



UNITY BIRMINGHAM DECEMBER NEWSLETTER

“All you have to do is this: Stop thinking about the difficulty, whatever it is, and think about God instead.” Emmet Fox

Steve Gough led our November meeting. He spoke about the AA. Whilst reading the Golden Key booklet today, I realised that there was a lot of overlap between Unity, New Thought and the AA, because Emmett had a secretary, whose son was one of AA founder Bill Wilson’s first associates.

Truly spirit was at work in this meeting because last month Carran spoke on the Golden Key and this month we had Steve speaking on the AA, and both of the talks was about changing your thinking, the AA do it through a 12 Steps programme.

I thank Steve for introducing us to this programme, and for his wonderful talk, which was very personal, so I will not repeat here. What I would like to say is, if anyone reading this needs support or knows of anyone, who may be struggling with a drink related addiction, I have included a link here:

<https://www.alcoholics-anonymous.org.uk/>

OR call the National Helpline

FREE on

0800 9177 650

OR email: help@aamail.org

You might be thinking what does this have to do with Christmas. Many people find Christmas a difficult time, for various reasons and this can lead to emotional changes, which can lead to over dependency on alcohol.

So therefore, as we are approaching a wonderful Christmas tradition of the Candle Lighting service can we please consider inviting people who may be finding the idea of Christmas daunting to our Candle Lighting service so that for a couple of hours they can stop thinking about the problem and think of God instead. It may be a way of steering thoughts away from drink or the feelings of loneliness that sometimes occur this time of year.

For those new to Unity, and you may not be sure who Emmet Fox is or his ideas, we will have at the Candle Lighting Service, the booklet: “The Golden Key for Today.” For £1.50.

Our **CANDLE-LIGHTING SERVICE** takes place, **Saturday 15th December, 12.00 noon ‘til 2.00pm.**

We are very blessed that Minister **Kimerie Mapletoft** is going to lead the service. We have a musician who will play the piano for us. Could anyone wanting to take part please email Carran by the 7th December. We are looking for volunteer readers for bible passages, poetry readings, songs or any other gifting you may have. If anyone is able to come for **11am** to help set up the room that would be very much appreciated, as Kimerie would like to do a meet and greet at **11.30** so that we can start on time and finish in time to tidy away and get off early - as we know Christmas is a precious time.



Birmingham Group, throughout this year you have been a real joy, so Merry Christmas and a very Happy New Year to you all. **Bev xxx**

Carran’s Message:

Hello Everyone,

We are now officially in the period of Advent, and Unity always produce a helpful booklet which takes us through, culminating in the joyful arrival of Christmas. This year the title of this booklet is ***A World of Hope***. It encourages us each day to have a period of stillness and quiet prayer, to remember and connect with our divine identity, with helpful affirmations, and inspirational daily readings.

However, as Beverley so lovingly said, so many people often find this a difficult time for many reasons. This is true, but I would say let us not forget that we are all spiritual beings, sharing the same divine presence. We can use this time to not only re-ignite our own spiritual rebirth, but also extend the hand of love and peace to those that need support.

Christmas is associated with light, and joy, and hope. **Light always overcomes darkness**, as we work with our deep sacred light experiencing a growing awareness that fills our whole being, we can BE a presence of light for all people that we encounter who maybe in need of light in their darkness. Sometimes that is all that is needed.

I am looking forward to our Candle-Lighting Service, a fitting end to our Unity year, let us make it a beautiful Light-Filled occasion.

Many Blessings,

Carran



Venue – Oaklands New Church Centre, Winleigh Road,
Handsworth, Birmingham B20 2HN

Important Contact Tel Nos:

Carran – Group Leader - 0121 559 1820

Email: car.step2@gmail.com

Beverley – Administrator – 07808 535026

Please bring Christmas nibbles to share. (If you would like).