



## Welcome

Lots of events this month - all (well probably most) neatly summarised below. Thank you for all your wonderful contributions! No more to say, as I don't want to roll onto page 8.

## March Diary

Every Sunday	10:30am <b>Meeting for Worship</b> (MfW) at Harrogate Quaker Meeting House (QMH), with Children's Meeting.
Thur 5th Mar	10:45 - 11:15am <b>Midweek Meeting for Worship at Knaresborough</b> at the Bridge Café behind Gracious Street Methodist Church in Knaresborough.
Sun 8th Mar	10:30am <b>Meeting for Worship at Knaresborough</b> at Calcutt Village Hall.  <b>MfW for Business</b> after the regular Meeting for Worship.  Also 7:00 - 8:00pm <b>Candlelit Meeting for Worship</b> at QMH.
Tue 10th Mar	7:30 pm Session about Assisted Dying, Committee Room.
Wed 11th Mar	10:00am <b>Walking Group</b> at Fountains Abbey.
Thur 12th Mar	7:30pm - 9:30pm <b>Circle Dance</b> at Friends Hall.
Sat 14th Mar	9:30 for 10:00am - Noon <b>Spiritual Nurture Session on Everyday Spirituality</b> at QMH (for more info see below). 1:30 - 4:30pm <b>Area Meeting at New Earswick</b> .
Sun 15th Mar	<b>Special Collection</b> this month is for ' <b>Nordoff Robbins Music Therapy</b> ' and is sponsored by <b>Chris Anderson</b> .
Wed 18th Mar	1.30 - 3.00pm <b>Book Group</b> at Hilary Buswell's home, reading/discussing <b>In the days of rain by Rebecca Stott</b> . Please phone Hilary for further information: 01423 313413.

Thur 19th Mar	12:30 - 1:00pm <b>Midweek Meeting for Worship</b> at Harrogate QMH followed by a picnic lunch in the Library. 2:00 - 4:00pm <b>Craft Group</b> at Harrogate QMH 'Crochet with Lizzie Rosewood'.
Sun 22nd Mar	March 22 <sup>nd</sup> is Mother's day. There will be a <b>shared lunch</b> , but no planned event afterwards. Please join us.
Tues 24th Mar	7:30 pm Session about Assisted Dying, Committee Room.
Wed 25th Mar	10:00am <b>Walking Group</b> Blubberhouses tree trail.
Thur 26th Mar	7:30pm - 9:30pm <b>Circle Dance</b> at Friends Hall.

## More details for this month

### March Spiritual Nurture

Our next Spiritual Nurture meeting will be on Saturday 14th March. Anne-Marie Tarter, who facilitates the Ripon SPACE days, will present a morning on 'Everyday Spirituality'. We will start at 9.30am with refreshments, followed by a combination of quiet times and activities from 10am until 12 noon. Further information from John and Catherine 862726.

### Healing day

The Nationwide Quaker community is holding a Day of Healing on Saturday 7th March. Quakers all around the country will be holding Meetings for Worship for healing in Meeting Houses and people's homes sometime between 11:00am and 3:00pm. These Meetings are the place to hold people and concerns 'in the light' and radiate peace and love to our troubled world.

There will not be a Meeting in Harrogate Meeting House but we encourage Friends to join in at home or get together with others to Worship in a group.

If you are interested in being part of this day, please look at the website.

[www.quaker-healing.org.uk](http://www.quaker-healing.org.uk)

### March Candlelit Meeting for worship

Sunday March 8th Meeting House. Starting at 7:00pm for an hour.

Tea and coffee afterwards. All welcome.

### Assisted Dying

Meeting for Sufferings (MfS) has received some minutes from local meetings suggesting that Quakers should support a change in the law concerning Assisted Dying. It has asked local meetings to consider this matter and to let MfS have a wider range of thoughts. In Harrogate two sessions are planned in March. Both are in the Committee Room in the Meeting House at

7.30pm on Tuesday 10th and Tuesday 24th March. These are to consider the material already with MfS, for open discussions and to see whether, as a Meeting, we wish to take part in Quaker discernment. If you'd like to take part and have a copy of the MfS material (a brief paper -3 sides of A4) please let Gilly know. Gillian.charters@virginmedia.com  
01423 545188.

## March Walks

Spring is coming; we are beginning to see snowdrops on our walks. Everyone is welcome, all walks start at 10:00 a.m. Let the leader know that you will be coming. We are getting better at avoiding the mud, look how clean these walkers are!



### March 11th

Leader: **Ruth Rymer**

Meet at Fountains Abbey  
Visitor Centre

5 mile circular around  
Studley, 7 bridges. Bring a  
drink and a snack.

Optional packed lunch for  
the end.

To contact Ruth  
Tel. 01765 677943 or  
email  
rymer364@btinternet.com

**March 25th** Leader: **Lizzie Rosewood**. 4 miles. Blubberhouses tree trail. Meet at the Reservoir car park on the A59 Bring a drink and a snack. To contact Lizzie 07900626494 or email: [lizzierosewood@yahoo.co.uk](mailto:lizzierosewood@yahoo.co.uk)

## Meeting for Worship at Tate House:

I am arranging a Meeting with Jean Joynes. Jean has given me two possible dates- Monday 16th or Wednesday 18th March, both at 2pm. If you are interested in attending, please e-mail me at [johnmargham@yahoo.co.uk](mailto:johnmargham@yahoo.co.uk) or telephone 862726 giving your preferred date. I will then get back to you when we have decided on a date.

Thank you, Catherine Margham

## Churches Together news: World Day of Prayer

Would you like to be part of the world's largest gathering of Christians in prayer?

If so, come along to the World Day of Prayer 2020 at St Robert's Catholic Church, Robert Street, Harrogate, HG1 1HP on Friday, 6th March at 2.00 pm. Refreshments will be served after the service.

## Further Ahead

### April Show and Tell after Shared Lunch

On Sunday 26th April, after shared lunch, there will also be a 'Show and Tell' session around oriental rugs and carpets.

Bart will do a short introductory talk and bring a selection of small pieces to discuss and handle. If any Friends attending also wishes to bring a rug or two of their own, so much the better. The plan is for this to be an interactive "Show and Tell" event, where we will briefly explore the place of these weavings both in our own culture and in the cultures where they originate. And, of course, where they all meet, in artistry, craftsmanship, geography and history.

### Easter Settlement at Cober Hill, near Scarborough

For over a hundred years Yorkshire Quakers have come together over the Easter period to spend a few days living in an all-age Quaker community. While there have been numerous changes, the basic content of the time spent together has remained similar with periods for worship, sessions considering particular topics of interest to Quakers, outdoor walks and social activities.

Each year there is a different theme, led by one or more invited speakers. The theme usually allows learning, discussion and exploration of something relevant to Quakers living in the world today. The theme of the 2020 Easter Settlement will be "Ourselves, Our World", led by James and Ruth McCarthy from Friday 10 April to Monday 13 April 2020 (Easter Weekend).

See <http://quakersinyorkshire.org.uk/activities/easter-settlement/> for all the info on this (including the Booking Form).

Bookings to be made by 6 March. Families are especially welcome, hence the very low price for children. Bursaries also available for adults from Area Meeting Bursary Fund - please have a word with your Overseer.

This combination of learning, worship, fun and socialising with other Quakers in Yorkshire Friends is a very enjoyable experience; please come.

### Cycling Weekend

John Margham is thinking of organising a weekend away in the summer, based at YHA Hartington Hall, Derbyshire. This will be for two nights, Friday and Saturday. There are excellent opportunities for traffic-free cycling on the Tissington Trail, High Peak Trail and the Manifold Valley route. Please let John know if you are interested, 862726 or [johnmargham@yahoo.co.uk](mailto:johnmargham@yahoo.co.uk)



Boundaries	Waste/landfill
Focus & selectivity	Extravagance
Modesty	Mental clutter
Co-operation, sharing	Over-stimulation & isolation
Wisdom, joy & trust	Individual ownership
Inner & outer peace	Inattention ('inner tension')
Value & appreciate what we have: functional & fit for purpose	Burdensome
Live in the present & enjoy the moment	Overconsumption
Not easy to achieve	
Social justice & fairness	
Community	
Making time for each other	
Share food (soup!) at home/at meeting	
Liberation	
Light, nature & sunshine	
Music	
Let go: 'Let it Be'	

We then considered how we might bring more simplicity into our lives and overcome some of the challenges:

- Share experiences with friends rather than give gifts
- Understand what is 'enough' and accept it: 'make do and mend'
- Think about purchasing choices: local, independent, organic, seasonal, etc
- Consider financial choices when we spend, invest or donate, eg by offsetting
- Acknowledge the complexities involved and accept the need for compromises
- Campaign for structural change (eg housing policy, mental health support)
- Find allies and build community
- Co-operate to share resources and possessions; consider co-housing

Last but not least:

- Know your inner purpose and explore the meaning of spiritual simplicity

We finished by making a note of our individual wishes and ideas from the workshop.

## Quakers in business podcast

Andrew Gray has been appointed by The Friends Journal (based in the US) (<https://www.friendsjournal.org/>) to host their new podcast on the topic of Quakers in business. Andrew will be interviewing Quakers in business. Friends Journal are looking for suggestions of Quakers in business to interview, in any part of the world. If you have any suggestions (related to Quakers in business - not about what to have for tea), please email Andrew at [andrewg@truthlegal.com](mailto:andrewg@truthlegal.com).

## Small Pleasures

Since Alison Bayne read out an extract about Grandmothers from Small Pleasures at Meeting some time ago, several Friends have asked her how to get hold of a copy.

Published by The School of Life, Small Pleasures is in hardback, ISBN-13 9780993538735, and can be ordered from local bookshops, Ebay etc, or from The School of Life website shop <https://www.theschooloflife.com/shop/tsol-press-small-pleasures-book/>

Chapters include: Being Up Late at Night, A Hot Bath, A Book That Understands You, Gazing out of a Window, Pleasant Exhaustion after a Productive Day and Whispering in Bed in the Dark.

## Help wanted for fundraising

Lizzie Rosewood is planning a fundraising Table Top sale at the Meeting House on the morning of Saturday 4th April.

Please get in touch with her if you can help either planning, publicity, on the day (serving in the kitchen, washing up, on the door, clearing up) or by baking.

Book a table. Cost £10. Sell stuff you don't need. You can raise money for yourself or a charity. Please tell everyone you know to come!

The funds are for the District of Sanctuary Refugee Women's group to enable them to go on visits to coffee shops and to take their toddlers to Hesketh Park Farm. Some of the refugee families have been experiencing hate crime. These trips are really important for their wellbeing. Contact Lizzie Rosewood [lizzierosewood@yahoo.co.uk](mailto:lizzierosewood@yahoo.co.uk) or text 07900626494

## April Harrogate Extra

Please send all Harrogate or Quaker Friendly news & views to Moz Abbott by email [HarrogateQuakerNews@gmail.com](mailto:HarrogateQuakerNews@gmail.com), or via my pigeon-hole at Meeting, wet wood smoke signals no longer accepted from 2023. The deadline is 22nd March.