

Sunday Service October 25th 2020

Written and recorded by Gina Langsfield

during the closure, for the

Spiritualist Association of Great Britain

Good afternoon everybody, this is Gina Langsfield, speaking to you today from the SAGB, and welcoming you once again to our Sunday Reunion.

For those joining us on zoom please welcome our medium for today, Penny O'Meara and our chairperson Peter Smith.

Would you like to please join me in prayer.

Dear God, loving Spirit

We pray today that the strength, power and light of spirit be sent across the world. That soon this currently darkened world may once again be a place of light, of hope and of freedom.

We pray for all those who are bereaved, lonely, ill, anxious, afraid. All those who feel somehow they've been neglected and forgotten because of isolation.

We must remember that each one of us could be one of those people.

Please let us all have the strength to do our bit to help each other.

Amen

Treating the ones we love as we would wish to be treated

For many of us, it is only perhaps at times like the present, sadly separated from many of our family and friends on the earth, due to restrictions caused by the pandemic, that we truly appreciate just how much the times in normality that we are able to spend with them really mean to us, and we may pause to wonder whether at times we take these special people in our lives for granted, particularly in the case of parents and grandparents, who do tend to be those who love us most unconditionally.

Even worse than taking family and close friends for granted, is the sad fact that we sometimes cause emotional hurt to them, in most cases, without actually any intent of doing so, making the words of the song heard today by those joining us on FaceBook, so true - 'You always hurt the one you love, the one you shouldn't hurt at all.'

We can do this by not giving enough thought to the things we say and do. More often, it is done by not bothering to do or say enough.

Emotionally neglect, tends, sadly, to be one of our regular life choices in this rather selfish world of today. What is so sad, is that most of us hurt someone without even realising we are doing it! The only real way we can monitor this, is by basing our words and actions upon how we ourselves would wish to be treated by others.

To do this best, we need to pay more attention to what our 'Gut Feeling' tells us, rather than just listen to the more analytical part of our brain which tells us what the easiest course of action is to make things easier for ourselves!

Our head may easily tell us that accepting some extra hours of work on a special anniversary of a loved one is justified, or that cancelling the promised last visit to grandma before we go away to college because we 'don't want to be bothered' is okay - but if we listen to our heart, we know differently.

It is so easy to justify how little we play with our child, by believing we compensate by giving them the latest technology or enrolling them in a prestigious school!

It is so easy to justify neglecting to call a friend who loves and misses us, because we have a busy schedule and have no spare moments.

Is someone who loves us so insignificant that they just deserve a 'spare' moment? Aren't they worth enough to be made a 'planned part' of our busy schedule?

Equally, when we 'nag' someone, or constantly criticize them or put them down in some way, it, seems to be something we can do so easily, due perhaps, to our feeling tired, stressed, and irritable, and therefore impatient.

But do we equally remember the 'positive' ways of treating others - the warm smile, the loving greeting, the phrases - 'I love you', 'I'm missing you', 'I'm worried about you'?

In general, all the things which make someone feel valued! 'All' our family and friends aren't naturally psychic enough to know our exact feelings towards them if we never show them or tell them.

As our song says - you always break the kindest heart, with a hasty word you can't recall:

And it's so true! Words matter, actions matter - as do the lack of them.

So, let's use this time apart to become more aware of what matters most - to do our best 'not' to hurt the ones we love!

On behalf of our manager Karl and the trustees, our staff, mediums, healers, and as always, myself, thank you for your company, and God bless.

For those who join us on zoom, back over now to Peter Smith.

Spoken and written by Gina Langsfield

Background Music – You always hurt the one you love