

Spiritual Preparation for Christmas December 2018

Dear Friend,



Do you have an Advent routine? By this I don't mean writing lists, sending Christmas cards and shopping! I mean taking time out every day to anticipate and prepare for the birth of the Christ child, as recognised in Jesus, and also to be known and understood as being born more deeply in us.

This can be a huge idea to take in - that the same Christ spirit that was in Christ Jesus is also in us. (Daily Word, 27/11/18) Take a moment to let that idea really sink in ...

We all express this energy in different ways of course, some more than others. But instead of looking at what others are doing and not doing, we can instead ask, with kindness, what about me? How can I express the Christ Spirit in and as me, to the best of my ability at this point in time? Can I be more loving, accepting, forgiving, understanding of others and myself? Can I step forward with more confidence, courage and faith to be a new expression of me, sharing my talents and gifts in perhaps new and more meaningful ways?

This is what the preparation time of Advent is all about: Taking time out each morning and/or evening to get quiet and still and focus our attention on the part of us that is constant, unchanging and the expression of perfect love - the Christ within. In the quietness we can practice dropping our thoughts beneath the noise of our own chatter, to the deeper Presence that lies within. We can practice relaxing our bodies and opening our hearts to Divine Love and Grace that is waiting to be known and expressed.

In Unity we focus on a different theme for the four weeks of Advent: Faith; Peace; Love; Joy. We produce an Advent booklet, with daily thoughts and readings, to guide us through this meaningful season. For the first time we are also offering a daily live prayer and meditation meeting for you to join us online and via Facebook every day of Advent - see below for more details.

In all you do this month of December, we encourage you to take time out and go

within - to the Presence Divine, to the Christ energy - that is waiting to be more deeply reborn in you.

May your Christmas be a time of love, joy and peace.

[Kimerie Mapletoft](#)

Director of Silent Unity and Daily Word UK



Unity Maidenhead

Welcomes you to our

Christmas Candle Lighting Service

16th December at 3.00

pm

Minister: Rev. Kimerie Mapletoft

Held at:

The Friends Meeting House

14 West Street, Maidenhead SL6 1RL

'A Time of Re-birth' What wants to be born in you?

Our Candle Lighting Service is one of the most popular meetings of the year. It is filled with light, readings and affirmations and of course lots of carols. People come from far and wide to join us in celebrating the birth of the Christ child in Jesus, and the deeper recognition of the Christ energy being born more deeply in us.

You are warmly invited to join us. And if this is your first meeting or you want to bring someone new to Unity, this is the perfect service to come to. You will be warmly welcomed and we feel sure enjoy a time that blesses you as you prepare for Christmas.

We will meet from 2.15 pm in the main building for sandwiches and mince pies to fortify us in our singing, with the service itself starting at 3 pm in the Garden Room behind the patio garden.

We would love to meet you in person, or online, so do come along, meet like-minded people and share with us an afternoon of spiritual connection and upliftment.

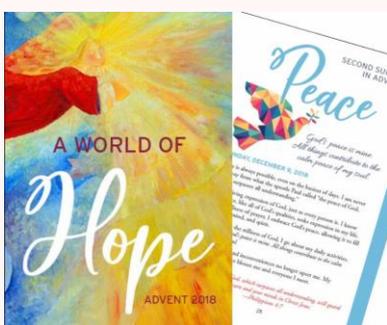
[How to join us via Zoom conferencing](#)
[Directions](#)

Christmas Meetings in Unity around the UK

[Unity Centre of London](#)
[Unity Centre of South London](#)
[Unity Birmingham](#)

Each of our Unity Centres offers Christmas services, giving us the opportunity to meet in person and online at Unity South London and Unity Maidenhead. We would love to meet you in person and celebrate this special season with you.

Advent 2018



Advent 2018:

A World of Hope

Online Advent Daily Meditation

Using Unity Advent Booklet
and Daily Word

NEW for 2018!

Every morning through Advent, from 2nd - 24th December, we are holding a prayer and meditation meeting online, via Zoom and Facebook live, using our Daily Word and Advent readings. This will give us the opportunity to connect with and support each other, and our Silent Unity family, in prayer, reflection and stillness, for the whole of the Advent season.

Monday - Saturday: meeting 9-9.25 am
Sunday: meeting 10-10.25 am.

We will continue to [connect with Zoom](#) in the usual way
To connect via Facebook Live go to Unity UK on Facebook where the videos will be posted. Through Facebook you can choose to join the meeting live, or watch later.

If you would like to join us and have not yet ordered your [Advent booklet](#) we have a few left. They are just £2.50 for UK deliveries (call the office for overseas postage). This year the booklet includes spiritual perspectives on depression and grief at the holidays, because so many have asked for support.

We look forward to joining you throughout Advent, reconnecting with the Christ presence within us all.

Unity Wall Calendar 2019



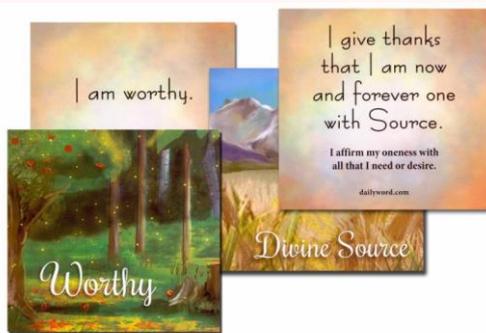
Wall Calendar 2019:
One Humanity;
Many Stories
Just £3.50 each

Unity's Wall Calendar for 2019 is a wonderful way to stay in touch with Unity, helping us to reconnect us to the spiritual connection we share together. It reminds us that we are never alone, in prayer and in activity.

Each month there are beautiful pictures of our Unity World Headquarters in Missouri, with a theme and affirmation to support us in our spiritual journeys, along with space to write our important appointments and dates.

[Order my copy](#) and extra copies to give as gifts to family and friends.

A Christmas Gift



Daily Word Affirmation Cards:
Abundance

[Just £11.95](#) incl. p&p (UK only)

This deck of 30 cards from Daily Word provides affirmative statements to deepen your awareness of the universal blessings of unlimited good.

Unity minister, Rev. Eric Butterworth once wrote, "The important key to effective living then is not ... to set things right, but to see them rightly."

Bring a consciousness of abundance to each day as you centre your thoughts on spiritual prosperity and well-being beyond material and financial wealth. Abundance is ever-present. Use these cards to help you claim your abundance in every area of life!

These cards make an excellent Christmas gift. We also have Daily Word Affirmation Cards on Peace and Healing [in stock](#) all at the great price of just £11.95. If you live overseas, call the office on +44 1628 628915 to get the cost of postage and packing.

30 cards, organza bag

Free PDF

Inner Stillness

The practice of getting still, not just physically, but also stilling our minds and emotions, is of the highest importance. For it is in the stillness that we access our experience of God. And from here all our good flows.

As we take time to practice this regularly, we deepen our connection with the Source of our Being, and the quality of our life experience changes. A deeper peace, energy and sense of fulfilment fills us from within and we are able to share this in the world through our talents and gifts. And the goodness of God is seen in human form.

[Download](#) a free PDF file on accessing inner stillness

Connecting online with Unity in the UK

Unity is proud to be able to offer many of our events free online, as part of our service to you.

This includes our 9 am and mid-day prayer meetings, Monday - Friday from our Silent Unity UK office at Taplow, the Sunday services from Unity South London and Unity Maidenhead and the Unity Maidenhead book club.

[Full details of our online calendar](#)

We love to share our meetings with you. [Zoom is easy to download](#) and provides a simple way to connect with these events from the comfort of your own home.

If you have any questions call us on 01628 628915

The Written Word

DAILY WORD

Saturday 1st December 2018

**My mind, body and spirit are renewed
as I rest in the silence of prayer.**

Unity co-founder Myrtle Fillmore once suggested, "Each day you should have a period of stillness when the soul may gather sustaining power and restoring life."

Spending time in the silence of prayer is a powerful self-care therapy for body, mind

and spirit. In the stillness, I connect with God within. My heartbeat and breathing return to a calm pace. I relax and just be.

I become aware of the divine activity of my body, knowing that supreme life flows through every cell, continually revitalising me. My spirit rejoices with a sense of renewal.

My times of resting in the Silence promote a spirit of creativity and co-operation that prepares me for the day ahead.

"But those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles." Isaiah 40:31

Daily Word is available in printed form, on tape or CD and digitally via email.

[Listen](#) to an example of a spoken Daily Word read by Rev. Ken Bradley.

[New to Unity and Daily Word?](#)

For a welcome pack and complimentary copy of Daily word [click here](#)

[For details and costs](#)

Expand Your Consciousness with Unity Magazine

Unity magazine, produced bi-monthly, supports our spiritual growth with insights from leading international spiritual teachers and leaders within the Unity movement. Be inspired to express more of your divine nature.

This month, best selling author and spiritual teacher, Michael Singer, shares advice on how to let go of who you think you are, to become more aware of who you really are.

[Learn more and to order](#)

Unity E-Mail: Thought for the Week

Every Monday we send out an email ***Thought for the Week***, sharing ideas and experiences gained through Unity teachings. As we begin this new year we will focus on thoughts to empower, inspire and enable us.

If you would like to receive these weekly emails [send us your name and email address](#) and we will set this up for you.

If you like what you receive, or you have any questions, [do let us know](#). We thrive on the connections and conversations we share. For it is together that we come to remember who we are.



SILENT UNITY UK **PRAYER MINISTRY**

Silent Unity is Unity's international prayer ministry, dedicated to joining you in confidential and affirmative prayer.

"Where two or three are gathered together in my name, there I am in the midst of them." Matthew 18:20

[Request a prayer](#)

Call: 01628 628916

Write: Unity, 10 Lake End Court, Taplow Road, Taplow, Maidenhead, Berks.
SL6 0JQ

Join us [online via Zoom](#) for our prayer meetings, Monday - Friday at 9 am and 12 pm

[Listen](#) to some of the night time prayer messages of support. And if you like the page, do share it with a friend.

Unity on You Tube

Steve Gough, Unity's in-house producer for all our recordings on CD and DVD, has produced lots of material that we house on You Tube.

Our most recent addition can be found [here](#)

You Tube is a great way to see the many video recordings Steve makes for Unity. To discover all we have to offer *so far*, click on the You Tube icon at the bottom of every page on our website - happy exploring!

Christmas Open Dates for the Prayer Line and Office

Monday 24th December: 9.30 am - 1 pm

Tuesday 25th December: CLOSED

Wednesday 26th December: CLOSED

Thursday 27th December: 9.30 am - 4.30 pm

Friday 28th December: 9.30 am - 4.30 pm

Monday 31st December: CLOSED

Tuesday 1st January: CLOSED

Wednesday 2nd January: 9.30 am - 4.30 pm

Office: 01628 628915
Prayer Line: 01628 628916
Normal opening hours: 9.30 am - 4.30 pm

The Final Word

If Every Day Were Christmas

James Dillet Freeman

If every day were Christmas,
how different life would be,
if not one day but all the year
were ruled by charity.

Had we the faith in miracles
a child has Christmas morn,
each day would be love's manger
and Christ would be reborn
in us again to change and heal
our outworn wars and ways -
had we a child's or shepherd's gift
for wonderment and praise!

Yet every day Is Christmas
when we learned to live
by love's law, learned not how to get
but only how to give;
and like a child can wonder
and like a child can pray,
but have the grown up wisdom
to give ourselves away.

James Dillet Freeman (1912-2003) was the poet laureate of Unity

[DONATE TODAY](#)

[Website](#) [About](#) [Prayer-Silent Unity](#) [Daily Word](#) [Contact Us](#) [Centres & Groups](#)



SHARE THIS EMAIL

SIGN UP FOR EMAILS

Unity Maidenhead, 10 Lake End Court, Taplow Road, Taplow,
Maidenhead, Buckinghamshire SL6 0JQ United Kingdom

[SafeUnsubscribe™](#) steve.gough@unityuk.org

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by kimerie.mapletoft@unityuk.org in collaboration with

Constant Contact 

[Try it free today](#)