



# Glasgow Unitarians

## News & Views

### June 2026

Laugh, and the world laughs with you;  
Weep, and you weep alone;

For the sad old earth must borrow its  
mirth,

But has trouble enough of its own.

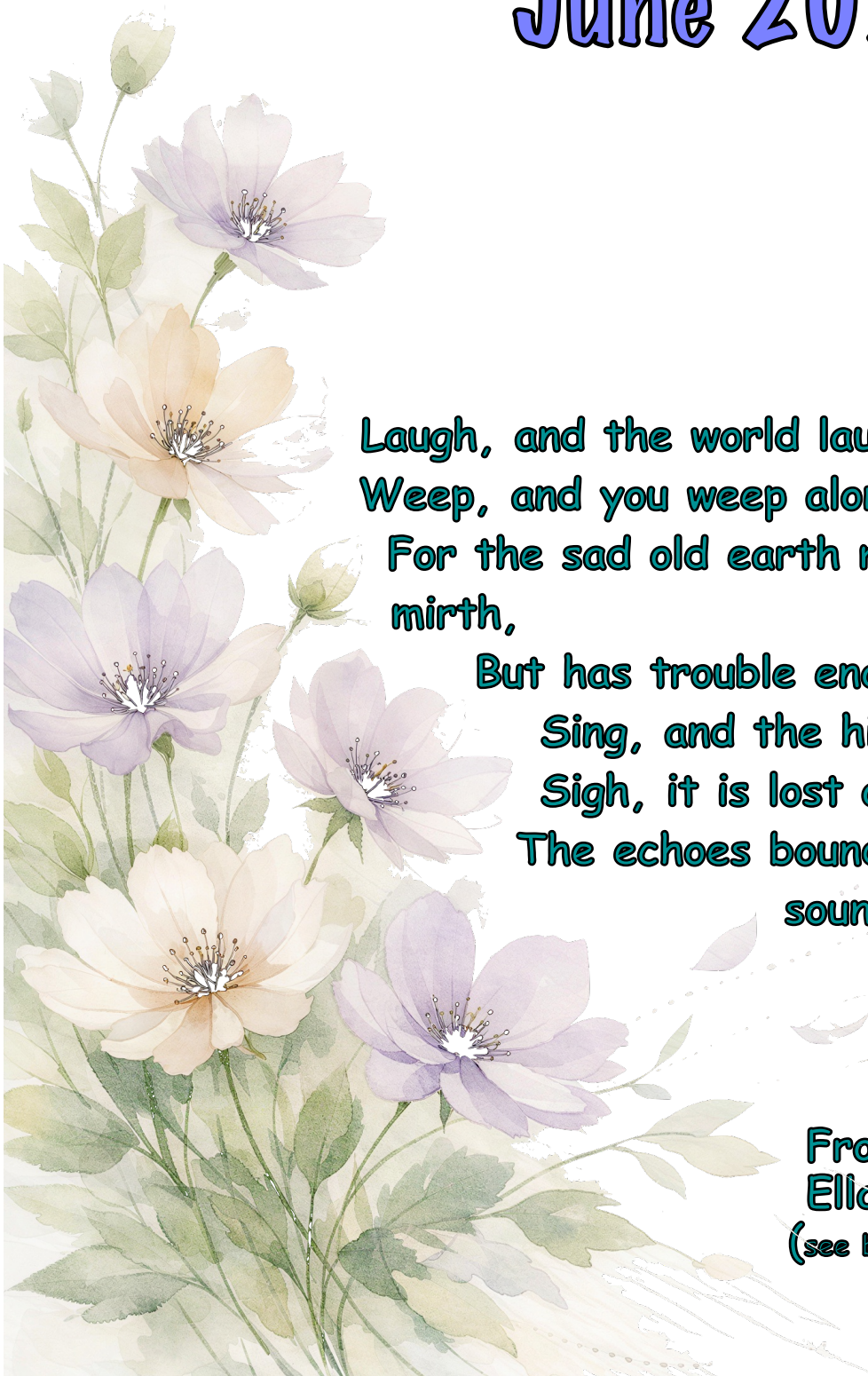
Sing, and the hills will answer;

Sigh, it is lost on the air;

The echoes bound to a joyful  
sound,

But shrink from  
voicing care.

From "Solitude"  
Ella Wheeler Wilcox  
(see back page)



# Programme

**Sundays June/July 2026**

**June 2026**

**June 7th** In Church and on Zoom: Live streaming from  
Edinburgh

**7th (eve)** 7.00pm on Zoom. Donald Jacobs "Life's Gifts — and  
the Congregation"

**14th** 11.00 in Church and on Zoom.  
Margaret Paxton: Julian and Robert.  
Welcoming a new member: John Wright will be joining  
the congregation

**21st** 11.00 in Church and on Zoom. Ali Briggs: Wheel  
of the Year, the summer solstice (Litha)

**28th** 11.00 in Church and on Zoom. Jamie Dobson:

**July 2026**

**5th** In Church and on Zoom: Live streaming from  
Edinburgh

Every Tuesday at 11am on Zoom, Barry Bell hosts a virtual  
coffee morning.

I said to myself, "Self"  
(and I knew it was me cause I recognized my voice  
and I was wearing my underwear)  
"Today is going to be a good day"

# Team 76 by Satya Dunning

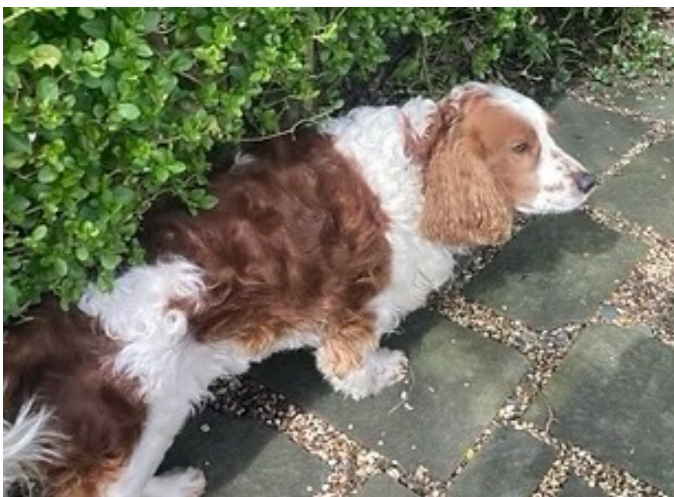
(The longer read)

At a time when many people are experiencing rising living costs, housing insecurity and financial precarity, Satya offers an honest and hopeful perspective on dignity, community and the possibility of organising our lives around interdependence rather than constant economic pressure.

"I am delighted to share my personal experience of what the wellbeing economy looks like in my daily life. Yet, even with this hopeful way of living, I want to be honest about the tensions that remain: the enduring anxiety of "what comes next" in the next 6 months and beyond - can I afford to rent? - and the very real relentless precariousness of financial stability in a very uncertain and unpredictable world.

**What becomes possible when your energy is not consumed by the cost of living?**

This is the wellbeing economy in practice: a way of living where care, housing and connection are organised around interdependence rather than money.



In our Glasgow intergenerational, multicultural, bipedal and quadrupedal household, known as Team 76, we live this reality every day.

**Dugald**

Our set up envisioned by homeowners Alison and Neil redistributes time and care, reduces loneliness, makes flexible work possible and meets needs outside the market economy.



The red team from left to right, Alison, Neil & Satya.

Our approach intersects with the values of dignity and fairness: the hope is that when basic needs are met, self actualisation becomes real and possible. We reorient ourselves away from economic abstraction and become available to community.

In return for a home, Rahab, Pip, Dugald and I bring companionship, connection and support around the house (perhaps not Dugald with the latter). This creates social wealth based on kindness.

Like most people, coming from a world where everything has a price, it took me time mentally to adapt. Bringing Neil a cup of tea not because "I should" or "must" but because his comfort is my joy.

For Neil and Alison, this arrangement combats the chronic loneliness that one in ten older people experience. Their lives are enriched by the stimulating conversations, culture and perspectives we bring.

For us, the younger residents, the lifting of financial burden has transformed our lives.



Rahab: a scholarship student from Kenya, can focus on her Masters and save for her son's future. She has been immersed in Scottish culture: from architecture to the way we sit at the table sharing stories (and the fact that Dugald the dog has his own insurance).

Pip: for him, the connection is spiritual based on trust, not transactional. He values hours spent talking with Neil about history and childhood memories. "It's not like someone who leaves on the dot because their time is up."



Satya: having a chronic health condition, I can work part time to suit my capacity. This set up allowed me to repay a debt and launch my freelance creative work from a place of safety instead of survival.

There is a profound privilege to live with people as they age. It provides a unique perspective on respecting boundaries, limitations, wisdom, strengths, and skills. When Alison is away, the three of us step with care for Neil and Dugald. This is built on trust, a currency more stable and meaningful than the pound.

What becomes possible when our energy at 76 is not entirely consumed by the cost of living? A little more love finds a home in our hearts, as do creative work, time for care, dignity in ageing, and a sense of belonging that isn't attached to a price tag.

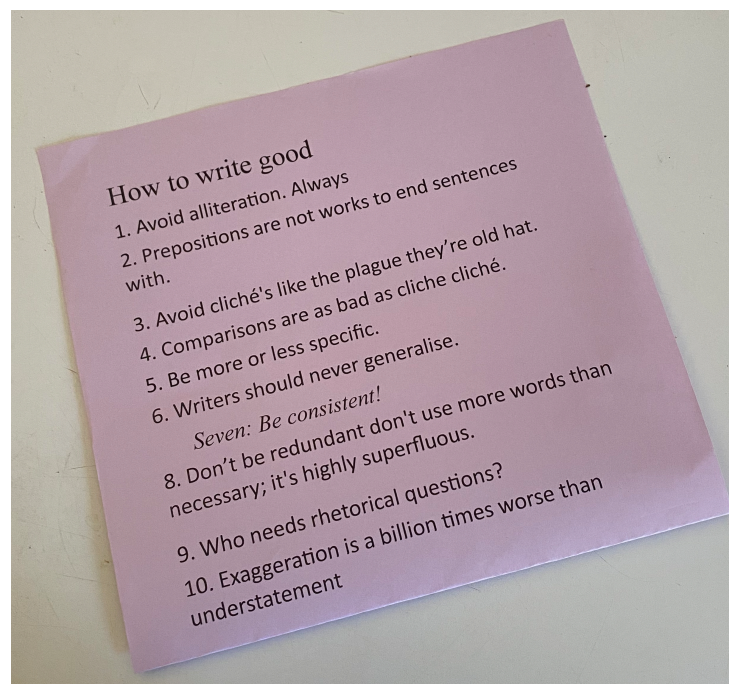
Satya Dunning.

Satya is a freelancer Healing Diets Nutritionist, Edu-Therapist Grief Specialist, Somatic Movement Practitioner and Welcoming Ourselves Home Facilitator at Stepping into Life hoping to find her own affordable place to live by the end of this year.

### **A Message from America:**

Blessings,

My name is Adam Clark, and beginning in September 2026, I will be relocating from California to Glasgow to pursue a Master's degree in Reparatory Justice at the University of Glasgow.  
\*\*See page



25/05/2026

Blessings,

My name is Adam Clark, and beginning in September 2026, I will be relocating from California to Glasgow to pursue a Master's degree in Reparatory Justice at the University of Glasgow.

I am reaching out prayerfully in hopes of connecting with an individual, family, or faith community that is open to hosting me for approximately 6–12 months during my studies. My goal is to find a private, furnished room within walking distance of the University of Glasgow that can serve as a safe place for rest, study, and prayer during my 12-month program.

In exchange for housing, I would be glad to contribute through household support and companionship. I also expect to make a modest monthly contribution toward household expenses as I am able. During my studies, I anticipate obtaining part-time employment and am permitted to work up to 20 paid hours per week while enrolled.

A little about me: I am 42 years old and currently teach a wide spectrum of curriculum at Esalen Institute in Big Sur, California, including social justice, dance, prayer, and embodied community practices. I identify as a white gay man and come from a non-denominational Christian background. My life and teachings are centered in the presence and guidance of the Holy Spirit, while also holding deep respect for people of all faiths, traditions, and perspectives.

In addition to my work experience, I have training in trauma-informed care, conflict resolution, and community-based healing practices. I value honesty, respect, peace, and harmonious coexistence, and I will bring those values into every home and community I join.

I am a non-smoker, non-drinker, quiet-natured, comfortable living with a friendly pet, and happy to provide personal or professional references upon request.

My current plan is to arrive in Glasgow on September 4, 2026, and remain until approximately September 10, 2027, which is the completion date of my program. I am entering the UK through the University of Glasgow's student visa process and will be responsible for my own immigration requirements.

It would be a blessing if you would share my request within your community and networks as I seek housing for my first semester in Glasgow. I hope to have accommodations arranged no later than July 2026.

I understand that welcoming someone into your home is an act of trust and generosity, and I approach that responsibility with maturity, gratitude, and transparency. If you or someone you know may be interested in hosting me for any portion of my studies, I would be glad to connect virtually to become acquainted first. I look forward to the opportunity to learn, serve, and build meaningful connections during my time in Glasgow.

Sincerely,

Adam Clark  
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# Plastic World

The more I read the more I wonder exactly what 'experts' expect of us.

Tiny plastic particles are everywhere, even in the food we eat. For example; seafood. In 2017, scientists in Belgium announced that people who eat mussels regularly could consume up to 11,000 plastic particles a year.



But don't get hung up on that; a study done at Plymouth University found that people take in more plastic by inhaling or ingesting tiny, invisible plastic fibres floating in the air around them than they ever will by eating wild Scottish mussels.

By 2017 it was known that plastics continuously fragment in the environment, shredding into fibres even smaller than a strand of human hair —particles so small they easily become airborne. But there's so much we don't know. Research on the effects of plastics on people is still limited. Microplastics have been detected in the body, floating around in your blood, but as yet, there's no clear evidence linking them to specific diseases.

For now, the advice is don't panic—but be cautious.

It's all well and good to be told you should be cautious; But how? Nearly everything we eat is wrapped in plastic, we wear plastic, we are surrounded by plastic. We can't avoid it.

Avoiding them is impossible. Little more than a decade ago scientists were still looking for microplastics in the environment. They can stop looking, they're everywhere. Plastic production continues to increase year on year, and we still don't know what it's doing to us or if we will be able change course if (when) we have to.

The American Chemical Council ('ACC' an industry trade group), notes that;

**"The amount of microplastics in the environment represents only 4% of particles on average... The other 96% is comprised of natural materials like minerals, dirt and sand, insect parts, pollen and more."**

Well that's ok then!

Remember the 'Industrial Revolution'; pollution and poor health outcomes, a catalyst for global warming, adversely impacting people nowhere near the sources of pollution decades later.

We've upgraded, instead of localised carbon-heavy air and water pollution, we now have a globalised crisis of indestructible, synthetic polymers.



The Industrial Revolution:

•**Core Pollutants:** Primarily centred around coal burning, heavy metallurgy, and chemical waste.

•**Visible Impacts:** Soot-blackened urban centres, heavy smog, and toxic waterways.

- **Key Mechanisms:** Relying entirely on fossil fuel combustion for steam power, manufacturing, and transport.
- **The Legacy:** Though initially highly localised, the catalyst for long-term global warming and greenhouse gas emissions.

The Plastic Age

- **Core Pollutants:** Synthetic polymers (polyethylene, PET, polypropylene), which are projected to have annual global production exceeding 450 million tonnes.
- **Visible Impacts:** Massive ocean gyres of debris, microplastics accumulating in the human bloodstream, and polluted landscapes.
- **Key Mechanisms:** Driven by mass consumer culture and reliance on cheap, single-use packaging.
- **The Legacy:** Unlike organic waste or localised soot, plastics persist forever, fracturing into microscopic particles that are nearly impossible to remove. Produced by the petrochemical industry, linking them directly to fossil fuel demands and climate change.

So, nothing has changed; wealthy nations continue to consume, everyone else gets to enjoy the fall out. The UK exports more than half of our collected plastic recycling. We don't recycle it and neither do the countries which import it. We don't have the recycling capacity or apparently the will to take care of our own mess. Better to send it where there's cheap labour and desperate people.

Problem solved, it's no longer our problem!

# Scottish Unitarian Association AGM



Reverend Janine Sim Representative to Scottish Interfaith

The meeting was held in Dundee our 20 Scottish Unitarians and attendance and another five attended on Zoom

The business meeting was fairly short with few contributions from the floor. And I'm no changes to the executive committee of the SUE this year. I'll actually just name them. Aberdeen - Sue Good and Jean Scobbie

Dundee - Rob Whiteman and Iris Ellwood

Edinburgh - Joan Cook and Ann Sinclair Glasgow - Alison Briggs and Donald Jacobs

Janine Sim was appointed as our representative to Interfaith Scotland.

Rob Whiteman agreed to continue in the role as liaison to the Scottish Churches Parliamentary Office, noting that he had attended every meeting held in the last year.



Rev Rob Whiteman liaison to Scottish Churches Parliamentary Office

Following the request last year that the SUA make the more of the gathering,



Unitarians enjoying the service

Dundee provided a fuller programme. After the main business of the day was concluded a light lunch was served.



In the afternoon, Professor Geoff Levermore gave a presentation on energy supply and climate, Kyle McDonald led a short service and Gerard Johnson concluded the activities of the day with a musical spot, including a sing along. Gerard also played the organ during the day. It was lovely to hear it played. Many thanks to those in Dundee who worked hard to make it a day

Professor Geoff Levermore

Kyle McDonald - technician & trainee minister



to remember.

## Some 'weel kent' faces

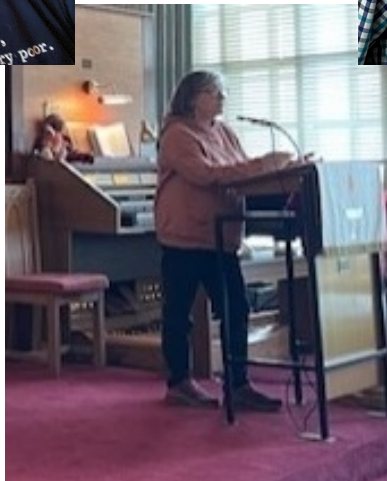


The 'selfie'



weegie 'singing an' percussion duo'

The podium



# Solitude

Laugh, and the world laughs with you;  
Weep, and you weep alone;  
For the sad old earth must borrow its mirth,  
But has trouble enough of its own.  
Sing, and the hills will answer;  
Sigh, it is lost on the air;  
The echoes bound to a joyful sound,  
But shrink from voicing care.

Rejoice, and men will seek you;  
Grieve, and they turn and go;  
They want full measure of all your pleasure,  
But they do not need your woe.  
Be glad, and your friends are many;  
Be sad, and you lose them all,—  
There are none to decline your nectared wine,  
But alone you must drink life's gall.

Feast, and your halls are crowded;  
Fast, and the world goes by.  
Succeed and give, and it helps you live,  
But no man can help you die.  
There is room in the halls of pleasure  
For a large and lordly train,  
But one by one we must all file on  
Through the narrow aisles of pain.

Ella Wheeler Wilcox