



# Brighton Friends News

A Monthly Publication of Brighton Quaker Meeting

June 2022

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

Issue 331



The way we see the world shapes the way we treat it. If a mountain is a deity, not a pile of ore; if a river is one of the veins of the land, not potential irrigation water; if a forest is a sacred grove, not timber; if other species are biological kin, not resources; or if the planet is our mother, not an opportunity – then we will treat each other with greater respect. Thus is the challenge, to look at the world from a different perspective.

— DAVID SUZUKI

## Climate justice and antiracism - a year of learning

In 2021, Britain Yearly Meeting made commitments to climate justice and antiracism. To support Yearly Meeting to live up to these commitments, Quaker Peace and Social Witness, and Woodbrooke are partnering to support a 'year of learning and spiritual reflection' about climate justice. Through the year of learning you will explore the historical context of climate justice, understand how a justice-based approach differs from other approaches to climate action, and discover practical examples of climate justice work in the UK and globally. The course has been designed for Quakers who are concerned about not only the climate but also other social justice issues, and will help you deepen your understanding of the connections between them. If you are interested in following the course you can find out more and register using this link: [Woodbrooke](#)

The Area Meeting Quaker Peace, Social Witness, Peace and Equality group (QPSWE) is considering setting up a group to study the course together, (it will be similar to the excellent series on booklets on the New Economy). The first booklet will be released on 1st July.

If you would also like to join this group please contact me or write to [brightonquakernewsletter@gmail.com](mailto:brightonquakernewsletter@gmail.com).

*Christine Habgood-Coote*

## Tuesday at Friends

### Tuesday afternoon meetings for anyone, of any age

Friends' Meeting House, Ship Street, Brighton BN1 1AF

Time: 2:30 – 3:30

Admission £2.50

No need to book – just turn up.

There is an induction loop for the hard of hearing.

Tea and biscuits will be on sale in the adjoining cafe room after the meetings.

#### **PROGRAMME – SUMMER SEASON 2022**

June 21st: 'The Balcombe Tunnel Murder of 1881' – an illustrated talk by James Gardner

June 28th: 'Life as a Genealogist' – an illustrated talk by Matthew Homewood

July 5th: 'Sussex during the First World War' - an illustrated talk by Ian Everest

[www.tuesdayatfriends.org.uk](http://www.tuesdayatfriends.org.uk)

Organisers: Brighton Quakers

**Be patterns, be examples in all countries, places, islands, nations, wherever you come, that your carriage and life may preach among all sorts of people, and to them; then you will come to walk cheerfully over the world, answering that of God in every one.**

*George Fox, 1656, Quaker Faith and Practice 1.02*

# Membership

'The Kingdom of Heaven did gather us and catch us all, as in a net,' wrote Francis Howgill in 1663, 'and his heavenly power at one time drew many hundreds to land. We came to know a place to stand in and what to wait in.'

Early Friends felt no need for formal membership; they were a community of seekers who recognised in each other a similar hunger, a similar quest. Seeking the 'hidden seed of God', they were prepared to recognise it wherever they found it.

The seventeenth century, however, was not an easy time to be a dissenter; and Friends, like many others, suffered ridicule, arrest, imprisonment, fines, distraint of their goods and death. In this harsh climate it required a degree of personal commitment to avow membership openly. This, combined with the recognition of a 'heavenly power' at work, was all that was required.

Today membership may not involve putting liberty, goods or life at risk but the spiritual understanding of membership is, in essentials, the same as that which guided the 'Children of the Light'. People still become Friends through 'convincement', and like early Friends they wrestle and rejoice with that experience. Membership is still seen as a discipleship, a discipline within a broadly Christian perspective and our Quaker tradition, where the way we live is as important as the beliefs we affirm.

Like all discipleships, membership has its elements of commitment and responsibility but it is also about joy and celebration. Membership is for those who feel at home and in the right place within the Quaker community. Membership is also a way of saying to the meeting, and to the world, that you accept at least the fundamental elements of being a Quaker: the understanding of divine guidance, the manner of corporate worship and the ordering of the meeting's business, the practical expression of inward convictions and the equality of all before God. Participation in the process that leads to admission into the community of the meeting is an affirmation of what the meeting stands for and of your willingness to contribute to its life.

Membership is fully open to people of all ages and abilities. Therefore, whilst it may involve a profession of faith, it may also be grounded in participation in the life of the meeting. It follows that the meaning of membership, as expressed in this section, has to be considered in a manner appropriate to the age and ability of the individual concerned.

When early Friends affirmed the priesthood of all believers it was seen as an abolition of the clergy; in fact it is an abolition of the laity. All members are part of the clergy and have the clergy's responsibility for the maintenance of the meeting as a community. This means contributing, in whatever ways are most suitable, to the maintenance of an atmosphere in which spiritual growth and exploration are possible for all. It means contributing to the meeting, in whatever ways are right for the individual, by giving time and energy to events and necessary tasks, and also being willing to serve on various regional or yearly meeting committees and other groups. There is a special expectation that Friends attending meetings for

church affairs will benefit from working together under Quaker discipline on the decisions that need to be made. Membership also entails a financial commitment appropriate to a member's means, for without money neither the local meeting nor the wider structure can function.

Membership does not require great moral or spiritual achievement, but it does require a sincerity of purpose and a commitment to Quaker values and practices. Membership is a spiritual discipline, a commitment to the well-being of one's spiritual home and not simply appearance on a membership roll. The simple process of becoming a member is part of the spiritual journey: part of the seeking that is so integral to our religious heritage. The process of becoming a member is not only about seeking but also about finding.

The process is an important part of the life of the area meeting, too; accepting a new member means not only welcoming the 'hidden seed of God' but also affirming what it is as a community that we value and cherish. Quakers once called themselves 'Friends in the Truth' and it is the finding of this truth that we affirm when we accept others who value it into membership.

*Quaker Faith and Practice 11.01*

## **Are you thinking about Membership?**

It is not necessary to become a member to attend Quaker Meetings. Some friends stay as attenders. If you are interested in membership there are two routes: Traditional process – a Friend from your Local Meeting and one from another Meeting in the Area will meet with you. This is an opportunity for a sensitive exchange of thought. It is not an interrogation or an examination. You may wish to have more than one meeting.

BeFriending scheme – two local Friends will meet with you over a period of time to help you get to know more about Quakers. You would work at your own pace.

If at the end of either of these processes everyone feels that becoming a member is the right thing, then your name will be put through to the Area Meeting for acceptance.

If you are interested in either of these processes, or just want to talk more about Quakerism, please speak with any of the Pastoral Friends (see page 10 for names) or write to [bqpastoralfriends@outlook.com](mailto:bqpastoralfriends@outlook.com)

## **Where to learn more about Quakers**

Woodbrooke is an international Quaker learning and research organisation based in Birmingham, Britain. They provide opportunities for learning, connection and worship which are rooted in the Quaker tradition and open to all. Online and residential courses are offered.

Charney Manor is a conference and retreat centre in Oxfordshire which offers courses presented by Quakers.

## Interfaith Contact Group

### Monthly Interfaith Prayer Hour

This takes place on the last Thursday of the month from 7-8pm when we share inspirational poems and spiritual readings - Words of Connection. From now on these meetings will also be a mixture of in-person meetings and Zoom meetings.



The June prayer hour will be on **Thursday 30 June** at the end of Refugee Week and will focus particularly on refugees. This will be an in-person meeting at The Modern Funeral Centre, 19 Station Road, Brighton BN1 6SF (by Preston Park station).

### Fostering Friendships

Fostering Friendship takes place on the third Wednesday of the month at 5pm, and from now on will be a mixture of Zoom and in-person meetings. It is a time for members of different faith groups to talk about events and festivals in their own faith communities. The next Fostering Friendships will be on Zoom on **Wednesday 15 June 5 - 6pm**. We will share our favourite spiritual readings. Everyone is very welcome.

To join the Zoom meetings, please email Sheila Boyer [secretaryifcgbrighton@gmail.com](mailto:secretaryifcgbrighton@gmail.com).

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

*Sheila Boyer and Helen Ledger, IFCG representatives*

## Jocelyn Bell-Burnell

The Blended Zoom Meeting talk by Jocelyn Bell-Burnell is part of the Festival of Chichester. Tickets cost £10 for both in person and Zoom attendance. They can be obtained via the [Festival website](#). (All funds raised will go to Friends without Borders).



### **A Quaker Astronomer Reflects Sunday, 10 July 2022, 5.30 pm**

Chichester Quaker Meeting House and on Zoom

Professor Jocelyn Bell Burnell discovered pulsars in 1967 for which her supervisor received the Nobel Prize. In 2021 she was awarded the Royal Society's Copley medal for outstanding achievement in science research. She will describe current understanding of the Universe and reflect on being both an astronomer and a Quaker.

### **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 on Wednesday mornings 10 – 12.

## Let me Stand . . .

From *Without Going Out Of The Door* by Clare Cameron (Research Publishing Co., 1978)

Let me stand for peace and order on a disordered world. Let me not be involved in the feverish distraction, the constant busyness and restlessness that drives so many lives, but tune my days and nights to the quiet rhythms of the universe. For these express and satisfy the spirit. Let me find my personal rhythm in that Great Rhythm and abide in it, in all changing scenes, circumstances and events, as a ship rides the sea or a bird the air. For this is to feel one with, and at home in the universe which nourishes, sustains and for ever recreates us, through life and death.

Let me stand for good manners, good taste and a true sense of values in everything, amidst much that is so shoddy, cheap and second-rate that the young amongst us no longer remember the art and the discipline of gracious living. Let me be courteous to all and superior to none, and reverence all life since God is contained in all its forms.

Let me keep my sense of wonder before the perpetual miracles of simple things – daily bread, the fruitful earth, open skies, running water, the grace of beasts, the skill of men and the inspirations of art. Let not my senses, run after false glamour in any of its allures, lest I encourage the commerce and the greed in every country which exploit the ignorant.

Let me listen and try to understand everyone, every situation and circumstance, rather than judge on insufficient evidence. Let me never assault the sacred territory of another but, aware of concealed distress, do all I can to support, comfort and alleviate, thus bridging in love and sympathy the loneliness in which so many live.

Let me be happy, that I may bring happiness to others. Let my vision be clear and far-flung for those who cannot see very well or very far, thus helping them discover the patterns of eternity in the chaos of history, and be re-inspired and find new hope.

Let me give thanks all the days of my life for the radiance of the opening vistas on every side for the children of God. "For they that have walked in darkness have seen a great Light." Let me take the hands of all who stumble in the darkness and do all in my power to help them to that light.

In this is the greatest joy than anyone can know. Let me bring that joy. Amen

Submitted by Terrie Adams

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## University of Sussex Chaplain's Report May 2022

It's been another strange year in which to be a university chaplain. My online meditations continued over summer, every weekday into the autumn term. Someone attending my Thursday session found it a "turning point". This was encouraging as my programme of meditations was always intended to allow for profound change, especially through the meditations based on Experiment with Light and Focusing (also the 3 mindfulness meditations to a lesser extent).

The weekday meditations continued through the autumn. I chose not to try to establish blended meditations. As we approached the end of the year a new outbreak – the omicron variant – quickly closed things down again. I kept the every weekday programme going up until the end of the year, not with big numbers but with a core group of a few meditators from an email list of over 100. As before, meditators have come and gone, usually just attending for a time. As with the meditations on campus, staff were generally more consistent attenders than students.

I continued my study of hypnotherapy with Chrysalis Courses, completing the course in the autumn and receiving my certificate sometime after. I also did Mental Health First Aider training, paid for by the University, and joined the University MHFA staff network. These complemented my Focusing training to support my "listening ministry".

I continued to offer occasional one-to-one sessions, but as before, requests were few and far between. I did offer some advice and a guided meditation to a student regarding an interpersonal conflict within a hall of residence.

I was able to go into the (University) Meeting House, but things closed up quickly before I could really establish a proper presence. I did get to meet the new intake of Chaplaincy student porters. Eventually I felt limited by the online meditations which meant I could only go in for an hour or two in the afternoon or morning.

I did manage to connect with some students with a Quaker background and we had a nice huddle at the Jewish Chaplain's Hannukah celebration. I also reconnected with Stephen Brooks and we talked about linking up the Sussex and Brighton Chaplaincies more closely, although events overtook us in carrying this forward.

In the new year, I decided to lay down the mindfulness meditations, dropping down to just the Tuesday and Thursday sessions, then later just Tuesday. This was originally intended to allow me more time on campus, but in any case I needed a break and some time to reassess what would serve the campus (and Quaker) community best. I also had in mind the possibility of setting up a hypnotherapy practice, although I quickly realised I need not hurry to do this.

I decided to run a survey to get feedback for my meditations, to plan the future direction, using a google form and the incentive of a hot chocolate making kit as a prize in a free draw. I was having a big problem with Broadcast, the tool for posting events on the University website events pages, so was relying on my email list primarily. I fed this back, but in the end the Administrator offered to do this for me. I was approached to do meditation sessions for Mental Health Awareness

Week, and Learning at Work Week, reviving some of the meditations I had dropped. I might relaunch them in September.

As if Covid was not enough to contend with, we then had the Russian invasion of Ukraine. There was quite a bit of upset on campus with some very distressed Ukrainians and students with Russian links. I was able to offer support, but our administrator did as good a job as any chaplain in offering students a friendly shoulder to cry on, in practice much more than 'just' an administrator.

Through Stop the War Brighton, I was able to connect with a student hoping to set up an Anti-War student group and offered what support I could. I also had a frank discussion with a member of the Student Union Engagement Team and discussed ways of working together more closely.

I asked them, in passing, about social media, and was interested to hear that Facebook is seen as an "over-30s thing", Twitter is not very popular either. Only Instagram of the main social media platforms has much currency with students these days. Once students have made connections using Instagram, they tend to organise via WhatsApp. This is probably the case for other young people, and something to bear in mind for Quaker outreach to that age-group.

Chris McDermott, the lead chaplain since I began the role, is due to leave his post formally in September. Chris has been instrumental in promoting a liberal ethos to the Chaplaincy which has allowed me to fulfil my brief to "provide a credible Quaker presence on campus" very easily. Depending on the nature of his replacement I would like to have the option to be released from the chaplaincy role if I find I cannot work with them, but I hope this won't be the case. I'm very grateful to Chris, who considers his lead chaplain role as the best job he has ever had. We've had a lot of fun working together!

*Jason Evans, University of Sussex Quaker Chaplain*

**One of the unexpected things I have learnt in my life as a Quaker is that religion is basically about relationships between people. This was an unexpected discovery, because I had been brought up to believe that religion was essentially about our relationship with God.**

**If we are sensitive, we find that everything that happens to us, good or bad, can help us to build a vision of the meaning of life. We can be helped to be sensitive by reading the Bible and being open to experience of nature, music, books, painting, sport or whatever our particular interest may be. It is in and through all things that we hear God speaking to us. But I do not think I am alone in my certainty that it's in my relationships with people that the deepest religious truths are most vividly disclosed.**

*George Gorman, 1982, Quaker Faith and Practice 10.20*

## Stop the War – this month’s appeal

Stop the War was founded in September 2001 in the weeks following 9/11, when George W. Bush announced the “war on terror”. Stop the War has since been dedicated to preventing and ending the wars in Afghanistan, Iraq, Libya and elsewhere.

Individuals can become members of Stop the War, and we welcome affiliations by supporting organisations and trade unions. Members and affiliates must support the aims of Stop the War as set out in our constitution.

To read more about Stop the War go to [Stop the War](#)

### **Brighton Stop the War**

**Saturday 25 June** is the International Day of Action for Peace in Ukraine. There will be a rally with speakers starting 12 noon at New Road. Please bring banners and placards. The rally will be followed by a march through town. Everyone is welcome!

### **Bruce Kent Obituary**

I was saddened to hear of the death of Bruce Kent, in London just before his 93<sup>rd</sup> birthday. Bruce was a giant of the peace movement. He was a tireless campaigner against war and nuclear weapons, was known internationally for his work, and did a great deal to ensure that popular arguments on the need for peace and disarmament reached a wider audience.

He first came to national prominence as a leader of the Campaign for Nuclear Disarmament (CND) in the early 1980s. The organisation had been in decline from its heyday in the late 1950s and early 1960s but was galvanised by the Thatcher government’s decisions to replace Polaris with Trident and to have Cruise missiles at the Greenham Common airbase in Berkshire. A great wave of opposition particularly to the siting of Cruise missiles in Europe led to mass protests. CND organised huge demonstrations nationally and many local activities, and Bruce Kent was one of the central figures in the movement. He was a very powerful and inspiring speaker, who always had a good rapport and empathy with the crowds.

We take inspiration from a life well lived and which helped to shape the movement for peace in Britain.

*10 June 2022 by Lindsey German, Convenor, Stop the War*

To read more of this obituary please go to [Bruce Kent Remembered](#).

## Appeals

Now that we have blended Meetings some Friends cannot put donations in our Appeal Box at Meeting House. Our chosen charities could lose out on much needed donations. If you can, please make your donation through the appeal’s website [Stop the War](#)

Alternatively, you can send a donation via the Meeting Treasurer. Just send a cheque to Meeting House or do 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.**

## WHAT WOULD LOVE DO NOW?

An evening of songs, poems and stories exploring what matters to each of us at the end of life.

**Saturday, 25th June 2022, 7.30pm**  
**Hove Methodist Church**  
**Portland Road, Hove BN3 5DR**  
**Tickets: £10/£5 (or what you can afford) from**  
**[Tiketttailer.com \(https://buytickets.at/judithsilver\)](https://buytickets.at/judithsilver)**

"What Would Love Do Now?" was originally a poem by Julie Barnes and has become a song cycle, co-created by Judith Silver. This will be the centrepiece of our event along with other thought-provoking, uplifting readings and songs. We hope you will come away with ideas and enthusiasm for open, rich conversations about choices and wishes at the end of life.

The evening will feature local musicians and readers as well as singers from Companion Voices introducing the idea of singing to people at the end of life and sharing some of our songs. All profits will be shared between Companion Voices CIC and a local end of life organisation or charity.

Please visit [www.companionvoices.org](http://www.companionvoices.org) for more information about us.

*Vivienne Ross*

## Pastoral Support - Staying in Touch with each other

Our Quaker community has a *Pastoral Friends* team who are available to keep in touch with members and attenders, and give comfort or support when it is needed. Our present age has many challenges – from living through coronavirus to worries about making ends meet, or anxiety over international tensions.

Please contact any of the Pastoral Team who are: Terry Byrne, Steve Brooks, Lisa Compton, Annie Lieberman, Kate Mackrell, Dawn Speck, Alan Stratford  
[bqpastoralfriends@outlook.com](mailto:bqpastoralfriends@outlook.com)

**Come regularly to meeting for worship even when you are angry, depressed, tired or spiritually cold. In the silence ask for and accept the prayerful support of others joined with you in worship. Try to find a spiritual wholeness which encompasses suffering as well as thankfulness and joy. Prayer, springing from a deep place in the heart, may bring healing and unity as nothing else can. Let meeting for worship nourish your whole life.**

*Quaker Faith & Practice, Advices & Queries No. 10*

## 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 [bgelders@outlook.com](mailto:bgelders@outlook.com)

**Clerk's mailing list:** If you would like to receive email information and Quaker news from the clerks, you need to have completed a GDPR Form (re data privacy). These forms are available from the Pastoral Team by contacting: [bqpastoralfriends@outlook.com](mailto:bqpastoralfriends@outlook.com)

## Brighton Meeting diary

### Meetings for Worship

#### **Regular Meeting for Worship**

**Sundays** 10.30–11.30am Blended Meeting

If you wish to join via Zoom please contact [bgelders@outlook.com](mailto:bgelders@outlook.com)

5.00–5.45pm in-person Meeting

For more information please contact Vivienne Ross or [bgelders@outlook.com](mailto:bgelders@outlook.com)

#### **Private Worship**

On **Wednesdays from 12.00 to 2.00pm** a room in the Meeting House will be available as a place for private worship/prayer. There will be no formality, just a quiet space set aside for Friends to be restful and peaceful without disturbance.

### **Children's Meetings**

We have restarted in-person meetings for newborns to 11 year olds in Meeting House. We are also continuing with monthly Zoom meetings for 5 to 11 year old children. We will soon be starting a new meeting for teenagers.

#### In-person Children's Meetings

**26 June** and 10 July

#### On Zoom

**19 June** and 17 July

For the Zoom link please contact Christine Habgood-Coote or email [brightonquakernewsletter@gmail.com](mailto:brightonquakernewsletter@gmail.com).

## Workshops and community events

### Open Meeting

At the moment we do not have Open Meeting in the Quiet Room after a blended Meeting for Worship but those on Zoom have the opportunity to go into 'breakout rooms' with 3 or 4 other people to have an informal chat about the Meeting before going back to the main Meeting for final goodbyes.

At Meeting House, after Meeting, we can now have tea and coffee and sit in the Lecture Room for a chat.

## Meetings for Quaker business

### Local Meeting for Worship for Business in 2022

**Thursday 7 July** 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 30 June**. The only exceptions are emergencies that arise during the week before MWB. Please email [brightonquakerclerk@gmail.com](mailto: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](mailto:bgelders@outlook.com).

### Area Meetings for Worship for Business in 2022

**16 July** – via Zoom at 10.30 am

Future Area Meetings - 17 September, 19 November

### Sussex and Surrey Regional Meetings 2022

**Saturday 25 June** – a blended meeting where Paul Parker will talk on ***Making Quaker communities loving, inclusive and all-age.***

10.30 – 15.15 at Dorking Meeting House and 11.00 – 15.15 on Zoom

To register to attend in person or online please contact:

[sussexandsurreyrmquakerclerk@outlook.com](mailto:sussexandsurreyrmquakerclerk@outlook.com) before **Tuesday 21st June**.

9 July – we meet at 3.00pm at St Peter's Twineham for a joint Anglican/Quaker service re-enacting a piece of Quaker history. The Twineham Exchange of Dues takes place every 3 years. The Anglican church in Twineham pays us one shilling, 5p, for the use of our burial ground for Twineham Parish's sheep. Tea will be served after the service.

### Notices

Notices to be read out after Meeting for Worship should be sent to [brightonquakerclerk@gmail.com](mailto:brightonquakerclerk@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.

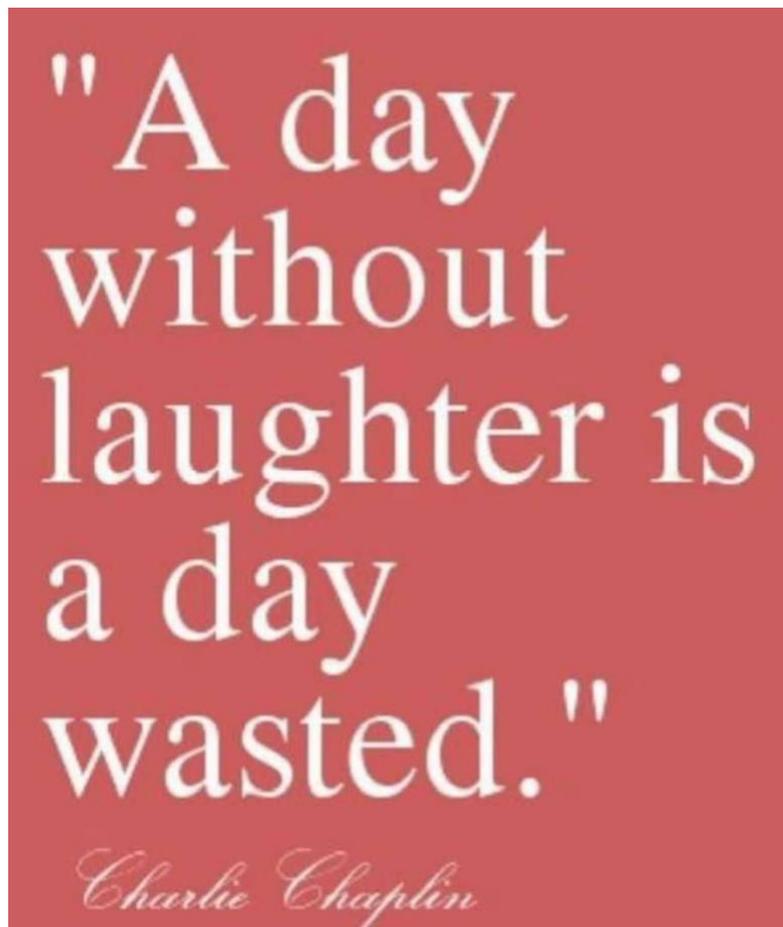
## Newsletter Contributions

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](mailto:brightonquakernewsletter@gmail.com)

The deadline for the **July** newsletter is **Tuesday 5 July**. 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 shared.

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



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