



# Kensington Unitarians

Newsletter: February 2020

## What's On...

Sunday 2<sup>nd</sup> February, 11am-noon  
**'Breaking the Mould'** led by  
Jeannene Powell & Rachel Sparks

Sunday 2<sup>nd</sup> February, 2-5pm  
**Sunday Tea Dance with Rachel  
in aid of Stonewall Housing**  
for LGBTQIA+ and Friends

Wednesday 5<sup>th</sup> February, 12.30pm  
(and every Wednesday in Feb)  
**'Nia Dance' with Sonya Leite**

Thursday 6<sup>th</sup> February, 6.45 for 7-8pm  
**'Heart & Soul' Spiritual Gathering**  
'Heaven in a Rage' led by Sarah Tinker

Sunday 9<sup>th</sup> February, 11am-noon  
**'Proudly Heretical'**  
Led by Rev. Sarah Tinker

Sunday 9<sup>th</sup> February, 12.30-1pm  
**Inclusive Communion**  
with David Carter & Sarah Tinker

Sunday 9<sup>th</sup> February, 1pm  
**Management Committee Meeting**

Sunday 16<sup>th</sup> February, 11am-noon  
**'Law Breaking'**  
Led by Rev. Sarah Tinker

Sunday 16<sup>th</sup> February, 12.45-1.15pm  
**'Finding Your Voice' with Margaret**

Sunday 16<sup>th</sup> February, 1,15pm  
**Cultural outing with Carolyn  
to the Garden Museum**

Sunday 16<sup>th</sup> February, 2.00-3.00pm  
**'Nia Dance' with Sonya Leite**

Sunday 16<sup>th</sup> February, 7-9pm  
**'Rumi Night' Concert**  
with the Soveida Ensemble

Friday 21<sup>st</sup> February, 7.30-9.30pm  
**London Playback Theatre:**  
On 'Rebellion, Defiance & Dissent'

Sunday 23<sup>rd</sup> February, 11am-noon  
**'Great Leaps Forward'** led by  
Harold Lorenzelli & Sarah Tinker

Sunday 23<sup>rd</sup> February, 12.45-2.00pm  
**'Sunday Conversation'**  
on 'Rebellion, Defiance & Dissent'

## Rebellion, Defiance, Dissent

### A Message from our Minister



At various times and places in human history, slavery has been legal, genocide has been legally encouraged by the state, discrimination based on race and gender has been legal. No wonder then that people of morality sometimes choose to break laws, because laws are not always just and governments do not always act wisely or in the best interests of all. We as individuals have to weigh up the circumstances we find ourselves in, against our own social consciences, against our own sense of what is fair, just, right. Let us beware any state regime that expects its citizens to switch off their powers of discernment and accept the status quo without question.

Sometimes the state and its law enforcers feel the need to make a stand against groups perceived as a threat to law and order. But that doesn't mean those groups, and their causes are necessarily wrong. Think back to the Civil Rights Movement of 1960s America or the Anti-Apartheid Movement of 1970s South Africa. Illegal. Think of CND marches against nuclear weapons here in the UK, a movement started in the 1950s and still campaigning to this day. Its leaders over many years are now known to have been closely monitored by MI5. So when we hear that groups like Greenpeace, School Climate Strikes and Extinction Rebellion are now to be found on various counter terrorism listings we needn't be surprised.

Most of us, given the choice, would opt for a quiet life. We're not the people who will change the world by risking our freedom and even our lives in support of a cause we know to be just. But there is still useful work for us to do I believe. Let's choose the issues of our day that concern us most. Let's arm ourselves with useful information. Let's have conversations about the matters we care about, with people close to us, our friends and families, colleagues and neighbours. And let's speak in a way that makes connections and brings us closer rather than further polarising people into opposing camps. Living here on one planet, we really are in this together. Let's harness the power of love and unity in all our justice-seeking work and remember Martin Luther King Jnr's words written in his letter from Birmingham Jail in 1963:

*"The question is not whether we will be extremists, but what kind of extremists we will be. Will we be extremists for hate or for love? Will we be extremists for the preservation of injustice or for the extension of justice?"*

Let's choose love. Let's choose justice.

Rev. Sarah Tinker

## In this month's newsletter...

\* Church Membership in 2020 \* Q&A with Alice Lambert \* Photos from our Christmas Events \* 'What a Team!' – thanks to our clear-up helpers \* 'A Life in Thirds' reflection by John Humphreys \* National Events: GA Annual Meetings, FOY, Unitarians in Findhorn, Hucklow Summer School \* 'Traces and Evidences' exhibition by Roy Clark and Heidi Ferid \* Outing to Garden Museum \* Poem by Brian Ellis \* 'Souls Lost and Found' address 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.



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## Church Membership



Our 2020 membership forms are now available so do ask if you are new to our community and would like to know more about what Kensington Unitarians' membership means. If you know yourself to be in accord with our Unitarian values and ethos and ready to make a commitment to this community we'll be delighted to welcome you.

This year we'll not be asking current members to fill in a form to renew their membership (if you're not sure whether you're on our list please do contact Jane to check). If any of your contact details have changed since last year do let us know.

Look out for information from Juliet Edwards our treasurer and Jenny Moy our warden explaining how the church finances work and inviting you to take out a monthly standing order as an alternative to putting money in the collection each week. It's easier for us and easier for you. And it gives us a warm rosy glow to know that people are financially supporting our work.

## Volunteering Rotas: Stewarding, Coffee and Greeting



We need lots of lovely people to muck in to make the church a hospitable place so if you haven't taken on one of these volunteering tasks before please consider giving it a go (you might consider 'shadowing' a regular to get trained up). We realise that it can be hard to commit in advance but you could always ask someone else to stand in if it turns out you can't come.

### Stewarding:

**2<sup>nd</sup> February:** Brian Ellis  
**9<sup>th</sup> February:** Alice Lambert  
**16<sup>th</sup> February:** Julia Alden  
**23<sup>rd</sup> February:** Juliet Edwards

### Coffee:

**2<sup>nd</sup> February:** Maureen & Marianne  
**9<sup>th</sup> February:** John & Pat  
**16<sup>th</sup> February:** Helena Coope  
**23<sup>rd</sup> February:** Julia Alden

### Greeting:

**2<sup>nd</sup> February:** Juliet Edwards  
**9<sup>th</sup> February:** Maureen Cummings  
**16<sup>th</sup> February:** John Newton  
**23<sup>rd</sup> February:** Liz Tuckwell

We circulate the rota list each month by email. Please contact Jane if you want to sign up for one of the forthcoming slots.

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

## Sunday Conversation

on 'Rebellion, Defiance and Dissent'

Sunday 23<sup>rd</sup> February, 12.45-2pm



Bring your lunch and stay behind after the last service in February to join in a conversation with Sarah and others on the month's ministry theme of 'Rebellion, Defiance & Dissent'.

## What a Team!



The week before Christmas cleaning and tidying effort was a great success, thanks to everyone who gave their time and expertise to smarten up our building.

Jennifer, Marc and Liz worked their way through muddled library shelves and helped clear out quite a few books that didn't belong there. Look out for the finishing touches in February – renewed shelf labels, popular topics more easily accessible and a plan to bring titles to your attention regularly. We have some inspiring books on offer and you can borrow them!

Brian worked with his usual quiet determination to paint the toilets and the corridor – as always with decorating, a longer task than first anticipated. And not helped by the number of groups still using the building at what we thought was a 'quiet time'. Please notice how clean it's all looking and that we now have wipeable eggshell painted walls. It started to feel like the apocryphal Forth Road Bridge paint job – but Brian made the finishing touches on 19th January and deserves a BIG THANK YOU.

John Humphreys clearly meant business as he brought his own apron and sorted kitchen cupboards that were long in need of sorting. Interestingly we noticed that after a few days a certain amount of chaos had already crept back in – so we'll need to keep alert when it comes to kitchen storage. John also tackled the dreaded lost property area and we will place everything on display in early February in the hope that people will spot their missing property and take it home. We took several items back to Fox Junior School nearby and they showed us their huge pile of lost property. We should clearly think ourselves fortunate!

Thanks to Guy for a determined bout of carpet cleaning in the church, where our old orange carpet is now looking much fresher. This is a task that probably needs tackling every six months or so, if you are someone who likes kneeling and scrubbing.

Thanks to Julia for taking on the cupboard under the cooker and for mutual encouragement in saying goodbye to all the bits of cafeterias we'd kept 'just in case'. We also worked on the church lunch box of equipment and listed what else needs to be kept in there. Thanks to Sonya who worked her way through all the candle cupboards during the autumn and did much trimming of candles and cleaning of their holders.

Jenny cleared leaves from the church roof (see photo above) and we also scrubbed the place where we keep the bin bags outside the kitchen door.

There is always more to do. So let's us know if you'd like to get involved in a future cleaning effort, as it helps both our congregation and staff and is a good way to get to know our amazing building a bit better. People sometimes ask 'who owns this building?' and the answer is 'this congregation'. We have a great asset and it's worth looking after it.

Storage space is at a premium for all the groups who use our building and every group would like more space. If you are someone who is good at clutter clearing and negotiating with groups, we could be particularly glad of your expertise. Apologies and thanks to any of the team we have failed to name here!

## Tea Bags: Free to a Good Home



We currently have a tea bag glut thanks to a very generous donation of a sack of 1000 teabags left for us by TfL staff after the carnival. If you would like some good quality tea bags to take home just bring a container to fill on a Sunday morning.

## The Windsor Chair



a cabinet maker  
from wood in his workshop  
crafted a Windsor chair  
*(my great-grandfather)*  
for one of his daughters  
who sat in it when I visited  
slept gently when she tired  
*(my grandmother)*  
left it to one of her daughters  
kept in her bedroom  
laying out tomorrow's clothes  
*(my mother)*  
now it's her son's  
who's the end  
of the family line  
*(me)*  
in a new life with  
*(?)*  
will they sense  
this wood has soul

Brian Ellis

# Q&A with Alice Lambert

#4 in a new series where congregation members answer a range of questions so we can get to know each other better.

## Who are you?

Alice Lambert. Theatre-lover. Nature-lover. Massive introvert. Aspiring children's and young adult author. Head of Services at the National Eczema Society. My specialist subject on Mastermind would probably be the *Harry Potter* books.

## When did you first come to Essex Church?

Sunday 8 March 2009.

## What brought you to this congregation?

I was searching online for a potential spiritual home, found Essex Church's excellent website and went along to a service. By 'spiritual home' I mean somewhere that shared my values, in which I could reflect on life, find solace, be challenged and encouraged to become a better person.

## What roles or tasks have you taken on at Essex Church so far (or which are calling to you)?

Stewarding. Reading during services.

## What other religious communities have you been connected to (if any)?

I grew up going to a Church of England church. As a pre-teen, I began to take issue with some of the core CoE/mainstream Christian beliefs, including the belief that we all deserve hell and are only saved from eternal suffering by the sacrifice of Jesus Christ. This didn't make sense to me. Humans may be deeply flawed, but to deserve *never-ending torment*? And this system was set up by a supposedly loving, omnipotent God? It was because of this belief and its associated views of humanity and God that made church depressing to me. It was refreshing to find Essex Church and to start feeling uplifted as a result of going to church.

## What difference has belonging to this congregation made to your life?

It's lifted my spirits during difficult times. I've never felt the weight of arbitrary societal expectations at Essex Church, which is refreshing. Essex Church reminds me to be more patient with and kind to people – to be aware that others may be going through things I don't know about.

## What do you tell friends and acquaintances who ask you 'What's Unitarianism'?

'Unitarianism has its roots in Protestant Christianity – it was a liberal Christian denomination – but it's no longer so closely tied to Christianity. It's a liberal religious group that allows people to explore faith, religious belief and the meaning of life on their own terms. It places a strong emphasis on equality, compassion and social justice.'



## What memorable ideas, readings, or stories have you been introduced to at church?

The Compassionate Communication course helped me to think more about what might be going on behind a person's words or behaviour – what the person's deeper need is that's motivating their behaviour (e.g. the need for connection, respect). Also, what the deeper needs are that are motivating my behaviour.

## Do you have any hobbies, pastimes, passions or enthusiasms you can tell us about?

I volunteer as a guide at Highgate Cemetery. The cemetery is divided into two parts – East and West. I give tours in the West, which is the oldest part, but not the part containing Karl Marx's grave. I recommend visiting Highgate Cemetery. The West in particular is beautiful and peaceful in every season; it's a nature reserve as well as a cemetery.

## What makes you laugh?

Surrealist humour (e.g. *The Mighty Boosh*; the bit in *Through the Looking-Glass* where Alice is introduced to the leg of mutton) and purely silly things, like P.G. Wodehouse's books and Shakespeare's *The Comedy of Errors*. Themes of disguise and mistaken identity appeal to me humour-wise. I'm currently enjoying *Bojack Horseman* on Netflix, which cleverly combines laugh-out-loud comedy with pathos.

## What can you see from where you are sitting now?

My estate's communal gardens, the flats beyond, and the trees of Highgate Cemetery beyond that. And the spire of St Michael's Church, which is only visible for around half the year, when it's not obscured by leaves. There's a small circular pond in the gardens containing a white statue from the 1920s of a young woman reading a book. The statue reflects the estate's original purpose – to provide affordable housing for single women moving to London to work as secretaries and clerks in the city.

## How do you like to 'treat yourself'?

I enjoy going to the theatre. A few years ago, I fulfilled my ambition of seeing all Shakespeare's plays on stage. I went to Norwich especially to see *Timon of Athens*, the remaining play. Leaving London just to see a play felt ironic given that people usually travel to London for the theatre.

'Love is the thing: The Thing all the poets and lyricists and artists of the ages must capture and express, and The Thing none of them can agree upon. The thing for which we courageously lay ourselves bare, and the thing against which we erect barriers of cunning devising. And Love, according to our Universalist forebears, is the Thing that holds us. In all our holy human perfection and all our wretched human brokenness—which cannot be separated, one from the other, in any of us—Love holds us. That makes each of us a Valentine. Love's Valentine. God's Valentine. Mystery's Valentine. If you listen very carefully you'll hear a voice from both within and beyond saying something sweeter and more miraculous than "Will you be my Valentine?" It is even now whispering, singing, calling, declaring, as it has from the day you were born and will to the day you die, "You are my Valentine!" The Love's the Thing.'

Unitarian Universalist minister Rev. Lisa Doege

# Sunday Tea Dance in aid of Stonewall Housing

Sunday 2<sup>nd</sup> February, 2-5pm at Essex Church - Starting with a dance lesson for beginners!



We invite you to our next Sunday Afternoon Tea Dance in aid of Stonewall Housing! We had a great time at Christmas (as you can see from the photos!) and raised a tremendous £360 for this good cause so we'll be back in February to do it again! There will be tea, cake, partner dancing and line dances from 2-5pm. All are welcome - complete beginners to life-long dancers alike - and even if you think you have two left feet this will be a relaxed and welcoming space for all to enjoy. The afternoon will begin with a dance lesson led by Rachel Sparks.

Save the date now to come to this fun event in aid of a good cause (£5 of the door price goes to Stonewall Housing, a charity providing safe spaces for LGBTQ+ people fleeing violence, harassment and abuse). There's no need to bring a partner so just come as you are - do tell your friends though - the more the merrier! We encourage gender neutral partnering which means anyone can lead/follow. We are family-friendly so children come for free with any paying adult. Tickets are limited and cost £12 in advance (£15 on the door). Pay it forward tickets are priced at £10 and all proceeds of this ticket will go to Stonewall Housing (if you know anyone who'd benefit from coming but can't afford a ticket do get in touch as we have a number of these free places to give away). Book online: [www.rachelsparksdance.co.uk/book-online](http://www.rachelsparksdance.co.uk/book-online). Members of the congregation get free admission. You are invited to bring your own home-made cakes to help raise money for our nominated charity and of course donations are very welcome. If you have any questions do email Rachel on [hello@rachelsparksdance.co.uk](mailto:hello@rachelsparksdance.co.uk)

**For information contact:** [rachel@rachelsparksdance.co.uk](mailto:rachel@rachelsparksdance.co.uk) or visit [www.facebook.com/rachelsparksdance](http://www.facebook.com/rachelsparksdance)

Volunteers will be needed to help with the reception desk / tea stall – please email [jane@kensington-unitarians.org.uk](mailto:jane@kensington-unitarians.org.uk) if you can help!

Our most prolific baker is also indisposed this month so we'd be grateful if anyone can make something to serve on the cake stall.



'In its origin and evolution, dance is fundamentally spiritual, and its primary innate function is to facilitate contact with the sacred and the divine. Not only did our ancient ancestors dance to the sacred, a practice often dismissed by Christians as pagan worship; they also danced in order to articulate and celebrate . . . the wonder of existence. Dance became the primary medium to explore and articulate the search for meaning.'

Diarmuid O'Murchu

# Warden's Column:

## What's On in our Busy Building

A new year - a new decade! - is starting, so it seems a timely moment for my annual "Top 10 hirers chart". Preparing this used to take a certain amount of arithmetical effort on my part, but since we started using online accounting software a few years ago, it's become more straightforward - and this year I spotted an option that also generates comparative data for the last 5 years at the touch of a button.

So... before I produce the 2019 list, here are the highest paying hirers over the whole 2015-2019 period:

1. John Stirk Yoga - £29,350
2. Tse Qigung (martial arts) - £29,140
3. Streetdance (after school dance classes) - £24,665
4. London Meditation Centre - £22,785
5. Seicho no le (Brazilian religious group) - £21,330
6. Ashtanga Yoga - £20,945
7. C G Jung Club (psychology lectures) - £20,870
8. IGAP (psychology lectures) - £19,440
9. Little Foxes (children's football) - £19,438
10. Beit Klal synagogue - £13,820

And here are the winners for 2019!

1. Streetdance - £8,135
2. Tse Qigung - £6,580
3. C G Jung Club - £5,505
4. London Meditation Centre - £4,995
5. Ashtanga Yoga - £4,680
5. IGAP - £4,680
7. Seicho no le - £4,180
8. John Stirk Yoga - £4,100
9. Lingo Bros (children's French classes) - £3,240
10. Little Foxes - £3,090

What strikes me most about these two lists is how little has changed - 9 out of 10 of our top hirers last year, have also been top hirers for the last 5 years. The one change being that Beit Klal synagogue has left us and Lingo Bros have started using the library nearly every day for after school language classes. What this basically reflects is that we only have a limited number of key time slots and hirers who are lucky enough to get them tend to stay with us for a long time. Looking at the above list from that point of view, it's dominated by regular evening users of the ground floor rooms:

Monday - London Meditation  
Tuesday - John Stirk  
Wednesday - Tse Qigung, C G Jung & London Meditation  
Thursday - IGAP & C G Jung  
Friday - Beit Klal  
Saturday - Seicho no le

The exceptions to this are:

Streetdance (church and/or hall in the after school slot 3.30-6)  
Ashtanga (early morning use of the hall 7.30-10)  
Lingo Bros (daytime use of the library)  
Little Foxes (daytime use of the church)

Looking to the future, many other pre-school groups make daytime use of the church and hall (just for slightly fewer hours than Little Foxes) and we've had several other after school classes here over the years (mainly dance) - but only Ashtanga yoga have ever been interested in hiring space before 9am. Similarly Lingo Bros are the first group to make substantive use of the library. If either of those groups left, we therefore probably wouldn't easily replace that income.

Beit Klal, who used the hall every other Friday evening, did leave us in 2018, giving scope for new regular Friday bookings. However, we can't take a weekly booking on Fridays, due to the monthly Interfaith service. If new monthly paying bookings don't materialise for Friday, then long-term we might need to consider moving the Interfaith service to another day instead - perhaps Sunday. Meanwhile, we're making some Fridays available for community use by Playback Theatre and the Happy Cafe organisers.

It's also worth noting, that in order to offer space to the Kensington Singers choir - who started here last autumn - we reluctantly had to ask the London Meditation Centre to find a new home for some of their Monday bookings. This may eventually result in them moving all of their activities elsewhere, which would be quite financially significant for us, as they've consistently been a "top 5" hirer. The church committee agonised over this decision over several meetings, but the ultimate decision was to prioritise a booking which could support our congregational life - both through the offer of free choir places for members and by occasional musical contributions to our services.

And finally - if I were to do a 6-year chart next year, my predictions would be that:

- Tse Qigung would move into the number one slot
- Ashtanga will overhaul Seicho no le (and possibly start closing on London Meditation)
- Alternatives (of St James) may edge out Beit Klal to make it into the number 10 slot

and nothing much else will change :-)

Jenny Moy

# 'Traces and Evidences'

Exhibition by Roy Clark and Heidi Ferid  
at Burgh House & Hampstead Museum

Preview Tuesday 18<sup>th</sup> February, 6.30 to 8pm  
exhibition continues Wed, Thurs and Sunday 12 to 5pm



Our own Heidi and Roy are holding an exhibition of their artworks in leafy Hampstead. As they both through their respective work engage with the natural world and issues of climate change, decay and renewal, they thought it a splendid idea to join forces and exhibit together! Roy's medium is photography, Heidi works with acrylic paint, multimedia and ceramic sculpture. For details about the Private View and opening hours contact:

Roy Clark: 07903625408 / royclark@email.com  
Heidi Ferid: 07855842070 / heidiferid@btinternet.com

## Thematic Ministry



A monthly ministry theme shapes many of our activities here at Essex Church, with the aim of deepening our community life and our own spiritual explorations. Everyone is encouraged to bring their own ideas so do have a look at the themes planned for the months ahead and let us know if you'd like to suggest a piece of music or a reading. Or you could bring your own thoughts to one of our Sunday morning gatherings, lead an activity or an outing, or write something for the newsletter. And do come and join us for the last Sunday of the month when we have an after-the-service conversation about the theme.

Thanks to all the recent volunteers who've been giving readings in services or writing pieces to deliver. People are apparently more likely to stay awake in church if they hear different voices! So get in touch if there's something you'd like to speak about.

Have a look through this list of themes for 2020 and see what thoughts they spark in you: 'Rebellion, Defiance & Dissent', 'Self & Other', 'God & the Divine', 'Desire & Wanting', 'Bodies & The Material World', 'Seeking Paradise', 'Conflict & Harmony', 'Change & Continuity', 'Limits & Boundaries', 'Legacy, Inheritance & Looking Back', 'Nurturing & Nourishing'.

Our theme for February is 'rebellion, defiance and dissent'. For a religious movement born out of dissent we Unitarians can sometimes seem quite traditional and 'tame'. Yes, we successfully campaigned alongside Quakers and Liberal Jews for equal marriage, yes we are still the only religious organisation here in Britain that has officially voted in favour of assisted dying, as proposed by the *Dignity in Dying* campaigning group. And it was only in 1813 that Unitarianism became fully legal here in Britain. But probably few of us today are prepared to risk arrest for the causes that concern us.

Here are some questions you might like to consider in relation to this month's theme:

- What issues of our day particularly concern you and what are you prepared to do about them?
- What issues have you campaigned for in the past?
- What are the causes in world history that you might have risked your livelihood, your freedom and even your life for?
- Are there issues you'd want us as a religious organisation to join campaigns about?

Sarah, Jeannene, and Jane

## National Unitarian Events



### General Assembly Annual Meetings 7<sup>th</sup>-9<sup>th</sup> April in Birmingham

Join us for a three day gathering for worship, action, democracy, workshops, connection, hope, training and inspiration. The deadline for booking is 18<sup>th</sup> February and there are reduced rates for those aged 17-39. Visit [unitarianmeetings2020.com](http://unitarianmeetings2020.com) for more information.

### FOY Conference 1<sup>st</sup> to 4<sup>th</sup> May at the Nightingale Centre – ‘Plants and Us’

All ages welcome, chance to explore this theme indoors and out – in the beautiful Peak District countryside. Ask Jane or Sarah if you would like more details about the conference or about the FOY Society, a friendly and welcoming group, open to all.

### The Findhorn Unitarian Network Experience Week from 16<sup>th</sup> to 23<sup>rd</sup> May

A few places remain for Unitarians to join an Experience Week at Findhorn from 16<sup>th</sup> to 23<sup>rd</sup> May. Have a chat with Sonya or Sarah if you would like to know more about Findhorn – an environmentally aware spiritual community and learning centre on the Moray Firth in north east Scotland. Cost around £550 but some bursaries may be available to assist with attendance or travel costs.

### Good Cause Collection of the Month: ‘Send a Child to Hucklow’



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

‘Send a Child to Hucklow’ arranges holidays at the Unitarian Nightingale Centre, Great Hucklow, for groups of disadvantaged children who would not otherwise have a holiday, having no regard to religious, political, racial and other considerations. SACH funds the accommodation, travel, some excursions, and a float for treats.

**Website:** [www.sendachildtohucklow.org.uk](http://www.sendachildtohucklow.org.uk)

### Recent Charity Collections:

November – **Rewilding Britain** – £130.56

December – **Glass Door** – £305.38 (plus a further £430 donated on our behalf by OneLight Gatherings)



### Friday 21<sup>st</sup> February, 7.30pm at Essex Church

Political upheaval, climate change, the refugee crisis, mass extinction - right now there's so much to stand up for, and to stand up against. And what about our own smaller moments of rebellion, defiance and dissent - angry, playful, sudden, slow-burn? Macro or micro, all stories are welcome!

Playback Theatre is a unique form of improvisational theatre in which audience members volunteer stories from their lives and see them played back on the spot.

### What happens in a Playback performance?

#### The Theme

Whatever the topic, our use of ritual and structured techniques provide safe boundaries for all concerned, and a solid basis from which to share your stories. During performance we usually see an emerging thread - common themes or issues that enable us all to explore fresh, potentially surprising connections or differences between us.

#### The Playback Team

This consists of 3-4 actors, a musician, and a Conductor. It is the Conductor's role to guide the audience through the performance, from welcome and warm-up, to small initial sharings, longer life stories, and final reflection. The team often start the show by introducing themselves through short shared moments that resonate with the show's theme.

#### Warming up the Audience

The Conductor will offer a gentle invitation to the audience to share brief moments and experiences - this enables people to start exploring how the theme resonates for them, and to connect with others in the room. Similarities and differences in experience may start to emerge.

#### The Heart of the Event

The team begin to play back the moments, feelings and stories shared. Longer stories are told from the 'teller's chair', a place from which tellers have a unique view of the action. We use a range of improvisational techniques, ensuring sensitivity to the heart of the moment or story. The audience are invited to stay afterwards to continue connecting; people usually feel sparked by what they have witnessed.

[www.londonplayback.com](http://www.londonplayback.com) /[londonplayback@gmail.com](mailto:londonplayback@gmail.com)



# 'Souls Lost and Found'

Address by Rev. Sarah Tinker

From the service on Sunday 12<sup>th</sup> January

When we chose the title for this service – 'souls lost and found' – we added the question 'what does this mean for Unitarians? The word soul alone could take some time for us to explore couldn't it – never mind the lost and found bit. My own particular definition of soul would include the idea of an animating principle, a life force, which connects me with all that exists. As such it has some individual characteristics and yet is part of something greater than just me. Excuse me from steering us away from an exploration of whether or not the soul exists at all, or has an existence beyond death. I'm already on uncertain ground. And I'd really rather continue this subject as a conversation with you all over a cup of tea later. That's why I added some questions to the insert sheet with our order of service today.

- What does 'soul' mean for you?
- Are there times in life when you have felt like a 'lost soul'?
- What would a 'soul being found or saved' mean for you?
- Who are the 'lost souls' in our society and in our wider world that you are particularly concerned about?

As a Unitarian I see the soul as a concept, that may or may not be useful to us as we explore what it means to be human. I assert your right to form your own views about the soul and to change your mind about this over time. But all I'm going to say is that it's a good job that I wasn't around in the 6th century to hear the debate at a church council meeting as to whether women did or did not have souls. This is a story I'm fairly sure I heard from theologian Karen Armstrong many moons ago and I realise now it may be more apocryphal than true, but I can well imagine it happening. More seriously, the subject of who had souls and who did not, was certainly debated during the early stages of colonialism, as white Europeans met indigenous people and wondered were they human or animal. Deciding that they were human and therefore in need of being 'saved' is a shameful aspect of the history of the Christian church. It ignored indigenous people's long-established religions, cultures, economic systems, civilisations. It formed part of the three pronged approach of bringing *civilisation, commerce and church* – you might have read Rudyard Kipling's appalling description of the so-called 'white man's burden'.

The concept of soul stretches back to earliest times. In animistic religions a spirit is found in all that exists – both the living and in objects and landscapes and indeed the earth itself. Interesting that this view is one some of us are finding our way back to now – as environmental crises wake us up to the importance of the earth and all the elements of existence upon our planet. Water matters – especially when we have too much – in a flood – or too little in a drought, or when bushfires rage and we long for rain. Air matters – especially when we realise that our engines poison it or powerful winds turn it into a destructive force.

Personally I have found the idea of saving souls described within some world religions difficult to accept, offensive even. But perhaps that's more to do with the people who use such language and the power that they may misuse – when they claim to be saved themselves through their faith and then think it's their god-given duty to save others. Most Unitarians hold a more pluralist view – that truth, if such a thing exists at all, truth is to be found in all faiths and none.



And yet those Bible stories of old have a certain appeal don't they – some of the stories which we'll be exploring in next week's service – those stories of a loving shepherd who stops everything to find the one lost sheep – even though the other 99 are happily munching safely in the field where they are meant to be. Don't most of us at some time in life have the feeling of being that lost sheep – the foolish one, or the stubborn one, or the one who makes lousy decisions and wanders off in a dangerous direction. A loving divine presence that seeks the lost is a comforting image in the midst of life's horrible experiences.

The very idea of there being many aspects of our self, and that parts of us can be lost or fragmented – that idea appeals to me, even as a metaphor. There's a story that's stayed with me ever since I first heard it - of someone from a busy, developed city travelling in another land and needing local guides to help them on the journey into the wild, carrying the traveller's bags and leading the way. On the first morning, they all woke up early and travelled speedily and covered a great distance. The second morning was the same – the group woke up early, travelled fast, and travelled far. Third morning, it was the same. But on the fourth morning, the local workers refused to move a step further. Instead, they sat in the shade of a nearby tree for hours. The traveller became so irritated by this delay and said to his translator, "This is a waste of valuable time. Can someone tell me what's going on here?" The translator looked at him and calmly answered, "They're waiting for their souls to catch up with their bodies".

Haven't many of us known that feeling - of parts of ourselves becoming fragmented – left behind, or ignored – either by ourselves or by others. You may have heard of the shamanic practice of soul retrieval – it certainly makes sense to me. A shamanic practitioner works with the principle that when we suffer an emotional or physical trauma a part of our soul may leave the body in order to survive the experience. Any event that causes shock could cause what is known as soul loss. And this is an individual experience, for what might cause soul loss in one person might not cause soul loss in another.

It is worth emphasising that soul loss is a good thing that happens to us, because it is how we survive pain. In psychology this would be called disassociation – an experience in which people feel disconnected from their sense of self, their sensory experiences, or personal history. It's a way for our minds to cope with too much stress. These are the times when we may feel numb, blank, or engage in behaviours that distract us from experiencing what is actually going on. A shaman will work to retrieve the lost fragments of the soul, just as a psychologist may work with someone to bring themselves back to a sense of wholeness, of understanding the trauma that occurred and how the self worked to protect itself.

(continues overleaf)

## 'Souls Lost and Found'

(continued) address by Sarah Tinker

I believe that an individual may experience soul loss but that it can also occur for a whole group, a nation even, where people are traumatised by war, by natural disasters, by tyranny. Truly looking into the eyes of someone who has suffered from such collective trauma is a serious experience, one we remember. It's an experience I've had with people in the midst of addictions, people with abusive home situations, with people living on the streets – it's happening all around us isn't it – and our task, if we feel called to witness the truth, our task is to remember – not to ignore nor to forget – and to do all we can to encourage our institutions – our government and others sources of assistance – to pay attention. We must pay attention to those who are lost – not in some 'holier than thou' sense that we can save another person – but knowing from our own struggles that we can hold an awareness of their pain, their vulnerability, their yearning. This is our responsibility as citizens on the streets of London – to not close down our hearts to the pain of other people's problems.

And in our own lives let us encourage one another to find metaphors that work for us – that assist us in explaining, to ourselves and others, how we are experiencing life right now. And if we are feeling lost – as surely most of us do from time to time – then let's shout for help. And if we are in our time of strength and plenty then let's be sure to share what we have with those we meet along the path – for their struggles could so easily be ours. Amen

### Closing Blessing:

Poet David Whyte writes of the times when 'the tide of life seems to have left us stranded on the beach'. In the week ahead if we find ourselves lost may helping hands reach out to guide us, and may we find the brave voice within ourselves that knows how to shout out and seek support. And may we stay awake to all those who are lost in life around us, on the streets of our busy city and do what we can, however small, to brighten their days and ease their troubles. Amen, go well and blessed be.

'A spirituality that is only private and self-absorbed, one devoid of an authentic political and social consciousness, does little to halt the suicidal juggernaut of history.

On the other hand, an activism that is not purified by profound spiritual and psychological self-awareness and rooted in divine truth, wisdom, and compassion will only perpetuate the problem it is trying to solve, however righteous its intentions.

When, however, the deepest and most grounded spiritual vision is married to a practical and pragmatic drive to transform all existing political, economic, and social institutions, a holy force – the power of wisdom and love in action – is born. This force I define as Sacred Activism.'

**Andrew Harvey**

## OneLight Gatherings Here at Essex Church



### Valentines Night - A Date with Source!

Friday 14<sup>th</sup> February, 7 - 8.30pm at Essex Church

gathering from 6.50pm – followed by refreshments

On 14th February we'll be on a date with Source! We welcome you, whatever your degree of faith, to join our growing community of spiritual inquirers for events of fellowship, reflection and devotion. These inclusive evenings are skilfully held by a team of trained Interfaith ministers and support people exploring spirituality in an inter-denominational atmosphere. Our gatherings offer song, silence, prayerful circles, space for inner questioning, contemplation and healing; building a generous community spirit in a peaceful setting in central London. With grateful thanks to the Kensington Unitarians congregations for inviting us to use their worship space and for the many inter-connections between our communities.

The January OneLight gathering hosted a screening of the powerful documentary film *The Twelve* released by Le Ciel Foundation. We all agreed it was made all the more moving watching together in a good sized group. We plan to show this film again at some point here at Essex Church so that more of our congregation can be touched by the film's inspirational message. There clearly is wisdom all around us, to guide us into more harmonious living with Nature and with one another.



*The Elders at the United Nations where they meditated on solutions to implement a more ecological society as well as how to spread this consciousness on a global scale.*

# Cultural Outing to the Garden Museum

for Restoration and Tranquillity  
Sunday 16<sup>th</sup> February, setting off at 1.15pm



There's nothing like having a walk and seeing our beautiful city, including the River Thames! We will depart at our leisure and you needn't miss anything! We'll set off after the vocal trills of Margaret's singing class, for those who want to attend it. As it's a fair distance from Essex Church we will use public transport some of the way and walk the rest. Everyone is welcome! Admission: £5 to £10. The Garden Museum is in a disused church. It is an oasis of calm and spiritual uplift. Its cafe is also a delight. It is situated on Lambeth Palace Road, SE1 7LB. For more information see the website: [gardenmuseum.org.uk](http://gardenmuseum.org.uk). Tel: 020 7401 8865.

Carolyn Appleby

## 'Finding Our Voice' Monthly Singing Workshops



Sundays 16<sup>th</sup> February, 15<sup>th</sup> March from  
12.30pm to 1.15pm at Essex Church

Margaret 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 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 sessions are designed for all, whatever your experience or ability.

## Hucklow Summer School 2020 For Personal and Leadership Development

'Speaking the Truth in Love'  
Having the Courage of our  
Convictions in a Post-Truth Age



22<sup>nd</sup>-29<sup>th</sup> August 2020 at the Nightingale  
Centre, Great Hucklow, Derbyshire

How can we discern the difference between truth and lies, in a world which increasingly seems beset with malicious forces intent on sowing confusion by spreading disinformation, propaganda, and 'fake news'? How can we ensure that our openness to multiple truths does not leave us vulnerable to manipulation by people of ill intent or unwilling to 'take sides' in matters where justice is at stake? How can we be sure enough of what's right and wrong to stand up and speak out boldly about our moral convictions? How can we cultivate the qualities of honesty, integrity, truth-telling, and good judgement in our own everyday lives? And how might we best articulate our shared Unitarian values, and focus our collective action, in order to help bring about a better world? We'll consider how we can summon the confidence and courage to 'speak the truth in love' as individuals, communities, and as a denomination.

**Theme Speakers:** Linda Hart, Mel Prideaux,  
Ann Peart, Louise Baumberg, and Stephanie Bisby

### Engagement Group Facilitators:

Lindy Latham and Nicola Temple  
Claire MacDonald and Marta Pacini  
Daniel Costley and Cody Coyne  
Kate McKenna and Catherine Coyne

### Children and Young People's Leaders:

Claire Maddocks and Jim Blair

Visit the website to download an application form  
and/or speak to Jane Blackall for more information:

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

## Happy Café at Essex Church

Next: Sunday 16<sup>th</sup> February 2020, 3-6pm



Come and join us for another exploration of human well-being and what we can do to help ourselves and others enjoy more fulfilled lives. Happy Café is part of the Action for Happiness network and they have a really useful and encouraging website that's worth checking out. Here are some of their ideas of small steps towards a happier 2020:

- Take ten minutes to sit still and breathe.
- Have a friendly chat with a stranger.
- Take a different route today and see what you notice.
- Make something happen for a good cause.
- Challenge your negative thoughts and look for the upside.

At the January café we were entertained by the melodic music of The Band of Pilgrims, an acoustic band with vocals and harmonies and choruses to join in with. A cheering way to start the year, everyone agreed.

## Uyghur Sufi Music Concert



In December we were treated to a moving concert of Sufi music from the Uyghur tradition, organised by Khaled Hakim from our Monday night Sufi zikr. Have a look at the Ansari Qadiri Rifai Sufi Order's website to find out more about this Sufi group who have been meeting in our library for so many years. We learnt more of the persecution of Uyghur communities and individuals, in the north west Chinese province of Xinjiang. The Uyghurs are Turkic-speaking Muslims from the Central Asian region and small Uyghur communities are now settled here in Britain and in many countries around the world. Concern has been expressed about Chinese government oppression of Uyghur culture and religion and the growth of so-called 'vocational training centres', where possibly well over a million Uyghur people have been imprisoned without a fair or transparent trial. Reports of cruel treatment, forced labour and people disappearing are increasing and the Uyghur people fear for the future of their traditions and their communities. This evening of music gave us a taste of their rich musical traditions.



### Fitness Fusion of 9 Movement Forms

Third Sunday of the Month from  
2-3pm: 16<sup>th</sup> February, 15<sup>th</sup> March

Midweek class - Wednesdays - 12.30-1.30pm

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

**Cost £10 for drop-ins** (£8 to concessions / church members) or a block of 5 classes for £40 to use within a 3-month period.

## Inclusive Communion

Sunday 9<sup>th</sup> February, 12.30-1.00pm



Once a quarter 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. All are welcome to participate. February's communion service will be led by David & Sarah.

# Photos of Kensington Unitarians - Christmas 2019



*Congregation gathered for our Christmas Carol service and Shared Lunch on Sunday 15<sup>th</sup> December 2019.*



*Holding a time of meditative silence during our contemplative Candlelit Christmas Eve service on 24<sup>th</sup> December.*

'I remember talking with a friend who has worked for many years at the Catholic Worker, a ministry to the poor in New York City. Daily she tries to respond to waves of human misery that are as ceaseless as surf in that community. I asked her how she could keep doing a work that never showed any results, a work in which the problems keep getting worse instead of better. I will never forget her enigmatic answer: *"The thing you don't understand, Parker, is that just because something is impossible doesn't mean you shouldn't do it!"*... Results are not irrelevant. We rightly care about outcomes; we have to live with them, and being accountable for them is part of right action. But to make results the primary measure of action is a sure path to either inanity or insanity. The only standard that can guide and sustain us in action worth taking is whether the action corresponds to the reality of the situation, including the reality of our own inward nature. The paradox, of course, is that faithful action does get results. Though my friends in the Catholic Worker and the peace movement have not achieved a just and warless world, they have certainly compelled others, including me, to search for ways we might live in faith with these visions.'

**Parker J. Palmer**

# 'A Life in Thirds'

Reflection by John Humphreys

From the service on Sunday 5<sup>th</sup> January

I once read an Eastern text, possibly Hindu, that said the first third of our life is for our parents, the second for our children and the third for ourselves, and our preparation for death.

This somewhat arbitrary separation came to my mind when I was thinking about being lost and found. To use an analogy from engineering (thank you Brian), my bearings were poorly machined, badly oiled, nearly seized and at last are now running mostly smooth.

In the first third of my life my mother died suddenly when I was three years old and subsequently was never spoken of by my father. I coped with this loss by conforming to other people's expectations of me, a process which was refined during twelve years of boarding school education. My father was the provider for this but emotionally unavailable. A further five years in medical school trained me in observing and managing other people's pain and distress, while actively encouraging the development of professional detachment. During this time in the late sixties and early seventies, an introduction to cannabis gave me an additional layer of separation from the sad and lonely child within.

The middle third was spent becoming a father to three children and further defining myself by my external life as a doctor. In this I was successful but behind the confident and competent façade the three horsemen of addiction were slowly picking up speed. Firstly, the mental obsession to avoid personal emotional discomfort. Secondly the physical compulsion to use external factors to change how I felt through work, drugs, money, sex and status (add your own list!). And underlying it all, the spiritual void characterized by self-centredness and the denial of my own need for care and healing. This process led me to taking on more and more work, destroying my first marriage and then living with the guilt surrounding the estrangement from my children. Increasingly indiscriminate and addictive self-medicating led to an overdose and my physical and mental collapse. I could no longer work and suicide seemed the only viable option to cope with my shame and despair.

And so alone I entered the third part of my journey. I could no longer deny that I was suffering from a life threatening condition for which I needed help. I slowly started to listen to the experience of others who freely shared their losses and more importantly the simple but often difficult steps they had taken in order to find a new way to live.



At this critical point in my life God made an appearance!! I had been an occasional attender at Quaker meetings, often finding a measure of calm in the silence, but as a scientist I placed myself at the atheist end of the agnostic spectrum. But the third step of the Twelve Step Recovery Programme I was then following, required me to make a decision to turn my will and my life over to the care of God as I understood him. Well then I thought, this won't work for me, because I didn't (and still don't) believe in God as described in any of my reading or by attending endless church services as a child.

But the gift of desperation is a powerful motivator and I wanted to continue my recovery journey using these steps. After initial over analysis, this became much easier by substituting Higher Power for the God word.

And now after twenty years, I now find I can access my loving Higher Power if I will only stop and just be present. It is there in my recovery meetings, my relationships, my work, digging in our allotment, and more recently becoming part of this Unitarian fellowship.

I finish with some words passed on to me by my dear wife and best teacher, Pat. She loves the simple wisdom of Ram Dass (may he rest in peace) and this mantra in three parts was given to Ram Dass by his guru, Maharaj-ji, and pretty well sums up what I have found on my spiritual journey. I have slightly modified it by adding some personal reflections

**LOVE EVERYONE** - but start with yourself

**SERVE EVERYONE** - and keep it simple

**REMEMBER GOD** - whatever that word means to you

## AA and Al-Anon at Essex Church

Our church building hosts a number of AA and Al-Anon groups during the week. If your life, or the life of someone you care about, is adversely affected by addiction issues, the Twelve Step programme can be an excellent resource to help us regain our full lives. John Humphreys would be glad to listen to you if you would like to talk and there are other Kensington Unitarians who are good listeners or may have stories to share with you. Please don't suffer or carry burdens alone.



## West London GreenSpirit Group



### Thursday 30<sup>th</sup> January 6.45 for a 7.00pm start to 8.30pm A shared ritual of darkness and light to honour Imbolc and Candlemas

All welcome and you might like to bring a candle for us to bless. We'll have some spare candles as well. We'll hold a candlelit silence, learn a simple chant, sit in companionable darkness together and speak of that which we are ready to clear out of our lives in order to welcome the new. Please let one of us know if you plan to join us or email [eco@kensington-unitarians.org.uk](mailto:eco@kensington-unitarians.org.uk)

#### Some future GreenSpirit dates for your diaries:

**Sunday 22nd March - A Spring Equinox walk in Holland Park**, learning more about the trees and plants and spring growth. Setting off at 1pm from church, bring some lunch to eat before we go. Most of us will walk on back streets to the park but we'll take one car so book in if you'd like a lift. Or meet us at 1.30pm at The Kyoto Garden. We plan this as a whatever the weather walk but let us know in advance if you plan to join us and then we can let you know if Plan B is happening – an afternoon's celebration of trees, back at Essex Church.

**Thursday 30th April - A Beltane visit to the Rollright Stones in the Cotswold Hills**, after first visiting Harris Manchester College, which has a proud history of training Unitarian ministers as well as now being the top Oxford College offering courses for mature students. The college has a fine organ which might be played that day and some much loved Burne Jones stained glass windows.

Here's one of GreenSpirit's aims: 'to embrace mystery, paradox, uncertainty and shadow, learn to think 'both/and' rather than 'either/or' and to repair the ravages of dualistic thinking, separation and fragmentation.' If this interests you, do come and join us at one of our meetings soon. Everyone is welcome.

David Carter and Sarah Tinker



## Heart Meditation Classes



### INTRODUCTORY COURSE

Using ancient rhythms to bring about an ever deeper state of inner peace through the development of the heart and its innate capacities. This is part of a larger course called the Alchemy of Inner Silence.

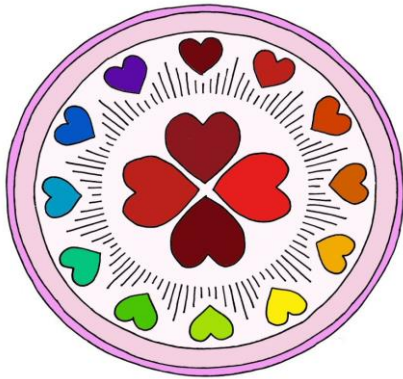
\*Drums provided

**Classes every other Tuesday**  
6.30pm - 7.30pm

**Essex Church, Kensington Unitarians,**  
London W8 4RT

For more info & bookings email:  
[infoheartmeditation@gmail.com](mailto:infoheartmeditation@gmail.com)

## 'Heart and Soul' Midweek Spiritual Gatherings



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

*gathering at 6.45pm down in the Essex Church library*

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. In February, Sarah Tinker will lead on the theme of 'Heaven in a Rage'. Radical William Blake wrote: *'A Robin Redbreast in a Cage Puts all Heaven in a Rage'*. Our Heart and Soul gathering in February will be a gentle consideration of wrongs that put us in a rage and make our blood boil.

The contemplative hour will be followed by time for refreshments (home-made cake) and fellowship. All are welcome to join us. If you'd like to have a go at co-leading a Heart and Soul session in the coming months, or doing a reading, please get in touch with Sarah to find out more: [sarah@kensington-unitarians.org.uk](mailto:sarah@kensington-unitarians.org.uk).

## Services at Essex Church



**Sunday 2<sup>nd</sup> February, 11am**  
**'Breaking the Mould'**

**Service led by Jeannene Powell & Rachel Sparks**

What are the moulds we're expected to fit into? And how can rebelling against them free us, and help change the world? For this service we'll be joined by Rachel Sparks, dance teacher for our Inclusive Tea Dances, who'll also be sharing her take on the theme.

**Sunday 9<sup>th</sup> February, 11am**  
**'Proudly Heretical'**

**Service led by Rev. Sarah Tinker**

In this service there will be a chance to hear more about our Unitarian history of heresy and the rise of nonconformity.

**Sunday 16<sup>th</sup> February, 11am**  
**'Law Breaking'**

**Service led by Rev. Sarah Tinker**

Some laws have to be broken. From the ridiculous to the deadly serious, what laws must be defied, and why? Find out why your minister was on trial at The Old Bailey a long time ago.

**Sunday 23<sup>rd</sup> February, 11am**  
**'Great Leaps Forward'**

**Service led by Harold Lorenzelli & Sarah Tinker**

Celebrating LGBT History Month and recognising that rebellion is often necessary to bring about social change.



Soveida Ensemble Present

# RUMI NIGHT

A Concert Based on Mystical Poetry

TICKETS £10 | Proceeds Go To Charity

SUNDAY 16th FEB 7pm - 9.30pm

## A Concert Based on Mystical Poetry with the Soveida Ensemble

**Sunday 16<sup>th</sup> February, 7pm at Essex Church**

*"In the house of lovers, the music never stops,  
the walls are made of songs & the floor dances"*  
- Jalaluddin Rumi, 13th Century Mystic & Poet

Allow the rhythms to transport you, while the love filled words of Rumi, and other renowned mystical poets, fill the air. The concert begins at 7pm and ends at 9.30pm, with a 20 minute break where light refreshments will be available to purchase. All proceeds from the event go to charity.