



Malvern Quaker Meeting Newsletter

November 2019

Meeting for Worship is at 10.30 every Sunday

DATE	TIME	EVENT (at the Meeting House unless otherwise stated)
Every Sunday	9.30 to 10.00	Silent Worship
Sun 3 rd Nov	After MfW	Meeting for Worship for Business
Wed 6 th (1 st Wed)	12.00–12.40	Monthly Midday Meeting for Worship
Sun 10 th	2.20 pm	Remembrance Sunday service outside the Library See below
Sun 10 th (2 nd Sundays)	2.45 – 3.30 pm	Little Friends Meetings All welcome but activities aimed at under-8s. Finishing with drinks & cake.
Thur 14 th (2 nd Thur)	6.00–7.00	Monthly Evening Meeting for Worship 30 minutes MfW followed by drinks
Sat 16 th (3 rd Sat)	10.00–1.00	Malvern Hills Repair Café
Sun 17 th	12.00	Sale of Traidcraft Fairtrade Goods after Meeting for Worship, including Christmas cards and crafts (joint venture with Malvern Wells Parish Church) Followed by Shared lunch after MfW Soup or a hot dish to be provided, please bring other contributions. Co-ordinated by Judith Badman or Liz Flanagan
Sun 24 th	6 – 8.30 pm	Earth Vigil Silence and sharing circle followed by food (see below)
Mon 25 th	7 pm	Malvern Hills Foodbank: Six years on – Why is the Foodbank still here? St Andrew's Church, Churchdown Road, Poolbrook. Talk by David Wareing, Founder Chairman of Malvern Hill Foodbank, followed by AGM
Sun 8th Dec	After MfW	Meeting for Worship for Business

If you are not on the e-mail list and would like to be, or have changed your e-mail, please contact me. Contributions to me for the next Newsletter by Tues 26th Nov

Elizabeth Rolph

Newsletter@malvernquakermeeting.org.uk or phone 01684 564448

Special Collection for November: Local Families

Remembrance Service

Can anyone (or, ideally, two people) represent Malvern Quakers and lay our wreath at this year's Remembrance Service, outside the Library on Sun, Nov 10th, from 14.20. (This is followed by a service in the Priory at 1500 - our attendance is optional)
Reply to Melanie on mj@dyslexia-malvern.co.uk

Foodbank reminder: Message from the Secretary to Trustees

We continue to see an increase in the use of the Foodbank and, during the period 1 July – 30 September 2019, provided food, toiletries and household items to 414 adults and 242 children in need. This represents a 52% increase in the number of clients helped over the same period in 2018. The Foodbank is now providing, on average, 50 food parcels each week with each parcel representing one person (adult or child) in need of emergency help. Our services at Christmas are likely to see an increase so every item which you are able to donate will be much appreciated.

To enable distribution in time for the Christmas period we would ideally like to have these items by the last week of November:

Christmas puddings, Christmas cakes, Boxes of biscuits
Tins of Salmon; Tuna; Ham; Fruit; Custard
Selection boxes and other chocolate items
Boxes of mince pies, Boxes of savoury biscuits

On our everyday list, we are currently short of:
Washing powder, Toilet rolls, Pot noodles' Tins of soup

Earth Vigil

Following on from our September 22nd event, Liz Flanagan, Eoin McCarthy and Emma Scott (Extinction Rebellion) have arranged more EARTH VIGILS on Sundays Nov 24th and Dec 29th: Silence and sharing circle, 6pm to 7pm, followed by Vegan meal to 8.30pm. It will help us to know the number of people coming. If this is for you, please email or call Eoin 01684 891 566 / eoin.mccarthy@decisionstrust.org

After the first one Emma wrote:

We held our first climate Vigil last night. It was a really beautiful evening.....touched with sadness, anger, grief but also joy, togetherness and community. Coming together in these spaces, witnessing the vulnerability of others, and having others witness mine in deep sharing...peppered with silence to just be alone with our thoughts...in these spaces we honour our feelings, honour our emotional responses to the times in which we find ourselves in. And from this comes an inner strength to carry out the work that we are set to do...from a place of resilience, compassion and love. And then we shared food together...food where you could taste the love and kindness in which it had been prepared. Food over which we could talk freely with like minded people, food over which we laughed together. It was a truly beautiful evening

Quakers and mental health

Melanie Jameson

Following the recent forum in Birmingham, it is proposed to set up Quaker Action on Mental Health, which could develop into a Quaker Recognised Body.

Anyone interested is asked to consider:

What would you see as the vision of such a group?

What would it do?

How would it be organised?

Would you hope to be involved?

See <http://www.retreatyorkbfund.com/>

Reply to our Mental Health Officer, Alison Mitchell on mhdo@retreatyorkbfund.com

Quaker Values in Politics

For updates and guidance on how to engage with politicians in the run up to the General Election see www.quaker.org.uk/politics