



# Malvern Quaker Meeting Newsletter

November 2018

Meeting for Worship is at 10.30 every Sunday

DATE	TIME	EVENT (at the Meeting House unless otherwise stated)
<b>Every Wednesday</b>	9.30 to 12.30	<b>Open Morning in the Meeting House for gathering and fellowship.</b> Please support this initiative by Nat Macara, agreed by Local Meeting
Sun 4 <sup>th</sup>	After MfW	<b>Meeting for Worship for Business</b>
Wed 7 <sup>th</sup> (1 <sup>st</sup> Wed)	12.00–12.30	<b>Monthly Midday Meeting for Worship</b>
Wed 7 <sup>th</sup>	12.30	<b>Discussion Meeting on Anger.</b> Led by Richard Bartholomew – see article in last Newsletter. Bring your own lunch
Wed 7 <sup>th</sup> (1 <sup>st</sup> Wed)	1.30 – 3.00	<b>Reading Group</b> Bring and share a book you've enjoyed. Contact: Liz Flanagan
Fri 9 <sup>th</sup>		<b>Peace Day at Hanley Castle High School</b> Please support Liz Flanagan and Jon Knight who are leading the Peace Education in Schools project. Help is needed to answer questions from students in an informal setting. Contact Liz well before the date.
Thur 8 <sup>th</sup> (2 <sup>nd</sup> Thur)	6.00–7.00	<b>Monthly Evening Meeting for Worship</b>
Sat 10 <sup>th</sup>	2.30	<b>Memorial Meeting for Barry Barber followed by refreshments.</b> Offers of help to Liz Flanagan
Sun 11 <sup>th</sup>	12.00	<b>Sale of Traidcraft Fairtrade Goods</b> after Meeting for Worship
Sat 17 <sup>th</sup> (3 <sup>rd</sup> Sat)	10.00–1.00	<b>Malvern Hills Repair Café</b>
Sat 17 <sup>th</sup>	10.30 for 11, finish 3 – 4.00	<b>Mental Health and Wellbeing Workshop</b> with Alison Mitchell of the York Retreat <b>at Bewdley Meeting House</b> See below
Wed 21 <sup>st</sup>	7.30 pm	<b>Discussion Meeting on Anger.</b> See above
Fri 30 <sup>th</sup>	9.00 – 2.00	<b>Quakers Sharing Experience</b> Fully booked (Eoin McCarthy)
Sat 1 <sup>st</sup> Dec	10.00 – 4.30	<b>Light group social day at Shrewsbury Meeting House</b> Anyone who is familiar with the practice are very welcome. Contact <a href="mailto:angeladunhill@gmail.com">angeladunhill@gmail.com</a>
Sun 2 <sup>nd</sup>	After MfW	<b>Meeting for Worship for Business</b>

Deadline for next Newsletter: Tuesday 27<sup>th</sup> November

Dates and contributions to [Newsletter@malvernquakermeeting.org.uk](mailto:Newsletter@malvernquakermeeting.org.uk) or phone 01684 564448

## **Don't forget...**

.... that the dates and News Sheets are put on our Meeting website every month. So if it gets lost in your sea of e-mails, see <http://www.malvernquakers.org.uk/>

## **Special Collection for November: Local Families in Need**

### **Mental Health and Wellbeing Workshop at Bewdley, 17<sup>th</sup> Nov**

This will cover:

How do we promote mental health within our area and local meetings?

What does a mentally healthy meeting look like? How do we know whether we are mentally healthy?

What are we doing already that promotes mental health? What are our strengths?

Broader discussion to include: personality disorders; enabling people to talk about themselves and their condition; looking at ourselves and our reactions to those with these challenges; our perception of people with unseen disabilities; and how to support them. How do we create an environment in which people are supported in sharing their stories?

Please bring your own lunch. Please let the Clerks know if you hope to attend, by 11<sup>th</sup> Nov.

### **Advices & Queries No 17**

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

### **Women's World Day of Prayer**

Malvern Quakers have been asked to find a representative on the Committee of the WWDP. It involves attending two Committee meetings a year, inviting and informing others in this meeting and helping with the Service in March. The next meeting is on Friday 16<sup>th</sup> November at 2 pm. Please contact Jill Etheridge if you might be interested.

### **Quakers and Business Annual conference**

Trust and Integrity in Business - which questions do we ask? And of whom?

Wednesday 5th December 2018, at Friends House, London.

See <http://qandb.org/>



### **News from Britain Yearly Meeting Foodbanks**

Millions of people in the UK are dependent on food banks to survive. There is an opportunity for Quakers to protect and improve Britain's broken social security system. For more information, and a petition to sign see

<http://www.quaker.org.uk/blog/why-are-there-foodbanks-in-a-rich-country>