

# The Friendly Link

Newsletter of Warwick Quaker Meeting  
May 2018, Number 255



*Sketch by John Geekie*

Meeting for Worship and Children's Meeting is held every Sunday @ 10.30am  
at Warwick Friends Meeting House, 39 High Street, Warwick, CV34 4AX  
All are welcome - for more information, please see our website:  
[www.warwickquakers.org.uk](http://www.warwickquakers.org.uk)

In worship we have our neighbours to right and left, before and behind, yet the Eternal Presence is over all and beneath all. Worship does not consist in achieving a mental state of concentrated isolation from one's fellows. But in the depth of common worship it is as if we found our separate lives were all one life, within whom we live and move and have our being.

Thomas R Kelly, 1938, Quaker Faith and Practice, 2.36

## **Welcome to the May edition of *The Friendly Link***

This edition of the Friendly Link heralds another new section, the "Vegan Recipe corner" and I have penned a piece "Reflections on worship". Parents may want to consider *the Live Adventurously* opportunity for 8-11 year olds on page 10. To all those going to Yearly Meeting, enjoy!

Your contributions are always welcome. The last day for contributions for the June edition of The Friendly Link will be Sunday May 27th. Please send your contributions to:  
[editor@warwickquakers.org.uk](mailto:editor@warwickquakers.org.uk).

*Anna Edelsten*

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## Quaker Diary

Fri 04<sup>th</sup> - Mon 07<sup>th</sup> May: Yearly Meeting, Friends House, London

*Saturday* 12<sup>th</sup> May: Social committee trip to Compton Verney, 12:30  
(note the change of date from Sunday 13<sup>th</sup> May)

Sunday 13<sup>th</sup> May: Business Meeting. 12:00 noon

Saturday 19<sup>th</sup> May: Area Meeting at Sutton Coldfield Meeting House at 14:00-17:00

Sunday 20<sup>th</sup> May: All Age Singing 12:00-12:30. Please bring copies of 'Singing in the Spirit' if you have them. All welcome.

Saturday 26<sup>th</sup> May: RAF Croughton Meeting for Worship 14:00 outside the main gates. (Please contact Marian Millington for more information.)

Sunday 27<sup>th</sup> May: Soup and Roll, 12:00 noon

Sunday 27<sup>th</sup> May: Deadline for contributions to the March Edition of the Friendly Link.

Sunday 3<sup>rd</sup> June: Business Meeting. 12:00 noon

### Mid-week Meetings

12.30pm, Wednesdays: Dormer Conference Centre, Dormer Place, and Leamington

1.15pm, Tuesdays during term-time: Chaplaincy Centre, Univ. of Warwick

## Welcomers' Rota

If you would like to know who is welcoming, you can either visit the website ([www.warwickquakers.org.uk](http://www.warwickquakers.org.uk)), check the business minutes or see below!

06 May	Paul and Stella Rutter
13 May	Hilary Cremin and Clive Dove-Dixon
20 May	Jane Beale and Louisa Radice
27 May	Zoe James and Anna Edelsten
3 June	Ann James and Alan Sanger

## Business Meeting Reports

Those reports that are due over the next few months are highlighted in bold.

January	
February	Library (delayed from 2017)
March	Treasurer Overseers
April	
May	<b>Elders</b> <b>Social Committee</b>
June	<b>Nominations</b> <b>Fundraising committee</b>
July	<b>Web Manager</b>
August	
September	Friendly Link
October	CYPC
November	Premises and Finance
December	Library

## Children's Meeting Rota

Theme: Daughters of Eve: Strong Women of the Bible. CYPC will leave 2 copies of this book in the Children's Library. It is a fabulous book so you may want to buy your own second hand or new copy.

Date	Topic	Topic Leader	Supporter
6th May	Golden (Unstructured) Time (Britain Yearly Meeting in London)	Parent to stay	Zoe James
13th May (Rugby Meeting comes to visit)*	The Living Word - Haldah (older children)	Anna Edelsten	John Harding
	Activity Time for younger children	Rob Hooper	Ruth Gaston
20th May	Golden (Unstructured) Time Warwick families visit Selly Oak Meeting**	Parent to stay	Wendy Edwards
27th May	The Message of Esther - Esther	Helen Pemberton	Marian Millington

\* bring a picnic lunch (not bring and share) to enjoy together afterwards

\*\* Selly Oak has a bring and share lunch on this day

The topic leader has main responsibility for preparing the topic. However, we would **encourage the topic leader and supporter to chat a few days beforehand**; great ideas result and the session usually flows so much better.

Golden (Unstructured)Time: Golden time is the topic during children's holidays and busy times; when we expect very few and possibly even no children will be attending. At these times we will only provide one DBS checked adult and parents will be expected to stay with their children. Golden time is a time when there is a chance for the children to spend time in more unstructured or self chosen activities. We encourage games, craft, painting or if the leader wishes to run a topic of their own we are grateful. We have games, toys, art materials and books available for the children, parents and leader to make use of. The children may also bring games, books, sewing or other activities they might like to share or lead but it would be helpful if their parent could let the leader know if they plan to bring something the evening before.

If you feel led to help with the children's programme, please contact Annie Pettifer, convenor of CYPC.

All helpers need to be cleared by the Disclosure and Barring Service, but this is not a painful process!

*John Sheldon, Annie Pettifer*

## Notices

### **Messages from the Warden**

PLEASE can Friends ensure that if they are the last ones out of the building they make sure that ALL THE DOORS ARE LOCKED.

*Welcomers:* please note that the hearing loop has been upgraded and is switched on 24/7 so you do not need to turn it on before Meeting.

*Ed Creasy*

### **Leamington Peace Festival**

The Leamington Peace Festival is on the weekend of 16<sup>th</sup> and 17<sup>th</sup> June this year. As you know we run a stall over the two days and need volunteers. So please contact either John Harding OR Ruth Gaston if you are available to help. Thank you.

*John Harding*

### **EcoChurch and Warwick Meeting**

Following the talk from Chris & Harriet Martin on 29 April about the EcoChurch and Cotteridge Meeting's involvement, any Friends who would be interested in joining the small group who dealt with this, but who are now resurrecting themselves, please contact one of us: Wendy Edwards, Jane Holt, John Sheldon. We will assess the interest and take matters from there. Thankyou!

*John Sheldon*

### **Piano recital 19:30 Friday 13 July in the Unitarian Chapel**

To help continue to raise funds for the garden I will be holding a piano recital on Friday 13 July in the Unitarian Chapel at 7.30. Tickets will be £5 and there will be a bucket collection. I am expecting the programme to be as follows: My Lady Carey's Dompe (anon), Sonatas K158 & 159 (Scarlatti), Sonata Pathétique (Beethoven), Ballade in A flat (Chopin), Submerged Cathedral (Debussy). Tickets are available from me and from our Community Café.

*John Sheldon*

## Community Message Board



### Free railway magazines

I am beginning to down size and have a large number of magazines about railways free to a good home. If anyone is interested, please have a chat to me.

*Ed Creasy*

### The Friendship Project for Children

This is a great Warwickshire based charity that needs more adult volunteers to befriend disadvantaged children. You need 2 - 3 hours a week to become an 'older friend' to a young person, taking them out to activities and generally adding fun to their lives! You need to be over 18, have a genuine interest in children, be able to provide 2 character references and be willing to be DBS checked. Call 07592 861426 or 07828 078015 or visit [www.friendshipproject.co.uk](http://www.friendshipproject.co.uk) for more details.

*Meg Harper*

### Appeal for gardening tools

Some of you may be aware that we rent a property in Leamington to a refugee family. The house has a lovely garden, which will need more attention now that Spring is upon us. Does anybody have any spare gardening tools which they no longer have any use for, and which they would be happy to donate to the family? They particularly need a hand trowel, hand fork, brush and a long-handled fork. Please contact me. Thank you!

*Anna Edelsten*

### Quaker Camping Sat 28th July to Sat 4th August at Cromer Camping, Norfolk [www.cromercamping.com](http://www.cromercamping.com)

Every year a number of people from our meeting go camping with a group of Quakers from all over the country. This summer camp is moving to the seaside! The activities on offer in North Norfolk include miles of sandy beaches, salt marshes and sand dunes, wild life, walks, stately homes and heritage railways. This camp tends to attract two groups of people: families and walkers. So, if you have kids (they don't have to be young!), love walking, love camping or just want to experience living in community, do chat to me.

*Anna Edelsten*

## Vegan Recipe Corner

As a number of people in the meeting are adopting a vegan diet I thought it might be helpful to share our favourite recipes. I have eaten some wonderful food in member's homes but struggle to find similar recipes elsewhere. To start things off this is one of my favourites:-

### Thai sweet sour tofu (for 2)

2 cloves garlic  
¼ each red and green peppers  
4 cherry tomatoes  
¼ onion  
2 oz pineapple cut into chunks

1 tab sherry  
2 tabs tomato puree  
1tab white wine or rice vinegar  
1 tab soy sauce  
½ tab granulated sugar

8 oz soft cubed tofu

1 spring onion for garnish

1. Stir fry garlic for 10 secs then add peppers, onion, tomatoes and pineapple.
2. Mix together sherry, vinegar, soy sauce, and sugar and add to pan.
3. Add tofu and fry for 30 secs.
4. Garnish with spring onion and serve with rice.

*Diana Biddlestone*

## Reflections on Worship

Ever since coming to meeting, I have struggled with silent worship. What exactly am I supposed to be doing? Despite trying a variety of Quaker approaches, particularly Rex Ambler's *Experiment with the Light* and John Lampen's *Unwrapping the Parcel*, progress has been slow. Recently I stumbled across something that is helping. What follows is an bridged explanation of Vipassana meditation<sup>1</sup>:

Our minds think, in much the same way as our lungs breathe - automatically. We don't tend to exert much control over our minds; when idyll, they dart from one thought to the next (the "monkey brain"). However, it is possible to slow down our minds so that our thoughts go by slowly enough for us to observe them and *feel* the emotions associated with them. This helps us to differentiate right from wrong.

The way to do this is to focus on something external to the mind, such as our sensory world (the breath, sounds or the sensation of clothes against our skin, or our feet on the ground etc), or a mantra. Then, let the thoughts emerge as they will; don't indulge them and they will fade. Slowly, gaps between our thoughts develop, allowing us to hear our inner guide. I'm not sure if this is different from what is described as "feeling our emotions", but I hope regular practise will lead to greater understanding.

So, the next question I wondered was: how is meditation different to worship? Assuming that both approaches take us to the source of wisdom, is Buddhist meditation an individual pursuit, whereas Quaker worship enables us to feel our interconnectedness? Not according to some meditators<sup>2</sup> who stress the sense of connection gained through mindful meditation.

These teachers have helped me. I hope others may find them helpful.

Anna Edelsten

<sup>1</sup> Buettner D. *The Blue Zones of Happiness*. Washington: National Geographic; 2017

<sup>2</sup> Hassed C and Chambers R. *Maintaining a Mindful Life*. Melbourne: Monash University, Futurelearn Course 2018.

## Children and Young Peoples' Events

**Live Adventurously *Wed 25 to Fri 27 July at Gilwell Park activity centre, Essex***

This residential event is a fun and exciting opportunity for 8-11 year olds to make friends, explore what it means to be a Quaker and to be a bit adventurous. It costs £80 (including food, activities and travel from Friends House if required). You can book online through the 'Register your place' button or by contacting the Children and Young People's Team administrator at [cypadmin@quaker.org.uk](mailto:cypadmin@quaker.org.uk) or on 020 7663 1013.

## Central England Area Events

To find out about events taking place in the Area Meeting go to:

<http://centralenglandquakers.org.uk/events/>

**Meeting for Worship, Support & Healing *Thurs 03 May 14:00 at Sutton Coldfield QMH***

All are welcome to join us on the first Thursday of every month. Please see previous newsletters or Central England Area events link above for full details.

**Creative Day at Northfield *Sat 05 May 10:00-16:00 at Northfield QMH***

Quakers in Northfield invite you to join their monthly Creative Days. Drop in any time between 10am-4pm on the first Saturday of the Month. There is a bring and share lunch at 1pm. Please see previous newsletters or Central England Area events link above for full details.

**Exploring the Quaker Testimonies *Wed 09 May 10:30 - 11:30 at Bournville QMH***

A monthly discussion group for Quakers to explore and deepen our understanding of the fundamental principles central to Quakerism which we strive to honour in our daily lives. About twenty minutes of mostly silent contemplation, which might be focused on a brief reading concerning the principle of the day, is followed by a further forty minutes exploring how this principle can help us in our daily lives. Tea & coffee available from 10:15 and again after the discussion.

**God, Words and Us *Sat 02 Jun, 10:00 - 12:30 at Stourbridge QMH***

Hilary Johnson will be facilitating a workshop on God, Words & Us, The session is based on exploring the book 'God, Words and Us', which looks at the words we use to describe our spiritual experiences. This session will be similar to those offered recently at Bull Street and Coventry. The workshop will run from 10.am, until 12.30pm and will be followed by a shared lunch. If you are interested in attending this event, please contact Tricia Bradbury.

## Woodbrooke Course Corner

To find out about courses run at Woodbrooke, either pick up a copy of the *Woodbrooke Learning Brochure* for 2018 from the information table in the coffee room, or go to <https://www.woodbrooke.org.uk/view-course-search/> for residential courses and <https://www.woodbrooke.org.uk/learn/online-learning/> for online courses.

### Residential courses

Set in the beautiful grounds of the former home of George Cadbury, a peaceful environment awaits you. Please ask overseers if you require financial assistance. You may also attend these courses as a non-resident.

#### **May**

Wed 9 - Fri 11 May

- Spirit Dance: A 5rhythms™ Dance Workshop

Fri 11 - Sun 13 May

- A Friendly Introduction to Quaker Values and Ethics in Business
- Managing our Meeting Houses

Mon 14 - Wed 16 May

- Being Peace

Wed 16 - Fri 18 May

- Transformative Life Writing Alumni Retreat

Thu 17 - Sun 20 May

- Introduction to Life Writing for Transformation

Fri 18 - Sun 20 May

- Exploring the Early Quaker Vision

Tue 22 - Thu 24 May

- Discernment in Everyday Life
- Being a Quaker Treasurer

Fri 25 - Sun 27 May

- To Save From Fear: Spiritual Disciplines for Difficult Times
- Sharing our Stories: Gender and Sexual Diversity Retreat

Tue 29 - Thu 31 May

- The Art of Natural Prayer
- A Walk Through the Midlands with George Fox

Fri 1 - Sun 3 June

- Time in a Safe Haven: a Retreat for Spiritual Directors

## **June**

**Fri 1 - Sun 3 June**

- Time in a Safe Haven: A Retreat for Spiritual Directors
- Foundations of a True Social Order: Yesterday and Today

**Mon 4 - Thu 7 June**

- Quaker Mysticism: Exploring the Heart of Quaker Spirituality with Rufus Jones and Thomas Kelly

**Mon 4 - Fri 8 June**

- The Hero/Heroine's Journey: Uncovering the Secrets of Story

**Fri 8 - Sun 10 June**

- Hope in Troubled Times
- Dance for Joy
- A Portable God: The Origins of Judaism and Christianity

**Mon 11 - Wed 13 June**

- Quaker Chaplaincy Training

**Fri 15 - Sun 17 June**

- Exploring Eldership and Oversight Together

**Sun 17 - Fri 22 June**

- Self Care Retreat

**Thu 21 June**

- CPQS / QSRA Conference and George Richardson Lecture

**Fri 22 - Sun 24 June**

- Clerking: Taking it to the Next Level
- In the Care of the Meeting: Our Response as Communities to the Breakdown of Committed Relationships

**Mon 25 - Wed 27 June**

- Early Quaker Writings: What They Said and How They Said It

**Mon 25 - Fri 29 June**

- Seeds of Silence - The Ground of Our Being: An Appleseed Retreat

**Tue 26 - Thu 28 June**

- A Chanting Retreat for Women: A Pathway to the Silence Within

**Fri 29 Jun - Sun 1 Jul**

- Making Bread in an Outdoor Oven

## **Online courses**

**Tue 1 May - Tue 5 Jun: The Early Christian Breakthrough**

**Mon 7 May - Sun 17 Jun: Being a Quaker Clerk**

**Mon 7 May - Sun 3 Jun: Let Your Life Preach**

**Tue 22 May: Seeking Sanctuary and Stillness**

**Sat 9 June: Seeking Sanctuary and Stillness**

**Mon 11 - Fri 29 June: A Friendly Introduction to Membership**