

# *Sunday Service 30<sup>th</sup> August 2020*

*Written and recorded by Gina Langsfield*

*during the closure, for the*

*Spiritualist Association of Great Britain*

Good afternoon Ladies and Gentlemen.

This is Gina Langsfield welcoming you on behalf of the SAGB.

And for those who join us on Zoom we also give a warm welcome to our medium for today, Dorothy Young and to our chair person, Penny O'Meara.

Would you please like to join me in prayer.

Dear God, loving Spirit.

We pray today, that we may appreciate those gifts in life which bring us happiness.

But also, that we may help to spread the gift of happiness to others, whether those close or those who may just cross our path. Please let us all be the bearer of a torch of light.

Amen

The much-loved guide, White Eagle, once said, "Happiness is the realisation of God in the heart. Happiness is the result of praise and thanksgiving, of faith, of acceptance, a quiet tranquil realisation of the love of God. This brings to the soul perfect and indescribable happiness. God is happiness."

Today I have a poem written for you which is called, "The Key to Happiness."

Humans seek far to find the key to happiness and sadly for some it remains a life long goal. Yet so often just around the corner if they are listening is needed for our soul, we go in pursuit of fame or fortune, we long to be that millionaire but if we only looked through spiritual eyes, we may see they key we seek is already right there, close enough for us to reach out and grasp it and feel within our heart its power.

The power that overwhelms the joy our souls, like the blossoming of a flower.

If you are blessed to have someone who loves you, taking that key will make you realise that the greatest joy you'll ever find in life is by looking into their eyes. We may travel widely, seeking the key, hoping it will lead to material treasures that God sends.

But God knows no matter how rich of wealth you may be it doesn't compare with the wealth having through friends, a palatial home and valuable treasures will be a pleasure both to own and to behold, but the song of the birds and the green rolling hills are the spiritual jewels and gold.

Small pleasures in our daily life, do we realise their bliss until fate suddenly steals them away and we feel shock at how much we miss that picnic on a summer's day, the happy laughter at the fair, strolling along the seashore with the someone you love. The key to happiness has always been right there. Those comforting talks with likeminded souls, pride in the chosen work we do, the dear pet which greets us at the door.

Can you not see that precious key right in view. The treasure of a child's caress, a close friend welcoming kiss, the excitement of a holiday you saved up for, for so long. What is happiness if not this, a kindly word from a stranger, a relative or friend you can always rely on, someone to laugh with in good times and a strong caring shoulder to cry on, the joy of sight of the first spring blossoms, the magic of the Christmas tree.

Oh, you seekers of the key to happiness, if you only looked deep enough you would see that happiness is not about purely achievement or merely materialistic goals, it isn't just about power, fame or status or fulfilling impressive roles.

It is letting your heart be uplifted, your spirit unfettered and free, it is in knowledge that life is eternal, and just as God's clear vision you'll see that key, so that you may lift and unlock the door to happiness and feel the joy of spirit surround you and like them you will know that true happiness lies in the sweet everyday life all around you.

On behalf of our manger Karl and the Trustees, our staff, mediums, healers and as always myself Gina, thank you for joining us and may you all find happiness in whatever personal form. For our Zoom listeners, I now hand you back over to Penny O'Meara

*Spoken and written by Gina Langsfield*

*Background Music –*