



## *The Frambridge Chronicle*

*News from the Minister & Congregation of the Unitarian Meeting House,  
Bridge Street, Framlingham*



When the American Unitarian pioneer William Ellery Channing (1780 – 1842) wrote: ***"It is possible....to give up our wills when we cannot rejoice... In this patient... obedience, we become prepared for light. The soul gathers force."*** I think Channing is talking about "wills" in the modern sense of "wilfulness". He is encouraging us to let go of our narrow, personal agendas to allow something more essentially true to speak to us and through us. Channing is also saying that times of difficulty - unwelcome though they may be - can be a learning experience.

If we are to live by the light that is within us, we must be ready to notice its promptings whenever we can. So often thoughts bubble up from our unconscious which we dismiss as random thinking, *"That would never work"*; or perhaps we might think of somebody we haven't been in touch with for a long time but then respond with the excuse, *"I haven't got time to make contact now."*

Maybe these thoughts are not so random after all but could just possibly be the true voice of inner wisdom trying to engage our conscious mind. Our wilfulness can get in the way of our inner wisdom but by letting go we can allow the truth inside us to speak.

This sentiment is similar to the words of the Sufi mystic Rumi who is reported to have said:

***"If you wish for light, be ready to receive light."***

It is true that we often tend to hope for what we imagine would make our lives better principally in terms of comfort, convenience, achievement or recognition. Yet if we live always in search of these things we are likely ultimately to be disappointed. Much of what our ego desires eludes us or fails to satisfy.

There is a sense in which allowing ourselves to be receptive is the key to how we understand our experience and how we respond to it - with resentment and anger or with serenity and joy. By becoming aware of the simple miracle of our breath and making space for stillness, we can choose to remain open to our inner light which is predisposed to burst back into flame when we least expect it.

How could we expect to receive a gift if we continue to be preoccupied by wilfulness manifested, for example, in the tense physical stance of holding our arms tightly folded across our chest reflecting inner frustration with a current negative preoccupation or a continued cursing of incidents from the past? How can we receive a gift if our fists are clenched in anticipation of conflict? As the Sufi mystic Rumi reportedly said if we wish to receive surely we need to let go of our wilfulness, set aside our egotism and open our palms to receive that gift, the illumination of our inner light.

## *Matthew*

[Adapted from: *"Let Your Light Shine!"*, a talk given at Bury St Edmunds Unitarian Meeting House, in January 2016].

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**Please Note:** The Minister's rest days are Thursdays & Fridays except in case of a pastoral emergency

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<b>Fifth Sunday 31 January</b>	<b>12 noon</b>	<b>Frambury Fifth Sunday meeting</b> for Framlingham & Bury St Edmunds Unitarians and friends will be held at the <b>Stonham Barns Garden &amp; Craft Centre</b> , on the <b>A1120</b> between Stonham Aspal and Pettaugh, mid-way from Framlingham and Bury St Edmunds. There is plenty of parking and much to see. We will meet in the <b>Restaurant</b> and begin by buying ourselves lunch and taking it from there. If you need transport or more information, phone Matthew <b>01728 621409</b> or Richard & Rosemary Hegerty <b>01284 727739</b>	
<b>Services in February 2016</b>			
<b>Date</b>	<b>Time</b>	<b>The Unitarian Meeting House</b> Bridge St Framlingham, IP13 9AJ	<b>The Unitarian Meeting House</b> Churchgate St., Bury St Edmunds IP33 1RH
<b>7 Feb</b>	<b>3 p.m.</b>		<b>Smart Ways to Avoid Sermons</b> Or is individualism enough?
<b>14 Feb</b>	<b>4 p.m.</b>	The Minister in Dialogue with <b>Jean Powis of the Baha'i Community</b>	
<b>21 Feb</b>	<b>11a.m.</b>		<b>Acceptance is what we seek</b>
<b>28 Feb</b>	<b>4 p.m.</b>	<b>Feeling at Home Amidst Diversity</b>	

**Monday 8 February, 7 p.m.** Matthew will lead the first of six sessions of the new **Study Group** based on *"Heart to Heart"* by Christine Robinson and Alicia Hawkins (available from Amazon approx £6 plus postage). Each household taking part will need access to the book. The intention is to meet fortnightly and study the six sessions: Listening; Gratitude; Balance; God; Money; Success and Failure. **Rayleen Finn** has very kindly offered to host the group at her home **Pilgrims Cottage, Badingham Road, Framlingham IP13 9HS**. Tel: **01728 723322**.

**Weekly events** in the Meeting House during **February**:

- **MONDAYS 09.30 – 10.30 a.m. 'SCHOOL RUN YOGA'** **NB** anyone interested in joining, please first contact **ANGIE FOSTER** Tel: **07799 402946** (mobile), email: **angieleafoster@me.com**.
- **TUESDAYS 10 – 12 noon: CAFE CONNECT** community Coffee Morning, **all welcome, Fair Trade refreshments & conversation plus some bakery goods for sale.**
- **FRIDAYS 9.30 -10.30 a.m. 'SCHOOL RUN' YOGA.** [See note beside Monday sessions above].

**Other events**

- **SATURDAY 6th February 09.30 – 1 p.m. Greener Fram Swap or Mend Fair Trade Refreshments for sale.** There are now volunteers who can do stitching, leather work, simple electrical repairs (with PAT testing), metal work (incl. welding), wood work and stone work. See Greener Fram website for items wanted, for sale.
- **WEDNESDAY 10th February @ 10.30 am Framlingham Congregational Committee in the Meeting House**

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**Deadline for the March edition of *The Frambridge Chronicle* is Monday 22 February 2016**