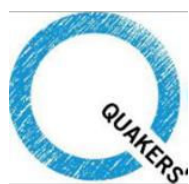


Malvern Quaker Meeting



Newsletter February 2023

Items for the next issue of the Newsletter will need to reach me by 28th February. Past editions of the Newsletter are on our Meeting website www.malvernquakers.org.uk.

Mary Corfield newsletter@malvernquakermeeting.org.uk

If you are not on the Meeting's email list and would like to be, or have changed your email, please contact clerks@malvernquakermeeting.org.uk

Anti-Racism Meeting

Melanie Jameson

On Sunday Jan 29th Melanie Jameson introduced an issue discerned by BYM to be important, that of anti-racism. An Area Meeting group has met to draw up helpful resources and discuss possible ways to explore it – the document we produced is now on the AM website, comprising TED Talks, podcasts, fiction and non-fiction books (both UK- and USA-based). Ways of using the materials are also suggested. Melanie has managed to produce a shorter version which is on our noticeboard.

The final page of the resources is entitled: Perspectives on racism/anti-racism in the Society of Friends. This includes the 2022 Swarthmore Lecture *Perceiving the Temperature of the Water* and is where we could begin. It appears that most of us have not yet heard it. So, let's assemble at the Dell House (2 Green Lane, Malvern Wells, the home of Elizabeth and Kevin Rolph) at 4pm on Monday Feb 13th to listen together, then take it from there. All welcome. Tea and cake will be provided. The lecture is 1 hour in length, and we'd aim to finish around 5.30 pm.

Malvern Festival of Ideas has an anti-racism session led by Danielle Wilson, which will lead to a reading group based on Layla Saad's book *Me and White Supremacy*, if there is sufficient interest.

There is also a session by Matthew Smith, Director of the Centre for the Study of the Legacies of British Slavery.

There is no fixed charge for these sessions (tickets by donation). More details at

<https://andrewrobertwebb.wixsite.com/mfi2023a/event-details-registration/matthew-smith-t2>
and

<https://andrewrobertwebb.wixsite.com/mfi2023a/event-details-registration/danielle-wilson-t4>

Special Collections

COLLECTION FOR MALVERN MAGGS

We have collected £250 for an initiative by Maggs Homeless Centre in Malvern to help prevent homelessness and support those at risk of it.

NEXT COLLECTION: Escaping Victimhood

This charity was established by a Quaker, Swarthmore Lecturer and former Governor of Grendon Therapeutic Prison to help victims of serious crime. The residential programme enables those affected to start to overcome their trauma and begin to heal. It is deep work which needs Quaker support.

BACS details: Sort code 08-92-99 Account no: 65267781

No further special collections have been agreed after February. If there is a charity you would like to propose at the Meeting for Business on Thursday 16th February, please email clerks@malvernquakermeeting.org.uk.

Elin Dodson's Funeral

Elin's burial was at Westhope Burial site, north of Ludlow at 2 pm on Friday 6th January. This is where Alan is buried, and Elin wished to join him there.

Eoin McCarthy has sent the following report: Paula and I were there. It was a very good event, excellently designed and executed by Elin's daughter Dora and the funeral director. We all agreed that it was very much in keeping with what Elin would have liked. We had good weather and were about 25 present.

A Tribute to Elin Dodson

Jill Etheridge

I first met Elin a couple of years before I moved to Malvern in 1993, because I was already coming over from Hereford one day a fortnight to see patients in the then Malvern Natural Health Centre. Without fail I would walk across to Link Top to have a delicious lunch at the wonderful Malvern Workshop. This was a wonderful Art and Craft space with a café (Mary Read taught spinning, and I think weaving, there), and Elin was a stalwart 'waitress' in the café, where a superb team, including young people with Down Syndrome and other life challenges, were given work opportunities serving at tables. Elin was so kind and welcoming, with a particular gift for enabling the younger ones gently and tactfully. I got to know and love most of them. It happened that, around the time I was moving into 59 West Malvern Road, my middle brother David died suddenly, aged 57, about ten weeks after our mother; and as his funeral was the day before my next clinic day here, she kindly invited me to go straight to their home to receive comfort, a good meal and a bed for the night. She gave hospitality to me, and later my husband David, on a good many occasions, when our respective husbands would talk tirelessly about steam trains, a passion they both shared! Therefore, it was a privilege to collect her in my car for Meeting for Worship over a period of several years after she moved into Church Meadow Court. She always spoke her mind frankly and had a very caring heart.

Advices and queries No. 7

Be aware of the spirit of God at work in the ordinary activities and experience of your daily life. Spiritual learning continues throughout life, and often in unexpected ways. There is inspiration to be found all around us, in the natural world, in the sciences and arts, in our work and friendships, in our sorrows as well as in our joys. Are you open to new light, from whatever source it may come? Do you approach new ideas with discernment?

Living the Spirit of ubuntu in 2023

Tim Gee
General Secretary,
Friends World Committee for Consultation FWCC)

Happy New Year from the World Office, and also from Southern Africa Yearly Meeting which I was part of as a virtual participant last week.

The focus of that gathering was *ubuntu* - a concept centrally important to Quakerism in Southern Africa. It's also important to all of us as we prepare for the 2024 [World Plenary Meeting](#) in South Africa and online, themed *Living the Spirit of Ubuntu: Responding with hope to God's call to cherish creation and one another*.

I look forward to sharing details for how to take part in that event soon. Before that, I'd be glad to share some reflections flowing from conversations last week.

So what is ubuntu?

The term refers to the belief, morality and custom that every person is worthy of being recognised, respected and heard, and that we are all interdependent.

Desmond Tutu explained it with the words "My humanity is caught up, is inextricably bound up, in yours" and Central & Southern Africa's [book of Faith and Practice](#) describes it as rooted in the "invisible circuit of connection between us all".

It resonates with the Quaker testimonies, the belief in that of God in everyone, and is confirmed many times through the Bible, especially the command to love your neighbour as yourself. It's also there in more secular sayings like "no man is an island" and "an injury to one is an injury to all".

The recognition that many countries and economies are not guided by principles of ubuntu, is leading Friends to ask why this is the case, including by addressing the historical injustices that have contributed to the present situation, and seeking routes towards social and ecological justice.

We're looking forward to sharing videos and discussion-starters in the coming months, to help with spiritual conversations over the next couple of years, including around [World Quaker Day 2023](#) which will have the same theme.

The End of the Road for Traidcraft

Elizabeth Rolph

Traidcraft was the original fair-trade pioneer in the UK. For over forty years, they have challenged the norms and fought injustices. They pioneered the first fair-trade chocolate, coffee, tea, fruit juice, wine, rice, honey, charcoal, rubber, palm oil... Almost everything we know today as fair-trade began with Traidcraft.

Traidcraft has been part of our lives since 1987, when we got married and moved to Cambridge. Hartington Grove Meeting had a monthly Traidcraft stall, and it wasn't long before we ended up running it. I became a Fairtrader, supporting others in the area who wanted to hold occasional stalls. Our stalls became a bit less regular when our boys were young, but then we handed over setting out the stall and selling the goods to the Children's Meeting. This worked very well and helped integrate the children into the Meeting. When we moved to Malvern, we tried holding a stall, but found we couldn't get to Meeting regularly enough for this to be practical.

Traidcraft has been running at a loss for a few years and was particularly hard hit by the pandemic. Sadly, it is currently going into administration. It is no longer possible to buy anything directly from Traidcraft. They have been buying through intermediary buying groups, so suppliers will not immediately be impacted. Fairtrade goods will continue to be sold in the Oxfam shops and smaller outlets, as well as in supermarkets.

One of the reasons that Traidcraft went under is that Fairtrade goods are now more mainstream, but this does not mean that their work is done. Their partner, Transform Trade (a charity, previously Traidcraft Exchange), is building on the good work.

I will be proposing Transform Trade for a Special Collection at our next business meeting.

MALVERN LOCAL MEETING NOMINATIONS

Peter Bevan

In our Area Meeting we are fortunate in having Lesley Richards, who is not only on Area Meeting Nominations but is also in the group revising Quaker Faith and Practice. She has made available an initial draft of what might be the new section on nominations. The following includes some edited extracts (italicised) from this draft.

Traditionally, each Area Meeting and each Local Meeting has a nominations group. This is one of a number of groups which helps the organisation of both the AM and the LM. Essentially, there are roles which need to be fulfilled for both LM and AM to function. "Our meetings are alive because we are all involved in upholding and running them. The work of keeping our meetings is shared: we share duties, work, responsibility, power and authority amongst our members. We all have a part in deciding what really needs to be done and who will undertake the necessary work for a set period of time."

Your current LM Nominations Team would like to emphasise the community base of local meetings in which as many people as possible have a role to play and support each other. To this end we are asking our Local Meeting to set aside a few minutes at the end of each second and fourth Sunday (before refreshments) during the first half of this year. This will enable people fulfilling roles at present to have an opportunity to introduce their roles to everyone. The aim of these presentations will be to initiate ongoing conversations between us all about what energises and keeps the Meeting going. A sheet will also be displayed for additional written comments.

It is hoped that these conversations will lead to members and attenders suggesting roles that they may wish to consider for themselves or work together with others as well as inventing new roles which might simplify, be more flexible and energise. These roles can be carried out by anyone although training is often available through on-line modules via Woodbrooke and shadowing by previous post holders. *"We all need to be ready to be called to take our part in upholding our Meetings. We can also be called to work in the wider world. When we feel called to a role we should consider it with open hearts and minds. Are we being led to this by the promptings of love and truth? Each person explores their leadings individually, but we also explore them collectively. It is the responsibility of our Quaker communities to help each of us to discover our gifts and how to develop them."*

"Our nominations process is part of our understanding that each of us brings distinctive gifts and insights which can be used for the spiritual growth of individuals, working groups, our communities, and the wider world. We have a broad understanding of 'gifts'. Gifts can include talents such as communication, generosity, professional and life skills and spiritual attributes such as wisdom or a deep prayer life. Throughout life, gifts and their right use can change. Obvious choices may not be those which speak to our present personal spiritual needs or those of our worshipping community. We need to think widely and deeply about each person's gifts to discern how they can best serve this community at this time." These gifts and the process of discernment enable our Quaker community to fulfil its ministry.

Quaker nominations is a process of co-operative discernment. It requires an open mind and close attention to each other and to the Spirit. Although appointments are made by the whole meeting, subgroups are often used to help with the discernment process leading up to an appointment. *"A nominations group or committee does not have the power to appoint anyone: that rests with the appointing body which asked them to find a name or names for a particular post. This process grows out of our understanding that power must not lie in the hands of one group or person. Shared power, with each role defined by both a description of the task and a time limit, gives authority to the post holder within the limits of the role."*

A good nominations process involves the whole meeting in sharing responsibility for appointing people to take on work and for managing how it is done; has clarity about what work is needed, why and for how long; is rooted in worship and waiting on the Spirit; is based on knowledge of the present skills and future potential of members and attenders; helps our communities become more diverse and inclusive; recognises present and future needs of the meeting; has a deep understanding of Quaker principles; makes provision for record keeping, safeguarding and other aspects of good process as relevant.

At our Local Business Meeting in December your Nominations Team was asked to present a nominations plan in anticipation of the triennial appointments at the end of 2023. Part of the plan is for role holders and others to describe their roles after Worship and before refreshments. The proposed schedule for presentations is:

26 Feb.	PASTORAL CARE / PERSONAL SUPPORT
12 March	CORRESPONDENCE / LINKS WITH ORGANISATIONS OUTSIDE LM
26 March	BOOKINGS
9 April	ELDER REPRESENTATIVE/S
23 April	CATERING
14 May	WELCOMING and HOSPITALITY
28 May	SPIRITUAL GROWTH / EDUCATION
11 June	TREASURER

Should these dates be inconvenient please rearrange amongst yourselves and inform the clerking team and elders of any changes. Please discuss with others who will make a presentation. Please feel free to email the Nominations Team directly about any responses to this article and ways forward.

With thanks
Your Nominations Team

Letter of Thanks from Malvern Hills Foodbank Kathy Osbourn

On behalf of the Malvern Hills Foodbank, I would like to thank you for hosting a collection point for the Foodbank in your Meeting House and everyone who contributes the much-needed items which we distribute in the food parcels to adults and families in need.

The Foodbank continued to operate throughout 2022, and we were pleased to receive clients back at our distribution centre at Spring Court, Malvern. We have had a busy time and seen a 6% increase in the number of food parcels distributed in 2022. During the period 1 January – 31 December 2022 we distributed nearly 55 tons of food to 5201 people in need, of whom 2154 were children.

Through the generosity of many local people, we are able to support countless families who never expected to need our assistance but who have found themselves in impossible situations. The support of the congregation is greatly appreciated since sadly the demand for food parcels in the greater Malvern Hills area continues.

With our thanks and best wishes for 2023

There is a collection box in the Meeting House. For up-to-date information about what is needed see <https://malvernhills.foodbank.org.uk/give-help/donate-food/>

Enviro-Hints & Tips

Electric Kettles tend to be quite greedy for energy. If yours isn't a clever one which will boil half a pint at a time, keep a vacuum flask handy to keep the excess water hot until it is next needed. Better still, if you are normally making a cuppa for just one or two people at a time, a travel kettle will hold sufficient water for that purpose.

Plastic reduction: On the occasions when you haven't the time or inclination to make home-made soup, waxed cardboard cartons or good old-fashioned tins will save you buying unnecessary plastic containers. There's only so much food you can store in the freezer in order to re-use plastic tubs.

Quaker Social January 2023

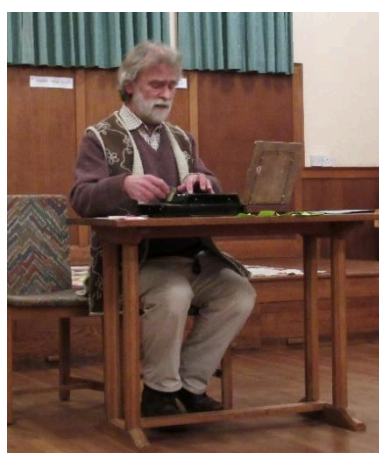
Mary Corfield

On the evening of 21st January, a group of around 25 Friends met at the Meeting House to enjoy an annual social evening. Tables were set out around the meeting room, and a generous spread of food covered a length of tables to one side.

Animated conversation could be heard over the delicious food, and we were treated to a variety of entertainments ranging from humorous sketches to a demonstration of karate with musical interludes as can be seen from these photos.



It was agreed that we had all enjoyed a very pleasant evening.



Yearly Meeting 2023

Adwoa Burnley, Yearly Meeting Clerk

Yearly Meeting 2023 will take place during the weekend of 28 April – 1 May. This will be a blended event, meaning some Friends will participate online, while others will be physically present at Friends House in London.

We will focus on **‘Releasing our energy so that we can follow the leadings of the spirit, fulfil our purpose and build a better world.’** As in 2022, Yearly Meeting Agenda Committee is planning preparatory events online in the run up to the Yearly Meeting itself and during the previous weekend.

Last year this helped Friends to approach our meetings for worship for business with hearts and minds prepared. It will also mean the programme for the Yearly Meeting weekend is not overly full, allowing more time for ministry to emerge guided by the spirit.

Yearly Meeting is like a patchwork quilt, with different pieces being sewn together to make a whole. Some of these are constitutional business; the beauty of ensuring that things are set in order within our Society. Other pieces relate to currently pressing issues in the world beyond. Right now, six months before Yearly Meeting, we have many of the pieces but have not yet decided how they will fit together. However, I can share with you some of the pieces: at YMAC’s last meeting the committee considered the following topics:

- Releasing our energy: How do we ensure our structures are simple, inclusive, and sustainable?
- Revitalising our communities: How do we revitalise our Quaker meetings and nurture joy?
- Following the leadings of the spirit: How can we build a better world with integrity, and how can we recognise and support truth in the wider world?

We don’t expect to have time to consider all of these questions this year. Instead, we hope that what we think about at this Yearly Meeting can lead on to further discussions in 2024 and beyond.

These are the foundations on which we hope to build.

There will be a Children and Young People’s programme. Full information can be found at www.quaker.org.uk/ym.

Registration for Yearly Meeting 2023 is now open for all Friends on 10 January at www.quaker.org.uk/ym. It is essential to book your place, whether you plan to attend in person, or join online. Registration for Yearly Meeting in person closes 31 March, online registration closes 17 April.

Friends, let us do all we can to provide a warm welcome to each other, as we gather in the spirit of worship.

There are many interesting and exciting things to tell you about interfaith and ecumenical matters.

1. Below is a delightful report from Jan Lethbridge of Dumfries meeting about inter faith week.

2. Quakers coordinated a joint faith and belief leaders' letter to the Prime Minister calling for truth and integrity in public affairs:

[Fulfil your pledge to govern with integrity, faith leaders urge prime minister | Quakers in Britain](#)

This was signed by 19 different groups, and the letter was published in The Times.

3. The wonderful Shap calendar of religious festivals can be found at <https://www.interfaith.org.uk/resources/religious-festivals> (by permission of the Shap Calendar Group). There is also a document with greetings guidance for each festival at <https://www.interfaith.org.uk/resources/faith-festivals-guidance-on-sending-greetings> Each faith is asked to nominate two festivals for this list so it is not exhaustive.

4. The CTBI website also has the annual report from the 'Churches' Refugee Network', of which the Quaker Asylum and Refugee Network (QARN) are members; a resource for Holocaust memorial day from the Council of Christians and Jews; the recording of the Life Beyond Borders conference and many other interesting things <https://ctbi.org.uk/>

5. Racial Justice Sunday on 12th February commemorates the 30th anniversary of the murder of Stephen Lawrence. Resources are available from CTBI: [Racial Justice Sunday 2023 – Stephen Lawrence \(ctbi.org.uk\)](#)

6. Below is the Ecumenical Christmas message from the Archbishop of Canterbury.

DUMFRIES INTERFAITH WEEK EVENT 2022

Jan Lethbridge

Our Interfaith Week Event in Dumfries was scheduled for Sunday afternoon, 13 November, the first day of IF Week. Two days earlier we were catering for 20 and wondering if we would achieve even that. Late on Saturday evening I received an email 'warning' that there might be 60+, and on the day itself, if we include the children, voluntary helpers, and Ukrainian families from all over the region, no less than 132 people came through the doors! Among them, we were especially delighted to welcome the IF Group's inspirational 'founder'.

The IF Group can take little credit for this crowd, most of whom were invited by the Dumfries & Galloway Multicultural Association, whose premises we used. Dumfries IF Group itself is very small, so we work closely with the DGMA, who are at the forefront of local work with refugees and others of different faith traditions. And it was pleasing to see on display a banner made, several years ago, by the DGMA Women's Group, with help from the IF Group.

Given that almost every faith/belief tradition celebrates festivals, our take on Storytelling, the theme of the Week, was to invite speakers to tell the stories behind their own faith's Festivals.

We listened first to a Baha'i speaker and gathered that that faith has more festivals than most others! He spoke of Naw Ruz (New Year) and Ridvan, (his favourite) both of which involve a period of fasting, followed by gatherings of friends and families enjoying delicious food.

Our speaker from the Jewish tradition shared with us the Passovers of his youth. These, whilst enjoyable, had failed to impress and engage him then. Later, however, they began to make sense to him, and eventually instilled in him the principles by which he lives his adult life: the awareness of, responsibility for, and connection to, all others, of whatever background, throughout the world.

For the first time, at an IF Week event in Dumfries, we welcomed a Muslim speaker, who emphasised to us that Islam is a religion of Peace, one which respects other faiths, and believes in the Oneness of God. We heard relevant verses from the Qur'an, read in Arabic, an unexpected treat. And he described the festival of Eid al Fitr, which marks the end of fasting in Ramadan, the seventh month of the Muslim calendar.

Unexpectedly, we heard from three different Christian denominations. The Roman Catholic Sister, whom we had invited, initially fell foul of public transport. So, in the meantime, one of the organisers, a Church of Scotland Elder, briefly outlined the background to the traditional British Christmas, with which many of our audience would be familiar. Then, to our delight, an interpreter amongst the Ukrainian guests, described the Orthodox Christmas of her homeland, celebrated in early January, and helpfully spoke both in Ukrainian and English.

Eventually, the RC Sister did arrive, and told us about the Easter festival in the RC Church, where the Stations of the Cross, commemorated on Good Friday, is so prominent. Traditionally, the period of Lent, leading up to Easter, was a time of fasting, perhaps less so among the laity today, but nevertheless, this pattern does find echoes in both the Baha'i and Muslim traditions.

This account of what our speakers had to say is, of course, essential to any report, but it doesn't actually begin to describe the atmosphere in which this event took place, the fun and enjoyment that was had, the uplifting of the spirit which so many felt. It was splendidly chaotic - the unexpected numbers of people, especially the children, whose crèche was within the same general 'room' area! Folk continuing to arrive, long after the intended start time; speakers delayed; speakers unexpected; some minor sound system and temperature issues

But I think most people were just so happy to be among such a large and varied crowd, meeting old friends and making new contacts, savouring together lovely and unusual food, much of it provided at very short notice by a local Syrian café owner, plus some delicious Ukrainian sweet contributions. Learning together, too, from the stories told, how similar, in many ways, are the festivals of the different faiths represented.

In a way, the gathering was a festival in itself. Neil McGregor, in his book, 'Living with the Gods', describes festivals as "combining reverence for the divine with throwing a great party, not just living with the Gods, but celebrating with them", and I think we certainly did that!

The Archbishop of Canterbury's Ecumenical Christmas Letter

**The Most Reverend and Right Honourable Justin Welby
Archbishop of Canterbury**

*Glory to God in the highest, and on earth peace among those whom he favours
(Luke 2.14)*

As I write once again at the approach of the great Christian festival of Christ's coming amongst us, I am all too well aware that the usual Christmas festivities risk sounding a little hollow this year. For too many of our fellow human beings, this has been a year of almost unremitting bad news. Whatever optimism there was at the beginning of the year as we finally seemed to be coming out of the restrictions of the pandemic has evaporated in the face of what might prove to be the deepest recession the UK has faced in decades. Inflationary pressures that were already building before February have been boosted by the terrible war in Ukraine, with its dire implications for energy and food. As ever, it is the poor and the vulnerable who suffer the most.

Probably none of us seriously foresaw the return of war to European soil, when Russia invaded Ukraine entirely without justification. The wanton destruction wreaked on that unfortunate country, the degradation of its infrastructure, the mass displacement of millions, including those who have had to flee outside their own country, and above all the terrible, needless loss of life, must weigh heavily on our prayers this coming Christmas. For the Ukrainian people, 'Peace on earth and goodwill to all' can surely never have seemed so relevant as a seasonal prayer.

But as we know, the truth is that this conflict has become a global crisis, cutting supplies of essential grain and other foodstuffs, starving countries of energy resources, and sending prices across the world higher than the poor can afford.

We have had our own national difficulties and disappointments, too – instability in our politics, the death of a much-loved and now much-mourned monarch, tension and retrenchment in our public services, and a continuing (if now rarely noticed) death toll from Covid.

Of course, there have been some bright spots this year. I am thankful for the joy and fellowship of the Lambeth Conference, when Anglican bishops from across the world gathered in Canterbury to celebrate their common identity in Christ. Our unity as Christians is a gift of God, a gift which, as one of my predecessors, William Temple, said, is not ours to create but to exhibit. And unity was much in evidence at the Conference, as it was again at Karlsruhe, when I attended the eleventh assembly of the World Council of Churches. But I said then, 'The world crisis must not be allowed to continue while the world church remains divided'. The Church exists to serve as Christ's body in the world, to bring his message of love, reconciliation and peace to all humankind. When we are divided, Christ's mission is impaired. When we live and work as one, his love is brought before the whole world.

It seems to me without question that the depth of the suffering of our fellow human beings, and of the whole of God's world as we pummel and exploit and ruin it, should call forth from Christians a mobilisation of love and effort far beyond that of any army. We must work for peace, for justice, for reconciliation, above all for those least able to look after themselves.

When I think of the challenges we as Christians face in our world – and I am ever mindful of the persecution and suffering of Christians in many countries – I am all the more grateful for the sheer joy of the gift of God in Christ. We're bidden to do as much as we can for our fellow human beings, but in the end it is God who gives.

And surely that is the real note of Christmas celebration – what God has done for us, not what we can do for him. With the great Anglican preacher and theologian, Austin Farrer, we can all surely acknowledge this of the gifts of God in Christ: “All these things are the feast spread for me by hands divine, and all this feast is blessed and consecrated by the blessing of that single loaf, because Jesus died for me and for my friends and for those I do not yet know, but whose fellowship I pray everlastingly to explore in the light of God’s countenance”.

May I wish you the peace and joy of God this Christmas.

‘Silence Inside’ Quaker Meeting

Melanie Jameson

Two Friends responded to my request to connect spiritually with prisoners in response to messages that we have received from the Silence Inside Meeting at Long Lartin. (I always think ‘what a lovely sounding name for a truly awful environment’.

There were 13 of us last Thursday, including a new visitor from Cheltenham Mtg. A new attender from the prison told me how he found this meeting different from other religious services he has been to – and that it takes a bit of getting used to. He then explained to me what he’d learned from a mindfulness course, which I found helpful.

These conversations take place after the 30 min (or so) meeting for worship. A fairly recent innovation is a pad and pen on the table, which enables people to think about what they want to say if they are not inclined simply to speak, or to jot down a poem based on the themes – this always takes place now.

The ministries all linked into Raphael and Jill’s words – being about spirit and light/sunlight.

Jill first:

‘I admire your courage and am so delighted that you are aware of the spiritual aspect we all share as human beings, whether others realise it or not. I often think of you all and send my love.’

As the meeting drew to a close, I spoke Raphael’s words:

Every week from the silence of our meeting I will hold you in the light.

May the long-time sunshine find you and all love surround you

The pure light within you Guide your way home.

We need more visitors at Long Lartin; if you think you’d like to find out more about what is involved, do please ask me.