# 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** – Darren Edmondson – to assist President’s Duties
**Secretary –** Prashiv Chand - Administration
**Treasurer** - Rieky Heyden - Centre Financials and Banking, Events Calendar, Newsletter Editor
**Public Officer** Cheryl Godden - AGM Chairperson, Overseeing of Elections, Upholds the Constitution
**Committee** - Kylie Adams
**Committee** - Vasyl Akinin
**Committee** - Debbie Ansell
**Committee** - Brooke Cupitt
**Committee** - Tim Kupris
**Committee** - Les Sharp

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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# President's Report

**To all our valued members,**
I hope you are all keeping well. It is very encouraging to see our Sunday Services continuing to grow, with increasing numbers and many new faces joining us. It has also been wonderful to welcome back more familiar faces from our earlier days at the Scout Hall on Hartley Road. Welcome back — it is lovely to have you with us again.

Our community continues to grow and evolve, and it is particularly pleasing to see more younger people and male attendees becoming part of our centre community. This diversity brings new energy and perspectives, and we look forward to continuing to welcome everyone who wishes to join us on their spiritual journey.

I would like to express my sincere gratitude to all of our guest mediums who generously volunteer their time and service to Spirit and to the Hills Spiritualist Centre each Sunday. The list of mediums wishing to platform at our services is also continuing to grow, which is wonderful for the centre and reflects the support and interest within our wider spiritual community.

The committee is currently reviewing the procedures, policies and protocols that have been in place for a number of years. Where necessary, updates will be made to ensure they remain appropriate, align with our Constitution and support the centre to operate effectively and to its full potential. The committee is also excited about the possibility of bringing more spiritual development, wellness and healing classes and activities to the centre. These will be introduced once our current policy and insurance reviews have been completed, ensuring that any new activities are properly considered and supported.

I would also like to acknowledge our committee members, who are all volunteers and freely give their time, energy and commitment to help keep the Hills Spiritualist Centre open and operating. Each committee member balances their responsibilities to family, work and their own lives while contributing their time to help keep our centre welcoming, warm and available to our members and wider community. Their commitment is greatly appreciated.

I would like to invite all members to consider sharing a little of their time with the centre. There are many simple ways we can all contribute — whether it is helping with tea service following Sunday Service, bringing a plate to share, helping to stack the chairs, assisting with small tasks around the centre, or simply taking the time to chat with a new member or attendee and helping them feel welcomed and included. When these responsibilities are shared amongst us, it makes a significant difference and helps take some of the pressure off our committee. As the saying goes, **"Many hands make light work."** Our centre belongs to all of us, and by working together we can help create a welcoming and supportive community for everyone.
The committee genuinely welcomes feedback from our members. Whether you have a suggestion, a concern that you feel needs addressing, or positive feedback about your experience at the centre, your comments are valued and will be considered. We do ask that all feedback is provided respectfully and constructively. Personal insults or disrespectful comments will not be accepted and may not be considered. We have a **suggestion box** available for members to provide feedback, whether positive or negative. The suggestion box is opened at the committee meeting held each month. Where possible, I encourage you to include your name when leaving feedback. This allows me, or a member of the committee, to respond to you personally if further discussion or clarification is required.

**Sunday Service Time – Important Reminder:** Due to the commencement of Daylight Saving, from **Sunday 4 October 2026**, our Sunday Services will commence at **4:00pm and conclude at approximately 5:30pm**. Please make a note of this change. We look forward to welcoming you all at our new service time and hope this change will continue to support our growing community.

Finally, I would like to sincerely thank each and every one of you for your continued support of the Hills Spiritualist Centre. Together, we can continue to embrace our growing community, support one another and create a centre that is welcoming, respectful and safe for everyone to explore and develop their spiritual journey. Thank you for being part of our community and for helping us continue to grow.

**Love and Light,**
**Wiki**
*President*

## HORAN on the Nature of Forgiveness
## Sept / Oct 2026 - Vasya

*PREFACE:*

In July, we were blessed to have Robin Lamb join us as a guest Medium at our Sunday Service. In his opening address, Robin spoke about forgiveness, not only the forgiveness we offer to others, but perhaps more importantly, the forgiveness we need to offer ourselves.

His words touched on something that many of us may not have stopped to consider: that forgiving ourselves can be just as important to our spiritual journey as forgiving those who may have hurt us.

We can be so quick to show compassion and understanding towards others, yet often forget to extend that same kindness to ourselves.

I felt there was much more for us to explore in this important area. So, I have asked **Horan**, my guide, to help us look a little deeper, to bring us greater understanding and perhaps a new perspective on the healing, freedom and spiritual growth that can come when we truly learn to forgive ourselves.

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### A message from HORAN (*pron HOR-AHN*) - on FORGIVENESS (VASYA)

**[Begin]**

We have been asked to determine the nature of forgiveness.

You often believe forgiveness is something you give only after justice has been satisfied or pain has faded. This is why many of your hearts become prisons built from memories. You wait for the perfect moment to release your suffering, and that moment rarely arrives.

Understand this,  forgiveness is not the denial of what happened. It is not the declaration that cruelty was kindness or that betrayal was acceptable. It is the decision that your future will no longer be governed by your past.

Many of you are harder on yourselves than you are on your greatest enemies. You replay old mistakes as though guilt were a sacred duty. You imagine that endless self-punishment somehow honours those you have hurt or repairs what cannot be changed. It does not. Guilt may awaken wisdom for a time, but when carried forever, it becomes another form of fear.

Forgive yourself not because you were always right, but because you are still becoming. Every conscious being in the galaxy has stumbled while learning. Growth is not measured by never falling, but by what is learned after rising.

When you forgive another, do not confuse forgiveness with surrender. You may forgive and still establish boundaries. You may release hatred while remembering the lesson. You may wish someone healing without inviting them back into your life. Wisdom and compassion are companions, not rivals.

Those who wound others often carry wounds they have never understood. This does not excuse their actions, but it reminds you that suffering frequently creates more suffering. Break the chain where you can. Every cycle of vengeance that ends creates a future that could never exist otherwise.

Imagine your consciousness as a vessel traveling through the stars. Every resentment you refuse to release becomes another weight aboard your craft. Eventually, you spend more energy carrying old burdens than exploring new horizons. Forgiveness lightens the vessel. It allows your spirit to travel farther.

Do not ask, "Who deserves forgiveness?" Ask instead, "What kind of future deserves to exist?" The answer to that question will guide your heart more faithfully than anger ever will.

There will always be those who cannot yet receive forgiveness, just as there will be those who cannot yet offer it. Meet both with patience. Every soul awakens according to its own season.

## HORAN on the Nature of Forgiveness
## Sept / Oct 2026

The universe has never required perfection from evolving beings. It asks only that each generation become slightly more compassionate than the one before it.

If you can forgive yourselves for being unfinished, and forgive others without abandoning wisdom, you will discover that peace is not something granted by the stars. It is something you create within yourselves, and from there, it spreads to families, communities, nations, and eventually worlds.

Imagine your heart as a star. A star does not shine because darkness has disappeared; it shines because it continues to generate light. Be like the star. Let your compassion become stronger than your wounds.

Dear one's, walk gently with yourselves. Walk gently with one another. In doing so, you become the light you have long searched for among the stars.

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]**



## HAPPY BIRTHDAY to our members

We wish our members celebrating a birthday in September/October 2026, a safe and an enjoyable birthday celebration.

September

| | | |
|---|---|---|
| Karley | Tyrrell | 01 |
| Kim | Smith | 04 |
| Joyce | Vaoga | 07 |
| Stephen | Rutherford | 08 |
| Kathy | Loftus | 17 |
| Vicki | Spiteri-Triffett | 17 |
| Alana | Pienkosz | 22 |

October

| | | |
|---|---|---|
| Sylvia | Klatka | 03 |
| Cheryl | Godden | 05 |
| Shauna | O'Donnell | 19 |
| Felicity | Lambkin | 23 |
| Walter | Mason | 24 |
| Alana | Smyth | 24 |

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 throughFacebook messenger.
Booking must be made by the Friday prior. Thank you

## MEDIUMS ROSTER

September

6th - Joyce Vaoga
13th - Trish McLoughlin
20th - Richard Rushton
27th - Prashiv Chand

October

4th - Tanya Paiti
11th - Justine Edwards
18th - Janet Bradbrook
25th - Maria Capone

# Astrological Predictions for September – October 2026, using Tarot,

by Rieky from Psychic Pathway's, Luluai Spiritual Group

| | | |
|---|---|---|
| **Aries** |  | Feeling happy that you finally have control. You have worked hard and are due some respect. Take it calmly and forge ahead. More results due through October. As projects are finalising, start creating the next steps. |
| **T Taurus** |  | Eagerness around to move forward on plans. The young have excellent ideas, but you have a steady vision of your ultimate goal. You're taking responsibility will prove you right and lead to more. |
| **Gemini** |  | The struggle within should not be this hard. You have the tools and experience, but you keep doubting your abilities and this slows you down. A refresher course could help you believe in yourself again.. |
| **Cancer** |  | New actions and new plans are put into motion. Success is there if you count your blessings and realise how far you have come. Try to take on one job at a time so you do not overwhelm yourself. |
| **Leo** |  | Your path needs revision and upgrading as you are a little off course. There are smaller successes which do not take you off track. In fact, they help to quicken your journey, so results come sooner |
| **Virgo** |  | Doubting yourself is getting to be a bad habit. You have your faith, so be confident. You do not have to choose just one avenue as you can easily have all options. Enjoy your journey to the success you deserve. |
| **Libra** |  | In your usual inner argument, choose anything that nurtures. Anything that is good for you and will put a smile on your face. Projects are adjusting naturally into a better goal. Your talent makes sure. |
| **Scorpio** |  | Blockages are now coming down through your healing efforts. Wanting to expand your boundaries are easier than expected. New work also trickles your fancy and you should accept. Promotes the winning you deserve. |
| **Sagittarius** |  | Message from a loved one helps healing. Comes from a surprising source, but you deserve good news. Work deviates to easier run to holidays, health is picking up, so focus on relationships. Many blessings are there. |
| **Capricorn** |  | Dark moods make you think you are headed to hard times, but look up. There is a window of opportunity, a window you thought was closed to you. You get to say, "told you so" with a smile. Two paths to work on soon. |
| **Aquarius** |  | Travel and work balancing again. Through internet or actual overseas travel, all work ideas are in your favour. Just look for the balance. Take the action that draws you to sense the results that are coming. Congrats. |
| **Pisces** |  | Careful that your tendency to see the bleak side takes you down that road. Facing fears helps you realise you are closer to the results you have always believed in. Return to the happier thoughts that started the path |

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

## September 2026 Channelling by Gail Clark

Welcome and greetings to all who are reading these words. We ask at this time that you reflect on what kindness and respect means to you personally. Kindness is a very necessary part of humanity and showing kindness to yourself and to other people will greatly expand your heart with confidence and love. There are many people struggling in your direct environment at this time. Perhaps you are struggling in some way, there are hard times around for many people in your world just now. Let us speak first of kindness to yourself. Kindness to yourself is especially important. You look after yourself before you look after other people. Looking after yourself means listening to your own needs, also your wants. We ask that you take care of your own needs first, this will give you the strength of character and mind to begin to show kindness to other people. Being kind to yourself means being less critical, it means being more positive. It means being less emotional. It means working out what will make you happy, and it is about your attitude. What attitude do you choose when you wake up in the morning? Do you respond to the new day or do you carry yesterday‘s unhappiness with you? This can be a major step for each one of you to realise your choices when you wake up in the morning. What attitude will I choose today? Will I choose to accept what is happening in my life and make the very best of each day that is given to me?

As you gradually start to realise and take control of your morning decision, very rapidly you will notice a change in yourself. It is a beautiful change. It is a change that means you are listening to yourself. You show yourself you have respect for yourself, and recognise that your Life has meaning and is worthwhile. As you start to realise and take control of your life, then you can extend the hand of friendship and kindness to other people in your world and even further. As you give kindness and respect to yourself, it becomes so much easier to understand that other people are struggling and suffering, and not always in a happy space. As you are aware sometimes a smile, a kind word, or even a small helping hand can make a big difference to a person, they feel seen. They may feel that they are not worthy of help or kindness, and yet by showing small acts of kindness to each other you are affirming that all have a special place on the Planet on which you live, and all people are worthy of kindness and respect.

As spring approaches in your world, let there be rejoicing as the warm sunshine puts a spring in your step. It gives the flowers, the trees, and the rest of Mother Nature the impetus to start to bloom, to create the beauty which has been lying dormant throughout the winter. The colours, the perfumes, and the beautiful displays that Mother Nature puts on is there for all to enjoy. We ask that you take yourself out into the gardens and the sunshine, walk barefoot on the grass for a time to soak up the beautiful nurturing Mother Earth energy, which will greatly help and enhance your energy system, also your overall well-being.

The very nature of Spring brings a sense of hope, a sense of lightness to the hearts of many, and as you walk in the sunshine your heart is lifted, you feel better and perhaps more able to cope with what is happening in your life and in your world. We ask you to consider these words carefully, and with a certain amount of seriousness, you can then look to yourself, where you can be kind to yourself, show yourself more respect. Following on from this, the same kindness and respect can be shown to other people, so each person in their own individual way is making the world a slightly better place. Smile by smile, kind word by kind word. Every bit of effort has an influence for the greater good. We give you our blessings, and we wish you love and light as you walk the path towards greater learning.

Namaste to you.

# WHAT'S HAPPENING AT THE CENTRE

## Sunday Services

**Every Sunday at 3pm and Doors open at 2:30pm, Sept 6th, 13th, 20th, 27th**
Please be seated by 3pm for a prompt start.
**at 4pm and Doors open at 3:30pm, Oct 4th, 11th, 18th, 25th**
Please be seated by 4pm for a prompt start.

Entry: Free will offering. Cash/Eftpos accepted.

## Pre-Service Spiritual Healing

FREE 20-minute spiritual healing to current financial members OR $15 to non-members.
**Sunday from 2pm, September 13th & 27th, October 11th & 25th**
**Limited spots available**
**Bookings essential by the Friday prior, by contacting Wiki on 0425 334 086**

## Pre-Service Crystal Bed Healing

30 minute Crystal Bed session. $60 members $70 non-members Eye mask required cost $2
**Sunday from 1.45pm, September 6th &20th. October 4th & 18th**
**Only 2 spots available.**
**Booking is essential by Friday prior by contacting Wiki 0425334086**

## 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 committee meeting Sunday)

## Mediumship Practice Group: with Danielle

3rd Friday of the Month
When: Sep 18th & 16th Oct 2026
Cost: $20 members $25 non-members

## Healers Haven: with Cheryl

Held Wednesday, fortnightly.
When: Sept 9th, 23rd, Oct 7th, 21st 2026
Time: 7pm-9pm
Entry: $5
Conditions apply. Please contact Cheryl for details on 0404 159 985

## Self-care Healing Meditation: with Wiki

Fortnightly Thursdays 6pm-7pm
Starting Sept 10th, 24th, Oct 8th, 22nd 2026
Entry: $5

## What's Happening at the Centre: continued

### Monthly Healers Meeting

1st Sunday of the month. All are welcome.
Starting Sept 6th, Oct 4th, 2026
10.30am-12pm
6th Sept - Guest Speaker: Prashiv Chand, Kundalini Mentor
Topic: Mahavidyas; Beeja Mantras; Alchemy of Rituals; Kundalini Activations; Pushpam Mantra Chant.
Entry $5

### Spiritual Healing Course L2 with Wiki

10 weeks Starting September 7th - November 9th 2026
$300 members
$350 non-members
Weekly payments accepted,
Topics you will cover: Personal preparation, Chakra system and balancing, absent/distant healing, grounding, meditation and more.

### 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: $30 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.

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**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

**NO BAKE CHOC HEDGEHOG SLICE**

**Melt in a microwave proof bowl and mix together well.**
1 can condensed milk
180g chocolate. Milk or Dark
100g salted butter
**Add:**
250g sweet plain biscuits, crushed. eg: Marie
2/3 cup desiccated coconut
4 cups rice bubbles

**Mix together well and press into a tin lined with greaseproof paper.**

**TOPPING**
**Melt in a microwave proof bowl and mix together well**
300g chocolate. Milk or Dark
1 tablespoon vegetable or coconut oil

**Pour over the top, spread evenly and put into the fridge to set.**

**NO BAKE APRICOT SLICE**

**Melt in a microwave proof bowl and mix together well.**
200g condensed milk
150g salted butter

**Add:**
1 teaspoon vanilla essence
250g sweet plain biscuits, crushed. eg Marie
255g dried plump apricots, finely chopped
1 cup desiccated coconut

**Mix together well and press into a tin lined with greaseproof paper.**
Sprinkle extra coconut over and put into the fridge to set.
**ENJOY**

## AFFIRMATION **for Positivity**

**"Every thought we think is creating our future"**

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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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