

NUF Monthly Reflection
February 2021
Presented by Rev Tony McNeile

Welcome to the National Unitarian Fellowship and this meditation for the month of February.

How do you see February? It is not quite the continuation of winter. We step out of our winter house as the light gets better and sometimes hurriedly step back in when cold and snow return the winter. It may still be cold, there may still be frost and even snow but beneath it the spirit of life is stirring. February is the very beginning of Spring. Seeds in the soil start to germinate. The ewe in the field is preparing for the birth of her lamb. Birds are singing for mates and preparing to build the nest. The clock of life knows it is time to leave dormant winter behind.

February is a month for festivals. It begins with St. Brigid and Candlemas moves on to Valentines Day and then on to Shrove Tuesday.

Brigid comes from Gaelic folklore and she also became adopted by the Catholic Church and declared a Saint. She is the Celtic mother spirit who visits every home on the first night of February and blesses every child. She is the patron of healing, poetry and the arts. She shares her day with the Christian Festival of the Purification and presentation of Jesus at the Temple.

February is another time for change. We prepared for winter now we must prepare for Spring with its sense of new beginning and new growth. Some Christian traditions wait for this festival to take down those Christmas decorations. Not everyone takes them down on twelfth night.

How can we prepare for Spring. Maybe it is enough just to venture outside and look at it. See the snowdrop opening, see the the green shoots bursting through the soil and the buds forming on the hedges and trees. Find a few moments just to go outside and stand in the fresh air, breath it in relax and just take all in. Discover if you feel the energy yourself. Discover if you feel your own spirit being lifted and lightened by this energy of growth. Being in tune with nature can create deeper harmony within our own spirits. With it comes a sense of deep love within. Whatever troubles we might face, whatever dark memories may be crowding in, they can be purified and dealt with by the energy we can absorb from Spring The energy from Spring is the energy of love and the promise of better things to come.

In February the bad memories can be dumped and the good memories given pride of place to be turned over and enjoyed time and time again.

It is so easy just to bump along with life, sometimes feeling overwhelmed by the world with its tragedies, it's politics and it's lockdowns. Bumping along on the bottom can lead to anger against life and the world. The head spins with thoughts about things that we cannot change and these thoughts suppress all others. We can escape from this cycle of impotent raging by simply deciding to purify our minds of all those thoughts and rise above them into clean air and switch our minds to nobler thoughts, like taking in the energy of spring and thinking about the positives in our lives, families, friends and plans.

The important world is the world around us, the world we can influence by our own speech and actions, which is the circle we live in. Negative vibrations can trigger negative thoughts all around us and drag people down into the angry world where their spirits are muffled.

If we can create a feeling of goodwill in ourselves it radiates from us with positive vibrations to others, making them feel positive and happy. They take it into their circles and so there is a ripple effect and a feel good factor grows.

So let us welcome February, step out into spring time, let it lift our spirits and turn our thoughts to new beginnings and new hopes.

I am Tony McNeile, minister to the National Unitarian Fellowship. The National Unitarian Fellowship is an open house for all who seek a positive out look on life and a deeper spiritual connection to the mysteries of life.