



Welcome

Welcome to the June Harrogate Extra. In summary, we've got rag rugs, dancing, walking, swinging, biking, giving, history, courses, legal eagle advance warning and piggy backs.

June Diary

- Every Sunday 10:30 am **Meeting for Worship** at Harrogate Quaker Meeting House (QMH), with Children's Meeting.
- Thur 1st June 10:30 for 10:45 am **Knaresborough Midweek Meeting for Worship** at the Bridge Café behind Gracious Street Methodist Church in Knaresborough.
- Sat 3rd June 2pm - 3pm **Meeting for Worship** next to main gate at **Menwith Hill**.
- Sun 11th June 10:30 am **Knaresborough Meeting for Worship** at Calcutt Village Hall.
- Wed 14th June 1.30 – 3.00 pm **Book Group** at Hilary Buswell's home, reading/ discussing Margaret Forster's Have the Men Had Enough. Please phone Hilary for further information: 01423 313413. New members welcome!
- Thur 15th June 12:30 - 1 pm **Midweek Meeting for Worship** at Harrogate MH followed by picnic lunch in Library.
2-4 pm **Craft Group** at Harrogate MH. Friendly craftyness.
- Sun 18th June **Special Collection** after MfW. The special collection this month is for Rug Aid Sponsored by Hilary Buswell (see more below).
- Sun 25th June **Shared Lunch** after MfW. After Shared Lunch get a taste of what is involved in making rag rugs (see more below).

More details for events this month

Special Collection and Shared Lunch Rag Rug



The Special Collection this month is in support of Rug Aid. (www.rug-aid.org) Sponsored by Hilary Buswell.

Based in Gambia's only school for the blind, Rug Aid teaches impoverished blind and visually impaired people to make rag rugs which they sell locally and to tourists. All proceeds go to the students and their families, who have no other means of support.

For a taste of what is involved in making rag rugs, hang around after Shared Lunch on 25th June.

After shared lunch there will be a workshop to allow you to try the two rag rug techniques – hooky and proddy – to create your own coaster. All materials will be provided; any donations to Rug Aid will be welcome.

If you want to work with particular colours or fabrics, please bring strips approximately 1 cm wide (the length doesn't matter), cut from thin fleece, tee shirts, old jumpers, etc. Fabric which doesn't fray is easier to work with.

Circle dance at Harrogate Meeting



We had our first Circle Dance session last month. The first evening we had 12 dancers and danced to music from around the world, some modern and some more traditional. The group is meeting on a Thursday evening, once a fortnight from 7.30 - 9.30pm. The dates this month are June 8th and 22nd. The group is for anyone, we have beginners and more experienced dancers. Its great exercise but gentle and fun. Come and join us. More information from Lizzie Rosewood or Ruth Rymer.

June Walks



The walking group is going strong. We had a record number of 15 people and 3 dogs out on the last walk.

Do come and join us. It is great fun, as you can see from the photo on the right, we even find swings along the way.

All walks are on Wednesdays and start at 10am. Contact the leader to let them know that you are coming.



Wednesday June 14th - leader **Chris Anderson** Burnsall to Grassington & back. A 7.5 mile walk from Burnsall via the river to the suspension bridge, then Hebden, High Lane to Grassington and back by Linton Falls & The Dales Way/river. Bring a snack, drink and Packed lunch.

Meet on the area by the Burnsall toilets. Travel time from Harrogate 40/45mins. via Greenhow & signed from A59, Stump Cross caverns. 1st left after Dibbles Bridge on B6265 to Burnsall. Alternatively, use B6160 past Bolton Abbey.

If unable to park on the road, the car park by the river & toilets, costs £4 (separate coins into machine) to exit!

Grassington car park we'll be walking thro', toilets cost 20p. male & female!!

Chris Anderson 01423 884718. email hchrisand@hotmail.com Mob. 07833544868 on 14 June only.

Wednesday June 28th - leaders **David and Bridget Mellor**. Meet at Burton Leonard Green 5 and half miles. [Bring a snack and drink and a packed lunch to eat on the Green at the end if you like.](#) Contact David on 01765 677118 email davidmellor@gmail.com

Quakers on bikes

We have a Quaker Walking Group, but why not a Quaker Cycling Group? The inaugural meeting will be on Sunday 4th June after Meeting for Worship. Bring a packed lunch and a road-worthy bicycle, and helmets are recommended. We will be having a leisurely ride through Knaresborough with a lunch stop at our very own Friends Burial Ground at Scotton, then on to Ripley and back via the Nidderdale Greenway. The total distance will be 15 miles, mainly on traffic-free paths and quiet country roads.

For further information contact John on 862726 or johnmargham@yahoo.co.uk

Other News

Northern Friends Peace Board funding

May BM was unable to make a decision about the way that Northern Friends Peace Board is funded partly because Friends felt that they did not know enough about what they do and how they are financed.

NFPB have an excellent website www.nfpb.org.uk I hope that Friends will take the opportunity to have a look at it.

This matter will be considered again at July BM.

Quaker History Walk 22nd July

The Yorkshire Dales Society are having a Quaker history walk on Saturday 22nd July. This is what it says in the Spring 2017 Yorkshire Dales Review:

Quaker Beginnings: Led by Dr Malcolm Petyt, this 7 mile linear walk will link three significant places associated with the visit of George Fox in 1652, regarded as the start of the Quaker movement. From the Parish Church in Sedbergh we will walk by field paths to Brigflatts, the second oldest surviving Meeting House in England, then wind cross-country to Fox's Pulpit where 1,000 Seekers heard Fox preach in 1652. Thence with splendid views of the Howgill Fells to Firbank, where cars will transport us back to Sedbergh. Moderate walk with some styles and climbing. Toilets and picnic stop at Brigflatts. Well behaved dogs on a lead welcome. Finishes in time for a cuppa in Sedbergh or why not stay on and make a weekend of it in this lovely Cumbrian town. 11:00 Meet at St Andrew's Parish Church, Main Street, Sedbergh LA10 5BZ.

If you are interested in taking part, please contact John on 862726 or johnmargham@yahoo.co.uk I will be contacting the Yorkshire Dales Society nearer the time with numbers attending.

Lent Course

Some of us went to the Long Marston Lent course, run by Gillian Georgiou, who will be coming to talk to us at Harrogate in early February in the 'Spiritual Nourishment' series on first Saturdays.

I have from Gillian an email attachment of the course outline, which she's happy for F/friends within Harrogate Meeting to receive, but, obviously, it's not for wider distribution.

If anyone would like this, please contact me on roseteresa@icloud.com and I'll forward it.

Early warning for July Shared lunch legal advice

After Shared Lunch in July, Rachel Roche LL.M. TEP a solicitor and the Managing Director of Roche Legal, a boutique law practice based in York will be giving a session on various legal aspects relating to Making a Will, Powers of Attorney, Advance Decisions and Inheritance Tax Planning.

Rachel helps all kinds of people including older clients, families, and vulnerable individuals. She is known for her friendly, reassuring style and expertise.

Outline:

Making a Will:

- Why it is important and what to consider
- What is probate? A brief overview
- The dangers of making a Will yourself
- Can your Will be challenged?

Lasting Powers of Attorney (LPAs):

- What they are and what they are for
- The different kinds of LPA
- Using an LPA to protect the future of your business

Advance Decisions:

- What they are and how they differ from Advance Statements
- Advance Decisions and LPAs

Inheritance Tax Planning:

- How Inheritance Tax is calculated

Lifts to and from Meeting

Would you like a lift to or from Meeting? Quite often friends have informal arrangements to car share but if anyone needs a lift to Meeting please can they contact me or their overseer. Offers of help to give friends lifts would also be most welcome. Please telephone 01423 520461.

Jane Hamilton

On behalf of overseers

If anyone can give me and the kids a piggy back/wheelbarrow over the Stray on a Sunday it may help my tardiness.

July QuakeVine

Friends are encouraged to send articles of general interest to the Editor of QuakeVine: Barbara Windle, by email to bwindle@waitrose.com. Please send in Word, Trebruchet 12, single spaced or by post to Eagle Cottage, 13a York Street, Dunnington, YO19 5PN.
The deadline is 12 noon, Sunday 18th June.

July Harrogate Extra

Please send all news and shareables relating to Harrogate Quakers to Moz Abbott by email HarrogateQuakerNews@gmail.com , via my pigeon hole at Meeting, or by paper aeroplane by the eve of Sunday 18th June.