



Cardiff  
Unitarians  
Undodiaid  
Caerdydd

MAY 2024

# Newsletter



## Welcome

Welcome to the May issue of the Cardiff Unitarians/Undodiaid Caerdydd newsletter. The month of May is one full of celebration and gratitude, beginning on the very first day of the month! Aside from being particularly notable for Buddhists celebrating the birth of the Buddha (15th May) and several days being significant to those following the Baha'i faith (such as the ascension of Baha'u'llah), 'May Day', or 'Beltane' (celebrated on the 1st) is the point between the spring equinox and the summer solstice, and is still celebrated by many today.

To our Welsh ancestors, this day was known as 'Calan Mai', or 'Cyntefin', which welcomed in the fertile summer months with singing, the lighting of bonfires, and dancing. This is a time of gratitude for our world, and appreciating the abundance we have within our lives.

Sharing this abundance, and spreading the gratitude is a sentiment also shared by many Christians this month, with the annual 'Christian Aid Week' (which this year will be focusing on tackling poverty) kicking off on the 12th.

So as we witness the beauty and abundance unfolding around us within nature, ask yourself what feelings this brings up for you, and how you can share these with those around you. If you're feeling gratitude, can you do something for someone else to bring about gratitude in them? If you're feeling blessed, how can you pass this blessing on? Let's be the flames that ignite the spark within others.

## Newsletter Highlights

CU NEWS: 'A JOINT EFFORT':  
APRIL SERVICE

WE'RE GOING TO PRIDE!

UPCOMING  
MEETINGS/SERVICES

OTHER DATES FOR  
YOUR DIARY

FURTHER AFIELD:  
OTHER UNITARIAN  
NEWS: GOODIES FOR  
THE GOOD



This month's blog post  
is by Robin Rees and Sarah Boyce,  
discussing the Unitarian Annual  
Meetings.

Read it here:

<https://tinyurl.com/5n8452j9>

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

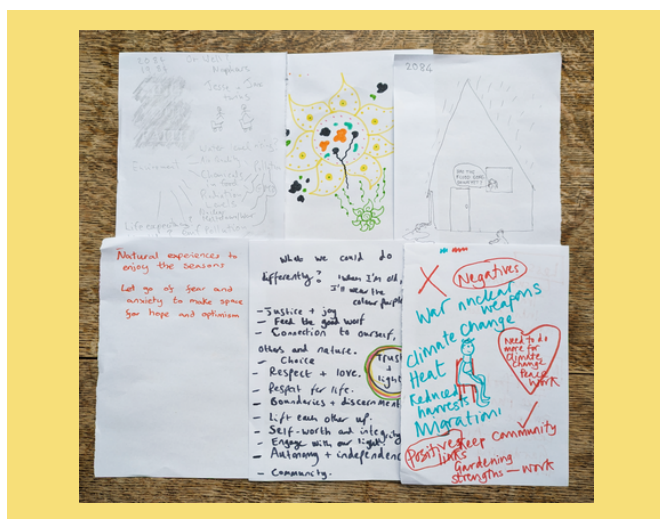




Adding a participatory element, Natalie Davies brought back from the meetings a fresh perspective on adding a participatory element to services. Combining inspiration from a talk delivered by UU minister Rev. Erika Hewitt, along with a visualisation from keynote speaker Roman Krznaric, Natalie guided us through a creative activity considering the future for our ancestors.

If you'd like to know more about CU's trip to the Annual Meetings, check out this month's blog (link on first page). If you have any questions about the motions that were voted on, get in touch with Natalie, our delegate for this year.

Natalie can be reached at:  
[worship.cardiffunitarians@gmail.com](mailto:worship.cardiffunitarians@gmail.com)



## CU News

### A Joint Effort

Our April service was led by Sarah Boyce and included contributions from attendees of the GA Annual meetings. As well as Sarah sharing her recollections of the rousing speech given by Ant Howe at the anniversary service (finished off with a sing-along to 'Your Song' from Moulin Rouge!), in which we were called to be loud and proud about our faith, Robin Rees shared the passion they felt having listened to a talk by Professor Bernadka Dubicka. Professor Dubicka spoke as part of the 'Social Justice Network' on Child & Adolescent Mental Health Services (CAMHS).

Having spoken to Professor Dubicka about their shared belief in the power of harnessing strengths, Robin created a sheet for the information table set up at the service (see below) describing the 24 universal character strengths uncovered by researchers, along with an infographic describing how to support young people experiencing mental health challenges.

*The reason I still want us to be here - and indeed thrive - is because of the Unitarians yet-to-be; the people who need us, who need our faith, our unique form of spirituality - for whom it might be life-transforming or indeed lifesaving.*

Rev. Ant Howe, speaking at the annual meetings.



GA Annual Meetings info table from our service on the 21st



### We're Going to Pride!

Get your Pride flags ready because we're very excited to share that this year Cardiff Unitarians will be taking part in Pride Cymru! Working with The Gathering, an LGBTQ+ inclusive church based in our city, we'll be manning the Faith Tent, with crafts, information tables, and more!

If you'd like to find out more about our friends at The Gathering, you can check out their website here:

<https://www.thegatheringcardiff.org/>

If you'd like to get involved with planning/volunteering for the event, please contact Robin Rees

([media.cardiffunitarians@gmail.com](mailto:media.cardiffunitarians@gmail.com)) or Sarah Boyce ([treasurer.cardiffunitarians@gmail.com](mailto:treasurer.cardiffunitarians@gmail.com)).



## Upcoming Meetings/ Services

**Wednesday 1st May 5:15-6:15**  
**Committee Meeting**

**Sunday 19th May 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

**The topic of this service will be 'Covenants'. We are in the process of developing a congregational covenant for CU. If you are a member, please visit the following link to have your say on two proposed 'starting' covenants:**

**<https://forms.gle/RyAtS1zL2wMP5EnaA>**

### Penblwydd Hapus!

This month we're celebrating two birthdays!  
Happy birthday to Lis Dyson-Jones  
for the 6th May,  
and to Paul Roberts for the 22nd.

**Happy Birthday!**

### Diolch!

A huge 'thank you' to everyone who supported CU member Robin Rees in taking part in 'Feel Good Fortnight' to raise funds for Mind. Robin met their goal of raising £80 for the mental health charity.

**Thank you!**





## Other Dates for Your Diary

**Saturday 11th May, 12-1PM**  
**Silent Vigil for Climate Justice**

Please join us at the monthly interfaith vigil outside of Barclays Bank, Working Street.  
Barclays is one of the largest fossil fuel investors in Europe.

**Wednesday 15th May, 7PM**  
**UNA Cardiff Talk**

Join online to listen to a talk delivered by Diana Bianchi on the topic of 'Welsh Poets as Conscientious Objectors'.

You can join via zoom using the following link/details:

<https://us02web.zoom.us/j/84216729731?pwd=MLHRLhvUnJTaHNleUUzdmFva3Y2UT09>  
Meeting ID: 842 1672 9731 Passcode: 650887

**Advanced notice:**

**The Unitarian Earth Spirit Network 'Preparing for the Equinox' weekend.**  
**6th-8th September, Hucklow**

Crafts, meditation, outdoor activities and more!

Please contact [tony.mcneile@virgin.net](mailto:tony.mcneile@virgin.net) for more information on booking your spot.

## Further Afield: Other Unitarian News

### **Goodies for the Good**

Since launching our social media accounts last year we've connected with Unitarians, Unitarian Universalists, Quakers, and more all over the world. One congregation we've connected with via TikTok is First Unitarian Church of St Louis in Missouri. At the end of last month the church worked hard to hold their annual bake sale ("Goodies for the Good") which raised money for "community non-profits serving the poor, marginalized, and under-served". Keep up the valuable work St Louis!

