



*A spiritual fellowship, encouraging tolerance,  
reason and independent thought*

**Issue 58, October - December 2018**

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## Statement of Belief (taken from our website)

Unitarianism is a religious movement in which individuals are free to follow their reason and conscience; there is no pressure from creed or scripture. We are open to change in the light of new thought and discoveries.

### We believe that:

- everyone has the right to seek truth and meaning for themselves.
- the fundamental tools for doing this are your own life experience, your reflection upon it, your intuitive understanding and the promptings of your own conscience.
- the best place to do this is a community that welcomes you for who you are,
- complete with your beliefs, doubts, and questions.

### We offer:

- liberty of conscience from imposed creed, confessions, and dogmas.
- a fellowship where people come together to worship; to share times of celebration and trial; and to help each other in the quest for a faith to live by.

**We affirm** the universal values of love and compassion, peace, truth, and justice.

**We welcome** all who come to us in the spirit of goodwill and enquiry, regardless of ethnic or religious background, age, gender, or sexual orientation.

*Our thanks to the General Assembly Information Department, for extracts from 'A Faith Worth Thinking About' by Peter Sampson et al; and to Ipswich Unitarians for extracts from a leaflet by Rev. Cliff Reed.*

## Websites & Social Media

[www.northamptonunitarians.org.uk](http://www.northamptonunitarians.org.uk)  
[https://www.facebook.com/Northampton Unitarians](https://www.facebook.com/NorthamptonUnitarians)  
<http://sue-still-i-am-one.blogspot.co.uk>  
<http://www.midland-unitarian-association.org.uk>  
[www.unitarian.org.uk](http://www.unitarian.org.uk)  
[www.unitariansocieties.org.uk](http://www.unitariansocieties.org.uk)

## Calendar for October - December 2018

### October

Sunday 7th   Worship service, Rev. Jeffrey Bowes (Coventry)  
Sunday 21st   Worship service, Mr. Gavin Lloyd (Oxford)  
Tuesday 16<sup>th</sup>   Walk the Labyrinth

### November

Sunday 4th    Worship service, Rev. Sue Woolley (MUA)  
Sunday 18th   Worship service, Rev. Jeffrey Bowes (Coventry)  
Tuesday 20<sup>th</sup>   Walk the Labyrinth

### December

Sunday 2nd    Worship Service, Ms. Aleks Zglinska  
                  (Kidderminster)  
Sunday 16th   Worship Service, Mr. Jon Small (Carol Service)  
Tuesday 18<sup>th</sup>   Walk the Labyrinth

### \*\*\*\*\*Weekday Gathering\*\*\*\*\*

Our first Labyrinth Walk since the Summer Break will be on Tuesday 16<sup>th</sup> October. See above for November & December dates.

More details on our website: [www.northamptonunitarians.org.uk](http://www.northamptonunitarians.org.uk)

*All Worship Services and Gatherings are held at  
Northampton Unitarians Meeting House, St. Katherine's Terrace,  
Northampton NN1 2AX.*

*Worship Services start at 10.30 am; Labyrinth Walk at 7.00 pm*

*ALL ARE WELCOME!*

## Letter from the Editor

Dear Friends,

We are fast approaching the third anniversary of our move from Hazelwood Road to our lovely Meeting House on St. Katherine's Terrace.

We have two groups using the premises for other-than-Unitarian activities and would welcome more lettings. So if you or a group you know are looking for somewhere to hold a meeting, either during the day or on a Monday, Thursday or Saturday evening, please contact Sue Woolley (details on the back page).

Our small congregation continues to meet faithfully every first and third Sunday, sometimes augmented by visitors. A very welcome return visitor in August was Mrs. Hilary Weiss, our late Treasurer Martin's widow.

Jon and I are looking forward to renewing the monthly Labyrinth Walk on Tuesday 16<sup>th</sup> October. It really is a very special experience – why not come along and try for yourself? Here it is:



Yours in fellowship,  
*Sue*

## Discipline vs Indulgence: Blogpost by Sue Woolley

Over the last few weeks, I have been uneasily conscious of the fact that I have been letting things I ought to do, and actually enjoy when I'm doing them, slide, in favour of reading, doing a jigsaw on my iPad, or just watching TV.

Not that there's anything wrong with reading, jigsaws, or TV-watching, but I also wanted to find the time to do things which would nourish my soul: a half-hour sit in the morning, carrying on with my novel, which has been sitting half-done on my computer for months, and doing regular piano practice.

I had been trying to turn the daily piano practice into a habit for some time, with very little success.

Then I had my light bulb moment. I am very much a morning person, a lark rather than an owl, so why not get these things done straight after I get up? Excitedly, I wrote myself a timetable:

0600 – 0630 Get up, shower, get dressed, eat breakfast  
0630 – 0700 E-mails, daily recognition, check Facebook  
0700 – 0730 Sit / pray  
0730 – 0830 Write  
0830 – 0915 Piano practice (30 minutes if I have to be out of the door by 9.00)

I shared this idea with a friend, who wrote back “How disciplined it all sounds but I am sure it is good if it works for you.”

And it does! It may sound unpleasantly regimented, and to some extent it is. However, it does mean that I get to spend two and a quarter hours every morning, nourishing my soul. Two and a quarter whole hours spent doing things that I like to do, that make me feel better about myself, that make me feel more connected

with the world. To me, it sounds like a huge indulgence, rather than a discipline.

Then at 9.00 am (or 9.15) I feel refreshed, invigorated and ready to get on with my day. And without the cloud of “you ought to fit in writing/piano practice some time today” hanging over my head. It's done, and I feel so free!

For me as a morning person, and as someone who Gretchen Rubin describes, in her book *The Four Tendencies*, as a Questioner, this works very well. But I can understand why others would look at my timetable with horror and loathing. It all depends on your perspective, and on your inner tendency.

She divides people into four types: Upholders, who meet inner and outer expectations easily; Questioners, who meet inner expectations, but not outer ones; Obligers, who meet outer expectation, but find it hard to discipline themselves; and Rebels, who hate any kind of expectations.

Before reading the book, I had thought that I was an Upholder. But it soon became very clear that I am a Questioner. Questioners are very good at meeting inner expectations, things they set themselves to do, which make sense to them. But they question all other expectations, especially those imposed by others. They will only do something if it makes sense to them.

So once I had decided that doing these things daily – sitting for 30 minutes, writing for an hour, practicing the piano for 30/45 minutes – could be easily fitted into the first three hours of my day, and would make me feel good, it has become easy to do them.

I would recommend the book to anyone who has trouble with “ought to” and “should” in their lives.

## Regional Events

### MIDLAND UNITARIAN ASSOCIATION ANNUAL LUNCH

**When:** Saturday 3<sup>rd</sup> November 2018 (a week later than usual due to refurbishment work)

**Where:** Kingswood Meeting House, Packhorse Road, Hollywood B47 5DQ

**Guest Speaker:** Rev. Daniel Costley, minister of Unitarians in Kent

**Times:** 11.00 for 11.30 – 3.30 (approximately)

Come along to catch up with old friends and make new ones.  
**Please support this social occasion, otherwise it may disappear from the District calendar.**

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**MUA OF LAY PREACHERS & SERVICE LEADERS  
AUTUMN TRAINING DAY**

**Topic:** Putting the Worth Back into Worship  
Led by Rev. Ant Howe

**When:** Saturday 10<sup>th</sup> November 2018

**Where:** Kingswood Meeting House, Packhorse Road, Hollywood B47 5DQ

**Times:** 9.30 for 10.00 am – 4.15. pm

## Northampton Unitarians

Northampton Unitarians Meeting House,  
St. Katherine's Terrace, Northampton NN1 2AX  
website: [www.northamptonunitarians.org.uk](http://www.northamptonunitarians.org.uk)

**Chairman and Joint Treasurer:** Mr. David Cook  
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**Secretary and Newsletter Editor:** Rev. Sue Woolley  
tel: 01604 870746; e-mail: [revsuewoolley@gmail.com](mailto:revsuewoolley@gmail.com)

**Joint Treasurer:** Mr. Jon Small  
e-mail: [jonasmall@hotmail.co.uk](mailto:jonasmall@hotmail.co.uk)

**Organist:** Dr. Mark Beaumont  
tel: 079804 98970; e-mail: [drmarksmusic40@yahoo.co.uk](mailto:drmarksmusic40@yahoo.co.uk)

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### Autumn Day by Rainer Maria Rilke

Lord, it is time. This was a very big summer.  
Lay your shadows over the sundial,  
and let the winds loose on the fields.

Command the last fruits to be full;  
give them two more sunny days,  
urge them on to fulfilment and throw  
the last sweetness into the heavy wine.

Who has no house now, will never build one.  
Whoever is alone now, will long remain so,  
Will watch, read, write long letters  
and will wander in the streets, here and there  
restlessly, when the leaves blow.