



FORTY-THREE

OXFORD FRIENDS' MEETING
43 ST.GILES OXFORD OX1 3LW

NEWSLETTER

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SEPTEMBER 2013

40 pence



In February, Local Meeting minuted: 'Low Cost Trauma Therapy service at 43 St Giles on Mondays: Jane Fisher, Sandra Figgess and Janet Toye are asking the Meeting to support their exploration

of the feasibility of setting up such a service on the basis that if this went ahead they would be able to use the Short and Long Rooms on Mondays rent-free... We agree to this request and look forward to hearing more in due course.' (11/13)

Seven months later, we would like to report back that we have talked to many colleagues and have been in contact with various organisations including Mind, Restore, Refugee Resource and the Community Mental Health Team. We have been encouraged to go forward with this very small service, which we see as being something of a pilot project. We now have a name – MEET in Oxford, which is an acronym for Making EMDR and Energy Therapy more accessible in Oxford and we have a short description of our service:

MEET in Oxford provides a low-cost trauma-focused therapy service using fully qualified and highly experienced psychotherapists. We offer the trauma therapies known as EMDR and Energy Therapy to people whose lives are seriously affected now by difficult experiences in the past and who are unable to pay the usual fees for private therapy or to access it through the NHS.

We have a constitution as a small unregistered charity. We have a micro-website www.oxnet.org.uk/meet/homepage which is hosted by Oxfordshire Community and Voluntary Action. Do visit it! We also have an email address (meetinxford@gmail.com), a phone number (07531 195291) and a bank account with the Co-op. We have drafted referral forms for clients and professionals. Premises and Finance Committee have soundproofed the wall between the Long and Short rooms. We are almost ready to begin!

We expect our running costs to be very low. We hope to raise what we need partly from small contributions by our clients and partly from small donations from our Friends and colleagues through the BT-sponsored website MyDonate which also collects Gift Aid on donations.

We have arranged to have a Friday with Friends on **4 October** (see p. 5) and we plan to start seeing clients from early January 2014.

Sandra Figgess, Janet Toye and Jane Fisher

From Quaker Faith and Practice

I saw also that there was an ocean of darkness and death, but an infinite ocean of light and love, which flowed over the ocean of darkness. And in that also I saw the infinite love of God; and I had great openings.

From *QF&P* 19.03, George Fox (1647)

Deadline for contributions to the October 2013 issue: noon, Friday 20 September

Contributions, preferably of 500 words or fewer, would be appreciated to newsletter@oxfordquakers.org, and items for the calendar on page 6 can be emailed to lukesamuelmartin@gmail.com. Paper copy can be left in the newsletter pigeonhole at the Meeting House. For information: tel. 01865 557373 or visit www.oxfordquakers.org

Introducing Members and Attenders of Oxford Meeting



Hoonie Feltham

talking to Tanya Garland

My parents weren't church-goers and God was not mentioned at home. But in my primary school, God was everywhere. 'He' was part of the times I grew up in. In the

1950s there was still a religious presence in school and public organisations, so I knew about Him. I failed my 11+ and mucked up my papers applying for a private school, so we went to look at Sidcot School without me understanding that I was going to be left there. That was a shock. From my first Sunday, I would sit for three-quarters of an hour in silence. The Quaker principles are hard-wired into me after those five school years – truth-telling, simplicity, the peace testimony, seeing God in all people, equality, Margaret Fell having as much authority as George Fox and the children the same.

From Sidcot I went to LSE, to study Social Administration – a degree compiled of Social History, Social Policy, Economics and Psychology. I loved it – very left-wing and radical. I was forever protesting, banging the drum: Marxist, feminist and bolshie!

I went straight into social work in London while travelling back and forth to Bath University for my professional qualifications. At 28, I had a child on my own and in my thirties I married Hugh and we had another son. In my forties I went to Brunel where I did a Masters. My thesis was in child law, namely 'How do 'Child Panel Solicitors' ascertain the wishes and feelings of their child clients?' I did this because it falls to the solicitor to work out if the child is mature enough to instruct the solicitor independently for them to form a proper view they can rely on. This led to a lot of teaching over the next ten years, at Birmingham University, West Midlands University and for a Commercial Law Training Company in the Midlands which had a training programme for solicitors working with children. I was training about 5,000 lawyers (and social workers) communicating with children. As I was freelance, I also had cases working as a social worker while teaching and training magistrates

concerning a new law which had come in. I was in demand and it was intellectually challenging. Child Protection is a very tough job though, but from a very, very young age I had developed a very hard skin, so I could remain professional and not be affected. Eventually, I became burnt-out and had to stop.

I took a sabbatical and went to India with Hugh. There was a completely seminal moment when my unconscious thinking surfaced and I knew I couldn't play God anymore. In court I had been the guardian *ad litem* which meant I was pretty well always involved with taking children away from parents. I questioned, 'who am I to make these decisions?' and I couldn't do it anymore. When I was younger I had more confidence, or I was more naïve. As I grew older, I didn't want it on my conscience. At 56, I moved into a less onerous area: dealing with angry parents squabbling over who had control of their children and who they would live with. It was hard fitting this all in with bringing up my own two boys and with two dogs, a husband and a house in the country, and I'm glad I'm not doing it anymore.

I retired at 59, rented out our house in Oxfordshire and spent a year travelling in Latin America with Hugh. Then there was a new grandson to come home to. Ten years ago, we moved from the big house to Oxford and started coming to Meeting, transferring my membership from Banbury Meeting.

I don't believe in any God but am strongly committed to living the principles of truth, compassion, honesty and love, and I ask why these have to be attributed to a God sitting in Heaven – aren't they human values?

Because I tend to say what is on my mind, I'm told 'think, brain, before you say anything!' I'm not careful or cautious. I want to be truthful and dislike hypocrisy and even polite pretence, but I hope as I get older, I will be less controversial. I know I am a challenge to people with my direct speech.

My weakness is slipping away from the principles (above) but I think spiritual life is really about growing in compassion. If we could walk in someone else's moccasins, we would feel for that person. I like what Karen Armstrong says in her

Continued from page 3, column 2

Twelve Steps to a Compassionate Life: "As the Dalai Lama made plain, the reorientation away from self is essentially 'a call to turn toward the wider community of beings with whom we are connected, and for conduct which recognises others' interests alongside our own'. Compassion, he said, was impossible without self-restraint because 'we cannot be loving and compassionate unless at the same time we curb our own harmful impulses and desires'."

Remembering Ron

Many Oxford Friends will remember Ron Hillier, a Member of our meeting, who died in January this year after a short illness.

Ron regularly attended the 9:30 MfW, and often contributed his thoughts to Afterwords. Shortly before he died, Ron wrote an article for *Forty-Three* in which he described how, after a long spiritual journey, he joined the Religious Society of Friends in 2011. "After being deluged for years by a great avalanche of words, words, words," he wrote, "I formed the firm conviction that there are only two really important words in the English language: Love and Light." Ron had truly found his spiritual home.

A memorial Meeting for Worship will be held for Ron in the Garden Room on Saturday **21 September** from 2:15 to 3 pm, followed by tea and coffee. Everyone is welcome to attend and to give thanks for the grace of God in Ron's life.

Gwithian Doswell and **Glen Williams**
Co-clerks of Elders



Between now and August 2014, you will notice several Members of Oxford Meeting knitting furiously at any given opportunity in all shades of pink. Why, you may ask? What are we doing? Along with hundreds of other knitters from all over the country, we are creating a seven-mile-long woollen peace scarf which will stretch between Atomic Weapons Establishment (AWE) sites at Aldermaston and Burghfield, Berkshire next summer.

We are protesting in pink as a powerful and proactive way to say 'NO!' to more nuclear weapons in the UK, and are asking as many of you as possible to knit a metre of our scarf! **16 August 2014** will be the date of a fantastic day of guerrilla wool-fare, a day of creative and direct action with seven miles of knitted wool power! All of it will be turned into blankets afterwards.

Parliament will be asked to vote on whether to replace the Trident nuclear weapons system in 2016. We are knitting to tell them that we do not want over £100 billion spent on more weapons of mass destruction.

If you can knit or crochet a metre or two of this amazing pink peace scarf, then please consider joining us.

Details of how to get involved (and photos of some truly inspiring sections already knitted) are on the website: www.woolagainstweapons.co.uk

You can also contact me on 01865 513077 or Sarah Lasenby on 725991 for more information about the Oxford Quaker knitters.

Knitted pieces should measure 60 cm x 100 cm, casting on about 90 stitches, using large needles and wool in any glorious shade of pink! Creative, beautiful designs welcome or just plain knit! (You don't need to be a good knitter – I'm not – we just want the mileage!)

Sarah adds: whether your action is a blockade of the gates at AWE, a fast or vigil, or knitting for this wonderful project, all these actions can be used to encourage people you know, all over the country, to contact their MPs and tell them why we don't want them to vote for Trident renewal in 2016.

How can you do this? Whatever action you are taking, make a placard to hold up for a photo that shows what you feel about our nuclear weapons or what you would like the money spent on. Your photo could be of you alone or in a group. Then write an email saying why you don't want nuclear weapons, with the photo embedded in it and send it to all your contacts saying; 'If you agree with me, please contact your MP and ask him/her to assure you that they will not vote for Trident Renewal in the next government. Also tell them that if they cannot agree you will not be able to vote for them.' You will find a draft letter to your MP on the website: <http://actionawe.org/draft-letter-to>

help-people-contact-their-mps You can find your MP's contact details at writetothem.com

If you receive a response from your MP, please send it to sarahllasenby@googlemail.com so it can be posted on www.ActionAWE.org.

Gwithian Doswell

Learning To Be Human: John Macmurray on Education

There will be a one-day conference on this topic in the Garden Room on Saturday **5 October** starting at 10:30 am for 11 am, finishing around 4 pm. The John Macmurray Fellowship highlights a different aspect of Macmurray's thinking each year. Though he published a dozen books on philosophy in his lifetime, Macmurray's thought on education remained largely unpublished. This year a special edition of the *Oxford Review of Education* features his work. One of its contributors, Professor Julian Stern, Dean, Faculty of Education & Theology at York St John University, will be the main speaker in the morning. In the afternoon, three members of the Fellowship will give commentaries on articles from the *Review*, followed by discussion. The cost is £12, or £3 students and unwaged, plus optional lunch £7. Enquiries to johnmacmurrayfellowship@gmail.com or speak to me. **Jeanne Warren**

Collections in 2014

This is the time of year when Oxford Meeting begins to plan how to use the Collections that it takes at its Meetings during the coming year. As Convener of the small group that takes proposals on this to the Business Meeting, I would be very glad to receive suggestions from Members and Attenders of the Meeting.

As you know, each week we try to have one collection for specifically Quaker objectives: Quaker Life, Quaker Peace and Social Witness, Quaker Communications, Quaker Committee for Christian & Interfaith Relations, Quaker World Relations Committee (covering Friends World Committee for Consultation, QCEA and Middle Eastern Section), Woodbrooke, Charney Manor etc. In addition, each month we have one special collection for some good cause which is sponsored by a Member or Attender of the Meeting.

We try to ensure some continuity from year to year, but also to make some changes, so as to

bring in new good causes. Please send your suggestions (either to continue supporting a cause that we supported previously or to bring in a new cause) by means of a note in my pigeonhole or by email to cjhwatson@ntlworld.com, preferably not later than **27 September**. For the 'special collections' we ask for a short (one page maximum) description of the work done by the charity concerned, explaining why it particularly deserves our support. **Christopher Watson**



**Arrivederci,
Alessandro –
and welcome
back, Luke**



Luke Martin will fulfil many of Dave Dight's duties as warden for September. From October, Luke will resume his role of assistant warden, while we say goodbye and huge thanks to Alessandro Simari. Luke introduced himself to us on p. 4, Sept 2011 *Forty-Three*, and his interview with Tanya Garland appeared on pp 3-4, March 2012 issue. **BPM**

Fridays with Friends

In the Garden Room
The sessions will start at 7 for 7:30

Friday 27 September

What is it really like to be
homeless in Oxford?

My Story is a new booklet (£7.99 at Blackwell's Bookshop) which Oxford Quakers helped to publish. One of the contributors will be telling his story from rough sleeping to a home and a job, and volunteer **Riki Therivel** (see p. 2) will talk about compiling the book and why those who spoke to her wanted their stories told.

Friday 4 October

MEET in Oxford

If you would like to support MEET in Oxford (see p. 1), please come to this event so we can share more of our thinking with you. We also hope that you will come with ideas and suggestions, questions and offers of support. Led by **Sandra Figgess, Janet Toye, and Jane Fisher.**

CALENDAR FOR SEPTEMBER 2013

All 43 St Giles unless otherwise indicated

Sunday 1	12:30 pm	Meeting for Worship for Business	Wednesday 18	1:45 pm	Friends Fellowship of Healing
Tuesday 3	2 - 6:30 pm	Quaker Vigil (in Aldermaston) — see July 2012 issue, p. 4	Saturday 21	2:15 - 3 pm	Memorial Meeting for Worship for Ron Hillier — see p. 4
Monday 9	4 - 6 pm	Poems in the Library	Saturday 21	International Day of Peace www.un.org/en/events/peaceday	
Wednesday 11	7 for 7:30 pm	Economic Justice Group — see below	Friday 27	7 for 7:30 pm	Friday with Friends — see p. 5
Saturday 14	10:30 am and 2 pm	Area Meeting (in Swindon) — see below	Saturday 28	Time TBC	Regional Meeting (in Abingdon) — see below
Sunday 15	2:30 pm	Meeting for Worship in Adderbury MH (in addition to Oxford's)	Sunday 29	12:30 pm	Bring-and-share lunch

The Economic Justice Group

will meet in the library at 7 for 7:30 pm on Wednesday **11 September**, and all are invited. The main item for discussion will be campaigning against further extraction of fossil fuels, which unless prevented will make catastrophic climate change inevitable.

Dennis Price

Oxford Open Doors

is **14-15 September**, although we won't be participating this year owing to our building renovations.

www.oxfordopendoors.org.uk



Area Meeting will be held from 10:30 am on Saturday **14 September** in Swindon MH. After lunch, from 2 pm, **Frank Boulton** will speak on 'Nuclear Weapons in the Modern World Crisis'.

Regional Meeting is scheduled for **28 September** at Abingdon Resource & Wellbeing Centre, OX14 3GD. It is anticipated that the bulk of the day will be taken up with a consideration of how our Meetings can support us through major life events.

Robert Card

FRESHERS' FAIR!

Oxford University will hold its Freshers' Fair from **9-11 October**.

If you'd like to help out with the Quaker stall, please ring 01865 283391 or email mark.ebden@eng.ox.ac.uk.

Mark Ebdon

MEETINGS FOR WORSHIP

Sundays at 9:30 and 11 a.m. at 43 St Giles (followed by tea and coffee)

Wednesdays at 12:15 p.m. at 43 St Giles (followed by tea and coffee)

Tuesdays and **Thursdays** at 7:30 a.m. at 43 St Giles (followed by breakfast at 8 a.m.)

Sundays at 10 a.m. at The Priory, 85 Old High St, Headington

OPENING TIMES (43 ST GILES)

Wednesday - Friday, 9:30 a.m. - 1:30 p.m.

Forty-Three is available online, at www.oxfordquakers.org/newsletter

If you are considering writing an article or notice but would prefer it not to go online, please don't hesitate to contribute it. Just indicate that the piece is not for inclusion in the internet version — no reason will be asked for. Articles and notices are very welcome to appear in the print edition only, and the same applies to calendar items.

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