



Brighton Friends News

A Monthly Publication of Brighton Quaker Meeting

September 2021

www.brightonquakers.net

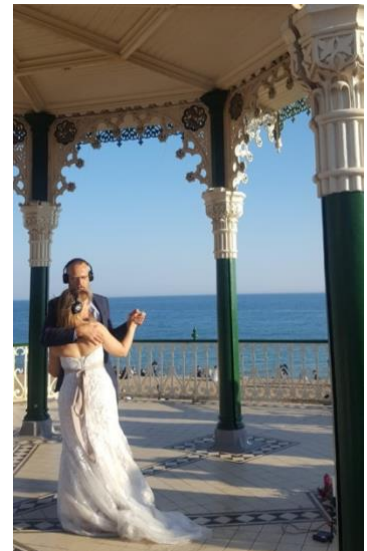
Issue 322

Ben and Jocelyn's wedding



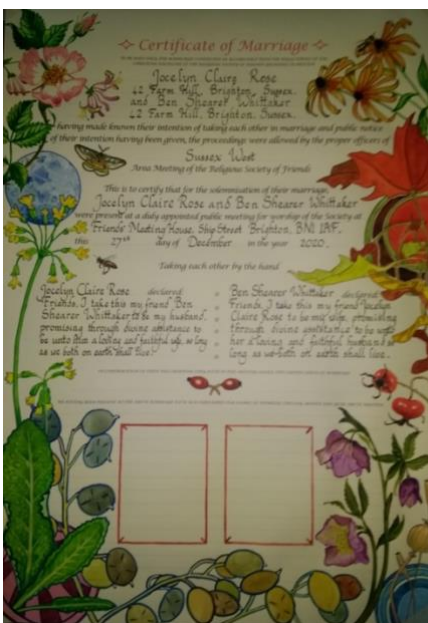
We had a wonderful wedding at our Meeting House on May 31st. We were joined by 30 Friends and guests, including our children Fred, Elizabeth, Jemima, Esther and Huey. About 100 people also joined us on a Zoom call, with lovely messages from people in the chat about how they'd found the 'virtual' wedding to be very moving.

We would like to say a huge thank you to everyone who helped organise our special day during the pandemic. And another huge thank you to everyone who helped set up the first wedding day on December 27th, which was postponed at very short notice due to lockdown.



As it turned out the weather was much nicer in May! This allowed for a small reception of 30 people on Brighton beach where we had fun dancing to a silent disco. Everyone had

headsets where they could choose between two DJ sets. Our silent first dance was in the bandstand and the disco carried on through to a beautiful sunset on the beach.



We had a lovely minimoon where we were the only people staying at the YMCA in Street, Somerset, and enjoyed lots of green walking around there. We also celebrated with summer holidays with the children in Cornwall and Scotland, travelling to Land's End, John O'Groats, and all climbing Ben Nevis together.

Thank you to everyone for all your support and good wishes.

Ben Whittaker and Jocelyn Rose

An invitation to our
EQUINOX
OPEN STUDIO



Susan White

Abstracts on canvas, paper and board, collage and acrylics



Dawn Speck

Home portraits, painted stones and keepsakes



Jan Mulreany

Watercolour, pen & ink garden series, iPads & small artists books

Saturday 18th & Sunday 19th September 11- 4pm

26 Bishopstone Drive, **Saltdean** BN2 8FF



We invite you to drop in and take a look!

Our work will be for sale - original work, prints, cards and postcards. Payment by cash or cheque. Commissions undertaken by Dawn for house portraits.

Published by www.susanwhiteartist.crevado.com

Along the paths of the imagination the artist and mystic make contact. The revelations of God are not all of one kind. Always the search in art, as in religion, is for the rhythms of relationships, for the unity, the urge, the mystery, the wonder of life that is presented in great art and true religion.

Horace B Pointing, 1944, Quaker Faith and Practice 21.32

Woodbrooke Quaker Centre

Many Brighton Friends know and love this wonderful place in Selly Oak, Birmingham. For many years it has been a place to recharge our Quaker batteries, a place to attend Quaker related courses and find support; a place of retreat and a place to meet Quakers from far and wide. Since the first lockdown began the doors have been closed but many courses have continued online.



I want to highlight that coming up are courses and events which are focused on the November COP26 conference in Glasgow. From looking at Faith during a climate crisis, to asking why Quakers care about climate justice, and looking at Quaker responses to the ecological crises, there is a lot to stimulate and encourage us. Added to this there will be opportunities to join in online Meetings for Worship during the COP26 conference.

To find out more and to register for courses please visit the excellent Woodbrooke website at www.woodbrooke.org.uk.

There are various bursary funds available to help pay for courses and I encourage you to look at the website under 'Learn' and 'Financial Support' for more details. There also may be help available from our own Area Meeting; please contact Pastoral Friends about this at bqpastoralfriends@outlook.com.

Some encouraging news is that Woodbrooke seems to be gearing up to reopening their building. From September 24 to 26 there will be a residential retreat with a large variety of activities and options to choose from. Bursary help is available. More details of the weekend can be found [here](#).

*Terry Byrne
Woodbrooke Correspondant*

I have valued most during my time at Woodbrooke the opportunities to participate in worship-sharing groups. I believe that these are of fundamental importance to one's individual spiritual growth and well-being and to the health of the community of which one is an active member. I am developing a capacity to listen more attentively to disclosures of sorrow and joy as others recount to me their spiritual journeys. Tenuous at first is the hope that we will receive understanding in response to our awkward efforts to communicate. Courage grows though as we experience the concern of others touching us where we feel the pain most deeply. Compassionate listening involves the total engagement of the heart. It is through strength and grace that we are enabled to achieve trust and spiritual intimacy.

Kathy Tweet, 1993 Quaker Faith & Practice, 2.80

BRIGHTON & HOVE'S DAY OF COMPASSION
SERVICE OF COMPASSION SUNDAY
OCTOBER 17TH, 2021, 4PM



Our world, our country and our City have suffered in the pandemic. We have lost family, friends and colleagues. Others have suffered different losses – health, self-confidence, jobs, opportunities. On October 17th 2021 The Mayor of Brighton & Hove and the people of our City will honour its people, and those that have experienced loss, in a Day of Compassion.

At the heart of the Day of Compassion there will be a Service of Compassion held in The Brighton Dome Concert Hall. The Mayor, MP's and the people of our City will gather, sharing memories, music, narratives and uplifting thoughts. It promises to be a very special occasion recalling so much we have lived through, together.

Tickets are free but will be allocated on a first-come-first-served basis from Wednesday 1st September. The event will be BSL Interpreted.

Book tickets from Wednesday 1 September: www.brightondome.org | 01273 709709 or via [this link](#).

In the Centre of the City, the Day of Compassion will celebrate the people and services that have sustained us during this sad time. From 11am to 2pm the Brighton Dome foyers will provide a 'Place for Reflection' with stalls offering a variety of support from social and charity groups. Visitors to the Town Centre will also find places for peace and meditation, a special workshop and contemplative music. These can be found in the Friend's Meeting House, the Fabrica Art Gallery and the Unitarian Church. The Jubilee Library will stage a two-week exhibition charting life in our City during the pandemic. Join us in this moment of sharing – join us on our Day of Compassion.

The Day of Compassion is organised and run by the Chaplain to the Mayor – The Interfaith Contact Group of Brighton and Hove, which serves people of all faiths and none in our City.

www.interfaithcontactgroup.com

Inter Faith Contact Group

Monthly Interfaith Prayer Hour

We share inspirational poems and spiritual readings - Words of Connection. This will take place **in person** at St Peter's Roman Catholic Church, Portland Road on the last Thursday of the month at **7pm - September 30 and October 28**. All are welcome, please just turn up. The November and December meetings will take place on Zoom.



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 September 15 from 5:00 - 6:00pm**.

To join the Zoom meetings, please email Sheila Boyer at secretaryifcg@gmail.com

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

Sheila Boyer and Helen Ledger IFCG representatives

Get Strong, Support the Meeting House

Pilates at Meeting House

Weekly drop-in Pilates classes will start at the Meeting House on Wednesday, September 8th. I will run three classes, the details of which are below. If people wish to indicate an interest or simply find out more you can get in touch with me via my website 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.

If you would like to improve your physical fitness but are anxious about classes, I work hard to teach with a light touch and have a lot of experience teaching people who are neither keen nor confident about their capacity to exercise.

As all the proceeds will be going to the Meeting House funds I am not going to specify a fee; participants can make a donation at the end of the class. Details of the classes are as follows:

Seated: This class is for beginners and those who do not wish to exercise standing up.

**Wednesdays
11.00-11.55**

Chair-based: This is a class for those happy to work standing up and sitting down.

**Wednesdays
12.00-12.55**

Mat: For anyone interested in more conventional Pilates. You will need to bring your own mat or towel to lie on for this class.

**Wednesdays
13.00-13.55**

John Rignell

Climate Change

In 2011, Britain Yearly Meeting (our national body) committed to become “a low carbon, sustainable community”. This is referred to as the “Canterbury Commitment” as Yearly Meeting met in Canterbury that year. But what has happened since then? In the face of continued effects of man-made climate change and continued political inaction, what are Quakers doing about it?

At Yearly Meeting Gathering (YMG) this year, we agreed the following as part of the epistle (statement): “Britain Yearly Meeting has asked its central committees to emphasise the urgency of work on climate and ecological justice and to cooperate with others across the world in this task”

One possible response is redoubling our efforts to work for climate justice. But at the level of individual meetings, we can also make our communities more sustainable. At YMG I attended a presentation about the Eco Churches scheme. This is an accreditation scheme that covers various aspects of church life to provide a useful benchmark for where we are as a community, resulting in a bronze, silver, or gold award that we can use in our outreach work.

The survey carried out for the award covers Worship and teaching, Management of church buildings, Management of church land, Community and global engagement, and Lifestyle.

I know there is already a lot of sympathy for sustainable living within our meeting, and in all likelihood we have already met some of the criteria, but how do we measure this? Eco Church certification provides tangible criteria to measure where we are at in our journey to fulfil the original Canterbury Commitment.

If you are interested in getting involved with this, we agreed at our Business Meeting to gather a small group to take this forward. Working together on things is a great way to bring our community together, and there is plenty of room in the Eco Churches scheme for fun community activities. If you are interested please contact me or write to brightonquakernewsletter@gmail.com

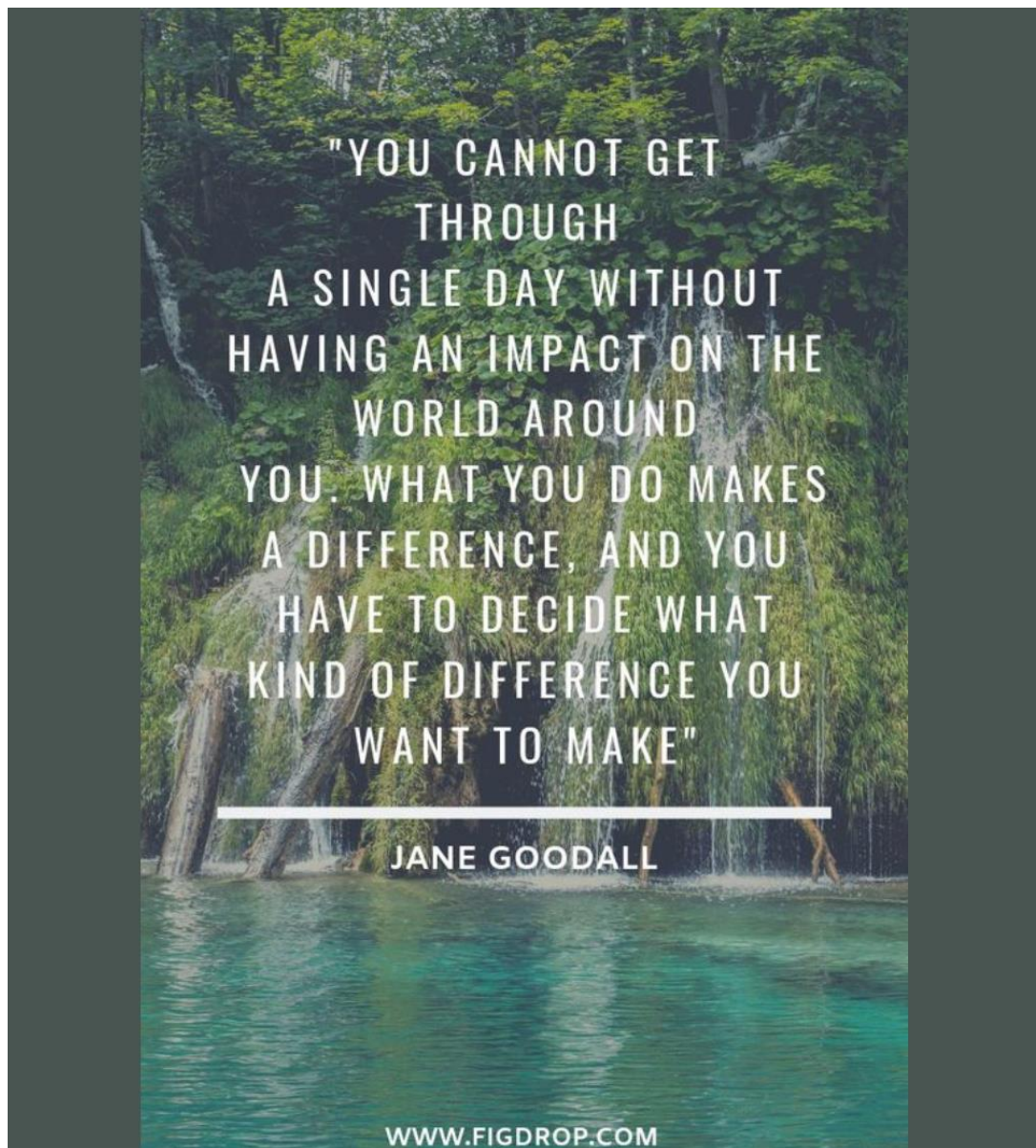
I also have a concern that was inspired by a dream that Quakers should adopt a new advice (in our book of Advices & Queries), asking Friends to *consider* adopting a vegan or vegetarian diet in light of the continued harm done to our planet, and continued concerns about animal welfare and man-made climate change. I have put my ideas into a Google document which you can access online [here](#).

We have discussed this concern at QPSWE, Area Meeting, and our local Meeting for Worship for Business. There are many possible ways of wording such an advice, and many different ways to *consider* a vegan or vegetarian diet. You might, after considering a vegan diet, decide that you want to focus instead on limiting air miles or you just decide to favour a small amount of organic meat as part of a diet that is generally ‘plant based’, so my concern encompasses a range of possible responses.

If you would like to work on this please get in touch with me. We don’t necessarily need to agree definitive wording that satisfies every possible response because the

idea is that proposals will be fed up to the committee working to revise Quaker Faith and Practice. If you don't feel able to be part of this group, the Google document above gives details of how to make an individual submission online to the Book of Discipline Revision Committee.

Jason Evans



The produce of the earth is a gift from our gracious creator to the inhabitants, and to impoverish the earth now to support outward greatness appears to be an injury to the succeeding age.

John Woolman, 1772, Quaker Faith & Practice, 25.01

Non-violent communication study group

In collaboration with some Friends at Geneva Meeting, I will be starting a study group in September on Nonviolent Communication (NVC) and Living the Quaker Testimonies.

NVC was developed in the 1960's by Marshall Rosenberg. Some of the most important ideas are:

- everything we do is to meet a need. This enables us to move beyond blame and judgement and to develop deep empathy for ourselves and each other.
- compassion is at the heart of us.

NVC is well known for contributing to nonviolent action and conflict resolution (for example XR activists are offered NVC training). It can also contribute to personal growth and awareness, and the development of supportive communities.

The aims of the study group are:

- to experience NVC wisdom and practice in order to deepen our awareness of, and connection with, ourselves, our communities and our wider world
- to develop a community of compassion in which we support each other in living our Quaker testimonies in the world.

We aim to meet for about 1.5 hours a week, and all are welcome. No previous knowledge of NVC or Quakerism is assumed.

If you are interested please contact me or write to brightonquakernewsletter@gmail.com.

Kate Mackrell

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 Elders or Pastoral Friends know. bjelders@outlook.com or bqpastoralfriends@outlook.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.

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 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, Chris East, Stella East, Annie Lieberman, Kate Mackrell, Jane Rosenberg, Alan Stratford. bqpastoralfriends@outlook.com

Remember your responsibilities as a citizen for the conduct of local, national, and international affairs. Do not shrink from the time and effort your involvement may demand.

Quaker Faith & Practice Advices and Queries No. 34

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 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

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://brightonpermaculture.org.uk/category/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.

Brighton Permaculture

I am very proud to have been a trustee for Brighton Permaculture Trust for seven years as it's a tiny charity which achieves an enormous amount in our part of Sussex. When the pandemic overtook us we did seriously question whether we could survive, but here we are still, holding courses, planting fruit trees and even starting to plan for a new version of our Apple Day to take place in 2022.



If you are interested in knowing more please visit our website at:

<https://brightonpermaculture.org.uk/>

If you would like to donate then visit this page on our website:

<https://brightonpermaculture.org.uk/category/donate/>

Susan White

Brighton Meeting diary

Meetings for Worship

Regular Meeting for Worship

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

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

Masks must be worn in the Meeting House. In order to maintain social distancing the numbers in the Meeting Room are limited to 25.

If you are not on the clerk's email list and wish to join online please contact bqelders@gmail.com

Two new online only Meetings are starting in September

Wednesdays at 12 - 12.30

Sundays at 5 - 5.45pm

The zoom links for these new Meetings were sent to everyone on the clerks' mailing list on **September 7** - but you can also request them from

bqelders@gmail.com

Children's Meetings

These will be held via Zoom from 10 – 11am.

Sunday **September 19**

Sunday October 10

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

Meetings for Quaker business

Meetings for Worship for Business (MWB) are now moving back to Sundays at 12 noon. They will still be blended meetings. The next MWB is on **Sunday October 3** at 12 noon. Items for MWB must be sent to the Clerk at least one week before the meeting, i.e. **Sunday September 26**. 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 bjelders@outlook.com

Area Meetings for Worship for Business in 2021

September 18 via Zoom – 10.30 – 12 noon

November 20 at Brighton

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 Lewes Meeting House and on Zoom. Please see the back page.

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: sussexandsurreyrmquakerclerk@outlook.com

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 **October** newsletter is **Friday October 1**. 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

We are all Quakers: a Christian, a nontheist and a Buddhist explore what each can offer Quakerism

Saturday 25th September 2021, 10.30-15.45 - a blended meeting on zoom and in person at Lewes Meeting House

Presentations by:

David Parlett, Quaker and Member of the Nontheist Friends Network,
Rowena Loverance, Quaker and Ecumenical Christian,
Medhina, Quaker and Buddhist

Facilitated by Keith Scott

Everyone who attends or is a member of a Quaker meeting within Sussex and Surrey RM (covering Sussex, parts of Surrey and Farnborough LM) is welcome to register. Please indicate when registering if you would prefer to come in person, should this be possible.

To register, please contact: sussexandsurreyrmquakerclerk@outlook.com or write to RM Clerk, 4 Hazeldene, Seaford BN25 4NQ, before Tuesday 21st September.

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