

Newsletter No 108

ACOMB QUAKER MEETING

September 2017



You'll Never Be as Radical as This . . .

Benjamin Lay was an 18th-Century Quaker dwarf who lived in a cave in Pennsylvania, ate only fruits and vegetables — “the innocent fruits of the earth” — and championed animal rights. He refused to consume any commodity produced by slave labour and was known to walk abruptly out of a dinner in protest when he found out that his host owned slaves. You can read more about him in this fascinating article:

<https://www.nytimes.com/2017/08/12/opinion/sunday/youll-never-be-as-radical-as-this-18th-century-quaker-dwarf.html>

Yearly Meeting gathering

29 July-5 August

at Warwick University.

Theme: Living out our faith in the world: working with others to make a difference.

I came away from this stimulating, week-long, triennial Quaker jamboree with hope. I heard of good and positive things going on to help make the world a better place to live in, both in action and in heart. It was a very inclusive gathering, with all ages mixing up and getting on, enjoying being together, learning together and worshipping together. Two of the highlights for me were listening to Bronwen Gray, the Quaker Chaplain at The Retreat in York, describe how environment and attentive care creates a therapeutic atmosphere for patients there, and hearing Ann le Mare, the speaker at the Quaker Concern for Population workshop, describe how empowering women both financially and through education in poorer parts of the world has helped reduce population and improve their lives – it made me determined to buy more fairly traded goods which really makes a difference.

Ruth McCarthy



Yearly Meeting Gathering

Cook Stoves for Kenya ... the sequel ...

I'm delighted to tell you that July's collection at Acomb, plus donations direct by Friends, enabled us to fund **9½** improved cook stoves (that's **£140** from the collection + **£50** donations with Gift Aid). A huge thank you to everyone!

The carbon emissions saved may seem a drop in the ocean set against the overwhelming threat of climate change ... but our donations mean 9 households cooking on more efficient wood stoves, less deforestation, less time spent collecting wood, less toxic fumes from wood burning.

The carbon emissions saved by the cook stoves we've funded are roughly equal to the carbon emissions generated by:

- * 3 return flights London to Auckland
- * or 10 return flights Manchester to New York
- * or 76 return rail journeys York to London

Just thought you'd like to know!

Here are the links if you'd like to know more or calculate your carbon emissions or donate in the future:

Global Footsteps website:

<http://www.global-footsteps.org/cookstove.php>

.. and their **Virgin Giving** page:

<http://uk.virginmoneygiving.com/charity-web/charity/displayCharityCampaignPage.action?charityCampaignUrl=CookStoves>

One more small step for a sustainable future ...

Jenny Brierley

Acomb Quaker Study Group

Meetings will be monthly on a **Wednesday** morning at 10 before MfW. The following topics had been chosen for the next few months: Please come along and support the group. Everyone is welcome.

September 27	Today's Dilemmas for Quakers
October 25	The Koran

News of Friends:

- ◇ James and Ruth McCarthy will be absent for part of September as they have gone to be **Friends in Residence** at Swarthmoor Hall near Ulverston.

Kindlers workshops in York 2018

The Kindlers, a lively group who run all-day workshops helping people explore Quakerism, will be at **Friargate** on four Saturdays next Spring. Anyone can turn up, pay at the door and join the day on **January 13, February 10, March 10 & April 28**. Themes will be announced in the Autumn but **put the dates in your diary now!**

10.00 refreshments for 10.30am start – 4.30 tea for 5.00pm finish. Workshops will be participatory with input, group-work and worship.

Come to any one of them, or come to them all.

Journey into the heart of the Quaker Way.

Message from the Treasurer

The **HSBC** bank, which is the only bank we can pay into, is closed in Acomb. Please give cheques to **Jim Oag** or put them in the **Treasurer's pigeon hole**. Many thanks.

Debbie W

Wydale Hall Residential weekend

September 29 - October 1

Theme: **Finding a balance: How can our spiritual lives encompass the demands of everyday life?**

Facilitator: **Jennifer Kavanagh**

We will shortly be sending out an email to all those going to Wydale with the programme and final information about the weekend, including lifts etc. If you have not yet paid, please could you do so – either a cheque to Acomb Quaker Meeting in Jim's pigeon hole or direct into the account:

Account Name Acomb Quaker Meeting

Account Number 00010569 Sort Code 40 52 40

Please could you inform Jim or myself when you have paid?
Many thanks to you.

Sally B

Suggested books by Jennifer Kavanagh:

- ◆ The Failure of Success (Redefining what matters)
- ◆ Simplicity made easy
- ◆ A little book of unknowing

Reading them is not compulsory!

National Quaker Week 2017

30 September - 8 October 2017

"In turbulent times: be a Quaker"

- the theme of our national Quaker Week in 2017.

<http://www.quaker.org.uk/events/quaker-week-2017>

Dates for August 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

September	Acomb and the Domesday survey! <i>Helen Snelson & Ruth Lingard</i>
October	(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

September	Veterans for Peace	<i>John Bourton</i>
October	Carecent	<i>Sarah Ironside</i>

September	
Sunday 3	<u>Upholding Meeting</u> : 09.45 - 10.15 before MfW <u>Local Business Meeting</u> : 12:00
Saturday 9	<u>Area Meeting</u> : Thirsk 13:30–16:30
Sunday 17	<u>Shared lunch</u> : see opposite
Wednesday 27	<u>Acomb Study Group</u> : Pat Hender will lead us in discussing " Today's Dilemmas for Quakers " (see p4)
Fri 29 - Sun 1 October	<u>Wydale Hall residential weekend</u> (See p5)
Sat 30 -Sun 8 October	National Quaker week
October	
Sunday 1	<u>Upholding Meeting</u> : 09.45 - 10.15 before MfW
Sunday 15	<u>Shared lunch</u> : see opposite

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Recipe: Rhubarb and Ginger Cake

This proved popular at the latest shared supper. It comes from James's sister in law, Diana, and I find it easily adapts for a lacto-free diet and freezes well. I haven't tried it for gluten free or low sugar diets.

Ingredients:

110g butter or lacto free equivalent (soya spread / Stork block)
110g caster sugar
2 eggs
110g self-raising flour, sifted
5 pieces of stem ginger, chopped into small chunks
1 tbsp of the ginger syrup (that is in the jar of stem ginger)
2 tbsp milk/soya milk or equivalent
140 g fresh rhubarb, washed and cut into 2 cm lengths
4 tbsp. brown sugar to sprinkle on top - (*I don't use 4 tbsp., but some might!*)

Method:

- pre-heat oven to 160 C, 325 F, Gas mark 3
- line cake tin - 900g (2lb) loaf tin works well
- combine and beat together fat, eggs, sugar, flour
- add chopped ginger, syrup and milk
- put in cake tin, arrange rhubarb on top, sprinkle on sugar
- bake for about 45 mins, though may take an hour or more - just keep checking till skewer comes out clean and cake is firm on top.

Enjoy!

Ruth McCarthy

Use of the Meeting House

We continue to have a high number of bookings for the Meeting House. These are mostly on-going bookings for yoga, meditation and mindfulness courses; arts and crafts for home-educated children and counselling sessions. Different sections of the City of York Council and the Community Mental Health Service use us for their staff meetings and training sessions. We are very - well, to be honest - cheap, but this helps local people who are starting up their own businesses to book us and means that we have a fairly full house. Earlier in the year there were months with 7 or 8 days with no bookings, but, in September and October, there are only 3 days with no bookings whatsoever and, in November, so far, there are only 4. I usually send out 9 or 10 invoices each month, and the amount billed in the first 6 months of the year totals £2,490. I am feeling particularly pleased with a call this morning from an organisation called International Service who want to hold a staff away-day in September. They are an international development charity protecting the rights of the most marginalised people in Latin America, West Africa and the Middle East - including the occupied Palestinian territories.

Sally Bourton

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.

Britain Yearly Meeting Gathering

29 July - 6 August 2017

It's so difficult to summarise the BYM week. So much happened, we were challenged, inspired and humbled. It was exhilarating, and also a bit overwhelming, to be among so many Quakers - 1,500, including 250 children and young people. The theme was a clear one: in the previous two years BYM explored the theme of Living Out Our Faith in the World; this time we considered how we work with others to make a difference and build a better world, and this underpinned the week. Using Heart, Head, Hands and Feet as ways of approaching the issues, the morning sessions consisted of presentations, discussions, ministry, consideration and thought about our own roles in achieving change.

But so much went on around these themes. At the same time as these sessions, there were guided walks, workshops such as James McCarthy's 'A Listening Workshop' and Michael Wright's 'Prayer beyond belief'. Meeting for Worship took place at 8 each morning, and there was an Epilogue at 9.30 each evening.

In the afternoons there were so many different workshops - over 40 to choose from. I went swimming; I attended a workshop on story telling for children and adults, two 'Medua' classes (stretch & dance); Philosophy for Children, in which I worked in a small group with four young people. John went to a Kindlers' workshop on Nurturing our Meetings; a session on Elders and Overseers; a Northern Friends Peace Board workshop and he ran a lunch-time conversation group about Veterans for Peace. He also went at 7am on a 5km run with 10 keen Friends!

The best bits? Too many to mention, but here's a try:

- When the children and young people came into the main

theatre / lecture room, there was such a buzz about them;

- The George Lakey lecture on the first morning
- Working together with the children in the philosophy workshop
- Seeing old Friends I had met in Brussels two years ago
- Meeting new Friends
- The Kindlers' workshop
- The Swarthmoor Lecture: 'Faith in Politics?' by Catherine West, MP and Quaker (a hard copy is in our library)
- John's 'Conversation' about Veterans for Peace. An ex-Navy submariner attended and his experiences had shattered him. He and his partner were so relieved to hear John talking about the long-term adverse effects of military basic training.

Sally and John Bourton

A promotional poster for Acomb Community Cinema. The text is arranged in three lines: 'Acomb Community Cinema' in a bold, dark red serif font; 'Free Film Night' in a large, bubbly orange font; and 'Films Start 7:00pm' in a bold, dark red serif font. Below the text is a graphic of a film strip curving across the frame, and a red and white striped popcorn bucket with 'fresh POP CORN' written on it. The bucket is overflowing with popcorn.

Acomb Community Cinema
Free Film Night
Films Start 7:00pm

Next Free Film Night:

September 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: October 14, November 11

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



Lottie and Debbie playing their recorders at the **Start of the Summer Holidays** Shared Meal in July. The music was delightful ... as was the abundance of delicious food and the good company.

Photo: Ellie McCarthy



Photo: James McCarthy

A moment of peace before the feasting began!

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Please email items for the newsletter to:
acombquakernewsletter@gmail.com

... or give printed copy to **Ruth** or **Loretta**
... by the **third** Sunday of the month