

N I C E N O V E M B E R 2 0 2 0

Greetings from

Birmingham Unity

November Newsletter Edition Issue 11

Carran's Message

Hello Everyone,

"Do to others as you would have them do to you," This little comment, which I am sure we have all come across, has a deeper depth of meaning than perhaps you would first think of. Yes, on the face of it we try to be considerate, polite, helpful, approachable etc. to those that we have contact with in our lives and this is right and as it should be.

However, we can go deeper ~ knowing that we are One with the Greater Whole, Our Creator, God, and many other names, we can forget that we are not separate from one another, we are not islands. We are one people, united with the whole of this wonderful planet and the many necessary integral ingredients that make it ~ the earth, the sea, the plants, the animals and so on ~ all united with the same creative underlying energy from our Source, which is Love. Each element (including us) have individual roles to play, but each individual element of our planet is interactive interdependent, so going back to my original quote at the start "Do unto others as you would have them do unto you," has greater onus for us to do our best for each other and the earth that we all share. The very nature of Oneness is the unifying loving spiritual identity, of us all.

Therefore, we are One with each other and all that is, we share our spiritual unity.

Much Love Carran



DATES FOR YOUR DIARY:

CURRENTLY BIRMINGHAM UNITY NOT MEETING.

1st November - All Saints Day

5th November - Guy Fawkes Day/Bonfire Night

8th November - Remembrance Sunday

12th November - Festival of Light

13th November - BBC Children in Need Appeal

18th November - Maidenhead Sunday Gathering - Online

Details: <https://www.unityuk.org/services/>

30th November - St Andrew's Day

Message from Huw Fifield

Hello

I just wanted to say I'm back and living in a lovely large village called Undy between Newport and Chepstow.

It has been well over three years since I left Birmingham but in terms of experience it feels more like ten!

The UAE is a very unique place with expats from all over the globe. I learnt as much about Emirati culture as South African, Irish, Filipino and Egyptian. It has made me realise how complex the world is and at times it was enriching but at others challenging. 'Unity' (pun intended) sounds straightforward but we all come with our stories and sometimes it's hard to understand other people's perspectives.

One real positive has been having had the time to reflect, especially during this Covid time. I did some writing about how the idea of the inner Christ was central to the early Christians.

I also began training in Sandtray therapy - a way of using symbols to explore our experiences and issues. I've qualified to teach the soft skills involved with this. I am going to carry on this training over the coming months.

I think one idea that I've reflected on over the past few years is that God's power is made perfect in our weakness. Our society and sometimes our spiritual communities want us to be perfect in every way, but it's freeing to accept our spiritual limitations and relax in the force of unconditional acceptance. I've had some challenging moments but this has kept me going! I really felt this ethos epitomised the Unity group in Birmingham.

Well I have really missed the Unity group over the few years and it would be lovely to be in touch with you all. It has been great chatting with Bev and Carran.

I've also missed British sport so I've been making up for lost time lol.

Take care everyone ❤️

Huw