



**SEPT & OCT  
2018**

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**Paignton SNU  
Spiritualist Centre**

Manor Corner  
Preston  
Paignton  
Devon  
TQ3 2JB

**Phone:**  
01803 525 933

**E-Mail:**  
[torbayspirit1@yahoo.com](mailto:torbayspirit1@yahoo.com)

# NEWSLETTER

PAIGNTON SNU SPIRITUALIST CENTRE

## MOVING FORWARD

From a baking hot oven to a drizzly wet shower our Summer has certainly given us a year to remember. The beast from the east held onto the Winter; and the blazing sunshine dominated our landscape. Our weather is full of surprises as the seasons move into Autumn with the festive season just around the corner.

Has our spiritual growth changed, moved forward or developed as we would have hoped? Are we listening to our inner self and do we trust our instincts? Do we give ourselves enough time to communicate with the spirit world? If you are finding it difficult to set aside the time why not visit our Centre where like minded friends are here to welcome newcomers. As you read through our Newsletter you will see there are plenty of opportunities to enhance your spiritual interests.

We also welcome your spiritual stories that you have experienced throughout this year. All our journeys are all different, full of variety and lots of emotions. Sharing these moments is another way of helping others. We don't always understand why certain changes happen the way they do. A chance meeting with a stranger or long lost friend; how our lives interact or repeat events.

Our theme for this Newsletter is reflection on our spiritual journey and the lessons yet to come.

Thank you to all those who contribute to our Newsletter.

j.c.

**Find us on the Web!**

**by visiting:**  
<http://www.paigntonsnuspiritualistcentre.co.uk>

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.

\*

**SEPT & OCT**

Sept 2018:

1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	Peter Bancroft	Paignton
8 <sup>th</sup> 9 <sup>th</sup> 10 <sup>th</sup>	Craig Morris	Torquay
15 <sup>th</sup> 16 <sup>th</sup> 17 <sup>th</sup>	Kevin Hodgkinson	Paignton
22 <sup>nd</sup> & 23 <sup>rd</sup>	Minister Carol Ellis	Cardiff
24 <sup>th</sup>	Joan Boydell & Students	Paignton
29 <sup>th</sup> & 30 <sup>th</sup>	Nicky Friendship	Tiverton

Oct 2018:

1 <sup>st</sup>	Nicky Friendship	Tiverton
6 <sup>th</sup> & 7 <sup>th</sup>	Sandra Derbyshire	Teignmouth
8 <sup>th</sup>	Craig Morris	Torquay
13 <sup>th</sup> & 14 <sup>th</sup>	Minister David Bruton	Tamworth
15 <sup>th</sup>	Glenda Osborne	Torquay
20 <sup>th</sup> 21 <sup>st</sup> 22 <sup>nd</sup>	Charlie Kelly	Harlow
27 <sup>th</sup> 28 <sup>th</sup> 29 <sup>th</sup>	Anji Wylde & Joann Allen	Redditch

GUILD – SEPTEMBER

5 <sup>th</sup>	Sandra Derbyshire
12 <sup>th</sup>	Joan Boydell & Students
19 <sup>th</sup>	Jon Beckwith
26 <sup>th</sup>	Becky Willoughby

GUILD – OCTOBER

3 <sup>rd</sup>	Dawn Lodge
10 <sup>th</sup>	Kim King & Sybil Steadman
17 <sup>th</sup>	Stephen Haywood
24 <sup>th</sup>	Glenda Osborne
31 <sup>st</sup>	Tina Corns

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



## OUR WEATHER



Changeable & predictable  
which is your favourite &  
why? Let us know.

### SPECIAL EVENT FOR OUR CHOSEN CHARITIES

P.A.T.H. Torbay for the Homeless  
and  
CHILDRENS' CHRONIC ARTHRITIS  
ASSOCIATION

Sat 29<sup>th</sup> September 2018  
10am to 4.00pm

Mini Readings (£8)  
Various Stalls, Raffle  
Refreshments

### WORKSHOP

WITH MINISTER DAVID BRUTON  
SNU PRESIDENT

Sat 13<sup>th</sup> October 2018 @ 10am to 4pm

The modern medium fit for the  
21<sup>st</sup> Century

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.



**Colours have many properties from a calming influence to energetic, vibrant, anger, sad & happy, hot & cold. Healing & communication. From what we see to how we feel emotionally. Colour is important.**

# 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 find myself sitting with him in the beautiful warm sunshine, we're weaving baskets to carry our produce, there are many bees' busy buzzing around collecting pollen for their honey. All is extremely peaceful and content.

## Moving Forward

There comes a time when you look back at the life you have had so far, there will be many times when you feel that you could have acted differently but you did what you felt was right at the time. The situations you find yourself in at this moment are a direct result of those actions, if you are happy and content right now then your life will feel complete, if however you are not experiencing joy then it's time for a change of direction.

It can be as easy as changing your outlook on life, you don't necessarily have to make big physical changes. How you view the world, whether you only notice the negative or whether you see happiness and joy will depend largely upon your early years with your parents and if you have brought it forward with you. If you did grow up with worry, fear or criticism then it will be ingrained upon your subconscious.

Parents always worry about providing a secure and happy home for their families but by worry and seeing lack, they keep themselves in worry and lack. When you have small children to care for you cannot throw caution to the wind and spend like you are a millionaire, it doesn't work that way. It is said that to be abundant in all including money you have to act as if you are abundant, what that means is believe in abundance, feel abundant. It would be silly and careless to spend and not have enough money for food or your rent. Believe and more importantly feel you are abundant in love, caring and sharing what you have and you will be.

Be grateful for everything, every little thing from the food on your table to the sun shining outside, for the parking space that appears just when you need it, to the smile on your family's face's when they all return home after their busy day. Appreciate the children's happy laughter and all the good times spent together. The more you are thankful the more reasons you will have to be thankful. The life you are living is precious and there to be enjoyed. Live in the moment, do not always be somewhere else in your mind and miss what's happening here and now. Think good thoughts about those you are with because on a certain level of their unconscious understanding they will pick up on your thoughts and act accordingly. If you want love, appreciation and consideration you must first give it, that is the way it works, do not wait for the other person, because you may always be waiting, someone has to make the first move so why not you. If you're in a relationship especially if it's long term you may not always see the good but stop and do so, it's so easy to take each other for granted and so hard to bear when they aren't there anymore.

If things aren't so good at the moment and there will always be these times, balance in all, set about a change, you may say why me? I haven't done any wrong but maybe something in your attitude or the way you retorted or even thought may have sparked what you have right here. It isn't always outward actions but inwards thoughts and feelings. Feelings are probably the most powerful of all the emotions. No one is going to have the exact attitudes and opinions about life as you so there has to be a compromise. Try to fix things internally and between yourselves and try not to look for outside influences, for these don't always work sometimes they complicate even more, they might make you feel better for a while but when you are alone at night with your thoughts you won't be able to escape your truth.

Do not fix your life with a sticking plaster, get to the root cause and deal with the issues, they will be painful and there will be tears but so necessary to be able to move forward. You will certainly get lost many times on your journey it is all part of the reason you are here. If lessons were easy there would be little point to them, they are given for the precise reason of how you will deal with them.

Will you scream and shout and stamp your little feet or close up like a book and withdraw from your family and friends, or will you say yes I've messed up but I am determined to try to put things right with love and understanding. Do not however become a doormat for all to wipe their feet on and do not allow anyone to be mean or cruel for the sake of a "peaceful" life for that will take away lessons on both sides. Explain rationally and calmly what your needs and expectations are with love and understanding for each other's wellbeing. Thank you Father Benedict

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

## **MY THOUGHTS ON LIFE by Anne Jenkins**

In everyone's lifetime there comes a period where you ask why am I here, what is my purpose, why do bad things happen?

I do not have the answers, I can only tell you of my thoughts and my beliefs.

Since a child I had a knowing if you like of the Spirit World. My Grandfather came to live with us when my Grandmother died, I was about 10 then.

He became ill with Pneumonia and was taken to Hospital; I slept in the same room as my brothers so my parents said I could sleep in Granddads room until he returned.

That first night I had a Spirit child visit me around the same age as me, I can still recall his face, and expression etc. and I can honestly say I was not frightened. It was as if he was just wanted to be there. He stayed for a few minutes and went, my mother told me to speak to granddad when he came home which I did, he just said I have lots of people visit me nothing to be worried about, that was it.

When he passed away several years later, the clock stopped at the time of his death and when I grew older and asked questions I was told that he and my grandmother used to sit in a home circle and my grandmother was a Healer.

Many years later after marrying and having a family of my own, thoughts would come into my head about going to the Spiritualist Church. My father was a taxi driver at the time and he used to pick up some of the mediums who were serving the church and come back telling me of some of the messages they told him. My interest grew but I still couldn't pluck up the courage to go to the Church until my parents and then my Husband passed.

This was the opening for me, with a friend we went to the Church and as I walked in I knew this was where I should be, after a year I was asked if I would like to join Awareness Class which was being run by Linda Bullock, Linda was and still is a brilliant teacher. I learnt so much and everything fell into place, Healing became my passion.

Under the wonderful guidance of Arthur and Doreen Eastment, I became an Approved Healer which was 20 years ago, since then there has been many changes concerning the rules and regulations which we have to abide by in our Code of Conduct and Healing and the Law, and our Training.

The most important thing in wanting to become an Approved Healer is to have compassion, dedication and a willingness to want to help another. You need to undergo a training period to learn attunement to the spirit world and healing forces, a written course, training days etc., which can take several years to complete but is so worthwhile.

Giving or sending healing to a person in need is not just about the person getting better, it's to help in whatever way is beneficial to them, we cannot change their destiny, if they are dying then the Healing can help them pass over with less pain and less fear. If they have an emotional problem healing can help calm them. Healing comes in many forms, people have said to me I want to be a healer but I have a busy life and cannot commit to the training. There is nothing to stop you still sending out the thoughts and talking or helping someone in need, we can all be healers but in different ways.

I had a busy life with family and a job at that time and even though I had a knowing of Spirit, caring for my children and family etc. was more important to me, but it is still healing as you are there to comfort and advise them. My time had not come to take it further until I had the time and commitment to do so.

Being an Approved Healer does not make you special, nor does being a Medium, is it a privilege to serve Spirit in whatever way you can, to think of others who may be suffering and need help. We too need that help at times, and over the last few months I have needed that help myself, but through that help has come a greater understanding.

In June my wonderful stepson Ben passed through a tragic accident; the amount of friends that he had that sent us messages of love and support was incredible. We had support from many friends and this wonderful Spiritualist Centre, from members and the committee. The love and Healing we received was felt by us all. Then in July I had to have a serious Operation which I know through the skill of the surgeon and the prayers that were sent to me saved my life.

As I was waiting to go into surgery, I had this amazing feeling of calmness and light around me which I knew was being sent from the Healing thoughts and prayers being given to me.

I am now well on my way to recovery, and during this recovery questions came into my mind, why was I allowed to live when Ben did not? He was so young. If only he had been found earlier he could have been saved. Why didn't I ring him more often etc? I felt guilty being here when he was not. I then spoke to Ben mind to mind and I now know that it was his time. He had done what he had come to do and is back home and has work to do in the Spirit world helping others. It was not my time so I have to learn more on this Journey of Life.

I found this Poem that I read out at Ben's memorial, to me it says it all.....

**Thank you Anne for sharing your personal spirit journey**

## **MY DEAREST FAMILY by Summer Leigh**

**To my dearest family, some things I'd like to say,  
But first of all to let you know that I arrived okay.  
I'm writing this from Heaven, where I dwell with God above,  
Where there are no tears or sadness, there is just eternal Love.**

**Please do not be unhappy, just because I'm out of sight,  
Remember that I'm with you, every morning, noon and night.  
That day I had to leave you, when my life on earth was through,  
God picked me up and hugged me, and said, ' I welcome you'.**

**'It's good to have you back again.  
You were missed while you were gone.  
As for your dearest family, they'll be here later on.  
I need you here so badly as part of my big plan.  
There's so much that we have to do, to help our mortal man'.**

Then God gave me a list of things he wished for me to do.  
And foremost on that list of mine, is to watch and care for you.  
I will be beside you, every day of the week and year,  
And when you're sad I'm standing there, to wipe away the tear.

And when you lie in bed at night, the day's chores put to flight,  
God and I are closest to you in the middle of the night.  
When you think of my life on Earth, and all those loving years,  
Because you're only human, there's bound to be some tears.

One thing is for certain, though my life on Earth is over,  
I am closer to you now than I ever was before.  
And to my many friends, trust God knows what is best.  
I am not far away from you, I'm just beyond the crest.

There are rocky roads ahead for you and many hills to climb,  
Together we can do it, taking one day at a time.  
It was my philosophy and please I'd like for you,  
To give unto the world, so the world will give to you.

If you can help someone who's in sorrow or in pain,  
Then you can say to God at night, my day was not in vain.  
And now I am contented that my life it was worthwhile,  
Knowing as I passed along the way, I made somebody smile.

When you're walking down the street and I am on your mind,  
I'm walking in your footsteps, only half a step behind.  
And when you feel a gentle breeze of wind upon your face,  
That's me giving you a great big hug, or just a soft embrace.

When it's time for you to go from that body to be free,  
Remember you are not going, you are coming home to me.  
I will always love you, from that place way up above,  
I will be in touch again soon.  
P.S. God sends his love.

## ***BABY NAMING SERVICE***

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On Sunday, 26<sup>th</sup> August 2018 Paignton SNU Spiritualist Centre conducted one of our much loved Naming Services and we are pleased to present baby Iris Rose with her proud parents Devon & Jammie. At just 4 months old baby Iris Rose looks chilled and relaxed. It was a beautiful Naming Service.