

KINGSTON NATIONAL SPIRITUALIST CHURCH

REPORT ON 2023 CHURCH ACTIVITIES

(PREPARED AS PART OF THE AGM HELD ON 7 APRIL 2024)

1. THE DIVINE SERVICE HELD ON SUNDAY MORNINGS
2. THE MONDAY EVENING OF MEDIUMSHIP SERVICE
3. THE HEALING SESSIONS – Ann Morrice, Healing Leader
4. THE TUESDAY EVENING CLOSED DEVELOPMENT CIRCLE – Ann Blackmore
5. THE WEDNESDAY GUIDED MEDITATION EVENINGS – Cherry Srinaganand
6. THE ADVANCED MEDIUMSHIP DEVELOPMENT CLOSED CIRCLE – Lorraine Gilbert-Gray
7. THE THURSDAY CLOSED GROUPS – Bernadete May
 - a. Blue Light Circle
 - b. Inspirational Writing Group
8. THE OPEN SPIRITUAL AWARENESS CIRCLE – Lesley Hamilton
9. EXPLORING HOLISTIC HEALING – Ann Morrice
10. SATURDAY MORNING PRIVATE READINGS – Catherine Rumsey
11. THE OPEN PLATFORM FOR STUDENT MEDIUMS – Lesley Hamilton
12. THE CLOSED TRANCE GROUP – Bernadete May
13. THE ALMONER'S REPORT
14. Report on CHURCH MAINTENANCE
15. Report on CHURCH MEMBERSHIP

1. THE DIVINE SERVICE HELD ON SUNDAY MORNINGS

Sunday divine service is held every week from 11am to 12.15pm.

They are a lovely way to start the week, allowing a chance of quiet contemplation, to hear the Medium's address, and witness a demonstration of mediumship. A different medium is booked each time and rarely do they need to cancel. We are fortunate and grateful to the mediums who serve this church. The number of people attending has reduced significantly since covid restrictions lifted early 2022. During the pandemic, up to 25 people attended each week; these days attendance has been as low as six but is usually about 13. Attendees tend to be regulars and appreciate the chance to talk to the medium or committee after the service.

2. THE MONDAY EVENING OF MEDIUMSHIP SERVICE

This service is held every Monday evening from 7.30 to 8.35pm.

The congregation usually numbers between 25 to 30 but has been as many as 40 and as low as 12. This service is popular, attendees impressed with the mediumship tell and invite their friends. Although there are a fair number of regulars, there are many new faces every week.

3. THE HEALING SESSIONS – Ann Morrice, Healing Leader

Held Monday between 8.45pm and 9.15pm; Wednesday 2pm to 4pm

We have four approved Healing Mediums working in the church, including David Patten who received his approved status in August 2023.

There are currently two Trainees working towards their Accreditation and all are doing very well, setting up the healing space, doing reception and healing. Healing takes place on a Wednesday afternoon between 2pm and 4pm and on a Monday, after the service, starting at 8.45pm through to 9.30pm. Wednesday healing has been very busy and we are seeing even more patients on a Monday when the Healing Mediums give group healing.

We are very grateful to Lynne Barlow who has been working as Healing Receptionist on busy Wednesdays which really helps the Healing Mediums to work with more patients.

4. THE TUESDAY EVENING CLOSED DEVELOPMENT CIRCLE – Ann Blackmore

This circle is held every Tuesday from 7.30 to 9pm.

There have been many changes in the Circle over the last year. People joining and leaving. It would seem that there is not enough commitment at the moment. Those that have stayed though are progressing well. Denise has really been a dedicated student and is now more than capable of running the Circle when I am unable to come up.

Due to rising costs, I am going to step back and not come up for one week a month for a while.

5. THE WEDNESDAY GUIDED MEDITATION EVENINGS – Cherry Srinaganand

Held on the third Wednesday of the month from 7.30pm to 9pm.

Overall, in terms of attendance, the Meditation Evenings have not attracted large numbers of attendees. The average number over the year 2022, was 4. I put this down to the fact that meditation nowadays does not generate the same interest as it once did due to its widespread popularity. A lot of people feel that this is something that they can practice from the comfort of their own home. In fact today, there are many Apps that deliver Guided Meditations. However, my Meditation sessions do not focus solely on guided meditations; that aspect is only a part of it, comprising around 40 to 50 per cent of the evenings' content. I start the evening with a light-hearted discussion on a spiritual subject during which attendees' comments and views are invited. I have always had encouraging discussions and sharing of experiences. Following on from that, I facilitate a guided Meditation connected with the subject discussed lasting for about 30 to 40 minutes. The verbal feedback I get from the attendees has always been positive and generous.

6. THE ADVANCED MEDIUMSHIP DEVELOPMENT CLOSED CIRCLE – Lorraine Gilbert-Gray

Held on the 2nd and 4th Thursdays of the month, from 7.30 to 9pm.

This circle has ceased for the time being due to lack of numbers.

2022: This circle has been amazing, and it is a pleasure to lead; all attendees have made progress and over the next year, will be able to extend their work for the spirit world. Attendance has at times been variable, generally due to illness or holidays. But the group has always been very positive.

7. THE THURSDAY CLOSED GROUPS – Bernadete May

Blue Light Circle

Held on the 1st and 3rd Thursdays of the month, from 5.30 to 7pm.

By members request, we reverted to the original name of the group. We have interesting sessions that comprise attunement to Spirit, meditation, mediumship, reading and discussing spiritual books and subjects raised by the members. Currently, we are reading the teachings of Ramadahn, spiritual guide to the medium Ursula Roberts. We also work sending out absent spiritual healing.

Inspirational Writing Group

The Inspirational Writing Group, running since June 2017, is held on the 1st and 3rd Thursdays of the month, from 7.30 to 9pm.

This group focus on personal spiritual development. Aimed to help those who wish to practise Inspirational and Automatic Writing and Inspirational Speaking.

Attendees are committed to attend the meetings on a regular basis. No writing experience is necessary to join this group, however an awareness of Mediumship is recommended. Members are encouraged to widen their persona; spiritual development by reading and researching on Spiritualism.

The standard of the members' inspirational writings is excellent. I have been encouraging the members to organise their messages in a formal manner so they can either be published or read on different occasions such as on Sunday services.

Members:5. New members are welcome.

8. THE OPEN SPIRITUAL AWARENESS CIRCLE – Lesley Hamilton

This circle is held on the 1st and 3rd Fridays of the month, between 7.30 and 9pm - doors are locked at 7.30pm sharp.

Attendance is much better than this time last year, so that's good. I enjoy watching people develop very much. Hopefully numbers will keep going up or maintain a good level. Thank you to the committee for their support in times of sickness.

9. EXPLORING HOLISTIC HEALING – Ann Morrice – 2022 Report Repeated

The first talk on Exploring Our Spirituality was held on Friday 25th September 2015 when Bernadete May, our current President gave a talk on 'Two hours of Spirituality'.

Since that time, the church has hosted various speakers, healers and artists who have given much in the way of educating people in the spiritual way of living.

Events held in 2022 included a talk by Martin Thomas and demonstrations by the Harry Edwards Healing Sanctuary, a talk on the history of our Church by Ann Morrice and a new and exciting Gong and crystal bowl sound healing evening.

Events for 2023 will have a new direction. As Kingston Church is a healing church, events are being planned with a focus on healing therapies.

The talks are now held on the last Friday of alternate months (from March 2023) and cost £7 payable at the door.

10. SATURDAY MORNING PRIVATE READINGS - Catherine Rumsey

Held periodically on a Saturday between 10.30am and 2pm

Three private reading sessions were held during the year and were fully booked.

11. THE OPEN PLATFORM FOR STUDENT MEDIUMS – Lesley Hamilton

Open Platform is held on the first Saturday of the month, between 2 and 4pm. So far this year, the Open Platform has been well attended. Again this is a pleasure seeing people develop. It does require some patience when people have developed bad habits. Constant reminding and repetition. Hopefully this will achieve the goals of those who attend. Once again thank you Cathy who is a pleasure to work with. 😊 ditto

12. THE CLOSED TRANCE GROUP – Bernadete May

Held on the 1st and 3rd Saturdays of the month, from 11am to noon.

This group focus on trance mediumship development. It was created by medium Gerrie Chaney, who for personal reasons has withdrawn from the group.

All the mediums truly appreciate each meeting as an opportunity to further their Trance Mediumship development. The discussions after each meeting are enlightening. M

Members:6. Sorry no vacancies at present.

13. THE ALMONER'S REPORT

We keep the Church Healing Book and those named who are in need of absent healing are rad out at the Sunday and Monday services.

Departed Friends during 2023 include :

Maureen & Peter Garrow – Burial of Ashes on 24/2/23

Lily Jenkins

Barbara Walker-Gilbert

14. Report on CHURCH MAINTENANCE

In January 2023 the Church frontage was resurfaced after years of huge puddles whenever it rained.

The new overhead heaters were installed in January 2019. Whilst jolly efficient, they are also powerful at 3KW each and sometimes too hot. A quotation to install switches to individually control each heater was obtained during 2022; work was undertaken in March 2023.

The Church overhead lighting circuit was replaced as it was shorting, sometimes leaving the church without lighting

Other electrical work: 5-year electrical inspection, remedial work and upgrade to meet current standards.

Plans for 2024: Replace frontage fencing and gate.

15. Report on CHURCH MEMBERSHIP

Thank you everyone for retaining your church membership, without you, Kingston Church would cease.

At the end of 2023 there were 5 life members, 28 full members and 23 associate members.

Three members passed to Spirit and three members did not renew.
Pleasingly, eleven applications for membership were approved.

OTHER REPORTS

We very much hope that Mandy Wortham from Gravesend Church is able to be here today as the Area Warden for the East London District Council. Alan Seymour, formerly of Croydon Church, held this position before retirement in 2021. The Area Warden and Church Warden undertake an annual inspection of the church to ensure that proper procedures and safety checks are in order.

Our Church Warden is Desmond Borland and has held this position for some years.

We thank all those members, volunteers and group leaders/facilitators, who do so much to keep our lovely church open.

KINGSTON NATIONAL SPIRITUALIST CHURCH

Charity Registration No.: 1160074

INCOME AND EXPENDITURE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2023

INCOME				EXPENDITURE			
	Note	2023	2022		Note	2023	2022
<u>Collections:</u>		£	£			£	£
Sunday		2552	2382	Speakers Fees		4589	5299
Weekdays		3905	3419	Office		344	396
Healing		2103	1254	Postage, Phones, Sum-Up & Sundries	4	612	701
Others	1	5053	7619	Heating, Lighting & Cleaning	5	2503	3606
		13613	14674	Insurance, Water, Fire Security	6	1828	1524
Donations/Funerals		1240	3372	Maintenance incl. Forecourt 2023	7	12968	191
Speakers Donations		631	678	Advertising & Website Costs	8	451	490
Conservation Fund		2124	171	SNU: Members & Healing Fees	9	438	455
Gift Aid		3298		Flowers, Garden & Tree Costs	10	360	828
Bazaar		1624		Ukraine Charity Night		-	540
Literature	2	355	394				
Membership Fees		604	439				
Social Events	3	40	-143				
Other Income - 2 SNU Grants		2250					
		25779	19585			24093	14030
<u>Interest</u>							
COIF CD Fund		243	53	Income less Expenditure		1929	5608
		26022	19638			26022	19638

BALANCE SHEET AS AT 31 DECEMBER 2023

		2023	2022
FIXED ASSETS	Notes	£	
Buildings (Insurance Value)		300000	300000
Fixtures & Fittings		100	100
		300100	300100
CURRENT ASSETS			
COIF Charity Deposit Fund		5802	5559
NatWest Bank Account		19959	18277
SumUp		53	0
Cash		50	50
Kitchen, Cleaning Stock	3,5	70	70
Insurance, Water Rates, & Fire Security	6	243	286
		26177	24242
LESS LIABILITIES			
Heat & Light creditors	5	-144	-138
		-144	-138
TOTAL NET ASSETS		326133	324204
REPRESENTED BY:			
Accumulated Funds b/f		324204	318596
2023 Income less Expenditure		1929	5608
Accumulated Funds c/fwd		326133	324204

I certify that these Accounts represent a true state of affairs and agree with the Accounts, Bank Statement Statements and Documentation presented to us.

Date: R. Owen-Jones

KINGSTON NATIONAL SPIRITUALIST CHURCH

			2023	2022
note 1	<u>Other Collection</u>			
	Meditation & Awareness Circles		704	684
	Spiritual Development Circles		1671	2206
	Open Platforms		321	282
	Workshops/Friday Talks		581	1483
	Readings		1235	915
	Philosophy Groups		14	217
	<u>Special Evenings</u>			
	Florencio Anton		528	
	Ukraine Charity Evening			540
	Ancestral Healing			306
	Dominic Boag x 2			986
			<hr/>	<hr/>
			5053	7619
note 2	<u>Literature</u>			
	Books, Papers & Magazines	received	640	646
	Books, Papers & Magazines	paid	-285	-252
			<hr/>	<hr/>
			355	394
note 3	<u>Social Events</u>			
	Fayres & Raffles	received	124	54
	Social Tea / Open Day	received		36
	Kitchen Costs		-84	-253
	Kitchen Stock	12/31/2023	10	30
	Kitchen Stock		-10	-10
			<hr/>	<hr/>
			40	-143
note 4				
	Postage	paid	68	356
	Telephone & Mobile	paid	279	286
	Sum-Up Card Charges	paid	81	48
	Sundries	paid	184	11
			<hr/>	<hr/>
			612	701
note 5				
	Heat & Light	paid	1312	2220
	Heat & Light accrual	add back	-138	-197
	Electricity Creditor	12/31/2023	106	138
	Gas Creditor	12/31/2023	38	0
	Electrical inspection		912	
	Cleaning		273	1405
	Stock of Paper Towels & materials	add back	-60	-20
	Stock of Cleaning materials as at 31/12/23		60	60
			<hr/>	<hr/>
			2503	3606

KINGSTON NATIONAL SPIRITUALIST CHURCH

THESE NOTES ARE PART OF THE

			2023	2022
<u>note 6</u>				
	Insurance	paid	1457	1283
	Insurance	pre-paid 2024	-128	-118
	Insurance	add back 2022	118	101
	Water Rates	paid	155	85
	Water Rates	pre-paid 2024		-53
	Water Rates	add back 2022	53	38
	Fire Security costs	paid	173	173
	Fire Security costs	pre-paid 2024	-115	-115
	Fire Security costs	add back 2022	115	130
			<hr/>	<hr/>
			1828	1524
<u>note 7</u>				
	General Maintenance		876	111
	Forecourt Resurfacing 2023		8040	
	Electrical Works		4052	
	Boiler Service	(Jan 2024)		80
			<hr/>	<hr/>
			12968	191
<u>note 8</u>				
	Advertising		330	390
	Website & Facebook		121	100
			<hr/>	<hr/>
			451	490
<u>note 9</u>				
	SNU Members fees		280	290
	SNU Healing fees		158	165
			<hr/>	<hr/>
			438	455
<u>note 10</u>				
	Flowers	paid		16
	less donations received			-2
	Garden	paid	360	850
	less donations received			-36
			<hr/>	<hr/>
			360	828

2023 Income

CC AR	1	2	3	4	5	
	Donations & Legacies	Charitable Activities	Other Trading Activities	Investments	Other	
from bal sheet						
Sunday	2552					
Weekdays	3905					
Healing	2103					
Others		5053				
Don/Funerals	1240					
Speakers	631					
Conservation dons	2124					
Gift Aid	3298					
Bazaar			1624			
Books			351			
PN					4	
Membership	604					
Social Events					40	
SNU grants	2250					
COIF				243		
						26022
	18707	5053	1975	243	44	26022

KINGSTON NATIONAL SPIRITUALIST CHURCH

Charity Registration No.: 1160074

INCOME AND EXPENDITURE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2023

INCOME

	<u>Note</u>	<u>2023</u>	<u>2022</u>
		£	£
<u>Collections:</u>			
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Weekdays		3905	3419
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		<u>25779</u>	<u>19585</u>
<u>Interest</u>			
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		<u>26022</u>	<u>19638</u>

EXPENDITURE

	<u>Note</u>	<u>2023</u>	<u>2022</u>
		£	£
Speakers Fees		4589	5299
Office		344	396
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Ukraine Charity Night		-	540
		<u>24093</u>	<u>14030</u>
Income less Expenditure		1929	5608
		<u>26022</u>	<u>19638</u>

BALANCE SHEET AS AT 31 DECEMBER 2023

FIXED ASSETS

Buildings (Insurance Value)
Fixtures & Fittings

Notes

<u>2023</u>	<u>2022</u>
£	
300000	300000
100	100
<u>300100</u>	<u>300100</u>

CURRENT ASSETS

COIF Charity Deposit Fund
NatWest Bank Account
SumUp
Cash
Kitchen, Cleaning Stock
Insurance, Water Rates, & Fire Security

3,5
6

<u>2023</u>	<u>2022</u>
5802	5559
19959	18277
53	0
50	50
70	70
243	286
<u>26177</u>	<u>24242</u>

LESS LIABILITIES

Heat & Light creditors

5

-144	-138
<u>-144</u>	<u>-138</u>

TOTAL NET ASSETS

<u>326133</u>	<u>324204</u>
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REPRESENTED BY:

Accumulated Funds b/f
2023 Income less Expenditure
Accumulated Funds c/fwd

324204	318596
1929	5608
<u>326133</u>	<u>324204</u>

I certify that these Accounts represent a true state of affairs and agree with the Accounts, Bank Statement Statements and Documentation presented to us.

Date: *19th MARCH 2024*

R. Owen-Jones

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