

## A message from Rev. Sarah Tinker:

*'The best way to find out more about Kensington Unitarians is to join us on Sunday mornings, chat to people after the service, and have a look at our programme for an activity that might particularly appeal to you. As Unitarians we don't offer people certainty or a set of fixed beliefs, but we do encourage one another to explore life's meaning and purpose, to ask searching questions and to share the values that inspire us. In the midst of a bustling city we offer a place for quiet reflection and the warmth of community.'*

## Unitarian Voices

*'I thought there would never be anywhere I could explore freely without there being a particular set of required beliefs but I found a spiritual home here.'*

*'Unitarian services and small groups have introduced me to new ways of seeing the world, through thinkers and mystics from many traditions, and this has helped me to live my life.'*

*'This community has supported me through bad times and celebrated with me in good times. I have been encouraged to try all sorts of new things and to develop my potential.'*

*'I met some of my closest friends through the church, people of all ages and backgrounds, people who are on the same wavelength but who I might never otherwise have met.'*

*'I'm impressed with the Unitarian community's support for equality issues. People really are equal here.'*

*'Through volunteering and getting involved with the church I have gained confidence and learned new skills.'*

*'This community welcomed me as I was when I first walked through the door, and I have always felt accepted here, even as my religious outlook has evolved over the years.'*

*'I appreciate being part of a church where people with quite different views - theists, humanists, agnostics - can draw on many different sources of wisdom, supporting and challenging each other as we wrestle with life's big questions.'*



## Kensington Unitarians

Essex Church, 112 Palace Gardens Terrace,  
Notting Hill Gate, London W8 4RT

The nearest underground station is Notting Hill Gate (on the Central, Circle and District lines). We are just a few minutes' walk from the station. Buses 27, 28, 31, 52, 70, 94, 148 and 390 stop very close to the church.

For more information please visit our website:

[www.kensington-unitarians.org.uk](http://www.kensington-unitarians.org.uk)

or email us at: [info@kensington-unitarians.org.uk](mailto:info@kensington-unitarians.org.uk)



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Kensington Unitarians are a community of kindred souls who meet each week at Essex Church in Notting Hill Gate to explore, reflect, converse, be still, share joys and sorrows, and support one another on life's journey. We are proud to be part of a worldwide and historic liberal religious tradition.

[www.kensington-unitarians.org.uk](http://www.kensington-unitarians.org.uk)



Our main activity is Sunday worship and we hold a service each week at 11am. All are welcome. Services are usually themed and include readings from a variety of sources, prayers, music, singing, stillness, and a short sermon.



Unitarians offer special ceremonies to mark life's stages - weddings, partnerships, blessings, naming ceremonies and dedications, funerals and memorials. Each ceremony is unique and people are supported by our minister or other celebrants in designing a ceremony that reflects their own outlook on life. Our church building is registered for wedding ceremonies and has space for you to offer refreshments afterwards.

## Unitarian? What's That?

The historic Unitarian affirmation *God is One* is what gave our movement its name. Today, this stress on divine unity is broadened. Now Unitarians also affirm: *Humanity is One, the World is One, the Interdependent Web of Life is One.*

Our children's leaders provide an alternative programme of activities for younger people on Sunday mornings. Other special services take place throughout the year including a monthly small-group communion.



Unitarians are a community of people who take their religion, or their spirituality, liberally. That is to say, we hold that all people have the right to believe what their own life-experience tells them is true; what the prompting of their own conscience tells them is right. We say that each person's spiritual or intuitive experience deserves respect; that everyone's deep reflection and reasoning on religious and ethical questions should be taken seriously. Unitarians form a movement that tries to put these affirmations into practice. Our local religious communities offer a setting where people can worship, explore, and share faith together in an atmosphere of freedom, mutual respect and loving support.

Small-group activities are a key part of our programme. We regularly offer short courses and one-off workshops exploring spiritual and religious matters and considering life's meaning together with others on the spiritual journey.



The congregation are glad to share their church building with many other religious and local community groups including a liberal Jewish synagogue, Buddhist meditation classes, Sufis, the One Spirit Interfaith Foundation, yoga classes, psychology organisations, music groups for children, fitness programmes, and local residents' associations.

Within the Unitarian historical tradition there have been many strands. These include deeply devotional Christian and Theistic forms, as well as a strong belief in the necessity of reason. Religious humanism has also played its part, by locating the focus of spiritual concern wholly in our life in this world rather than in realms or beings deemed supernatural.

Other activities include a long-running reading group, singing workshops, Nia dance classes, walks within London and further afield, and a strong tradition of creativity and community arts projects. Our activities are open to everyone.



In a sense, there has always been something of a shifting balance between two tendencies. On the one hand, there is the rational, scientific and discursive. On the other, there is the intuitive, the emotional and -- in its true sense -- the mystical. While there may not be a single Unitarian spirituality, it could be said that the spectrum of Unitarian spirituality covers this range. Unitarians would not see the poles of this spectrum as in opposition. We see a healthy spirituality as one that holds in balance the intuitive and the rational. Active respect for both the mind and the deepest emotions is necessary for wholeness of spirit.

There are plenty of social activities too – time for tea and coffee after each Sunday service, potluck lunches, and shared meals for special occasions. Cultural outings and fun away-days are organised from time to time.



Kensington Unitarians are committed to making this world a better place and support many good causes. We raise funds, share information, promote awareness of key issues and get involved with specific projects at a local, national and international level. Individual congregation members can use our building and other resources to promote projects they support.

**Adapted from 'Unitarian? What's That?' by Rev. Cliff Reed**