



The Brighton & Hove  
Interfaith Contact Group



# DISCOVERING MYSTICISM AND VISION IN 2025

It's the month when some of us adjust to the after-effects of feasting and fun, while others are preparing for inner discovery and spiritual journeys that form part of their own faith.

There are a number of faith holidays and festivals in January. The IFCG is holding a one hour on-line spiritual discussion on January 13<sup>th</sup> exploring The Brahma Kumari's Holy month, The Christian Epiphany and The Buddhist Rains Retreat. Please read-on to find the details and link below.

Other religious celebrations this month including the Coptic Orthodox Christian Christmas celebrated on January 7<sup>th</sup>, the Hindu Pongal – a harvest festival starting on January 14<sup>th</sup> for four days, and on the same date the Buddhist Mahayana New Year is also celebrated.

The many faiths and people that celebrate these and other occasions add to the cultural and social wealth in our City. Exploring the lives and beliefs of our friends and neighbours in both on-line and face-to-face discussions, plus social events lies at the heart of the IFCG. This year we have ambitious plans to bring ideas to create new interfaith opportunities for people of all ages, so that we can meet and get to know and appreciate each other and learn about each other's beliefs anew.

Very best wishes,

**Anthea**

Anthea Ballam  
Chair Interfaith Contact Group



## January On-Line Friendship Event

**On Line Friendship Meeting open to all IFCG Members and Friends, Monday January 13th from 7 to 8 pm**

**Use this link or the one below**

Join a discussion, and learn about The Brahma Kumari's Holy Month, from key spiritual leader - Linda Lee. Discover the importance of the Christian Epiphany, and find-out about the 90 day Buddhist 'Rains Retreat'. The Retreat represents a beautiful moment when monks and nuns deepen their spiritual practice.

**The Interfaith Contact Group of Brighton and Hove is warmly inviting you to join us in an informal discussion and Zoom meeting:**

Topic: IFCG Friendship Zoom Meeting

Time: Jan 13, 2025 07:00 PM London

Join Zoom Meeting

<https://us02web.zoom.us/j/86836703784?pwd=Db0527Jn4uixL9cdHC2cyo1HBIDQpo.1>

Meeting ID: 868 3670 3784

Passcode: 092626



## Blessing for a Grey Day

Bless this grey day  
The sky is covered  
But behind the cloud  
Is sun and blue sky  
Drab despondency  
Are seen and felt  
In our miserable  
Material biosphere...  
We're only too familiar  
With the murk  
Of a dank diurnal  
So, hanging on one side  
You find horizontal grey cloud  
Heavy, dull, shadowy  
While on the other side we have

Sunshine and radiance  
But you just can't see it  
The gloom fills our minds  
Our souls and our boots  
But then...  
Just when we start to despair –  
When least expected –  
The sun breaks through  
And shines on us all  
Bringing untold joy –  
Light, love and laughter  
So, together  
Let's bless the gloom  
For the sun that follows

from [Prayers for Everyone](#)

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