

OPTIMISTIC OCTOBER 2020

Greetings from

Birmingham Unity

October Newsletter Edition Issue 10

All Good Gifts Around Us.....

Hello Everyone,

I am writing this message on what is the official Autumn Equinox for this year, 22nd September, and it has triggered in my mind various thoughts for my contribution to the newsletter.....

Summer ending, autumn beginning, in spite of outer circumstances, whatever is happening in our lives and world, the seasons roll round. Each season when you think about it has its own flavour, character, energy, and we respond in our own unique ways.

Autumn for me is quite special, it introduces a period of slowing down, going within, conserving energy, ready for the rebirth that winter brings. You may think that this is an odd thing to say, but if you view it as in nature, the harvest has been gathered and stored ready to provide for winter.....the trees are starting to change colour which is their way of shedding the outer, no longer needed leaves, in order to draw deep into themselves their energy, conserving and nurturing, until time to burst forth again in the spring.... animals put on their winter fat and coats, in order to tick over during the inactivity of winter, and you will think of more examples.

For us too, autumn is a time of preparation, it is also a time when traditionally (before the days of television and technology) people came together during the longer evenings, the work is done, and now there is time to gather and re-establish bonds of family and friendship, looking after ourselves ready for winter, but, also preparing on a deeper spiritual level, for the re-birth spiritually, that Jesus' birth symbolises for us in Unity. Autumn not only gives us food to feed our bodies, but just as important, gives us spiritual food to feed our heart and soul.....***"All good gifts around us are sent from heaven above, then thank the Lord, O thank the Lord for all His love....."***

Thank you, keep well, keep safe, and much love.....Carran



DATE FOR YOUR DIARY:

CURRENTLY BIRMINGHAM UNITY NOT MEETING. But if you miss our meditative sessions maybe the following may meet those needs:

The Art of Stillness hosted by Isabel Compton, Unity teacher. **Mondays, 7-8 pm.** Incorporating Quantum Entrainment (QE) Using techniques taught by Frank Kinslow, Isabel will help us learn to still our minds and reach that deep inner peace we all seek. This to enable our natural, healthy sense of well-being. Click [here](#).
Unity Maidenhead Bookclub: hosted by Paul Mapletoft. 2nd and 4th Tuesday each month, 7-9pm. Click [here](#) to join. More details of the current book club programme [here](#).

Morning Daily Word Prayer Meetings

Mon - Sat 0900

Sun 1000

Midday prayer and meditation

Mon - Fri 1200



Dear Friends,

In line with what Carran said, I am wishing you a very happy, productive and abundant time, full of thanksgiving, during what I believe is the best season of the year.

If you would like some music to get you in the mood Gregory Porilo has recorded two beautiful versions of "Now thank we all our God" and "We plough the fields and scatter" which if you would like these please feel free to email me back.

Have a "fruit-full" (and "vegetable-full") harvest! (A Gregory Porilo phrasing that I love)



Beverley