



Malvern Quaker Meeting Newsletter

October 2019



International Day of Peace Service at Malvern Meeting House

Meeting for Worship is at 10.30 every Sunday

DATE	TIME	EVENT (at the Meeting House unless otherwise stated)
Wed 2 nd Oct	11.30, 1.30 and 6.30 pm	Quaker Week events: Please come and bring friends! <u>Violin and piano concert</u> at 11.30 and 1.30 <u>Raise the Roof spoken word show</u> at 6.30. Display material about Quaker work (No Monthly Midday Meeting for Worship. Note: Elders and Overseers are considering laying this down, so watch this space.)
Sun 6 th Oct	After MfW	Meeting for Worship for Business Also World Quaker Day See below
Tue 7 th	1.00	Poetry Reading at Great Malvern Priory <i>Poems to make you laugh and cry</i> by Averil Stedeford followed by an open mic session
From the 7 th		Autumn Rebellion in London. Full list of Extinction Rebellion activities https://public.3.basecamp.com/p/yrwdbtSfxTt2fREenuqEnZi5
Wed 9 th	12.15 to 1.15	Discussion meeting on Ministry Sandwiches provided.
Thur 10 th (2 nd Thur)	6.00–7.00	Monthly Evening Meeting for Worship 30 minutes MfW followed by drinks
Sat 12 th	11.00 – 4.00	Area Meeting at Malvern Help needed for refreshments - See below
Sun 13 th	9.30 to 10.00	Silent worship. See below
Mon 14 th	7 pm 8 pm	Malvern Welcomes Open Meeting and AGM Lansdowne Crescent Methodist Church Climate Breakdown: What can I do? Sharing information and positive actions at The Cube
Wed 16 th	12.15 to 1.15	Discussion meeting on Ministry Sandwiches provided.
Sat 19 th (3 rd Sat)	10.00–1.00 7.30 pm	Malvern Hills Repair Café Assisted Dying – Right or Wrong? Lansdowne Methodist Church Question Time Event (see attachment)
Wed 23 rd	12.15 to 1.15	Discussion meeting on Ministry Sandwiches provided.
Sun 27 th	12.00	Talk about the Mini-Maggs Day Centre planned for Malvern Link. Mel Kirk, Chief Executive of Maggs day Centre in Worcester, speak for 20 minutes with 10 minutes for questions. Lansdowne Crescent Methodists have been invited to join us (contact: Eoin McCarthy)

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 **Monday 28th Oct**

Elizabeth Rolph

Newsletter@malvernquakermeeting.org.uk or phone 01684 564448

Did you Know..

.... 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/>



Melanie Jameson

The charity 'Unlock' describes its vision as campaigning for 'A fair and inclusive society where people with convictions can move on positively in their lives'.

Unlock provides information, advice and support to people with convictions, including a confidential peer-run helpline. In addition, they work at policy level to address systemic and structural issues. An example is the 'Ban the Box' campaign, whereby old/minor criminal records should not need to be declared when seeking employment.

www.unlock.org.uk

Area Meeting Hospitality

Liz Flanagan

Apparently we have a reputation in Malvern meeting for offering "warm hospitality". The response to requests for help catering, setting up and clearing up for Peter and Barbara's wedding was heart-warming (see below). Now we need to do the same again, for the annual visit of members from the wider area to Malvern on Saturday October 12th. Please could we have the following help:

1) to serve hot drinks from 10.30am. 2) Make a vegetarian soup for 10 for lunch. 3) Help to serve said soups. 4) cakes/biscuits/scones/savouries for tea (some gluten-free or dairy-free please). 5) making pots of tea and pouring said teas. 6) Clearing up.

Please let me know what you would like to contribute,
01684 573315, 07854244591, flanaganelizabeth63@gmail.com

Silent Worship: an experiment

Dick Stockford

True silence.....is to the spirit what sleep is to the body, nourishment and refreshment
William Penn 1699. Silence in ministry and worship is a vital element of Quaker life. We value silence believing that it brings us closer to God and provides a depth to collective worship increasingly important in a world full of noise and commentary.

For a period of 6 months from October our Elders have decided to hold a Silent Meeting for Worship in the Library area for 30 minutes from 9.30-10.00 am each Sunday beginning on 13th October. The expectation is that there would be no spoken ministry during the half-hour.

Apart from worship it maybe that Friends would use a meeting like this to prepare hearts and minds for our usual Meeting for Worship or again use it simply as a period of meditation or reflection. There will be no announcements, no notices, nor after-thoughts. The meeting will close with a handshake.

As proposer of this experiment, I'm keen to attend as many meetings as I can but there will be times when I am prevented. If you are willing, please let me know if I can call on you to open-up the meeting house on days when I am unable. (There is a key safe which makes things easier).

At the end of the period Elders will want to hear, how the experiment has gone. Please let me know if you would like more information.

dick.stockford@sli.org.uk 07889752169

PRISONS WEEK 13-19 October

Melanie Jameson

The theme of this year's Prisons Week is 'What does Freedom mean to you?'

As usual there are the daily suggestions for prayers, as follows:

Monday: Praying with Prisoners

Tuesday: Praying with the Victims of crime

Wednesday: Praying with Families

Thursday: Praying with Communities

Friday: Praying with those working in prisons

Saturday: Praying with those working in the Criminal Justice System.

Peace Education & Children's workshops at the Meeting House



Rosemary Webb ran three workshops in July and August for children aged 5 – 10 on a biblical theme with parachute games, craft activities and stories. They were a success with over 20 children.

Request for support to reduce violence in Croydon schools - The Pebble in the Pond project

See separate attachment – this is an appeal Clerks have received that people may wish to contribute individually, and / or propose it for a Special Collection.



News from British Yearly Meeting

Quaker Week Saturday 28 September to Sunday 6 October

Quaker Week is a time to celebrate Quaker work, faith and community.

'Quaker Stories' is the theme this year. What story can you tell? What is the story of your Quaker community? What are your favourite Quaker stories? If you're on social media use the #QuakerStories to share your story and find inspiration.

Preparing for a general election

General elections are a key opportunity to influence future decision-makers. Although a general election hasn't been called yet, it's likely that one will happen soon. How can we engage with candidates to share our views and values?

Grace Da Costa, the new Public Affairs and Advocacy Manager at BYM, has written a blog and briefing on how local meetings can prepare for a general election. Read it at www.quaker.org.uk/blog and contact politics@quaker.org.uk with any questions.

WORLD QUAKER DAY



Friends World Committee for Consultation (FWCC) invites every Quaker meeting and church from around the world to celebrate World Quaker Day on 6 October 2019. The theme is Sustainability: Planting Seeds of Renewal for the World We Love.

Share your stories with us by visiting our website:

www.worldquakerday.org

Quaker Activist Gathering 2019

2 November 2019, Friends House, London

The activist gathering is a free event for Quakers and Quaker curious to come together for an intergenerational, restorative and invigorating day focusing on how we do social action. For information and booking: www.quaker.org.uk/events/quaker-activist-gathering-2019

Around Europe - The latest news from Brussels

See link for the latest issue of the newsletter of the Quaker Council for European Affairs. In this issue:

- What European laws say about police violence towards migrants and refugees
- An interview with Magid Magid MEP
- QCEA raises €2000 for a humanitarian charity
- A call for the EU to change course on migration
- A letter from our new Clerk, Jeremy Lester

http://www.qcea.org/wp-content/uploads/2019/09/AE_382.pdf

People in Motion

They collect donations of clothing, shelter and food to send to those in need. Items are distributed in the camps in France or sent to containers headed for Syria and Greece. There is now a collection point in the Meeting House.

See <http://www.people-in-motion.co.uk/sorting-and-donations>

Advices & Queries No 26

Do you recognise the needs and gifts of each member of your family and household, not forgetting your own? Try to make your home a place of loving friendship and enjoyment, where all who live or visit may find the peace and refreshment of God's presence.

Celebrating the marriage of Peter and Barbara Thomas

This was a wonderful occasion. In the introduction Liz Flanagan shared with us the words of Isaac Pennington, written in 1667:

Our life is love and peace and tenderness; and bearing one with another and forgiving one another and not laying accusations one against another but praying one for the other and helping one another with a tender hand.

After the Meeting for Worship, all present signed the marriage certificate. We then all shared food together, including a lovely wedding cake.



We congratulate Peter and Barbara on their marriage and thank them for making a donation to Maggs Centre in appreciation of our hospitality.

Being Green (3) Save our Local Shops

Andrew Jameson

Can you imagine what it would be like if we had nothing but supermarkets and convenience stores in Malvern? What you get would be whatever the buyer would judge you wanted and nothing else. Of course there are farm shops like Crumpton Hill Farm Shop near Storridge, or Clive's Fruit Farm towards Upton, but you need a car. However Malvern itself has only one real greengrocer (let me know if you know another). Natural Choice (used to be Hunts) in Barnards Green village sells everything local as far as possible and it is all in open displays. It is a large shop, and it uses only paper bags. It will deliver, and often has things that supermarkets don't have, such as greengages, damsons, local apples and purple sprouting to name just a few. It also has a range of local fruit ice creams, and local cakes, jams, pickles and other goodies. Give it a try, just once. You know you want to! And there is an independent delicatessen, The Cheese Board, right opposite. If you visit on Wednesdays 10-4, you will find Max Visholm from Grimsby selling fresh fish from his van parked behind.



Our only local department store, Bray's, is closing in the New Year. The owners are retiring and have not found anyone to carry on. They are the classic men's and women's outfitters

for our town. They also sell a range of travel goods and outdoor clothing, all of high quality. So if you need any of these sorts of items, take a look at their sale before it is too late. I am not qualified to write of the women's department, but Melanie says it tends to be classic rather than modern. To be fair, there is another, smaller, local exclusive clothes shop, Cox's, at the start of New Town Road, with prices to match. Maybe worth it for something special?

Feed Your Dog Insects and Microwave your Dinner: a 24-Hour Guide to Going Green

Richard Bartholomew

I have an account with Triodos Bank (the ethical bank based in Bristol) and they recently sent a newsletter with a link to this article which I had not spotted when reading The Guardian at home. It could be seen as a bit superficial but I have found a few things that I have been able to use and to that extent have found it good for my morale as we need to do things in our daily life to respond to the climate emergency as well as the bigger longer-term things that involve others including politicians.

Some examples?

As 20% of the world's meat and fish goes into pet food then the requirement to eat less meat might also need to extend to Fido. It seems that there is an insect-based dog food called Yora which is available from Just for Pets on the Townsend Way Retail Park in Malvern. I am going to see if a present of this locus-based product, marketed under 'Reduce Your Global Pawprint', will impress dog-owning friends.

The other example that I have used every day is instead of Google-ing something, I now Ecosia-it. We know that the tech giants like Google make vast profits but seem to pay little tax, so Ecosia is a search engine that puts all its profits into tree-planting (at the last count it had led to the planting of 67 million trees world-wide) has to be a good idea. It is also a European-based enterprise so subject to the stricter EU regulations about privacy (which it guarantees as it does not sell on to others users' information). They claim that every search request removes 1kg of CO2 from the atmosphere as they only use renewable energy and also that on average 40 search requests result in a tree being planted. See <http://ecosia.org>

There are other handy things that you may be able to use for example the Government's Cycle to Work Scheme whereby employees can get a bike for their work commute at a reduction is now extended to the purchase of e-bikes which extend the range of a cyclist's commute and can now go above the £1000 purchase price.

See this article at the web address below (and if anyone has not got access to the Interweb and wants a copy printed off let me know).

https://www.theguardian.com/environment/2019/jul/01/green-your-routine-hour-by-hour-guide-making-climate-difference?utm_source=Newsletter&utm_medium=email&utm_term=ENVIRONMENT&utm_content=24-hour-guide-to-going-green&utm_campaign=07_2019_July-P%26S-ezine

A possible way to donate personally to the Maggs Malvern Project at no cost!

Jill Etheridge

The simple scheme is this: For four weeks, collect all receipts for everything you eat, drink, use as toiletries or as household products. Work out your weekly average per adult, then for the next four weeks keep to a budget of £25 - £30 per person per week. (I know this is possible, eating healthily!). Then donate the difference in cost for the month. Why not just a freewill donation? Well, that's fine too; but BYM has asked us to ponder our Privileges, and this method covers that as well supporting a very worthwhile project.