

## ***BITS AND PIECES . . . AND PLEASE KEEP THEM COMING IN!***

Here is your 194th Midland Unitarian Association Inc. Bits & Pieces for September 2024. If you want any news from your congregation included here, please send it to me (details below)

### **MUA Inc. AIMS AND OBJECTIVES**

- Support congregations
- Make things happen by providing leadership and initiating projects
- Find resourceful solutions
- Connect Unitarians in the Midlands.

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### **MU NOW: PLEA FOR ARTICLES**

The September issue of *MU Now* will be going to the printer on Saturday 7<sup>th</sup> September. At the moment, I have only received a handful of articles from a few faithful contributors. If you enjoy reading our District magazine, please consider contributing to it as well, otherwise there won't be a magazine to read!

The theme for this issue is 'Autumn'. I'd also love to see any items of local news about your congregation. Please send your articles / poems / hymn lyrics to me at [revsuewoolley@gmail.com](mailto:revsuewoolley@gmail.com) by midnight on Friday 6<sup>th</sup> September.

Many thanks.

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### **FINDING OUR CENTRE: EXPLORING DIFFERENT WAYS TO MEDITATE**

Come along for a fun and deeply experiential afternoon, during which you will be invited to participate in different meditative practices, including walking a labyrinth, sensory exploration, seated meditation and *lectio divina* (sacred reading).

There will also be some social time in the middle of the afternoon, and a shared meal at the beginning, so why not join us for a day of exploration and connection.

**Workshop Facilitators:** Jon Small, Sue Woolley, Aleks Zglinska

**When:** Saturday 19th October 2024

**Where:** Unitarian New Meeting, Ryland St, Birmingham B16 8BL

**Times:** 12 noon until 4.15 pm

**Cost:** FREE to all members of MUA congregations; £10 to others.

A flyer will be re-circulated with this issue of *Bits & Pieces*: **if you think this sounds like a fun day, but haven't yet let me know you're planning to attend, PLEASE let me know!** We need to have a certain minimum number of participants to make the day viable.

**If you have any contributions for the next *Bits & Pieces*, please send them to me at 5, Martins Road, Piddington, Northampton NN7 2DN or via e-mail to [revsuewoolley@gmail.com](mailto:revsuewoolley@gmail.com) Thanks!**