

SETTLED SEPTEMBER

FROM CARRAN STEPHENS

Hello Everyone,

Here is my shortened offering for the Newsletter. I have actually been away for a couple of days over the week-end, my first in nearly two years! It was lovely, the weather was kind, nature was in abundance, the scenery in Somerset beautiful.

August has been a good month for me in that I feel as though I have resurfaced, and partaking in life once more. It is as though Spirit is saying "Okay, you have had a rest, you have acknowledged and accepted your challenges, now it is time to move forward, knowing that you are loved, protected, and divinely inspired, to follow and focus on what is yours to do, with willingness and trust."

It is quite wonderful that when one has the honest desire to look forward, with an open heart and mind, it really does happen. I think the catalyst for me was at the beginning of August with the Unity retreat at Holland House, the theme was "Reclaiming our Peace" and I can't adequately explain how the whole experience restored and brought me back on track, rekindling my inner flame, which I admit had lost some of its glow. But I never doubted for one moment, that it was still there within, always with me, waiting for me to re-unite, and let it shine. Much love and thanks to Kimerie, Paul, Isabel, Nancy, and all who came to the retreat, sharing their energy and love.

The rest of August opened out enabling a general tidy-up of things on hold, including meeting up with old friends. A highlight was being able to meet with a group of friends from our Birmingham Unity group, we had lunch, and talked...a lot! I am really thankful that Lisa and Pete got us together and organised it all. We are going to meet again in October, and a suggestion put forward was the possibility of smaller house groups, it would be good to have some feed-back on this idea?

I could go on, but I know Beverley needs to get the Newsletter done and sent out, so I will say a huge thank you to my Unity family and friends, who have held me in prayer and supported me with their love throughout my health challenges.....my forever friends.

"Finally, all of you, have unity of spirit, sympathy, love for one another, a tender heart, and a humble mind." – 1 Peter 3:8



Carran x

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It's back to school week for many people which can bring up a lot of feelings - including shame around not having completed as much as you had hoped over the summer.

So, first off, I want to sign a massive permission slip for everyone if you are feeling that you haven't done enough over the summer - we've all been finding our feet through the

pandemic and that takes a lot of energy and attention. Also, rest is so important and taking time to re-energise is an important element of the rhythm of life. Rather than beating yourself up, I would encourage you to reflect on what you have done instead of focusing on what you didn't do - you may well be surprised as to how much has happened for you over the past couple of months both within and without.

And now to looking forward....

I love that 'new year' energy which is full of possibilities and would encourage you to seize the opportunity for a fresh start and maybe even experiment with new ways of working.

In recognition of the 'back to school', let's remind ourselves of all the things we have been learning over the last few months during the Unity services. Just click on the titles to listen!

[The Light Within with Nancy Sandoval and Isabel Compton](#)

[Claiming my Divine Inheritance with Tom Thorpe](#)

This will be the last of our monthly newsletters. We will now be having newsletters 4 times a year to mark 4 Unity special events, which are World Day of Prayer, Candle lighting Service, Burning Bowl Ceremony and the Easter Service.

Meanwhile, the Unity Book Club will be starting again this September. Paul Mapletoft will be running the book club on Zoom 2nd and 4th Tuesday every month, unless on vacation. They will be kicking off 14th September, if you would love to join them. You can find them here: <http://www.unityuk.org/>

This month's main event is 'The World Day of Prayer' which will be on Thursday 9th September.

You can sign up for free [here](#)

Wishing you a wonderful, spiritual month!

Beverley x



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