

07.06.2018

Calling all performers, singers, actors, bored-in-Augusts and wannabes...

Sue Phillips and Mark Dougherty, under the umbrella of Sue and Mark's Music School, invite you to participate in a production of Aladdin during the first two weeks of August.

The first week will consist of rehearsals while the second week will be technical and dress rehearsals followed by five performances in the Space at SERC, Bangor.

Places are limited and auditions will be held if necessary prior to the commencement of the project.

The cost of participating will be £120 per person and a substantial proportion of the profits will be donated to several charities connected to promoting awareness of suicide in young people and the LGBT community.

Tickets for the performances will be put on sale shortly.

To apply for this exciting project, please contact us at SMMS@protonmail.com

We look forward to hearing from you.

All the best,

Sue & Mark

The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.

There are only two emotions: love and fear. All positive emotions come from love, all negative emotions from fear. From love flows happiness, contentment, peace, and joy. From fear comes anger, hate, anxiety and guilt. It's true that there are only two primary emotions, love and fear. But it's more accurate to say that there is only love or fear, for we cannot feel these two emotions together, at exactly the same time. They're opposites. If we're in fear, we are not in a place of love. When we're in a place of love, we cannot be in a place of fear.

When life puts you through a tumbler, it's your choice whether you come out polished or crushed.

Elisabeth Kubler-Ross