

**Opening Music:** Lark Ascending Arabella Steinbacher ( YouTube)  
[https://youtu.be/SSIUKcFk0\\_I](https://youtu.be/SSIUKcFk0_I)

**Introduction:**

Good morning and welcome to this service on freedom.

As is our custom, we start by lighting the chalice – and see!

The flame of truth burns bright,

fed by the vision of each of us,

rising from the heart of us,

rising from the heart of all.

Let its light shine out as our lives shine out,

brightening the dark places of the world,

bringing wholeness and peace.

Fire sets itself free from the solid earth,

The flame rises up and illuminates us and the spiritual path.

**1<sup>st</sup> Hymn:** 158 Purple Hymn Book 'The flame of Truth is Kindled'.

The flame of truth is kindled,

our chalice burning bright;

amongst us moves the Spirit

in whom we take delight.

We worship here in freedom

with conscience unconstrained,

a pilgrim people thankful

of what great souls have gained.

The flame of thought is kindled.

we celebrate the mind,

its search for deepest meaning

that time bound creeds can't bind.

We celebrate its oneness

with body and with soul,

with universal process,

with God who makes us whole.

The flame of love is kindled,

we open wide our hearts,

that it may burn within us,

fuel us to do our parts.

Community needs building,

A Commonwealth of Earth,

we ask for strength to build it –

a new world come to birth.

Music: 'Morning Light' George James Webb, 1803 - 1887

I thought freedom would be an easy subject, but preparing for today I found that freedom turned out to be very complicated, with many contradictions. We have the freedom to talk and write about things we feel strongly about. It is said that we all have a book within us. In the last service that I gave I used extracts from my new book that is now on Amazon called Base metal into Gold. Up until a year ago it was laughable that I would be able to write a book. What changed. I gave myself the freedom by finishing or delaying things and the freedom to say no for a period of time when asked to do something I did not want to do. It is so easy to get caught up in the web of life.

You might say, I am not in prison therefore I must be free.

But the question is. Do you feel free? Free from what?

Are you emotionally free? Do you worry all the time? About something that happened in the past, or something that could happen in the future.

Do you live in fear of something that might happen? Is this fear the outcome of your conditioning when you were growing up?

Deep down do you fear judgement day.

Can we ever be free? Perhaps this is the only place where we can have that feeling of being truly free. Free from dogma and the belief that religious books are anything other than stories. We come here to broaden our point of view and not to restrict it.

Isn't it wonderful that we are free. Isn't it strange that there are people who don't want it.

Do you want to be free? Or would you rather be told what to do, what to think, what to buy. Do you want to be told what is normal? My guide never told me what to do, she only made suggestions and said, if you wish, I say to you now, if you wish you can join in singing our next hymn:

**2<sup>nd</sup> Hymn:** Purple Book 186 'We are travellers'.

We are travellers on a journey  
which brought us from the sun,  
when primal star exploded  
and earth in orbit spun;  
but now as human dwellers  
upon earth-planet's crust,  
we strive for living systems  
whose ways are kind and just.

We are travellers on a journey  
which grows from human seed,  
and through our birth and childhood  
goes where life's path may lead;  
but now we are delving deeper  
in quest of greater worth  
and reaching unknown regions

and planets of new birth.

We are travellers on a journey  
through realms of inner space  
where joy and peace are planets  
that circle stars of grace;  
and when we find the stillness  
which comes at journey's end,  
there'll be complete refreshment,  
a resting place, a friend.

Words □ Andrew M. Hill b. 1942, used by permission. Music, Tune 'Ascension' Henry  
Hugh Bancroft, 1904 - 1988.

Over the years I have worked with people who moaned all the time but when it came to it they did not want change. They preferred to leave things as they were than worry about a scary unknown future. It is a bit like saying we do not want a new minister because things might change.

According to a Unitarian magazine that I read here, Unitarians came together as a community in the sixteenth century with the help of Sufis. Both believing in, freedom, reason and tolerance. The word actually goes back much further. In the 13<sup>th</sup> century some Sufis believed that Unitarianism and pantheism were the same thing. A belief that there was only one and that everything in the universe is a part of that one. This is best explained by

**Ibn Arabi/Balyani** know yourself. The alone with the alone YouTube (5.15)  
<https://youtu.be/C79gXKTGEZ4?si=U6Kd3sirs2xjF1JC>

Can you imagine what it would be like to live in harmony knowing that we are all connected to one unity. We can call that unity; God, nature, cosmic consciousness, prana, chi and much more.

**Imagine.** Extended version By Carlos Henrique Gomes Siqueira. YouTube (4.52)

## **Reflection.**

Its a long time since the summer of love when we thought that the world was changing, where we were free of tyranny and oppression and for all of us to live with respect for each other. I remember having a badge saying Peace, in our time, for our time.  
How wrong we were. Those were great times but the government had other ideas. They could not have people coming together and thinking for themselves. Governments believe in divide and rule, with the emphasis on control.

How do we become free thinkers? We need to free ourselves from the chains that hold us back; the chains of our own making. Freedom is rising above the constraints of the world. Freedom is expanding who we think we are.

**3<sup>rd</sup> Hymn:** Purple Book 165 'The spirit lives to set you free'.

Words: Anonymous.. Music 'Walk in the Light' Traditional Arr David Dawson

The Spirit lives to set us free,  
walk, walk in the light.  
It binds us all in unity,  
walk, walk in the light.

*Walk in the light (3 times) walk in the light of love.*

The light that shines is in us all,  
Walk, walk in the light.  
We each must follow our own call,  
walk, walk in the light.

*Walk in the light (3 times) walk in the light of love.*

Peace begins inside your heart,  
walk, walk in the light.  
We've got to live it from the start,  
walk, walk in the light.

*Walk in the light (3 times) walk in the light of love.*

Seek the truth in what you see,  
walk, walk in the light.  
Then hold it firmly as can be,  
walk, walk in the light.

*Walk in the light (3 times) walk in the light of love.*

The Spirit lives in you and me,  
walk, walk in the light.  
Its light will shine for all to see,  
walk, walk in the light.

*Walk in the light (3 times) walk in the light of love.*

## **Reading:** 48 For Freedom

What do we do with all this freedom that we have worked so hard to achieve? When we give up all the mental baggage that we carry around with us we have time to be more creative in what we do, often in small ways. The secret is to live in the question. Ask yourself throughout the day, 'what if.' We find that we are more intuitive to the needs of other people rather than worrying about them. Remember, if you worry about other people all the time the chances are you will die from worry long before the people you are worried about.

All the scriptures say the same; that what we believe to be our highest ideal is within us. God is not out there. God is the intimate feeling within us. That unconditional love. The feeling we have in the presence of beauty whether it is art or nature. There is one Holy Book, the sacred manuscript of nature, which truly enlightens all readers. Freedom is the end of psychological warfare, We are no longer controlled by circumstances. There is clarity, we see things in a different light. We become more aware, more conscious. All the petty things that we thought of, as us, become a thing of the past. All we need is the will to let go. Are you willing to let go for something much greater?

**4<sup>th</sup> Hymn: Purple Book 125 'One more step along the world I go'**

Words and Music (Tune 'Southcote') By Sydney Carter 1915 – 2002 ©1971 Stainer & Bell Ltd.  
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One more step along the world I go,  
one more step along the world I go,  
from the old things to the new,  
keep me travelling along with you.  
*and its from the old I travel to the new,  
keep me travelling along with you.*

Round the corners of the world I turn,  
More and more about the world I learn;  
All the new things that I see  
You'll be looking at along with me;  
*and its from the old I travel to the new,  
keep me travelling along with you.*

As I travel through the bad and good,  
Keep me travelling the way I should;  
where I see no way to go  
You'll be telling me the way, I know;  
*and its from the old I travel to the new,  
keep me travelling along with you.*

Give me courage when the world is rough,  
Keep me loving though the world is tough;  
leap and sing in all I do,  
keep me travelling along with you;  
*and its from the old I travel to the new,  
keep me travelling along with you.*

You are older than the world can be,  
You are younger than the life in me;  
ever old and ever new,  
keep me travelling along with you;  
*and its from the old I travel to the new,  
keep me travelling along with you.*

## **Reading:** 61 For Belonging

Do we live life, or does life live us? Does life just pass us by? Speeding up as we become older. Even if we have done nothing in our life we wonder if we could have done more, helped more. Will you be able to say on your death bed that the world is a better place for you having been in it.

How many can say what our guide said at the age of 99, "If there is life after death, I have lived a good life, so why should I worry. If there is no afterlife, I have lived a good life anyway."

You don't go to hell, hell comes to you. It comes to you in the form of memories. Those memories that you prefer to forget and those that you don't remember having. Thoughts that have been hiding deep down in your sub-conscious until now. We all have those thoughts that keep telling us all the reasons why we should not do something. Some of you are thinking that I should listen to them.

The spiritual world is found when you are no longer self-centred, when the ego is reduced, when you care about other people above yourself. The spiritual world calls for action and it also calls for repose in the form of relaxation, breathing practices, singing and meditation.

To finish I leave you with a line by Clinton Lee Scott to ponder on from The Unitarian Life: The freedom of the mind is the beginning of all other freedoms.

**Music:** Stop overthinking, Tibetan Healing Flute, Inner peace and meditation