

Dear Friend,



Unity Video News - October 2019

Do you sometimes want to rescue people and help them feel better? And when you do, is it the other person you are trying to 'solve' - or just yourself?

Lately I have been looking into the differences between empathy and sympathy, using as my guide, the Brené Brown book, 'Dare to Lead'. [Read on](#)

Rev Kimerie Mapletoft  
Director of Silent Unity and Daily Word UK

**Connect with us on Facebook, Twitter and YouTube**



**\*NEW\***

[Lunchtime Mindful Meditation](#)

Taplow Prayer Room

Join us in person or online, 1st Friday of every month, 1-1.45 pm

## **Unity Maidenhead**

Welcomes you to our

### **Sunday Gathering**

20th October at 3.00 pm

Led by: Paul Mapletoft  
Speaker: Beth O'Connell

#### **Held at:**

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

### **"Open the Heart; Extend the Hand"**

At Unity UK we describe Unity as a spiritual way of living, a practical way of life. Indeed Unity's fifth principle is: Live the truth you know and understand. With heart and hand we can manifest our divine nature in our everyday lives.

This is the theme for Beth's talk this month and we are delighted to welcome her as our guest speaker, joining us online from Paris. Beth brings over 20 years of experience of Unity and it's teachings, practicing the tools and ideas she shares with us today.

Alongside the talk will be music, prayer and meditation. You are warmly invited to join us, in person or online using Zoom. We will meet from 2.15 pm to share in some light refreshments before the service begins at 3 pm.

We look forward to sharing the afternoon with you. See you there!

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

[Directions](#)



Sunday Service - September 2019  
(audio only)

## One Day Retreat at Maidenhead

### "Releasing Your Inner Splendour"

**Saturday 16th November, 2019**

**Held at:**

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

**Just £25 per person**

Includes tea and coffee

**A one day retreat with Rev Kimerie Mapletoft  
and Isabel Compton**

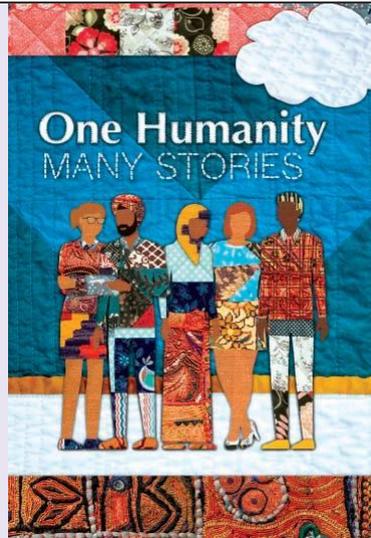
**Director of Silent Unity & Daily Word UK**

In Unity we practice connecting with the Divine Presence that resides within each of us - see Luke 17:20 - to enable healthy, happy and fulfilled lives.

At this one day retreat we will use relaxation, meditation and gentle enquiry to help us recognise and release old beliefs, blocks and emotional pain, to connect with the deeper truth: God is forever at the centre of our being as love, grace, joy, wisdom and peace.

[Book your place](#) or call the office for more details: 01628 628915

## Latest Unity Booklet



## **One Humanity: Many Stories**

Just £2.95, including P&P (UK only)

As we prepare to come together for Unity's World Day of Prayer, our new booklet helps to connect us with each other in a way that can only bless us.

We all have stories to tell. Each of us has known hardship and heartbreak, just as each of us has known joy. Some people have conquered unimaginable adversity while others seem to have been blessed with everything they want.

Whatever our story, there is a greater truth that over-arches all: We are all one. Despite the appearance of separate bodies, individual personalities and different pursuits, we are one humanity.

In this booklet the writers offer their thoughts about how to live in the real world while affirming and developing our divine identity.

Also included are prayers from Silent Unity that will complement our World Day of Prayer this month. As we connect together, let us reflect on our own particular experiences and see them within the context of our common humanity - our oneness.

[Order](#) for just £2.95 a copy (UK only)

Or call the office on 01628 628915. 9.30 am - 4.30 pm Monday to Friday

**SILENT UNITY UK**  
**PRAYER MINISTRY**



### Daily Prayers - October 2019

Silent Unity UK is part of 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 Prayer](#)

Call: 01628 628916

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

### **Did you know?**

Unity has a range of booklets, books, pamphlets, CD's, affirmation cards and more for sale at a reasonable price? [Check it out!](#)

### **Unity UK You Tube Channel**

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

To discover all we have to offer *so far*, [click here](#).

If you want to receive regular notifications when new videos are released it is very easy to [subscribe](#). This way you will be up to date with all we are doing.

Our latest development are Unity in the UK [PODCASTS](#).  
Even more is on its way - happy exploring!

## Connecting online with Unity in the UK

Unity is proud to be able to offer many of our events free online.

They include:

- Daily Word 9 am prayer and reflection meeting
- 12 pm Silent Unity Prayer Service, often held as silent prayer
- Mindfulness Meditation, first Friday of each month, 1-1.30 pm
- Monthly Sunday Gatherings at Maidenhead
- Twice monthly Maidenhead [book club](#)
- Unity [South London](#) Sunday Services

[Full details of our online calendar](#)

We use Zoom, a free to use internet hosting site. [Zoom is easy to download](#) It 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



My Favourite Daily Word - October 2019

### **DAILY WORD**

Wednesday, 16th October 2019

**We are all members of one body.**

I pause for a moment to give thanks for my close relationships - loved ones within my household, companion animals I consider family and people who live miles away but are held close by love. These loved ones are part of me. I carry them in my heart always, even beyond their deaths.

When I further consider relationships, I think of the neighbour who may have

greeted me as a hospital volunteer when I arrived for medical tests. How uplifting and comforting to see a welcoming smile from a friend.

How can I build relationships beyond my circle of friends? The answer is to give generously of my attention, to listen with my heart and to care.

*"So we, who are many, are one body in Christ, and individually we are members of one another." - Romans 12:5*

**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 Magazine:**

### **Deepen Your Spiritual Journey**

Sitting alongside Daily Word, Unity produces a bi-monthly magazine with articles by Unity ministers and writers alongside New Thought and spiritually inspired writers. Would you like to broaden your spiritual understanding and connect with ideas and possibilities to deepen your life experiences? You may like to subscribe to this magazine. For just £30 a year (UK only) you could be inspired to express more of your divine nature.

Call the office: 01628 628915

[Order online](#)

## **Unity E-Mail: Thought for the Week**

Every Monday we send out an email *Thought for the Week*, sharing ideas, practices and experiences gained through Unity teachings.

If you would like to receive these weekly emails [click here](#) or [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.

## **The Gospel of Common Sense**

How convenient and easy it is

to blame Others who don't rush  
to help us repair our ragged wings.  
It's not the Flock, but the lone  
Mocking Bird that sings.

\*\*\*

Let's seek first the Light within.  
It connects us to eternal Light.  
Call it "Kingdom" if you choose.  
Ours to name, claim ... and use.

\*\*\*

Go boldly into that unknown night.  
Heave is just ahead.  
Cancel the false belief  
you can ever be "dead".  
Nothing can, or will, destroy Light.

\*\*\*

I leave you to your chosen path.  
You need not fear my will, or wrath.  
I'll walk beside you if you ask,  
sharing the Light, tackling the tasks.

\*\*\*

I send you Love. I wish you well.

[Elizabeth](#)

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