

Newsletter No 112

ACOMB QUAKER MEETING

January 2018



And I said to the man who stood at the gate of the year:
"Give me a light that I may tread safely into the
unknown."

And he replied:

"Go out into the darkness and put your hand into the
Hand of God.

That shall be to you better than light and safer than a
known way."

Minnie Louise Haskins



THE KINDLERS

Northern Series 2018

JOURNEYING IN THE LIGHT

Workshops based in worship, with time to explore in small groups and for personal reflection.

Venue: **Friargate Meeting House**

January 13: **Opening to New Light**
exploring discernment, opening to new insights

Ann Banks & Val Bone

February 10: **Being Peace**
staying grounded in the Light

Val Bone and Lynda Williams

March 10: **Encounters with the Light**
illumination from within and beyond Quakers

Joy Croft & Angela Sansam

10am for a drink, 10.30 start, finish at 4.30pm
£10 payable at the door, free drinks available during the day, please bring your own lunch - there will be cake! All are welcome - no pre-booking necessary

Website: thekindlers.webs.com

The Kindlers

The Kindlers run workshops for Quaker Meetings on themes like prayer, deepening worship, and listening. The workshops are intended to be safe spaces where Friends share and explore the practice of their faith. They provide the opportunity, through a variety of activities, mostly word-based but sometimes involving art or movement, for reflection and can be both light hearted and deep. Feedback from participants is mostly very positive. Ruth and I are both Kindlers - we enjoy it very much.

The website gives more details: <http://thekindlers.webs.com/>

If you would like to attend a workshop run by the Kindlers at Acomb, please let any Elder know which topics are of interest to you.

James Mc

Guided Self-Help Group

A guided self-help group about emotional well-being is forming in **New Earswick** now to begin meeting in **February 2018**, at a mutually agreeable time and place on Thursdays or Fridays twice a month.

We have funding from The Retreat for the services of a facilitator (Mandy Coles, UKCP Psychotherapist) to get us going but the aim is to continue thereafter to support each other in controlling anxiety, low mood and depression through mutual support, friendship and caring.

If you are interested please get in touch with:

Edith Jayne: edith.jayne@me.com giving your name and contact details as well as availability :

Thursday 10 to 12 _____ Thursday 2 to 4 _____

Friday 10- 12 _____ or Friday 2-4 _____

I will then notify which date/time is most "popular".

Edith Jayne

Workshops offered by: "Quakers in France" Writing Retreat



Saturday 7 April to Sunday 15 April 2018

Are you writing (or thinking of writing) a novel, a script, poetry, non-fiction or a memoir? Escape to the sun for 5 to 8 days and be inspired to write!

475€ for shared occupancy (595€ private room)

includes 5 nights' accommodation, all meals and guidance from *Kim Hope*.

Music Week

Saturday 23 June to Sunday 1 July 2018

Lift your spirits with 5 - 8 days of musical adventure at Maison Quaker. Experience or talent not necessary--just a willingness to sing, play, learn or listen.



475€ for shared occupancy (595€ private room)

includes 5 nights' accommodation, all meals and musical fun with *Jeff Dershin*.

AND two Artist Retreats

Friday 11 May to Monday 21 of May and

Friday 21 September to Monday 1 October 2018



We invite artists (professional or amateur) to join us for 6-10 days of creating and camaraderie in the south of France.

695€ (575€ for shared occupancy) includes 6 night's accommodation, most meals, transportation and guidance and encouragement from *Kate Hale*.

Judy and Dave

Maison Quaker

11, Avenue des Quakers

30111 Congenies, France

Phone +33 (0)4 66 71 46 41

<http://www.maison-quaker-congenies.org/>

Thoughts on Vocal Ministry

Vocal ministry often surprises me. If the spoken words are in tune with what I am thinking, I find that it can be both comforting and inspiring. There are other times when the ministry may be more of a challenge.

Most often I find myself wondering, "How do people know that what they are thinking is meant to be shared?" I sit in MfW listening for the "still, small voice" (1 Kings 19:12) and remembering that God asked Elijah, "What are you doing here?" Maybe, as Milton might have said, "They also serve who only sit and wait."

I understand that the Kindlers offer a workshop on Vocal Ministry and I would love to know if anyone else would be interested in having the chance to explore this topic further.

Loretta

Quaker Faith & Practice: Chapter 2 » 2.71

Meeting for worship: Vocal ministry

It should be the care of elders to foster the spiritual life of all members and to give caution and advice to Friends who share in the vocal ministry. They should look out for Friends who may be likely to help the ministry and lead them to make their right contribution to the life of their meeting, and to encourage our members to think deeply on the great issues and problems of life and the fundamentals of our faith.

This, however, is not the duty of elders alone; as any Friends may hinder the work of the ministry by a critical or unloving spirit, so their sympathy and prayers for those who speak will help to create an atmosphere in which an inspired and inspiring ministry may grow. A friendly word of thankfulness from one who has been helped is often a great source of encouragement to the minister.

1925; 1959

Dates for January 2018

Everyone is welcome at everything.

**If no venue is given, events take place at
Acomb Meeting House.**

Regular Events

Every Sunday: 10.30-11.30 Meeting for Worship (MfW) and Children's Meeting (followed by refreshments)

Every Wednesday: 11.30-12.00 MfW (+ refreshments)

1st Sunday: 9.45 Upholding Meeting before MfW
(Debbie Wright)

2nd & 4th Sunday: 12.00-12.30 'Afterword' after MfW

3rd Sunday: 12.00-13.30 Shared Lunch after MfW

Shared Lunches

Jan - April

Please see the latest information on page 8.

Special Monthly Collections

January

York Street Angels

Jenny Hartland

Please Note a full diary of events for York AM and LMs is available on the York Quakers website:

www.yorkquakers.org.uk/eventscalendar.html

Study Groups

Weds 10

10am: "The Ten Commandments"

Friday 12

7.30pm at **Hartrigg Oaks**: "The Beatitudes"
In the York room, go to the main entrance and wait to be let in.

January

Sunday 7	<u>Upholding Meeting</u> : 09.45 - 10.15 before MfW <u>Business Meeting</u> : 12:00 after MfW
Wednesday 10	<u>Study Group</u> : 10.00 before MfW (see p6 & p8)
Friday 12	<u>Study Group</u> : 19.30 at Hartrigg Oaks (see p6 & p8)
Saturday 13	<u>Kindlers</u> : Friargate 10.30-16.30 (see p2)
Tuesday 23	<u>Be Calm, Be Happy</u> : Mindfulness course 23/1-6/3 (see p9)
Thursday 25	<u>Peace Talk</u> : Friargate (see p12) ask <i>Jenny H</i> or <i>Thomas</i> for further information
Sunday 28	<u>Area Meeting</u> : 13:30 - 17:00 Harrogate
Tuesday 30	<u>Be Calm, Be Happy</u> : Mindfulness course 23/1-6/3 (see p9)

February

Sunday 4	<u>Upholding Meeting</u> : 09.45 - 10.15 before MfW
Saturday 10	<u>Kindlers</u> : Friargate 10.30-16.30 (see p2)
Thursday 22	<u>Peace Talk</u> : Friargate (see p12) ask <i>Jenny H</i> or <i>Thomas</i> for further information

If you are welcoming people to the Meeting, please remember to offer them a printed copy of the newsletter. We always have a few spare copies printed for newcomers to gain a flavour of Acomb Meeting.

Acomb Quaker Study Groups

There are now **two** Study Groups:

Day	Time	Venue
Wednesday	10.00	Acomb Meeting House
Friday	19.30	(various)

Please come and support one (or both) of these groups. They provide a space for learning and sharing about a variety of topics as well as a chance to meet people in a small group. See p6 for the dates, and topics of this month's groups.

Everyone is welcome!

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Collections

Dear Friends

Many thanks if you have volunteered to propose a charity for 2018. We will send a quick email to remind you when it is your turn.

On the first Sunday of the month could you please tell everyone about your chosen charity. It will then be your responsibility to collect the donations each week and send the money to your nominated charity at the end of the month.

If you are unable to be there one week could you please arrange for someone else to collect the money and let the Clerk know, so everyone is kept in the loop. If there is no one to collect the money there will be no collection that week.

Many thanks

Sarah Ironside & Claire Thompson

Be Calm, Be Happy - Mindfulness Course

The links between **Quakers** and **Thich Nhat Hanh** are well established from the 1970s when he worked closely with Quakers in Paris. Since then there has been mutual respect between Quakers and Thich Nhat Hanh's lay community in the UK, the Community of Interbeing (coiuk.org).

This 6-week group course teaches mindfulness meditation, in the tradition of Thich Nhat Hanh as an effective counter-balance to the stresses of life and as an opportunity to become happier.

Be Calm, Be Happy provides a gradual introduction to mindfulness meditation and key teachings on positive happy living. Each class includes guided exercises and meditations, group discussions and practical exercises led by experienced facilitators in a warm, friendly atmosphere with a maximum of 14 participants.

Course content includes:

Session 1: Stopping and calming

Session 2: Turning to the positive

Session 3: Loving communication

Session 4: Nourishing happiness

Session 5: Interdependence and community

Session 6: Guidelines for a happier life

The course, which will be held at **Acomb Quaker Meeting House**, begins on Tuesday 23 January 2018 until Tuesday 6 March, 18:30 – 21:00. We have a range of prices (£30 - £160) to make the course available to as many people as possible.

For more details and to book a place please use this link:

coimindful.eventbrite.co.uk

If you have any questions, please email:

Dr. Lauri Bower, Be Calm; Be Happy Course Co-ordinator

lauri.bower@yorkmbsr.co.uk

SHARED LUNCHES

John Bourton and Elisabeth Storrs have been asked by Elders & Overseers to review our plans for shared lunches. We plan that the first four third Sundays of 2018 (Jan-April) will be shared lunches only, i.e. with no preceding speaker.

This will give us the opportunity to discuss as a meeting how we wish to arrange our Sunday speakers and our shared lunches. The plan is to start arranging the tables and food at about 1200 and finish, having cleared up, at 1300.

John and Elisabeth welcome any views/preferences you may have.

Websites of interest

www.quakersintheworld.org/home.html

James Mc

www.yorkhumanrights.org/events/2017-12/

Heather S

A good read: "Stripping back the structure"

Do Quaker ways of working stifle the spirit or allow it to speak?
Do they welcome or exclude?

quaker.org.uk/blog/stripping-back-the-structure

Ruth Mc

Data Collection and Storage

Acomb Meeting has a list of Friends and Attenders with their contact details and a note of whether they are Friends or Attenders. You may remember that you will have signed a data consent form which provided that information. Under new regulations coming into force next year we have to be sure that people know they can check personal information which others hold on them. So, if you wish to check that our information is correct, do ask the Clerk!

Heather



Thanks to Jemma , Sasha and Sally for organising and running a very relaxed and festive evening on 8th December. 18 of us enjoyed a delicious Bring & Share meal and conversation at the Meeting House, an opportunity to get to know each other better and enjoy each other's company.





Jan 25 Does prison work?
 Do prisons leave us with a more peaceful society?
 Are there alternatives?

Tim Newell, retired prison governor, and **Graham Holgate**, serving prison officer, will discuss their views and answer questions.

Friargate 7-9pm



**Next Free Film Night:
 January 13 @ 7:00 pm
 - 9:30 pm**

Join us for a free film (actual film title will be advertised at the church only due to copyright restrictions). We'll be seated cafe style, and simple refreshments and snacks available to purchase.

Future dates: February 10, March 10, April 14

Venue: Acomb Methodist Church **Rear Hall**, 58, Front Street, Acomb, YO24 3BX Tel: 790510

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Please email items for the newsletter to:

acombquakernewsletter@gmail.com

... or give printed copy to **Loretta**

... by the **third** Sunday of the month

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