



Open Mind

The Bulletin of Rosslyn Hill Unitarian Chapel

August 2013

Summer evokes images of bright, bright sunshine, golden afternoons with ice-cold lemonade and juicy watermelon slices, and a hammock on a warm beach.

During summer, everything seems more vibrant, hopeful, and liberating. Everyone loves summer.



August Services

Sunday 4 August (11.00 am)

Rev Dr Patrick T. O'Neill preaching
'What Price Happiness?'

Psychologist Nathan Branden writes, 'Happiness anxiety is very common. Happiness can activate internal voices in some people saying I don't deserve this, or it will never last, or I'm riding for a fall, or I'm killing my mother and father by being happier than they were, or happiness is only an illusion, or nobody else is happy why should I be?' Happiness is very serious business for most of us. In the end, it may well be the truest measure of a life well lived, or a career properly constructed, or a family well loved. Come worship with us this Sunday!

Sunday 4 August (7.00 pm)

'Lammas Celebration'

The Wheel of the Year celebration of Lughnassadh or Lammas, the first of the Celtic harvest festivals. With music, ritual, poetry and perhaps a circle dance, we celebrate abundance. Led by the Wheel of the Year group.

Sunday 11 August (11.00 am & 7.00 pm)

Guest Speaker Kate Buchanan
'Namaste: I see the light of God in you'

The service will explore the many ways we recognise the divine in each other and the world around us. We will also try out a simple new song so come along and join us!

Sunday 18 August (11.00 am & 7.00 pm):

Guest Speaker Prof. Dan McKanan
'A Good Word for Magic'

What does magic have to do with sustainability? Unitarian scholar and Harvard Divinity School Professor Dan McKanan will reflect on his current research on environmental practices within esoteric and magical spiritual traditions, including the international Camphill movement. Magical practice, which Dan defines as 'changing the world by changing our consciousness', can help all of us find a home in a sustainable future.

Dan McKanan holds the Emerson chair at Harvard Divinity School, where he works closely with students preparing for Unitarian Universalist ministry. He is the author of four books, the most recent of which is *Prophetic Encounters: Religion and the American Radical Tradition*.

Sunday 25 August (11.00 am & 7.00 pm)

Rev Dr Patrick T. O'Neill preaching
'Channing's Church of Reluctant Radicals'

The great 19th century American preacher William Ellery Channing was considered by some the most reasonable and eloquent voice of modern religion since the Protestant Reformation. Others rushed to condemn him as an inflammatory radical, a heretic who, had he lived in another place and time, would have been burned at the stake for his bold questioning of traditional views of God and Christ and the proper reading of Scriptures. This Sunday we'll learn more about the founder of American Unitarianism.

The Rosslyn Hill Unitarian Chapel
The Unitarian Chapel in the heart of Hampstead



Unitarianism is spirituality without dogma and welcomes people of all religious faiths as well as those who are humanistic. Unitarians cherish and live by the values of love, compassion, a free mind, service to others, human dignity, and other similar values. It encourages each person to deepen their relationship with God, yet allows each person to understand God in their own unique way.

**The Chapel holds two services on Sundays,
at 11.00am and 7.00pm**

The morning service is more family-oriented, including activities for children led by professionally trained leaders, and a Children's Chapel is offered for children of all ages. The evening service is more intimate for those who prefer a more meditative tone.

Visitors and guests are always welcome!

The Chapel also offers a rich programme of social activities, covering a wide range of interests such as literature and poetry, Tai Chi, choir singing, monthly lectures, and a variety of monthly events for all age groups.

The Chapel is licensed for marriages, civil partnerships and other ceremonies.

**For more information, visit our website at
www.rosslynhillchapel.com**

Publisher's Statement:

"Open Mind" is a tool of outreach for Rosslyn Hill Unitarian Chapel. The views expressed in this publication reflect the spirit and substance of Unitarian values, as well as matters of concern to Unitarians, but are not necessarily shared by all members.

Submitting copy:

Unsolicited copy is welcomed and should be emailed to: RHUCbulletin@yahoo.com. All submissions may be edited for content and length (200 words) at the discretion of the Communications Team, who also reserves the right to reject unsuitable material. **Deadline** for submitting items for the **September** issue of 'Open Mind' is **Wednesday 21 August 2013**.

From the Editor

August

*'In August, the large masses of berries, which,
when in flower, had attracted many wild bees,
gradually assumed their bright velvety crimson hue,
and by their weight again
bent down and broke their tender limbs.'*
- Henry David Thoreau

Demeter, who is Goddess of the harvest, was honoured by the Romans during August, which was named after the first Roman emperor, Augustus Caesar. This month is known in the Celtic traditions as Lughnassadh, or Lunasa, from the Celtic god of wisdom, Lugh, the deity of London and Lyons. The first day of August is still celebrated as the Lammas festival in the Celtic tradition. Here at Rosslyn Hill Chapel, some of us gathered to celebrate in the evening of the first Sunday in August with music, ritual, poetry and dance. Tradition has it that the first corn is cut, baked into a loaf, and offered to 'Lugh' in thanksgiving. August is known as the Corn Moon.

So what is happening in August at Rosslyn Hill Chapel? Children's Chapel meets every Sunday, but other chapel activities are not taking place during August. Sunday services continue – Rev Patrick O'Neill be preaching in Chapel on 4 and 25 August, and while he is away we will have Kate Buchanan (Sunday 11 August) and Prof. Dan McKanan (18 August) in our pulpit. Visitors may join us giving us an opportunity to welcome them to our Unitarian community - So please join us if you can.
Ingrid Tavkar



*'Whilst August yet wears her golden crown,
ripening fields lush - bright with promise;
summer waxes long, then wanes, quietly passing
Her fading green glory on to riotous autumn.'*
- Michelle L. Thieme, August's Crown



PO'Nderings

From our Minister
Rev Patrick T. O'Neill

'Leaning Into the Rocks'

I found this little piece years ago in a Unitarian newsletter. It is attributed to Karen Tse. Thought I'd pass it along to you. Hope your summer is going well, and that you are finding ways to keep cool.....po'n

"Sometimes life hurts and you wonder how you will survive the pain and get through to the next stage. I know these times. I can't remember all the good advice I might have repeated to myself during these difficult periods, but I do remember the 'white water rafting' rules as applied to times of personal challenge:

*Stay calm
Lean into the rocks
Keep paddling*

Let go of everything except your life jacket

Of all the rules, I still struggle with the concept of leaning into the rocks. It goes against my natural tendency to do all I can to avoid pain. Yet I am learning that an attempt to construct a life that avoids pain is not only futile but also counterproductive. 'Leaning into the rocks' can actually do some good.

.... Too often, we avoid touching not only our own personal pain, but also the pain of the world. We fear that touching the pain of the world will only further debilitate us or cause us more pain in our lives. Yet, sometimes having the courage to go into the pain and realizing that we can withstand the pain of life's challenges allows us then to see our way out. By allowing ourselves to touch the pain and despair that we feel for our broken world, we can take the first step to move out of a sense of overwhelming futility and claim the power that is ours to transform the world."

Chapel Activities



Weekly Activities

Children's Programme (formerly Children's Chapel meets every Sunday at the 11.00am service. New children of all ages are always welcome. Infants are welcome in the creche.



All other Chapel programmes will not be held in August.

You may like to mark in your diaries the following start up dates for September:

Sunday 1 September (6.00 - 8.00pm) -
Ministry of Dance

Tuesday 3 September (7.00pm) - Poetry Group

Tuesday 10 September (7.30pm) - Social Action Committee

Wednesday 11 September (7.30) - Chapel Choir Rehearsal

Thursday 12 September (7.00pm) - Management Committee

Thursday 19 September (7.30pm) - Book Group

Sunday 29 September (12.30) - Special General Meeting

Sunday 29 September - Pot Luck Lunch



OUR CHAPEL COMMUNITY

Rosslyn Hill Chapel to support a Food Bank!

Did you know that London is the 5th richest city in the world and yet many people are forced to make a choice between paying the bills or eating? Trussell Trust (www.trusselltrust.org) has set up food banks across the UK to help those in need. In 2012-3 food banks fed 346,992 people nationwide. Of those helped, 126,889 were children. Rising cost of food and fuel combined with high unemployment and changes to benefits are causing more and more people to come to foodbanks for help (information taken from Trussell Trust website).

What is a food bank and how does it work?

Step 1: Non-perishable food is donated to a food bank.

Step 2: Frontline care professionals such as doctors and social workers give food bank vouchers to people in crisis.

Step 3: Food bank vouchers are exchanged by those in need for 3 days of food at a food bank.

The Social Action Committee has discussed how we could support such a practical community initiative and discovered that there is a food bank near us in Chalk Farm (www.chalkfarm.foodbank.org.uk) which provides emergency food to local people in crisis and which would welcome our help.

What can we do?

Starting on Sunday 4 September, there will be a box in the Chapel where food can be collected. Each month the box of food will be taken to the Chalk Farm food bank so they can distribute it to local people in need. All you need to do is just add one small item from the list below to your shopping every few weeks and bring it to Chapel to put in the box. It is as easy as that!

Please help feed local people in crisis by buying items from the list below and donating them to our food bank, thank you!

SHOPPING LIST

Milk (UHT or powdered)
Sugar (500g)
Fruit juice (carton)
Soup
Pasta sauces
Sponge pudding (tinned)
Tomatoes (tinned)
Cereals
Rice pudding (tinned)
Tea Bags/instant coffee
Instant mash potato
Rice/pasta
Tinned meat/fish
Tinned fruit
Jam
Biscuits or snack bars



The Trussell Trust foodbanks provides a minimum of three days non-perishable emergency food to local people in crisis. All food given out is donated by the local community. We work in partnership with frontline care professionals to identify people in need



OUR CHAPEL COMMUNITY

VALUES IN ACTION



Do you feel passionate about a cause, project or issue that demonstrates your Unitarian values?

Are you involved in working, volunteering or campaigning for change and want to tell your chapel friends about it?

The Social Action Committee is delighted to invite you to do so: Rev O'Neill has offered a three-minute slot in which members of the congregation may share news of VALUES IN ACTION during morning service on the **first Sunday** in the month.

If you would like to take part, please send details of what you would like to talk about to Social Action Committee member, Claire Julian [claire.marley@mac.com] so that the Committee can co-ordinate these brief contributions to our morning services. Thank you.
Claire Julian (On behalf of Social Action Committee)

Coffee/tea money collections for Good Causes



Thank you for your generosity in contributing to recent charity collections. We are pleased to let you know that we have sent the following donations to good causes:

January & February - £148.76 to Amnesty International
March & April - £129.00 to PDSA
May & June - £117.13 to Money for Madagascar

Worship Assistants

4 August	Victoria Ellington
11 August	Julia Reid
18 August	Zoe Gerrard
25 August	Leighton Cole Stewards

Stewards

4 August	Kristy Howell & Kama Hajiyeda
11 August	Hillary Ratna & Kerry Reid
18 August	Leighton Cole & George Appleby
25 August	Claire Julian & Janna Williams

Other events in the Chapel Events



Saturday 10 & Sunday 11 August (10.00 am) - Jon Astrop's Art Exhibition in Hall

Saturday 17 August (11.00 am-5.00 pm) - Hampstead Crafts Fair (Arts & Crafts, Antiques & Jewellery, Textiles & Gifts)

Saturday 24 (10.00 am) - Jon Astrop's - Art Exhibition in Hall

Tuesday 27 (7.00 pm) - Concert in aid of CADFA (Further information to follow)

Thursday 29 (10.00 am-4.00 pm) - 'Ikebana' Japanese floral art workshop in the chapel



OUR CHAPEL COMMUNITY

Thinking of becoming a member?

If you have been attending our chapel services and events for some time, you might consider making Rosslyn Hill Unitarian Chapel your spiritual home and community.

Our Chapel community is independent, self-governing and self-financing, with a rich history of social change. As well as taking part in Sunday Services, our members organise and support a wide range of activities and events.

If you would like to find out more, please contact Rev Patrick O'Neill, Kate Buchanan (kateboo@gmail.com) or look out for Membership Group representatives at Sunday services - they're the ones wearing the ASK ME badges!



*Come into the circle of caring,
Come into the community of gentleness,
of justice and love.
Come, and you shall be refreshed.
Let the healing power
of this people penetrate you,
Let loving kindness and joy pass through you,
Let hope interfuse you,
And peace be the law of your heart.
In this human circle,
Caring is a calling.
All of us are called.
So come into the circle of caring.*

(Richard Gilbert – adapted)



Thoughts for Reflection

Welcome

We come together today, not because we expect to find answers here,
But rather because we expect to be encouraged in our questioning.

We come together today, not because we are certain of our own righteousness,
But because we are continually searching for what is true, beautiful, and good.

We come together today, not because we seek absolution for our sins,
But to acknowledge our failures and to seek courage to make amends.

We come together today, not because we need to be told what to believe and how to act,
But because we gain courage from one another to act according to our own conscience.

We come together today, not to find a God remote and unapproachable,
But to discover what is transcendent and transforming within and between each of us.

We come together today, not because we believe that holiness exists within these walls alone,
but rather to have our hearts and minds directed to the holiness of all that is.

For these reasons, and countless others unspoken, we come together today.

(Suzanne Meyer, adapted)



OUR CHAPEL COMMUNITY

NEWS FROM THE MANAGEMENT BOARD

Any member of the Chapel is welcome to attend the Management Board meetings as an observer. If you would like to attend, as a courtesy, please contact Kerry Reid (Chair) in advance. The next meeting will be on Thursday 12 September at 7.00pm in the Chapel (in the Cottage Basement Science room).

Meeting held on 12 July 2013

Kate Buchanan in the chair

SGM: the Chapel SGM will be held on the Sunday 29 of September 2013.

Administrator's report: Sharron will work one Sunday a month, to give her more visibility and contact with the Congregation. Work has been agreed on the Hall roof, to take place in this autumn, and there are plans to tidy up and renovate the yard, with help from the School.

Chapel Website: the new site will be launched within the next few weeks, after a few final tweaks have been made. There will also be a tablet and mobile device version. The designer will be doing a tutorial to some of the staff and members to enable them to run the site.

Treasurer's report: The Willoughby Road funds have now been invested with a fund manager that will use them in line with Chapel values as closely as possible. A sum has been reserved to fund works on the Estate.

Plate Donations: The Board discussed ways in which Members could be encouraged to move their usual plate donations to standing order, as a suggested 1% of income in addition to subscription fees. In addition, we will trial a 'share the plate,' where half the plate donations will go towards a charity nominated before a service. A beautiful permanent donations box will also shortly be installed in the Chapel.

New Board Chair: Kate Buchanan's 6-month period of Chair ends in August. Kerry Reid has been elected by the Board to take on this role from September, with Dominic Williams acting as deputy chair. The Board would like to thank Kate for all of her hard work for the Board and wish her the very best for the future.

The Board would like to offer their sincere congratulations to the Chapel's acting organist, Matthew Fletcher, on his recent marriage.



Rosslyn Hill Chapel is now on Twitter!

**TWITTER -
@RHUnitarianC**

Chapel services, events, inspiring quotes and links to other Unitarian items of interest are tweeted regularly. If you would like to follow us, and help us to commune with the interconnected web of existence, then please follow the link below to sign up to Twitter and follow us @RHUnitarianC
<https://twitter.com/signup>

To tweet us with any news of activities or meetings that you are involved with, or any of those thoughts that you have 'while you are doing the dishes' then please start your tweet with @RHUnitarianC - it will appear on our feed once it is re-tweeted by the Chapel.

AUGUST DIARY

(* = further details elsewhere in Bulletin)

Sunday 4 August

11.00am – Morning service – *'What Price Happiness?'* *
Led by Rev Dr Patrick T. O'Neill

7.00pm – Evening service - *'Lammas Celebration'* *
Led by our 'Wheel of the Year' group

Sunday 11 August

11.00am – Morning service – *'Namaste: I see the light of God in you'* *
Guest Speaker Kate Buchanan

7.00pm – Evening service – *'Namaste: I see the light of God in you'* *
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7.00pm – Evening service – *'A Good Word for Magic'* *
Guest Speaker Prof. Dan McKanan

Sunday 25 August

11.00am – Morning service – *'Channing's Church of Reluctant Radicals'* *

12.30am – 'Pot Luck Lunch' in the Chapel

7.00pm – Evening service – *'Channing's Church of Reluctant Radicals'* *

Chapel Directory

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*"Our religion is a spiritual journey and each one of us is an explorer.
Reason is our map and conscience is our compass.
Loving kindness is our way in the world"*