



Open Mind

The Bulletin of Rosslyn Hill Unitarian Chapel

January 2015

*'Wishing everyone much peace, love
and happiness in the New Year..!
May deeper gratitude, patience
and insight fullness grace our lives.
Hoping that each of us, and the whole of humanity,
grows a little bit wiser, simpler
and more compassionate in 2015,
and in the coming years...'*



January Services

Sunday 4 January (11.00 am)

Rev Dr Patrick T. O'Neill preaching
'Epiphanies Great and Small'

The Oxford Dictionary defines epiphany as “a sudden intuitive perception or insight into reality”. To have an epiphany is to experience a new understanding, a new vision, a new way of seeing things. This is in fact the defining characteristic of all religious experience. Come join us today as we consider the 'epiphanous moments' in all lives...and bring a friend along!

Sunday 4 January (7.00 pm)
'Music, words, reflection and silence'

Khalil Gibran wrote 'Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife' - Come and join us for meditative music followed by silence & reflection. Led by Margaret Perry & Ingrid Tavkar

Sunday 11 January (11.00 am)

Rev Dr Patrick T. O'Neill preaching
'There Are Only Three Rules: The First Is Be Kind'

Does it need to be said? Kindness is central to our humanity, and to civilization itself. This Sunday we remind ourselves of the need to be kind - to others and to ourselves. You are kindly invited to Come join us, and bring a friend!

Sunday 11 January (7.00pm)
'Meditation'

'The essence of meditation is simply to reach a 'state of being' - Come and join us for silence, reflection, poetry and music. Led by Ingrid Tavkar

Sunday 18 January 11:00 am

Guest Preacher Terri Quaye

Sunday 18 January (7.00pm)

'Psychotherapy and Spirituality'
Led by Martyn Watson

In my Psychotherapy practice I have discovered and risked engaging with the shadow of human condition. Feelings such as despair, hopelessness, shame, ambivalence to change, envy, and hatred; often this is tough psychological terrain however it is often as I engage with the clients story by listening to the verbal and non-verbal narrative I have a strong sense of a spirituality within the therapeutic work. This evening I will reflect upon those spiritual themes and consider the psyche and the sacred.

Martyn is a UKCP registered Psychotherapist working in private practice.

Sunday 25 January (11.00 am)

Rev Dr Patrick T. O'Neill preaching
'Church With a Difference – Here's Why'

When was the last time you attended a Sunday service of any kind? You might be surprised to find here a church with a difference. The Unitarians welcome you this week!

Sunday 25 January (7.00pm)

Led by Rev Dr Patrick T. O'Neill
'Church With a Difference'

The Rosslyn Hill 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, 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 **February** issue of 'Open Mind' is **Wednesday 22 January 2015**.

From the Editor

'Don't let yesterday use up too much of today!'

New Year's Day heralds much bell ringing and amazing fireworks, as people ring out the old and ring in the new. - So let's ring a bell and say, 'Welcome new year, we are glad you are here!' - Let's plan a 'fresh start'!

There couldn't be a better time to get a fresh start – it's the beginning of January, a new year and it's full of promise for new beginnings. 2015 is sure to hold many surprises and surely we must be looking forward to starting a new year with fresh goals and new ideas – to keep motivated and inspired.

In March (Sunday 15th), our Annual General Meeting will be an opportunity to look ahead – to think about how we might help our Chapel community flourish and grow. As John Lawrence suggested some time ago, 'A starting point might be to consider the following question: 'What do I get from the Chapel in terms of spiritual nourishment, social contact and sheer enjoyment compared with what I contribute in terms of help were it is needed or money to keep everything running?'

Cold Weather Shelter – on Sunday 21 December, our Minister announced that the Chapel's participation in the Cold Weather Shelter is being extended for another few weeks. It was agreed to offer the use of the Hall for a team from another church to come and offer the shelter on Saturday evenings/Sunday mornings – from 24 January to 22 February 2015 – helping hands from our congregation very welcome.

May we launch the New Year by 'releasing the past and making room for more good in our lives' and by 'integrating plans and activities for the new year with ease and joy'.

The past has passed.

Thanks be for our yesterdays.

*After all, it took a multitude of them to arrive at today.
But the past dare not govern what goes on this New Year.*

*Broken promises or sentimental reminiscences
can contaminate our current lives.*

Last year is gone.

*We are creating a never-before year,
utterly fresh, starting right now.'*

Tom Owen-Towle

*"January opens the box of the year
and brings out days that are bright and clear."*

~Leland B. Jacobs





PO'Nderings

From our Minister
Rev Patrick T. O'Neill

'Eyes on the Prize'
A word about Mission

These words for the New Year written years ago by Rev John Wolf, Minister Emeritus at All Souls Unitarian Church in Tulsa, Oklahoma, reflect my sentiments exactly this time of year.

'How about starting the New Year out right? If you haven't been getting to Chapel, how about starting back this Sunday? It is a resolution a great deal easier to keep than some others I could think of: like giving up cigarettes or paying off your charge cards.

Besides, your presence makes a difference. A strong chapel, a happy chapel, is one that celebrates itself every Sunday morning. The gathering together of a congregation is an affirmation. It is a 'Yes!' You are saying yes to yourself and to many others when you come to chapel. You are saying yes to a lot of things.

And if you have been thinking of joining the Chapel, that would be a good thing for the New Year, too. Another affirmation. As a matter of fact, a very significant affirmation. A big yes!

You will be saying, 'Yes, I believe people can delight in their freedom to think about religion, to act on their beliefs, to help each other without coercion or fear.' You will be saying yes to the presence of a strong, free chapel, an outspoken chapel. Most of all, you will be saying yes to playing a part in building a refuge and home for the spirit like few others. You will be saying, 'Yes, I want to give myself to that!'

The New Year is rightly a time for starting up again – a time for starting anew. If you have been away for a while, or just kind-of-lackadaisical about attending, or if you have put off joining, thought about it but not quite gotten around to it, now is a good time to do it. The New Year is a good time for saying yes.'

Happy New Year, friends. See you in Chapel! ...po'n



Chapel Activities



Weekly Activities

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

Chapel Choir rehearses each Wednesday at 7.30pm in the Chapel. New voices are always welcomed into the choir. No audition necessary.

A **Tai Chi class** is held each Wednesday at 5.45pm in the Chapel.

Monthly Activities and Meetings

CHAPEL POETRY GROUP - If you like to read and /or write poetry, the group meets on **Tuesday 6 January at 7.30pm**. For more information contact George Appleby (Tel: 020 7424 9733, email: gappleby@talktalk.net)

SOCIAL ACTION COMMITTEE meets on **Tuesday 13 January at 7.00pm**

THE CHAPEL MANAGEMENT BOARD meets on **Thursday 8 January at 7.00pm** in the Cottage basement science room at the Chapel. Members of the Chapel are welcome to attend but please contact, as a courtesy, Kerry Reid (Chair), in advance.

CHAPEL BOOK GROUP - will again on **Thursday 15 January 2014 at 7.30pm** at the Holly Bush, in Holly Mount, to discuss 'The Island', Aldous Huxley's Utopian alternative to his Brave New World. For further information, contact Bill Ellington at ellingtonbill@aol.com

STITCH & STORIES GROUP – meets on **Thursday 22 January (7.00pm-9.00pm)** - to knit and crochet for various charity projects, and to share personal stories. For more information contact: Ingrid Tavkar (Tel: 020 8455 0162; email: ingridtavkar@gmail.com)

POT LUCK LUNCHES - The next lunch 'will be on **Sunday 25 January** in the side aisle at 12.30pm (after the morning service). This is an informal, friendly occasions - all are welcome and the request is to bring some food to share or make a financial contribution (£2.50 minimum). We look forward to seeing you there. Margaret Perry

JANUARY DIARY

(* = further details elsewhere in Bulletin)

Sunday 4 January

11.00am – Morning service -

'Epiphanies Great and Small'

Led by Rev Dr Patrick T. O'Neill

12.15pm – Tidying up Christmas decorations.
Helpers welcome!**7.00pm – Evening service -***'Music, words, reflection and silence' **

Led by Margaret Perry & Ingrid Tavkar

Tuesday 6 January

7.00pm – Poetry group meets*

Thursday 8 January

7.00pm – Management Board meets *

Sunday 11 January11.00am – Morning service – *'There Are Only**Three Rules: The First Is Be Kind' **

Led by Rev Dr Patrick T. O'Neill

7.00pm – Evening service - 'Meditation' *

Led by Ingrid Tavkar

Tuesday 13 January

7.30pm – Social Action Committee meets*

Wednesday 14 January

5.45pm – Tai Chi class in the Chapel*

7.30pm – Choir rehearsal in the Chapel*

Thursday 15 January

7.30pm – Book Group meets*

Sunday 18 January11.00am - Morning service – **Guest Preacher****Terri Quaye****7.00pm – Evening service -***'Psychotherapy and Spirituality'*

Led by Martyn Watson

Sunday 25 January

11.00am – Morning service –

*'Church With a Difference – Here's Why' **

Led by Rev Dr Patrick T. O'Neill

12.30pm – Pot Luck Lunch

7.00pm – Evening service –*'Church With a Difference – Here's Why' **

Led by Rev Dr Patrick T. O'Neill

Wednesday 28 January

5.45pm – Tai Chi class in the Chapel*

7.30pm – Choir rehearsal in the Chapel*

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