

Forty-Three newsletter

Number 451

November 2016



Oxford Friends Meeting

43 St Giles Oxford OX1 3LW

Cards from Banana Leaves

This month, when you enter 43 St Giles on a Sunday morning, you will notice a small group of Friends selling Christmas and greeting cards. The cards, which are made from banana leaves glued to pieces of thin cardboard, are produced by a small HIV support group in northern Rwanda. The members of the group are mostly women and children. All are either HIV-positive or have family members living with HIV.

Some of the cards depict typical nativity scenes; others show Rwandan village people going about their everyday lives; and some show African birds and animals.

The cards are sold not only at Oxford Friends, but also at the Quaker meeting houses in Cardiff and Colthouse (in the Lake District). Last year, in the run-up to Christmas, we sold £530 worth of these cards. We sent these funds to Rwanda via a local NGO, RWANERELA (Rwanda Network of Religious Leaders Living with or Personally Affected by HIV and AIDS).

RWANERELA have recently informed us that these funds have been used in the following ways:

- £200 for the 20 women and children who made the cards

- £150 to pay for medical insurance for 50 adults and children from extremely poor families
- £105 to purchase materials to make cards this year
- £60 to purchase school lunches for 5 pupils from extremely poor families, for one school term
- £15 for communication costs.

It was gratifying to learn that, through the sale of these cards, we have been able to provide meaningful assistance to 75 adults and children on very low incomes, who are also affected by the HIV epidemic, in Rwanda. However, there are many

Continued on page 2, column 1

From Quaker Faith and Practice

We are called to live 'in the virtue of that life and power that takes away the occasion of all wars'. Do you faithfully maintain our testimony that war and the preparation for war are inconsistent with the spirit of Christ? Search out whatever in your own way of life may contain the seeds of war. Stand firm in our testimony, even when others commit or prepare to commit acts of violence, yet always remember that they too are children of God.

Advices and Queries, 31

Deadline for contributions to the December 2016 issue: noon, Friday 23 November

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 office@oxfordquakers.org. Paper copy can be left in the pigeonhole of any Editor.
For information: tel. 01865 557373 or visit www.oxfordquakers.org

Continued from page 1, column 2

more families in northern Rwanda still urgently in need of assistance for health care, food and education.



When you see our stall selling Christmas and greeting cards this month, please stop, take a look at the beautiful materials on display, and please purchase some for your families and friends. In doing so, you will be helping families in Rwanda who are suffering from the epidemic of HIV and AIDS in their country.

Glen Williams

To Bee or Not to Bee at 43 an update

Following my piece for *Forty-Three* during the summer I have had a number of reactions from readers. They



divide almost equally between *for* and *against*. *Against* F/friends include those who are seriously allergic to being stung; those who are concerned about possible danger to over-curious children; and expert bee-keeping Friends who don't think our garden is a very good place for bees anyway. For F/friends include those who are enthusiastic and who love the idea, but cannot give time to a bee-support team; equally enthusiastic friends who remember their parents as serious bee-keepers; and F/friends who spend a lot of time indoors and outdoors in 43 who would really like us to offer accommodation to, and help to look after, these essential, busy pollinators who are so threatened in the world at large.

Meanwhile, if you come in the back garden entrance and approach the Meeting House, you

will see that the masonry (anyway wild) bees who used to make their home in the wall by the peach tree (which tree needs replacing by the way, any offers?) have now migrated to the Meeting House roof and look very active. So we have bees anyway. I have to admit I don't quite know what to do next concerning a hive or not a hive. As your friendly garden manager, I await guidance from the good sense of the Meeting: should I seek it formally, like at a Meeting for Worship for Business?

Stephen Yeo

stephen.yeo@phoncoop.coop



Charney Manor or Woodbrooke?

Elders and the Pastoral Care Group manage a fund designed to help local Friends attend a course at Charney Manor or Woodbrooke. The usual offer is 50% off the fee. It is expected that participants will cover the travel costs themselves, unless this presents a difficulty.

Many of us have had experience of attending courses at one of these Quaker study centres and know how valuable they can be. We are currently accepting applications for the rest of 2016 and for January to March 2017 on a first-come, first served basis. Applications should be sent by post to Peggy Heeks, 80 Pegasus Grange, Whitehouse Road, OX21 4QQ or by email to peggy.heeks@regents.ox.ac.uk.

In the lobby at 43 St Giles there are reference copies of Woodbrooke's brochure, September 2016 to March 2017 and of Charney's 2016 brochure, with its 2017 brochure due to arrive soon. Further information is available from 01235868206 (Charney) and 0121 472 5171 (Woodbrooke).

Peggy Heeks

What does MEET in Oxford offer?



“MEET in Oxford” is an acronym for Making EMDR and Energy Therapy more accessible in Oxford. Oxford Meeting supports MEET by providing counselling space rent free on a Monday. As well as

offering therapy to clients, we are keen to make these relatively new and effective trauma focused therapies better known in Oxford.

EMDR (Eye Movement Desensitisation and Reprocessing) has been demonstrated by extensive research to be particularly effective for the relief of post-traumatic stress disorder (PTSD). During an EMDR session the therapist helps the client to call to mind a disturbing event and focus on the visual memory and the emotions, thoughts and body sensations that are evoked by it. The therapist then facilitates eye movements while the client is told to “just notice” what comes to mind. Each person will process information in their own unique way – sometimes focused on the detail of what happened and sometimes more focused on body sensations or symbolic associations. Eye movements are continued until the memory becomes less disturbing and is associated with more positive thoughts and beliefs such as “I did the best I could.” Intense emotions and powerful physical sensations may be experienced during an EMDR session, but by the end of the session most people report a great reduction in the level of disturbance.

A client who received eight sessions of EMDR from MEET wrote:

“I had a traumatic birth experience...which had led to post-natal depression. Despite treatment for depression, I was still experiencing flashbacks and other PTSD symptoms that simply talking about the experience could not eradicate. The EMDR has helped me to get over these symptoms, change my attitude to the whole experience and stop blaming myself...I now feel I can put the experience behind me and move forward and enjoy my family without anxiety.... I also have a better understanding of how some of my

assumptions about myself as a mother and a person have been shaped by the trauma...and so I have been able to...move forward with a more positive self-image.”

Energy Psychotherapy is a synthesis of psychotherapy with Energy Psychology (EP) methods and tools. EP has its roots in ancient knowledge about the ways in which energy operates within the body, but is now supported by a substantial evidence base. There are currently over 60 research studies confirming the treatment value of EP.

The basic principle underpinning EP methods is that trauma is encoded within the body's energy field. Simple procedures are used to guide the client to gently stimulate his or her own energy system while focusing the mind upon the target problem. Often this will rapidly release the underlying psycho-energetic structure that is generating or maintaining the current problem.

Four specific skills drawn from Energy Psychology are used in most forms of energy psychotherapy. The first skill is the use of ‘muscle-testing’, sometimes known as ‘energy-testing’, which is derived from Applied Kinesiology, and is used to make enquiries of the energy system.

The second skill is the ability to name and temporarily release self-sabotaging beliefs or “reversals” which are the energetic equivalent of psychodynamic resistances. These are beliefs such as “I don’t deserve to heal”, “I won’t be me if I get over this” and “I am too angry to heal” which are also understood to be held in the energy system, and can be addressed there, using simple energy methods.

The third skill is to identify the issue to be treated and to use words that that will focus the client on that ‘thought field’. This involves picking up on the client’s own language and combining this with the therapist’s understanding to create a brief formulation of the issue being addressed. For example, “because I was scared stiff of my Dad’s rages I am frightened of my own anger.”

The final skill is to use an energy intervention to clear and heal the trauma from that thought field. Typically, the therapist will instruct the client to hold or tap meridian or chakra points.

One client who received 15 sessions of Energy Psychotherapy from MEET wrote to us:

“I am writing to express my heartfelt thanks for the therapy I have received...It is no exaggeration to say that it has transformed my life. For the first time I am able to feel alive and present in my body and where there was anger and depression is now a gentle peace and blossoming spirituality. Also as I have improved I have seen this reflected in my children’s behaviour as they have become happier and more relaxed. I can only hope that in the long term this has broken the cycle of unhappiness that has passed down through my family. You have also provided me with tools to continue to maintain my well-being in the future.”

Sandra Figgess

Epistle from the European and Middle East Young Friends (EMEYF) All Age Gathering

In Bonn, Germany from 30 July to 6 August

We came together for a week in Bonn to celebrate the 30(ish) birthday of EMEYF with multiple generations: those who were attending EMEYF for the first time at six months old, and those who were there at the first gatherings 30 years ago. We looked back to the past, were together in the present and turned our faces to the future in hope

and determination to meet the challenges of the world today and our own lives. We hope to share with other Friends in EMES some of our experience of being time travellers. What is communication?

Since the beginning of EMEYF, we have wondered how to bridge the separation of languages. This week we were reminded that we all speak the language of silence and shared experiences.

We had discussions about aging, past and current changes in the lives of people and felt the presence of past EMEYFers among us, those who are still with us and those who are not.

They shall not grow old as we who are left grow old. Age shall not weary them, nor the years condemn. At the going down of the sun, and in the morning. We will remember them.

(Laurence Binyon, quoted on the Epistle Board)

Throughout the week we had the opportunity to share our values and faith with so many exciting people, young friends and older Friends who are looking forward to being Young Friends when they grow up. We are quite sad to see the week coming to an end, and are already looking forward to seeing the EMEYF community living and reinventing itself again and again. Thank you Friends.

George Thurley, EMEYF Secretary



'Combined' Meeting for Worship
Sunday 27 November, 10:30 – 11.30 am
 followed by coffee and tea at 11:30 am
 and a shared lunch 12:00 - 1:00 pm

Sunday 11:00 am Meeting

Wednesday Lunchtime Meeting

Sunday 9:30 am Meeting

Tuesday and Thursday Breakfast Meetings

Young Adult Friends Monday evening Meeting

experience and...
 explore stillness

The Price of Compassion

an evening of readings, thoughts and discussion

*Respecting the dignity of refugees in a fractured society -
 how ideals of common care affirm our humanity*

Mary Ogilvie Lecture Theatre
 St Anne's College, Oxford

30 November, 6:30 – 8:00pm

with
 AL Kennedy
 Roma Tearne
 Lucy Popescu
 Deborah Harrington
 Dr Helen Salisbury
 Dr Youssef El-Gingihy



Music from
 Ethiopian musician Haymanot

Introduced and chaired by
 writer and broadcaster Gillian Reynolds

tickets £10 / £5 concessions

<https://www.eventbrite.co.uk/e/the-price-of-compassion-tickets-28234629537>

presented by  NATIONAL HEALTH ACTION PARTY

Christmas Fairtrade Sale

Sunday 4 December

10:00 am – 1:00 pm
 in the foyer at number 43 St Giles

A selection of fairtrade products including
 Christmas gifts, cards,
 food, teas and coffee.



Special Remembrance

Sunday Friday with Friends

**Friday 4 November, 7:00 for 7:30 pm,
 Garden Room**

Anthony Barlow and Sue Smith

1916 was a difficult year for Quakers: universal conscription into the armed forces had been introduced and 250 young Quakers had already signed up. Anthony Barlow will talk about his relative John Henry Barlow, clerk of Yearly Meeting in 1916. He helped Friends find a clear position supporting conscientious objection.

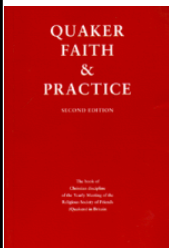
Sue Smith will talk about Henry Gillett, local doctor and Quaker who volunteered in the Friends Ambulance Unit in 1915. In 1916 he supported conscientious objectors appearing before the Oxford Tribunal.

CALENDAR FOR NOVEMBER 2016

All 43 St Giles unless otherwise indicated

Friday 4	7:00 pm	Friday with Friends (see page 5)	Wednesday 16	1:45 pm	Friends Fellowship of Healing
Sunday 6	12:30 pm	Meeting for Worship for Business	Sunday 27	10:30 - 11:30 am	Combined Meeting for Worship followed by tea and coffee (see p. 5)
Wednesday 9	7:00 pm	SEE Justice		12:00 - 1:00 pm	Bring-and-share Lunch
	6:30 pm	Interfaith Speed Dating Jewish Centre	Monday 28	7:00 pm	Dignity in Dying (see below)
Monday 14	4:00 pm - 6:00 pm	Poems in the Library (‘Willingly to School?’)	Wednesday 30	6:30 pm	The Price of Compassion St Anne’s College (see page 5)

Reading *Quaker Faith & Practice*



All Friends are asked by the Book of Discipline Revision Preparation Group to join in reading the current Quaker Faith and Practice.

Suggested chapter for November:
Chapter 24: Our Peace Testimony.

Further information and support can be found at
<http://qfp.quaker.org.uk/reading/>

Anne Watson

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.

MEETINGS FOR WORSHIP

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

Mondays at 7:00 pm Young Adult Friends
(see box opposite for further details)

Tuesdays and Thursdays at 7:30 am at 43 St Giles
(followed by breakfast at 8 am)

Wednesdays at 12:15 pm at 43 St Giles
(followed by tea and coffee)

Headington LM worships on Sundays at 10 am
at The Priory, 85 Old High Street, OX3 9HT

Young Adult Friends

meet **Mondays**

7:00 - 9:00 pm



Date

November Events

7

Theme: Testimony on Peace
an all age event with a shared supper!

14

21

Meeting for Worship and a
baked potato supper

28

Dignity in Dying

Monday 28 November

7:00 pm at Oxford Meeting House

The speakers will be: Brian Sacks who belongs to the Bristol and Bath Dignity in Dying group and took his wife to Switzerland to die. Francesca Hall, Campaigns Manager at Dignity in Dying Headquarters – who will be speaking about new campaigns following the rejection of legalising assisted dying in Parliament last year.

Hoonie Feltham

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