



# Brighton Friends News

A Monthly Publication of Brighton Quaker Meeting

April 2020

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

Issue 305

## Hibernation

When a bear goes into hibernation, they do it for the health of their community and themselves.

Hibernating allows other animals to have access to the limited resources. It slows the spread of disease and viruses among other animals during a season when immune systems are lowered, and energy is limited. It is a time of conserving health.

A time of reflection... It is a time that allows you to renew, to undergo change, and to honour your place in life and food cycles. Hibernation; the great sleep; entering into the Spirit World for spiritual re-alignment and emerging in Spring as changed and balanced beings.

Bears awaken from their long journey in the spirit world, having become greater in spirit and lesser in body; jubilant in their return and rejuvenated by their physical and spiritual rebirth. They emerge from the womb of our Mother...The Earth. Leaping and bounding like children ❤️. Refreshed and invigorated from a long and restful winter, they honour her with sounds of joy and dances of renewal; thankful for the gift of life 🌿👉☀️

It is not a time for anxiety or fear. When it is time for hibernation, a bear can finally relax. All of the stress of finding food, territory, and a mate disappears. The bear believes that they have done enough and trust in themselves. They know this process is necessary and they will come out the other side renewed. ✨🧘‍♀️✨

Know and understand the medicine of the bear.

Stay home. Rest.

The strength of bear medicine is to restore harmony and balance - to heal. 🌀★🌀

## Inter Faith Contact Group

### Monthly Interfaith Prayers – discontinued during CV crisis

#### PRAYER FOR THE CORONAVIRUS CRISIS

Eternal One, Rock of our lives, we turn to you in the midst of this coronavirus crisis, seeking refuge and a foothold – and also encouragement as we try to find our own courage.

As social distancing prevents us from experiencing the joys of life in community, may the need to withdraw and stay well be accompanied by the urge to reach out to others with compassion and care, and to forge and renew connections, even in the absence of physical contact.

Recalling the trials of those who went before us, and their endurance and survival, may we find the strength to endure even in the face of pain and loss, and the insight to know that this challenging time will pass.

As the natural world renews itself, may we be inspired, by the wonders and marvels of the Earth, to discover through this crisis pathways to renewal and new hope.

And let us say: Amen.

*Rabbi Elli Tikvah Sarah  
Brighton and Hove Progressive Synagogue  
March 2020 – Adar 5780*



## Alternative to shaking hands

### Namaste

In India, when they meet and part, they often say "Namaste"; the hands are in the prayer position and a slight bow or dip of the head is given. Namaste means:

I honour the place in you where the entire universe resides.

I honour the place in you of love, of light, of truth, of peace.

I honour the place within you where, if you are in the place in you and I am in that place in me, there is only one of us.

*Submitted by Terrie Adams*

## Thought for the day

On reading 'Psychology with a Soul' by Jean Hardy, I came across this sentence which I thought, as a Quaker, was interesting:

"In transpersonal psychology, the search for spiritual meaning is also the search for the Self, the 'God within', which is linked to the soul of the world."

*In friendship  
Zing Rock*

# Ministry

## Sunday 8<sup>th</sup> March 2020

Today in the meeting, two ministries were given that both reminded me, for different reasons, of something that happened more than 20 years ago.

One ministry was about Amritsa in India. One of the events shown in the film 'Gandhi' that really left an impression on me was the massacre at the Amritsa well.

On Sunday 13<sup>th</sup> April 1919, Acting Brigadier-General Dyer, convinced that a major insurrection would take place, banned all meetings. This notice was not widely disseminated, and many villagers gathered in the Bagh to celebrate an important Sikh festival, and peacefully protest the arrest and deportation of two national leaders. Dyer and his troops entered the garden, blocking the main entrance behind them, took up position on a raised bank, and with no warning opened fire on the crowd for about ten minutes, directing their bullets largely towards the few open gates through which people were trying to flee, until the ammunition supply was almost exhausted. He later declared his purpose was not to dispel the rally, but to "punish the Indians". He did not stay to count the dead, much less offer aid, and his curfew condemned many of the wounded to die overnight where they lay. A British report estimated that 379 were identified dead, and approximately 11,000 wounded, of which 192 were seriously injured. The casualty number estimated by the Indian National Congress was more than 1,500 injured, with approximately 1,000 dead. [This information is taken from Wikipedia].

So about 20 years ago, I had invited a young Indian friend to visit me. We were chatting and I mentioned the film 'Gandhi' and the horrific massacre. To my astonishment he told me that his great grandfather had been there and had been shot at. He'd lain under bodies pretending to be dead until he felt it was safe to escape.

As my young friend was leaving, a friend of about my own age arrived unexpectedly. I said goodbye to him as I welcomed her in. I did, though, introduce them to each other. They shook hands, smiled, and he left.

I told my friend what I'd learned about the massacre. And I was astonished when she told me that one of her grandfathers had been there and had been ordered to fire on the unarmed people.

It gives me goose bumps every time I remember these two people meeting at my door and shaking hands as equals. As the second person to minister talked about the significance that we give to the small but powerful act of greeting each other by shaking hands, this story took on even more meaning.

I hope that some healing took place that day.

*Susan White*

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

## New Economy Reading Group

As we survey economic arrangements that were unthinkable even a few weeks ago, our minds are probably turning to how the economy might be better arranged in the future. How do we build an economy which does not over consume the earth's resources; how do we give equal rights of access to common resources; and perhaps, particularly at the moment, how can money be used for positive social benefit rather than private profit?

These questions and others are addressed in a series of booklets and planned sessions developed by QPSW, and now used in more than 50 Quaker reading groups across Britain.

There is every possibility that the economic arrangements post pandemic will be based on those that preceded it, and certainly there is no guarantee that things will get better. Can we help to understand and articulate the new principles that we need to establish? Can we then start to identify the activities which help a new economy to grow?

The structure of the New Economy reading groups is set out here, and all the material is available on line.

<https://www.quaker.org.uk/our-work/economic-justice/new-economy/new-economy-reading-groups#heading-1>

We are proposing to facilitate eight on-line sessions of about 90 minutes each via Zoom, to discuss each booklet in a planned way, but one that follows our interests. All the booklets are available on line, and are best read in advance of the sessions. It is important to stress that you don't need specialist knowledge of economics to participate and to learn; the material is accessible, clear and relevant to Quaker approaches.

If you are interested in using your 'Coronetime' to take part, please contact Mike Coote

We will fine tune the session timings once participants are identified, and are thinking about early evenings, at this stage, but daytimes are also possible, aiming to start after Easter.

*Mike Coote & Gerard Rosenberg*

## Letter from Isle of Harris

*Dear Brighton Friends,  
Thank you for allowing me, from this remote place, to be on the periphery of your Meeting. I look forward to the newsletter arriving in my in-box (forwarded by Jan Shimmin). Our Local Meeting is Inverness and it takes two nights away plus a ferry crossing of two and a half hours each way to be able to go.*

*Wednesday 26<sup>th</sup> February 2020*

*Woke up to quiet. No wind rampaging round the house. You redefine 'wind' when you live here but this winter has seen too much of storm winds. The quiet was to be enjoyed. Sea and mountains to the north, hills all around, still in their winter brown, white tops.*

*The weather is better; off with our dog through the back gate into a field. I delighted in watching her run over the grass. I stood watching her run*

*across the beach as I stood watching the waves coming in; no white horses today, waves considerably smaller than of recent months.*

*Our daughter telephoned. She lives in Edinburgh and is worried about us old fogies being so far away from her care. She needn't worry. Care for the elderly is second to none here. We are a small and ageing population; rural depopulation of the younger folk is a problem. Our population swells greatly during the summer months, too many for the services and infrastructure available. The ferries and planes are overbooked.*

*The splendid Screen Machine came to Tarbert. This huge bright blue pantechinon skilfully negotiates single track roads and inter-island ferries and comes to park up in a car park. The sides come down and up pops a real if tiny cinema. This is a big social occasion. There was some snow falling, only a little, and not settling as we drove the fourteen miles to see 'Little Women'. After the film we emerged into a white, icy world. The 14 miles seemed long and treacherous. We climbed the steep road out of Tarbert and carried on. We drove across the moor; the road was untreated and slippery. The road passes wildness, moor and mountain, and lochs by the roadside. Then over the moor to drop to the sea and suddenly it cleared. Clear night sky, small sliver of new moon, Sirius above, and Venus at her most beautiful, bright best. Sea was inky black with a white fringe.*

*At home I stood looking at the sky, Milky way clear but no Northern Lights that night.*

*And so to bed with much to be grateful for.*

*In Friendship*

*Robin Goodman*

Robin is a Quaker friend of Jan Shimmin, living on the Isle of Harris, off the north east coast of Scotland. She does not have a Local Meeting that she can regularly attend. Her Friendship network is via e-mails and she welcomes any Q Friends. If you are inspired to write to her she would be very happy to hear from you. Please send your emails to [brightonquakernewsletter@gmail.com](mailto:brightonquakernewsletter@gmail.com) and I will forward them on to her.

*Editor*

Do you give sufficient time to sharing with others in the meeting, both newcomers and long-time members, your understanding of worship, of service, and of commitment to the Society's witness? Do you give a right proportion of your money to support Quaker work?

*Quaker Faith & Practice, Advices & Queries No. 20*

# Lockdown

Lockdown.  
Yes there is fear.  
Yes there is isolation.  
Yes there is panic buying.  
Yes there is sickness.  
Yes there is even death.  
But,  
They say that in Wuhan after so many years of noise  
You can hear the birds again.  
They say that after just a few weeks of quiet  
The sky is no longer thick with fumes  
But blue and grey and clear.  
They say that in the streets of Assisi  
People are singing to each other  
across the empty squares,  
keeping their windows open  
so that those who are alone  
may hear the sounds of family around them.  
They say that a hotel in the West of Ireland  
Is offering free meals and delivery to the housebound.  
Today a young woman I know  
is busy spreading fliers with her number  
through the neighbourhood  
So that the elders may have someone to call on.  
Today Churches, Synagogues, Mosques and Temples  
are preparing to welcome  
and shelter the homeless, the sick, the weary.  
All over the world people are slowing down and reflecting.  
All over the world people are looking at their neighbours in a new way.  
All over the world people are waking up to a new reality  
To how big we really are.  
To how little control we really have.  
To what really matters.  
To Love.  
So we pray and we remember that  
Yes there is fear.  
But there does not have to be hate.  
Yes there is isolation.  
But there does not have to be loneliness.  
Yes there is panic buying.  
But there does not have to be meanness.  
Yes there is sickness.  
But there does not have to be disease of the soul.  
Yes there is even death.  
But there can always be a rebirth of love.  
Wake to the choices you make as to how to live now.  
Today, breathe.  
Listen, behind the factory noises of your panic  
The birds are singing again .,  
The sky is clearing,  
Spring is coming,  
And we are always encompassed by Love.  
Open the windows of your soul  
And though you may not be able  
to touch across the empty square,  
Sing.

*Fr. Richard Hendrick, OFM  
March 13th 2020*

## Children's Meeting – Report now online via Zoom

We now meet on-line via Zoom once a fortnight on **Wednesdays at 4.00pm**. We will continue this way of meeting as long as necessary. Dates arranged so far are - **April: 15, 29** May: 13, 27.

We held our first online Children's Meeting on April 1, and it was opened up to families in the Sussex West Area and Lewes, plus we had two families from much further afield.

Brighton, Ditchling, Chichester and Lewes were all represented plus Laura Sunan, Ruby and Zeki from Scotland and, at the last minute, we called Helen's daughter Sarah in Sweden for technical support. Sarah and her two children joined us for the meeting. It was the first Quaker Meeting for Helen's grandchildren. It was a pleasure to see all the children smiling and talking to each other as they joined the meeting.

As it was an introductory meeting for many of the children, we focussed on them and their hobbies. The children were able to take part, introducing themselves and thinking of one positive aspect of staying at home in the current situation. Whilst listening to music, each child then created a flag to represent themselves and told the group about their flag. We discussed future meetings and finished with a short time of silence when children held hands with others at home. All seemed to have enjoyed themselves and meeting some familiar and new faces.

For the leaders, it was a learning experience as we found out what worked well for an on-line meeting with children, and the timings, and we ironed out some technical issues with using Zoom. Mike, Christine and Helen felt it was certainly worthwhile for the children to be able to continue to meet and share worship together. For child protection reasons we will not publish the link to the Zoom Meeting. Any other adults who would like their children to join us should contact Helen Ledger for details of the next meeting.

*Helen Ledger*

## Useful contact information to give or receive help

In the current strange situation we can no longer make donations of food to foodbanks. However, demand is now higher than ever. Below are links to places where you can donate, receive help or refer others in need who may not have access to the internet.

Brighton and Hove Food Partnership are co-ordinating all foodbanks in the city.

<https://bhfood.org.uk/coronavirus-and-emergency-food-in-brighton-hove/>

<https://bhfood.org.uk/resources/referring-to-a-food-bank/>

**Covid-19 Mutual Aid UK** has a list of all local groups.

<https://covidmutualaid.org/local-groups/>

**Local businesses offering delivery.**

<https://www.brightonquarantine.co.uk>

## Meditations with University of Sussex Chaplain

I plan to hold meditations **every weekday from April 6, 1.00 – 1.30 pm** hosted online using Zoom and based on my work at the University of Sussex. The meditations are open to friends from Brighton Quakers and members of the university campus community.

The programme is as follows:

Monday - Settle your awareness on the breath,

Tuesday - Experiment with Light meditation,

Wednesday - Ground your awareness in the body,

Thursday - Focusing meditation,

Friday - Rest your awareness with sound as a support.

So there will be a meditation session every weekday.

To make this safe for everyone and to comply with GDPR please send me an email confirming that you are happy to go on the new list.

I will then send out an email to everyone on the list (BCC'd) which will contain the relevant Zoom meeting links. These links will (probably) stay the same for the following weeks, but you will get a weekly reminder from me with any other relevant information.

The sessions will be drop-in, so you can come to whichever sessions you like. There is no obligation to attend all of them, or any in fact! It's up to you!

*Jason Evans*

## Community in Action

***We are in lockdown but our community is still 'in action'***

**Coffee Mornings** via Zoom on Fridays at 11.00 am Our clerk has sent out the link.

**Brighton Young Quakers** are a group of 18-30ish year olds who are Quaker, Quaker-ish or Quaker-interested. We usually meet every first and third Tuesday evening at the Meeting House. While we are unable to meet in person we will meet every Tuesday at 18:30 on Zoom, for some worship and a catch up. For details and to obtain the Zoom link, email [brightonyaf@gmail.com](mailto:brightonyaf@gmail.com). You can find the link on our Facebook group or our WhatsApp group, which can be joined via this link: <https://chat.whatsapp.com/IqONGmLatpx9pWJtKPdDEa>

## Young Friends General Meeting (YFGM)

YFGM is Britain's national Quaker meeting for young adults, a place to worship, learn, and share community together. With your support, we run long weekend gatherings where young adults can deepen our faith and build lasting friendship. Our meetings for worship, epilogues and spirituality sessions support personal growth and reflection. Our guest speakers, shared discernment, and inspiring workshops encourage participants to play a part in the Religious Society of Friends, and act on their faith in the wider world. Since 1911, YFGM has introduced thousands of young adults to Quakerism, and with over 70 young Friends at each of our events in the last year, we're proud of the community we've built. Will you help us to reach out to even more young adults this year?

- 97% of attenders agree that YFGM has made a positive impact on their relationship to Quakerism.
- 92% agree that YFGM nurtures them spiritually and improves their understanding of Quakerism.
- 81% say that they need YFGM to grow as a Quaker.
- 98% say they would recommend YFGM to a friend.

How your donation helps

- £40 pays for one night's accommodation for people who can't sleep on the floor of a meeting house.
- £70 pays for a travel bursary. One in three attenders say they couldn't attend YFGM without financial support.
- £250 pays for the hire of a meeting house.

Your donation will help more young adults to explore Quakerism and develop their faith.

Please make cheques payable to 'Young Friends General Meeting' and post to: Young Friends General Meeting, Friends House, 173 Euston Road, London, NW1 2BJ. Alternatively, donate online to add gift aid, or make a monthly donation at [www.yfgm.quaker.org.uk/donate](http://www.yfgm.quaker.org.uk/donate)

*Matt Alton*

## Brighton Table Tennis Club

Brighton Table Tennis Club (BTTC) was founded in February 2007 with two worn-out tables in the Brighton Youth Centre and the strong belief that table tennis can be used as a powerful tool in engaging people of all ages and transforming lives. Click [Here](#) for a link to the club's website.

Today the club has its own centre with 10 tables in Kemptown and runs 100 tables across the city in parks, squares, schools, sheltered housing schemes, a centre for homeless people, sports centres and a psychiatric hospital. It works in two prisons outside the city.

More than 1,500 people play in the club's weekly sessions. Their number includes people with learning disabilities, young people from the Brighton Travellers site, Looked After Children, people with physical disabilities, people from the LGBT community and young asylum seekers. The youngest player is 2 years old. The

oldest is 98. The club is the world's first recognised Club of Sanctuary, for its work with refugees.

The table tennis club is now closed as a result of coronavirus. However, we need help as we now have to keep paying certain costs even while we are not operating and have no income coming in from sessions. We want to be ready to open our doors again as soon as we can.

We are closed but we are still active. This video ([Brighton Table Tennis Club show how they are keeping in touch with members through Coronavirus](#)) was put on-line by Sport England's Club Matters to show how we have moved things on-line to stay in contact and stay active.

We have an appeal running for this period of closure – please click here <https://brightontabletennisclub.com/appeal>

Once we reopen we will have sessions for everyone, so Friends will be more than welcome come and join us. Please look at the our [timetable](#) and come to any of the All Comers, 50+ or Women's sessions that we run in Kemptown and across Brighton & Hove. One other great time to visit is between from 1.00 to 2.30pm on a Wednesday for lunch when the Real Junk Food Project are in the adjacent Parish Hall at St John the Baptist's on Bristol Road.

*Tim Holtam*

*Founder Director, Brighton Table Tennis Club*

## Appeals

In these unusual circumstances we cannot put donations in our Appeal Box. Our chosen charities could lose out much needed donations.

The Appeals for the next 4 months are:  
March – Young Friends General Meeting  
April – Brighton Table Tennis Club  
May – Quaker Tapestry  
June – Child Poverty Action Group.

In this edition of the newsletter are descriptions of the March and April charities. Next month will have the May and June charities.

There are two ways to pay – cheque or BACS.

If you want to pay by **cheque** please make it payable to Brighton Quaker Meeting and send it to the Meeting House. Write the name/s of your chosen charity or charities on the back.

If you want to pay by BACS please indicate which charity you are donating to – **YF** for Young Friends General Meeting, **TT** for Brighton Table Tennis Club, **QT** for Quaker Tapestry and **CP** for Child Poverty Action Group or **ALL** for all four charities.

The account name: Brighton Quaker Meeting  
Sort Code: 08-92-99  
Account number: 65009567

If it is unclear which charity you wish to donate to, the treasury team will divide your donation equally between all 4 charities listed above.

Alternatively, for the March and April appeals you can donate directly to their websites noted above.

## Brighton Meeting diary

### Meetings for Worship

#### **Regular Meetings for Worship**

Brighton Meeting House is closed but we will have an on-line Meeting for Worship via Zoom on Sundays - 10.30-11.30am

#### **Children's Meeting** see page 7

**April 15 & 29**

May 13 & 27

### Meetings for Quaker business

**Meeting for Worship for Business** has been suspended. If an urgent item comes up the clerk will be in touch.

**Area and Regional Meetings** have been suspended.

#### **Notices**

Notices to be read out after Meeting for Worship should be sent to [brightonquakernotices@gmail.com](mailto:brightonquakernotices@gmail.com). The deadline for notices is Friday evening.

### Newsletter Contributions

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

The deadline for the **May** newsletter is **Friday May 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 or post, please contact the editor.

## People Stayed Home

And people stayed home  
and read books and listened  
and rested and exercised  
and made art and played  
and learned new ways of being  
and stopped  
and listened deeper  
someone meditated  
someone prayed  
someone danced  
someone met their shadow  
and people began to think differently  
and people healed  
and in the absence of people who lived in  
ignorant ways,  
dangerous, meaningless and heartless,  
even the earth began to heal  
and when the danger ended  
and people found each other  
grieved for the dead people  
and they made new choices  
and dreamed of new visions  
and created new ways of life  
and healed the earth completely  
just as they were healed themselves.

*Kathleen O'Meara, written in 1869  
probably composed in Paris after a cholera epidemic.*

Published by Brighton Quaker Meeting  
[www.brightonquakers.net](http://www.brightonquakers.net)  
Registered as a charity in England: 1147831