



Kensington Unitarians

The Newsletter

March 2009

What's On at Essex Church

Sunday 1st March, 11.00am

"A Very British Heretic"

Led by David Francis Darling

Sunday 1st March, 12.45-2.00pm

Kensington Community Singers

Sunday 1st March, 12.45pm

Adult RE: "A Sharing Circle"

Sunday 1st March, 2.00-5.00pm

Community Arts Project:

"The Fabric of Diversity"

Thursday 5th March, 7.00-9.00pm

Adult RE: "New-U"

Led by Rev. Sarah Tinker

Saturday 7th March, 10.30am

Walking Group: Richmond

Meet at Richmond Station

Sunday 8th March, 11.00am

"Wanderers"

Led by Rev. Sarah Tinker

Featuring Kensington

Community Singers

Sunday 8th March, 2.00-3.00pm

Nia Dance: Holistic Movement

Sunday 8th March, 3.30-5.00pm

"Songs and Silence for the Soul"

Thursday 12th March, 7-9.00pm

Creativity Group:

"Paper Cut House Blessing"

Saturday 14th March, 11.30-3.30pm

Taoist Healing Sounds

and Deep Relaxation Workshop

Led by Rev. Sarah Tinker

Sunday 15th March, 11.00am

"Lent and Spiritual Practices"

Led by Rev. Sarah Tinker

Thursday 19th March, 7.00-9.00pm

Adult RE: "New-U"

Led by Rev. Sarah Tinker

Sunday 22nd March, 11.00am

"Mothering Sunday"

Led by Rev. Sarah Tinker

Wednesday 25th March, 7.00-9.00pm

Management Committee Meeting

Thursday 26th March, 7.00-9.00pm

Reading Group:

"Touching the Void"

Sunday 29th March, 11.00am

"Can Unitarians Believe in Angels?"

Led by Heidi Ferid

A Message from our Minister

The Miracle of Life...



In this year in which we celebrate Charles Darwin's birthday, people have been reminding us just how lucky we are to be alive, what a remarkable set of circumstances has allowed life to evolve and flourish here on planet earth.

Are you, I wonder, anything like me? On the good days I am delightfully aware of the miracle of life. I hear birds singing. I see the smiles on people's faces as they walk by. Life has meaning and purpose. It feels great to be alive. On the bad days life can seem painful, tedious, miserable or downright frightening. What's worse is that when life is already difficult it has a tendency to deteriorate further. A few weeks ago I had one of those days. I'll spare you the gory details but suffice to say it involved falling over on the ice, getting a parking ticket and hurting someone's feelings by saying the wrong thing.

...and Treading in Dog Poo

Then, whilst wending my weary way home, I trod in some dog poo. The dogs in Kensington and Chelsea, or rather their owners, are generally so well behaved that dog poo is a rare phenomenon on our pavements. If I was in Paris I would have been more alert. Pedestrians there have to steer endlessly round these offerings. I didn't know that I'd trodden in anything untoward until taking my boots off at home and by then the damage was done. Well, the damage was done to the carpet. But it was in the act of cleaning the dog poo off the carpet that my liberation came. I remembered a meditation learnt years ago on a psycho-synthesis course, a wonderful form of therapy that blends personal exploration with spiritual insights. The meditation is an exercise in dis-identification:

I have a body, but I am not my body;
I have feelings, but I am not my feelings;
I have desires, but I am not my desires;
I have thoughts, but I am not my thoughts.
Who is it that has been observing these realms?
I am the self, the centre of pure consciousness.

Becoming the observer of life rather than being identified too closely with every up and down that life brings us, is a valuable spiritual path that can help us in the tough times. Perhaps if I practiced it more it would work on parking tickets as well as dog poo on the carpet.

Rev. Sarah Tinker

In this Month's Newsletter...

* *Growing Our Congregation - Everyone Can Help* * "New-U" for new members at Essex Church *
The Spiritual Bookshelf: John Macmurray's "Reason, Art and Science" recommended by John Hands
* "Freeing the Spirit - Freeing the Body" by Sonya Leite * "A Greenwich Outing" by Doris Campbell *
"Mysticism in Action" by Carole Grace * "Charles Darwin - A Personal Reflection" by Howard Hague
* *Our Fair-Trade Church - Everyone a Winner!* * *Multifaith Calendar* * *District Events* * and more...

Kensington Unitarians

At Essex Church (founded 1774), Notting Hill Gate

We are here to share our experiences, to learn from each other, to explore our diverse faiths, to welcome spiritual seekers and offer companionship on life's journey.

We meet for worship each Sunday at 11.00am. The format of the service varies, and usually includes music, singing, meditation, an address, an opportunity to share joys and concerns, and a programme for children. Our activities also include religious education and spirituality workshops, engagement groups on a variety of themes, meeting for fellowship, a regular chanting session, and quiet meditation. All are welcome to come and join us.

Contact our minister to discuss our unique ceremonies, including child naming services, weddings, blessings, and memorials, which are available to all. Many other groups share our church building. If you are interested in hiring one of our rooms for your own organisation or event please contact our wardens by telephone or email.



*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

Web: www.kensington-unitarians.org.uk



London District Annual General Meeting

**Saturday 21st March, 1.30pm
Essex Hall, Essex Street, London**

The AGM of the London District and South Eastern Provincial Assembly of Unitarian and Free Christian Churches will be held at Essex Hall on 21st March.

1:30pm Service led by Rev. Sarah Tinker,
Minister of Essex Church, Kensington

2:15pm Annual General Meeting

3:30pm Afternoon Tea

Why not come along for the service and support Sarah, our very own minister. London district events are also a good opportunity to meet fellow Unitarians and begin to get a wider view of the denomination beyond our walls.

Stewarding and Coffee



Stewarding:

1st March:	Will Lyons
8th March:	Sachin Joshi
15th March:	Caroline Blair
22nd March:	Angela Gasparetto
29th March:	Howard Hague

Coffee:

1st March:	Margaret Darling
8th March:	Christine Joshi
15th March:	Julia Alden
22nd March:	John Rooney
29th March:	Gill Hague

Please speak to Christine Joshi if you would be willing to help out...



A Fitness Fusion of 9 Movement Forms Sessions led by Sonya Leite

**Second Sunday of the Month from 2.00-3.00pm
(8th March, 12th April, 10th May)**

Mondays from 11.00am-12 noon

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 the dance arts.

Cost £7 (£5 to Essex Church members)

Contact: SONYA LEITE on 0207 371 1674

Growing Our Congregation

At the last meeting of Essex Church's management committee we decided to join our local District's initiative on congregational growth. We decided that we would like to see this congregation grow in membership over the next few years from its present level of 52 members to around 75 and to have average attendance for Sunday worship increase from its present level of around 32 to 50 people.

We also thought of other indicators of growth that are important to us. For example:

- We run other activities here at Essex Church and we would like to broaden the range of these and the number of people attending.
- It would be good to have a wider number of people more actively involved in the running of this community in all sorts of ways – on the management committee, involved with leading and supporting worship, stewarding and coffee making, organising other events – and in ways nobody has yet thought of!
- We want to offer worship and other activities that will encourage young families to attend, including a regular children's group.

Everyone Can Help



Committee members had other ideas – one of which was to find out what church members and regular attenders here think about growth. Do please let someone on the committee know your thoughts.



It's important to hear everyone's views because research suggests that the churches that grow most successfully are the ones where most people agree that is what they want to have happen. The way that we all welcome newcomers makes a big difference as to whether they come back next week and the week after.

Various growth related events are taking place over the next few months which people are invited to. Five of us will be going to a workshop on **Saturday 2nd April** in Sevenoaks, Kent, to be trained in how to get our growth project going. We still have room for a couple of extra people so do let me know if you would like to get involved.

On **Saturday 25th April**, Rev. Jane Dwinell from the UUA will be running two sessions on 'What Makes a Small Congregation Special?' and 'Opening the Circle: Welcoming New People to a Small Congregation' at a day workshop for the district in the Unitarian church at Golders Green.

On **Sunday 26th April**, Rev. Jane Dwinell will be co-leading worship here at Essex Church and then running a workshop specifically for our congregation in the afternoon. Do put this date in your diary as it would be lovely to have a good turn out on that day.

We Unitarians are not the most evangelical of churches. Many of us, me included, can be quite reticent when talking about our faith to others. Yet I am very proud of the community here at Essex Church and of our wider Unitarian movement. It has made a profound difference to my life to find a church where I can belong and where I am accepted. In the last few years I have seen new members really enjoy settling in here and finding their place in the community. People have told me that their lives have improved because of attending this church; that it helps to be able to share this journey of life with others. I think that's worth sharing.

Rev. Sarah Tinker

...a forthcoming course for new members ...

“New-U”



**Thursdays 5th March, 19th March
and 2nd April from 7.00-8.45pm**

This 3 session course will be led by our minister Sarah Tinker and is open to everyone who is a member here at Essex Church or is thinking of becoming one.

It's designed primarily for people who feel new in some way - new to Kensington Unitarians perhaps, or new to Unitarianism or new to liberal religion or new to London or Britain. But anyone is welcome to come along as the course is mostly about getting to know one another better through conversation and activities.

How do we run Essex Church? What links are there with the wider Unitarian movement? What other activities are happening here in the UK and how do we find out more? What is important to us as liberal religious people? These are just some areas we will consider during these sessions.

The course is free to attend but we ask people to book a place by contacting Sarah on 0207 221 6514 or sarah@kensington-unitarians.org.uk. You don't need to attend all of the sessions though it would be good if you can make it to all three. If you can only attend one or two do tell us when booking.

“If you are proud of this church,
become its advocate.
If you are concerned for its future,
share its message.
If its values resonate deep within you,
give it a measure of your devotion.
This church cannot survive without
your faith, your confidence,
your enthusiasm.
Its destiny,
the larger hope,
rests in your hands.”

Michael A. Schuler

Songs and Silence for the Soul:

Chanting and Stillness at Essex Church



Sundays 8th March, 12th April, 10th May
from 3.30 to 5.00pm

Suggested Donation: £2.00

An opportunity to sing chants from the world's faith traditions and to sit together in candlelit silence. All are welcome, no experience is necessary. A space in which to re-connect with yourself, one another and with whatever you hold to be divine.

Phone 020 7221 6514 for more information
or email sarah@kensington-unitarians.org.uk

Dates for your Diary

Congregational Easter Lunch
Sunday 12th April 2009

A congregational pot-luck lunch is planned for Easter Sunday, 12th April, so please think about what food or drink you might be able to bring along and contribute. A sign-up sheet will appear nearer the time...

**Membership Service
and Essex Church AGM**
Sunday 17th May 2009

We hold a special membership service once a year at which the commitment of both new and long-standing members to the community is celebrated. It would be lovely if we had a good turn-out for this special service on the 17th May.

This service will be followed by our Annual General Meeting. It is important that members attend this meeting if at all possible so please put it on your calendar now and plan to come along.

Nearer the time of the AGM, we will once again be seeking nominations for the management committee election, so please consider whether you might be able to serve the church in this way and speak to one of the existing committee members about what is involved.

Back to Basics

(or 'Unitarians! Give Up Your Coffee')



*With acknowledgement to
"A Nice Cup of Tea" by George Orwell*

Use freshly drawn water and bring it to a boil in a kettle. Meanwhile, prepare your teapot. A stainless steel pot may be used, but earthenware is preferred. The pot should be warmed: add some hot water and let the warmth pervade the pot. Drain off the hot water, then add the tea. Remember to take the pot to the water, never the water to the pot. Whatever tea you use (and for proper emotional rescue you should use a strong Indian or Kenyan-based blend), do not use teabags. You need to let the tea leaves swim free and with teabags there will inevitably be a papery tinge to the taste. This rule is, however, widely broken.

Measure tea according to the size of the teapot and the strength of tea you prefer. In a large teapot (serving four cups), two teaspoons will give a fairly weak tea, perhaps enough to console one for a lost umbrella on a rainy day, and four should be strong enough for being stood up on a Friday night. A broken heart may need six. Add the water as soon as it boils, and leave it to stand for five minutes (and no longer) before serving. Use a mug if you must, but a cup with a saucer is far more civilised.

Traditionally you should add full-cream milk, but semi-skimmed will do. If you are familiar with the strength of tea you make and the size of the cups, you can follow the 'milk in first' technique. Otherwise, add milk to the tea, to ensure you get the right colour. Add sugar according to taste and the extent of the emotional crisis you are trying to overcome.

Serve with a biscuit or two, and prepare to feel much better.

*(from The Collected Essays, Journalism and Letters of George Orwell,
Volume 3, 1943-45, Penguin ISBN, 0-14-00-3153-7)*

Submitted By Will Lyons



"Kindness is a beautiful human attribute. When we say, 'She is a very kind person' or 'He was kind to me', we express a very warm feeling. In our competitive and often violent world, kindness is not the most frequent response. But when we encounter it we know that we are blessed. Is it possible to grow in kindness, to become a kind person? Yes, but it requires discipline. To be kind means to trust another person as your 'kin', your intimate relative. We say, 'we are kin' or 'he is next of kin'. To be kind is to reach out to someone as being of 'kindred' spirit. Here is the great challenge: all people, whatever their colour, religion or sex, belong to humankind and are called to be kind to one another, treating each other as brothers and sisters."

Henri J. M. Nouwen

The Spiritual Bookshelf

#2: 'Religion, Art and Science' by John Macmurray

This is the second of a new series of articles in the newsletter where members and friends of the congregation tell us about a spiritual or religious book which has special meaning or value for them. Look out for future book recommendations throughout the course of 2009.

The subtitle to this book by Professor John Macmurray is "A Study of the Reflective Activities in Man". Of course, Macmurray is using "Man" only in the sense of mankind or better – humankind. His work was mostly produced between 1930 – 1960, a period of time which included the rise of Stalinism, fascism and national socialism, all of which movements Macmurray resolutely opposed in a manner which gives a tone of urgency to all of his writing.

But the impetus to this work grew directly out of his experience as a frontline soldier in the First World War. The horrors it perpetrated and the vast scale of its destructiveness, unprecedented until then, led him to turn aside from his earlier intention to become a scientist and to seek a comprehensive understanding through philosophy, of what had led to the appalling events of the war.

It is important I think to mention this straight away, for the following reasons. Macmurray's active use of philosophy as a means to understanding as a whole, not just the specialist concerns of linguistics or the applications of science, sets it apart from most mainstream philosophy as it has been (and often still is) practised in British and American universities. Unsurprisingly, his work has been largely ignored or "airbrushed" out of most histories of British and American philosophy, in a manner familiar to us from the much more publicised ways in which dissident views (and images) were airbrushed out of Stalinist versions of Marxism in the 20th Century.

Unfortunately for me (as I am now quite convinced) I studied university philosophy at the very height of the logical positivist hegemony. Had I been in the least encouraged to do so I would have almost certainly found Macmurray more refreshing a relevant to my interests than truth-tables and A. J. Ayer – whose "Language, Truth and Logic" had to be devoured by students of philosophy with uncomplaining devotion!

In order to explain this I shall have to limit myself to stating the following seminal points of Macmurray's work generally, and "Religion, Art and Science" in particular.

Macmurray, although admiring the achievements of the sciences and the many beneficial technical works to which it has given rise, was at pains to explain its limitations. I quote "the valuation of science above other forms of reflective activity is evidence that the desire for the increase in power through the development of technology is a mainspring of social effort. The outstanding character of social action will then be the exploitation of power... To exploit power is to do something because it is possible, not because one has a good reason for doing it". (In our times) "the fact that something has become possible is accepted as a reason for doing it".

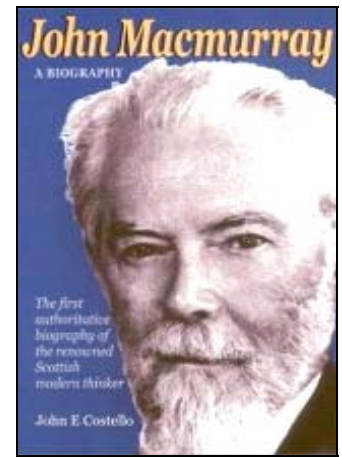
To our overweening absorption in the applications of science, Macmurray opposes our need to consider the importance of the intrinsic values of art and religion – especially the latter. Religion, Macmurray believes, is not just a specialist activity comparable to science and art but a holistic enterprise which incorporates and gives meaning to all of our activities both as individuals and as societies.

I conclude by quoting one of the phrases from one of the chapters in Macmurray's quite short book (78 pages) entitled 'The Religious Reference'. "What then is the invariant core of the meaning of a religious activity? So far as it can be expressed satisfactorily in ideas we may formulate it thus "We belong together in a common life and we are glad of it". The participants are rejoicing in their fellowship. The activity is a celebration of communion. Because of this it is also an act of worship; and these two aspects of the core of meaning are necessary to one another".

Elsewhere, he writes: "we are come together to celebrate our fellowship with each other and in so doing to celebrate our fellowship in and through the presence of God."

I realise that the presence of the Deity in this quotation will cause some Unitarians to bridle! But don't let this put you off reading what – for me – is the most lucid, comprehensive and cogent piece of philosophy I have ever read. And it was written for "intelligent laymen" not – to their chagrin – professional philosophers.

John Hands



Taoist Healing Sounds and Deep Relaxation

Saturday 14th March, 11.30am to 2.30pm

Cost £5.00 / 2.00 (concessions)



Making simple sounds and movements can bring about a remarkable change in our sense of aliveness and well-being. Taking a walk in the park, singing in the bath, are some of the ways we may choose to feel more fully alive and alert. Thousands of years ago, Taoist practitioners in China devised various systems of self-healing and this practical workshop will be an introduction to some of their methods.

On this workshop we will be learning ancient Taoist healing sounds and movements that were created to encourage the flow of chi energy round our bodies. This energy can become blocked; freeing it allows us to feel alive and invigorated once more. These gentle exercises are suitable for any level of fitness and are an ideal way to prepare for the spring.

After lunch we will practice some deep relaxation techniques. The ability to relax fully and deeply is said to be as important as being active. Taoism is based on the concept of balance between opposing forces and the constant gentle adjustment of our lives in order to achieve this. This workshop will help us to find that balance in our lives. Bring lunch to share and a blanket. Please phone Sarah Tinker on 0207 221 6514 to book your place.

April Newsletter Deadline



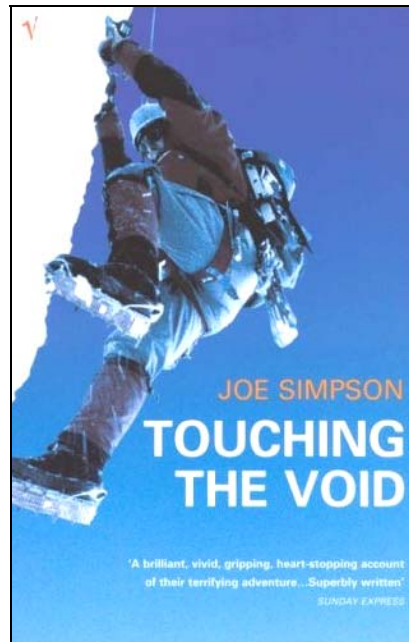
The deadline for submitting items for the April issue is **Sunday 15th March**. Please send items (such as poems, artwork, quotes, articles, notices, etc...) to Jane Blackall or any committee member before this date.

Thank you!!!

Reading Engagement Group “Touching the Void”

by Joe Simpson

Thursday 26th March, 7.00-9.00pm



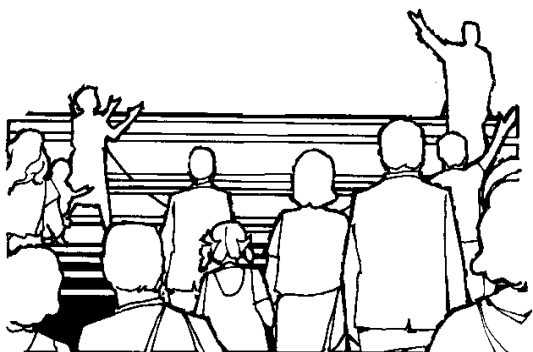
The reading engagement group’s next conversation will be about “Touching the Void” by Joe Simpson. This book was chosen by Sarah Tinker and will be the focus of our next group on **Thursday 26th March**.

Information from Random House Reading Guide:

“In June 1995 Joe Simpson and his climbing partner, Simon Yates, tackled the unclimbed West Face of the remote 21, 000ft Siula Grande in the Peruvian Andes. They achieved the summit, but then disaster struck. A few days later, Simon staggered into Base Camp, exhausted and frost-bitten, to tell their non-climbing companion that Joe was dead. For three days Simon wrestled with guilt as they prepared to return home. Then a cry in the night took them outside with torches, where they found Joe, badly injured, delirious, crawling through the snowstorm. Far from causing Joe's death, Simon had paradoxically saved his friend's life. What happened, and how they dealt with the psychological traumas that resulted when Simon was forced into the appalling decision to cut the rope, makes not only an epic of survival but a compelling testament of friendship.”

All are welcome to join the book group. Please do try to read the books before the meeting if you’re planning to come along. It would also aid discussion if you pick out favourite passages to share. Members of the book group take turns in choosing books so we read a wide variety of material.

District Courses in Congregational Leadership



Following the success last Spring when this course was offered for the first time the Course in Congregational Leadership will be offered again in Spring 2009. This four session course is designed for anyone who wants to develop their involvement in their local congregation at whatever level - in leading worship, in running courses, in organisational development, or in just deepening their own understanding of church life.

Each session will gather at 10:30 am and run until 4:00 pm and ideally participants will attend all four sessions. There is no charge. To register, please contact the District Minister, Rev. David Usher on (01732) 465248.

Saturday 14th March

Leading Worship, Sevenoaks, led by David Usher

Saturday 4th April

Congregational Life, Sevenoaks, led by David Usher

Saturday 25th April

Rites of Passage, Croydon, led by Jane Barton

Saturday 16th May

Leading Small Groups, Islington, led by Jim Robinson

Graduates from the first course who happened to miss any of these four sessions, or who want a refresher are welcome to attend. So popular was the first course, and so inspired by learning from each other were its participants, that there is to be a two session Graduates' Course in the Spring. The remaining session is:

Saturday 30th May

Any Questions, Lewisham, led by David Usher

Freeing the Spirit – Freeing the Body



New member Sonya Leite first came to Essex Church when attending the Interfaith Seminary's Universal Spiritual Gatherings (held here once a month on Friday evenings – see the listings on page 10).

Becoming a member of the Kensington Unitarians has been a natural growth of my Spirituality and a delight in belonging to such a deep and open-minded community.

Membership indicates agreement with the Unitarian ethos: the ability of each member to seek and define their own faith; in a spirit of inquiry and mutual respect, we share and grow together.

Attending Services here I have experienced that richness of diversity and teaching **The Nia Technique** has allowed me to merge my Spiritual Practice with my new Spiritual home.

Nia is a Dance Fusion Fitness Workout for the Body Mind and Spirit, blending Martial Arts, Dance Arts and Healing Arts.

At the Sunday Services I am inspired by the words, the sacred silence and the music. With Nia, I deepen that connection by actively embodying that spirit of beauty and awe through movement.

If you like to move, dance, have fun and ground your connection with spirit and self, it is well worth checking out.

I took my first Nia class while on holiday, in a relaxed state of mind and willing to explore an unconventional exercise class. A rich and satisfying workout – physically, emotionally, mentally and Spiritually.

I was in my body - not spacing out. My mind was alert - not wandering or bored. I was absorbed and stimulated by what I was sensing and hearing. I left feeling exhilarated and peaceful.

The Nia Technique brings me into the present moment and that is when I feel most alive and joyful. This is what Spirit does for me, Nia allows me to experience this in an enjoyable and physically creative way.

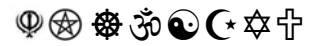
Sonya Leite

**Nia Technique: SECOND Sunday of each month
at 2.00 - 3.00pm and Mondays at 11.00 - 12am
£7.00 (DISCOUNT for Church Members £5.00)**

ENQUIRIES: Sonya at 0207 371 1674
or Sonya.Leite@virgin.net



Multifaith Calendar



✠ 1st March – St David's Day – Christian

Saint David, the patron saint of Wales, lived in the 6th century CE. A monk, abbot and bishop, he helped to spread Christianity among the Celtic tribes of western Britain.

✠ 2nd March – 19th April – First Day of Lent / The Great Fast – Orthodox Christian

Eastern Churches start Lent on the Monday before the first Sunday of Lent, and as many Eastern Orthodox Churches still use the Julian rather than the Gregorian calendar the dates of the whole Lenten period can differ from the Western Churches. The Lenten fast involves abstinence from meat, fish and dairy products until Easter.

☸ 3rd March – Hanamatsuri – Buddhist

Mahayana Buddhists celebrate the Buddha Shakyamuni's birthday with this flower festival. Tradition has it that the Buddha was born in a garden, so floral shrines are created with an image of the infant Buddha. Theravadins celebrate Buddha's birth, enlightenment and passing away all on the same day, at Wesak - at the full moon in May.

🌐 6th March – The Women's World Day of Prayer

This international, interdenominational prayer movement, begun in 1887, looks to a different country each year for service material. This year's order of service comes from Papua New Guinea.

☪ 9th March - Prophet Muhammad's Birthday - Muslim

The Prophet Muhammad's Birthday is celebrated on the 12th of Rabi-ul-Awwal, the third month of the Muslim calendar. In the UK Muslims celebrate at the mosque. Processions are held in some cities in the Muslim world, and in some countries the celebration starts with readings from the Qur'an, followed by poetry and songs in praise of the Prophet.

✧ 10th March – Purim – Jewish

Purim commemorates a troubled period of Jewish history, and how the community was preserved. The story is recounted in the Book of Esther (The Megillah), which is read in the synagogue, on the eve of Purim and also on Purim itself. Colourful costumes and masks are sometimes worn and there is lots of noise as the name of Haman (the villain of the story) is drowned out with boos and rattles (graggers).



☸ 11th March – Magha Puja – Buddhist

This day commemorates the occasion when the Buddha predicted his death and recited a summary of his teachings and a code of discipline (which monks are expected to recite every fortnight) to 1,250 enlightened followers on the full moon of Magha. The day is observed with meditation, chanting and listening to sermons.

☸ 11th March – Holi – Hindu

Various stories are associated with the Hindu spring festival. One story involves Krishna and his antics with the gopis (milkmaids), which gives rise to the tradition of throwing coloured powders and dyes. The story of Prahlada and Holika is also associated with Holi. Prahlada worshipped Vishnu in defiance of his father, and survived when his aunt, Holika, immune to fire, held him while she sat on a bonfire, giving rise to the tradition of lighting bonfires.



☪ 11th March – Hola Mahalla / Mohalla – Sikh

Guru Gobind Singh, the tenth Sikh Guru, introduced the festival as an alternative to Holi, in 1680. It takes place on the day after the end of Holi. First celebrated at Anandpur, in India's Punjab, it includes competitive displays of swordsmanship, horsemanship, archery and wrestling, and displays of weapons and symposia of poetry.

✠ 17th March – St Patrick's Day – Christian

Patrick lived in the 4th century CE, and was held captive in Ireland as a young man. He escaped, became a priest and then returned to Ireland to spread the Christian Gospel. The shamrock is his symbol and is worn on St Patrick's Day.

✠ 19th March – Feast of St Joseph, husband of the Blessed Virgin Mary – Christian

A feast day is held in some churches in honour of Joseph, who, together with Mary, brought up Jesus.

✠ 22nd March – Mothering Sunday (Simnel Sunday) – Christian

Mothering Sunday, the 4th Sunday in Lent, has now become secularised and is popularly known as Mother's Day. It was traditionally a Sunday when Christians visited their 'mother church' and took gifts to their mothers, often including a simnel cake.

✠ 25th March – The Annunciation of the Lord / Blessed Virgin (Lady Day) – Christian

Lady Day celebrates the angel Gabriel announcing to Mary that she is to bear a child, and Mary's response in the Magnificat. The day gives opportunity to focus on the doctrine of the incarnation.

☸ 27th March – Varsha-Pratipada – Hindu

Varsha-Pratipada is also called Yugaadi, which is a combination of the words yuga (era) and aadi (beginning). The first day of Chaitra, the first month of the Hindu lunar year, is regarded as an auspicious day for starting anything new. (Divali, in the autumn, is also a new year festival.)

✠ 29th March – Passion Sunday – Christian

This is the 5th Sunday in Lent, when Christians begin to concentrate their thoughts on the Passion or suffering of Jesus.

Our Warden's Column

What's On in Our Busy Building...

The main activity in the building in March is Associated Board music exams. They booked in for 17 days total, and are paying us over £2000 for the privilege – so I guess it's worth listening to grade I piano exams every day for a month!

In the evenings our regular activities continue. We have yet another yoga group starting on Monday evenings from 6.30-7.30 (contact info@charlottewattshealth.com for information). Sonya Leite has also started a daytime Nia class from 11-12 on Mondays.

On 25th February powered doors will be installed to enable wheelchair users to access the toilet facilities. This was the original motivation of the building work, so it's a real milestone. We hope that the few outstanding details (mirrors, babychange, floor-sealing) can all be sorted out in March – enabling us to start planning an official opening!

The other project starting to come to fruition is the many bulbs we bought last year. Around the tree there are mini daffodils (February gold so they should flower soon) and winter aconite – at least one of which is already flowering. Lower down there are patches of crocuses and more daffodils on the lowest level and in the rose bed. Later on there should be bluebells in the middle bed and tulips and grape hyacinth by the steps to the school. So keep an eye out – and many thanks to those who helped with the planting last autumn. ☺

Jenny Moy



Creativity Engagement Group

“Papercutting”

Thursday 12th March, 7.00-9.00pm



Make a Haus Segen (House Blessing) - come and cut your own house blessing from paper. Maybe you would like to paint your cutting - if you have basic paints etc. bring them along - also your favourite craft knife or scissors for cutting out. Paper etc. will be provided. See you on Thursday 12th March at 7pm!

Gill Hague

As usual, if this particular activity doesn't take your fancy, you are most welcome to bring your own crafts along, and simply sit with us in good company for the evening. There are usually biscuits and other goodies to eat too...

If you would like to know more about the creativity engagement group please do talk to Jane Blackall or Patricia Walker-Hesson about our activities. Photographs of work from several of the projects we've worked on over the last few years can be found on our church website: www.kensington-unitarians.org.uk/creativity.html



“A brakha [blessing] completes our energy-exchange with God. We are partners in a sacred cycle of giving and receiving in which we are not only ‘on the take.’ When we offer our blessings, we raise up sparks of holiness, releasing the God-light housed in our world back to its Source. We

receivers become givers, and the nurturing flow is sustained. When, on the other hand, we receive but fail to give, we become clogged, sick, and destructive. When we fail to praise, it is we who suffer. Without gratitude we become bored and depressed. This teaching, so fundamental to the Jewish practice of blessing, is movingly reflected as well in the poetry of Rumi, the Sufi poet: ‘Your depression is connected to your insolence and refusal to praise! Whoever feels himself walking on the path and refuses to praise — that man or woman steals from others every day — is a shoplifter!’

Imagine if at every moment we each embraced the world as the gift it is: An apple is a gift; the colour pink is a gift; the blue sky is a gift; the scent of honeysuckle is a gift. Hidden in every experience is a gift, obligating us to heart-filled appreciation, to songs of gratitude. We are called not merely to notice casually now and then that something is special and nice but to sustain and deepen a profound and sustained gratitude. Indeed, the more we acknowledge our gratefulness, the more we temper our tendency to be users, despoilers, arrogant occupiers.”

Marcia Prager

Universal Spiritual Gatherings at Essex Church



Run by graduates of the Interfaith Seminary these monthly Spiritual Gatherings are worship with a difference and this year feature guests from particular faiths. Hosted here at Essex Church, it is lovely to see our beautiful worship space put to such good use, with chanting, silence, music, prayer and inspiration.

Here are some dates for your diaries:

Friday evenings 6.35 for 6.45 to 8.15pm

6th March with Beit Klal Jewish group who will be leading a special service about the Jewish female principle Shekinah.

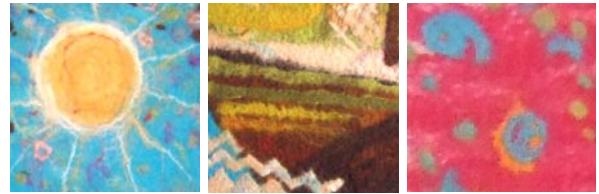
10th April with Dances of Universal Peace

8th May (theme TBC)

12th June with Sikh tabla player and chants

10th July with Jason Chan,
Master of Taoist Sacred Arts

Donations are asked for, to cover costs.



“The Fabric of Diversity”

Sharing our Stories through Fibre and Stitch

Final Session: Sunday 1st March from 2.00-5.00pm

Community Arts Project at Essex Church

Since last October we have been running a series of textile art workshops at Essex Church. Participants have made and decorated felt squares to represent their place in the local community and varied connections in the wider world. At the end of the project these squares will be joined to make a large wall-hanging, which will be displayed in the church, and an accompanying booklet will detail all the people who took part in its creation.

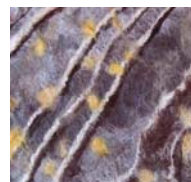
There is just one session remaining but all are welcome to come along - no prior knowledge or experience is required - and there will be a chance to get some basic instruction in feltmaking to enable you to make a square even at this late stage.

If you have come to previous sessions and taken your squares away to work on then please finish off and return them to me, along with your explanatory write-up for the booklet, by Sunday 8th March.

For more information about this or possible future arts projects at Essex Church email arts@kensington-unitarians.org.uk.

We request a donation £3/£6/£9 per session – a sliding scale according to your income.

This project has been generously supported by the Royal Borough of Kensington and Chelsea's Arts Grant Scheme.



Bodywork Sessions:

Available on Mondays here at Essex Church between 10.00am - 4.00pm

Using a combination of massage, aromatherapy and craniosacral therapy, Fiona Watson (ITEC dip.) can provide individual sessions to meet each client's unique requirements. For full details please phone Fiona on 07960 758068.



Our Fair-Trade Church

- Everyone a Winner



Buying fair-trade products makes everyone a winner. We get the warm rosy glow of knowing that our purchase is part of a world wide movement towards justice in trade around the world. Producers get a fair price for their products. To celebrate Essex Church's new status as a fair trade church we're holding an exciting series of competitions. Enter and you will have a good chance of winning a fair trade Easter Egg.

Here are your ways to win:

1. Take part in the Fair Trade Foundation's 'Go bananas for Fair Trade' event. All you have to do is eat one, just one, fair trade banana between noon on 6th March and noon on the 7th March. Their aim is to break the world record for eating bananas and to publicise the importance of fair trade. Let our minister know if you will be eating a banana and your name will go into a hat to win one of the Easter Eggs and we will add to the numbers of people taking part.
2. Take a photo of yourself with your fair trade banana(s) – your photo may appear in next month's newsletter or on the Fair Trade Fortnight website – and if so you may also win a coveted egg.
3. Write a short description of your favourite Fair Trade product for next month's newsletter – and again you may win a prize.



Website for more information
on fair-trade fortnight: www.fairtrade.org.uk



An event organised by the Art and Spirituality Network

The Transformative Power of Art:

Insights into the Creative Process



Saturday 28th March, 9.45am – 4.30pm

**At Wandsworth Quaker Meeting House,
59 Wandsworth High Street, London SW18 2PT**

Have you ever wondered:

What creativity actually is and where it comes from?

What enables the creative flow and what blocks it?

How you can make best use of yourself as a creative source?

What it is that makes your work and life unique?

Angela Schütz and Zäl Burnett invite you to explore these questions through art activities and sharing of experiences and insights. The workshop is focussed on the creative process, aesthetics of artwork produced on the day are not important. This workshop is for everybody who has a love for creating things and wants to deepen their understanding of their own creativity. Participants should bring a willingness to open themselves to their personal experience. Wear comfortable clothes you don't mind getting messy.

Timetable

9.30am - registration, tea & coffee

9.45am - introduction and beginning of workshop

1.00-2.00pm - lunch (*bring vegetarian food to share*)

2.00pm - workshop continues until end at 4.30pm

Cost of attending: £25 (includes materials and drinks).

Details and booking form on website or 07787 550 927.

Website: www.artandspirituality.net
Email: artandspirituality@googlemail.com



“Whatever comes into awareness is fine. You are none of those things, so just watch them pass like clouds across a blue sky. And this witnessing awareness is not itself anything specific you can see. It is just a vast, background sense of Freedom – or pure Emptiness – and in that pure Emptiness, which you are, the entire manifest world arises. You are that Freedom, Openness, Emptiness – and not any itty bitty thing that arises in it.”

Ken Wilber



Charles Darwin – A Personal Reflection

In 1982, when I was working in the medical library at Charing Cross Hospital, I remember a request coming through from the Dean of the medical school – what could we find out about Charles Darwin's illness? That was the year of another Darwin anniversary – the centenary of his death in 1882. No doubt before this I had been aware of Darwin as a scientist and author of the theory of evolution – perhaps even as half a Unitarian - but I hadn't been aware of any controversy about his health. In fact Darwin suffered a good deal of ill-health during the second half of his life, with periods of sickness, vomiting and fever. I quickly discovered that numerous papers had been written in the scientific literature about his health, with many theories about the possible cause. One of the favourites at the time was that he suffered from Chaga's disease, a serious tropical infection transmitted by the sort of insect that Darwin would have encountered frequently in South America during his voyage on the Beagle. My own view is that his illness was more psychosomatic than physical, but of course nonetheless real for that. Once he began

to develop his theory of evolution - that species are not fixed and develop over time according to their environment and the process of natural selection - he realised how explosive this theory would be, and the effect it would have on society and on religious belief. In addition his wife Emma held very traditional Christian views. This could also explain why he refrained from publishing his theory for some twenty years, only being persuaded to do so when he learned that another biologist, Alfred Russell Wallace, had developed a very similar theory to his own and was about to publish before him.

However there is another, perhaps more positive aspect to Darwin's illness. It provided him with an excuse not to go into society too much and some space in which he could do the work that was so important to him and – ultimately - to us. Of course he was also helped in this by moving in 1842 from Upper Gower Street in London to Down House near Orpington in Kent, where he was to remain for the rest of his life and bring up his large family. Although only fifteen miles from central London, it was a very rural and isolated village in those days, and this must have put a limit on the number of visitors he received. Even today it is not all that easy to reach by public transport. I remember visiting it in the 1980s when it was still owned by the Royal College of Surgeons, and walking most of the way there from Bromley South Station. Down House is a lovely place which oozes Mr D, and I thoroughly recommend a visit, perhaps especially in this bicentenary year. It is now owned by English Heritage, as befits such an important building, and recently I have heard that the gardens have now been restored to what their appearance would have been in Darwin's time. It is even possible to stroll around the Sandwalk at the bottom of the garden, where the great man did much of his thinking. Personally I think it is a shame that Charles Darwin lies buried in the pomp and finery of Westminster Abbey. Really he belongs at Down.

Talking of ill-health, when I was laid up with a broken foot last year, I heard more of Radio 4 than I usually do. One of the programmes that I would otherwise have missed was entitled 'Hunting the Beagle', which was about what happened to the ship on which Charles Darwin travelled round the world as a naturalist between 1831 and 1836. When the Beagle was decommissioned by the navy at Woolwich in 1843, it became a Customs and Excise patrol ship around the Essex coast, trying to keep a lid on the considerable smuggling activity in that part of the world. However it was not known what had happened to the vessel after she was sold in 1870, which is odd when you think how significant the ship's role has been in the history of science. A marine historian from the University of St Andrews believes he has traced the ship to a site near Paglesham on the River Roach (north-east of Southend). Although the ship's superstructure was sold off for scrap, he thinks the hull lies buried in five metres of Essex mud. I understand that his research on the site is continuing, with the analysis of soil samples etc. Wouldn't it be wonderful if the remains of the Beagle could be found? Well I'd be excited anyway!

Howard Hague, 8th February 2009

(for the Essex Church service on the Darwin bicentenary)

“What are we leaving behind? That is the question that marks the timbre of a lifetime. We leave behind our attitude toward the world. We are remembered for whether or not we inspired in others a love for life and an openness to all of those who lived it with us. We will be remembered for our smiles and for our frowns, for our laughter and for our complaints, for our kindness and for our selfishness. We leave behind for all the world to see the value system that marks everything we do. People who never asked us directly what we valued in life never doubt for a moment what it was. They knew if we cared for the Earth because they watched us as we seeded our flowerbeds — or let the debris from the garage spill over into what could have been a garden. They know what we thought of people of other colours or creeds by the language we used and the lives we connected with. They knew the depth of our spiritual life by the way we treated those around us and what we thought of life and what we gave our lives to doing. We leave behind the memory of the way we treated strangers, how we loved the individuals closest to us, how we cared for those who loved us, how we spoke to them in hard times, how we gave ourselves away to satisfy their needs. We leave behind, in our very positions on death and life, on purpose and meaning, a model of relationship with God.”



Joan Chittister

Mysticism in Action



I have been reminded of my interest in mysticism by a programme on the radio. I have always wanted any spirituality that I assented to to offer a way of living my life. Not with dictats but by inspiration. I have found that inspiration in the works of Teresa of Avila and Hildegard of Bingen these were women who made a difference in the world as well as finding time to contemplate the meaning of Jesus's life and his message to them.

I have also been inspired by Dorothee Soelle. It seems to me that she does not believe in an 'interventionist' God. The expression that comes to mind is that God has only our hands to complete his work. He might have created the world but it up to us what we make of it. Dorothee believed that God was love, he needs our love as well, it is mutual. She saw the life of Jesus as totally relevant to us today. I include her Credo below. Of course it got her into trouble with the church which saw it as blasphemy. Dorothee saw the injustice in our world and indifference to suffering as blasphemy.

I believe in Jesus Christ
who was right when he
like each of us
just another individual who couldn't beat city hall
worked to change the status quo
and was destroyed
looking at him I see
how our intelligence was crippled
our imagination stifled
our efforts wasted
because we do not live as he did
every day I am afraid
that he died in vain
because he is buried in our churches
because we have betrayed his revolution
in our obedience to authority
and our fear of it
I believe in Jesus Christ
who rises again and again in our lives
so that we will be free
from prejudice and arrogance
from fear and hate
and carry on his revolution
and make way for his kingdom.

Carole Grace

...a local Unitarian event you might be interested in...

Saturday Mini-Retreat: Unitarian Prayer Beads



Saturday 7th March, 1pm-4pm

Richmond and Putney Unitarian Church,
Ormond Road, Richmond, TW10 6TH

Led by Linda Hart and Patricia Walker-Hesson

This is the first in a series of mini-retreats to be held at the Richmond and Putney Unitarian Church. Retreat afternoons will be spent in reflection and quiet, and will focus on a particular spiritual practice or theme. This month, we'll be making a set of beads and learning a style of prayer or centering using them.

All materials and instruction will be provided. All you need to bring is yourself and your good intentions. You may also bring along your own beads to use in creating your string of beads.

£5.00 donation is requested to cover expenses.

Please contact Linda (revlahart@gmail.com or 020 8332 9675) to book a spot or for more information about bringing your own beads.



“To be here now, alive in the twenty-first century and smart enough to know it, you had to be...extremely — make that miraculously — fortunate in your personal ancestry. Consider the fact that for 3.8 billion years, a period of time older than the Earth's mountains and rivers and oceans, every one of your forbears on both sides has been attractive enough to find a mate, healthy enough to reproduce, and sufficiently blessed by fate and circumstances to do so. Not one of your pertinent ancestors was squashed, devoured, drowned, starved, stranded, stuck fast, untimely wounded, or otherwise deflected from its life's quest of delivering a tiny charge of genetic material to the right partner at the right moment in order to perpetuate the only possible sequence of hereditary combinations that could result — eventually, astoundingly, and all too briefly — in you.”

Bill Bryson

(in *'A Short History of Nearly Everything'*)

Yoga Classes at Essex Church



Well known yoga teacher and osteopath John Stirk is starting new classes here at Essex Church on Tuesday evenings from 5.15 to 7.00pm and from 7.30 to 9.15pm.

Contact John on 01323 422 049 / john.stirk@tiscali.co.uk for more information and to arrange to attend a class to see if it is right for you. Cost £15 per class.

Lynne Pinette continues to run her Astanga yoga classes here at Essex Church on weekday mornings. Contact Jenny, our warden, for more information.

Before Worship – Lent Special



The service on Sunday 15th March will be about the Christian time of Lent in which Christians traditionally give up certain foods. Its aim is to focus one's spiritual life leading up to Holy Week and Easter.

As my own Lent practice I am going to make an effort to be sitting in the church hall from 10am on Sunday mornings with a pot of coffee on the go, some brunch type nibbles and nothing to do but sit and talk to people when they arrive. This will require a great effort of will on my part as I will need to get everything ready for the service the night before.

Why not come along and join me and see if it's possible for this minister to be fully prepared and to sit still. Everybody is welcome to join me on the 8th, 15th and 22nd.

Rev. Sarah Tinker

...a local Unitarian event you might be interested in...

Bread-Making Course

Sunday 8th March, 1.00-5.00pm

Rosslyn Hill Unitarian Chapel,
Pilgrim's Place, London, NW3 1NG



John Lawrence will be running a second informal course at Rosslyn Hill Chapel, in the hall, to help people to improve their bread-making skills: how to make bread that is delicious and rises using a range of flours, rising techniques and flavours, including sourdough and brioche. Participants will come away with 4 loaves for dinner, breakfast or the freezer.

Please send a cheque for £20 (to cover ingredients, materials etc, with any surplus to the Chapel) to Leighton Cole paying Rosslyn Hill Chapel, along with your email address to secure a place – for a maximum of 10 people.

“The enormity of the world’s messes understandably overwhelms us ordinary mortals, who may find ourselves complaining, like the middle-aged Texas woman in a recent New York Times interview, ‘All I know for sure is something drastic has got to change and somebody has got to decide where this country is going to go instead of getting up there and giving us the same old, same old.’ Look how impersonally, how powerlessly she speaks: ‘something,’ ‘somebody . . . up there.’ Who does she think is going to do it? Obviously not herself: she just crouches while the ‘same old, same old’ showers down from on high. God, then?”



Not on your life. That’s what we’re here for: to make the world new. We know what to do: seek justice, love mercy, walk humbly, treat every person as though she were yourself. These are not complicated instructions. It’s much harder to decipher the directions for putting together a child’s tricycle than it is to understand these.”

Nancy Mairs

Essex Church Walking Group – A Greenwich Outing



As my train left Charing Cross Station, I was struck by the close proximity of the buildings and the Millennium Bridge with the railway tracks. It was then that I became aware that this was my first time along this line. As the train drew alongside the South Bank Centre I became aware that the new building adjacent to the railway tracks, which now housed numerous restaurants and cafes, was actually a part of the South Bank's refurbishment. I found myself looking down on the cafe where I often get the most delicious French bread. Although walking along the South Bank is one of my favourite routes and I had spent much time walking, eating and shopping there, and noticed the train passing along side, I had never been really been conscious of this particular aspect of the landscape before - especially how the buildings and the railway tracks jostle with each other for the limited space within that landscape. As the train wound its way to Greenwich, I became more aware of how the developing architecture within the past 20 years had been encroaching on the existing railway tracks. It also seems to me that as land and space within our city becomes a premium, the architecture has almost enclosed the railway tracks in some places, thus completely changing this landscape.

A few of us - Michaela, Deborah, Mary, David and I - managed to brave the weather and met at the agreed destination, Cutty Sark DLR Station, on the 7th February for our walk. Setting out we followed the Thames Pathway and pavements into Greenwich Park. Although much of the Park was still covered in snow, most of the path was cleared. As we made our way through the Park, Michaela regaled us with the Latin names of the various winter shrubs and plants in the Park, and thus she was able to continue her preparation for her forthcoming horticultural examination. After a short break in the cafe, Michaela returned home to continue her revision. However, Mary, David, Deborah and I made our way to the Old Royal Observatory, the National Maritime Museum and the Planetarium where we were able to admire the fantastic view of our city. Encouraged by Mary, David and I joined her in the Planetarium, where we watched a film about the exciting exploration being carried out on Mars at the present time. This was followed by a late lunch in the Kings Arms. Mary David and Deborah then made their way back to the Cutty Sark, whilst I continued on my way back to Greenwich Station and made my way back to Charing Cross and home. Although cold, we had a wonderful bright and sunny day for our walk.

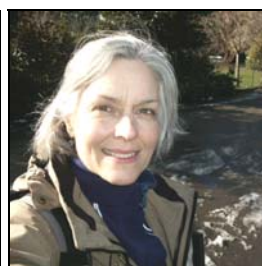
The plan for the next walk is Richmond (**led by David**) - taking in Ham House and Richmond Park with a magnificent view from Richmond Hill. **We will be meeting at Richmond Station at 10.30am, on the 7th March 2009.** This is a 9.5 kilometres walk (6 miles) which will be about 3 ½ hours depending on the abilities of those taking part. Although I am aware that there are some cafes along the path, I am as yet unsure as to what will be available in the winter months. David said that there is a cafe in Richmond Park, but it might be a good idea to come prepared. It is essential to let the organiser(s) know in advance if you are planning to join us and, especially during this time of year when nobody likes to be standing around waiting in the cold, to arrive promptly for the advertised start time.



The plan is to have a regular walk, on the first Saturday of each month, so why not make this a regular date for your diary. If you have your own favourite route, it is a good opportunity to lead a walk, and share this with others.

Doris Campbell

(with photographs by Mary Spurr)





What is praised is one, so the praise is one too,
many jugs being poured

into a huge basin. All religions, all this singing,
one song.

The differences are just illusion and vanity. Sunlight
looks slightly different

on this wall than it does on that wall and a lot different
on this other one, but

it is still one light. We have borrowed these clothes, these
time-and-space personalities,

from a light, and when we praise, we pour them back in. . . .

In the same way one person can be a father to you
and a son to someone else, uncle to another and nephew

to yet another, so what you are looking for has many names,
and one existence. Don't

search for one of the names. Move beyond any attachment
to names. Every war

and every conflict between human beings has happened because
of some disagreement about

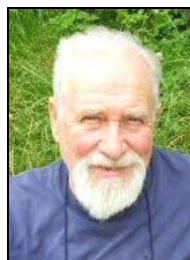
names. It's such an unnecessary foolishness, because just
beyond the arguing there's a long

table of companionship, set and waiting for us to sit down.

Jalaluddin Rumi
(translation by Coleman Barks)

Will Lyons says: "I've just start to subscribe to the newsletter of the European Humanist Professionals which is the association of humanist educators, counsellors and leaders and was pleasantly surprised at their opening greeting which I pass on to all at Essex Church through our Newsletter."

Happiness deep down within.
Serenity with each sunrise.
Success in each facet of your life.
Family beside you.
Close and caring friends.
Health, inside you.
Love that never ends.
Special memories of all the yesterdays.
A path that leads to beautiful tomorrows.
Dreams that do their best to come true.
Appreciation of all the wonderful things about you.



Sunday Services at Essex Church

1st March – “A Very British Heretic”

Service led by David Francis Darling

Our very own David Francis Darling will be back to lead the service on 1st March. Come along to hear more about Pelagius and Celtic Spirituality.

8th March – “Wanderers”

*Service led by Rev Sarah Tinker and the Congregation
with a visit by the Kensington Community Singers*

Many people who join us here at Essex Church have arrived in London from elsewhere. How do we build a sense of a spiritual ‘being at home’ wherever it is we roam?

15th March – “Lent and Spiritual Practices”

Service led by Rev. Sarah Tinker

At a time when people may give up certain foods and behaviours as a spiritual practice, this service will explore the Christian time of Lent and the value of having regular spiritual practices in our lives.

22nd March – “Mothering Sunday”

Service led by Rev. Sarah Tinker

Nurture and nourishment can come from many sources. As we give thanks for the care we have received in life we will also consider how best we can care for ourselves and what we gain from the care we give to others.

29th March – “Can Unitarians Believe in Angels?”

Service led by Heidi Ferid

Heidi says: “I will start with a short look at the Unitarian tradition as I understand it, and go on to exploring the belief in Angels in different religions. I will explain my personal view of the Angels as personifications of positive qualities, such as love compassion and understanding. I will introduce the Findhorn Angel cards. Finally, I will invite people to discuss the topic in small groups.”

