



## Welcome

We seem to have strayed into the realms of Picture Post this month. But there are some very interesting words too. Thanks so much to everyone who contributes!

## May Diary

Every Sunday	10:30 am <b>Meeting for Worship</b> (MfW) at Harrogate Quaker Meeting House (QMH), with Children's Meeting.
Wed 2nd May	10 am <b>Walking Group</b> . Lindley Reservoir & Washburn Valley.
Thur 3rd May	10:30 for 10:45 am <b>Midweek Meeting for Worship</b> at <b>Knaresborough</b> at the Bridge Café behind Gracious Street Methodist Church in Knaresborough.
Sun 6th May	<b>MfW for Business</b> after the regular Meeting for Worship.
Wed 9th May	1.30 – 3.00 pm <b>Book Group</b> at Hilary Buswell's home, reading/ discussing "A Life of My Own" by Claire Tomalin. Please phone Hilary for further information: 01423 313413. New members welcome!
Thur 10th April	7:30 pm - 9:30 pm <b>Circle Dance</b> at Friends Hall.
Sun 13th May	10:30 am <b>Meeting for Worship</b> at <b>Knaresborough</b> at Calcutt Village Hall. 1:30 pm <b>Area Meeting</b> at <b>Bootham School</b>
Wed 16th May	10 am <b>Walking Group</b> . Nidd Gorge circular walk thru Scotton to Brearton
Thur 17th May	12:30 - 1 pm <b>Midweek Meeting for Worship</b> at Harrogate MH followed by picnic lunch in Library. 2 - 4 pm <b>Craft Group</b> at Harrogate MH.
Sun 20th May	<b>Special Collection</b> after <b>MfW</b> is Bloodwise, sponsored by Christine and Neil Close.

	<b>Cycling and Ice Cream Group trip to Ripley</b> after MfW.
Thur 24th May	7:30 pm - 9:30 pm <b>Circle Dance</b> at Friends Hall.
Sun 27th May	<b>Shared Lunch</b> after MfW
Wed 30th May	10 am <b>Walking Group</b> . Some of the Harrogate Ringway.

## Details for events this month

### Cycling and Ice Cream Group

The Cycling and Ice-Cream group will be meeting on Sunday 20th May after Meeting for Worship. We will be having a family-friendly, mainly off road ride out to Ripley and back. You will need a bike, a packed lunch and money for an ice-cream. Cycle helmets are recommended. Next month we will be trying something different: a car-assisted ride taking in an off-road route, probably starting at Spofforth. Further details in June's Harrogate Extra. In the meantime, any questions contact John 862726.

### Harrogate District of Sanctuary dates

Note that the next social event for refugees and asylum seekers arranged by Harrogate District of Sanctuary at the meeting house will be on SUNDAY 29<sup>th</sup> April from 2 – 4pm and not on 28<sup>th</sup> April as previously advertised. It would be useful to let me (Hilary Evens) know if you plan to be there.

Other dates for your diary:-

Saturday 26<sup>th</sup> May from 6.30pm, the Iftar meal.

Sunday 15<sup>th</sup> July Social afternoon 2-4pm.

### Walking Group May Walkies





We visit interesting places on our walks, you may even find yourself in Wonderland.

Please let the Leader know that you will be walking and which bobble hat you'd like to wear.

Here are the walks for May. All welcome. All walks start at 10 a.m. It is important that you let the Walk leader know that you will be there.

**May 2nd** leader **Jan Fitzmaurice**  
**6/7 miles Lindley Reservoir and Washburn Valley.** Start at the bridge over Lindley Wood reservoir on B6451 at Norwood. Park in a lay by on either side of the bridge 6-7 miles. Contact Jan on 07762 174403 or [janfitzm@yahoo.co.uk](mailto:janfitzm@yahoo.co.uk)  
Bring a snack, drink and packed lunch.

**May 16th** leader **Neil Close.** Start at the **Nidd gorge** car park (sign posted on left hand side of Knaresborough to Ripley road, just before turn off to Scotton). Circular walk through Scotton to Brearton. 5.5 miles. Bring a snack, drink and packed lunch. To contact Neil .07547020773 or [neilclose@btinternet.com](mailto:neilclose@btinternet.com)

**May 30th** leader **Lizzie Rosewood** Linear walk - 7.5 miles of **The Harrogate Ringway** Start at High Bridge Knaresborough (parking at Conygham Hall car park) walk to Pannal Church (catch train back to Knaresborough). Bring a snack, drink and packed lunch. Contact Lizzie on 07900626494 or [lizzierosewood@yahoo.co.uk](mailto:lizzierosewood@yahoo.co.uk)

## Other News

### Garden News (from Esther)

The garden has had some new planting in the form of primroses (yellow and blue) and also some large clumps of snowdrops kindly donated by Hilary Buswell. I plan to continue to plant up as we go into the spring!

Do get in touch if you'd like to get involved: [esther.wolff@hotmail.co.uk](mailto:esther.wolff@hotmail.co.uk).

## Fly Kites Not Drones



Recently the Children's Meeting had a session on Flying Kites Not Drones. Fly Kites Not Drones is an initiative for peace; a creative non-violence project for young people.

To find out more, visit the website here:- <http://www.flykitesnotdrones.org/>

We also discovered that flying kites with not much wind requires lots of running about.

## Rock Painting



Thanks to Helen for facilitating our All Age rock painting exercise after Shared Lunch last month.

It was great to see so many people get involved and see the wide variety of creations, including Matt Michelangelo Park's botanical painting.

Here are a small number of the creations drying out before they migrate into the courtyard garden.

## Guerilla Gardening

Here's a photo story... just like a comic from the 1980s... kind of.



In case you can't work it out from pictures alone, some of the Older Children donned their hoodies and embarked on a Guerilla Gardening exercise to "plant life in the street". The patch of land is just near the back of the Meeting house. If you're nearby please feel free to help cultivate.

Maybe we should extend this further and kickstart an Incredible Edible style project in Harrogate and Knaresborough (<https://www.incredible-edible-todmorden.co.uk/>).

## Some Inspiration

Recently we had a meeting where we shared thoughts on aging. Here are some inspirational and wise words from Maya Angelou on living and aging.

### **Maya Angelou at 70**

When interviewed by Oprah on her 70<sup>th</sup> birthday, Maya Angelou was asked what she thought of growing older. She said this:

"I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow."

"I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights."

"I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life."

"I've learned that making a "living" is not the same thing as "making a life."

"I've learned that life sometimes gives you a second chance"

"I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw some things back."

"I've learned that whenever I decide something with an open heart, I usually make the right decision."

"I've learned that even when I have pains, I don't have to be one."

"I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back."

"I've learned that I still have a lot to learn."

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

## What is an Overseer ?

Some Quaker Meetings call them Overseer/Contact Person. Some Meetings have Elderseers rather than separate Elder and Overseer Roles. Strictly speaking, Elders are responsible for upholding the spiritual life of the Meeting and Overseers look out for the individuals put under their "oversight" as well as encouraging Friends to think about coming into Membership, which is why it is a good idea for them to be Members themselves. There is often crossover between the roles.

Contact person is quite a good description as, if you want to know something about Quakers, that person is often a good person to ask. Sometimes Friends need emotional support and their Overseer may be a good person to contact for starters to talk things through, though we wouldn't profess to have unlimited personal resources. We might have some ideas as to other sources of available support.

We might sometimes invite the Friends in our groups or Loops as we call them to do things together. However, we're not Social Secretaries and there are many activities in Harrogate Meeting where Friends can come together, in addition to the informal networks which exist, eg family get-togethers, babysitting groups, pub/café/cinema/theatre visits, singing in choirs, playing in orchestras – if you're interested in something you can bet someone else is.

Being an Overseer is an honour but actually I like to think of all of us as Overseers. We all have a responsibility for making our Quaker Community work and in any case we all have different needs from a community.

If you don't know who your Overseer is, ask me at Meeting or e mail me at [barbaraepenny@gmail.com](mailto:barbaraepenny@gmail.com)

If you'd like to be an Overseer talk to me to find out more about it, then mention it to Nominations Committee

If you think things could work better, let me or your Overseer know but please not without offering some ideas of your own

Love Barbara [Convenor of Overseers]

## Lee O'Neal

It is with very mixed feelings that Lesley (Lee) O'Neal announces her return to Harrogate and Harrogate Quaker Meeting as from the beginning of May. Her "new" address and telephone number are 18 Westcliffe Terrace, HG2 0PU, 01423 562712. Her e-mail address remains the same, [loneal@peryer2.plus.com](mailto:loneal@peryer2.plus.com).

Just in case you weren't aware, this move back is occasioned by the death of her partner, David Peryer.

## STOP PRESS

The first 20 LearnBags have just arrived safely in Greece for children in refugee camps. We plan to send at least 30 more. Huge thanks to everyone who has helped with this project.

## June QuakeVine

Friends are encouraged to send articles of general interest to the Editor of QuakeVine: Barbara Windle, by email to [bwindle@waitrose.com](mailto: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 20th May.

## June Harrogate Extra

Please send all news and shareables relating to the wonderful world of Harrogate Quakers to Moz Abbott by email [HarrogateQuakerNews@gmail.com](mailto:HarrogateQuakerNews@gmail.com), or via my pigeon hole at Meeting. The deadline is round about when my kids finally go to sleep on Sunday 20th May (which may be very early on Monday 21st).