



Cardiff  
Unitarians  
Undodiaid  
Caerdydd

APRIL 2024

# Newsletter



## Welcome

A very warm welcome to the April issue of the Cardiff Unitarians/Undodiaid Caerdydd newsletter. As Mother Nature has been busy bringing the beauty of spring into fruition, so too have our members been working hard it seems! This bumper issue is packed with news of upcoming congregational projects, personal projects our members have been working on, and of course the usual peek at our monthly service and dates for your diary.

This month is also a busy one for world religions; from Buddhist festivals (Hanamatsuri), to Baha'i festivals (Ridvan), to Sikh and Hindu festivals and beyond! In terms of Abrahamic religions, whilst many Christians start this month having ended their lent fast, Muslims observe the holy month of Ramadan until the 10th, whose ending is marked by Eid al-Fatr; a time for celebration and to reach out to family. For Jews, The 23rd marks the beginning of the week-long festival of Passover, which is observed to mark the exodus from their slavery in Egypt.

As we leave the darker months behind and welcome vibrance back to the natural world, let's ask ourselves how we can bring life and vibrance to our communities; whether it's starting a new creative community project, embarking on local conservation work, or sharing our talents to bring joy to others. Just as we find ourselves uplifted by Mother Nature, let's use this as fuel to uplift others.

## Newsletter Highlights

CU NEWS: 'ALL CHANGE':  
MARCH SERVICE

COMMITTEE MEMBER DOES IT  
AGAIN!

MAKING A PROMISE:  
COVENANT DEVELOPMENT

FEEL GOOD FORTNIGHT  
CHALLENGE

DATES FOR  
YOUR DIARY

FURTHER AFIELD:  
OTHER UNITARIAN  
NEWS: GO  
GELLIONNEN!



This month's blog post is by Robin Attfield, taking an up-close look at the Climate Café held by Stephen Lingwood. You can find the article here: <https://tinyurl.com/yu2nh2b3>

Want to write for our  
blog? contact  
[media.cardiffunitarians@  
gmail.com](mailto:media.cardiffunitarians@gmail.com)



## CU News

### All Change

Our March service was held by Natalie Davies and considered the topic of 'change'. As well as uplifting hymns, we listened to two stories, including 'A Turtle's Silver Bead of Quietude' by author Gayle Boss. Members were encouraged to respond in their own unique way, with treasurer Sarah Boyce making use of the art materials to produce the sketch, left.

Reflecting on the famous words by Mahatma Gandhi: "Be the change you wish to see in the world", Natalie encouraged us to consider this on both a large and small scale: What type of community do we want to create within our congregations?

The service was followed by a conversation surrounding additional congregational activities. If you were unable to attend and would like to share your thoughts on this, please get in touch with Natalie at her new email address:

**worship.cardiffunitarians@gmail.com**



### Did you know?

Natalie Davies will be starting a four month 'worship development' project for Cardiff Unitarians! This part-time role will include things such as researching worship styles/ideas, speaking with visitors/members, and working closely with the Worship Group. The project will be reviewed at the beginning of June. Got questions? Please contact Natalie at the email address, right.

*"It's this radical simplicity that will save her.  
And deep within it, at the heart of her  
stillness, something she has no need to  
name, but something we might call trust:  
that one day, yes, the world will warm  
again, and with it, her life"*

Read the full story by Gayle Boss here:  
<https://tinyurl.com/32hnp4s>

### CU Committee Member Does it Again!

Loyal CU committee member Robin Attfield has once again written what promises to be an interesting read, with the upcoming release of his latest book titled *The Ethics of the Climate Crisis*.

The book is being described as "A must-read for policy-makers, scholars, and anyone interested in sustaining a life-worthy planet for humans and non-humans" (Leonie N. Bossert, University of Tübingen).

Robin's book is due to be released in the UK on the 26th of April.

Take a look at our Instagram post, right, and our latest blog post for more information.



**Congregational Covenants: The Basics**  
A Brief Guide to Developing Congregational Covenants with Consideration to Dialectical Behaviour Therapy

COMPILED BY  
#CardiffUnitarians/Unito

**The Shift From I to We**  
Considering Others

In the modern world we're more comfortable than ever with the idea of being individuals. When we're the only ones whose comfort matters on the journey, we can forget that other people are individuals too, and want their comfort!

When we're travelling together, it can get a bit uncomfortable if everyone is focusing only on their own needs!

Which is why we need to realise that whilst we're individuals and can meet our preferences when we're alone, in our own spaces, when we're in a group we need to shift our mentality, and be willing to compromise (within reasons) for the comfort of the majority. This doesn't mean letting go of your wants/needs, just considering things from a different perspective.

1. Am I allowing and encouraging free thought and exploration of religious/spiritual matters? (No suppressing other's exploration)
2. Are my actions celebrating/showing gratitude for God (whatever/whoever that may be for you as an individual)?
3. Are my actions celebrating life, or focusing on the negative of life?
4. Are my actions serving and helping others and the greater good?
5. Am I respecting the people, animals, and environment around me?
6. Am I supporting a liberal stance?

If there are other beliefs shared by everyone in a congregation, these can be considered too. For example, 'Unity' and the idea of everyone/thing being connected is important to many Unitarians. This could lead us to consider whether our actions are promoting unity, or division.

*"All our often arguments are accompanied by behaviours and attitudes that clearly do not reflect the values and practices of the faith"*  
RENDEL (P.5XV)

Discipline of Justice  
A new covenant  
with God

\*An excellent from analysis of 2023 sermons.

### Making a Promise

Work continues on the development of a congregational covenant for Cardiff Unitarians, based on our shared values and aims. If you're a member of CU and want to have your say, a poll is now open to vote on two proposed 'starting covenants', along with space for additional comment. You can find the poll here:

<https://forms.gle/RyAtS1zL2wMP5EnaA>

In addition to this, a downloadable guidebook is now available on our website for individuals and congregations interested in the covenant development process. You can find this in the 'resources' section of our website, along with other useful resources:

<https://www.cardiffunitarians.co.uk/resources>



### CU Member Takes Part in 'Feel Good Fortnight'

CU committee member Robin Rees is taking part in 'Feel Good Fortnight' to raise funds for the mental health charity 'Mind'. Supporters choose one of several 'challenges' to complete from 1st-14th April. Robin has opted for the 'Give' challenge, performing an act of kindness a day for 14 days. You can support Robin in raising funds for the charity by visiting: <https://www.justgiving.com/page/mindchallenge>

### See You There!

This year three members of Cardiff Unitarians will be attending the GA Annual Meetings, held from the 4th-6th April. We look forward to meeting some of you!



## Other Dates for Your Diary

**Wednesday 24th April**  
**United Nations Association Talk:**  
**Recent Developments in Balochistan**

Join via zoom:  
[https://us02web.zoom.us/j/89737570788?](https://us02web.zoom.us/j/89737570788?pwd=Mko1MHZQdVp4N3ZDODB5QnVha2VrQT09)  
[pwd=Mko1MHZQdVp4N3ZDODB5QnVha2VrQT09](https://us02web.zoom.us/j/89737570788?pwd=Mko1MHZQdVp4N3ZDODB5QnVha2VrQT09)

Meeting ID: 897 3757 0788 Passcode:  
162833

**Saturday 13th April, 11-12**  
**Silent Vigil for Climate Justice.**

Barclays Bank, Working Street,  
Central Cardiff

**Saturday 27th April, 11AM**  
**Climate Cafe**  
**Cwtch Space at Chapter Arts Centre**

A space to talk about your feelings  
surrounding the climate crisis

## Upcoming Meetings/ Services

**Tuesday 16th April, 7PM**

**Worship Group Meeting**

You will receive a reminder email with link/agenda closer to the date. If you're a member of CU and are interested in joining the Worship Group (or have any questions about joining) please contact a member.

**Sunday 21st April 3:30PM**

**CU Hybrid Service at the Friends Meeting House**

You're very welcome to join us either in person or online. Please join us using the following link:

<https://us02web.zoom.us/j/329899644> Meeting ID:  
329 899 644

Got a relevant event/meeting that you want to share? Contact Robin Rees for inclusion in our newsletter!

[media.cardiffunitarians@gmail.com](mailto:media.cardiffunitarians@gmail.com)

## Further Afield: Other Unitarian News

### Go Gellionnen!

If the congregation of Gellionnen Chapel aren't organising coffee mornings, arranging choir practice, or enjoying the Welsh countryside with the 'Mountain Mutts' meet-up they're working hard to serve their community. Last month, in addition to collecting 200 Easter eggs for local children in their egg appeal, volunteers put together Easter hampers for local families, containing slow cookers, toasters, food, and healthy recipes.

A huge well done to all the dedicated volunteers, keep up the amazing work!

