



**NOV & DEC
2018**

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NEWSLETTER

PAIGNTON SNU SPIRITUALIST CENTRE

THE SEASON FOR GETTING TOGETHER FOR BEING KIND TO ONE ANOTHER & FOR REMEMBERING THOSE PASSED TO SPIRIT

It's always difficult to write the front cover of our popular Newsletter. Trying to capture the essence of our spiritual feelings and also bringing something new and interesting to our readers. We live and die in the modern World but is it any easier than our Spiritual Pioneers? They had none of the advantages of the technology and media news that we have today. Then there is the fake news which puts doubt into our minds on what we should believe or trust. And we all know who introduced this scenario into journalism, news reports and T.V.

On a lighter subject, snow has fallen in Scotland as we come to the end of October; the long lasting summer has caused our autumn leaves to fall late this year whilst many flowers like roses, fuscias, geraniums & bedding plants still bloom. Some adult seagulls still have their young following them around squawking to be fed. It has definitely been very confusing to us all.

To all those taking part in the bonfire celebrations, keep safe and enjoy. For those who can't be with us, you are never forgotten, but remembered fondly with love.

j.c.

Find us on the Web!

by visiting:
<http://www.paigntonsnuspriitualistcentre.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.

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Nov 2018:

Fri 2 nd & Sat 3 rd	Gordon Smith	Aberdeen
3 th 4 th 5 th	Kay Cook	Iceland
Sat 10 th & Mon 12 th	Marie Hines	Paignton
Sun 11 th	Brenda Sawyer	Torquay
17 th 18 th 19 th	Jonathon Brown	London
24 th 25 th 26 th	Dorothy Young	Brighton

Dec 2018:

1 st 2 nd 3 rd	Keith Hall with Janet Barton	Torquay
8 th 9 th 10 th	Billy Cook CSNU	Paignton
Sat 15 th & Sun 16 th am	Nicky Friendship	Tiverton
Mon 17 th	Nicky Friendship	Tiverton
Sat 22 nd	Christmas Coffee Morning	
24 th	Christmas Eve CLOSED	
25 th (Tues)	Christmas Day 11am Peter Bancroft	

GUILD

NOVEMBER

- 7th Marie Hines - Paignton
- 14th Joan Boydell & Students - Paignton
- 21st Amanda Dawes - Paignton
- 28th Ricky Whitemore - Paignton

DECEMBER

- 5th – Guild in House Christmas Party
- 12th Guild Luncheon at the Palace Hotel

CLOSED FOR CHRISTMAS

RE-OPEN 9TH JANUARY 2019

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



CHRISTMAS



What does the festive season mean to you? Is it the frantic shop for presents; the lights sparkling bright; the joyous family gatherings; meeting friends over the yummy Christmas dinner; the carol singing & church services; the Queen's Speech or a White Christmas! Maybe it is buying that new Christmas jumper or airing off the old favourite.

Whatever makes you happy is good to celebrate. The kids are the ones who love it most of all. Yet some people don't like it and that is ok as we are all different.

Not everyone is off work and many only have part of the season free to celebrate. So spare a thought for those working hard over the festive season. Thank you and Cheers to you dedicated workers.

**MERRY CHRISTMAS FROM
EVERYONE AT OUR CENTRE**

SPECIAL DEMONSTRATION OF MEDIUMSHIP WITH RENOWNED INTERNATIONAL MEDIUM

GORDON SMITH

Friday 2nd November 2018 7.30pm to 9pm

Cost of Tickets £20
Please contact our Centre
To purchase tickets
Tel.01803 525933

Email: torbayspirit1@yahoo.com

We regret we cannot reserve seats

OPEN DAY

AT PAIGNTON SNU SPIRITUALIST CENTRE

10.30AM TO 4PM

SATURDAY 17TH NOVEMBER 2018

Raising Funds for our Centre

Mini Readings Stalls

Tombola Raffle

Light Lunches & Refreshments

We look forward to seeing you



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.

Science and Spiritual Healing Mediumship

During Christmas week at the AFC a series of experiments were carried out, some of which involved a healing session. Three healers from the Stansted Healers were asked to give Spiritualist Healing to three students on the week. The experiments were carried out by the Science team from Northampton University and involved adding a headset to the patient and monitoring the patient's brainwave activity during the healing session.

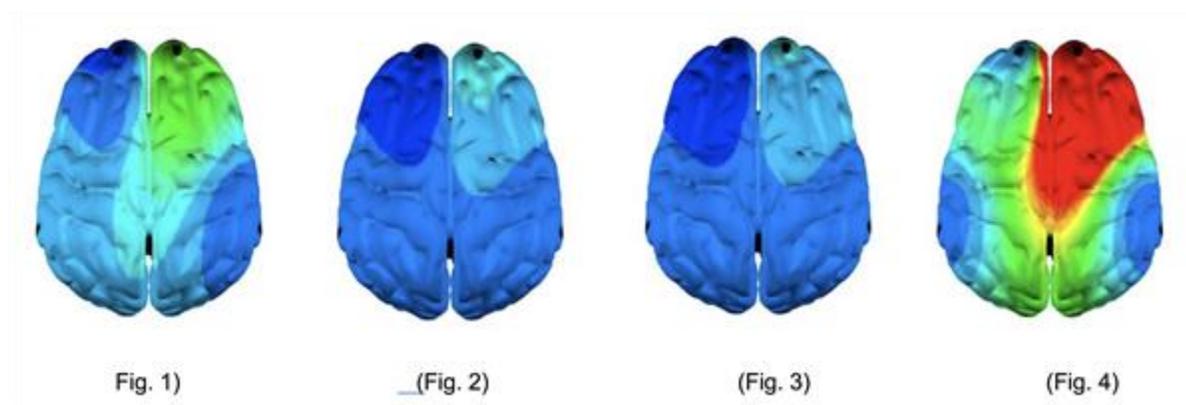
What was expected was that from the normal aware state the patient would slowly become calmer and more relaxed which would be reflected in the brain activity. At first this is exactly what happened, but then, it all changed though the healer and patient were totally relaxed the brainwave pattern indicated a quite different state of mind. It was described by one of the scientists as almost as though the patient was experiencing a 'heightened emotional state', though clearly physically they seemed complete relaxed. To make things more puzzling for the science team the three repeated experiments gave the same results, despite the three different healing styles of the healers and three different patients.

The science team were at a loss to explain the results and were generous enough to admit that "Something was going on, and not what they expected". However clearly more experimentation is needed, using more advanced headsets, which need to be applied to both Healer and Patient at the same time. It is hoped that once a fund to raise the £6000 needed to purchase a second headset is achieved the University and the SNU with the help of the Stansted Healers, will be able to conduct more detailed studies. (Any donations to this fund can be made by contacting Tanya Smith at the AFC).

Cont'd.....

Thanks to the provision of a Science Lab at the AFC created and funded by the SNU, it will be possible to encourage more scientific experimentation and in particular explore the power of Healing energy in a way scientifically acceptable.

The images below show how this energy manifested itself during the experiment.



Snapshot images of a patient's brain activity during a healing session taken at intervals. The first recorded as the patient began to receive healing energy (Fig.1).

The second as the session progressed and the patient became calmer and more relaxed (Fig 2).

The third image as the patient continued to relax all indicated by the progression into the blue-end of the spectrum and away from the red and active end of the spectrum, which is how the brain activity level is indicated by the software being used (Fig 3).

The last image was expected to follow this progression into the blue-end of the spectrum, but as you can see brain activity became anything but calm, though patient and healer, externally, were in a relaxed and calm condition (Fig 4).

This experiment was repeated three times with different Spiritualist Healing Mediums and different patients, all gave similar results.

Thanks go to the Scientists at Northampton University for allowing the publication of these images. These are only preliminary indications of unusual activity and will need considerably more investigation to determine what is happening during this process and coming to any scientifically valid conclusions.

Submitted by Anne Jenkins thank you.

BODY AND SPIRIT

by Clem Davies

Life is an adventure, a challenge. Some are born with advantages, some are not, this is sometimes reflected in the circumstances of our birth. All of us are born with a gift and we must discover what it is and how we can best use it to help ourselves and those that need us. Some have to overcome appalling handicaps and find the courage and strength to surmount them All honour to them.

A great deal is bequeathed to us by our parents, character, personality, perhaps a loving nature, or some other gift of worth as they mould us in our upbringing and education.

However, into whatever circumstances we are thrust we have to do the best with whatever we have been gifted.

From a material point of view, we have to earn our daily bread and perforce, must forge a career to support and sustain our loved ones.

Some find and develop their spiritual nature early in life, some late a few, sadly not at all. Problems in our material life occurring and remaining do inhibit our spiritual development as conversely, material security will allow us the freedom and opportunity to cultivate our spiritual unfolding.

In a modern world there is a great need for development of the spiritual nature to help against materialism and self-seeking.

Sometimes, people come into our lives to serve a purpose and may be in our lives for only a short time, but will affect our lives in some profound way. They may come to teach us a lesson, to alter our way of thinking, or cause us to change the direction in life. Some may hurt us badly, but there is probably a lesson in there somewhere too. We will experience illness, injury, meet and make wonderful friends, have moments of true greatness and sheer stupidity. All this helps us realise our purpose in life, our potential strengths, will power and courage.

No road through life is entirely comfortable, neither should it be, for how utterly boring, flat and pointless it all would be. For Earth life is seldom without pain, hardship and suffering, but if these conditions can be met with fortitude they strengthen the character and have a refining effect on the spiritual nature, indeed, they frequently act as stimuli for fresh efforts.

The difficulties may appear, at times, to be over whelming, but they will never seem so great if they can be looked at in the proper perspective ... in the light of the spiritual purpose of man's evolution.

However, realistically the material part of our lives is in our consciousness for most of the time and life has to be lived.

Material success and the pursuit of happiness is in the forefront of our thinking for the perfectly legitimate reasons. This should, if the two sides of our life are fairly balanced... Body and Spirit, hand in hand... can be the very best way to enjoy happy, useful and fulfilling life.

The above piece was submitted by Peggy A

More from Clem Davies in the New Year



Searching for Answers – By Jan Tyler Bray
Good News, Jan's book is now out in paperback!

If you have been reading and enjoying her contribution to the Newsletter over the last year and would like to purchase her book, you can from Waterstones and on Amazon, just type in Jan Tyler Bray Searching for Answers

POSTSCRIPT FROM JAN'S BOOK
The Long Search

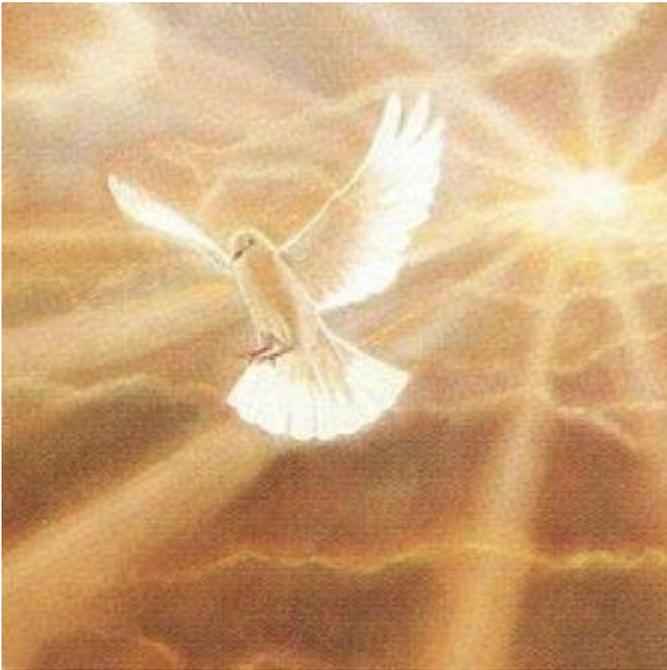
After my father passed over in 2004, I started an intensive search to try and contact him. I felt that he was somehow still near, so I joined spiritualist circles and groups, learning to meditate and communicate with the other side. Cont'd.....

After some time, I developed to the extent that my Guide would pass wisdom to me, with the intention that this information should be spread wisely, to help people with spiritual and all other kinds of need.

The first part of my book explains my background and my journey, while the second and third parts, pass on words of wisdom received from my guide.

Picture above of Jan with her book.

Thank you to Anne Jenkins & Jan Bray for sharing spiritual words of wisdom.



Gift of the spirit, love and service.

LAND OF ODD SOCKS

There must be a place called the "Land of Lost Socks"

I am sure you have heard this before,
But there is this great and unfathomable mystery
That, with each washday, just puzzles me more.

You know you put two socks of each kind in the wash
But somehow only one of the pair comes out.
There is a pink one, a black one, a blue one
But its mate is just nowhere about!

So what happens to these lost socks of ours -
Do they float up to a heavenly place?
What is this phenomenon that leaves you odd-socked?
How can they just disappear without trace?

Maybe there are odd people who find them
And say, "Ah Ha! More socks!" with glee
And spend their lives wearing odd socks
With no thought for 'unmatched-sock' you and me.

There must be a cupboard in Heaven
That has this bursting-at-the-seams sort of box
Where all those who are bereaved and bereft
Can be reunited with their long lost odd socks!

Composed by Susan Hewitt. Submitted by Yvonne

Thank you to Yvonne Fryer for your amusing contribution.

