

**unity**  
in the uk

Visit our website



JOINING HANDS  
and hearts

a spiritual way of living

**Christ is risen - Hallelujah**

**April 2024**

**Dear Friend,**

Happy Easter to you and your loved ones. Today we celebrate the risen Christ. It truly is a day to sing praises and celebrate.

Many of you have walked the journey of Lent with us. You have joined in reading the daily messages in our Lenten booklet, encouraging us to let go of various aspects of our humanity, to claim and know our divinity. Today, as we celebrate the risen Christ, let us celebrate the risen Christ in us, too.

OK – we may not be as exalted in understanding and realisation as Jesus was. We are not claiming that we are Jesus the Christ! Yet we can recognise and claim that we are different people from whom we were when we started the Lenten season and this is important. We have applied ourselves, as best we can, to the practice of letting go of painful, disturbing and defeating human attributes, knowing we are so much more than this.

Perhaps you are like me. Because of the daily reminders to let go, I recognise when I am being negative or critical and pull myself back to centre more quickly. I recognise when I feel resentful – and instead of spiralling into that energy, find a way to be kind and compassionate with myself, be present to my feelings and needs, re-centring and re-connecting with my loving self instead. I now notice when I am deeply shocked, upset or angered by what someone says or does and how my gut reaction is so strong I just want to walk away rather than be with the energy.

When I felt this reaction recently, instead of staying in the energy of anger and blame I stopped, stepped back from the energy as it were, took a moment to breathe and move through it, so I could continue with the meeting. That evening, in our Lent meditation, the affirmation was, “In the middle of chaos, by the power of my spirit I declare, ‘Let there be light!’” It was as if a light shone in the darkness. I knew this light was the answer. I gave thanks for the light shining in and through the whole situation. No blame, no anger, just gratefulness and peace. These are a few of my examples of how the application of letting go is helping me shift. There is, as Myrtle Fillmore our co-founder said, ‘less of me and more of Thee’. How joyful and freeing this is. It truly is something to celebrate.

You may like to take some time over Easter to recognise these inner shifts in you. They may not be volcanic in your mind or heart. However, every small step is one in the right direction. Every time we let go of some of our defeating human responses, the more brightly shines the light of God through us and as us. This is the Christ energy being born in us each day. Let us celebrate and sing songs of praise today.

[Read on our website ..](#)

**Rev. Kimerie Mapletoft**

Director of Silent Unity and Daily Word UK

Connect with us on social media



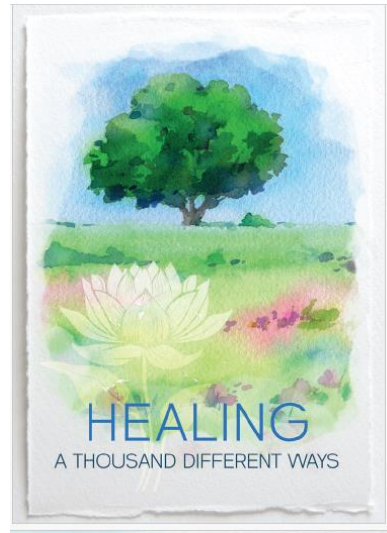
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## Evening daily prayer meeting returns Mondays, Wednesdays and Fridays

Starting Monday 8th April, at 5pm,

Join us at the end of the working day in quiet prayer and reflection with your Daily Word and Unity family.  
[Click through for more details.](#)

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## Healing: A Thousand Different Ways Booklet

£2.95 each

Healing takes unlimited forms and covers the breadth of human experience. Every prayer is essentially a prayer for healing.

In this booklet read the discoveries of Unity ministers and writers who have experienced healing a thousand different ways—physical, emotional, psychological, healing from addiction, healing finances, even finding healing through music and laughter.

Each article includes a practice or spiritual tool you can use on your own healing journey.

**Pre-order your copy, to be sent out by end of April**

[Order your copy](#)

## "The Path to Inner Peace"

A Saturday workshop led by  
Rev.'s Kimerie & Paul Mapletoft  
& Nancy Sandoval

**13th April 2024, 10.30am -4.30pm**  
**Cost by donation**  
**Online via zoom**



In this video Kimerie explores what peace can mean for each of us and about our upcoming workshop

With all that is happening in the world, it is not always easy to stay peaceful.  
Yet peace is at the core of our being, to be accessed and lived.

**What does peace mean to you, what takes you out of peace and how can we reconnect with our inner peace?**

As a group, we will share our ideas and practices which help us stay centred in peace.  
We will look at:

- The power of acceptance and non-resistance
- Learning to be the witness and conscious responder
- The tools of affirmative prayer and meditation
- Physical exercises to be grounded in peace
- Living on purpose – the power of connection and communion

Read more and book your place

## Unity Centre Maidenhead Sunday 21st April

**Unity Sunday Gathering**  
Prayer and meditation meeting  
2pm- 2.30pm  
Led by Angus Irons

**Followed by Sunday Service:**

**"In God, my life appreciates"**  
From 3pm  
Led by Rev. Paul Mapletoft

Life seems so busy in today's world; so, busy that we can forget to stop and appreciate everything we are and the journey we have travelled so far.

In our talk we will explore the power of appreciation and how it, in turn, makes our lives appreciate (ie grow).



Highlights from the March Service  
- A Spiritual Communion

Join us for a time of prayer, meditation, music and fellowship.

[Join the service on zoom](#)

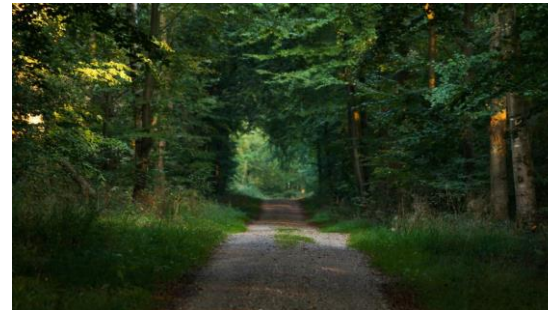
## June Retreat

Unity describes itself as Practical Christianity, using a metaphysical and mystical approach to help us have a closer walk with God.

So what does this mean exactly?

Practical Christianity is about exploring the teachings of Jesus and applying the wisdom and love shared in our own lives. This enables us to know ourselves as spiritual beings as well as human beings, just as Jesus knew for himself.

Jesus walked among those who had no support, who were not welcome in their society. His messages are profound and as meaningful today as they were over 2000 years ago.



**“A Closer Walk with God:  
Following the Teachings of Jesus”**

**Thursday 20th - Saturday 22nd June 2024,  
Whalley Abbey Retreat centre, Whalley, Lancashire**

**£269 per person  
in single and twin ensuite rooms**

**£50 deposit to reserve your place**

In our June retreat we will explore some of these messages together to see how we can make them real for us, today.

This is our closer walk with God.

**Join us and experience being together in the special place that is Whalley Abbey, feeding body, mind and soul.**

[Read more and book your place](#)

## September Retreat

**“A Return to Wholeness”  
The Keys to Spiritual Healing**

**Friday 27th - Sunday 29 September 2024,  
Kairos Retreat Centre, SW London**

**£239 per person  
in single and twin ensuite rooms**

**£50 deposit to reserve your place**



Unity was founded on spiritual principles of healing. Using the power of prayer and affirmations, in connection with our faith, we can realign with our wholeness and health.



As with all retreats, the price includes accomodation for the weekend, all teachings and sessions run by the team, meals, and tea and coffee breaks for the weekend.

We look forward to welcoming you on this special retreat

[Read more and book your place](#)

## Request Prayer

**Silent Unity UK is part of Unity's international prayer ministry, dedicated to joining you in confidential and affirmative prayer. You can call, email, or send us a letter.**

If you or a loved one have experienced anything that is causing you concern, or you would simply like to connect in prayer, we are here to pray with you. Together we recognise our oneness with God in the midst, guiding and healing always.

[Request Prayer](#)



**Listen to the  
Silent Unity Prayer Service for April 2024**

### **Request Prayer**

Call: 01628 628916

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

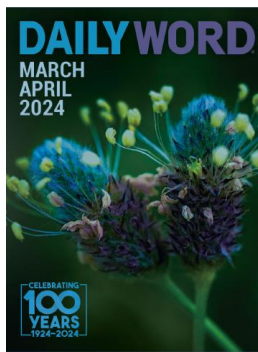
**Email**

**Join us online via Zoom for our prayer and meditation meetings:**

Monday - Saturday 9-9.25 am and Sunday (and bank holidays) 10-10.25 am for Daily Word and prayer.

Monday - Friday 12-12.30 pm using the Silent Unity Monthly Prayer Service

**Check out our free prayer resources**



## **Daily Word - Thursday 4th April 2024**

### **Awaken**

***"I awaken to the divine possibilities  
within and all around me"***

At times my spirituality can feel separate from daily life, making it easy to lose touch with my divine nature. Yet even a small shift in my thinking can create big effects, helping me awaken my true identity as a spiritual being.

The more time I devote to my spiritual practices, the more I can recognise God in every person and situation. Each day I slow down and connect with God. In the Silence I commune with Spirit and awaken to the presence of God within and the power of my divine gifts. Every moment becomes an opportunity to infuse the mundane with spiritual awareness. I awaken to the oneness of all that is and take my place in it.

**But those who look into the perfect law, the law of liberty, and persevere,  
being not hearers who forget but doers who act—they will be blessed in their doing.**

—James 1:25

[Find out more about Daily Word and subscribe here](#)

### **Rev. Paul Mapletoft's Ordination Film**

Earlier this year we celebrated Rev. Paul's ordination. This beautiful film includes some of the highlights of this memorable occasion.

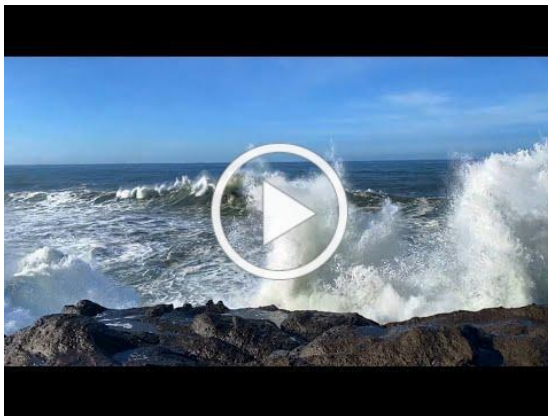


## Celebration Day: Date for your diary

**Saturday 27th July, ,**  
Unitarian Church, Five Ways, Birmingham

***Sustained Hope and Faith:  
Celebrating 100 Years of Daily Word***

Save the date, meet your Unity Friends and Family in person and online. More details to follow



**Our Daily Word Videos for April 2024**  
Use them throughout the month along with your Daily Word

Join us on [Facebook](#), [Twitter](#), [YouTube](#) and [Instagram](#) for inspiration.  
Thank you



We love to share Unity with you. If you love what you receive and would like to donate, you support our ministry of prayer and education.

Each loving gifts helps us to continue to serve.

We thank you, we appreciate you and we behold the Christ in you.

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