

## **Poem for Sunday Service 29<sup>th</sup> March 2020**

**Written and recorded by Gina Langsfied during the closure for the Spiritualist Association of Great Britain at this time**

*Hello again everybody, at this time which is so difficult for all of us, and our hearts and prayers go out to all those who have passed to spirit and to the bereaved. Especially under the terrible conditions imposed by the spread of the Coronavirus. We need even more trust in the love of spirit, and the poem that I have written for you today is called the **Rainbow of Hope**.*

### **Rainbow of Hope**

*When our weather is dark and stormy and the sunless world is obscured from view. When we battle against torrential rain and we are feeling low and blue, our spirits are lifted by the certain knowledge, that sunshine will follow the rain.*

*And we trust in the appearance of the rainbow of hope, to raise us up again.*

*So, we must remember this message acts as a symbol, and that when dark times in life fill us with grief or fear, that our spirit friends come to remind us- that the rainbow of hope is always near.*

*When disasters make us feel out of control, or when grief or pain blights our spiritual flight. We must stay strong until that rainbow appears, and shines through the darkness of night.*

*Then when we have learned to give spirit our trust and let their rainbows light put an end to our fears. We shall know spirit loved ones walk with us always and share our lives throughout earthly years.*

*Then when we come to the end of that long winding road, through both sun and the storms, through which we may grow. A beloved faceless smile, a beloved hand be outstretched, to lead us home beyond that rainbow of hope.*



*On behalf of Karl our manager, the staff, mediums and healers of the SAGB and of cause myself Gina. Stay safe and well and may our rainbow soon appear so we can all be together God Bless*

*Poem – Rainbow of Hope © and spoken word by Gena Langsfied*

*Background Music: Judy Garland – Over the Rainbow*

*Transcribed by Jackie Poole - Member and Healer*