

Newsletter No 123

# ACOMB QUAKER MEETING

January 2019



Sometimes our light goes out, but is blown again into instant flame by an encounter with another human being. Each of us owes the deepest thanks to those who have rekindled this inner light.

*Dr Albert Schweitzer*

## "Blessed are the peacemakers ..."

**Acomb Churches Together** organised a Remembrance Day service on 11 November, attended by 8 local Quakers and about 350 other people. Acomb Meeting had made white poppies which were sewn into a wreath with the inscription "**In memory of all victims of war we work for peace**".



During the service, which was led by Pete Vivash the vicar of St Stephens, Paul O'Kell laid our wreath amongst others from church congregations and

community groups as well as from individuals commemorating their relatives.

The second half of the service focused on peacemaking and how we are all responsible for this. It was lovely to have a prayer said for all people who work for reconciliation and peace. Nearly one month on our wreath was still there, having stood up better to the rain and wind than some of the others! It was good to be part of the day and especially to be able to come back to join the last 5 minutes of a deeply gathered Meeting for Worship afterwards.



*Ruth McCarthy*

## **UPDATE Special Monthly Collections 2019**

We have collections planned as shown in the list below but need suggestions for June onwards:

January	Walking Buddies
February	Naz & Matt Foundation
March	Refugees at Home
April	York Cycling without Age (York Bike Belles)
May	Carecent

We would welcome your input and support with this. Ideally you would be willing and available to:

- 1) speak about the charity at the end of each meeting during the month proposed, or if not, that you would ask somebody to do this on your behalf,
- 2) collect the money at the end of each meeting, and
- 3) send the money on to the charity confirming to me the amount and date sent on so that I can provide a report to the meeting at the end of the year.

Please send your suggestions to: [Clare.Brint@networkrail.co.uk](mailto:Clare.Brint@networkrail.co.uk) copying in [acombquakerclerks@gmail.com](mailto:acombquakerclerks@gmail.com).

Please provide the following information:

- ⇒ Charity name
- ⇒ Contact details for the charity (website for example)
- ⇒ Month - if you have a preference

Thank you in advance.

*Clare Brint*

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You can always, always give something, even if it is only kindness!

*Anne Frank*

## Special Monthly Collection

This month we are collecting for: **WALKING BUDDIES**

Our walking buddy scheme is called **Move Mates** and our aim is to give people the confidence to get outside and get moving with one of our volunteers.

Your allocated Move Mate will meet you at your front door and accompany you wherever you want to go; perhaps it's a walk to the local shop or to pick up a prescription, or it could be a walk to an activity you've wanted to attend, maybe you fancy a walk around the block just to get you moving and have a chat.

We can help anybody of any age, people facing:

- ❖ mobility worries
- ❖ fear of falling
- ❖ social anxiety
- ❖ loneliness

Move Mates will be able to advise you on some basic exercises to help with balance and coordination too!

Move Mates are currently looking for volunteers all over the city AND people who would like to use the walking buddy service. Want to do something amazing and be a Move Mate? There's no minimum commitment, you just tell us when you're available and we'll allocate you where you're needed!



If you are interested in volunteering or using the service contact [hello@movethemasses.org.uk](mailto:hello@movethemasses.org.uk) for more details. The scheme is funded by the Ways to Wellbeing team at York CVS.

You can read more here:

[www.yorkcvs.org.uk/move-mates-brand-new-walking-buddy-scheme-launches-in-york-enabling-everyone-to-get-moving-and-out-of-their-house/](http://www.yorkcvs.org.uk/move-mates-brand-new-walking-buddy-scheme-launches-in-york-enabling-everyone-to-get-moving-and-out-of-their-house/)

Please give generously .. as you always do. Thank you!

## **Wydale Hall Weekend: October 25 - 27 2019**

The planning group have started to organize Acomb Meeting's two-yearly weekend at Wydale Hall and all are welcome.

The theme in 2019 will be '**Channelling our energies externally.**' All of us either are or have been involved in some form of activism through our jobs and/or in our community. We are increasingly aware of a call to action, 'Speaking Truth to Power' within a Quaker framework. The issue I think is how to confront but 'in a Quakerly way'.

Our facilitator for this theme will be **Cliodhna Mulhern**. Cliodhna was our facilitator at Wydale Hall in 2015 when the theme was 'Living a connected life: Aligning and nourishing soul and role'. Bearing this in mind, the theme for 2019 is a subject that we are sure Cliodhna will deliver in a way we can all identify and gain useful insights with which we can address issues which require us to 'Speak Truth to Power'.

This article is an introduction to our theme. Further information regarding practical aspects of the weekend will be communicated to the Meeting in 2019.

*Debbie Wood  
(Wydale Planning Group)*

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## **Upholding Meeting**

An Upholding Meeting will be held on the FIRST Sunday (even months) at 12:00 **after** Meeting for Worship for half an hour. The next one is 3 February. Please come to spend 30 minutes holding people in the light.

**Everyone is welcome.**

## Dates for January

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 (see p8)

**1<sup>st</sup> Sunday (even months):** 12:00 Upholding Meeting **after** MfW (Debbie Wright)

**2<sup>nd</sup> & 4<sup>th</sup> Sunday:** 12:00-12:30 'Afterword' after MfW

**3<sup>rd</sup> Sunday:** 12:00-13:30 Shared Lunch after MfW

### Shared Lunches

January  
20

York Windmill

*Jenny Hartland*

### Special Monthly Collections

January

Walking Buddies

*John 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.

**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](http://www.yorkquakers.org.uk/eventscalendar.html)

<b>January 2019</b>	
Tuesday 1	New Year's Day
Saturday 5	<u>Spiritual Nurture</u> : "Quaker Renewal" 09:30-12:00 <b>Harrogate</b> . Contact <b>Mary Meeks</b> for further details: 01423 869937
Sunday 6	<b>Business Meeting</b> : 12:00 after MfW
Saturday 12	<b>Area Meeting</b> : 13.30-16:00 <b>Harrogate</b>
Thursday 17	' <b>What is the UK doing to protect refugees?</b> ' a talk by Sir Hugh Bayley 18:30 - 19:30 <b>York University</b> (see p8)
Tuesday 22	<b>Standing up for Minorities in Egypt</b> Learning from Human Rights Defenders Lecture Series 13:00 - 14:15 <b>York University</b> (see p8)
Friday 25	<b>Study group</b> : 19:00 (see p8)
<b>February</b>	
Saturday 2	<b>Menwith Hill Worship</b> : 14:00-15:00 (see p9)

### **Mid-week Meeting for Worship**

The mid-week Meeting for Worship will take place at Muriel Acomb's home: **30 Vyner House, Front Street**. Same day and time: **11.30-12 on Wednesdays**. Please note that it would be very helpful if you could be there by 11.25 to make access easy.

If you are not a regular at the mid-week Meeting you might like to let **Heather** know if you are coming to make sure we have enough chairs.



York:  
Human  
Rights  
City

## 'What is the UK doing to protect refugees?'

– a talk by **Sir Hugh Bayley**

**January 17, 2019 @ 18:30 - 19:30**

The Amnesty International and the United Nations Association societies are holding a joint event on the University of York campus hosting Sir Hugh Bayley, the former MP of York and president of the NATO parliamentary assembly and current trustee of the International Rescue Committee to give a talk on the topic 'What is the UK doing to protect refugees?' followed by a Q&A on the same topic.

This event is open to the public and will be held in **P/L/002** ( a lecture theatre in the Physics and Electronic Engineering Building on Heslington West). The event should last around an hour and is free to attend with voluntary donations being asked to help support the work of the International Rescue Committee.



York:  
Human  
Rights  
City

## **Standing up for Minorities in Egypt**

– Learning from Human Rights  
Defenders Lecture Series

22 January 2019 @ 13:00 - 14:15

University of York – **AEW/104** Lecture Room (Alcuin East Wing)

## **Study group at Acomb Meeting House at 19:00**

### **Friday 25 January**

These meetings are always relaxed and thought-provoking so please join us to share and discuss. The next topic is: "**What is the use of the Bible today?**" We will be assisted by *Annie Rowley*, chaplain to York St. John, so please come and share your insights! Refreshments will be provided beforehand at each session. Everyone is welcome!



# Quaker Phrases clarified ... by QV's Backbencher

## “Wear thy sword ...”

... as long as thou canst. Reportedly the reply of George Fox to William Penn, when asked if a Quaker could continue to carry a sword. It reminds us of the need for each individual Friend to listen to and follow their own inner voice as led, rather than instruction from others. (Though we do well to remember this refers to daily life only in matters of conscience!)

As Quakers, we believe that our lives should speak. However, we can be carried away, and assume that our own individual leadings must automatically have universal validity, whether for all Friends, or indeed for the whole of society.

As Quakers we believe that each of us must follow our lights, accepting that our lives will be full of compromises and individual decisions. The outcomes and our responses will be personal and sometimes different. As are our lives.

One Friend's meat is another Friend's vegetarianism.

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### **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* (07808 863009), *Barbara Penny* (07737 368459) or *Ruth Rymer* (01765 677943)

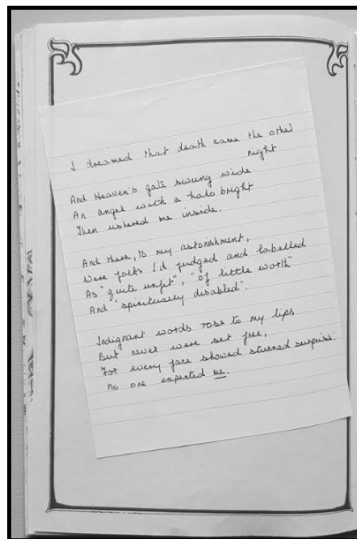
**Do join us, bringing a chair and wear warm clothing!**

**Mary Brodie** liked this anonymous poem enough to copy it out:

*I dreamed that death came the other night  
And Heaven's gate swung wide  
An angel with a halo bright  
Then ushered me inside.*

*And there, to my astonishment,  
Were folks I'd judged and labelled  
As "quite unfit", "of little worth"  
And "spiritually disabled".*

*Indignant words rose to my lips  
But never were set free,  
For every face showed stunned surprise  
No one expected me.*



## In the post

We have received a letter from Jennifer Barraclough on behalf of the Board of Trustees of the Retreat about the '**New Retreat**' which will come into being on 1st January 2019.

**QPSW Relief grants** are available - up to £4,000 per year for up to 3 years for peace-building and addressing relief of people who are suffering as a result of social and economic deprivation, natural disasters, climate change, war or conflict, but not immediate crisis relief.

[www.quaker.org.uk/our-work/grant-making/qpsw-relief](http://www.quaker.org.uk/our-work/grant-making/qpsw-relief)

Also information about the **Simmons grants** for Quaker support to overseas projects helping rural young people become self-sufficient or with an educational purpose.

[www.quaker.org.uk/our-work/grant-making/simmons](http://www.quaker.org.uk/our-work/grant-making/simmons)

## In memory of Mary Brodie



Mary came to live in York in 2000 and after a spell at Friargate (the Meeting where she had originally joined Friends some fifty years previously) she found that Acomb Meeting suited her well. She brought with her a wealth of experience from the different Local Meetings to which she had belonged: Friargate (when it was Clifford Street) Jesus Lane in Cambridge and Great Ayton.

She served as an Elder at Acomb from 2006 to 2008 despite starting her service when she was over 80. Mary never gave vocal ministry but her faithful quiet presence in Meeting every week was as valuable as any words and whether or not formally an

Elder, for many of us she fulfilled those functions.

Her wry sense of humour and mischief were much appreciated and off-set her very clear ideas of what was in right ordering and what was "The Right Way" for Friends to carry out their roles. Even in the last years of her life when she was much diminished, she could still chuckle at a joke and knew when she was being teased – and loved it.

Her last years were very difficult: she was ready to die but her body kept on going. She would often talk about wanting to be gone.

We are glad she is now at peace.



### **Matthew 21:15-16**

**15** But when the chief priests and the teachers of the law saw the wonderful things he did and the children shouting in the temple courts, "Hosanna to the Son of David," they were indignant.

**16** "Do you hear what these children are saying?" they asked him. "Yes," replied Jesus, "have you never read, 'From the lips of children and infants you, Lord, have called forth your praise?'"

*New International Version (NIV)*

Please email items for the newsletter to:

**[AcombQuakerNewsletter@gmail.com](mailto:AcombQuakerNewsletter@gmail.com)**

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

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

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