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social commentator, comedian & cleric

HOWARD LANGMEAD

LAUGHTER IS THE BEST MEDICINE

Howard Langmead Offers Melbournians The Chance to Get Their Dose



The Reverend Howard Langmead is an Anglican priest who believes that the 11th commandment is 'thou shalt laugh!' As part of his mission to make both God and people laugh he will be conducting his first two public laughter workshops in Melbourne, May 19 and 21.

Howard Langmead is a trained Laughter Club leader who is in demand for private workshops. His workshops are not about religion or God but rather learning the benefits of laughter and enjoying humour. Hailing from St John's West Brunswick in inner-city Melbourne, Howard doubles as a stand-up comic with six successful Melbourne International Comedy Festival shows under his belt. (Last year's show was Sexing Up God).

"Laughter is a healing experience." says the former primary school teacher who is a member of the International Society for Humour Studies. "Apart from being the ultimate stress-buster, laughing releases endorphins, the body's feel-good hormones."

Howard is an informed, savvy and entertaining presenter who believes it would be a sin to take himself too seriously. In 2001 he accepted the role as the Christmas angel on the roof of St Paul's Cathedral. Wearing a gold sequined loincloth, large red and gold wings and very little else, he attracted much attention from Christmas shoppers in the city of Melbourne.

The comical cleric made headlines again last Christmas when his campaign to put Christ back into Christmas made the front page of The Age and the evening news across all channels. A self confessed 'media tart' Howard has been seen on A Current Affair, Today On Saturday, Sunrise, Stateline, and Compass. He currently contributes to ABC 774 Melbourne's Drive Program, discussing ethical dilemmas with host Virginia Trioli and the listeners, as well as a weekly segment on ABC Regional Victoria's state wide Drive Program with Kathy Bedford.

Reverend Howard Langmead's Laughter Workshops will be held at the Golden Gate Hotel in Clarendon Street, South Melbourne on Thursday 19 May 6.30-8.30pm and Saturday 21 May 3-5pm. Tickets are \$45 pp. The workshops are open to the public and participants can expect a glass of wine and nibbles as well as a full experience in the healing power of laughter. For more information go to www.howardlangmead.com.au

Media contact Kellie Furey at Hootville Communications on 03 9510 0848 or hootville@hootville.com