

*Sunday November 1st 2020*

*Written and recorded by Gina Langsfield*

*during the closure, for the*

*Spiritualist Association of Great Britain*

Good afternoon to you all and welcome once again to our Sunday Reunion. This is Gina Langsfield, speaking to you once again on behalf of the SAGB. It is really lovely to be back in this beautiful building, in this special energy which we all love and miss so much. And let's hope and pray that very soon we will all be reunited back here once again. For today I ask those joining us on zoom. Please give a warm welcome to our medium this afternoon Dorothy Young and thanks as always to our chairperson Penny O'Meara.

Would you like to join me in prayer.

Dear God, loving spirit

We ask today a special prayer for those worldwide who are lonely, the bereaved, the isolated, the fearful, those who feel they have nowhere to turn. Please let them feel the love, warmth and nearness of spirit and to somehow know that while feeling lonely that we are never alone.

Amen

I Hold you hand, I heal your heart.

Loneliness can be a terrible thing. Sadly, we know some people are just shy or anti-social and just cut themselves off from others. Then there are those who may spend a lot of time amongst people, yet still feel lonely, because somehow, they always seem to be the one fated to never find that soul companion to share life with, that close friend who makes them feel needed, that companionable group of people to have fun with, and no blood family left in the physical world.

At this troubled time, even those who do have family or close friends on earth, still feel lonely, because the necessary restrictions imposed upon them by this cruel virus keeps them apart. Only then perhaps, are we able to truly understand the most unbearable loneliness of all and what it must feel like - that suffered by those who have lost an inseparably close loved one to spirit, that unbearable emptiness we feel when someone we 'lived for' has been called home, and we are left alone in a world which suddenly feels cold and alien because they have left us!

Except that in reality of course, they 'haven't' left us. I now quote some words from that dearly loved spirit guide - White Eagle.

Although you suffer loneliness, you are never truly alone. The companion of your spirit, your beloved is with all the time. You are only lonely if you isolate yourself in your physical life and consciousness. Your spirit can rise above this limitation and join your loved ones, but this means continual effort, an awakening of that inward knowing that you call faith, you must have faith in God's love. At death there is no physical separation, no separation of the human spirit which is the real self, if you truly love your companion, he is with you closer than breathing. Because you and he are both a part of God.

Even knowing the truth of White Eagle's beautiful words, doesn't make it easy for us to adapt. We still can't hold that loved one, walk arm in arm feeling that close contact, share an earthly meal with them, see their dear face smiling at us or hear the words they say to us. It is easier said than done, to adapt to a new type of life with them, the one we have to make do with until the day of our complete, precious reunion in the spirit world.

But hard as it is, if we trust enough, we 'will' adapt, we'll accept that while it is true we may never enjoy the blissful happiness of former years, and that our new way of life we still share with them 'will' be bittersweet, because we - and they - will always miss that full physical connection -they are still sharing life with us and still sharing in all the activities and tranquil moments that we formerly enjoyed together.

Yes, in our 'new' togetherness, there 'will' be some tears, a lot of nostalgia, and memories that both uplift us and tear at our heartstrings at times, which may make us feel lonely, but we shall never be 'alone,' and safe in that knowledge -we 'will' adapt!

We will know that our beloved remains as much our companion as they ever were. They haven't left us alone and unloved - and they never will. But relationships Are two-sided. So please - speak to them! Plan with them, joke with them! Their vibrational form has changed - but nothing else has.

We just have to change our perception and try not to let the loss of the physical destroy our relationship with them, they are alive, they love us and they need us as we need them! Carry on as if they were still here - because in reality - they are! Don't let their transition blind us to the fact that in God's universe - the bond of love cannot be broken ? Love, like life, is eternal!

Loneliness, is an emotion we will never truly eliminate but believing we are 'alone' is something that we do have the power to eliminate. Our loved one is - if anything - closer than ever, and wiser, more patient and more understanding. We needn't live just on memories. A phase has ended. Our shared life with our loved one - has not - and never will!

On behalf of our manager Karl and the trustees, our staff, mediums, healers and as always, myself Gina, God bless you, we miss you all, and take care until we meet again. And for those joining us on zoom, I hand you back over to Penny O'Meara.

*Spoken and written by Gina Langsfield*

*Background Music – The Sunshine of your smile*