



# Brighton Friends News

A Monthly Publication of Brighton Quaker Meeting

July 2021

[www.brightonquakers.net](http://www.brightonquakers.net)

Issue 320

## Zoom Children's Meeting – May and June



These pictures were created at our May Meeting when we were talking about Being a Peacemaker.

In June's Meeting we found out about Little Amal, a 3.5m tall puppet of a nine-year old refugee, who is going to walk the 5,000miles from Gaziantep, near the Turkish-Syrian border, to Manchester UK. She will start her twelve-week journey on July 27 and will be travelling through Geneva where some of the children who join our meeting will be able to meet her. The walk will highlight the plight of refugees, and their potential. In Cologne Amal will hear from elderly people what it was like to be a child in the Second World War. A refugee camp installation will be created in Paris and Amal will explore the tents.



She will not come to Brighton but Little Amal will be celebrating her tenth birthday in London, with parties at the Royal Opera House and the Victoria and Albert museum.

Friends can read more about Little Amal in this [article](#). You can also watch her on this short film on [YouTube](#)

*Brighton Children's Meeting*

## A message from Friends in Portugal

Dear Friends,

Greetings from Portugal. When we moved here in 2008 we bought our house which had a lawn. Lawns consume water, reduce biodiversity and do not produce food, for us or for wildlife. Transforming lawns into orchards means using less water and providing habitats for wild life. It also means less maintenance.

So, after a while, with the help of our neighbours, we planted 45 fruit or nut bearing trees and now have a mixed fruit and nut orchard. We now also have vines and a pond to encourage wild life. What was a barren expanse of grass is now a haven for wildlife. We hope for fruit next year, and for jam, bees and butterflies for years to come. This is now a productive garden for us and for future generations. We see it as a small step we can make that may also encourage others to create more bio-diversity in their own spaces.

The Quaker Art Network created the [Loving Earth project](#). It celebrates people, places, creatures, and other things that we love but which are threatened by growing environmental breakdown. The panels will form an exhibition at the UN Climate Change Conference COP26 to be held in Glasgow this November. As part of that we created and submitted this panel. It is 30 x 30cm and is made from felt, fabric, sandpaper etc. We used recycled textiles and stitched using hand and machine sewing, including free motion embroidery. It took ages but was fun to do.



The panel represents a 'birds eye view' of three houses, the outer ones have traditional lawns, the centre one represents our home in Vila Nova do Poiares, near Coimbra, where we have turned our 'Lawns into Orchards'. The birds fly over celebrating the biodiversity.

There are very few Quakers in Portugal so we really miss going to Meeting. We send our best wishes to friends who remember us when we were at Brighton Meeting in the 90's and 00's.

*In Friendship,  
Chris Spain & Jenny Bailey*

**FOOD BANK -- Please Remember -- FOOD BANK --- FOOD BANK**

Please make donations to the foodbanks in your supermarkets.

Alternatively, you can bring donations to Meeting House weekday mornings.

## Quaker History

### Irish Potato Famine 1846-47

Quakers helped 40,000 destitute starving people and spent £200,000 on soup kitchens, agricultural reform, fishing resources and industrial schools. Their work became a model for subsequent successful relief programmes. Using local skills and leaders they researched alternative crops and causes of poverty such as exploitative tenancy agreements and the reason for reliance on a single crop. Alongside their famine relief they systematically collected relevant data, which they passed to others, investigating the catastrophe and possible ways forward in Dublin and London. All famine relief was unconditional and available to all in need, both Protestant and Catholic.

*What have the Quakers ever done for us?  
A Short Introduction to Quaker Achievements, John Gwatkin*

## Protest archive and information

I am taking part in a protest webinar at the University of Sussex. Friends might like to know that the University has established an archive bringing together all sorts of information about protest: <https://www.thekeep.info/collections/keep-partners/university-of-sussex-special-collections/archive-of-resistance-testimony/>.

Other resources mentioned in the webinar might also be of interest:

- Imperial War Museum Sound Archive: [www.iwm.org.uk/collections/sound](http://www.iwm.org.uk/collections/sound)
- The South African History Archive (SAHA): [www.saha.org.za/collections/oral\\_history.htm](http://www.saha.org.za/collections/oral_history.htm), and
- Feminist resistance archive: [www.bl.uk/sisterhood](http://www.bl.uk/sisterhood)

*Jason Evans*

## The Awakening by Sonny Carroll

A time comes in your life when you finally get it. . . When in the midst of all your fears and insanity you stop dead in your tracks and somewhere the voice inside your head cries out—ENOUGH! Enough fighting and crying or struggling to hold on. And, like a child quieting down after a blind tantrum, your sobs begin to subside, you shudder once or twice, you blink back your tears and through a mantle of wet lashes you begin to look at the world through new eyes.

.....This is your awakening.

# Inter Faith Contact Group

## **Monthly Interfaith Prayers**

**Please note change.**

We share inspirational poems and spiritual readings - Words of Connection, on the last Thursday of the month. The next prayer hour will be on **Thursday July 29 from 7 - 8pm** and will take place **in person at St Peter's Roman Catholic Church on Portland Road, Hove. BN3 5GD.**

All are very welcome.

There will be no prayer hour in **August**.

It is hoped that from **September** the prayer hour will continue in person.

Details to follow.

## **Fostering Friendships**

On the third Wednesday of each month members of different faith groups talk about events and festivals in their own faith communities.

The next meeting will be **Wednesday July 21 from 5:00 - 6:00pm.**

All welcome of any faith or none. [www.interfaithcontactgroup.com](http://www.interfaithcontactgroup.com)

Please contact Sheila Boyer at [secretaryifcgbrighton@gmail.com](mailto:secretaryifcgbrighton@gmail.com) for details of the Zoom meeting on July 21.

*Sheila Boyer and Helen Ledger IFCG representatives*



This is the truth which we know and try to live ... that every person is capable of response to the divine Spirit; that this Spirit, or Light, or God reaches out to each one directly and freely; that if we follow the leadings of this Spirit faithfully we are led out of sin into unity with the divine will; that this unity leads us into love of and care for all humankind, who are our kin; that what the Spirit shows us is living truth which cannot be fettered by words.

*Janet Scott, 1980, Quaker Faith & Practice, 27.26*

## An invitation via the IFCG

*We have received the invitation below from St Peter's Catholic Church in Portland Road, Hove. **If you would like to attend please let me know** and I will let Kate Williamson know who is expected to come.*  
*Sheila Boyer for Interfaith Contact Group*

At St Peter's in Portland Rd, on **Saturday August 7**, we are celebrating the re-opening of our hall which has recently undergone a major (and much needed) renovation. It is a big event in our parish life and the Mayor has kindly agreed to come along to officiate.

Our celebration will start at 7pm, last for an hour or so, and refreshments will be available.

We would like to invite you, and any members of your community who would like to come, to join us. Support from other faiths is very important to us. If you are able to come, could you ask for me? Then I can make sure you are looked after.

With best wishes,  
Kate Williamson, Parish Team,  
St Peter's Catholic Church,  
Portland Rd, Hove BN3 5GD

## Get Strong, Support the Meeting House

Over the past year I have been teaching Pilates based exercise on Zoom that a number of Friends have attended.

Tentatively, and subject to restrictions lifting, I am intending to run face to face classes at the Meeting House starting **Wednesday September 8**. I will be teaching three, hour long classes from 11.00am. These will cater for all levels of ability from exclusively seated to mat work.

Donations to the Meeting House will be welcome.  
Further details to follow in the next edition of the newsletter.

*John Rignell*

## Coronavirus - Staying in Touch with each other

### Message from Overseers

During this period of Covid-19 we are trying to keep in touch with each other in our Meeting. Some people may feel more isolated than others. If you do need help or would just like Friends to hold you in the Light, please contact the Overseers. If finances are a problem we may be able to help as we have access to grants.

**Overseers** - Jane Rosenberg, Terry Byrne, Alan Stratford, Barbara Barber, Annie Lieberman and Kate Mackrell [bqoverseers@outlook.com](mailto:bqoverseers@outlook.com)

## Day of Compassion at Brighton Dome

**To commemorate our losses from the Covid pandemic,  
Sunday October 17, 2021, 12 – 5.30pm**

Whilst we know that Covid will be with us for a very long time, a moment must be found to remember, with love and respect, all the losses that have affected the community of Brighton & Hove throughout the past 18 months or more. The Mayor, the Brighton & Hove Interfaith Contact Group, Brighton Dome and other partners are therefore organizing an event at which this can happen.

It will be for all Brighton & Hove citizens regardless of spiritual or cultural tradition; it will be an event for all. At Brighton Dome there will be readings, musical contributions, filmed stories and a Book of Remembrance. In the afternoon there will be quiet spaces around the city for people to go to reflect on the events and their personal losses of the past year. Our Meeting House will be one of these spaces. People may come in, write in a book of reflections, light a candle or just sit quietly.

We hope that it will be a day to remember, a fitting tribute not only to all that we have lost, but also to the hard work and kindness of all who have done their utmost over many months to keep others safe.

This will be a ticketed event and information about obtaining tickets will be available in due course. **For the moment, please note the date and time in your diary.**

*Sheila Boyer, IFCG group*

**Do you try to set aside times of quiet for openness to the Holy Spirit? All of us need to find a way into silence which allows us to deepen our awareness of the divine and to find the inward source of our strength. Seek to know an inward stillness, even amid the activities of daily life. Do you encourage in yourself and in others a habit of dependence on God's guidance for each day? Hold yourself and others in the Light, knowing that all are cherished by God.**

*Quaker Faith & Practice, Advices & Queries No. 3*

**FOOD BANK -- Please Remember -- FOOD BANK --- FOOD BANK**

Please make donations to the foodbanks in your supermarkets.

Alternatively, you can bring donations to Meeting House weekday mornings.

## Care for unpaid carers

To members of a faith group,

I would like to take this opportunity to ensure that you are aware of The Carers Centre for Brighton and Hove and The Carers Hub.

We are the organisation which, in partnership with Brighton and Hove City Council, provide support and information for unpaid family / friend carers in the city.

A carer is someone who provides unpaid support to a family member, child, partner or friend who couldn't manage daily activities without this help. They don't have to live in the same house as the person they care for.

A carer could support someone who:

- is ill or frail
- is disabled
- has a mental health condition
- has a learning disability
- has dementia
- has a substance misuse problem

We are always reaching out to communities, groups and organisations to ensure that members, employees, leaders and managers are aware of the support available and we are always keen to make links with communities and their leaders.

We would be very happy to speak with you or your colleagues if you have any questions, or you can check for more information on our websites.

[Support for carers www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)  
<https://www.thecarerscentre.org/>  
<https://carershub.co.uk/>

*Steve Castellari,  
Engagement and Working Carers Lead,  
The Carers Centre for Brighton & Hove*

These services are also available in [East Sussex](#) and [West Sussex](#). - *Editor*.

**Are your meetings for church affairs held in a spirit of worship and in dependence on the guidance of God? Remember that we do not seek a majority decision nor even consensus. As we wait patiently for divine guidance our experience is that the right way will open and we shall be led into unity.**

*Quaker Faith & Practice, Advices & Queries No. 14*

**FOOD BANK -- Please Remember -- FOOD BANK --- FOOD BANK**

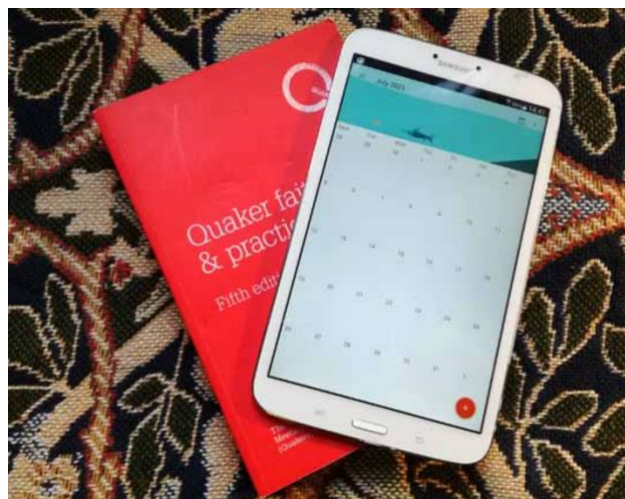
## Yearly Meeting Gathering 2021

Yearly Meeting Gathering will take place from **July 19 – August 8**. Yearly Meeting in session will be held between July 30 and August 8. It will be an online event and free to attend.

All Friends are welcome to attend.

Registration is now open at <https://www.quaker.org.uk/ym>.

Please note that registration for the children and young people's programme closed on June 27.



## Appeals

In these strange times we cannot put donations in our Appeal Box. Our chosen charities could lose out on much needed donations. If you can, please make your donation through the appeal's website <https://www.voicesinexile.org/donate/>. Alternatively, you can send your donation via the Meeting's Treasurer. Just send cheques to Meeting House or use a bank transfer.

Account name: Brighton Quaker Meeting

Sort Code: 08-92-99

Account number: 65009567

**Please do let George know which Appeal the payment is for.**

## Voices in Exile

Voices in Exile works with refugees, asylum seekers and vulnerable migrants with no recourse to public funds in East and West Sussex and Surrey. We offer practical and legal support including generalist advice and specialist immigration casework (up to OISC Level 2) for those who would otherwise be unable to access justice. As part of our holistic approach we offer practical support including a weekly food and toiletries bank for those who are destitute; and also advocate for, accompany and enable people to access services, build community, and develop their own potential through a programme of learning and creative activities. We seek to encourage people to find positive ways to address their own needs, build skills and resilience, and work towards integration in the UK through an active programme of volunteering and mentoring.

To donate please go to <https://www.voicesinexile.org/donate/>.





## Community in Action

**Coffee Mornings** via Zoom on Fridays at 11.00 am. If you would like to join please email the clerk at [brightonquakerclerk@gmail.com](mailto:brightonquakerclerk@gmail.com)

### **Being Friends Together**

Being Friends Together is a good opportunity to get to know Friends better, learn more about Quakerism and share spiritual journeys. Three groups continue to get together regularly via Zoom. If you would like to join please contact the elders via [bqelders@outlook.com](mailto:bqelders@outlook.com)

**Clerk's mailing list** - if you are not on the list and would like to be, please contact The Clerk at [brightonquakerclerk@gmail.com](mailto:brightonquakerclerk@gmail.com)

## Meeting House during Third Lockdown

Meeting House is open for room hire and to visitors. We are open for individual Worship **Wednesdays between 12 and 2pm.**

The garden is open every weekday morning.

The office is open and emails are regularly checked, and we will get back to you as soon as we can.

Meeting for Worship, at 10.30 on Sundays, restarted **in Meeting House** on May 23 and has been run as a blended meeting with Friends on Zoom. In order to maintain social distancing the numbers in the Meeting Room are currently limited to 25. If you wish to attend in person you must book your place by phoning or emailing the office at 01273-770258 or [admin@brightonquakers.net](mailto:admin@brightonquakers.net).

Masks must be worn in the Meeting House.

This, of course, may change with a change in government guidelines.

If you are not on the clerks mailing list and wish to join online please email [bqelders@outlook.com](mailto:bqelders@outlook.com).

**Do not assume that vocal ministry is never to be your part. Faithfulness and sincerity in speaking, even very briefly, may open the way to fuller ministry from others. When prompted to speak, wait patiently to know that the leading and the time are right, but do not let a sense of your own unworthiness hold you back. Pray that your ministry may arise from deep experience, and trust that words will be given to you. Try to speak audibly and distinctly, and with sensitivity to the needs of others. Beware of speaking predictably or too often, and of making additions towards the end of a meeting when it was well left before.**

*Quaker Faith & Practice, Advices & Queries No. 13*

# Brighton Meeting diary

## Meetings for Worship

### Regular Meetings for Worship

Meeting for Worship in person restarted **in Meeting House** on Sunday May 23 at 10.30 and has been run as a Blended Meeting with Friends on Zoom. In order to maintain social distancing the numbers in the Meeting Room are limited to 25. If you wish to attend in person you must book your place by phoning or emailing the office at 01273-770258 or [admin@brightonquakers.net](mailto:admin@brightonquakers.net). Masks must be worn in the Meeting House.

If you are not on the clerk's mailing list and wish to join online please email [bgelders@outlook.com](mailto:bgelders@outlook.com).

### Children's Meetings

These will be held via Zoom from 10 – 11am on the third Sunday of the month.

#### July 18

August - no meeting

Hopefully, in September, we will be able to meet in person in the Meeting House. We are also considering the possibility of a monthly Zoom meeting with our Friends who do not live in Brighton.

The Meetings will be led by Mike Coote, Christine Habgood and Helen Ledger. If you would like to join please contact Helen Ledger or [brightonquakerclerk@gmail.com](mailto:brightonquakerclerk@gmail.com)

## Workshops and community events

### Open Meeting

We can no longer have Open Meeting in the Quiet Room but after Meeting for Worship via Zoom on Sundays, we have the opportunity to go into 'breakout rooms' with 3 or 4 other people to have an informal chat about the Meeting before we go back to the main Meeting for final goodbyes.

## Meetings for Quaker business

The next Meeting for Worship for Business (MWB) is on **Thursday August 5** at 6.30 pm. Items for MWB must be sent to the Clerk at least one week before the meeting, i.e. **Thursday July 29**. The only exceptions are emergencies that arise during the week before MWB. Please email [brightonquakerclerk@gmail.com](mailto:brightonquakerclerk@gmail.com) **or** write to clerks c/o The Meeting House.

If you are a newcomer or attender and would like to join MWB, please contact the Clerk, who will be able to explain the procedures. If you are not comfortable with Zoom please contact the Elders at [bgelders@outlook.com](mailto:bgelders@outlook.com)

## **Area Meetings for Worship for Business in 2021 July 17 via Zoom**

September 18 at Bognor Regis  
November 20 at Brighton

All Area Meetings start at 10.30 for 11.00 and those held in a Meeting House include a bring-and-share lunch.

## **Sussex and Surrey Regional Meetings 2021**

**Saturday September 25** - 'We are all Quakers: a non-theist, a Christian and a Buddhist-Quaker explore what each can offer Quakerism' 10.30 -15.30 at Eastbourne Quaker Meeting House.

Saturday November 27 - 'How do we reach and welcome people to Quakers in the C21st?' 10.30 -15.30 at Woking Friends Meeting House.

All members and attenders are very welcome!

We hope to meet in person from September, public health situation permitting.  
For more information email: [sussexandsurreymquakerclerk@outlook.com](mailto:sussexandsurreymquakerclerk@outlook.com)

All Regional Meetings start at 10.30 and those held in a Meeting House include a bring-and-share lunch.

## **Notices**

Notices to be read out after Meeting for Worship should be sent to [brightonquakernotices@gmail.com](mailto:brightonquakernotices@gmail.com). The deadline for notices is Friday evening. Notices are still read out at the end of the Zoom and Blended Meeting for Worship on Sundays.

## **Newsletter Contributions**

The editor wants the newsletter to reflect the diversity of thinking and experience of members and attenders. If this is to be your newsletter, we need your input: thoughts on the meeting, a passage that has inspired you, a book review, a drawing, something to share with others that might help us grow in community and spirit. Please send your contributions to the editor, Jackie Robinson at [brightonquakernewsletter@gmail.com](mailto:brightonquakernewsletter@gmail.com)

The deadline for the **August** newsletter is **Tuesday August 3**. The editor has the right to edit contributions or hold them over until the next issue, particularly where this is necessary in order to avoid blank pages.

It is the responsibility of contributors to decide how much of their personal details should be given.

To receive the newsletter by email please write to [brightonquakernewsletter@gmail.com](mailto:brightonquakernewsletter@gmail.com). This is necessary to comply with GDPR laws.

**“Whether you believe in God or not does not matter so much, whether you believe in Buddha or not does not matter so much; as a Buddhist, whether you believe in reincarnation or not does not matter so much. You must lead a good life. And a good life does not mean just good food, good clothes, good shelter. These are not sufficient. A good motivation is what is needed: compassion, without dogmatism, without complicated philosophy; just understanding that others are human brothers and sisters and respecting their rights and human dignity.”**

**~DALAI LAMA**

**azquotes.com**

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