



Brighton Friends News

A Monthly Publication of Brighton Quaker Meeting

June 2021

www.brightonquakers.net

Issue 319

A Taste of Your Own Medicine

Don't give them a taste of their own medicine. They already know what it tastes like. Give them a taste of your own medicine.

If they lied, let your medicine be honesty.

If they played with your emotions, let your medicine be maturity.

If they broke you, let your medicine heal.

If they made you cry, let your medicine make them smile.

These remedies of yours may take years to work, but they work. And they last.

So be patient. Stay true to yourself.

And remember this: it is better for people to value you for who you are, not for who you pretend to be. Who you are lasts a lifetime. Who you pretend to be changes like the change of season.

Don't be afraid to be yourself, even if it means removing yourself from lives that you want to be in.

You are, no doubt, worthy of being valued for who you are.

So be who you are.

Najwa Zebia

University of Sussex Chaplain's Report - June 2021

It's been a strange year in which to be a university chaplain. The pandemic has completely changed my pattern of activity, and I haven't now really been on campus for over a year. While some chaplains in the team have felt obliged to still provide a physical presence, I took the advice given by the institution and stayed well clear, moving most of my activity online.

Early on during the first lock-down I decided to move my regular meditations online, using Zoom. I quickly decided that I could make use of the reduced need for physical space to provide a meditation every weekday, comprising three different approaches to mindfulness and two problem-oriented meditations based on Experiment with Light and Focusing. I have managed to keep this up, only missing one weekday (when Meeting required me to be at the Friends' Meeting House for the dry-run of blended meetings) and I continued through summer, bank holidays and even held a meditation on Christmas Day. This provided the campus and local Quaker communities with some consistency in these troubled times, and the holiday meditations were on at least two occasions accessed by people on the margins of these communities. In general, I haven't had great numbers, but the meditations have been appreciated. I have a core group of a few meditators from an email list of over 80 members. The largest meetings have been around 10 participants. Other meditators have come and gone, usually just attending for a time. As with the meditations on-campus, staff have generally been more consistent attenders than students.

Another initiative this year has been my decision to study hypnotherapy with Chrysalis Courses. This has turned out to be a way to extend my work with meditation and Focusing, and provide a method for dealing with mild mental health problems such as GAD (Generalised Anxiety Disorder, one of the most common mental health problems amongst the student population). In practice, I have been able to offer hypnotherapy-based relaxation to several of my regular meditators, sometimes for example using hypnotherapy to enhance their own meditation practice. The demand for hypnotherapy-based relaxation has provided me with valuable practice towards the course requirement of 50 hours over the year, not including case studies, which I have already exceeded. I have offered occasional zoom meetings outside of these sessions, but as is typical for chaplaincy in my experience, requests are very occasional. The things about chaplaincy I have missed the most this year are the opportunity to be a quiet presence at the university and working with other chaplains, although we do meet every month online, again using Zoom.

Looking ahead, the university is beginning to ease Covid restrictions, but I haven't yet committed to blended meditations. I am very much taking this one step at a time. Interestingly [Theos think tank](#) have researched higher education chaplaincy during the pandemic and although not much of their findings were surprising this time, I attended an online presentation of the report and was able to ask some questions. One interesting statistic is that around two-thirds of higher education chaplains are unpaid, whilst contributing around 7 million pounds per year to the sector. Ways of paying their bills vary, but I hope to make my lifestyle more sustainable by working towards a private hypnotherapy practice to run alongside

my chaplaincy activities. If this doesn't take off, I will retain the hypnotherapy as a useful adjunct skill to my chaplaincy work.

On a personal note, the hypnotherapy course has yielded new ways to deepen my relaxation, benefits of selfcare, self-development and even deepen my spiritual practice. When I've not been meditating, writing essays or hypnotising people, I have been enjoying re-watching the TV series M*A*S*H, about a group of people helping out in difficult circumstances in a place they don't really want to be (Korea), with only their sense of humour to keep them sane. My favourite characters are Father Mulcahy (the chaplain) and Sidney Freedman (the psychiatrist). I can't help feeling that I am aiming to be a little of both, at least on a good day.

Jason Evans

Hypnotherapy

I am still working on becoming a certified hypnotherapist. I am currently looking for adults in good health who might be interested in becoming practice clients, or who might have an issue that they would like to work on over an extended period as one of my case studies. Hypnotherapy is rather like guided meditation (it's not much like in the movies!). Please get in touch in the normal way, or write to brightonquakernewsletter@gmail.com.

Jason Evans

Our planet is seriously ill and we can feel the pain. We have been reminded of the many ways in which the future health of the earth is under threat as a result of our selfishness, ignorance and greed. Our earth needs attention, respect, love, care and prayer.

In comfortable Britain we are largely insulated from the effects of the environmental crisis. It is the poor of the world who suffer first.

As a Religious Society of Friends we see the stewardship of God's creation as a major concern. The environmental crisis is at root a spiritual and religious crisis; we are called to look again at the real purpose of being on this earth, which is to till it and keep it so as to reveal the glory of God for generations to come.

It is a stony road ahead but our faith will uphold us; the power to act is God's power which is mediated through each of us as we give and receive support one from another. We can all listen if we will to the sounds of the earth, tuning into it with joy.

London Yearly Meeting, 1988, Quaker Faith & Practice 25.02

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.

Inter Faith Contact Group

IFCG have two monthly Zoom meetings:

Monthly Interfaith Prayers

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 June 24 from 7 - 8pm**. This month we will be remembering and commemorating the 1995 massacre at Srebrenica.



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 June 16 from 5:00 - 6:00pm**.

All welcome of any faith or none. www.interfaithcontactgroup.com

Please contact Sheila Boyer at brightonquakerclerk@gmail.com for details of both Zoom meetings.

Sheila Boyer and Helen Ledger IFCG representatives

Reviving Brighton Young Quakers

Brighton Young Quakers has ceased to meet, sadly – but we would really like to get it going again, particularly with summer and hopefully the end to lockdown in sight. We are open to those 18 - 30ish years old who are Quaker, Quaker-ish or Quaker-interested.

Before the lockdown last year, the group met every first and third Tuesday evening for tea and biscuits, worship and an activity. At the beginning of lockdown the group met every Tuesday evening on Zoom.

We will hold a meeting to discuss ways forward on **Tuesday June 22 at 7.30** on Zoom. If you would like to attend, or if you can't attend but would be interested in future meetings please contact me at bqgoverseers@outlook.com.

Kate Mackrell

A Midsummer Night's Verse

I am having another evening of poetry on **Monday June 21**, the Summer Solstice, and the theme will be 'summer and the changing of the season'.

Once again, I ask friends for their suggestions and if they would like to also participate personally and offer some relief from my continuous peregrinations! Summer is also a time of song and so any musical contributions would be most welcome, vocal or instrumental. Please contact me (details in Contact Book or write to brightonquakernewsletter@gmail.com).

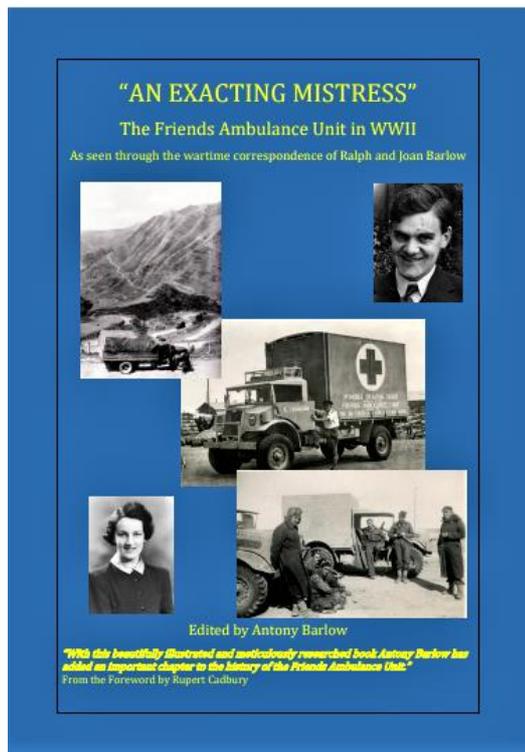
I look forward to hearing from you. A Zoom link will be sent nearer the time.

David Fielder

An Exacting Mistress

The Friends Ambulance Unit in the Second World War

The wartime correspondence of Ralph and Joan Barlow Edited by Antony Barlow



As we reach the 80th anniversary of the year my father joined The Friends Ambulance Unit, it is perhaps an appropriate moment to take another look at this remarkable voluntary organization. It is comprised of people from many different backgrounds – Quaker of course, but also Methodist, Anglican and none – all of whom joined to make a difference.

This book attempts to tell the personal story of one of these, my father, not through a detailed day-to-day account of the Unit's many life-saving acts both at home and abroad, but through the many letters my parents' wrote to each other, while my father was serving abroad in the Middle East, East Africa, India and China, telling of their own struggles, either with depression, or the heartache of separation or bringing up two children in war-torn Britain. In one of his letters he called the FAU 'An Exacting Mistress', which I have taken as a title.

Though, of course, it touches on the war, it specifically does not tell the story of the fighting that took place throughout the Second World War, not only in the UK, but worldwide. To most that is well known and well documented.

Instead this book tries to tell the story in between these spaces, where in the midst of battle, there are people trying their best to save the lives of the wounded, whether they be civilians caught in the crossfire of enemy bombing, or soldiers wounded in what Wilfred Owen calls the 'cess of war'. This is the story of those who joined the Friends Ambulance Unit in 1939 and 1940, not to fight, but to bear witness to another way, standing against 'the truth untold/The pity of war, the pity war distilled.'

My father started a memoir which he began in his usual understated way as follows: "In the course of the war, I was fortunate enough to travel rather widely and I have ventured to think that extracts from my letters to Joan might be of interest." I have tried my best to complete his work as he envisaged it but in addition to add my mother's replies in as well, forming a fuller picture of the way the war unfolded for one family.

©Antony Barlow

'An Exacting Mistress' published by Quacks Books at £20.00 is available now from the author at 25% discount for Friends plus p&p £3.50 artspublicity@hotmail.com

Refugee Week – June 14 – 20

The theme of the week is 'We Cannot Walk Alone'

To find out how to hold an event or get involved go to <https://refugeeweek.org.uk>

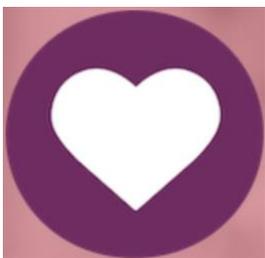


There is an event in Jubilee Square, Jubilee Street, Brighton on **Sunday June 13 2 pm – 6.30 pm.** This will also be covered online. For more information or to register click [here](#) to attend in person or to get the online link.

Migrants and refugees are not pawns on the chessboard of humanity. They are children, women and men who leave or who are forced to leave their homes for various reasons, who share a legitimate desire for knowing and having, but above all for being more.

Pope Francis

Elevate Compassion - virtual summit



Inspired by the international Compassionate Communities movement, Elevate Compassion focuses on improving health, well-being, and quality of life by engaging a whole community approach. The virtual summit, involving a range of international experts, will explore practical ways for people to build stronger and healthier communities.

"The challenging events of the past year have unearthed many inequities in society that we don't want to return to ... We have also seen people come together in inspiring new ways to build connections and community. Hope lies in the innate goodness we all possess to cultivate compassion." - Dr. Julian Abel, palliative care physician, director and co-founder of Compassionate Communities UK.

Dates: **June 17 & 18**

Time: **6pm-9pm BST**

Cost: Free

For more information or to register please click [here](#)

Kate Mackrell

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Please make donations to the foodbanks in your supermarkets. Alternatively, you can bring donations to Meeting House weekday mornings.

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

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 bgelders@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

Bring the whole of your life under the ordering of the spirit of Christ. Are you open to the healing power of God's love? Cherish that of God within you, so that this love may grow in you and guide you. Let your worship and your daily life enrich each other. Treasure your experience of God, however it comes to you. Remember that Christianity is not a notion but a way.

Quaker Faith & Practice, Advices & Queries No. 2

Meeting House is now open for Meeting for Worship

Meeting House is open for room hire and to visitors. Meeting House is 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 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 admin@brightonquakers.net. Masks must be worn in the Meeting House.

If you are not on the clerks mailing list and wish to join online please email bgelders@outlook.com.

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

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

Appeals

In these strange times we cannot put donations in our Appeal Box. Our chosen charities could lose out on much needed donations. Please make your donation through the appeal's website <http://jordanvalleysolidarity.org/donate/donate/>. Alternatively, you can send via the Meeting Treasurer. Just send cheques or 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.

Children of the Jordan Valley - A Wider View

(Translated and adapted from a longer article in the German news magazine, "Der Spiegel" May 22, 2021.)

A short time ago, the Middle East conflict burst again into open, deadly warfare. Furious protests were flaring up not only in Jerusalem and the Occupied Territories but even within the 1948 boundaries. Confident young Palestinians confronted their Israeli neighbours accusingly in multi-racial Haifa, while once more children were being bombed from the air in Gaza. How could it possibly have come to this? Whatever happened to the 'historic' Abrahamic accords secured by Donald Trump between Israel and her traditional Muslim enemies? Even the Biden administration saw no reason to chasten Israel significantly when Human Rights Watch and Amnesty International found its government guilty of blatant discrimination and apartheid. After all, Israel were the good guys compared with somewhere like Iran. But if the world was ready to turn a blind eye and move on, they had not consulted the majority Palestinian population groaning for over seventy years under an overbearing Israel.

As we were admiring Israel's success in vaccinating 'its population' no one noticed that the millions of Palestinians in its charge in the Occupied Territories were not being supplied with vaccine. As we congratulated Israel as the only democracy in the Middle East, we overlooked the fact that rights and laws had always been different for Palestinians. Long before the events in East Jerusalem, confiscations of Palestinian property, demolition of homes, diversion of water and electricity

supplies, destruction of villages and fields for separate roads and new settlements were completely legal under Israeli law. Last year alone over 3,000 Palestinian olive trees were uprooted for such reasons. Needless to say, there is no recourse to either financial or material compensation.

The 'Palestinian police' is subordinated to their Israeli counterparts, and, at any time, there are over 6,000 young Palestinians, taken from their homes in the West Bank, being held in Israeli prisons. Ironically, their families must pay for their 'board and lodging' while they have no right to visit. The Palestinian Authority is seen as corrupt, incompetent, and impotent against Israel. When elections were eventually announced this year, 93 per cent registered to vote, only for Mahmoud Abbas, President with Israel's blessing for 15 years, to call off the poll at the last minute, on the pretext that Jerusalemites were being denied their vote by Israel.

Ami Ayalon, the retired Head of Israeli Domestic Intelligence (Shin Bet), said in a recent documentary, "We cannot live in safety while our enemies have no hope of either self-determination or an end to the occupation." All six surviving Shin Bet directors agree with him that current Israeli policies will inevitably lead to disaster. "We are approaching a form of Apartheid where a Jewish minority rules over a Palestinian majority and that cannot end peacefully." "People here are afraid of change. But things have to change. Otherwise, we are doomed".

In the Jordan Valley, between Ramallah and Jericho, new Israeli settlements are boasting attractions beside cheap housing and tax perks, with their "proximity to nature" and "community spirit" The web-site of Neria shows four nearby settlements but blanks out Ramallah and all other Palestinian towns and villages. As in Israeli school books, the state of Israel stretches right up to the Jordan river. No Palestinian habitations at all feature on the maps. And yet, it is settlements like Neria which are illegal under international law. They are demonstrably not built on recognised Israeli territory.

The feelings of dispossession and discrimination are echoing the "Black Lives Matter" protests in the US. A mural on the Wall dividing Bethlehem and Jerusalem shows George Floyd, victim of racial violence. Placards in US demonstrations in support of Gaza read "We can't breathe since 1948". And US Senator Bernie Sanders ended his recent opinion column in the New York Times with the words: "Palestinian lives matter".

Angela Bargawi

Brighton Quakers Appeal in June is for our "Children of the Jordan Valley", a Concern of our Meeting since members visited over 15 years ago. Our aim is to show these Palestinian children, through our support, that they really do matter to the outside world.

To donate please go to <http://jordanvalleysolidarity.org/donate/donate/>

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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 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 bqelders@outlook.com.

Children's Meetings

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

June 20

July 18

August - no meeting

Hopefully we will be back in Meeting House in September and possibly a monthly Zoom meeting.

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

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 MWB is on **Thursday July 1** at 6.30 pm. Items for MWB must be sent to the Clerk at least one week before the meeting, i.e. **Thursday June 24**. The only exceptions are emergencies that arise during the week before MWB. Please email 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 bqelders@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.

Sussex and Surrey Regional Meetings 2021

Saturday June 26 - 'Reaching Out to Russia' at Dorking Quaker Meeting House Please note this meeting is being held all day in person at Dorking AND part time on Zoom. See page 12 for more details.

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!

For more information email: 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. 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

The deadline for the **July** newsletter is **Tuesday June 29**. 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. This is necessary to comply with GDPR laws.

Sussex and Surrey Regional Quaker Meeting



(Photo: Famine relief workers, American Friends Service Committee, 1920s)

Return to Russia

Presentations by:

(morning) Alan Pleydell and Patricia Cockrell

Alan and Patricia will give an eye witness account of the international Quaker project to set up FHM in the 1990s

(afternoon) Natasha Zhuravenkova

Continuity and change: the work of FHM today, how it has developed and what is still the same. With live participation from projects that FHM supports

**Saturday 26th June 2021 10.30-15.30 at Dorking Meeting House
and also 11.00-12.30, 13.45-15.30 on Zoom**

Everyone who attends or is a member of a Quaker meeting within Sussex and Surrey RM is welcome but **must** register first. Please contact: sussexandsurreyrmquakerclerk@outlook.com before Tuesday 22nd June saying whether you wish to participate on zoom or in person. The number of places in the Meeting House may be very restricted.

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