



Open Mind

The Bulletin of Rosslyn Hill Unitarian Chapel

August 2016

*When summer opens,
I see how fast it matures, and fear it will be short;
but after the heats of July and August,
I am reconciled, like one who has had his swing,
to the cool of autumn.*

Ralph Waldo Emerson



August Services

Sunday 7 August (11.00 am)

Rev Kate Dean
'Lazy summer days'

A celebration of the summer season, a time to wind down and take stock.

Sunday 7 August (7.00pm)

Rev Kate Dean
'Lazy summer days'

An evening of words and music exploring the theme 'Lazy summer days'

Sunday 14 August (11.00am)

Guest Preacher Jeannene Powell
'Revering Nature'

The natural world can often inspire a sense of awe and wonder, and a deep sense of reverence. In this service we'll explore beliefs and traditions which hold Nature, the Earth and the Universe in the highest regard and consider our own connections to this.

Sunday 14 August (7.00pm)

Evening Gathering
Meditation

'Meditation is listening to the divine within' Edgar Cayce. Come and join us for meditation – guided meditation, silent meditation and walking meditation. Led by Ingrid Tavkar

Sunday 21 August (11.00 am)

Rev Kate Dean
'Seeing the World Anew'

It is so easy to become jaded and bogged down in the difficulties of life. Seeing the world through a child's eyes can help us rediscover the beauty and the mystery of the world around us.

Sunday 21 August (7.00pm)

Rev Kate Dean
'Seeing the World Anew'

We will reflect on how we can rediscover the beauty and mystery of the world around us.

Sunday 28 August (11.00am)

Guest Preacher Rev Martin Whitell
'Don't give up on hope'

Sometimes life seems more complex than we can cope with. The Greek story of Pandora's box reminds us that when all seems dark, hope still remains. Our service today will unpack some of the features of hope and discover that all need not be lost.

Sunday 28 August (7.00pm)

Evening Gathering
'Live Music and Meditation'
Rev Kate Dean

An informal hour of music and meditation. Music affects us at many different levels - from being pleasing to the ears to benefiting mental and physical health at a deeper level. We will explore body prayer, movement meditation, chanting and enjoy live music with John Evans!

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

We gather for worship and fellowship, to create a caring community where all feel supported in our search for meaning and value. We advocate justice, liberty, honesty, integrity, peace and love. Unitarians are an open faith community celebrating diverse beliefs. Although Unitarianism has its roots in Jewish and Christian traditions, it is open to insights from all faiths, science, the arts, the natural world and everyday living.

**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, and a variety of monthly events for all age groups. The Chapel is licensed for marriages, civil partnerships, same sex marriages 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 **Monday 22 August 2016**.

From the Editor

*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

What is on offer in August at Rosslyn Hill Chapel? Although our usual Chapel programmes will not be held, Sunday services continue – Rev Kate Dean will be preaching on 7th, focusing on 'Lazy summer days' and on 21st, inviting us to 'See the World Anew'. On Sunday 14th, we welcome back Jeannene Powell, reflecting on 'Revering Nature', and on Sunday 28th, Rev Martin Whitell will encourage us 'not to give up on hope'.

Looking ahead to September**Sunday 4th September - 'Water Communion'**

This service, sometimes also called the Water Ceremony, was first used at a Unitarian Universalist congregation in the 1980s.

Members bring to Sunday worship service a small amount of water from a place that is special to them or from a place they have visited over the summer. During the service, people one by one pour their water together into a large bowl. As the water is added, each person explains why this water is special to them. The combined water is symbolic of our shared Unitarian faith coming from many different sources.

Sunday 11th September - 'Walking the Labyrinth'

The labyrinth is a useful metaphor for many of life's journeys and transitions, as well as everyday issues. It can help quiet the mind for reflection, inspire our creativity and remind us of what is important in our lives. It is an archetype, a divine imprint, found in all religious traditions in various forms around the world. By walking a replica of the Chartres Labyrinth, laid into the floor of Chartres Cathedral around 1200 AD we are rediscovering a forgotten mystical tradition.

The focus for our walk will be peace, in our hearts, peace in our minds, peace in our lives and in the world. We will use a canvas 36' diameter Labyrinth on the floor of the Chapel. It takes about 20 minutes to walk, and has been described as a path of prayer and meditation.

Sunday 18th September - 'Autumn Equinox'

Led by members of our 'Wheel of the Year' group, and drawing from the Celtic earth/pagan tradition, we will celebrate the autumn equinox. The service is participatory and one of the eight great Celtic celebrations during the 'Wheel of the Year'.

Visitors may join us and we will have an opportunity to welcome them to our Unitarian community, so please join us if you can. **Ingrid Tavkar**



REFLECTIONS

by Rev Kate Dean

Lazy summer days of hospitality

The summer season is a time for planning picnics, having barbeques and enjoying the outdoors. I really enjoyed our 'all weather picnic', which we held on the manse lawn at the beginning of July. It was a joyous occasion full of fellowship, friendship and the sharing of food together.

In our community, we share food in other ways by contributing to the weekly Foodbank collection. Your donations of food supports the Chalk Farm Foodbank, which helps local people in crisis. We have been donating to this good cause for some time and the Social Action Committee have seen their fine work in action. They are very well organised and are part of a network of foodbanks supported by The Trussell Trust. Those who use the foodbank consider it to be a lifeline.

As our on-going commitment to this type of good work, this month, our Sunday collection plate will be divided between the upkeep of our beautiful Chapel and **The Soup Kitchen**, at the American International Church. Their kitchen on Tottenham Court Road which provides meals to around 70 vulnerable people each day.

Summer is also a time for open doors and open windows, which is why we will be keeping our doors open on Sunday afternoons. We will offer tea and real coffee, and a warm welcome to any passers by, from after the Sunday morning service until around 4pm. **If you would like to join us, even for an hour or two, you'd be very welcome. If you fancy playing some music, you'd be even more welcome!** Please let me know if you'd like to help out on Sunday afternoon 1 – 4pm on 7th, 14th, 21st or 28th August: revkatedean@gmail.com / 07870 322 519

We're also looking ahead to September with all kinds of interesting events and programmes so there's something to appeal to almost everyone! **There will be something happening in the chapel grounds every Monday evening from 4th Sept onwards (see right for details).** We're also looking forward to a Water Communion on 4th, Open House and Harvest service on 17th/18th and a special Membership Service to welcome new and renewed members on 25th September. Please do join us for these wonderful celebrations!

Chapel Activities



Weekly Activities

Children's Programme - Please Note, there is no separate Sunday Children's Programme during July and August. A box of soft toys is available at the back of chapel for young ones during the service. Parents are asked to remain with their children during the service

Monthly Activities and Meetings

CHAPEL POETRY GROUP – meets on **Monday 1 August at 7.30pm**. For more information contact George Appleby (Tel: 020 7424 9733, email: gappleby@talktalk.net)

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 4 (11.00am) - 'Water Communion' everyone is invited to bring a small amount of water to this service.(see p.2)

Monday 5 (7.30pm) – Chapel Poetry Group. This inspiring group meets to share favourite and original poetry.

Wednesday 7 (7.30pm) – Chapel Choir Rehearsal

Thursday 8 (7.00pm) – Management Board

Sunday 11 (7.00-8.30pm) - Labyrinth Walk
The focus of our walk will be peace. (see p.2)

Monday 12 (7.00pm) - 'Living with Integrity' discussion group focusing on different aspects of life and how our Unitarian values influence our actions.

Tuesday 13 (7.00pm) – Social Action Committee

Monday 19 (7.00pm) - 'Heart & Soul' alternative weeknight service. A gentle, informal and interactive service with a mix of readings, meditation and sharing.

Sunday 25 (11.00pm) – 'Membership Service'

Monday 26 (7.00pm) - Chapel Book Group. we are going to re-establish the Chapel's monthly book group.

AUGUST DIARY**Monday 1 August**

7.30pm – Chapel Poetry Group meets*

Sunday 7 August

11.00am - Morning service

'Lazy summer days'*

Led by Rev Kate Dean

1.00-4.00pm - **Open Doors***

7.00pm – Evening service

'Lazy summer days'*

Led by Rev Kate Dean

Sunday 14 August

11.00am – Morning service

'Revering Nature'*

Guest Preacher Jeannene Powell

1.00-4.00pm - **Open Doors***

7.00pm - Evening service

Meditation*

Led by Ingrid Tavkar

Sunday 21 August

11.00am – Morning service

'Seeing the World Anew'*

Rev Kate Dean

1.00-4.00pm - **Open Doors**

7.00pm – Evening Gathering

'Seeing the World Anew'*

Rev Kate Dean

Sunday 28 August

11.00am – Morning service

'Don't give up on hope'*

Guest Preacher Rev Martin Whitell

12.30pm - **Pot Luck Lunch**1.00-4.00pm - **Open Doors***

7.00pm – Evening service

An informal hour of live music and meditation*

Rev Kate Dean

(* = further details elsewhere in Bulletin)

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