



JULY & AUG 2018

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NEWSLETTER

PAIGNTON SNU SPIRITUALIST CENTRE

S U M M E R F U N

SPECIAL MEDIUMSHIP DEMONSTRATIONS

Our Centre has plenty for you during the months of July and August.

Hope you can join us for the following Special Demonstrations:

Sat 14th July 2018 : Billy Cook CSNU : 7.30pm – 9pm

Sat 28th July 2018 : Sean Gray DSNU : 7.30pm – 9pm

Sat 4th August 2018 : Les Henderson : 7.30pm – 9pm

All £5 payable at the door
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Our Newsletter is full of all the details you need about our Events & Workshops, Spiritual & Healing stories as well as a few surprises.

Did you know that the following magazines are merging Two Worlds & Psychic News with effect from July 2018. Two popular reads become one great magazing; other books are available in our Centre.

The Newsletter theme for this edition is the summer smile, laughter and spiritual wellbeing. Enjoy.

j.c.

Find us on the Web!

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

JULY & AUGUST

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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July 2018:

01 st	Ruth Freya & David Wallace	Axminster
02 nd	Glenda Osborne	Torquay
07 th & 08 th	Minister Kim Moore-Cullen (Workshop on Sat – 10am-4pm)	Paignton
09 th	Joan Boydell & Students	Paignton
14 th 15 th 16 th	Billy Cook	Paignton
21 st 22 nd 23 rd	Geoff Hayward CSNU	Bournemouth
28 th 29 th 30 th	Sean Gray DSNU	Bristol

August 2018:

04 th 5 th 6 th	Les Henderson CSNU	Darlington
11 th 12 th 13 th	Debbie Campbell	Redditch
18 th 19 th 20 th	Jamie Tennant	Paignton
25 th 26 th 27 th	Graham Hewitt LL.B	Kettering

GUILD - JULY

04 th	Dawn Lodge	Paignton
11 th	Amanda Dawes	Paignton
18 th	Guild Mini-Sittings	
25 th	T.B.A.	

GUILD – AUGUST

CLOSED FOR THE SUMMER

RE-OPENS 5TH SEPTEMBER 2018

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



FLOWER THERAPY

Oracle Cards by Doreen
Virtue & Robert Reeves:

SUNFLOWER
SMILE : simply smile, &
notice the profound &
healing difference it makes



**WATTLE FLOWER
OR TREE**



LAUGHTER: Uplift yourself
& those around you through
loving laughter.

YELLOW ROSE



**BALANCE WORK, REST &
PLAY:** It's important for
you to have fun along with
fulfilling your
responsibilities.

WORKSHOP

Sat 7th July 2018
10am to 4.00pm

**With International Medium
Minister Kim Moore-Cullen**

Entitled
Aura in Motion Camera

Suitable for all levels

Cost: Members £20 Non-Members £25
Payable on Booking

WORKSHOP

BANK HOLIDAY

25th August 2018

10am to 4pm

Graham Hewitt LL.B

Entitled: Mediumship Improvement

Cost: £20 Members & Non-Members £25

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.

HEALING NEWS

SPIRITUAL HEALING WORKS

This report appeared in The Sunday Express May 20 2018

SPIRITUAL healing dramatically improves symptoms in longstanding illnesses, a study has found. The two-year project, the largest of its kind, is one of the first rigorous scientific studies to show this often-maligned treatment improves health as claimed.

It involved 200 patients with hard-to-treat gut problems including irritable bowel syndrome, Crohn's disease and colitis.

Half were treated with conventional medicine only and half with non-faith healing therapy alongside their usual conventional treatment for the first three months.

Then the group that had only received conventional medicine received a series of spiritual healing sessions.

During the six-month trial, the researchers measured patients' symptoms, pain level, quality of life and well-being, and concluded that adding spiritual healing to conventional care showed significant improvements that were sustained for six months.

Copied from Article on our Healing Notice Board in the Centre

YOU CAN MAKE A DIFFERENCE

By Joan Gross

There is something we all have that can work small miracles in someone else's life. It can light up like a star and can make you, as well as someone else, feel good. **It's called a smile.**

Many years ago, a friend once told me what magic a smile can do. I was going through a difficult patch at the time and hadn't had anything much to smile about for quite some time. It was alright for her I thought: her life was well on track with everything going for her. I couldn't see a way out of the black tunnel and trying to dredge up a smile for someone else seemed just impossible.

But I was wrong. I decide to put this into practice. First of all I took a long look in the mirror and didn't like much what I saw.

I caught sight of myself unexpectedly in another mirror in the hairdresser's a few days later and thought "she looks a grumpy old person" only to realise one spilt second later that it was myself. I saw a grumpy face set in a permanent scowl. What a shock! I immediately lifted my expression just as the hairdresser came over to transform my hair into something to make me feel happier. I gave her the best smile I could muster and immediately the expression in the mirror was transformed. My resting face sets into a rather grim expression so I have to make a concerted effort to lift everything up in order to get rid of the scowl. "Are you alright?" asked my hairdresser. "You looked very troubled when you first came in this morning. "I'm fine", I replied. She didn't need to know the problems I was dealing with and it was certainly unfair of me to off-load on to her.

I kept hold of the awareness and managed a small smile and by the time I was due to leave the salon not only did my hair look better but so did my face. It was a hard task to keep this up for the rest of the day but I kept thinking of that old miserable woman I had spotted in the mirror and that spurred me on.

Determined to try out the theory that what you give out comes back, I began smiling at people I didn't even know (passing strangers in the street or people on the bus). Shopkeepers too responded to my smile, especially if they'd had to keep me waiting to be served for some time. At the supermarket if I got even a flicker of a smile from the checkout person I always said, "Thank you for the smile." There was an immediate response. The face in front of me lit up and I was always rewarded with a bigger smile. A few words of praise or understanding worked wonders and I know we both felt the day was a whole lot better.

It is hard to be pleasant when airing a complaint or taking goods back to be changed but I found that by praising the product or service before giving the reason for its return, the transaction was dealt with far more willingly than if I'd gone in grim-faced, ready with all guns firing, expecting a fight

The same applied in restaurants when confronted with grim - faced waiter or waitress. I'd ask for their advice on the best dish of the day, or maybe a translation of a foreign dish. It works miracles and I remembered to thank the staff for the delicious meal as I was leaving. I know it's hard to do this when the food is not up to standard but if you do have to make a complaint say it with a smile: you'll be amazed at the immediate response.

Gradually it has become a habit to smile a lot more often and not only do I get an instant reward but I find that my day is much more pleasant.

Submitted by Anne Jenkins from her friend Sylvia

Thank You both



Our Charity Coffee morning raised £400 Thank You for the support we received.

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:

I link in with Father Benedict and we find ourselves sitting in the sunshine watching the bees as they go in and out of the flowers collecting the pollen.

Trappings of life

Life can become strange, so many people are so concerned with themselves but in an egotistical way rather than a spiritual way. They want it all, all the trappings of life so to speak, in fact that is exactly what they are trappings! People get so caught up with the material aspects, they want, they need, they have to have so they push themselves and work longer hours, buy things on credit cards, over complicate their precious lives, make themselves ill and have no time to enjoy anything at all. Even when they have the trappings they are still not happy for very long and the whole silly process starts again.

Of course it's lovely to have nice things and to treat oneself but everything in moderation. The outside trappings will never give you the inside happiness and contentment you seek. Slow up and savour things, life, family and loved ones. Be at one with yourself, enjoy the company of others but enjoy your own company too, running away from life for this is what you are doing, is pointless. If things are not sorted out and worked thorough this time you will only have to go through it again next time around, the soul is continuous, it's only the overcoat that changes.

So many earth people today think it's their right to have it all, how misguided, there will always be compromises to be made and this is healthy for the soul, to have it all and not to strive towards one's goal is futile. When the time comes upon each of you to assess how you have coped and dealt with the tasks of life it will be much more gratifying to watch mistakes being made and then rectified by oneself. To see how grief and suffering are handled is indeed a hard task to observe, to see kindness and appreciation of oneself and others is fulfilling, and all of these things are of great importance to the development and progression of the soul, more so than how many pairs of shoes you have acquired throughout your lifetime or how flashy your new car is.

Your task as you enter each new life is one of learning and of course there will be lots of mistakes to be made but as you progress through out your duration it is essential that you learn from them, so that as you age physically speaking you also age and mature spirituality too. Some progression will be more profound than others and this will depend on other lifetimes and previous incarnations, an example, have you ever wondered about so called child prodigies, these gifted children are merely more awake to their past lives than most, of course they don't realise this fact and neither do their parents, they just know they have a gift, they do not realise the gift isn't academic or musical or whatever it may be, it is the gift of being aware, (unconsciously) to past life achievements and accomplishments, it is as though they are merely continuing with their work where they left off.

So you see the soul has no start or stop it continues on its journey ever onwards. Learning and knowledge and what you do with it is the way to go and not how many trappings you have accumulated or how much money you have made, it's how much love, kindness, knowledge, compassion and understanding you have in your personal bank account that is important.

Thank you Father Benedict

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

The Monk with a Big Smile



THE LAUGHING BUDDHA

The Laughing Buddha is cherished all over the world. He is found in homes, restaurants, places of business and so on. The Laughing Buddha is the Buddha of abundance and happiness. It is very easy to recognize the Laughing Buddha. He is shown wearing a robe and prayer beads often hang around his neck. He is bald and has a big fat tummy.

He was supposedly a Buddhist Zen Monk who lived in China over a thousand years ago.

He was different from all other monks. Quieci (his name) was a jolly fellow. He often laughed whole heartedly and reminded everyone to enjoy life and stay happy. He was very much loved.

Budai or Quieci always had a great big smile on his face. That is why he is best known by his nickname “Laughing Buddha”.

You must keep your Laughing Buddha clean, always rub his tummy daily and you will be granted your wish. When you do rub his stomach, you need to do so with a positive attitude. The gesture should be uplifting to your spirits and make you feel happy.

The beads hanging from his neck are often referred to as the “pearls of wisdom”. Many like to keep the Laughing Buddha with the beads close by the place they normally meditate.

Some statues of the Laugh Buddha are holding a fan. The fan is called an Oogi. The fan represents the owner seeks inner peace and spiritual wisdom. There are claims that the fan represents the waving away of all negative energy and any troubles or concerns a person might have. This is the “don’t worry, be happy” kind of fan.

Article researched from the web.

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We were pleased to see the following visitor at our Charity Coffee Morning. Rachael was happy to share her police dog “Buddy” with us and support our Charity Event and has gladly given permission for their photo to be displayed in our Newsletter. Thank you Rachael.

