

## National Spiritual Day ... celebrating spiritual values

We are excited about a new initiative that is being brought to you by Spiritualism New Zealand (SNZ). On 22 September 2024, New Zealand will celebrate its first National Spiritual Day. We got the scoop for you from Amanda Cartridge, the Registrar of SNZ and brainchild of the Day.

Amanda and other committee members were in the early stages of planning celebrations to honour the passing of the Act, which legitimised spiritualism in New Zealand 100 years ago, when the idea appeared to expand this to all those interested in spirituality. As is often the case when messages come from the spirit world, Amanda had been prepared to receive this some time ago with a prior message “You have a role to play in promoting spiritualism in New Zealand.”

“We have so many national days now, so why not one that promotes connection, community, inclusivity, curiosity, acceptance, and a peaceful future. It serves as a day for people of diverse backgrounds to come together and connect at a deeper level with family, friends, and others in their community.” she says.

Although the date of 22 September is significant to spiritualism, the reach will be much larger than just Spiritualists. In 2024, the focus will be on celebrating the last 100 years of spiritualism, and subsequent years will have a different focus. National Spiritual Day is dedicated to honouring the diverse spectrum of spiritual values cherished by individuals throughout our country.

Many of us live busy lives and we can forget that we are spiritual beings living a physical existence. This will be a day to take some time out and connect with your spiritual nature in whatever way works for you, to stimulate your passion for living a spiritual life. “It matters less how people connect and more that they do” Amanda says. People may choose to connect by spending time in nature, with good friends or family, or by attending one of the many events SNZ intend to coordinate throughout the country and online.

Spiritualism, as a philosophy, is free from creed or dogma and so it is often difficult to define what it means to be a spiritualist or even to be spiritual. Amanda is a classic example of this fluidity. A descendant of an Anglican Archbishop of New Zealand (her great grandfather) and a black sheep of the family (her father who was a seeker), she feels she was born as a Spiritualist although she didn't become aware of the term until she was in her forties.

As long as she can remember she knew that there was more to the world than what she could see. She also had a knowing and understanding about things well beyond her years. On the occasions she did attend church with her extended family, she could clearly see the contrast between people's behaviour within the four walls of the church and their actions once they had left the building. “It didn't seem right to just have one day a week to connect with a higher being and then go on living life as though spiritual values weren't important” she says.

Amanda and the team are looking for people to join the National Spiritual Day movement in whatever capacity suits them. Whether you want to organise an event in your local area, spread the word, or join an event on the day, she'd love to hear from you. Go to [www.nationalspiritualday.nz](http://www.nationalspiritualday.nz) to find out more about the day, see a list of events, or find out how you can get involved. They're also on Facebook and Instagram if that is your preference.