



# Kensington Unitarians

Newsletter: November 2014

## What's On...

Sunday 2<sup>nd</sup> November, 11am-noon  
**'All Souls'**

Led by Jeannene Powell

Tuesday 4<sup>th</sup> November, 12.30-1.30pm  
**Nia Technique** with Sonya Leite

Thursday 6<sup>th</sup> November, 7-8pm  
**'Heart and Soul' Spiritual Gathering**  
'The Art of Breathing'  
Led by Carol Sheppard

Sunday 9<sup>th</sup> November, 11am-noon  
**'Remembrance Sunday'** led by Rev.  
Sarah Tinker & Tristan Jovanović

Sunday 9<sup>th</sup> November, 12.30pm  
**Small-Group Communion**  
Led by David Francis Darling

Sunday 9<sup>th</sup> November, 2.00-3.00pm  
**Nia Technique** with Sonya Leite

Tuesday 11<sup>th</sup> November, 12.30-1.30pm  
**Nia Technique** with Sonya Leite

Thursday 13<sup>th</sup> November, 7-9.00pm  
**Creativity Group: Stitchcraft**  
(or bring your own craft project)

Sunday 16<sup>th</sup> November, 11am-noon  
**'Be Not Afraid'**  
Led by Rev. Sarah Tinker

Tuesday 18<sup>th</sup> November, 12.30-1.30pm  
**Nia Technique** with Sonya Leite

Sunday 23<sup>rd</sup> November, 11am-noon  
**'All that Jazz'**  
Led by Sarah Tinker & Terri Quaye

Sunday 23<sup>rd</sup> November, 12.30-1.15pm  
**'Finding Your Voice'**  
Singing workshop with Margaret

Tuesday 25<sup>th</sup> November, 12.30-1.30pm  
**Nia Technique** with Sonya Leite

Thursday 27<sup>th</sup> November, 7-9.00pm  
**Management Committee Meeting**

Friday 28<sup>th</sup> November, 7.30pm  
**Cultural Outing:**  
'The Man Born to Be King'

Saturday 29<sup>th</sup> November, 11am-4pm  
**Spiritual Life Skills Workshop:**  
'A Life of Prayer' with Jef and Jane

Sunday 30<sup>th</sup> November, 11am-noon  
**'Counter Culture'**  
Led by Sarah Tinker & Symon Hill

## A Message from our Minister:

### 'Why Me?'

Never plan to travel on a train on a Sunday. Sunday is when Network Rail repairs the lines and that is why I found myself standing in a car park in Royston one Sunday afternoon, in a long queue with several hundred other people. We were waiting for the rail replacement



bus, or rather buses since there were so many of us. But only one bus arrived and after it had filled up with passengers, I and many others were left still standing in the car park more than a bit disgruntled as we realised that we were now likely to miss our connecting trains in Cambridge.

The officials in yellow jackets kept well away from the queue as our mutterings of discontent swelled. But eventually one railway worker came close enough to be hailed and asked for more information. He wasn't hopeful about our connecting with those trains in Cambridge. As he edged away I called out a suggestion of a taxi for those of us who had long journeys yet to make. No response.

But 20 minutes later as we were all sitting on a double decker bus that seemed in no hurry to depart, the yellow jacketed one re-appeared and whispered in my ear. "Don't tell the others, but we've got you a taxi and with a bit of luck it'll get you to Cambridge in time for your next train." And so it was. I was driven to the station and caught the train, all before the double decker had probably even left the car park. The free taxi ride gave ample time for pondering my fate. Why me? Of all the poor stranded souls in the station car park at Royston that afternoon, why had they provided me with a taxi? Other than the fact that I'd suggested a taxi, there was no reason to be singled out. Now we could turn this into an 'ask and ye shall receive' kind of a tale and indeed there's no harm in asking. But I think a stronger message is that we live in a random universe where things just happen. Our lives are shaped partly by our own yearnings and endeavours but perhaps far more by accidents, by chance encounters, by luck and ill-fortune alike. Next time I get poorly or lose my phone or receive a parking ticket and hear that inner voice asking 'why me?' – I'll remember the station car park at Royston and try and accept life's joys and vicissitudes as the random occurrences that they generally are.

Rev. Sarah Tinker

## In this month's newsletter...

\* 'Intimacy with the World' gathering with Pir Elias Amidon \* Kids Club @ Kensington Unitarians \* 'Irreverent Dance Kickstarter Appeal – Can You Help?' by Jane Blackall \* Heidi's 70<sup>th</sup> Birthday \* Poems by Sofie Sandell, Carole Grace & John Hands \* 'Human Writes' by Carolyn Appleby \* 'Catching Dreams' Cultural Outing by Helena Coope \* 'Pride' - Film Review by Carol Sheppard \* 'CH...CH – Glad that UR In It' sermon by Rev. Sarah Tinker \* and much more...

# Kensington Unitarians

At Essex Church (founded 1774), Notting Hill Gate

Kensington Unitarians are a community of kindred souls who meet each week at Essex Church in Notting Hill Gate to explore, reflect, converse, be still, share joys and sorrows, and support one another on life's journey. We are proud to be part of a worldwide and historic liberal religious tradition.

Our main activity is Sunday worship and we hold a service each week at 11am. All are welcome. Services are usually themed and include readings from a variety of sources, prayers, music, singing, stillness, and a short sermon. Our children's leaders provide an alternative programme of activities for younger people.

Small-group activities are another key part of our programme. We offer courses and one-off workshops exploring spiritual and religious matters and considering life's meaning together with others on the spiritual journey.



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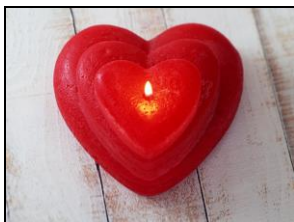
Web: [www.kensington-unitarians.org.uk](http://www.kensington-unitarians.org.uk)

## 'Heart and Soul'

### Midweek Spiritual Gatherings

Thursday 6<sup>th</sup> November, 7-8pm

Gathering at 6.45pm downstairs in the library  
Followed by social time and refreshments



Come and join us for our monthly alternative spiritual gathering, with music and silence, words and prayers, chance to explore the topic in relation to your own life. This will be followed by refreshments and fellowship.

Our November gathering will be led by Carol Sheppard and will be on the theme of 'The Art of Breathing.' Carol says 'I will be talking a little bit about how much we take the act of breathing for granted. But this is not always the case!' In December the gathering will be titled 'Jazz Vespers' and will be co-led by Sarah Tinker and Terri Quayle.

If you would like to know more about these gatherings please contact [jane@kensington-unitarians.org.uk](mailto:jane@kensington-unitarians.org.uk).

## 'A Life of Prayer'

Saturday 29<sup>th</sup> November, 11am-4pm

Led by Jef Jones and Jane Blackall



In this workshop we will encourage participants to explore what prayer means for them. We will learn from approaches to prayer from different traditions, and consider ways of integrating prayerfulness into our busy lives, in the hope of helping participants to develop and deepen their own spiritual practice.

**Cost: £5 / £10 / £15** (please pay what you can afford).

**BOOK NOW:** email [jane@kensington-unitarians.org.uk](mailto:jane@kensington-unitarians.org.uk)

*'Prayer - true prayer - never lives in isolation. For those persons who understand its meaning, it is not the hobby of the holy or a luxury in life; it holds the pattern for all life.'* - Edward Hays

*'We must no longer see prayer as preparation for action. Prayer must be understood as action itself, a way of responding. . . Prayer is not undertaken instead of other actions, but as a foundation for all the rest of the actions we take.'* - Jim Wallis

*'When we broaden our concept of prayer, we are able to be attentive to God during much of our daily activities. I believe that making all we do a form of prayer is what the apostle Paul meant when he told his disciples to pray without ceasing (1 Thess. 5:17).'* - Jane Vennard



## My Holiday

The ancient castle enfolds the small bay in its arms  
Protecting the harbour and tall ships  
Picture postcard pretty stamped all over it  
Tourists like seals moving on the sand  
The muezzin calling the faithful  
Alluha Akbar

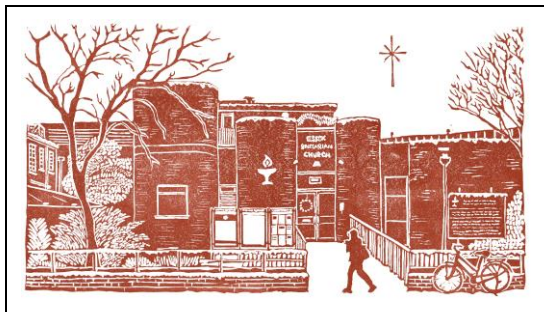
**Carole Grace**

'Generosity is an activity that can change the world. It works its magic on one person at a time; then, almost effortlessly, its beautiful multiplying force animates families, friends, communities, cultures, and the world at large. Unlike its close cousin, compassion, generosity requires *action*. To be a generous person, you must act. In many ways, generosity is compassion in action, and it is love in action. Generosity can transform our place in the world and how we live our lives. Generosity can be revolutionary.

Generosity is often quite bold, ignoring the advice of friends and family and moving forward with courage and conviction. Generosity is willing to take risks. In fact, risks have little constraint on a generous heart. Generosity invites us to put ourselves in another's shoes, see and feel the existence of a pressing need, realize that it is within our power to help, then act in whatever way we can. It's really as simple as that.'

**Barbara Bonner**

## Kensington Unitarians Christmas Cards



I have produced a lino print image of Essex Church in the snow (see the snapshot above which shows a test print) and as promised in the last newsletter we have now turned it into a greetings card which is available for you to buy. It is blank inside so that you can send it at any time of year and there is some very basic information about Kensington Unitarians, including our website address, on the back.

The cost of these cards, which will come with envelopes, will be as follows (with a modest multipack discount):

- Single card: £1
- Pack of 5 cards: £3
- Pack of 10 cards: £5

We will be selling these cards after the service on Sundays in November and December. A proportion of the profits will go to the Hucklow Summer School Bursary Fund as this is a Unitarian cause which is especially close to my heart.

I am also selling original mounted prints for £40 if you would like to buy one to put on your wall or to give as a gift to a friend. Please contact me directly if you might be interested: [jane@kensington-unitarians.org.uk](mailto:jane@kensington-unitarians.org.uk)

**Jane Blackall**

## Intimacy with the World: Spiritual Awakening and the Sorrows of Our Time with Pir Elias Amidon



**Sunday 16<sup>th</sup> November, 7-9pm at Essex Church**

There is an ease and gentleness at the core of our being that is most intimate. In moments when we open to that intimacy we experience both peace and a sense of deep belonging.

But our sense of peacefulness and belonging is continually challenged by events in the world. Children are slaughtered in wars, women are abused in their homes, the oceans are clogged with vast islands of plastic. We can't help but be touched by the global agony of these times.

How can we be with these realities? Is it possible to have a peaceful heart and at the same time not turn away from the pain and dysfunction afflicting the world?

In this evening gathering we will venture to experience the place within us where we can let the world in, all of it, and simultaneously respond to it with equanimity and compassion.

Elias Amidon is the spiritual director (Pir) of the Sufi Way, a non-sectarian mystical school dedicated to awakening and friendship. For more information see [www.sufiway.org](http://www.sufiway.org). Please email [info@kensington-unitarians.org.uk](mailto:info@kensington-unitarians.org.uk) in advance to let us know if you are planning to attend this gathering.

## Christmas Card Message Board

In next month's newsletter there will be a festive space for your seasonal messages to everyone. The idea is to use the newsletter as a way of sending our greetings to one another rather than writing individual Christmas cards to other congregation members.

Just email your special message to Jane or Sarah, or hand it to us in church by November 20<sup>th</sup> to be included.

## Heidi's 70<sup>th</sup> Birthday Party

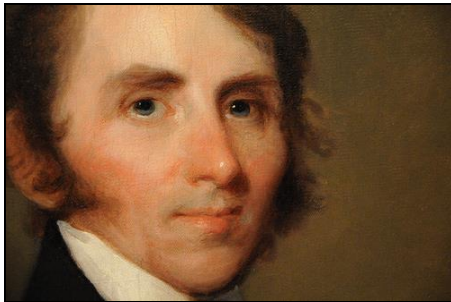
Sunday 2<sup>nd</sup> November at Essex Church



A date for your diary – Heidi Ferid will be holding her 70<sup>th</sup> birthday party at Essex Church after the service on Sunday 2<sup>nd</sup> November – and members of the congregation are invited to stay for the buffet lunch and celebrations.

2014 Channing Lecture by Rev. Dr Ann Peart

## 'Help to Correct Me'



### William Ellery Channing and British Unitarians

Saturday 1<sup>st</sup> November, 6 pm at  
Golders Green Unitarians, Hoop Lane, NW11 8BS.

Admission: donation of £5, which will be donated to the Clara Barton Disasters Emergency Appeal (British Red Cross Iraq Crisis Appeal) and the GGU organ restoration fund.

An historian with a particular academic interest in the achievements of Unitarian women, Rev. Dr Ann Peart is a former Principal of Unitarian College Manchester and chair of the GA Social Responsibility Panel and of the Ministry Commission.

The quotation in the title of Dr Peart's lecture comes from a letter Channing wrote to Lucy Aikin. 'In looking over my letter I see that I have written too dogmatically. I rather intended to give you my views that I may obtain yours. I am too far from you to judge the true state of your country, and perhaps my error is always that I overlook details, and judge too much by general principles. Help to correct me.'

If you want further details please contact Rev. Feargus O'Connor at [ggunirev@aol.com](mailto:ggunirev@aol.com) or on 020 7837 4472.

*Forthcoming Essex Church Cultural Outings*

## 'The Man Born to be King'

Friday 28<sup>th</sup> November, 7.30pm  
Hampstead Parish Church, NW3 6UU

The Hampstead Players bring Dorothy L. Sayers' radio play to vibrant life in a staged version. Filled with personal betrayal, realpolitik, and surprising wit, this is a very raw, human re-telling of the last days of Jesus. This play features our very own Nicolas Holzapfel as Judas Iscariot.

Tickets are available from [www.ticketsource.co.uk/hp](http://www.ticketsource.co.uk/hp) for £10. Sarah Tinker is coordinating this outing so please let her know if you plan to come: [sarah@kensington-unitarians.org.uk](mailto:sarah@kensington-unitarians.org.uk).

## Esterhazy Singers' St. Nicholas Day Concert

Saturday 6<sup>th</sup> December, 7.30pm  
St Giles Cripplegate, London EC2Y 8DA.

The Esterhazy Singers, featuring our own Natasha Drennan, will perform a programme of music for St Nicholas's Day in the Barbican at St Giles Cripplegate.

Tickets are available from [www.esterhazysingers.com](http://www.esterhazysingers.com) for £15. Please do put the date in your diary now and let Natasha know if you would like to come: [tash\\_drennan@hotmail.com](mailto:tash_drennan@hotmail.com)

## 'Happenstance' Photography Exhibition Visit Soon – Closes on 4<sup>th</sup> November



Zer Café, 59 The Broadway, Crouch End, N8 8DT  
Opening Hours: 8:00 am –11:00 pm

Our very own Roy Clark has an exhibition of his splendid photographs which runs until 4<sup>th</sup> November. Roy says: 'If you are passing through Crouch End in North London pop in to Zer Café and have a look.'

# Kids' Club @ Kensington Unitarians



Last Sunday I was fortunate enough to have all my regular kids in kids club. Tyler, Caio, Alyssia, Andrew and Carolyn are the gang. I have gotten to know you and love you all. It was so nice to all be together and especially nice to have Andrew and Carolyn back from their travels. I am so lucky to spend time with you all. You right size me.

This month has been quite eventful. The kids have started their chalice awards and are well on their way to getting their certificates. Remember attendance is the key. We are mainly focusing on diversity and celebrations at the moment and each Sunday we aim to complete a topic in one of these areas. Alyssia and Caio worked hard on clearing the children's garden outside and wrote a lovely acrostic poem for Harvest. All the kids planted a Basil plant including our lovely little visitor Kyra (Jeneanne's grandchild) who we were lucky enough to have come visit us one Sunday. I was told they are very hard to grow but we have enough for a bowl of pesto already!

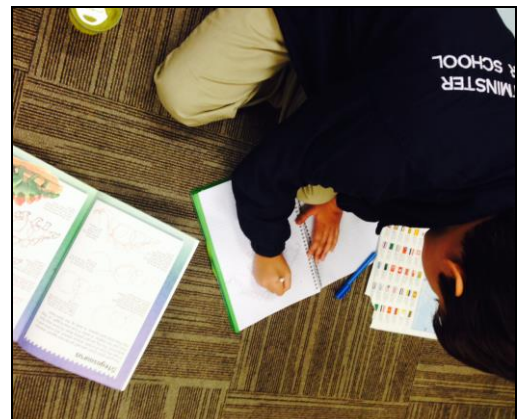
Tyler and Caio explored the world map and had a lively discussion about which countries they most identify with and Carolyn and Andrew helped us learn how to say hello in over twenty different languages. We also learnt about Carolyn and Andrew's beautiful and rich cultural roots and Bangladesh.

Big Happy Birthday to Tyler who turned 8 this month! Tyler was also chosen by his class to represent his school at football this month too so we'll have to continue to hide the footballs in kids club from the fervent Superstar!! Well done Tyler.

This Sunday we will be looking at United Nations Day as both part of our celebrations and diversity modules. It is also the UN's World Development Information Day. I think the United Nations is needed more than ever at these times of multiple crisis.

It is a privilege to be able to cover these kinds of topics with your children.

**Sam Boyero**



## Autumn



Stasis  
Silence  
Winter lends poignancy to Autumn  
Radiant trees change to lifeless forms  
Days die early  
Ice freezes the smile  
The mind numbs.

Carole Grace

## Envoy

In the end  
The pictures we should see  
Have not been taken  
The images  
We should reckon with  
Have not been exposed  
Verisimilitude we seek  
Blurred in the process  
Reality eludes  
Camera and pen, pencil  
And brush. The truth  
We struggle towards  
Has not been disclosed

Fatuity of acquisition  
Futility of things seen  
Admired, accumulated  
May not come home to us until  
On a day when we stand  
Alone, naked in the middle  
Of our wasteland  
Despoiled of its crop, truth  
Reproaches us like a ravaged field.  
What you bargained for  
Has not materialised  
What you did not reckon with  
Has multiplied  
Like a virus

Praise him:  
God of contingencies  
Purveyor of paradoxes  
Of unconnecting and contradictions  
And may our illusions  
Cover us sufficiently  
Till our lives end

John Hands

## Creativity Group: Stitchcraft & Craftivism

Second Thursday evening of each month:  
6<sup>th</sup> November, 11<sup>th</sup> December from 7-9pm



The creativity group's final project for 2014 will be based on stitchcraft: embroidery, knitting, crochet and so on. From October to December we will share our skills in these crafts and also encourage each person attending the group to make a small (15cm) flower for the Wellmaking Craftivists' Garden. Have a look at their website for details: [www.craftivist-collective.com/wellmaking](http://www.craftivist-collective.com/wellmaking).

To start off with, everyone is invited to make a flower, either by cutting and embroidering fabric, or knitting or crochet. Ideally everyone should bring along their own materials and equipment (fabrics, needles, thread, yarn, knitting needles and crochet hooks) but if you are a complete beginner just get in touch with Jane as soon as possible and we will rustle up some supplies to get you started. Several regular members of the group (including Juliet, Sue, and Caroline) are willing to help beginners get underway.

Once we have made flowers we can branch out into other craftivist projects. And if you're wondering what craftivism is, someone called Betsy Greer coined the term, and defined it as "a way of looking at life where voicing opinions through creativity makes your voice stronger, your compassion deeper, and your quest for justice more infinite." You can find out more if you come along to the sessions!

As ever, if this doesn't appeal you are welcome to come along with your own craft, and simply enjoy the company of the group.



*Our creativity group meets once a month to focus on a particular art or craft medium or a certain project for each quarter of the year so that we can go deeper into it during that period. One of the particularly enjoyable features of this group is the space it offers for fellowship and conversation while we are each working on our individual projects alongside one another. If you don't fancy the art or craft we are 'officially' focusing on then you are always welcome to bring along whatever you're working on and do your own art/craft whilst enjoying the good company of the group.*

Jane Blackall



## Irreverent Dance Kickstarter Appeal: Can You Help?

As some of you may have already heard, I have recently started going to dance classes, and this has been such an exciting development for me that I've been going on about it with the zeal of a convert. I never thought I'd be brave enough but the fact that I am now waltzing, quickstepping, and doing east coast swing several nights a week is entirely attributable to a wonderful organisation known as Irreverent Dance (ID).

The Irreverent Dance ethos is spelled out on their website:

*'Not everyone who wants to learn to dance is young, skinny, graceful, [and] cis-female... In fact, most of us aren't... If you're atypical in any way, learning to dance can be a nightmare. Irreverent Dance is designed for adult beginners... We aim to have you feeling better about yourself when you leave the studio than when you arrived; week on week. Our studio is a LGBTQ-friendly, body-positive space and our sociable classes frequently roll on to a nearby pub/park for a quick post-dance catch-up before we all head home. In many ways, Irreverent Dance isn't really about dance at all. It's about individuals reconnecting with their bodies; sticking two fingers up to society's prejudices about gender behaviour, beauty, and identity; and gathering our messy, hard to define, WIP-selves in a space where that imperfection is not only tolerated, but celebrated. I like to think that, as a group, we are dragging amateur adult dance classes back to what they should be; a fun, physical, sociable space that has absolutely no business undermining your body, identity, or your self-esteem. We Promise.'*

As you might have gathered from the 'mission statement' above, Irreverent Dance is about so much more than the dancing, and is a real supportive community in its own right. **It resonates with the values of radical inclusivity and non-conformity that are so important to us as Unitarians.** For this reason I am hoping that a few of you reading this might be moved to support Irreverent Dance as we (I say 'we' because I truly feel part of the ID community and this is very much a collective effort) try to turn a dream into reality...

At the time of going to press the Kickstarter has received support from famous faces including Stephen Fry. We have surpassed 40% of our target (over £13,000 so far) in the first eleven days and there are twenty days to go!

### The Project:

Irreverent Dance have just launched an ambitious project: to build Europe's first dedicated dance space that is gender-neutral and fully accessible, by and for the LGBTQ & allied community.

Until now we have held classes in hired spaces but these are often operated in ways that are not in tune with our ideals. Appropriate venues are thin on the ground and getting ever more scarce as councils are squeezed and spaces are being sold off or priced out of our range in this time of austerity.

The board of Irreverent Dance dream of getting a dedicated venue for the ID community. They have found the perfect place and need to raise £30,000 by 12<sup>th</sup> Nov to pay the deposit and fit it out as Europe's first gender-neutral community dance studio.

### Why Does it Matter?

Dance spaces can often be (unintentionally) excluding of people who don't look or behave in a certain way. Irreverent Dance has been built around being as welcoming and supportive as possible of all humans. But it's particularly important to highlight gender-neutral and LGBT-friendly. Irreverent Dance questions the assumptions the dance world has around gender. For example, we don't assume men will lead in our partner dance classes, or that our pairs will be heterosexual. We are incredibly proud of creating a space where trans\* and genderqueer students feel happy and comfortable to be themselves.

### How You Can Help:

**It would be wonderful if you could make a pledge to help make this dream a reality. The best way to do this is online via Kickstarter (access from the Irreverent Dance website at [www.irreverentdance.co.uk](http://www.irreverentdance.co.uk) or ask me to email you a link).**

Alternatively, if you would prefer to donate in person, I would be very grateful to receive your contributions and will put them towards the Kickstarter fund on your behalf. It would also be great if you could enthuse about this to your friends! The appeal ends in early November so if you are thinking of contributing it would be good if you could do so ASAP!

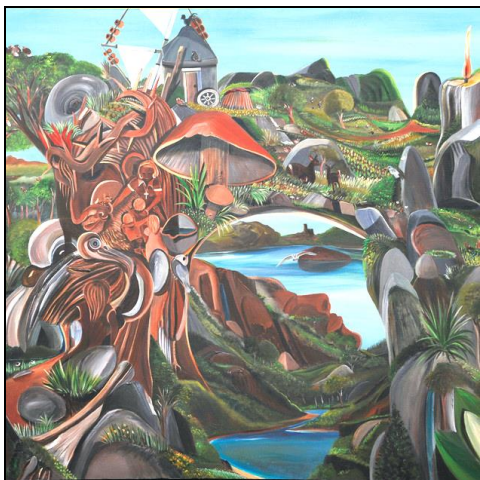
If you have any questions about the project please do get in touch and I'll do my best to answer. Thank you. ☺

Jane Blackall

# 'Catching Dreams'

## Koestler Trust Exhibition

Until 30<sup>th</sup> November at the Royal Festival Hall  
A Report from the Essex Church Cultural Outing



Carolyn and I met up to see this exhibition, which showcases a range of artworks: paintings, collages, sculptures and models by detainees in prisons, secure hospitals, young offenders institutions, secure children's homes, immigration removal centres and probationers.

The Koestler Trust runs this annual show of prisoners' art, and this year it was curated by ex-offenders who also act as guides, taking visitors on a short tour of the works, commenting on them from an inmate's perspective.

The standard is high, and the show is well worth a visit. Some highlights for me included "Prisoner of the Mind", a sculpture of a head made of papier mache bricks opened up to show a prisoner in his cell, his head in his hands, or "Why do we do time?", a painting with a collage formed of a quantity of watch faces depicting 'time lost, time spent reconciling, time spent moving on'. There was also an instalment of detainees' poetry where the lighting came on and off to represent the rate at which prisoners are admitted or released.

Extracts in the exhibition booklet give testimony to the value of art, and the Koestler Trust exhibitions, in the detainees' lives. e.g. "the ability to express myself creatively, instead of criminally...if I could not use my mind I would lose it", "having work exhibited...was the first step to changing my life", and "it not only helps ex-offenders, but helps bridge the divide between prisoners and the general public".

The visiting public may be able to relate to particular artworks by seeing similarities to their own experiences reflected in them; many people will have had the sensation of feeling 'stuck' or 'trapped' in their lives.

On leaving the exhibition, visitors can fill out a postcard to comment on particular works which appealed to them. These postcards (anonymous) are then forwarded to the individual artists. They are much appreciated, increasing detainees' self-esteem and confidence.

**Helena Coope**



## A Fitness Fusion of 9 Movement Forms

**Second Sunday of the Month from 2-3pm:  
12<sup>th</sup> October, 9<sup>th</sup> November, 14<sup>th</sup> December**

**Midweek classes on TUESDAYS from 12.30-1.30pm**

An hour of whole-body conditioning, done barefoot to diverse music. Delivering a cardiovascular workout for any level of fitness. Specific routines allow you to experience - the power of the martial arts, the stillness of the healing arts and the joy of movement through dance.

Cost £10 (£7 to concessions / church members).

**Contact: Sonya Leite on 0207 371 1674.**

## 'Finding Our Voice' Singing Workshops with Margaret Marshall



**Sunday 23<sup>rd</sup> November  
after the service from 12.30 to 1.15pm**

Margaret Marshall has worked as a professional singer all her adult life and is also a very experienced singing teacher. She is leading monthly sessions to help us all find our voice. These workshops are for anyone who is prepared to open their mouth and make a sound. Margaret will show us how to improve the quality and strength of our voices.

Using a few simple exercises we'll gain joy and confidence in our singing by learning how to produce and develop the voice, something everyone can do. We'll work with the breath and overcome unconscious blocks that can prevent us singing with our true potential.

Fun and achievement are guaranteed and these sessions are designed for everyone, whatever your experience or ability. All are welcome.



# Christmas at Essex Church – Dates for Your Diary



## **Sunday 14<sup>th</sup> December: Carol Service and Congregational Lunch**

Invite your friends to join us for a hearty sing-along and sign up to bring food to share for lunch.

## **Thursday 18<sup>th</sup> December, 7pm – ‘Christmas Preparations’**

Let's gather to work together on inner preparation that can help to make this time of year a spiritual as well as a material feast. With meditation, conversation, seasonal treats and music.

## **Wednesday 24<sup>th</sup> December, 5pm: Candlelit Christmas Eve Service**

We will be holding our traditional, contemplative, candlelit service on Christmas Eve. This will be followed by festive treats. We hope that a group will go out for dinner at a local restaurant afterwards. Listen out for further announcements about this as we will need to book ahead.



## **‘Human Writes’**

You know how sometimes one thing leads to another? Well first Cyprian, who lives in Birmingham, said a few times that he was thinking about writing to a man on Death Row and then I saw and passed on an advert in *The Big Issue* asking for people to do just that. Understandably he was hesitant about whether he'd do it right and whether he would keep it up. After he applied to the UK charity *Human Writes* he decided to go ahead and was given a prisoner to write to and a mentor with whom to discuss the issues. She is unwell with M.E., lives in Winchester and can't be out all day so she couldn't attend *Human Writes'* annual day conference, which was held in Bloomsbury in the National Hotel, on 11th October. Cyprian and I went together.

We sat at a table with other British people who write to prisoners in Arizona. There was a table for each American state. It was a very relaxed affair. The stand-in co-coordinator/mentor brought home-made cakes. Each round table for correspondents was decked with sweets. Sue Fenwick founded the charity nearly 15 years ago. She made a short speech and led the lighting of candles, which resonated for me with what we do at Essex Church. One was lit for the perpetrators on Death Row and one for the victims of crime.

The first speaker was Pablo Stewart, a Psychiatric Consultant, who works with the men on Death Row. He lives in California and although he talked about what goes on in other States I was most taken with what he said about this one and statistics relating to Britain. There are 85,000 prisoners in Britain and 160,000 in California alone. 25,000 of them are mentally ill. A recent concession is that it is no longer permissible to put them in solitary confinement. 800 of the 160,000 prisoners are on Death Row. These people wait for years to be executed. There is a lengthy Appeals process. Of the correspondents I spoke to at the conference, 3 British women had been writing for 11, 9 and 4 years respectively. I was astonished by how drawn out the process is for those behind bars and the commitment of their supporters. The woman who had been writing the longest does so every week, either sending a colourful card or a letter.

After Pablo Stewart, a charity, which is also represented at the Royal Festival Hall's *Catching Dreams* exhibition with an admirable patchwork bag, *Fine Cell Work* ([www.finecellwork.co.uk](http://www.finecellwork.co.uk)) was spoken about by Katy Emck. She is a paid worker there. Martin Fitch also spoke. He is an ex-offender and dedicated to the cause. It being the creation of finely embroidered cushions, rugs, quilts made by prisoners in Britain, who are mentored by experts. The creators get decently paid. You could go to their sale on 27th November, 10.00-16.00 at 20th Century Theatre, 291 Westbourne Grove, W11 2QA.

The third speaker was Erwin James, who started writing for the Guardian when he was in prison for 20 years. He is still employed by that newspaper. He is very remorseful and apologetic for what he called "horrendous" crimes. He was given a life sentence in 1984. When he first got in to Wandsworth prison for these offences he felt relief. At the time there was a Death cell there. Initially he felt drawn to it but he has never wanted it for others. Up until he managed to change himself with the help offered he describes himself as a "very selfish individual." He makes no excuse for what he did but recognises the early death of his mother, having a drunken father and a lot of time in Care, whilst he was growing up contributed to his downfall. The way he turned his life around was that he was encouraged by a Psychologist to get educated in prison. Joan told him, "We all have potential, including you. We are all born lovable. You owe it to your victims to live the best way you can." Obtaining his History degree took Erwin James 6 years. He has now been on parole for 10 years and feels guilty when he feels good about himself and for the good life he has now. He spoke very eloquently and was certainly likeable. I went up to him afterwards and asked about having heard that criminals generally claim their innocence. He said that is because it is too hard for people to face what they have done. At the outset he claimed that for himself.

Carolyn Appleby

## Film Review: 'Pride'

More than a few weeks ago now I went to see the preview of a new film called 'Pride'. Since then the film seems to have taken on a life of its own. I know so many people who have seen it and who have raved about just how good it is. It really seems to have struck a chord with its audience and not just with a gay audience but with people from all walks of life and people of all sexual persuasions.

The film pits queer politics against the background of the miner's strike in Thatcher's Britain of the early 1980's. It begins with the dawning realisation of one of the main characters Mark, played wonderfully in the movie by the New Yorker Ben Schnetzer, that the struggle faced by the miners was not that different to the struggle faced by many gay people at that time. He realised that both groups faced threat and intimidation, that both groups were being marginalised by mainstream society and that both groups were being bullied into submission by the government of the day. Knowing both groups faced similar issues gives Mark the brilliant idea of coming out in support of the miner's struggle. Realising that the miners are in desperate need of financial and moral support, Mark organises with a small group of gay activists to raise money for the cause.



The group call themselves 'Lesbians and Gays Support the Miners' (LGSM) and they begin to raise a large sum of money. Unfortunately, the money raised is not at all welcomed by the National Union of Mineworkers as they are fearful of attracting the wrong sort of publicity. So, cleverly sidestepping the NUM, Mark and the rest of the group take it upon themselves to contact a small mining community at random and offer them the cash instead. They choose a small village in Wales and there is a wonderful scene in the film of a cleaner picking up the ringing telephone in an otherwise empty village hall and agreeing most enthusiastically to accept the gift of a large sum of money - little knowing who and where the money is ultimately coming from. As a thank you Dai (played by Paddy Considine), the Dulais Valley strike committee's representative, comes down to London to thank the LGSM in particular and the wider gay community in general. The wider community is initially hostile and suspicious of this man from the Welsh valleys but Dai's speech is so affecting and so full of humanity that the audience is completely won over.

What follows in the rest of the film is a gradual coming together of the two communities in support of each other. Both groups visit each other's territory and there is a wealth of scenes that explore the initial clash of two very different cultures. A clash, however, that results in a wonderful sharing of each other's way of life. The LGSM visit Dulais and show the local men how to 'bust some moves' on the dance floor much to the delight of the local womenfolk. In return, the local women visit London and insist on visiting as many gay bars and clubs as they possibly can in one night.

So there are many scenes of joy which are incredibly uplifting. However, there are also scenes that are extremely poignant and also deeply troubling. One of the women from the village contacts the tabloids and tells them about the cosy relationship that has been established between her neighbours and the LGSM. Back in 1985 the Right wing press leapt on this story and used the bond that had developed between the two groups to really hurt the miner's cause. They claimed that by accepting help from "perverts" the miners had shown themselves to be not only desperate but completely finished as a cause worth being taken seriously. And in truth the miners were forced back to work. They were starved and beaten into submission. However, one of the most affecting things for me about the movie was the depiction of the miners going back to work with pride and dignity about what they had tried to achieve for themselves. In the end they were unable to change the outcome but at least they fought for their right to work and to be taken seriously against the government of the day

As a wonderful coda to the movie we see the miners leading the 1985 Gay Pride march in support of the LGSM who had given them so much support during their own struggles. It would seem from the film that the organisers of that year's march did not want it to be a political one but it is very uplifting to see the National Union of Mineworkers' banners at the front of the march and leading the way on the day. Two very different communities coming together in support of each other. The story of the LGSM was one I was not aware of but I must say that I was very proud to learn about it through watching this film and proud also that the gay community did so much to support the miners' cause.

Carol Sheppard



## Foodbank Reminder

Thank you so much to all the generous people who have been donating to the foodbank in the foyer. We are passing the food on to the Trussell Trust, who are very pleased to receive it. Can we please ask that any fruit juice (always a popular product) is of the kind that is stored on the shelves, not in the refrigerator? Unfortunately we had some donations of fresh juice that had to be discarded. The food bank cannot use products that have to be stored in the fridge. Thank you again.

Caroline Blair

# Religion and Social Media

## A Report from the IARF World Congress

I recently attended a conference in Birmingham that combined the topics of religion and the challenges of living in a digital age. It was the 34th World Congress with The International Association for Religious Freedom (IARF) and the theme was 'Challenges for Religious Freedom in the Digital Age'.

We live in a world that is interconnected in more ways than ever before – both economically and digitally. One of the main messages at the conference was: In order to live together we must foster communication and understanding.

### Karen Armstrong

The keynote speaker was Karen Armstrong, a celebrated author and religious commentator. It was great to hear her speak live. Previously, I'd seen her online when she won the 2008 TED Prize for the creation of the Charter for Compassion. ([charterforcompassion.org/historic-moments-charter](http://charterforcompassion.org/historic-moments-charter))

Two of the thoughts she shared on stage were: 'Compassion is in all religion' and 'don't impose on others what you don't want imposed on yourself. With our ability to share content and thoughts online comes personal responsibility. What you do online can have a huge impact on other people's thoughts and feelings both in a positive way and in a negative way. To create and develop a world that we would all like to live in we need to use our intellect, morality and personal discipline to take action. Talking alone will not make compassion work.

### Peace and Diversity

Conflict has always existed yet one of the keynote speakers at the conference, Kathy Matsui, a Professor at Seisen University, asserted that: 'Human beings are not on earth to compete for dominance.' Our ability to connect electronically has meant a lot to us and the development of the world. It's natural for humans to connect and seek contact. Several speakers at the conference touched on the topic of diversity. One asked: 'Why did a wise God create such diversity?' Diversity makes us stronger and helps us to see a problem from new perspectives. We must always learn from each other. Other people can help us to grow. When I train people in social media one of my messages is: 'Adults learn best by discussing a topic they are passionate about with other people who are experts in the topic.' So, in the complex world of social media and communication, by talking to other wise people we can quickly develop our own minds.

### Language and Numbers

There is a lot of knowledge in this world and we cannot keep it all in our minds. In the past we had books and libraries. Now we have the ability to share our wisdom with a larger audience and we do this in a way that enables people to easily find information, that is, through the use of categories and keywords. One of the speakers, Roby Kannanchira, a Carmelite priest, said: 'To keep knowledge in a digital format is a way of acquiring new knowledge. To discuss the new knowledge is a way of developing your wisdom.'

Our language is a gift and thanks to language we can communicate our knowledge and share it further. In some parts of the world internet penetration is almost zero, in the Western world it's close to 90% and for the future we should hope for a more equal way to connect.

Digital technology is about numbers. It's about '1' and '0' – one and zero are the two magic numbers that are needed to digitise everything online. Without numbers we would not be able to send an email or check out a website. We need numbers to form a new concept online. We explain our world using numbers, we call each other using a phone number, and in the digital world we use numbers all the time without even thinking about it. One of the Muslim speakers, Aladdine Touhami, compared one and zero to masculinity and femininity. You need a balance of both to get anything to work.

### Morality and Technology

Technology does not have a natural moral centre and we must embrace responsible online behaviour. Your words can reach far and you must choose them wisely. For me, it feels as if we have lost our privacy online. Of course, we can choose what to share, but a lot of data is collected about us by big corporations and that's a bit creepy. What do Facebook and Google actually know about us? Probably far too much! Internet censorship and surveillance is a reality in over 40 countries at the moment. What kind of impact does this have? Where do you draw the line concerning what people can control?

### The Meaning of 'guru' in Sikhism

During the conference I also visited two Sikh gurdwaras. I had never been to a gurdwara before and I found it very exciting. We were told the meaning of the word 'guru'. In my job working with social media I often hear the expression 'social media guru' and it sometimes has negative connotations. I have been called a social media guru in some interviews and I am absolutely fine with that. One of the people who welcomed us to a gurdwara said that guru means spiritual enlightenment and a guru takes you from darkness to light. I think that sounds beautiful.

### The Interfaith Tour

I also had the opportunity to listen to two young Frenchmen who, with five other men from five different religions, had travelled the world exploring religion and promoting interfaith activities. You should check out some of their videos and posts on social media. ([www.interfaithtour.com/en](http://www.interfaithtour.com/en))

Our ability to use digital tools will help us to develop a more human world. The question is what can you do to help? As humans we can connect on many levels, we can meet up, play sport, go for a coffee, chat online, share a moment on Snapchat, share our holiday pics on Facebook, we can send a text message, we can fly all around the world, jump on a train and so on. We will always connect and be connected – today there are just so many more opportunities to do so. The final words I would like to share with you are: All human beings have one thing in common and that is that we can all become better communicators.

**Sofie Sandell**

*Social Media and Leadership Speaker*

## Small Group Communion



**Sundays 9<sup>th</sup> November, 21<sup>st</sup> December  
at 12.30pm Down in the Church Library**

On the second Sunday of each month we hold a small-group communion, after the main morning service, downstairs in the library. These services are led by different members of the congregation. A team of volunteers take turns in leading the services so we can experience a variety of different approaches. The line-up for the next couple of months is as follows:

**9<sup>th</sup> November** – Led by David Darling

**21<sup>st</sup> December** – Led by John Hands

If you would like to find out more then please feel free to speak to Jane Blackall or Tristan. All are welcome.



“Once I heard Dean Sperry in a lecture at the Harvard Divinity School say this: There had been times, he said, when he scarcely knew what he believed or whether he believed anything at all — times when he was baffled, confused and dismayed—as, no doubt everyone is sometimes. And at those times, he found great good in the Communion. For here was something which generations of people has said and done over the centuries. And somehow, regardless of doctrine, that gave him a thread of continuity, a kind of steadying. In that service, it was as if he felt himself one with the age-long movement of humanity, together, through thick and thin.”

**W L McKinstry** (from *uuchristian.org*)

## Breakfast

I was having breakfast at home  
When I felt an urgent need

To have a conversation with myself  
And talk about me

Not too deep  
No, just show myself who I might become

I will become what I do today  
I will believe what I say today

By finding out and making it the truth  
Finding the voice of myself

There is nobody out there who can say  
Something that may hurt me

No, I will only say kind things to myself  
Be open, and welcome of all kind of thoughts

In the thoughts, there might be some truth  
But not all truths must be said out loud

I remember you told me about the garden  
The garden that is mine

I am keeping it as tidy I can  
And I give it both water and love

Looking after myself  
Reaching out for others

That's the best I can do  
Looking on the inside and reaching to the outside

Combine the blue light with the red light  
And then you will find the purple magic

The mystery that I call life

**Sofie Sandell**

## Russian Imperial Ballet School



The Russian Imperial Ballet School is now holding classes based at Essex Church. This is the only school in the UK to offer the Russian Vaganova Method training exclusively with a teacher whose ballet heritage can be traced directly back to the great Agrippina Vaganova herself. They train students of all abilities from 3 years old to adults. Each student will be placed in the class most appropriate to his/her ability.

**For information see:** [www.russianimperialballetschool.org](http://www.russianimperialballetschool.org)

## Regents Park

Fullness of trees  
Absence of bees  
Craking of birds  
Scarcity of butterflies  
Abundance of cloudy skies  
A spasmodic sun  
Playfulness of fun  
Squirrels sprinting  
Blackbirds chinking  
Rooks quarrelling  
Joggers sweating  
Tramps reclining  
Tree-tops rustling  
Birds still bustling  
Bushes umbraging  
Skyjets raging  
Swallows reeling  
Coolness of feeling  
Children chasing  
Old men berating  
Lovers embracing  
A vastness of space  
Island in midst  
Of an oceanic city.

John Hands

## One Light Spiritual Gatherings 'Wisdom'



Friday 14<sup>th</sup> November 2014  
6.30-8.15pm – Here at Essex Church

*The gatherings are led by graduates  
of the Interfaith Seminary.*

Information from One Light: 'Come and enjoy as we gather for deep healing and loving connection to Spirit. Come help us create a sacred space, bringing in the One Light, One Love for which we all long - with silence, music, meditation, and eternal inspiration from all faiths and none. Bring your beloved eternal self, your family, children and friends'

***This event is free. Donations for expenses are welcome.  
Any surplus will go to Essex Unitarian Church***

### **For further information contact:**

Interfaith Reverend Joanna Ryam 07929 836 935

*Forthcoming Gatherings:*

*14<sup>th</sup> November – Wisdom; 12<sup>th</sup> December - Gift of Light*

## Good Cause Collection of the Month

# Hucklow Summer School Bursary Fund



## Collection on Sunday 23<sup>rd</sup> November

For our next charity collection we will be supporting the Hucklow Summer School Bursary Fund. Each summer for the last twenty years there has been a Unitarian religious education summer school held at the Nightingale Centre at Great Hucklow. Many members of Essex Church have benefited from this extraordinary experience over the years. The summer school bursary fund exists to ensure that nobody is prevented from participating in this event due to lack of funds. Please give generously to help fellow Unitarians attend summer school in years to come.

### For more information about summer school visit:

[www.hucklowsummerschool.org.uk](http://www.hucklowsummerschool.org.uk)

## Previous Charity Collections:

Thank you for your generosity in contributing to recent charity collections. I am pleased to let you know that we will be sending the following donations to good causes:

**August – Iasis (Medical Charity) – £132.05 + £49 Gift Aid**

**September – Unitarian Youth Programme – £109.12 + £70.20**

## Feldenkrais Method with Niall O'Riordan

Niall O'Riordan is offering Feldenkrais classes on Monday evenings at Essex Church. The Feldenkrais Method offers:

- greater awareness of comfortable and efficient posture
- options for new ways of moving that are more functional
  - fuller and deeper breathing
  - reduced aches and pains and more freedom in your movement
- improved performance in sport, dance and music
- improved relaxation response and relief from the effects of stress

For more information about classes see:

[www.meetup.com/Feldenkrais-Method-London](http://www.meetup.com/Feldenkrais-Method-London)

# 'CH..CH – glad that UR in it'

Sermon by Rev. Sarah Tinker – 12<sup>th</sup> October 2014

An audio podcast of this sermon is available on our website.

There are many ways to sort us all out according to our likes and dislikes – we could ask for a show of hands for people who like Strictly Come Dancing or the Great British Bake Off, we could find out how many of us regard autumn as our favourite season or maybe spring – but today I wonder if any of you share my secret love for corny messages found on the notice boards outside churches. I know the creators of the Simpsons cartoon are with me on this one – close observers of this cartoon over the years will have seen many strange notices outside the First Church of Springfield. The one I put on today's order of service, announcing that free wifi is available during the sermon, was quite restrained and indeed it's true here too – you can get free wifi here at Essex Church as well as in Springfield – and all the way through the service not just during the sermons. Just ask us for the password sometime. Close your ears if you find yourself cringing at the efforts churches make to gain the attention of passers-by – but here are some of the notices I've enjoyed over the years: '*Choose the bread of life or you are toast*'; '*there are some questions that cannot be answered by Google*'; '*Down in the mouth? Come in for a faith lift.*' But a favourite that a friend remembered seeing from a childhood bus journey reads 'CH (gap) CH – means nothing until UR in it'. How satisfyingly corny is that.

When we ask the question 'what's a church?' one answer for some of us is going to be – 'a place I come to but at times feel a bit embarrassed about'. We live in a country where church going is no longer part of our prevailing culture. To belong to a church and to attend a church regularly is rare here in Britain – look around at one another, pat yourselves on the back – we are not normal, not one of us! It's not normal to come to church, yet another way to define church is as an institution, part of the establishment. Sociologists consider all human societies to demonstrate five social institutions – family, economy, government, education and religion. These institutions govern societal norms, a society's ways of doing things. From a sociologists' point of view, all societies will have structures within which life's big questions are asked and answered – be that churches or mosques or temples or shamanic systems of elders and soothsayers. These institutions often inter-connect with one another – and here in Britain we have a much studied interweaving of church and state, with 26 Church of England bishops sitting in the House of Lords for example.

We could also describe a church as an organization – a gathering of people for specific purposes. As such, a church can be formed anywhere – the early Christian communities for example had no defined buildings in which they met – but rather met in people's homes or in public or hidden spaces. But if you ask young children what is a church they are much more likely to say that a church is a building – especially a church with a spire pointing upwards. I wonder if this is because of that childhood rhyme complete with finger movements. Can you remember the rhyme and its movements?

Here is the church  
Here is the steeple  
Open the doors  
Here are the people.



I had to search on You Tube for a demonstration of this rhyme and found a funny excerpt from an old comedy show called The Fresh Prince of Bel Air, where the nursery teacher kept putting her fingers the wrong way so when she opened the doors, she'd find the church empty and shout 'heck, where is everybody, the church is empty!'

It's easy to slip into thinking that a church is a building or a national organization but in truth a church is made of people and without people a church will not exist. A better version of that rhyme might be

Here is a building  
On top there's a steeple  
Open the doors  
The church is the people

So if we accept that a church is made of people then it might help next to think of some of the ways that people relate with one another in life. This is going to be a list of things that a church is not – at least according to me.

A church is not a social club. People may find their social lives enhanced by being part of a church, people who meet in a church may end up doing sociable things together – but if that becomes the main purpose – for people to have a good time together – then you may start to find yourself dealing with problems that social groups have – in-crowds and those who feel excluded from them. A busy social calendar may easily mask what is surely a church's key purpose – to help people deepen and strengthen their relationship with God, with spirit – and, most importantly, to reach out into a world filled with people yearning for healing and wholeness.

Churches are places of healing – of that I am convinced, but we are not hospitals or therapy centres. Our world is filled with people who are wounded – physically, emotionally, spiritually – because all of us are wounded in one way or another - and our doors must be open to those who are in pain – yet we must be realistic about the difference we can make and our focus cannot be solely upon our own problems. Church can remind us that we are tiny aspects of an immense universe – we are both highly significant and totally insignificant.

A church is not a dating agency, though I know couples who have met each other in church and lived happily ever after. A church is not a retail opportunity though here at Essex Church we will do our best to sell you a mug before you leave us on a Sunday morning. And for those of you listening from far afield to one of our podcasts – please don't feel left out at this point as all our merchandise can be ordered online. Kensington Unitarians are renowned for good music but our services are not a concert, nor a lecture series, nor a one hour fix that allows us to live thoughtlessly for the rest of the week. I can't remember who first made the point that going to church no more makes you a good human being than going to a garage makes you a car.

## 'CH..CH – glad that UR in it'

*(continued from previous page)*

In next week's service we are going to be considering church as offering a potentially radical alternative to our prevailing culture in British society but today I want to take a more psychological route and suggest that church is a place where all the usual stuff of our lives will bubble to the surface if we stick around long enough. Just like all the other places we get to interact with other people – in families and local neighbourhoods, in schools and places of work, in friendships and groups – in any gathering of people we get to explore what it means to be human. The Unitarian Universalist theologian James Luther Adams wrote that "church is a place where you get to practice what it means to be human."

Here in this community, in this gathering of people that constitutes our church of Kensington Unitarians, if you stick around long enough you'll get to experience much of what makes up human existence. Emotions will go all over the place, just like emotions always do. We'll have to exercise our self-control at times, we'll need to put other people before ourselves from time to time, our long held and much cherished truths will get challenged when we reveal them to others. Our toes will be trodden on from time to time and we will feel let down, disappointed, bored and annoyed. 'This place is sanctuary' we heard at the start of today's service – we work hard to make this a safe space – but a safe space, a sanctuary for everyone. And if we listen to other people carefully we'll perhaps start to understand their realities and sense the precious nature of their hopes and dreams along with their vulnerabilities, their doubts and fears. These are the potential blessings of community – an opportunity for deep sharing, one with another.

We might consider each other as a great resource to be explored and used for the good of all. Just as we share our church building with many other groups so we can share ourselves generously with one another; part of a liberal religious tradition that can hopefully empower us, strengthened by our pride in those who have gone before us – yet not weighed down unnecessarily by traditions no longer relevant in the 21st century.

Here we are – a gathering of people exploring what it means to be human – and I would encourage us all to join in – to participate in this strange thing called church – where we come to celebrate both the beauty and the absurdity of our world - - I really am glad that UR in it.

## Warden's Report



November is one of the busiest months of the year at Essex Church, so - lacking inspiration for my article this month - I thought I'd just list all the different groups that will be meeting here:

- Analytical Psychology Club lecture
- Alister Hardy Society lecture
- Ashtanga yoga (3 times a week)
- Associated Board music exams
- Babybop
- Beit Klal Yisrael synagogue
- Birthday party (x 3)
- Church trustees (Unitarian)
- Churches Fellowship for Psychic & Spiritual Studies
- Creativity Group (Unitarian)
- Dancing Angels ballet
- Elias Amidon Gathering (Unitarian)
- Equalists
- Eritrean refugee support group
- Feldenkrais class
- Finding Your Voice (Unitarian)
- Guild of Pastoral Psychology lectures
- Heart & Soul midweek worship (Unitarian)
- Heidi's birthday party (Unitarian)
- Independent Group of Analytical Psychologists lecture
- Little Foxes (twice weekly)
- London Meditation Centre
- Meditation workshop
- Michal Levin mediation
- Monkey Music
- Nia dance
- Non-duality lectures (Richard Sylvester)
- Onebody yoga
- One Light Spiritual Foundation
- Osteopathy yoga
- Pilates (twice weekly)
- Pregnancy yoga
- Radionics
- Reiki
- Rhythm workshop
- Russian Imperial Ballet (twice weekly)
- Seicho no Ie
- Sing & Sign
- Small group communion (Unitarian)
- Sufi chanting
- Taiji
- Tse Qi Hung (Michael Tse)
- Unitarian Sunday service
- Westminster Pastoral Foundation
- Yoga
- Yoga workshop

As I thought - quite a few more different groups this month than there are days!

**Jenny Moy**

## Sunday Services at Essex Church

**2<sup>nd</sup> November, 11am –  
'All Souls'**

**Service led by Jeannene Powell**

An opportunity to remember and honour those, dear to us, who've died, and reflect on the legacy they have left behind.

**9<sup>th</sup> November, 11am –  
'Remembrance Sunday'**

**Service led by Rev. Sarah Tinker & Tristan Jovanović**

We gather to remember all those affected by warfare both past and present, and those involved in re-building lives, communities, countries. What might humanity learn from pacifist movements?

**16<sup>th</sup> November, 11am –  
'Be Not Afraid'**

**Service led by Rev. Sarah Tinker**

Life has many frightening elements to it, that is for sure. In this service we will take these simple yet profound words from the Bible, 'be not afraid' and apply them to our own lives. Who might we be, what might we do if our fear did not hold us back?

**23<sup>rd</sup> November, 11am –  
'All That Jazz'**

**Service led by Sarah Tinker and Terri Quaye**

Join us for a celebration of the power of music to inspire the human spirit. Terri Quaye is a jazz musician, has studied ethnomusicology, and has recently completed the first part of the Unitarian Worship Studies Course.

**30<sup>th</sup> November, 11am –  
'Counter Culture'**

**Service led by Rev. Sarah Tinker and Symon Hill**

We will be considering ways in which church communities have the potential to challenge some of the dominant values of today's society, modelling a different way of being in the world. How can we help bring about greater justice and peace? Symon is a Christian activist, pacifist, writer and trainer. He is an associate director of the left wing Christian think tank Ekklesia and will tell us more of his recent work.

## HeartFeltSA: Handcrafted Felt Products from Iona Blair in South Africa



Iona Blair creates lovely hand-crafted felt items which would make ideal Christmas presents. Jennie Blair will be travelling to visit Iona in South Africa soon and has offered to bring back any orders that people place before mid-November. You might like to take a look at Iona's website and see what catches your eye:  
<http://heartfeltsa.wordpress.com/felt-hats/>

Caroline Blair

## Volunteering Rotas: Stewarding, Coffee and Greeting



### Stewarding:

<b>2<sup>nd</sup> November:</b>	Liz Tuckwell
<b>9<sup>th</sup> November:</b>	Alice Lambert
<b>16<sup>th</sup> November:</b>	Juliet Edwards
<b>23<sup>rd</sup> November:</b>	Natasha Drennan
<b>30<sup>th</sup> November:</b>	Melody

### Coffee:

<b>2<sup>nd</sup> November:</b>	Melody
<b>9<sup>th</sup> November:</b>	Carol Sheppard
<b>16<sup>th</sup> November:</b>	Roy Clark & Amanda
<b>23<sup>rd</sup> November:</b>	John Hands
<b>30<sup>th</sup> November:</b>	Jane Blackall

### Greeting:

<b>2<sup>nd</sup> November:</b>	Sue Smith
<b>9<sup>th</sup> November:</b>	Annette Percy
<b>16<sup>th</sup> November:</b>	Gina Bayley
<b>23<sup>rd</sup> November:</b>	Roy Clark
<b>30<sup>th</sup> November:</b>	? ( <i>can you help?</i> )

We circulate the rota list each month by email. Please contact Jane if you are willing to be on the rota mailing list.

[rotas@kensington-unitarians.org.uk](mailto:rotas@kensington-unitarians.org.uk)