

## New Year, New You!

January 2019

Dear Friend,



January is often seen as a time of new beginning and possibilities. As the old year draws to a close and the new one stretches out invitingly before us, there is a spirit of newness in the air; the anticipation of longer days; the desire for new inspiration and experiences we want to set in motion.

We in Unity have this same desire. Together, let us use the turning of the year as an opportunity for change, both inner and outer. Change that you have perhaps dreamed of making but not yet dared to do, or thought you could do. So what is inspiring and exciting you for the year ahead?

Are you looking to deepen your spiritual study and development - Unity is here to support you, anticipating connecting with you in new ways.

Have you the need of improved health and strength? Take hold of the realisation that God is your life, inner and outer; that your body is the temple of the living God and affirm, "The life-giving power of God is right now active in and through me."

Are you looking to experience greater prosperity or guidance? Now is the perfect time to renew your vision and to see yourself as prospered, assured of your constant and abundant supply, even more aware of your inner God-inspired wisdom and understanding, guiding you day by day as you affirm, "God is the light that guides me and the abundant source of all my supply."

Are you in need of greater peace and harmony in your life? Do you long to feel closer to your family and friends; to be understanding of others as well as be understood? This is the time to enter into newness; to open your mind and heart to know the love of God and let this love find expression through you, affirming, "I am a willing channel of God's love in expression."

To consciously enter into the New Year with such new thoughts and feelings is good and inspiring. However, do not feel discouraged if you are not immediately

able to be the changed person and have the changed life. If you find yourself reverting to old thoughts and habits, pause, breathe and remember that God is with and within you as all-good. Remind yourself that God is your Source and you can never be separated from Source. And know with us that it is God within you that is inspiring new thoughts, ideas and expressions in you, for God knows your fullest potential and forever desires to be expressed through you in this most positive way.

In your every endeavour and desire we are with you [in prayer](#). Just call, write or email [Silent Unity](#) and we will support you with faithful and confidential prayer for thirty days. We pray affirming that this New Year is a time of open doors and the deeper, expanded knowing of your spiritual identity and eternal Source.

Dear friend, we are honoured to be part of your spiritual journey. It is our joy to support you in every way we can. Together we can create and live our dreams and desires to bless us and our entire world.

[Kimerie Mapletoft](#)

Director of Silent Unity and Daily Word UK



## Unity Maidenhead

Welcomes you to our

### 'Burning Bowl' Service

20th January at 3.00 pm

Minister: Rev. Kimerie Mapletoft

#### **Held at:**

The Friends Meeting House  
14 West Street, Maidenhead SL6  
1RL

## 'Celebrating the New You'

Traditionally Unity begins every year with our 'Burning Bowl' service. It is a powerful experience: One that reminds us to let go of old, unwanted habits and ideas to make space for the new us we know we can be (because it is our real identity).

The service takes two parts. First we symbolically release what we no longer wish to experience when we burn the paper on which this is all written down. Then we write a letter to God, with the vision of what we desire in our hearts to know and experience in the coming year. All of this is contained within the service which includes prayer, meditation and music.

We will meet from 2.15 pm in the main building for light refreshments, with the service itself starting at 3 pm in the Garden Room behind the patio garden.

We would love to share our service with you, meeting you in person, or online. So do come along, meet like-minded people and share with us an afternoon that will release and expand your thinking for the coming year.

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

## **New Year, New You!**



January is traditionally a time of new beginnings and possibilities and we are delighted to support you with our pack: [New Year, New You](#)

### **Included in the pack:**

- Prayer, Blessings and Meditations booklet
- Pocket Unity booklet - introducing Unity ideas
- Living on Purpose - a Unity booklet with articles and stories focused on helping you create the life you love
- A flier detailing Unity's New Year ceremony of releasing the old, claiming the new, for you to do at home.

**All of this for just £4.50, including P&P**

[Order online](#), call the office (01628 628915) or send a cheque to Unity, 10 Lake End Court, Taplow Road, Taplow, Bucks SL6 0JQ

**[Happy New Year and Happy New You!](#)**

**[Free PDF:](#) Burning Bowl Ceremony explained for you to do at home.**

**Unity Wall Calendar 2019**



## Wall Calendar 2019:

One Humanity;  
Many Stories  
Just £3.50 each

We still have some of Unity's Wall Calendars for 2019 available for sale. It is a wonderful way to feel connected with Unity, reminding 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.

## Retreats 2019

### RETREATS AROUND THE UK, 2019



### Unity Silent Retreat: "Be still and know, I am God"

Friday 26th - Monday 29th July, 2019

Held at:

**Holland House, Pershore, Worcestershire**

Fully inclusive:

**£299 per person**, in single and twin standard rooms

With the gift of a silent retreat, we clear the way to experience God as our guidance, clarity, wholeness and peace. Holland House provides the perfect environment: Peaceful, welcoming and supportive with its beautiful chapel and extensive grounds. Saturday and

Sunday will be silent, with shared prayer and meditation times and simple guided exercises to enrich our time together, including a labyrinth walk.

[Booking Form](#)

### **Unity Renewing and Uplifting Retreat**

**"Living on Purpose: Creating a Life You Love"**

Thursday 26th - Saturday 28th September, 2019

Held at:

Whalley Abbey Retreat Centre, Whalley, Lancashire

Fully inclusive:

**£209 per person** in single and twin en-suite rooms

Unity offers tools and practices that help us release thoughts of human limitation and connect with our spiritual, healthy, whole and abundant selves. This retreat offers us the opportunity to take these tools and make them work for us. Together we will know and affirm: I can do all things through God in me.

[Booking Form](#)

## **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**

Thursday 31st January, 2019

**I find blessings in every circumstance.**

Any difficulty I may experience in life is a beginning point for greater growth. As I continue my life's journey, I may at times stumble as I encounter some of the lessons on my way.

If I experience a disappointment, I lift myself up by tapping into my divine resources of strength, love and understanding. My spiritual nature makes me strong and resilient. If I recognise a mistake, I take ownership, using it as an opportunity to learn and grow, to forge a new pathway.

If life seems difficult, I pause and reflect on the blessings sometimes hidden within every circumstance. With renewed faith and courage, I begin again.

"Surely goodness and mercy shall follow me all the days of my life and I shall dwell in the house of the Lord my whole life long." Psalm 23:6

**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.

In December, best selling author and spiritual teacher, Michael Singer, shared 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!

## The Final Word

Go  
with  
gratitude  
through your  
day  
remembering  
no-one has the power  
to make you sad, glad or

mad, and that you alone control your actions and re-actions. Claim your personal power and be the sum of Selfhood and not the fragmented fraction.

**Elizabeth T. Andrews**

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