



Brighton Friends News

A Monthly Publication of Brighton Quaker Meeting

October 2021

www.brightonquakers.net

Issue 323

Day of Compassion – Sunday 17 October Service of Compassion, 4 pm



Sharing Compassion
at Five Central Brighton
Locations

Two-Week Exhibition
at Jubilee Library.

The Day of Compassion will be to honour those who have served the community during the Pandemic and remember those who have died or suffered. It will be held at five locations around the city centre.

The heart of the day is the Service of Compassion, **4 pm at Brighton Dome**, featuring words, music and films. Our local MPs, the Mayor, and others will share recollections and music, both reflective and uplifting, with some of the city's most special people – the carers, essential workers, and voluntary supporters. Losses of all kinds will be honoured during this beautiful secular service. The event will be BSL interpreted. Tickets are free and we do encourage you to come. Bookings are via the [Dome website](#) or the booking office, in person or 01273 709709.

- [Brighton Dome's](#) Foyer will host *A Place for Reflection*, **11-2 pm**, with stalls and displays by a selection of charities and services that have supported the city during these difficult times. The service will take place **4-5.30 pm**.
- [Fabrica Gallery](#) will hold a compassionate and restorative workshop for bereaved children, **9.30-11.30 am**.
- [Brighton Unitarian Church](#) will host a Death Café **2-3.30 pm** and music from the inspirational [Companion Voices](#).
- [Friends' Meeting House](#) will be open **12-4 pm** with a photographic exhibition in the corridor, *Portraits of the Selfless*, and drop-in meditation sessions in the Lecture Room on the hour. There will also be a space for quiet reflection and to light a candle in the Meeting Room.
- [Jubilee Library](#) from **11 to 24 October** there will be an exhibition entitled *Serene City* dedicated to our city and its people during this sad time. A Book of Condolence will also be available.

For further information about the Day of Compassion and the Interfaith Contact Group, please call Anthea on 07730 561700. www.interfaithcontactgroup.com

Interfaith week is 14-21 November

Three events at the Meeting House:

- **Monday 15 November**, 10.30-3.30 pm (short breaks for lunch and tea).
Anthea Ballam, Interfaith Minister will run an all-day workshop on **Reincarnation**. £15.

The workshop opens with a review of the history of reincarnation from East to West, taking in the diverse cultures and faith views on the topic. The workshop also examines recent research and findings including regression projects, research-based studies and their conclusions. After lunch, the session takes a look at the more recent investigatory work, including studies of the discarnate state and life between lives, and offers scope for discussion. A shared meditation practice brings the workshop to a close. An extensive reading list in support of the workshop is provided. It is recommended that attendees bring a packed lunch.

- **Tuesday 16 November**, 10.30-12.30 pm
Peter Wells will run a 2-hour workshop on **Bereavement**. £10.

We normally associate bereavement & loss with death but in our lives there can be many occasions when we experience loss and feel bereft. Peter will talk about how bereavement & loss impact on our lives, how we live with them, and how we can support each other. There will be an opportunity to share experiences and hear how others live with some of the greatest challenges in our lives.

Peter is a psychotherapist and a clinical supervisor of other therapists. Peter was involved in healthcare for many years, supporting patients, relatives and staff living with bereavement and facing terminal illness. Peter was formerly lead chaplain in both hospice care & the NHS, as well as being a therapist. Peter is currently pursuing a spiritual journey with the Quakers.

For both these events bookings will be taken via the Meeting House, 01273 770258 or admin@brightonquakers.net

All proceeds will go to Meeting House: you can pay the Meeting House by BACS or credit/debit card. Staff will advise about payment when you book.

- **Wednesday 17 November**, 6-7.30 pm
Fostering Friendship workshop on Zoom.
Theme: Death. There will be someone from the Death Café and a death doula speaking. There will be time for discussion and questions.

Sheila Boyer and Helen Ledger, IFCG representatives

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.

Arms Fair protest

Refusal to fight with weapons is not surrender. We are not passive when threatened by the greedy, the cruel, the tyrant, the unjust. We will struggle to remove the causes of impasse and confrontation by every means of nonviolent resistance available.

Part of a public statement of the Yearly Meeting of Aotearoa/New Zealand, 1987, Quaker faith & practice 24.10

On Tuesday 13 September a group of Friends from the Sussex West Area Meeting, including Friends from Brighton, Bognor, and Ditchling Local Meetings, went to East London to join [Quaker Roots](#), a community of Friends building a creative, vibrant and radical Quaker response to the Defence and Security Equipment International (DSEI) arms fair. Quaker Roots and the [Campaign Against Arms Trade](#) (CAAT) had organised a week of resistance to the DSEI arms fair, one of the world's largest arms fairs.



DSEI takes place once every two years in September at the ExCel Centre – the huge exhibition centre in London's Docklands. Governments and military delegations browse the wares of more than 1,600 arms companies selling everything from guns and bombs to fighter jets and warships, and equipment used in torture.

We joined the protest in the morning. There were many Quakers from around the country there, along with other supporters from CAAT and the [Campaign for Nuclear Disarmament](#) (CND). There was an atmosphere of peaceful but determined resistance to the arms trades. We heard various speakers from peace organisations including from Kate Hudson, chair of CND. We sang peace songs, including some from the women's peace camps at Greenham Common, 40 years ago this year.

At 2 pm we held a Meeting for Worship outside the entrance through which delegates entered the arms fair. People gave vocal and silent ministry, bearing witness to our testimony of peace. At one point a Friend gave very powerful ministry about the consequences of arms dealing, quoting a Yemeni child's horrific experience of being bombed in Yemen. Britain sells arms to Saudi Arabia which bombs Yemenis.



It was a wet and dark day, but Friends tried to shine the light of peace on those who came to buy and sell arms, speaking truth to the power of arms dealers.

Sim Elliott

I like to say that arms are not for killing. They are for hugging.

Betty Williams, peace activist, Nobel laureate (1943 - 2020)

White Poppies now on sale at Meeting House



White poppies are now available from Brighton Quaker Meeting House.

They were first produced by the Co-operative Women's Guild in 1933 to promote non-violent approaches to conflict and to challenge increasing militarism.

The [Peace Pledge Union](#) now produces over 100,000 white poppies a year and this initiative is supported by Quakers and other organisations around the UK.

People who wear white poppies share a desire to:

- **Remember all victims of war**
- **Encourage a commitment to peace**
- **Challenge attempts to glamorise or celebrate war**

Pat Norman's Memorial – a message

Please convey to Brighton Friends our appreciation and enjoyment of Pat's memorial meeting.

Clearly a lot of warmth, thought and planning had gone into making it such a memorable and inclusive occasion.

Love,
Susan and Robert Daines

Photo – one of three Peace roses Pat gave to Meeting House shortly before she passed away.



Get Strong, Support the Meeting House

Pilates at Meeting House

Weekly drop-in Pilates classes at Meeting House on Wednesday mornings. I will run three classes, for details go to www.exercise-for-all.com. The classes are drop-in, so no long-term commitment is expected and anyone who is Pilates-curious is welcome to come once in order to see if it is for them. I shall also be using Zoom for anyone who does not wish to participate in a face-to-face class.

John Rignell

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

United Nations COP26

Stitches For Survival is a group of knitters, crocheters, stitchers and crafters from across the UK and beyond with a heart-felt message to the COP26 climate talks to be held in Glasgow 1–12 November 2021.



Craftivists around the country have been creating 100 cm x 60 cm knitted, crocheted or stitched pieces in blues and greens. They will be joined together into a 1.5 mile-long scarf which will be used before and during the talks, with climate messages urging negotiators to take **BOLD** and **BINDING** action together. 1.5 miles represents the 1.5 °C target in the Paris Agreement.

A number of members of our Area Meeting QPSWE Craftivism group have been creating pieces and sending them to Stitches for Survival.



My piece, 'Their Future in Your Hands,' shows three children playing, to represent my three wonderful grandchildren, and reflects my belief that their future is very much in the hands of the governments, their negotiators and big business around the world.

Helen Ledger

Those of you who are kept by age or sickness from more active work, who are living retired lives, may in your very separation have the opportunity of liberating power for others. Your prayers and thoughts go out further than you think, and as you wait in patience and in communion with God, you may be made ministers of peace and healing and be kept young in soul.

London Yearly Meeting, 1923, Quaker Faith and Practice 21.46

Inspirational text

THE SPIRIT OF SILENCE - Making space for creativity by John Lane (Green Books, 2006)

'We all need time not only for reflection, but for relaxation. We need time to renew ourselves, to strengthen our depleted resources. And if this has been true in the past, it has never been more so than in our own time - demanding and greedy as it is. We need silence as an antidote to the clamour, solitude as a barrier against the distractions, and slowness as a cure for the current speed of life.' (p65)

Silence

'By silence, solitude and slowness, I mean more than the mere absence of sound, other people and speed, important as these can also be; I mean what arises from the generative root of all three: prayer and inspiration, stillness and joy, emptiness, creativity, solace, praise. It seems to me that each of these may possess the power to contribute an effective antidote to the distraction, the restlessness and triviality of the present time.

"The destruction of the human race can only be avoided", says Thich Nhat Hanh, "by finding a new cultural direction in which the spiritual dimension plays the role of guide. That direction, whatever form it takes, must surely arise from the ground of silence, solitude and slowness."

Silence, solitude and slowness are indispensable to those who seek to become more alive to the existence of the present moment, the only reality we are privileged to know. They are needed because they give order and harmony to the apparent confusion of the contingent world, they provide us with a solid centre in what might otherwise appear as almost chaos. Through silence, solitude and slowness we can rise to face the struggle for life and keep our confidence in the future, whatever pains it holds, intact.' (p115)

Submitted by Veronica Grocock

Do you respect that of God in everyone though it may be expressed in unfamiliar ways or be difficult to discern? Each of us has a particular experience of God and each must find the way to be true to it. When words are strange or disturbing to you, try to sense where they come from and what has nourished the lives of others. Listen patiently and seek the truth which other people's opinions may contain for you. Avoid hurtful criticism and provocative language. Do not allow the strength of your convictions to betray you into making statements or allegations that are unfair or untrue. Think it possible that you may be mistaken.

Quaker Faith & Practice Advices and Queries No. 17

Interfaith Contact Group

Monthly Interfaith Prayer Hour

On the last Thursday of the month at **7 pm** we share inspirational poems and spiritual readings
- Words of Connection

28 October, 7 pm - St Peter's Roman Catholic Church, Portland Road Hove. All are welcome, please just turn up.

25 November, 7 pm via Zoom.

Fostering Friendships

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

20 October, 5-6 pm via Zoom – to build on the Day of Compassion.

Theme: Meditation, led by Pebbles Sanga (Buddhist).

17 November, 6-7.30 pm via Zoom.

Theme: Death. There will be someone from the Death Café and a death doula speaking. There will be time for discussion and questions.

To join the Zoom meetings, please email Sheila Boyer, secretaryifcg@gmail.com. All welcome of any faith or none. www.interfaithcontactgroup.com



Accompanying Friends or Companions

Coming to Meeting for Worship for the first time can be a daunting experience. It feels like a long way from the front gate to the big door, especially when you don't know what is behind it! We would like to offer newcomers the chance to meet someone from Meeting for a chat/coffee before they come for the first time. The Accompanying Friend or Companion could then arrange to meet and sit with the newcomer on Sunday if that is helpful. We are looking for volunteers who would like to do this occasionally. If you are interested, please let the Elders or Pastoral Friends know.

bqelders@outlook.com or bqpastoralfriends@outlook.com



Coronavirus – Staying in Touch with each other

Message from Pastoral Friends

Following discernment at Brighton Local and Area Meetings, Overseers are now to be known as Pastoral Friends or the Pastoral Team.

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 Pastoral Friends. If finances are a problem, we may be able to help as we have access to grants.

The current **Pastoral Team** is: Terry Byrne, Barbara Barber, Lisa Compton, Chris East, Stella East, Annie Lieberman, Kate Mackrell, Alan Stratford. bqpastoralfriends@outlook.com

What have the Quakers ever done for us?

**Extracts from *A short introduction to Quaker Achievements*
by John Gwatkin (Firs Publishing, 2014)**

1660 – PEACE TESTIMONY – A public declaration by the “harmless and innocent” Quakers to Charles II stated:

We utterly deny all outward wars and strife and fighting with outward weapons for any ends or under any pretence whatsoever; this is our testimony to the whole world. The Spirit of Christ by which we are guided is not changeable, so as once to command us from a thing as evil, and again to move unto it; and we certainly know and testify to the world that the Spirit of Christ, which leads us unto all truth, will never move us to fight and war against any man and with outward weapons, neither for the kingdom of Christ, nor for the kingdoms of the world.

This was the first public declaration against warfare in Britain. Quakers had suffered during the Civil War (1642 – 1651) because of their refusal to fight. It was eventually accepted that Quakers could not be compelled to enlist in the forces and the Navy even called guns which could not fire “Quaker guns”. Quaker pacifism developed into impartial, unconditional peace-making, mediation and war relief for prisoners, refugees and displaced persons. Conscientious objection did not become a problem in Britain again until the Conscription Act of 1916. (p9)

1772 – PROTEST AGAINST CRUELTY TO ANIMALS The Quaker JOHN WOOLMAN (1720-1772) was appalled at the treatment of stagecoach horses (and the post boys) in England. He refused to use them and walked 300 miles from London to Kendal, then a further 100 miles to York. On the way he caught smallpox and died as a result. Woolman’s protest was years ahead of public opinion. As late as 1811 the House of Lords greeted proposed legislation for the protection of animals with “shouts of derision” while the House of Commons recorded that “animal suffering was not a fit subject for legislation”. (p20)

This book is available to download free [here](#).

There is no religion without love, and people may talk as much as they like about their religion, but if it does not teach them to be good and kind to other animals as well as humans, it is all a sham. - Anna Sewell, writer (1820-1878)

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 <http://greenolivetrust.co.uk/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.

Green Olive Trust - Appeal



Green Olive Trust UK
FUNDING EDUCATIONAL OPPORTUNITIES IN KENYA

This small [charity](#) (Charity Commission number 1165906) was formed by Quakers seven years ago to support Quaker partners in the rural area of Kakamega District in Western Kenya.

The community faces many of the challenges of rural Africa - poverty, under-investment in public services, health problems, agricultural challenges, climate change, to name but a few. Green Olive Trust is building long-term resilience by investing in people and education.

2019 and 2020 brought huge challenges. Heavy rains caused by climate change have devastated crops and caused flooding. Locust swarms just missed the area but there is concern that next year they won't be so lucky. The COVID-19 pandemic has impacted the area in similar ways to the UK; many have lost their jobs, schools and universities were closed for months, and online learning was very challenging for students without laptops and internet connection.

In the last five years Green Olive Trust has given bursaries to more than 50 promising young people so that they could gain an education at high school, university or college.

Green Olive funding saved a local primary school from closure by helping local people to demolish and rebuild the dilapidated classrooms.

Green Olive Trust supported Kenyan partners to obtain a grant from Britain Yearly Meeting to build polytunnels and to train young farmers in new agricultural techniques.

On their [website](#) you can read more about Green Olive Trust and watch some of the students and young people talk about the impact of bursaries and support.

The ways you can make donations can be found on the website or on the leaflets in Brighton Meeting House or you can give via the Meeting Treasurer. We are always grateful for one-off donations and regular giving helps us make commitments to support students through courses at high school or university.

Christine Habgood-Coote

Meeting to choose appeals for 2022

This will be held in November via Zoom, date to be confirmed. If you have an appeal you wish to put forward please contact Angela Bargawi or write to brightonquakernewsletter@gmail.com.

Community in Action

Coffee Mornings via Zoom on Fridays at **11 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 at 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

Brighton Meeting diary

Meetings for Worship

Regular Meeting for Worship

A blended Meeting for Worship is held on **Sundays at 10.30 am**.

If you wish to join the Meeting in the Meeting House you must book your place by phoning the office on 01273 770258 or emailing admin@brightonquakers.net

Masks must be worn in the Meeting House but are not necessary when seated in worship in the Meeting Room. In order to maintain social distancing, the numbers in the Meeting Room are limited to 25.

A new Meeting for Worship

Starting **3 November**, we will also offer a Zoom Meeting for Worship on **Wednesdays, 8.30-9 pm**. Please click [here](#) to join.

If you are not on the Clerk's email list and wish to join via Zoom please contact bqelders@outlook.com

Children's Meetings

This month the meeting will be held on **Sunday 10 October** from **10-11 am** via Zoom.

The Meetings are led by Mike Coote, Christine Habgood, and Helen Ledger.

If you would like to join, please contact Helen Ledger or brightonquakerclerk@gmail.com

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.

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. At Meeting House we move out to the garden for a chat.

Meetings for Quaker business

Brighton Meetings for Worship for Business (MWB) are returning to Thursdays at the new time of 6.15 pm as an online Meeting via Zoom.

Local Meeting for Worship for Business in 2021

Thursday 4 November at 6.15 pm. via Zoom.

Items for MWB must be sent to the Clerk at least one week before the meeting, i.e. **Thursday 28 October**. The only exceptions are emergencies that arise during the week before MWB. Please email brightonquakerclerk@gmail.com, or write to the Clerks c/o The Meeting House.

If you are a newcomer or attender and would like to join MWB for the first time, 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.

Area Meetings for Worship for Business in 2021

Saturday 20 November at Brighton

Sussex and Surrey Regional Meetings 2021

Saturday 27 November, 10.30-3.30 pm at Woking

'How do we reach and welcome people to Quakers in the C21st?'

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

All members and attenders are very welcome!

For more information, email sussexandsurreyrmquakerclerk@outlook.com

Notices

Notices to be read out after of Meeting for Worship should be sent to brightonquakernotices@gmail.com. The deadline for Notices is Friday evening.

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.

Newsletter Contributions

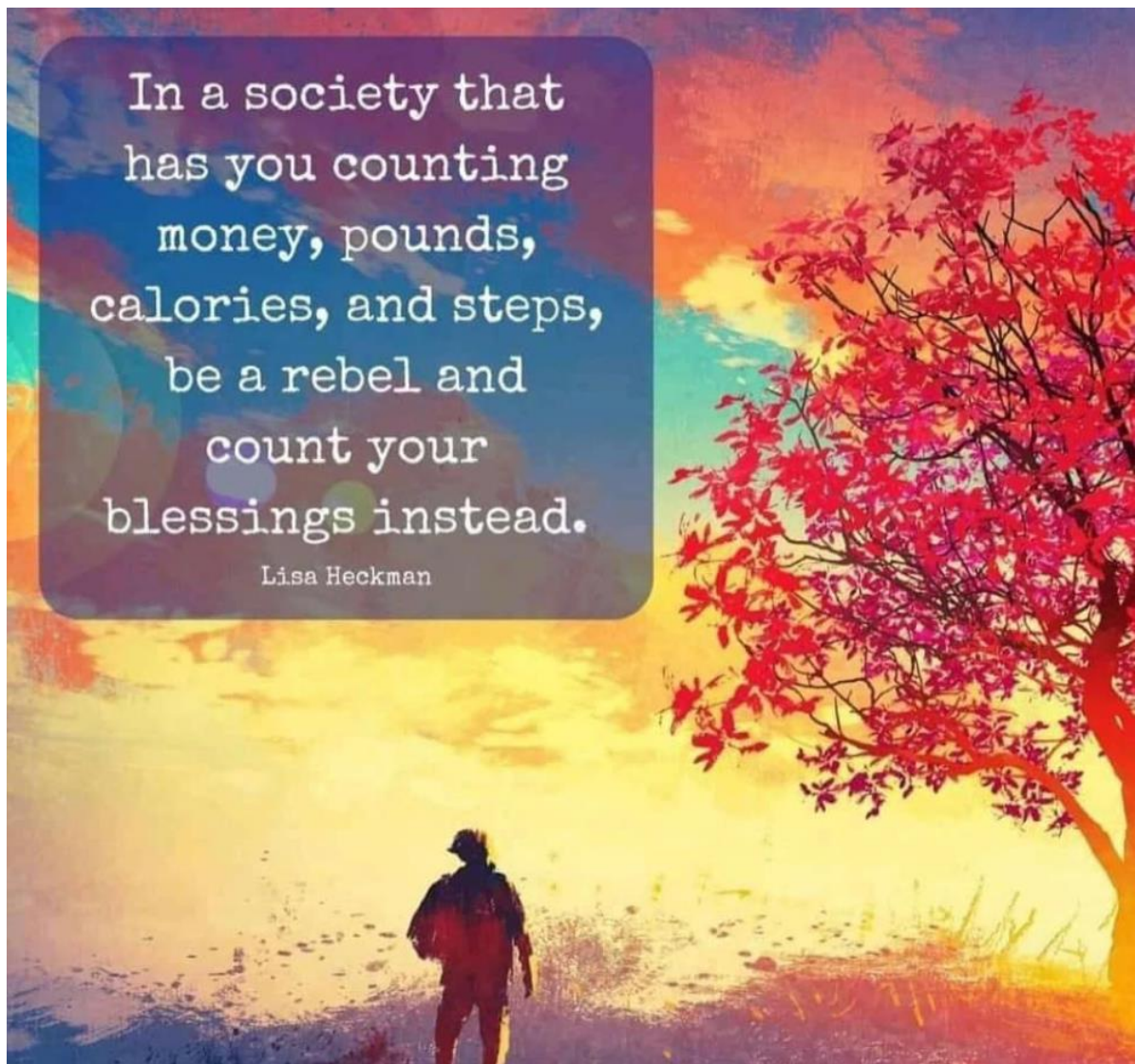
This newsletter should reflect the diversity of thinking and experience of members and attenders. If this is to be your newsletter, we need your input: thoughts on the meeting, a passage that has inspired you, a book review, a drawing, something to share with others that might help us grow in community and spirit.

Please send your contributions to the Editor, Jackie Robinson, at brightonquakernewsletter@gmail.com

The deadline for the **November** newsletter is **Tuesday 2 November**. The editor has the right to edit contributions or hold them over until the next issue, particularly where this is necessary to avoid blank pages.

It is the responsibility of contributors to decide how much of their personal information should be shared.

To receive the newsletter by email, please write to brightonquakernewsletter@gmail.com. This is necessary to comply with GDPR.



Published by Brighton Quaker Meeting
www.brightonquakers.net
Registered as a charity in England: 1147831