix together, the juice of the tin of Peaches, 1 cup of milk and Instant Vanilla Pudding. Mix well, set aside.
4) Whip the cream until thick.
5) Fold the peach and pudding mix into the cream.
6) Pipe/layer 2/3 of the cream mixture over the middle section of biscuits.
7) Line some chopped peaches on top along the middle the cream mixture
8) Pipe the rest of the cream over the top of the peaches.
9) Lean each side of the biscuits firmly against the mousse, creating a peak. Remove the excess cream off the top
10) Wrap foil over the desert and seal. Chill in the fridge over night or for at least 4-6 hours to allow the cream to set and biscuit to soften. ENJOY



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