



**MAY & JUNE
2018**

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NEWSLETTER

PAIGNTON SNU SPIRITUALIST CENTRE

CHANGES & MOVING FORWARD SPIRIT WILL GUIDE US

Some of our readers may already know that it was voted at the AGM to change our Church name to a Centre, see the title above on our Newsletter. Many members wanted to move with the times and move away from being known as a church. Gradually you will see the change developing on signs, our web page and on all printed literature.

There has been many changes taking place over the years and there will probably be many more with the new digital and technological age, it is changing everything we do inside and outside our Centre. As we grow our spiritual journey grows also and that is the theme for this edition of our Newsletter.

The Royals are changing from formal and traditional to a more relaxed and open way forward. Their family has seen many changes over the years as have families all over the world. We all try to embrace change on our journey with spirit; sadly some find it more difficult than others but don't give up. Talking breaks down these barriers and gives new light on what is really important.

If our spiritual pioneers had given up over 150 years' ago we wouldn't be enjoying the freedom of our spiritual movement today.

j.c.

Find us on the Web!

by visiting:
<http://www.paigntonspiritualistchurch.co.uk>

MAY & JUNE

A WARM WELCOME TO ALL OUR MEMBERS & VISITORS.



Saturday Coffee Mornings

A reminder those Coffee & Tea mornings with the Craft Group continues from 10.30am to 12.30pm.

A good way to catch up on the busy schedule of functions, groups, workshops, special medium demonstrations and Open Days. Dates, Times, Costs and Posters are displayed in the Kitchen Hall of our lovely CENTRE.

Not forgetting our coach trips organized by our Committee fundraisers for our members and new friends.

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May 2018:

05 th & 07 th	Kevin Hodgkinson	Paignton
6 th	Brenda Sawyer	Torquay
12 th	Darren Britten (Workshop & Demo)	Loughborough
13 th & 14 th	Sandra Derbyshire	Teignmouth
19 th & 20 th	Cheryl Brennan	Winchester
21 st	Joan Boydell & Centre Students	Paignton
26 th 27 th 28 th	David Cole	Windsor

June 2018:

02 nd 3 rd 4 th	Gail Riding CSNU (workshop)	Stafford
09 th	Healing Day with Tareth	Glastonbury
09 th 10 th 11 th	STUDENT WEEKEND	Paignton
16 th 17 th 18 th	Al & Jeff Potts	Bournemouth
23 rd 24 th 25 th	Ricky Whitmore	Paignton
30 th	Stephen Holbrook	
	Special Demonstration (7.30-9pm on Booking £15)	

GUILD - MAY

02 nd	Jon Beckwith	Yelverton
09 th	Amanda Dawes	Paignton
16 th	Stephen Haywood	Brixham
23 rd	Ricky Whitmore	Paignton
30 th	Caroline Gleave	
	& Gillian Shore	Plymouth

GUILD - JUNE

6 th	Marie Hines	Paignton
13 th	Kim King & Sybil Steadman	Paignton
20 th	Joan Boydell & Students	Paignton
27 th	T.B.A.	

All of the above dates are subject to change at short notice



BEAR

Power Animal Oracle Cards by Steven D Farmer
The Bear card means Boundaries "Stand your Ground"

For you to be your complete self - the self that the Creator wants you to be and that you know in your heart of hearts is your destiny - you must not only define who you are, but also who you are not. It's only when you can say a clear no that you can say a clear yes, and both are equally important in defining where your edges are. Setting your boundaries in this way increases your confidence and sense of autonomy, and your choices become much clearer. This doesn't mean to always say no; it just means to be secure in knowing that you can. This is critical in accomplishing your mission, whatever that may be, and it's especially important related to your question. It's very tempting to succumb to others' demands and the various distractions that tempt you, as this often appears to be the easier route to take. Yet in your heart of hearts, you know that you need to establish these limits to stay on purpose. And remember; the only way that others can intimidate you is to deny your own power and operate out of fear. Come from strong love, without malice or aggression, and let them see and feel your full presence. It will work every time.

OPEN HEALING DAY

Sat 9th June 2018
10am to 3.30pm

With TARETH

FREE WORKSHOP 1.30PM TO 3.30PM
Entitled "THE SONG OF THE SOUL"
Come and experience Spiritual Healing

Crystal Stall, Raffle, Refreshments

FREE ADMITTANCE (Donations welcome)

DARREN BRITAIN

WORKSHOP & EVENING DEMONSTRATION

12th May 2018

Workshop 10am to 4pm

"THE CONFIDENT MEDIUM"

(cost £30 Members : Non Members £35)

Evening Demo 7.30pm to 9pm

(Limited Tickets £10 each payable on booking)



Spiritual Healing

Every Week

Monday	2-4 pm
Tuesday	4-6 pm
Thursday	2-4 pm

Everyone is welcome to come along and receive Spiritual healing at the Centre. Many people find it hugely beneficial and come on a regular basis.

Our healers are dedicated in providing this service, giving their time freely and selflessly to help others.

Spiritual healing involves the channeling of healing energies from the Spirit world through a Spiritual healer to the patient. Healing can bring about harmony to the mind, body, Spirit and emotions of the recipient.

Healing Circle
Fridays fortnightly
7.30pm.
See dates on notices in the kitchen/hall area.

NUMEROLOGY

BY

RICHARD CULLEN

STARTING ON

THURSDAY, 12TH MAY 2018

7pm to 9pm

COST : £3 EACH NIGHT
PAY ON ENTRY

THIS COURSE IS FOR MEMBERS ONLY



KNOW YOURSELF

I asked spirit to choose a card from my power cards because I didn't know which card to pick. I spread them out and my hand hovered above them all and spirit picked the Bear card. As I read through the definition of this card I knew that this was the correct choice.

At the start of putting the Newsletter together I had nothing and it crossed my mind, how will I fill the pages for our readers. I sat looking at the screen for ages, closed it down, and opened it again on another day. Again I sat looking at the screen. I thought this was silly because I am not on my own spirit will help me and so I ask for them to give me a theme and choose a card.

The bear card is about boundaries and standing your ground. "For you to be your complete self - the self that the Creator wants you to be and that you know in your heart of hearts is your destiny - you must not only define who you are, but also who you are not.

As I read on I could resonate with the fact that we all fall into what other people want or demand of our time. Saying no is sometimes difficult but knowing we can say no, when it suits us is quite empowering. We all have choices but don't always do what we really want.

Once my theme was set I was amazed how I was then sent another piece on Page 6 "Take Control of Your Life" this also resonated with the way we all run our lives. The first paragraph talks about being out of control and about our minds being overwhelmed with demands from all the distractions and demands around us.

We must first know who we are, our destiny is in our own hands. Working with positive energies with a happy outlook encourages others to do the same. We all have busy lives but don't always know how other people are feeling so it is easy to be distracted. Everyone's priorities are different to our own, don't take on board all their woes just listen; if they want advice they will ask.

Knowing who we are as individuals and understanding what we want on our journey of spirit, will help us to keep positive and enjoy whatever we do and whoever we meet. Our emotions can be as changeable as the weather.

Our emotions have a ripple effect and easily cause other spirits around us to feel unsettled. Taking control of our own energies, letting go of anger and spreading laughter can help all individuals.

I am a twin. A few years ago when a member of our family died, it caused, upset, tension and divisions within the family. My twin sister and I drifted apart and didn't speak for a long time. I as a person didn't feel whole because half of me was missing. This was a hard time as I didn't quite know who I was. Then one day we both became "One" and the bond was back and I felt whole again. To know yourself is very special indeed.

j.c.

LIFE'S JOURNEY

The following extract is submitted by Anne Jenkins from her friend Jan Tyler Bray who is the author of "Searching for Answers" and the following message is from Father Benedict talking to Jan:

TAKE CONTROL OF YOUR LIFE

Father Benedict and I are at the shoreline and he tells me:

"Sometimes life feels like you are being tumbled over and over just like these small stones, it's as if you have no control over anything at all, and if you let yourself surrender to all that's going on that's precisely what will happen, you will be swept away with it all and your head will literally be swimming."

A lot of people let this happen for they don't realise that their life is in their own hands. You create what happens, you are the master of your own destiny and you can call a halt to it all at any time, the way you view your world is an inside job, positive and negative is reflected back to you. It's not always an easy thing to do especially if you are hurting and upset but does not add to those feelings by turning them over and over in your mind and making them so much more than they really are. Stop yourself in your tracks, try to think logically, see the reasons behind the situation and there will always be a reason if you look hard enough.

No one sets out to be difficult its only that their priorities will be different to yours, take what fits and reject what doesn't for there is no point in getting angry or getting yourself into power struggles, because the situation will soon be gone anyway. See the best in everyone and they will see the best in you, think good positive thoughts of partners, friends and family and you will draw the best of them back to you. Keep your energies high and you will emanate and radiate sunshine and light, people will be drawn to you for in your company they will pick up, albeit unconsciously, good vibrations and happy feelings and they will want to be near you.

These vibrations of energy and love that you radiate will also fill your home so when your friends come in they will feel it and remark what a cozy home, what a lovely atmosphere you have here. On the other hand a miserable negative person will give off their black mood and pull you down, if you enter their home it will often feel heavy and depressive and as you leave their company you will feel as if a weight has been lifted.

It's so easy to affect your life, easier than you could ever imagine, for in doing just that, imagining you can bring anything to you, you desire. You have to be constant and unwaveringly in your thoughts and visualisations, and you must not keep changing your mind because that will just confuse the universe, mixed messages will only give you the essence of what you desire instead of the complete thing. You can literally create your life and your time upon the earth.

Yes there are lessons to be learnt and things that you have agreed to do before you incarnate but by keeping things in proportion and positive you can still learn them but in a much nicer way. Why make life hard when you can make it so easy. "

Thank you Father Benedict.

Thanks again to Anne and her friend Jan for the above piece for the Newsletter.

DUST IF YOU MUST
By Rose Milligan

*Dust if you must, but wouldn't it be better
To paint a picture or write a letter,
Bake a cake or plant a seed,
Ponder the difference between want and need.*

*Dust if you must, but there's not much time,
With rivers to swim and mountains to climb,
Music to hear and books to read,
Friends to cherish and life to lead.*

*Dust if you must, but the world's out there,
With the sun in your eyes, the wind in your hair,
A flutter of snow, a shower of rain.
This day will not come around again.*

*Dust if you must, but bear in mind,
Old age will come and it's not kind.
And when you go - and go you must -
You, yourself, will make more dust.*