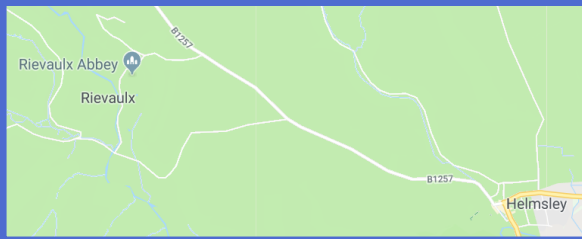


ACOMB QUAKER MEETING

September 2018



9 Quakers & friends enjoyed walking from Helmsley to Rievaulx in a big circle up hill and down dale for 9 miles. We lunched outside the beautiful chapel in Rievaulx and then rewarded ourselves at the end with tea at the walled garden café in Helmsley.



Wedding Invitation!

As a lot of you will know, we are getting married on the 29th of September in **Friargate Meeting House** at 2pm. It would be lovely to see any Acomb Friends who would like to attend.

There will be tea and cake after the meeting as well.



We have asked our guests to bring us a small piece of fabric that Holly can make into a patchwork quilt for us after the Wedding. If you would also like to bring some that would be lovely. Most fabric shops sell small scraps of fabric relatively cheaply, but feel free to be inventive and recycle old clothes or tea towels or fabric from any source you like! We have also asked for Acomb's charity for September to be **Action for Children**, a charity which supports vulnerable children and families. We are both very privileged to have come from very happy families who have given us lots of love and support growing up. As we're thinking about starting our own family we would like to remember those who are less fortunate than ourselves hence choosing to support Action for Children.

actionforchildren.org.uk

We hope to see you there!

Love

Holly and Thomas xxx

Study group at Acomb Meeting House at 19:30

Friday 28 September

Please come to share and discuss. This is a very good way "to know one another in the things which are eternal" (A&Q 18)

Refreshments provided beforehand at each session. Everyone is welcome!

Menwith Hill Worship

RAF Menwith Hill, Birstwith, Harrogate HG3 2RL is a Royal Air Force station which provides communications and intelligence support services to the United Kingdom and the United States.

Meeting for Worship outside Menwith Hill takes place on the first Saturday every two months: February, April, June, August, October and December. This action is a York Area Meeting Concern and Harrogate Meeting would appreciate support.

For details/help getting there, contact *Gilly Charters*, *Barbara Penny* or *Ruth Rymer*

Do join us, bringing a chair.

Reading list suggestions

These are some of the uplifting and enlivening writings shared at July's Study Group entitled "Writings which inspire my faith":

- ♦ 'Who on Earth was Jesus?' (2008) by David Bolton
- ♦ 'What we cannot Know' (2016) by Marcus du Sautoy
- ♦ 'Reimagining God' (2014) by Lloyd Geering - the Faith Journey of a Modern Heretic
- ♦ 'Creative Faith' (2015) by Don Cupitt
- ♦ 'Enemy Combatant' by Moazzam Begg
- ♦ 'The Lion, Witch and the Wardrobe series' by C S Lewis
- ♦ 'Island' by Aldous Huxley
- ♦ 'If this is a Man' and 'The Truce' by Primo Levi (in one volume)

Jo Fox - A Short History

I spent the first 18 years of my life in the old hillside village of Sowerby in the Yorkshire Pennines, where I was born in December 1938.

Just before my sixteenth birthday I became a vegetarian and on my birthday I was baptised into the Church of England, but decided this was not for me, and soon afterwards started to attend Quaker Meetings in Halifax. Two years later I moved to Birmingham to study Social Science with Russian at university, but left at the end of the first term due to illness. The following year I did a number of casual jobs in shops and factories while awaiting admittance to the Civil Service. I spent the following eight years working for the National Assistance Board in Birmingham, Liverpool and Bradford. A time of high immigration, poor housing, and class distinctions, also a time of great change.

On marriage I left the civil service and started a ladies fashion business in Skipton, for the first year as a mobile shop touring the Dale villages until finding an old school to convert in the town. At this time I became a member of Skipton Meeting. Seven years later we planned to move to Skye, but ended up in a large house in Harrogate which I ran as a B&B until the birth of my daughter, Mhairi. From there we moved to Holmfirth, then Carleton, then Gargrave, where I was librarian for a few years. Then onto Asenby followed by Huby, with jobs as a financial advisor, then Gillygate wholefood co-operative in the Millers Yard.

Fourteen years after originally planning to move to Skye we made it to Kyle of Lochalsh where again I became village librarian, plus being a training instructor and Job Club leader on the Isle of Skye, and I also started a community magazine, 'The Lochalsh Link'. Mhairi had piping tuition from one of the best pipers in the world and won a number of competitions. After three years Mhairi and I hitched up our caravan and, with our two cats, moved back temporarily to a caravan site in Easingwold, after buying a ruin in the middle of a field on Skye to return to. Again a number of jobs: delivering milk during the night, work at a local printers, training officer at Challis garden centre, night duty at an old people's care home while working an eight hour shift at

the local supermarket on the check out. Low wages meant long hours to earn a living for two of us. With the approach of winter and no possibility of housing, the caravan site closing, and all suitable lay bys blocked off by the council, where to stay was becoming a problem but December brought a lucky break: I secured a good job with the Post Office and Civil Service Benevolent Society, which had just moved to St George's Place on the Mount, and was able to buy a house in Skelton. Good friends from Friargate Meeting helped us settle in.

After two years we returned to Skye and lived in the caravan on a site in Dunvegan which I managed for the Castle and also sold tickets for seal boat trips for another two years until managing to get the ruin rebuilt into a very attractive house, designed by me. I was asked to start another community magazine, which I did, 'SkyeViews' published quarterly. I also held monthly meeting for Friends in the house for a number of years, until renting rooms in Broadford and Portree. Meetings still continue. The magazine led to a lot of interesting contacts and quite a lot of workshops in the house. I also planted nearly five thousand trees.

After seven years the need to earn money led to me selling the first house in 2002, living in a small caravan with a hole for a toilet, fetching water from a well, and eight months minus baths and showers; good water and energy conservation. I drew the plans, and project managed building another house on the land specifically for a vegetarian B&B, which I ran at Foxwood until October 2015. By this time I had designed and project managed another build for my retirement, while my daughter took over the business and the croft. Instead the following spring found us in Pocklington and a year later in Foxwood York.

I did find that Skye is the centre of the world, not just an outpost of Europe open to the Atlantic ocean. While there I also made two trips to India, one scheduled for ten days unexpectedly lasted three months, a camping tour through France to Cathar country in the south west, and a trip to some of the ancient cities of Turkey including Ephesus, Pergamum, and Sardis where King Croesus became rich on gold from the river caught in the fleece of sheep.

*** **

Dates for September 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 (even months): 12:00 Upholding Meeting **after** 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

September
23

Talk on Namibia

Sasha

Special Monthly Collections

September

Action For Children

Holly & Thomas

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.

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

September	
Saturday 1	Woodbrooke on the Road: 10:00-16:00 "Let your life speak": Harrogate MH HG1 5PP
Sunday 2	<u>Business Meeting:</u> 12:00 after MfW
Saturday 8	<u>Area Meeting</u> 13:30 at Thirsk Meeting House . Ask James for details and if you would like a lift.
Sunday 9	White poppy making: 12:30 Bring your own picnic lunch. (see p10)
Wednesday 19	Be Calm, Be Happy: 10:00 Mindfulness course (see p9)
Sunday 23	12-12:30 Sasha will talk about her trip to Namibia, followed by shared lunch 19:15 "Would You Adam & Eve It?" Gateway Centre (see p10)
Friday 28	Study group: 19:30 (see p3)
Saturday 29	<u>Wedding of Holly & Thomas:</u> 14:00 Friargate under the care of Acomb Meeting (see p2)
Saturday 29 - Sunday 1 Oct	Quaker Week: <u>Theme</u> "Room for More" after YMG 2017 encouraged us to "examine our own diversity".
October	
Saturday 4	Menwith Hill Worship: (see p3)
Sunday 5	Upholding Meeting: 12:00 <u>after</u> MfW Please note the new time. (see p10)
Saturday 6	"Lifting the Shadow of WW1" 09:30 Friargate yorkquakers.org.uk/ww1conferences.html

Quaker Action on Alcohol and Drugs Conference

Signposts for the soul: Pathways through addiction

13 – 15 July 2018

On Friday evening, we met for an introduction to the conference programme followed by a brief, quiet and relaxing epilogue. Saturday began with a half hour meeting for worship before an "Open Space" session which asked us to suggest subjects for group discussions on 'Signposts for the soul – Which way now: How can we use our experiences to illuminate our future pathways?'. We then chose 3 discussion groups to attend and each group produced an outline of their discussion and suggestions of actions to be taken to address issues raised.

I found that all three sessions provided thought provoking and valuable opportunities for listening to other participants and to share my views. After this energetic and energising session we broke for lunch followed by a period of free time. We then had a choice of three activities. I attended the "Open Fellowship" Meeting where a fellow alcoholic and I shared our experiences of addiction and recovery including the influence of the 12 Step Programme. This was followed by responses from the rest of the group, ending with the Serenity prayer. After dinner a choice of activities was followed by discussion and, finally, a brief epilogue to end the day.

On the last morning, after breakfast, we met as a large group to review and reflect on the weekend. Feedback from the group was very positive especially about the success of the "Open Space" session. The conference had been enriched through the attendance of individuals with a wide range of knowledge and experiences but with common goals and interests. I would thoroughly recommend this conference to anyone who would be interested in attending a lively and energised workshop for all those touched by addiction.

Maggie Coxon

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 next 6-week course, which will be held at **Acomb Meeting House**, begins on Wednesday 19 September 2018, 10:00-12:30. 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: coimindful.eventbrite.co.uk

If you have any questions, please email:

Dr. Lauri Bower - Course Co-ordinator
bcbhmindful@gmail.com

There is also an online course on Thursday evenings from 13 September, 8 shorter sessions.

Would You Adam & Eve It?

Sunday 23 September 19:15

An Acomb Churches Together event, hosted at the **Gateway Centre, Front Street, YO24 3BZ.**

We're delighted to have Searchlight Theatre coming to perform their two-man show **"Would You Adam & Eve It?"** for us in York. 'Would You Adam & Eve It?' shows what happens if you tell two chaps who like to make people laugh: dramatise all 90 chapters from the first two books of the Bible. With a few strategic speedy bits to help it achieve a 90-minute running time - it has amazed audiences around the world for the last 9 years, including the Edinburgh Fringe Festival.

The show caters for anyone aged 10 or over - with 30 **FREE** tickets available for each venue for children aged 10-17.

Tickets for adults are £5 each and are payable on the night.

Website: gatewaychurch.co.uk/adamandeve

Tel: 781983 **Email:** office@gatewaychurch.co.uk

Making White Poppies



Photo: Barry Martin

On 16 August we had a workshop to make white poppies out of felt. It was a very happy occasion and we made 16 poppies but lots more are needed to make a wreath. The next opportunity to take part is on **Sunday 9 September**, 13:00-15:00 here at the Meeting House - all are welcome.

Sally

Upholding Meeting

An Upholding Meeting will be held on the **FIRST** Sunday (even months) **after** Meeting for Worship for half an hour for the next six months and we will then review. The next one is 5 October. Please come to spend 30 minutes holding people in the light.

Everyone is welcome.



Kindlers-on-the-Road Workshop Saturday 27 October 2018

VOCAL MINISTRY

Consider the varieties of Vocal Ministry against the background of deep silent worship. A whole-day workshop framed in worship, exploring individually and in small groups. Led by **Lynda Williams** and **Angela Sansom** from the Kindlers team. Everyone is welcome.

10:00 refreshments; 10:30 start; 16:30 finish with coffee/tea.

Bring and Share Lunch

Please complete the sign-up sheet in the MH and/or email **John Bourton**, Convenor of Elders (johnsallyb@hotmail.co.uk) if you are able to attend.

The Kindlers: a Quaker Recognised Body grant aided by
The Pollard and Dickson Trust & Manchester and Warrington Area Meeting

White Poppies

On **Remembrance Sunday 11 November**, some Acomb Quakers will be taking part in the inter-denominational service at the war memorial on the edge of the green. We will be laying a wreath of white poppies to commemorate all the civilians who have died in all wars in the 20th and 21st centuries, alongside wreaths made by other churches in Acomb. All welcome to help make the poppies out of felt to a simple design. We will need lots so even if you can only help out with one or two that will be much appreciated. (See p 10 for next poppy-making session.)

James and Ruth McCarthy





I would like to thank everyone who was able to come to the preview night of my painting exhibition at Knaresborough Festival of Entertainment and Visual Arts (FEVA) in August. It was great to be able to share what I do with so many friends. That made the evening very special for me.

Thanks,

Lois

Please email items for the newsletter to:

AcombQuakerNewsletter@gmail.com

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

... **before** the **third** Sunday of the month

*Printed by **Inc Dot Design & Print** www.inc-dot.com*