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.

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Vice President's Report

THANK YOU once again for the support given by all our members. It is noted and appreciated. So much is happening all around us, and in the Universe in general. I believe we have our compass well set for 'fair weather' ahead. Indeed the Positive vibes are working well at HSC. We trust you can feel that Love and Support too.

Our Sub-committee have already made and implemented suggestions for the better with our selection of songs. This will be noticeable and hopefully appreciated. Our aim is to appeal to all our members generally. Please feel part of this community by becoming involved.
One gets a 'BUZZ' from Giving. We say 'By Giving you will Receive'
I personally believe this is so, in my own life, on every level.

On 6th July, our Annual General Meeting is to review and refresh our approach to the 2025-2026 financial year. The aim is to have a full and interesting, working Spiritual Community Centre to engage many willing participants with courses and workshops. This is your Centre! Your suggestions towards the workings, upkeep and management of the whole Community atmosphere of HSC is welcome and appreciated.

Leave the busy world outside. Let this place become your sanctuary and resting place. To be relaxed and sociable. Interacting on a personal level is becoming 'lost' in our modern world.
We need to look at each other with kindness, to talk with each other, to touch each other warmly.
Hug and embrace each other as a brother or sister, friend or companion.
Our Spirit within needs this acknowledgement.

Our Spirit friends also need acknowledgement that we feel their presence. This is our Gratitude to their unseen presence and the help we receive in any aspect or manner.

Please say, "Thank You, Thank You, Thank You!"
These Blessings will multiply with your Appreciation and Gratitude,

Kind Regards
Gordon Lambkin
Vice-President

A POSSITIVE AFFRIMATION

"Together, we are stronger, wiser, and more compassionate - united in purpose and guided by love"

Channelled Guidance by Gail Clark

Channelled Information by Gail Clark

Greetings and welcome to all who are reading these words. We welcome you as always with an unconditional love which is strong, unshakeable and eternal. As the season changes once again, and the cooler weather starts to make its presence known, we ask you to take some steps back from your everyday busy life, to relax and enjoy the longer nights and the shorter days, and to enjoy the time spent at home where possible. It is easy to understand why, when you observe Mother Nature and note the trees as they lose their leaves, some trees look as if they have not survived, and the opposite is true.

When the trees lose their leaves they go into hibernation for the cooler weather, and within the hibernation season, there is much growth occurring at a deeper level than can be seen. As you are all aware, the buds and the blooms are nourished within, and as the trees and plants hibernate there is much inner growth happening within the tree structure, in readiness until spring and when the warmer weather arrives, this encourages them to put out green shoots which bloom into the beautiful flowers and fruits. It is the promise of the spring that encourages the trees, plants, the nature kingdoms to do so instinctively and cyclically. As you observe the natural cycle within the Nature Kingdom, we can learn much from other forms of nature.

People too can follow their example and hibernate in your homes where possible as you finish your daily duties, responsibilities and other activities. To find time to hibernate in your homes, to nourish yourself and your families with warm foods make a big difference to your energy systems. This does indeed help to keep the body and the energy levels high, so that the inner process of healing can occur. Rest and rejuvenation at a cellular level happens during this process.

You can also follow the examples of the animal kingdom, as many of them prepare to store food to ensure they have enough over the colder months. They are busy getting themselves and their nests ready for the cooler weather as a protection against external forces. So too, you can do the same thing relevant to yourself and to your families. Animals respond instinctively to the changing of the seasons, sometimes people do the same thing, and instinctively know to slow down from the busyness of life. We ask you where possible to rest, relax and to enjoy the cooler months in your homes, to read, to study, to watch sports, to spend time with your families and friends and to enjoy quieter pursuits. It is indeed a time of respite for all people, and when the cold weather finally ends, many people will be refreshed and rejuvenated, inspired by the warm sunshine and the feeling of hope that spring will bring, ready to move on to another stage in their lives, with a renewed sense of purpose and a readiness to be involved in Life again.

We ask that you reread these words, reflect on them, and make appropriate changes in your life where you feel it will be beneficial for yourself and your families.

Until we speak again. Blessings to all. Namaste.

HAPPY BIRTHDAY to our members!

Every Member having a Birthday in May/June, 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!!…"

May

Leanne	Delves	8
Tim	Kupris	10
Sid	Dhiman	12
Leonie	LaRocca	20
Eilish	Caldwell	21

June

Prashiv	Chand	4
Lesley	Selby	6
Bernard	Caldwell	9
Charmaine	Dormer	23
Robyn	Ayliffe	25

MAY/JUNE MEDIUMS ROSTER
(Subject to change)

May

4th: Maria Capone
11th: Marcia Quinton
18th: Cath Landall
25th: Trish Wesson

June

1st: Danielle Hall/Debbie Ansell
8th: Ben Graham
15th: Leah Parker
22nd: Kylie Joseph
29th: Gail Clark

A POSSITIVE MANTRA FOR DAILY USE

I am grounded,
I am growing,
I am grateful.

BASIC GROUNDING VISUALISATION SCRIPT: 5 Minutes

Sit or stand comfortably, and close your eyes if that feels safe for you.
Take a slow breath in through your nose… and gently exhale through your mouth.
Again…inhale deeply…exhale fully.
Now, bring your attention to the soles of your feet.
Imagine roots growing from the bottoms of your feet, deep into the earth.
With each breath, feel these roots extend farther and farther down -- reaching into the rich nourishing soil.
As these roots anchor you to the earth, feel a sense of stability and calm rise up through them, filling your entire body.
With each inhale, you draw strength and stability from the earth.
With each exhale, release tension, stress or scattered thoughts down through the roots to be composted by earth.
Stay here for a few moments…
When you are ready, gently wriggle your fingers and toes. Open your eyes, returning fully to the present.

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RECIPE TO SHARE

CHOCOLATE CAKE IN A MUG: Serving for 1

In a microwave proof mug add
1 x egg
2 x tbsp sugar and mix very well until sugar dissolves
Add
2 x tbsp milk
2 x tbsp oil and again mix very well
Add
2 x tbsp flour and mix until well combined
Add
3 x tbsp cocoa powder and again mix until well combined
Lastly add
1 x tsp baking powder.
Stir well till it has dissolved into the mixture.
Place mug in the microwave and microwave for 1 minute.

FROSTING

Melt 30g of choc, add 1 x tbsp of milk and mix well. Pour over the top pf the cake.

ENJOY

WHAT'S HAPPENING AT THE CENTRE?

Sunday Services:

Every Sunday at 3pm. doors open at 2.30pm.
Please be seated by 3pm.
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. Thankyou.

Pre-Service Healings:

$15 for 20mins
Every Sunday, bookings are essential by contacting Wiki on 0452334086 or through Facebook messenger.

Post-Service Readings:

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. May dates: 14th and 28th. June dates: 11th and 25th.
Entry; $5
Conditions apply, contact Cheryl for details.

Selfcare Meditation with Wiki:

Thursday May dates: 22nd and 29th. June dates: 5th, 12th, 26th.
6pm-7pm. Entry $5

Monthly Healers Meeting:

First Sunday of every month, 10.30am - 12pm.
Next meeting June 1st 2025.
Guest Speaker: Alana Smyth.
Topic: "Spirited Sound Journeys."
How sound Heals on a cellular level
Entry $5, ALL WELCOME

Spiritual Development Evenings with Gail

First Friday of the month.
Date: June 6th 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

CENTRE ACTIVITIES: continued

Wellness Circle: - with Libby Plaza and Maria Capone

Every 3rd Thurs of the month.
Date: May 15th and June 19th.
Time: 7pm - 9pm.
Cost: $10 Payment Prepaid
Contact Libby: 0420 620 780 for more details

Sound Bath Healing: with Debbie Ansell

Friday 16th May from 7.30pm-9pm.
Cost will be $30 per person.
Bookings essential, limited spaces.
Contact Debbie: 0407 531 585 for more details

Cuppa and Cards: with Rieky and Robyn

If you are interested in reading tarot cards, bring your deck to the centre.
Thursdays: 10am-12pm
Enjoy learning to read you tarot cards over a cuppa.
Entry $5

Remedial Yoga: with Sandra

Dates: Saturdays on May 17th and 24th. June dates TBC
Time: 9.30am-10.30am
Cost: $20

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, 2025-2026.
You must be a member for 2 consecutive years to vote and/or be elected to the committee.

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.

Astrological Predictions for May & June 2025, using Tarot Cards

by Rieky at, Psychic Pathways, Luluai Spiritual Group

Aries	King of Swords		Problems can be fixed with good advice. Research gets the answers you need. Celebration**s** are not far off.
Taurus	Ace of Wands		New actions are called for. Relationships need communications. Try to make plans of new ways to connect.
Gemini	Strength		You are winning as you are using your hidden strengths. Keep working at your plans and your will soon see results.
Cancer	Wheel of Fortune		Your luck is changing as you are working on being positive. Don't believe me? Reject the negative and see the new outcomes emerge.
Leo	Judgement		Follow instincts and take your time. Some ideas may seem bizarre, but you have made them work before and will again.
Virgo	Justice		Be fair, even though you feel others are not fair to you. Be responsible for your karma as past lessons will prove you right again. Trust.
Libra	5 of Cups		Holding on to the past is not only holding you back, but you are repeating the bad outcomes too. Stop hurting yourself as you can turn it around.
Scorpio	6 of Wands		Keep up the good fight as you should soon see the results. Good news is just around the corner and may be better than expected.
Sagittarius	10 of Wands		Being offered a better deal and you should be feeling proud. You've worked hard and it's nice to receive acknowledgment of your efforts.
Capricorn	10 of Swords		Someone's actions are making you distrust, but this is not a repeat of a past lesson. Ideas offered are good, but use instincts to fully trust.
Aquarius	The Empress		A nurturing time. Do spoil yourself and pull out that to do list. Anything that seems healing should go to the top of the list and be at least one dream come true.
Pisces	The Emperor		A new passion/hobby takes centre stage and is one that you tried to avoid. It's a nice surprise and gets you excited. Can lead to new friends.

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