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 Vaoga (Resigned)
Treasurer – Debbie ANSELL (resigning as of 1 April 2026), 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 - Assisting with Financials and banking
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

Hi All,

I hope you and your loved ones are all well. I would like to first say, how pleased I am to see new faces at our Sunday Services. Even more pleasing is seeing the return of members from the Scout Hall days on Hartley Rd. It has been wonderful to welcome them to our centre.

The centre continuous to gain interest with individuals booking our space to hold spiritual development and wellness classes. Our centre also continues to facilitate courses and spiritual development evenings with both the Mediumship and Spiritual Healing courses, starting in March and April.

A Spiritual Development class is being organised by Maria Capone to start on Sunday March 8th, following service. This class we hope will support individuals that are interested and are already in attendance. Making it easier to attend when other evenings may not be suitable. Supporting them in their spiritual growth.

As you may be aware, our guest mediums give their time freely to the centre every Sunday. The committee and I greatly appreciate their service. I am also appreciative of you all, who also volunteer and help at our services. Bringing a cake or bickies for our afternoon tea, to, handing out the shakers for our singalong, stacking the chairs and tidying up after service or hanging our pictures frames and other odd handyman jobs. Being welcoming to our newbies, as we all know that first impressions make a huge difference to a person returning.

Little jobs that may seem nothing to you, is not nothing to the committee and me. This teamwork is what enables our centre to tick over and be the welcoming place that we want it to be. You know who you are, Thank you very much. If you would like to offer yourself to be on the Tea Service roster on Sundays, please feel free to let me know. Any help is always appreciated.

Our committee, also volunteer their time to keeping the centre open and operating. Volunteering precious time and hours that is sometimes required at home. On this note I would like to announce the resignation of our Vice-president, Joyce Vaogaand Treasurer, Debbie Ansell. Due to personal circumstances they have both decided to step back and make time for themselves and family. I thank both Debbie and Joyce for the years of support and dedication they have both given to the centre. I thank our committee who have pulled together to share the roles that both Joyce and Debbie held. Rieky has kindly stepped in to fulfil the Treasurers role in keeping the finances and banking up to date.

In signing off I'd like to say that any feedback is appreciated in helping the centre grow and move forward. I am happy to chat with you if ever you feel a need to discuss it.

Keep an eye on our Facebook page and the centres notice board to keep up to date with “What's Happening at the Centre".

Love and light to you all.
Wiki.

“As I forgive myself, it becomes easier to forgive others”

Channelled Guidance: by Vasya

A message from HORAN (*pron: HOR-AHN*), from the *Galactic Collective.*

***Start**:*

Greetings, beloved beings of Earth. We come to you as a collective, a unity of consciousness from across the stars, and we send our love and light to you, for we see the path you walk.

Q: What message can you offer for the Earth in its current state of evolution.

We observe the current moment in your world with great care, and we wish to speak of what is needed now.

As you stand in the present moment, you are surrounded by an intricate web of energy that is shifting rapidly. The timeline you currently walk upon is one of both great challenge and great potential. Know that you are not alone in this experience, for many of you are being guided, nudged, and supported by us—beings from realms that transcend time and space as you know it. This is a time of awakening, your collective awakening is not just of consciousness, but of deeper connection with the truth that lies dormant within you. Many of you are awakening to your unique purpose, gifts, and understanding of the universe's grand design. The energies of this moment are amplifying the whispers of your soul, urging you to rise in alignment with your higher self. Trust the intuition that guides you; it is not random, but a message from the vast realms that exist beyond the veil.

Q: What can we do as a species to change this.

Transformation is underway, you are experiencing a recalibration of social structures, values, and systems that no longer serve your collective well-being. Expect to witness the crumbling of outdated systems, ones built on fear, separation, and control. This will be a process of transition, and while it may seem chaotic, it is ultimately a clearing of the old to make space for the new. Inner Healing is paramount at this juncture. The collective energy on your planet is stirring up old wounds, both personal and collective. This is an invitation to heal, release, and forgive, not only those outside of you but the parts of yourself that need love and compassion. The energy you bring to your inner healing work has ripple effects on the whole. Each moment you allow yourself to rise in light, the collective field shifts in kind.

Your world will be accelerating technological and spiritual integration. Many of you are at the forefront of bridging these worlds. New technologies will begin to surface, tools that are designed not to enslave or control, but to uplift and expand. As the material world becomes more intertwined with the spiritual, expect innovations that will assist humanity in rediscovering harmony with the Earth and with each other. In this present timeline, the call is for you to embrace your power. You are not powerless in the face of uncertainty or difficulty. You are co-creators of the reality you experience. As you continue to heal, expand, and elevate your own consciousness, you will witness this shift take place on a global scale. The energy you contribute to this change is potent, never underestimate the power of your light, your love, your voice.

Finally, we say to you, remain anchored in love and trust. The journey ahead may seem intense, but it is one that is leading to greater unity, greater understanding, and greater freedom for all. You are not alone. We, the Galactic Collective, are here to offer our support, our guidance, and our love. You are not alone. You are part of a grand and infinite cosmic family, and together, we are evolving. Trust in your own transformation and know that the universe is supporting you.

We send you, our light. We send you, our love.

Until next time, may you walk in harmony and peace.

With infinite love and support

End:

March/April 2026

HAPPY BIRTHDAY to our Members

We wish our members celebrating a birthday in March/April 2026, a safe and enjoyable birthday celebration.

March			April		
Brooke	Cupitt	10	Gordon	Lambkin	4
Justine	Proctor	10	Isabel	Duncan	20
Deborah	Selby	19	Les	Sharp	26
Anj	Prasad	21	Fern	Impson	28
Vanessa	Hadaway	23	Graeme	Stuckings	28
Wiki	Fox	26			
Vicki	Nicholls	26			

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. Thank you

MEDIUMS ROSTER

March	April
1st. Maria Krystyna	5th. Ben Graham
8th. Justine Edwards	12th. Remo Monteleone
15th. Joyce Vaoga	19th. Joyce Vaoga
22nd.Janet Bradbrook	26th. Tanya Paiti

Channel from Alana

Last Wednesday I was communicating with Spirit using my pendulum and Spirit directed me to look at my smart watch. The question I had asked was "What does humanity need to know right now?" I dangled my pendulum over my watch and it made a little circle over the heart symbol and then swung over to the charge symbol and did another circle. I asked "Are you telling me that people need to charge love like we charge devices? It indicated "Yes." So what love have you put into yourself this past month? We need to be love to ourselves regularly which creates a feedback loop. We put love in, we become more loving to others and then others become more loving to us.

Alana Smyth

Astrological Predictions for March and April 2026, using Tarot Cards

by Rieky at Psychic Pathways, Luluai Spiritual Group

Aries		Someone is encouraging you work at self care. They have good ideas, which you can adapt to suit you. A new project you have always wanted to give a go, gets started and will be successful.
Taurus		New beginnings on a joint task, in work and home life, seem to get busy, but also very constructive. Partnerships are positive now, but you can handle it yourself too. Results will be evident by end of year. You enjoy being busy.
Gemini		End of a cycle, which has been tense. Your staying positive will show you the best path to the goal you have been aspiring to achieve. In fact, I believe the outcome will be celebrated.
Cancer		Not everyone has the answers you need. Keep researching as to what suits you the best. Meditating on all the options offered will, help you sense your intuition, the best indicator to your true path.
Leo		Finally, a win. You have worked hard and persisted. There never was a straightforward way to that goal and it always seemed elusive. The Path has taught you many lessons. Enjoy.
Virgo		It's a matter of faith. Do not doubt now and ask. You will receive what you need and I think be surprised at who brings you good news. Gratitude is obvious and all around. Enjoy.
Libra		Finally tidied up and finished with an annoying situation. Now your way is clear to pick up the pieces of a project delayed and begin it again. Now you only do what you enjoy.
Scorpio		The argument continues, but you are winning your point. You are in the right and will win a point you having been trying to prove. Careful you don't win the battle, but lose the war.
Sagittarius		Suddenly what you have been looking for appears and is in your reach. Embrace the fact you have worked for it and deserve the win. Now. Have you planned what is next? Always add to the to-do list.
Capricorn		Foundation is strong and the wins are satisfying. Just have the long-term goal in mind when reviewing your next steps. A mistake will take you backwards and a need to begin again. Keep up momentum.
Aquarius		Release the old plans when the big changes come into play. To release the past goals means you are free to immerse yourself in the new arena. You have learned lessons and success occurs if you embrace them.
Pisces		Have you kept up with your admin? An authority may check you have everything up to date. Renew licenses, sign the contract after proofreading. Admin mistakes can breed regret. You can win

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

WHAT'S HAPPENING AT THE CENTRE

Sunday Services

Every Sunday at 4pm, doors open at 3.30pm March 1st, 8th, 15th, 22nd, 29th
Please be seated by 4pm for a prompt start…..from **April 5th Service begins at 3pm and Doors open at 2:30pm, April 5th, 12th, 19th, 26th**
Please be seated by 3pm 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, 2pm, limited spots available. From April 5, Healings from 2pm

Bookings essential by the Friday prior, by contacting Wiki on 0425 334 086

Post Service - Open Development with Maria

- March 8th, 15Th - 6:15-7:15pm
Costs $10 for Members; $20 Non-Members, ring Maria: 0417250112

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: March 11th, 25th, April 8th, 22nd 2026
Time: 7pm-9pm
Entry: $5
Conditions apply, contact Cheryl for details on 0404 159 985

Self-care Healing Meditation: with Wiki

Fortnightly Thursdays 6pm-7pm
Starting March 12th, 26th, April 9th, 23rd 2026
Entry: $5

Monthly Healers Meeting

1st Sunday of the month. Welcome to all.
Starting March 1st, April 5th, 2026
10.30am-12pm
1st March - Guest Speaker: PARIS JADE.
Topic: Soul to Soul, Tibetan sing Bowls
Entry $5

Friday Night Psychic Insights: with Maria Capone

Every second Friday of the month, 7pm-9:30pm
Starting 13 February 2026
Bookings essential call or text 0417 250 112
Entry $30.00

What's Happening at the Centre: continued - Upcoming Centre Activities

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 onFacebook.

Mediumship Practice Group: with Danielle
3rd Friday of the Month.
Starting March 20th, April 17th 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
Starting Monday 13th April for 12 weeks, Level 1
Evening session:7pm - 9pm cost $30
Spiritual Healing Course L1 is
12 weeks Starting April 13th
$360 members
$420 non-members
$60 deposit required to hold your spot.
Topics you will cover: Personal preparation, Chakra system and balancing, absent/distant healing, grounding, meditation and more.
L2 is a 10-week course.
This course i will confirm later and will probably run straight after the completion of L1, depending on numbers.

Cuppa's and Cards: with Rieky
Starting January 22nd, 2026
Every Thursday
Morning Session: 10am
Evening Session: 7.30pm
Entry $20.00 members, $30 non-members

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.

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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Recipe to Share

Easy 4 Banana Cake - Here is an amazingly easy, moist 4- banana cake — no mixer needed 💪🍰

Ingredients

- 4 very ripe bananas, mashed
- ½ cup vegetable oil (or melted butter)
- ¾ cup sugar (white or brown)
- 2 eggs
- 1 tsp vanilla essence
- 1½ cups self-raising flour
- ½ tsp cinnamon (optional)
- Pinch of salt (optional)

Method

1. Preheat oven to 180°C (160°C fan). Grease and line a loaf tin or round cake tin.
2. In a large bowl, mash bananas well.
3. Add oil, sugar, eggs and vanilla. Mix until combined.
4. Stir in flour, cinnamon and salt gently — don't overmix.
5. Pour into tin and smooth the top.
6. Bake for 45–55 minutes, or until a skewer comes out clean.
7. Cool for 10 minutes, then turn out.

Optional add-ins

- ½ cup chocolate chips
- ½ cup chopped walnuts or pecans
- Sprinkle brown sugar on top before baking for a caramel crust

ENJOY

AFFIRMATION **for Positivity**

"Every thought we think is creating our future"

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