

Newsletter No 111

ACOMB QUAKER MEETING

December 2017



Love

Joy

Peace

*The light
shines
in the darkness*



THE KINDLERS

Northern Series 2018

JOURNEYING IN THE LIGHT

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

January 13 at **Friargate Meeting House**

Opening to New Light

exploring discernment, opening to new insights

Ann Banks & Val Bone

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

Dear Friends

Please do join us for a **Two Hour Meeting for Worship** at Acomb Quaker Meeting House on Tuesday 12th December from 10.00am to 12.00 noon, if you are able to.

Tea and coffee will be available from 9.30 am and again after the Meeting.

Sally Bourton

Shared Lunch: the Unitarians

To promote a free and inquiring religion through the worship of God and the celebration of life; the service of humanity and respect for all creation; and the upholding of the liberal Christian tradition.

Nowadays you will find a church which is tolerant of a range of life affirming beliefs. You will not find any creed or statement of common beliefs. It is a church which supports you on your spiritual journey, a church where it is OK to have doubts, a church where you can find your own god. It is also a church which welcomes diversity.

Our shared lunch in October was a fascinating and sometimes humorous talk by the Unitarian minister for York, Nicky Jenkins. The two extracts above are from her talk and I suspect that, like me, you think "that could be describing Quakers". On one aspect of their faith after another, God, Jesus, The Bible, religious education of children (and adults), social concern, and equality the similarity was uncanny.

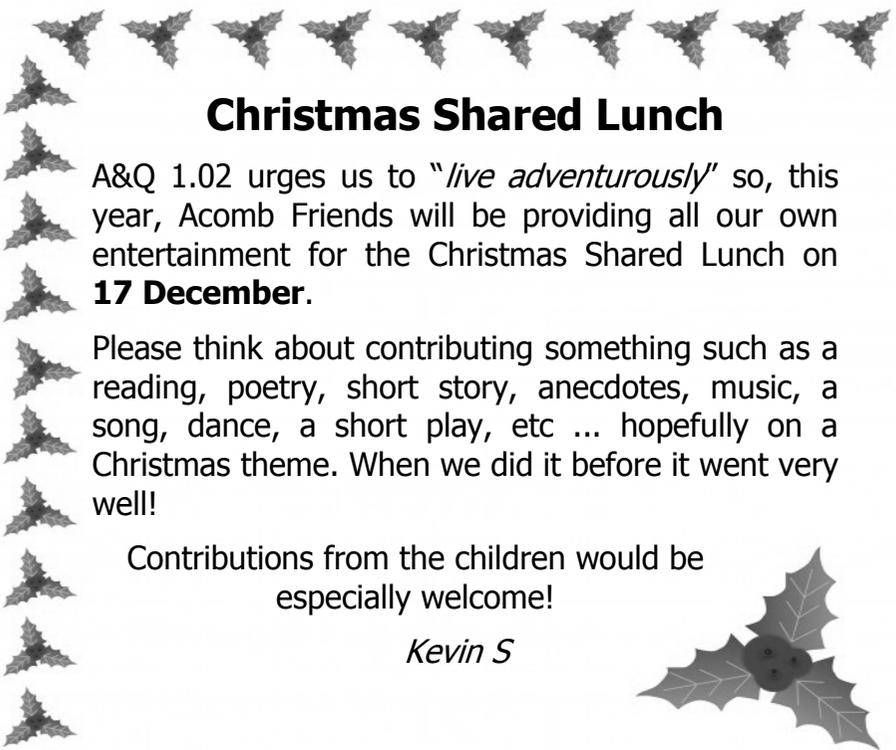
The Unitarian movement traces its beginnings back to the reformation and to the continuous strand of dissent and religious independence kept alive in various places ever since. There are Unitarians in many countries, with quite large numbers in the United States (like Quakers).

Two notable differences. They are a congregational church without a strong central structure and discipline. This seems to result in individual local churches developing their own distinctive character. The second is that their worship is programmed and includes prayers, reading, a sermon and music. Those of us who know and enjoy their lovely church in York with its fabulous acoustic and very nice piano are grateful indeed for this latter difference!

One sentence to summarise what Unitarians hold dear:

"Everybody has the right to seek truth and meaning for themselves"

John Guest



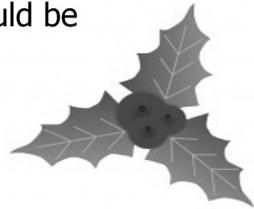
Christmas Shared Lunch

A&Q 1.02 urges us to “*live adventurously*” so, this year, Acomb Friends will be providing all our own entertainment for the Christmas Shared Lunch on **17 December**.

Please think about contributing something such as a reading, poetry, short story, anecdotes, music, a song, dance, a short play, etc ... hopefully on a Christmas theme. When we did it before it went very well!

Contributions from the children would be especially welcome!

Kevin S



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We would like to express our grateful thanks to Acomb Quakers for your generous donation of **£85**.

We greatly appreciate your encouragement and support as we continually strive to spread the message that war is no solution to the problems of the 21st century.

Many thanks

Ben Griffin

Coordinator

Veterans For Peace UK

www.vfpuk.org



'Help Refugees'

Sally & John Bourton are going to spend a week in Calais over Christmas, working as volunteers for **'Help Refugees'** in their depot sorting donations of clothing and food for refugees in Calais and across Europe. They would like to take as much as they can fit in their car of the following and would be very grateful for any donations (will collect from the Meeting House):

New pairs of men's underpants, boxer shorts not Y-fronts, sizes small and medium;

New pairs of men's socks - again, size small and medium

Gloves, hats and scarves for men

Thank you very much.

York Human Rights Indicator Report 2017 Launch Event

On 24th April this year the former Rt Hon Lord Mayor York declared the city the UK's first Human Rights City. To mark International Human Rights day, the new Lord Mayor, Cllr Barbara Boyce, will be launching the second York Human Right Indicator Report at 7pm on Thurs 7th December.

This is an opportunity for us to see how the city is progressing in improving human rights for all, and what work we have to do.

Venue: Main Hall, Priory Street Centre, 15 Priory Street, York YO1 6ET

Time: 6:30 PM – 9:30 PM

Websites of interest

www.quakersintheworld.org/home.html

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

James Mc

Heather S

Dates for December 2017

Everyone is welcome at everything.
Names indicate who to ask for more information.

**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
(usually preceded by a talk or event - for details see below)

Shared Lunches

December	Christmas Entertainment	see p4 for details
January	(to be confirmed)	

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

www.yorkquakers.org.uk/eventscalendar.html

Special Monthly Collections

December	Quaker Social Action	<i>Heather Swailes</i>
January	York Street Angels	<i>Jenny Hartland</i>

December	
Sunday 3	<u>Upholding Meeting</u> : 09.45 - 10.15 before MfW
Tuesday 5	<u>Quakers and Business Group conference</u> : 09.00-17.00 Friends House see p10
Thursday 7	<u>York Human Rights Indicator Report</u> : Priory St see p5
Friday 8	<u>Christmas Social Evening & Shared Meal</u> : see p12
Tuesday 12	<u>Two hour MfW</u> : 10-12 see p2
Saturday 16	<u>Acomb Churches Together</u> event: see p8 Gateway Centre and in Front Street
Sunday 17	<u>Shared Lunch</u> : see p4
January	
Sunday 7	<u>Upholding Meeting</u> : 09.45 - 10.15 before MfW <u>Business Meeting</u> : 12:00 after MfW
Saturday 13	<u>Kindlers</u> : Friargate 10.30-16.30 see p2
Tuesday 23	<u>Be Calm, Be Happy</u> : Mindfulness course 2 3/1-6/3 see p9
Thursday 25	<u>Peace Talk</u> : Friargate see p11 or ask <i>Jenny H</i> or <i>Thomas</i> for further information
Sunday 28	<u>Area Meeting</u> : 13:30 - 17:00 Harrogate

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 Churches Together

Please support this event on **Saturday 16th December** 11am –2pm at the Gateway Centre and in Front Street -a nativity journey with refreshments, music and crafts.

Swarthmoor Hall Visit



Over the summer James and Ruth were lucky enough to be recruited as Friends in Residence at **Swarthmoor Hall**, Ulverston in the South

Lakes area. Our job was to provide a welcoming presence to visitors to this 17th century hall, the home of Judge Thomas Fell and his wife Margaret who were instrumental in the development of Quakerism. The historic hall attracts Quakers from all over the world, eager to see the "birthplace" of Quakerism, as well as tourists in the area. There are 2 meetings for worship held each week in the great hall where George Fox and early Friends met over many years and planned their journeys. Ten minutes walk away is **Swarthmoor Meeting House**, provided for local Quakers by George Fox in 1690 as he could foresee a time when the hall would pass out of Quaker hands. It has been worshipped in continuously since then and has a wonderful still atmosphere.

The Furness peninsula is a beautiful area to explore and you can stay at Swarthmoor Hall in well appointed accommodation. It also offers short courses on aspects of Quakerism, including looking at the other historic Quaker sites in the area.

Check out the website at www.swarthmoorhall.co.uk

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

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



**Next Free Film Night:
December 9 @ 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: January 13, February 10, March 10, April 14

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

Quakers and Business Group conference

Seek unity; uphold difference; find wholeness

Practitioners and specialists will be sharing best practice over a 9am – 5pm day of experiential and interactive learning.

Working on participants' own real issues, participants will also experience how meetings may be more effective & productive, leading to wiser business decisions.

Tuesday 5 December 09.00-17.00 **Friends House**

Website: qandb.org/qbc17



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



Christmas Hospitality

HOST UK arranges for international students to enjoy a day, weekend or three night stay with British hosts in the UK. We need volunteer hosts to offer this service, to include their guests in meals and cheerful chat and the activities they might ordinarily engage in and to show our international students what a warm British welcome can mean.

We operate throughout the year but as you may imagine a great many requests for visits come for the festive season, so if you feel inclined to open your doors more information can be found on

www.hostuk.org



If the prospect appeals to you please go to:

<http://visits.hostuk.org/Public/ApplyToBecomeAHost>



Following the enjoyable shared meal and social evenings in April and July at our Meeting House, we will be holding a

Christmas Social Evening & Shared Meal

Friday 8th December from 6.30 pm

This is a bring and share supper, all are welcome, and not to worry if you are not able to bring anything for the meal. We will be there from 6.30pm and will eat at 7.00 to allow anyone coming straight from work to be there. We hope very much that you will come to the evening – bring children and family members too – and transport can be arranged so do let us know if this is needed.

Hoping very much that you can come.

Sally (07960 971019) & *Jemma* (07832 482802)

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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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