

Dear Friend,



UNITY VIDEO NEWS

Unity is focused on being practical and useful in our daily lives. We encourage surrendering and letting go, followed by affirming and holding to the inner knowing and feeling of God-life, or Universal energy, becoming our deeper experience and awareness. But if this is not something we can apply in the midst of our challenges, then it is just an idea, and by itself is almost worthless.

Today in the office, [continue reading](#)

May this coming season of Lent be a time of transformation for you. We fast and feast together.

[Kimerie Mapletoft](#)

Director of Silent Unity and Daily Word UK



**A Prayer for the Brexit Negotiations**

In Unity, we have been holding the Brexit negotiations in prayer, without focusing on what the outcome should be. Rather, we have been affirming that the activity of God is at work through all minds and hearts, as the government and EU work to a solution.

At the time of writing, it has been announced that there will be important government discussions and votes on 12th and 13th March. In recognition of this we have decided to hold a special prayer vigil from 12-1 pm on both days.

We invite you to join us in prayer, either at this time or at any point over the coming weeks and affirm with us:

*"I give thanks for enlightened minds and open hearts,  
prevailing in the EU negotiations."*

[Join us live online](#)



**Finding Peace Through Prayer:**  
An extract from February's service

**'Appreciating our Divine Heritage.'**

We look forward to meeting you and sharing this time together.

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

[Directions](#)

## **Unity Maidenhead**

Welcomes you to our

### **Sunday Gathering**

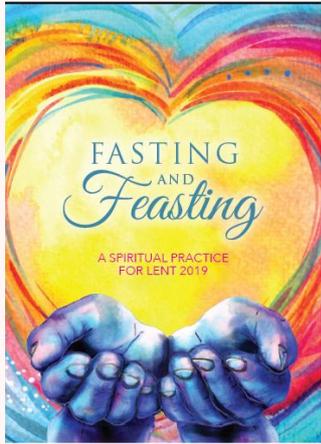
17th March at 3.00 pm

Speaker: Beth O'Connell

Led by: Nancy Sandoval

#### **Held at:**

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



## Lent 2019: Fasting and Feasting

£2.95 each (UK only)

Join us in our 40-day programme of fasting and feasting.

Each day we will alternate between fasting from a thought or feeling that we recognise no longer serves us, and feasting on ones that do. This has the potential to be life-transforming. As we set our intention to be the change we wish to seek, we

are changed.

## Saturday Workshop



### The Path of Oneness

A Workshop with  
**Martin Nathanael**

Saturday 18th May, 2019  
10.30am - 4.30pm

Held at:

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

Fee: £35.00

Includes tea and coffee

#### **A brief bio:**

During his late teens, Martin Nathanael found himself drawn to the esoteric elements of the world's spiritual philosophies, particularly focusing on the advaita (non-dual) tradition of India. Later, a mystical opening to Christ-consciousness led him towards working as a priest. [Continue reading the bio and a personal reflection](#)

## Unity Celebration Day

The Association of Unity Leaders and Ministers UK  
Invites you to:

### **'The Celebration of the Century'**

Unity in the UK - 100 years  
**Saturday 13th July, 2019**

Unitarian New Meeting Church, Birmingham  
Pre-booked Tickets: £12 - includes lunch

**Make a note in your diary for this exciting celebration**

[Check our website for more details](#)

## 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

UNITY RETREATS - A SPECIAL  
EXPERIENCE

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

### DAILY WORD

Ash Wednesday, 6th March 2019

#### **I am willing to follow my heart.**

Following my heart may not always be easy. I might feel influenced by other people's needs and expectations. Perhaps I am discouraged about my progress toward meeting my goals and fulfilling my dreams.

Whenever my life feels daunting, it is important to remember that God is love. Because of this, I am equipped to handle any situation. When I embrace this truth, any shadows of fear and regret fall behind me. I do not need to strain or struggle to make my way. I need only to trust the wisdom of my indwelling Christ spirit.

As I surrender my ego's need for control and certainty, life becomes more comfortable. I joyfully live my soul's truth as it is revealed to me each moment of every day. I am willing to follow my heart.

*"Commit your way to the Lord." -Psalm 37:5*

**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](#)

### 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 Prayer Service**

## **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**



MY FAVOURITE DAILY WORD - JUNE  
2016 - SPIRITUAL JOURNEY

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