

Sunday Service 17th May 2020
Written and recorded by Gina Langsfield
during the closure, for the
Spiritualist Association of Great Britain

Good afternoon everyone this Gina Langsfield speaking on behalf of the SAGB.

Welcome again to our Sunday Reunion, and for our listeners on Zoom. Hello again to our chairperson Penny O'Meara and to our medium for today's service Dorothy Young a very warm welcome.

Would you like to join me in prayer.

Dear God, loving Spirit, we prayer today for the life of spiritual knowledge and comfort, to shine upon all those souls living through the darkness and physical bereavement, and for us all that life may soon again replace the darkness afflicting our world, and that we never again take and life of freedom so much for granted.

Amen

I would like to read to you a poem I have written called

'The things we take for granted'.

It is perhaps only at the saddest times when clouds obscure our view, that we bring to the surface of our thoughts, what our subconscious mind already knew that those precious things we take for granted, and to which we normally barely give a thought, are the things which when taken from us, make us saddened and distraught.

The sight of rolling hills and fields, through a window of a train suddenly seem so much more nostalgic and precious, when we wonder whenever we will ever make that trip again.

The bustling life of a city street like the magical atmosphere of a fair, the simple pleasures of a sports event or shopping trip, how much we may miss them when they are no longer there.

Perhaps we complain when relatives take so much of our time, and we forget to pick up the phone. Then some day we realise just how precious they are when we find ourselves suddenly alone, so poignant now those things we may have given so little thought to before we knew how suddenly they could end.

That simple coffee time shared together in the loving company of a devoted friend that day, out with a devoted family member.

Did you realise you would miss them so much. What you would give at a time when you are forced apart, to feel them once more, their loving touch. And walk arm in arm with a lost companion, the tender warmth of a kiss. How little do we stop to appreciate, all those things we soon so much miss, it shows the work we have put so much effort into.

The games we so love to play, the company and all the excellent plans, we once took for granted each day. The awaited holiday, at the seaside, the special occasion we so loved to share.

Do we ever realise just how empty life would seem, if all those people and things were no longer there. So, in future we shall always remember, when life was perfect and perhaps free from flaws, that we may suddenly find ourselves in a situation, where we are forced to stop and press pause.

For these may be times we are tested, when all we value most as seemingly taken, to make us to make us realise taking things for granted, what an attitude of mind when we were mistaken

So, we'll know when Spirit again return to us, those things in life which brought so much pleasure, we will never again just take them for granted, but will treat them a God given treasure, for what is given can so easily be taken away.

So, we need to appreciate them with each passing season, and understand at the time we thought we had lost them, they were just borrowed from us for that reason.

So, whether it is the normal London that you love and miss or whether it is Wigan or the Isle of Wight, Glasgow or Southampton, Cornwall or Dublin, Rome, Paris, New York City or anywhere across the world, may the lights and life of your home joyfully return and remain always.

On behalf of our manager Karl and the trustees, our staff, mediums, healers and of course myself Gina, thank you for joining us.

Keep safe and well and God Bless

Spoken by Gina Langsfield

Background Music: Vera Lynn – The London I Love

Transcribed by Joanne Logan