



# Kensington Unitarians

Newsletter: May 2016

## What's On...

Sunday 1<sup>st</sup> May, 11am-noon

### 'Miracles'

Led by Katie McKenna

Thursday 5<sup>th</sup> May, 7-8pm

### 'Heart and Soul'

'Sometimes We Cry'

Led by Roy Clark

Sunday 8<sup>th</sup> May, 11am-noon

### 'Reverence for Beauty'

Led by Rev. Sarah Tinker

Sunday 8<sup>th</sup> May, 12.30pm

### Small-Group Communion

Led by Sue Smith

Sunday 15<sup>th</sup> May, 11am-noon

### 'Reverence for Life'

Led by Rev. Sarah Tinker

Sunday 15<sup>th</sup> May, 12.30-1.15pm

### 'Finding Your Voice'

Singing workshop with Margaret

Sunday 22<sup>nd</sup> May, 11am-noon

### 'Reverence for Love'

Led by Rev. Sarah Tinker

Sunday 22<sup>nd</sup> May, 12.45-2.15pm

### 'The Pleasures & Pains of Ageing'

Workshop with Carolyn and Sarah

Sunday 29<sup>th</sup> May, 11am-noon

### 'How Can I Keep from Singing?'

Led by Claire MacDonald

## Date for your Diary:

Sunday 12<sup>th</sup> June, 12.30pm:

Essex Church AGM

## Having Our Say

### A Message from our Minister

Anyone whose life is governed by a repressive regime would envy our voting opportunities. On May 5<sup>th</sup> citizens across the UK will be voting for thousands of positions including local councillors, seats on various Regional Assemblies and mayors of some cities. Once those elections are completed we'll have the EU Referendum on June 23<sup>rd</sup> to look forward to.



I know I should be grateful for these democratic opportunities but in truth they make me nervous. The thought that people might have opinions different from mine fuels this anxiety. We are such complex and diverse creatures, with many differing perspectives on life. These differences become apparent when we're asked to cast a vote.

Have you been entertained or irritated I wonder by the recent Boaty McBoatface saga? For anyone who missed this story, it involved the Natural Environment Resource Council (NERC) and their new polar research ship. They sought suggestions of possible names for the ship and allowed us all to cast our vote. It must have seemed a good idea at the time, a low cost way to raise the public profile of the Research Council and its valuable work. And indeed they have more than fulfilled this aim. It's just that democracy might lead to an expensive research ship sailing the world's oceans carrying a daft name. A radio presenter suggested the name Boaty McBoatface as a joke but it has received over 124,000 votes, more than all the other names put together. Voting has now closed on this particular issue and we have yet to hear whether the NERC's chief executive will bow to the forces of democracy or choose a more appropriate name for their new vessel. What would you do in his position I wonder? Does it matter what a boat is called? Does it matter how decisions are made?

There's a sneaky bit of me that would prefer dictatorship as a form of government, just so long as this imaginary dictator ran a benign regime and had views exactly like mine. But then the thought of being in charge of any political decision fills me with dread. It's hard to run my own life, never mind a country, a continent or the whole world. So we're back to democracy as an imperfect system but the best we have available at present. When deciding how best to cast our votes maybe some cherished values can help us. Any candidate or system that seems to care about making our world a bit fairer for all can have my vote. And as for that boat, I think they should name it after David Attenborough, who has taught us all so much about the beauty and fragility of our world.

Rev. Sarah Tinker

"The truth is: the natural world is changing. And we are totally dependent on that world. It provides our food, water and air. It is the most precious thing we have and we need to defend it."

David Attenborough

## In this month's newsletter...

\* 'Cat Vibrations' poem by Elizabeth L. Beel \* 'The Pleasures and Pains of Ageing' Workshop \* Invitation to 'Evidences' exhibition featuring Roy Clark \* 'Leftovers' reflection by Jane Blackall \* Happy Birthday Amber \* Welcoming Tate \* Banner Parade at the GA Annual Meetings \* 'Donating Clothes for Charity' by Liz Tuckwell \* Heidi Ferid's 'Butterfly Dreams' Charity Exhibition \* 'Freedom in Faith' reflection 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.

If you are aware of any member of our community who is unwell or suffering in some way and who would welcome contact from others in the church, please contact our minister.



Kensington Unitarians at Essex Church  
112 Palace Gardens Terrace  
Notting Hill Gate  
London W8 4RT

Office Telephone: 020 7221 6514

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

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

# Cat Vibrations



When my cat sleeps, or dreams away  
An afternoon,  
I know not if she purrs, miaows,  
Or emits some other noise.

But when I catch her at a poise  
And place a finger  
To her neck  
Under her chin  
She whirrs as if  
In a swoon  
Or a doze.

Elizabeth L. Beel

## Volunteering Rotas: Stewarding, Coffee and Greeting



### Stewarding:

1 <sup>st</sup> May:	Heidi Ferid
8 <sup>th</sup> May:	Michaela von Britzke
15 <sup>th</sup> May:	???
22 <sup>nd</sup> May:	Brian Ellis
29 <sup>th</sup> May:	Gina Bayley

### Coffee:

1 <sup>st</sup> May:	Kate Brown
8 <sup>th</sup> May:	???
15 <sup>th</sup> May:	Liz Tuckwell
22 <sup>nd</sup> May:	Kate Brown
29 <sup>th</sup> May:	Jane Blackall

### Greeting:

1 <sup>st</sup> May:	Melody
8 <sup>th</sup> May:	Melody
15 <sup>th</sup> May:	Sue Smith
22 <sup>nd</sup> May:	Melody
29 <sup>th</sup> May:	???

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)

## Sunday Afternoon Workshop:

# 'The Pleasures and Pains of Ageing'

Sunday 22<sup>nd</sup> May 12.45-2.15pm



Looking around at people you know you witness great examples of how to live fully your whole life. However, if you follow the fashion and film industries, as well as the media on the whole you will see frequent put-downs of the older generation. It is very hard to resist this negativity. And indeed the ageing process can bring difficulties. But it also brings new positive situations and experiences. You do not need to be old to contemplate the issues of ageing. After all, ageing is a lifelong process.

Join Carolyn Appleby and Sarah Tinker for an interactive session on this topic. All adults welcome. No charge. Make sure you have had some lunch before we begin.

## Unitarian Annual Meetings



The Banner Parade usually takes place on the first night of our Annual Meetings and it always pleases me greatly to watch them go by. Congregations put a fair bit of effort into their design and creation of their banners and our Kensington Unitarians one is no exception. Made in felt before I started work here at Essex Church, its many religious symbols are so cheery and colourful. They remind me of the hymn we sing "for all are welcome here". This year I was the one carrying the banner. Next year it could be you! We're always keen to invite new people to attend the meetings and taking part gives you a sense of our wider movement - with all its delights and quirks. And you get to spend days in a luxury hotel with all expenses paid. Who could resist such an offer?

Sarah Tinker

## 'Heart and Soul'

Midweek Spiritual Gatherings

Thursday 5<sup>th</sup> May 2016 from 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, and a chance to explore the evening's topic in relation to your own life. This will be followed by refreshments and fellowship. Our May gathering will be led by Roy Clark and has the theme 'Sometimes We Cry'. All are welcome to join us. If you would like to know more about our 'Heart and Soul' gatherings email [jane@kensington-unitarians.org.uk](mailto:jane@kensington-unitarians.org.uk)

## Happy Birthday, Amber!



Congratulations to young Amber on her second birthday and thanks for sharing the birthday fun with us.



## Evidences

An exhibition of recent work by  
Roy Clark, Maurizio Cortigiano, James Ryan

25<sup>th</sup> April - 1<sup>st</sup> May 2016  
at The Gallery on the Corner  
115 Battersea Park Road, London SW8 4BU

I will be holding a Spring exhibition of my recent work at the end of April. If anybody would like to attend the Private View on Tuesday 26<sup>th</sup> April please let me know and I will send you an invitation.

Roy Clark

## Welcoming Tate

We were delighted to welcome young Tate, parents Amber and Stewart and their wider family and friends on an April Sunday morning for a ceremony of dedication and blessing. They brought a celebratory cake and it was delicious.



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



**Sundays 15<sup>th</sup> May and 19<sup>th</sup> June  
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.

**Good Cause Collection of the Month**

**Christian Aid**  
**We believe in life before death**

**Collection on Sunday 22<sup>nd</sup> May**

Our collection in May falls at the end of Christian Aid Week. Christian Aid insists the world can and must be swiftly changed to one where everyone can live a full life, free from poverty. They work globally for change that eradicates the causes of poverty, striving to achieve equality, dignity and freedom for all, regardless of faith or nationality and are part of a wider movement for social justice. They provide urgent, practical and effective assistance where need is great, tackling the effects of poverty as well as its root causes.

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

**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:

**January – Unitarian Youth Programme - £666.37**

**February – 'Respond' - £555.04**

**March – Water Aid - £402.93**

# 'Freedom in Faith'

Sermon by Rev Sarah Tinker from Sunday 19<sup>th</sup> April

*This sermon is also available online as a podcast.*



We held one of our monthly Heart and Soul evenings last Thursday here at Essex Church. We describe them as alternative spiritual gatherings and it's lovely to gather a small group of people together in a quite deep spiritual way for an hour or so and then to have tea and cake and chat together. On Thursday we had visitors from two other Unitarian congregations, and two newcomers who'd never been to a Unitarian activity before. Towards the end of the evening I heard one of them ask the person next to them 'so what is Unitarianism – I've always wanted to know' and all the conversation stopped and everyone looked at me, clearly thinking I would have the answer.

You'd think I'd have got this sorted by now wouldn't you. What to say in response to this question. But can I have some sympathy – have any of you found yourself struggling to answer this simple query? If you're not sure how to answer well I've got a book here that says it much better than I'll ever manage – Unitarian – What's That? – and there are some free copies if you'd like to keep or borrow one.

And how I answer depends on where I am and who I'm speaking to but at some point the word 'freedom' comes into it. Because freedom matters greatly to me as it probably does to most of you. Unitarianism is a free religious faith, we have no fixed creeds, no doctrines that we all must hold to. We are about to invite people to renew their membership of our congregation – there is no test, no shared statement of faith to agree to. We simply ask that you are in accord with our Unitarian ethos of free inquiry and respect for the beliefs of others.

For us who live in a modern western society such freedom is no big deal now. But I'm ever aware of those who came before us, who in our lands lost their livings, their access to education, their liberty and even their lives in the struggle for freedoms that we now take completely for granted.

For we Unitarians were at the heart of the Nonconformist tradition, the struggles of those who could not agree to the 39 articles of faith of the Anglican Church, established to settle the controversies of the English Reformation. Our Essex Church congregation established in 1774 by Theophilus Lindsey an Anglican minister who found he could no longer accept these articles of faith and who bravely started this the first Unitarian congregation when it was still against the law to express a Unitarian faith, to deny the Trinity of God as three in one.

Hard for us now to imagine how passionately people felt about all this. I've been reading recently about a young Scottish medical student called Thomas Aikenhead who in 1697 was executed in Edinburgh for blasphemy. Reading his words now, he sounds like a rebellious and intelligent young adult reading the Scriptures and finding their flaws and inconsistencies. We don't take people's lives now for expressing atheist views – in this country at least – yet the issue of freedom of speech and its limitations is a very current issue that we have to engage with.

So freedom of faith is important for Unitarians but with freedom comes responsibility. We have to live thoughtfully – deeds not creeds it's sometimes described as. The very construction of our name Uni-tarian is a helpful reminder to me that we are all one, that the whole of existence is connected. I think our current

government has stopped using that slogan – we're in this together – so I'm going to reclaim it – because it's at the core of my faith. I do really believe that. And that's why I'm going to share with you any profits I make from any offshore accounts that may be held in my name or in the name of any of my family members.

Luckily here at Essex Church we do believe in sharing what we have. Because of those who came before us we have the custodianship of this building here in Notting Hill. I wish you could have been here yesterday and seen the steady stream of people coming through our doors – our liberal Jewish community Beit Klal Yisreal, the One Spirit Interfaith Foundation who train Interfaith ministers, some of whom are also members of our congregations, the Eritrean Cultural Support group that we have been supporting for over ten years now, Seicho No Ie (meaning Truth of Life) a non-denominational movement based on the belief that all religions emanate from one universal God.

Sharing our building helps pay the bills, but just as importantly it makes a clear statement that as Unitarians we respect the faith of others, we view life as a path of exploration and we support one another on life's journey.

We live at a time when much that is wrong about religion is painfully obvious. Religion can clearly bring out the best and worst in us humans. But I don't think the answer is to imagine a blissful happy-ever-after life without religion – which is the simplistic message of some vocal atheists. Get rid of religion and all will be well? I don't think so. Because of course the problem is not religion it's us, us humans. For we are both the potential trouble makers and the potential peace makers. We are the ones who have a choice.

We are the ones who have a choice and we are the ones who have a voice. I think it's one of the things we do well here at Essex Church – we create spaces in which we can become more articulate about our own faith and allow one another chance to explore beliefs and how to live life well in a safe space. Earlier on we heard of the Golden Rule as a guide to living – do unto others as you would have them do unto you. Many a student essay has been written on the issues of such a rule, the problems of finding any one way to govern the complexities of human existence. But behind Jesus' version of the Golden Rule was a greater demand – to stay aware of our inner life as we engage with the world – to be awake to ourselves as we relate with others.

In our 21<sup>st</sup> century global community, our willingness, and our capacity to stay awake to the diversity of all that is, is, I believe, life-saving work. And it's work better tackled together.

# 'Leftovers'

Sermon by Jane Blackall from Sunday 3<sup>rd</sup> April.

This sermon is also available online as a podcast.

*'In making a life, we're all cooking with leftovers from childhood... The longer we're at it, the more leftovers there are... [Each day] you open the door, and you are faced with the question, "What can I make of it?"'* (so said the Unitarian Universalist minister Gordon McKeeman in the reading we heard earlier: <http://www.uua.org/re/tapestry/adults/life/workshop7/159342.shtm>)

In all of our lives, by the time we are old enough to start shaping our own destiny in any significant way, all sorts of external influences will already have acted upon us, shaping our sense of what's possible, beginning to form our outlook, our identity, setting down those deeply-rooted habits of thought and behaviour which sometimes serve us well... and sometimes not so well.

Many things which we never had a part in choosing have a huge impact – for good or ill – on the way we have turned out: At the most basic level, the random shuffle of genetic inheritance deals us a certain hand, a collection of physical attributes and dispositions. Then, the virtues, vices, and peculiar quirks we picked up from our families and caregivers in early life will, to some degree, influence the way we operate later on (not to mention the effect of any stories they might have told us about ourselves while we grew up – stories we might still be carrying with us).

And the times we were born into – the political climate and prevailing social attitudes that surrounded us in our formative years (and the environment in which we find ourselves now) – these will have affected not just our opinions and world-view but also our life opportunities. We may have experienced this influence in a positive way or a negative way – at times each of us may have benefitted from the prevailing systems of privilege – at times we may have found ourselves being discriminated against and disadvantaged; We may at times have been swept along with the majority view and conformed with it – or we may have reacted against it and defined ourselves in opposition to the masses. Either way the larger political and social tides will have played a part in shaping who we are (like it or not).

So, to some extent, it might be said that we are conditioned by our family and society, while we are still very young, before we have any conscious say in the matter whatsoever. These early experiences and processes store up plenty of leftovers for us which we might well spend the rest of our lives trying to work with.

On top of this, as time goes by, most of us start to accumulate leftovers more intentionally. Opportunities arise and we make more-or-less conscious choices about whether or not we take them on. Over time these decisions will most likely have consequences we didn't originally foresee. People come into our life – usually by chance – and some will become more significant to us. They might bring us new ideas and challenges, or they might encourage us and lift us up. We might strive to broaden our horizons, to learn new skills, to cultivate good habits perhaps. To do all those things that make our life a little bit bigger and open up new possibilities.

And along the way, life will just keep on accidentally adding to our personal stash of leftovers, piling stuff on – bringing us new experiences (some joyful, some sorrowful) each day – until we find ourselves right here in this very moment, opening our metaphorical fridge door, surveying the contents, and asking *'what can I make of it?'*



(I hope you will indulge me now in an extended exploration of the metaphor of the fridge!)

Imagine opening the door of your metaphorical fridge – the fridge of your life. First things first: You need to have a proper look at what's there. What ingredients have you got to work with? What's still good? What's a bit past its best but still salvageable? What's gone off, maybe gone a bit furry, and just needs to be chucked out? I reckon we'd all benefit from taking a closer look at our leftovers from time to time; from being more conscious about the factors that are shaping the course of our life.

Sometimes when we take a look in the fridge what we find there is so very unappetising that we simply can't face doing anything with it and we'd rather go to bed hungry (and, once in a while, that's OK). And sometimes in life the circumstances we find ourselves in, or the state of mind we find ourselves in, these are so unmanageable that all we can do is opt out of engaging with life altogether and hide for a while (hopefully this is temporary). Sometimes our resources are low, and we just have no capacity to cope, let alone be creative.

At other times we might open the fridge door and find a slightly more promising set of ingredients to work with (or maybe it's the same fairly unappetising set of leftovers but we're in a better frame of mind to face them this time). On days like this we might manage to put together a decent-enough dish – probably not something especially imaginative or tasty – but something that is more-or-less edible. It fills a hole and keeps us going. And sometimes in life we're just about able to put one foot in front of the other and get by. Our circumstances might seem pretty unpromising but somehow we're managing to carry on.

Sometimes, when there doesn't seem to be much in the fridge, we might be in a position to pool our resources with a friend or neighbour, and put our respective leftovers together to make something nicer than either of us could have cooked up alone at that moment. That sort of mutual support in life, from those around us who are often struggling too, that can often enable us to make something better even in the worst of conditions.

Occasionally we might open the door of our fridge and, regardless of what we find there, we seem to have the extra resources, time, and energy to make something a bit more exciting. Maybe we have a brainwave about how to combine the leftovers with some spices or some stodge from the back of the store cupboard that we almost forgot we had. Maybe we have heard about some recipe or learned some technique we can try out. Perhaps we have built up a decent repertoire of dishes we can rustle up effortlessly. Maybe, if we are lucky, we can afford to splash out on some extra special ingredient from the corner shop which will liven the whole thing up without much thought.

## 'Leftovers' (continued)

And in our lives? Well, occasionally we will have the oomph to do more than just get by. There will, with a bit of luck, be times in all of our lives when we have the drive and the strength we need to transcend our circumstances and limitations (both real and perceived). We won't necessarily have a lot of say in this – sometimes energy and creativity just seem to come and go – and we will all have 'bad fridge days' from time to time – but sometimes when we look at our life and ask the question 'what can I make of it?' we might just ask that question with a greater sense of possibility and hope.

And perhaps there are things we can do to help tip the balance a little more in favour of 'good fridge days'. We can slowly work to assemble and maintain our metaphorical store cupboard – building up our resources, strategies, and skills – establishing decent support networks. We can perhaps consciously deepen our connections with friends and neighbours, sharing our struggles, and what we have learned, and giving each other a hand when times are hard.

I'm sure many of you have already discovered the little worksheet-handout-thing tucked into your order of service today on a creamy-coloured piece of paper. It's got the title 'what can I make of it?' and it's intended to be something you could use, if you'd like to, to have a good look at your own leftovers, to think about what you'd like to make of them, and to ponder what you'd need in order to make your next steps. That might be something for you to look at now, or on the journey home, or over coffee. On the front of the sheet you've got space to jot something down about your own leftovers. The key life experiences that have influenced the outlook and opportunities you have today. Of course you could write forever on this but I encourage you to just observe what comes up. I've just made a few suggestions of areas you might want to consider but use this as you wish. At the bottom – stuff you've picked up from your family and the larger society in childhood. On the next shelf up – stuff from the world around you, political and economic forces. On the top shelf – stuff you've had a bit more agency in, your choices, things you have learned. Take some time to think about things that have shaped who you are, your circumstances now.

Then on the other side of the sheet there are some questions for you to ponder further. Given the person that you are and the circumstances that you are in, right here, right now... with that

very particular set of leftovers that you have ended up accumulating over the years: think of that question 'what can I make of it?' What would you like to make of the life you've got? It doesn't have to be a masterplan. You might just be asking 'what's next for me?' Or you might be asking yourself something much more searching like 'what do I want my legacy to be?' or 'what do I want my life to have meant?'

Given those leftovers, and that sense of what you would like to make of them, there's a further question about what you might already have in your store-cupboard (in terms of resources, skills, support, and so on) to help you make something good of it all? Each one of us will have some resources already and it's worth appreciating that in ourselves. And beyond that: are there more things you need in order to take the next steps? Are there ways in which you can boost your store-cupboard, add new recipes to your repertoire, or learn new skills?

Remember, every one of us has to deal with life circumstances we didn't choose, and on top of that, we are doing so with a set of reactions and responses, habits and patterns, a bunch of psychological ingredients that were laid in store before we had any say in the matter. It can be reassuring to realise that many of our leftovers are in a sense 'not our fault'... but it's also encouraging to remember that our leftovers are 'not our destiny' either. Or at least they don't necessarily need to be. It is often possible to make something nice enough out of them. Having a good look – and a compassionate look – at who we are and what our situation is may well be the first step to seeing our lives in a different way and transcending our inheritance.

As we come to a close I will share some brief words by the Unitarian Universalist minister, Leslie Takahashi Morris. She says:

*'All that we have ever loved  
and all that we have ever been  
Stands with us on the brink  
of all that we aspire to create:  
A deeper peace, a larger love,  
a more embracing hope,  
a deeper joy in this life we share.'*

As we each rise to the challenge of cooking with the leftovers of our lives Let us be as kind as possible to each other and to ourselves. It's not always an easy task.

*'Start where you are. Use what you have. Do what you can.'*

Amen.



### Charity Exhibition: 'Butterfly Dreams' Paintings by Heidi Ferid

**Preview Saturday 14<sup>th</sup> May, 3-6pm**  
**Golders Green Unitarians, 31 ½ Hoop Lane, London NW11 8BS**

Exhibition Continues to 30<sup>th</sup> May. All proceeds will go to the Red Cross Syria Fund and the Golders Green Unitarians Heritage Fund.

### Inclusive Communion

**8th May, 5<sup>th</sup> June 2016**  
**at 12.30pm Down in the Church Library**

Once a month we hold a small-group communion, after the main morning service, downstairs in the library. A team of volunteers take turns in leading the services so we experience a variety of approaches.

**8th May** – led by Sue Smith  
**5<sup>th</sup> June (irregular date)** – led by John Hands (tbc)

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

# Services at Essex Church

**Sunday 1<sup>st</sup> May, 11am – ‘Miracles’**

**Service led by Katie McKenna**

Walt Whitman asks "Who makes much of miracles?" What could Unitarians make of them? Katie McKenna, ministry student and member of the Octagon Chapel in Norwich, will be joining us.

**Sunday 8<sup>th</sup> May, 11am  
– ‘Reverence for Beauty’**

**Service led by Rev. Sarah Tinker**

Our focus for May is on reverence as a little mentioned yet deeply strengthening approach to our existence. How might paying attention to beauty help us live well upon the earth?

**Sunday 15<sup>th</sup> May, 11am  
– ‘Reverence for Life’**

**Service led by Rev. Sarah Tinker**

In this service we'll remind ourselves how precious are our lives, how precious is the life of the world in which we live. Born to be co-creators here on our planet, what are we creating today?

**Sunday 22<sup>nd</sup> May, 11am  
– ‘Reverence for Love’**

**Service led by Rev. Sarah Tinker**

Come and join us for a celebration of loving relationships, in all their delicious complexity and confusion. How can we awaken our love for all?

**Sunday 29<sup>th</sup> May, 11am  
– ‘How Can I Keep From Singing?’**

**Service led by Claire MacDonald**

Claire MacDonald says: "Where do our Unitarian hymns come from? Who wrote them? Which ones do we love best? What do we feel about hymns from other traditions? What, in fact are 'hymns'? Today I want to bring music of many kinds to share, listen to and sing, and to explore song in our own tradition."



## Welcome to Arda

Welcome to our volunteer warden Arda Ohannessian, who will be living in Jenny's flat whilst she's away on sabbatical and helping to take care of our building. He's already had to help unblock a drain. Hopefully our loved but demanding building will not cause any other problems during his stay. Thanks for being here, Arda.

**Sarah Tinker**

'Usually we act as if we were autonomous, independent beings. But occasionally — at a waterfall, on a walk, hugging someone we love — we glimpse a trace of infinity. Something inside us remembers the oneness.'

**Daniel C. Matt**



**DRESS FOR SUCCESS®**  
GREATER LONDON

## Donating Clothes for Charity

We are having the decorators coming to decorate two rooms soon and I decided to have a major clear out. As part of that, I decided to donate some clothes to charity. I came across some work clothes and wondered if they could go to a suitable charity. I looked on the internet and there was Dress For Success, Greater London.

Dress For Success is a small charity that provides suitable clothing, interview training and a support network for unemployed women looking for work. 60% of their clients are single mothers. One in two women they help get a job, which is an amazing statistic. They are based in East London, near Shoreditch.

I have spoken to the Chief Executive, Monica, who was very pleased at my contact and gave me some information about what they particularly need at the moment. We are hoping to have a clothing drive for Dress for Success in the next few months so wanted to alert people early that this will be happening. Could any woman reading this, please have a look through your clothes to see if there anything you don't want or need, which would be suitable for women applying for jobs. Could any men reading this, please ask your female relatives and friends if they have any work clothes that they no longer need?

What Dress For Success *especially* need right now are:

Accessories appropriate for an office setting

- Shoes
- Handbags
- Jewellery
- Other accessories

Clothes Size 16 & Above

- Suits
- Blouses
- Skirts
- Dresses

But all sizes are welcome

The clothes need to be:

- Clean - no stains
- Excellent condition
- Current or classic style

Dress for Success is also running a fundraising Power Walk for Dress For Success on 11th June 2016 from 9.30 to 12.00 in Hyde Park. If you want more information, please contact Juanita on [info@dressforsuccessgl.org](mailto:info@dressforsuccessgl.org) or 0203 7737279.

**Liz Tuckwell**