



Brighton
Unitarians

May Newsletter

Sunday Services

Please note: services are at 11 a.m. unless otherwise stated.
Everyone is welcome.

We would be grateful if you would switch your phones to airplane mode before the start of the service.

5th May - Jef Jones, Lay Pastor, Brighton Unitarian Church
Festival Service
Pianist Kathy Pitt

12th May - John Naish, Member, Brighton Unitarian Church
Pianist Pamela Nickels

19th May - Jef Jones, Lay Pastor, Brighton Unitarian Church
Pianist Stuart Deeks

26th May - Jennifer Sanders, Interfaith Minister
Pianist Joe Ward

Quiet Reflection Circle 7 - 8 pm, Thursday 16th May

See below for more information.

Welcome from Jef

Welcome to our Newsletter for May. The festival brings so much energy and creativity to our city and quite a lot of it comes to our church! Among many other things there will be the music of Chopin and Thelonious Monk, an evening celebrating the young LGBTQIAPP+ community and a play telling the story of a young African slave boy who is rescued and brought to a lodging in Brighton. You can find details of over 20 different events and performances happening at our church at <http://www.brightonunitarian.org.uk/may-festival.html>.

On the subject of creativity our member Jeannette has contributed an article to our newsletter about her involvement in making tapestries with the Network Of International Women. You

can also see two of her beautiful pieces depicting our city below.

With all best wishes, Jef Jones, Lay Pastor

From the Lay Leader

There are knocks in life so hard...I don't know!

This line is from a poem called *The Black Heralds* written by the Peruvian poet, Cesar Vallejo. It is not the loveliest or most lyrical line of poetry but it has a kind of blunt truth to it. It describes those moments when we are shocked to the core by some unexpected event, a piece of bad news or an accident.

Sometimes we suffer and our suffering knocks us off our feet. Vallejo's poem sums up our sense of incomprehension, that churning feeling of not being able to take in what has happened.

In a church community we should be able to tell the truth about these moments, for which there are rarely instant solutions. In my pastoral work with members of our congregation, I am honoured to be invited into these times of pain - if only to stand alongside someone for a moment and be a kind and respectful companion to a suffering human soul.

What I have learnt from these moments, and from my own experiences of such times, is that we can prolong our suffering by holding on to it and not asking for help. There is dignity in independence, for sure, but there is also dignity in reaching out for support.

I sometimes look back on my own life and see very clearly that my finest achievement was to make it harder by holding on tight to my anxiety or my grief. Moreover I can see that in some situations I made the same bad decision over and over again because I didn't ask for help.

There may be no magical answers to suffering but that doesn't mean there is nothing. Again when I look back, I remember how pleased and affirmed I have felt when people I care about have asked for help.

Love and healing are rarely perfect but they are often so much nearer than we know. So if you are struggling, here are some questions for you: what kindness, what relief, what tenderness is available to you that you are not taking up? What compassion, what practical help is being offered to you that you are not accepting?

There is a gift that only comes into existence in the act of it being given. I know this is corny, but it's true that when you reach out for support you are giving someone the gift of being able to support you. The world really might be a kinder and more connected place if we gave this gift more often.

Jef Jones

Heart and Soul Gathering May 2nd, 7pm

Please note there is only one Heart and Soul Gathering in May due to festival bookings. The gathering in May will consist of Mindfulness of a Breathing Meditation led by Jef and a review of Heart and Soul Gatherings. We have been holding these meeting since January and at this meeting we will review how they've been for us and how we'd like to take them forward.

Heart and Soul gatherings are an opportunity for us to come together as a congregation during the week. There is a time of reflection and stillness and we go on to explore different aspects of our spiritual lives together. Refreshments are available from 6.30 pm and the meetings start at 7pm. Everyone is welcome! If you would like to lead a gathering of Heart and Soul, or suggest a topic for discussion you are also welcome.

There is no Heart and Soul on 9th, 23rd or 30th May because of the May Festival.

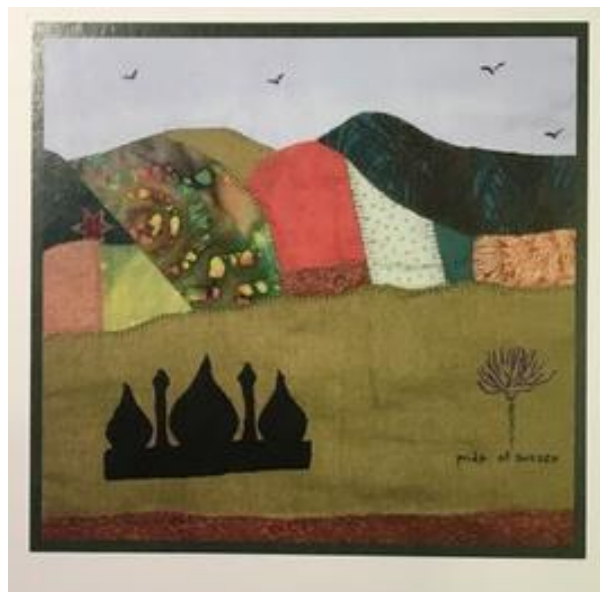
Quiet Reflective Circle

Thursday, 16th May, 7pm

On Thursday 16th May we will gather for candle lighting and quiet reflection. As always there will be readings, time for candle-lighting, stillness and a few simple closing words.

If you've been having a busy week, and could do with some stillness, do come along. If you're looking for a time and place to reconnect with your spirit, do come along. If you'd like to sit quietly in a sacred place, please do come along. All are welcome!

Tapestry for the Network of International Women



In October 2017 I went along to a meeting to discuss the idea of making a tapestry with local women to help integrate the many refugees in Brighton and Hove. Brighton and Hove have a

large number of refugees and many of the women speak little or no English. We got together in small groups to try and come up with some ideas and themes and the time really flew by, with women interpreting for other women and communicating by gestures and drawing.

Needlework is one of my hobbies so I took a variety of fabrics, threads, beads and ribbons to the next meeting and we received donations from other sources. It had been decided that each woman would make a 12" block of what home means for her and we held weekly groups at the Jubilee Library and Hove Town Hall.

At first I was involved in taking a hand print of each woman, transferring it onto fabric and then stitching the hands onto a long length of calico. Once this was finished the women signed their name and their country of origin. We had over 40 different nationalities joining in this venture and over the weeks many friendships were forged.

We managed to get the tapestry completed in time to be exhibited at The Brighton Dome in March 2018 for International Women's Day. We held workshops on the day for other women to create a block if they so wished and the tapestry has been added to over the summer months. At the last count there were 107 individual pieces of needlework using a variety of techniques and skills. It has been hanging in Jubilee Library on and off since the first exhibition and has been a big talking point.

The tapestry has also been taken to some local schools for educational purposes and Queens Park Primary School were inspired to create a tapestry of their own. This has also been on display at Jubilee Library near the children's section.

I was born in Brighton and love living close to the sea in all its moods and walking on the South Downs. After I'd completed the hands project I felt inspired to create a block myself based on this. However I couldn't fit it all in on one block, so I made one representing The South Downs and one for the West Pier and murmuration.

The South Downs image is one of several chosen by the Network to create greetings cards. All proceeds going to the charity to help fund other projects.

When I embarked on this project a year ago I could not have imagined the positive outcome for both myself, the Network of International Women and local schools.

Jeannette Webb,
Member, Brighton Unitarian Church



PRIDE
BRIGHTON + HOVE

Members of the church are delighted to announce that we will be walking in the Brighton Pride parade on Saturday 3rd August 2019. We are hoping to be joined by our Unitarian friends in the South East and maybe beyond.

Would you like to march or be involved in the planning of this really exciting celebration? We'd love to hear from you! Please contact Jennifer by email jensanders300@hotmail

Regular updates will come via the newsletter.



Tea and Toasties - A Lunchtime Cafe at BUC

We have been looking at ways in which we can offer support to Brighton's homeless and rough sleepers. There is a lack of resources at the weekend across the city and having visited Holland Rd Baptist Church in Hove, who provide a monthly cafe on a Saturday lunchtime we are keen to offer something similar at the BUC.

The cafe would run on a Saturday lunchtime for a couple of hours providing a simple hot lunch of cheese toasties, tea, cake in a clean safe and friendly environment offering a chance for a chat and support.

How can you help Tea and Toasties ?

Be part of the working party to get this idea up and running - we already have the support of Holland Rd Baptist Church and Greg Headley who is the local co-ordinator for homeless provision across the city

Become a volunteer for the cafe by:

Helping with planning

Offering time on a Friday eve or sat morning to help prepare sandwiches and set up the cafe

Being a volunteer at the cafe to help take orders or serve tea coffee and toasties

Help clear up at the end of the session

Offer to make some cake or biscuits

Do the shopping at the cash and carry

In the first instance we are hoping to run this as a pilot for 3 months . This is a wonderful opportunity to support vulnerable people in our community for a few hours each month.

Please get in touch with Jennifer Sanders if you can offer some time or would like to know more. (jensanders300@hotmail)

Thank you.

News About Our Windows

As many of you will have noticed, the two opaque windows on the north side of the church are in need of replacement. These will be replaced in the same style as they are now. We are beginning the process of tendering for this work and will keep you informed of progress. It

does mean that later in the year there will be scaffolding outside the church in the passage, and for a while inside the church too.

Congratulations Phillida

Our member Phillida Simpson has been invited to a garden party at Buckingham Palace in recognition of her work as church treasurer securing funds for the restoration of the Portico. This was a major achievement and secured our church for future generations. Phillida is taking as her guest our administrator Marion who also worked incredibly hard on the Portico Repair Project. This recognition of Phillida and Marion's achievement is so well-deserved and we hope they enjoy their special day.



May

3rd: Pianist Yoon-Seok Shin. With a programme that will take us from Baroque to Romantic.

10th: NO LUNCHTIME CONCERT

An additional lunchtime concert for the festival season -

THURSDAY 16th May: Yvonne Patrick and John Bruzon present a lunchtime recital of well-known songs and solo piano music. Programme will include music by Debussy, Richard Strauss, Liszt, Granados and the ever-popular Ivor Novello.

17th: Pianist Dominic Degavino. 'From the Exotic to the Romantic' – piano music from Debussy to Schumann, via Berg.

24th: Jean-Pierre Brzechwa (countertenor) and Joe Ward (piano) present beautiful songs and pieces by Chopin, written at various times, from 1829 to 1847.

31st: 'A Scattering of Jazz Jewels!' with FoxiVox: Lou Beckerman, Sarah Carpenter & Carol Sloman. Song, story, musical mischief and jazz with a twist! Loved standards plus eclectic, edgy original material arranged for piano, close harmony vocals, guitar, violin and spoons!

Doors and coffee from 12 noon.

Concert 12.30 – 1.15 p.m.

Ticket £4 on the door.

Friday 3rd May to Sunday 2nd June 2019

We have a really exciting programme of events booked for this May - Brighton Fringe, The Great Escape and lots of independent arts, crafts and music performances, plus our regular Friday lunchtime concerts. All the details are on our website <http://www.brightonunitarian.org.uk/may-festival.html>

To keep up-to-date with all that is happening at Brighton Unitarian visit our website www.brightonunitarian.org.uk or follow us on:

Twitter: @BrightUnitarian

Facebook: <https://www.facebook.com/BrightonUnitarian/>

Instagram: <https://www.instagram.com/brightonunitarianchurch/>

YouTube: <https://www.youtube.com/channel/UCT1m35I-Urvbyg2AsRRsF9g>