



Welcome

Welcome to the May Harrogate Extra. There's quite a bit happening this month alongside the normal. Area Meeting is at Harrogate (baristas and washer uppers required), there's transformational breathing, dancing, sitting down and walking. Oh and Lemmy needs a home! Thanks to everyone who has contributed!

May Diary

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| Every Sunday | 10:30 am Meeting for Worship at Harrogate Quaker Meeting House (QMH), with Children's Meeting. |
| Thur 4th May | 10:30 for 10:45 am Knaresborough Midweek Meeting for Worship at the Bridge Café behind Gracious Street Methodist Church in Knaresborough. 7-9pm Transformational Breath introductory session at Harrogate QMH (Contact Ruth Whaling for more information) |
| Sun 7th May | MfW for Business after the regular Meeting for Worship. |
| Wed 10th May | 1.30 – 3.00 pm Book Group at Hilary Buswell's home, reading/ discussing Frank Gardner's Blood and Sand. Please phone Hilary for further information: 01423 313413. New members welcome! |
| Sun 14th May | 10:30 am Knaresborough Meeting for Worship at Calcutt Village Hall. Area Meeting at Harrogate QMH. Helpers needed please (see below). |
| Thur 18th May | 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. More hassocking and other crafty projects. |
| Sun 21st May | Special Collection after MfW. The special collection this month is for Freedom from Torture sponsored by Teresa Rose (see below for more). Followed by " Open Gathering " at noon. A chance to discover more about our Quaker Meeting (see below). |

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| Sun 28th May | Shared Lunch after MfW. After Shared Lunch Lizzie Rosewood will be telling us lots of interesting things (see below). |
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More details for events this month

Hot drink help needed for Area Meeting please!

Thank you to everyone who helped on April 22nd at the Quakers in Yorkshire day with serving teas, providing refreshments and helping to wash upthree times during the day!

Hot on the heels of Quakers in Yorkshire comes **Area Meeting on May 14th**. I'm sorry to be requesting help so soon after this event but **we need offers of help to provide hot drinks at 1.30 pm** and then **serve afternoon tea around 4 pm**.

Contributions towards the tea would be greatly appreciated.

If you are able to help in any way, by serving or bringing food, please could you let Carine Carson or Hilary Buswell know as soon as possible as I am away that weekend.

Heather Goodall

Open gathering - 12.00 on Sunday 21st May.

For those who are new, and relatively new, to our Quaker meeting in Harrogate there will be an informal open meeting at 12.00 on Sunday 21st May. Come along to ask, and discuss together, anything about practice, testimony, Quaker traditions and meeting for worship. We expect this to last about half an hour and to repeat it every third Sunday if it proves popular.

If you would prefer to approach an elder at any time with your questions rather than attend this open meeting please do!

Special collection Sunday May 21st

Freedom from Torture (Medical Foundation for the Care of Victims of Torture)

This is the only organisation in the UK dedicated solely to the treatment of torture survivors.

The organisation was founded over 30 years ago to provide direct care and practical assistance to those survivors of torture living in the UK. Over 57,000 individuals from all over the world have been referred to **Freedom from Torture** for help in this time. The London base is one of the world's largest torture treatment centres, with further centres in Glasgow, Newcastle, Manchester, Birmingham and Leeds to meet the needs of torture survivors dispersed around the UK by the Home Office.

Freedom from Torture works holistically to enable victims to start rebuilding their lives; offering medical consultation, forensic documentation of torture, individual counselling, psychological therapies including horticulture, art, drama, music and creative writing projects, and practical help for people who have survived horrific abuses of their human rights.

Freedom from Torture's doctors, psychologists and counsellors document the effects of torture and write 'expert evidence' medico-legal reports for asylum applications; and work to influence government policy and legislation in order to improve the lives of the large numbers of survivors who seek protection in the UK.

Please help to support this charity.

Shared lunch talk in May.

After the shared lunch on May 28th Lizzie Rosewood and others will be speaking on the subject 'Beyond Harrogate Meeting'. Lizzie will talk about her role on Quaker Life Central Committee and we will discuss the opportunities for Quaker service that we can be involved in at Area, Regional and National levels.

Come and join the dance!

A Circle Dance group started at the Meeting House on Thursday 27th April. The group meets fortnightly on a Thursday evening from 7.30pm – 9.30pm. The May dates are therefore, Thursday May 11th and Thursday May 25th. Cost £3.

Please come and enjoy some gentle exercise to music from around the world. No experience necessary. We would love to establish this group for the Meeting and for outreach, bring friends, everyone welcome. If you would like more information please ask Ruth Rymer or Lizzie Rosewood.

Come and join the sitting down!

All Welcome - Drinks on Friday 26th May

Hi, following the success of the last informal Quaker drinks, which involved beer, crisps, impromptu charades and much chatting to people we hadn't chatted to before, all are invited to The Coach and Horses (on West Park in Harrogate) on Friday 26th May, any time after 8 pm. You can come for just one drink or find that it is so much fun that you stay until the pub closes (like last time!). No need to RSVP, there's no formal organisation of this, but if you have any questions then feel free to ask Matthew, Moz, Michaela or Nicholas.

Cheers, see some of you then.

Come and walk about a bit - May Walks



All walks are on Wednesdays and start at 10a.m. Please contact the leader to let them know that you are coming. The photo on the right is to show that we are not just fair weather walkers, sheltering under a tree, on a rainy day, we are still having fun!



May 3rd. Leaders: Heather and Tony Goodall. 6 miles.

Meet Ripley Car Park near toilets. Bring a snack and there are picnic tables if you want to bring a packed lunch to eat at the end or you could have a Ripley ice cream or visit the cafe. Contact Goodall's on 01423 501055 or by email heathergoodall56@gmail.com or tonygoodall@talktalk.net

May 17th. Leaders: Tom and Helen Holland. 5 miles.

Meet Spofforth Castle.

Bring a snack and if you want to bring a packed lunch there are picnic tables near the Castle. Contact Hollands on 01423 549701 email: st.win@ntlworld.com

May 31st. Leader: David Jenkins. 7miles.

Reference, Ordnance Survey sheet 289 (Leeds and Harrogate) grid 390429 near Stubbing Moor. I think the easiest way from Harrogate is via Spofforth, Wetherby. Go through the centre of Wetherby, heading out over the Wharfe Bridge as if making to Leeds on the A58. Having crossed the Wharfe, at the big roundabout head south for Bramham and Thorne on the A168. Drive for about 1.5 miles until the next roundabout. Here, continuing on the A168 follow the signs for Bramham and Thorne after approx 2 miles you arrive at a 'T' junction. Turn right here following sign to Thorne. After about 1 mile the road bears round left marked by prominent

black and white 'road bend' signs. Here drive STRAIGHT ON passed cottages on the right. After approx a mile you arrive at the meeting point. Usually dog walkers cars parked.

Contact Davis on: landline number is 01937 574473, mobile 07948 273121 email: d_jenkins14@hotmail.com

Other News

Elders Corner

Heart and Mind Prepared

In Advices and Queries 9 we are asked to come to "Come to meeting for worship with heart and mind prepared". We remember that bit (even if we don't always do it!) – but the Advice continues: " Yield yourself and all your outward concerns to God's guidance so that you may find 'the evil weakening in you and the good raised up'."

Meeting for worship is astounding. The spirit can move in unexpected ways whilst we are all together. During the week you may come across a reading that you feel might be helpful to others. If you bring it, and have it with you in meeting, be prepared to accept that it may not be right for today's meeting.

Quaker Peace & Social Witness Spring Conference Journeys of Witness

24-26 March 2017 at The Hayes Conference Centre, Swanwick, Derbyshire

In March Jane Hamilton and Paul Whitmore represented York Area Meeting at the QPSW Spring Conference. We both had a fascinating weekend learning about the work of QPSW and meeting almost 200 Quakers. Paul has been attending Meeting for two years and he found that many of the delegates were also new to Quakerism, so like him it was the first time many had been given the opportunity to meet Friends from outside their local Meeting.

Quaker Peace & Social Witness seeks to support Friends to translate faith into action and to be part of a movement for positive social change. The conference aimed to show delegates how QPSW works in the world on behalf of Friends and how individuals and Meetings can get involved with help and support from QPSW.

We learned about the need for a person to take one step at a time on their life journey seeking inner guidance. Being a Quaker and taking action overlap but there is a need for discernment, reflection on leadings, and asking the questions "what can Quakers bring to this work" and "is it

right for here and now." It is important to live out our Quaker values in the world where we are at that particular time. Taking action however small can bring about change and challenge injustice.

It was very interesting to hear about the work of different QPSW departments. How the Central Committee makes decisions on the work carried out by QPSW on behalf of Britain Yearly Meeting. Jane attended two workshops 'Towards Climate Justice' and the work of 'Introduction to Turning the Tide' project. Paul went to 'Meet the Peace-workers' and 'Making Change Happen in Occupied Palestine'.

Each workshop gave us the opportunity to explore the issues that we were most interested in. We were given much information in a very short space of time and also directed to web-sites where we could explore the subject in more depth. There was also the opportunity to meet and speak with QPSW staff in the afternoon session. This enabled us to ask questions and learn more about their work. We also found out that QPSW can connect individual Friends with a concern to others so they are not campaigning on an issue in isolation.

Throughout the conference we had the opportunity to talk to other Quakers at mealtimes and coffee/tea breaks. It was fascinating to hear about other people's journeys of faith and witness and how this has influenced their lives and their work. It was very uplifting to spend time with other Quakers who share the wish to campaign on issues such as climate change, sustainability and peace.

Jane Hamilton & Paul Whitmore

Lemmy the turtle wants a new home

Lemmy is a 10 year old turtle who would like to move home. He was loved by Ben has left home and moved to a small flat in Edinburgh, he and his wife like Lemmy but they have to be away on field trips too much and so are unable to take Lemmy back into their lives..... Lemmy needs feeding pellets once a day, 5 or 6 days a week. His filter requires a rinse every couple of weeks. His tank requires an electricity supply; pump, lights X2 and heater. The tank measures 70cm X35cm X45 high. He likes to come out of the tank occasionally to have a wander around, but will try and climb back when he has had enough!



He will live for some time (probably another 20 years) but is now fully grown, so this may not be his forever home. Children will have to be supervised as the water can grow germs.

Interested? Call Sue Clarke on 01423 880471

June 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 7th May.

June Harrogate Extra

Please send all news and shareables relating to Harrogate Quakery to Moz Abbott by email HarrogateQuakerNews@gmail.com , via my pigeon hole at Meeting, or in the medium of alphabet soup at my kitchen table by the eve of Sunday 21st May.