



# Forty-Three newsletter

Number 458  
June 2017



Oxford Friends Meeting  
43 St Giles Oxford OX1 3LW

## Galilee Quartet

*"I was raised first and foremost as a human being, and as such I feel that I cannot possibly aim an assault weapon at any other human being, be they Arab, Jewish or whoever, and so it has always been clear to me that I will not be able to join the army."*

These are the words of Omar Saad, a young viola player who performs with the Galilee Quartet. Omar comes from the Druze village of Maghar, near Nazareth. Unlike other Palestinians with Israeli citizenship, Druze young men are subject to conscription to the Israeli army when they turn 18.

Omar refused to enlist. When his brother, the violin prodigy Mostafa Saad, then aged just 16, played with Nigel Kennedy at St James Piccadilly in January 2014, Omar could not join him. He was in a military prison serving a sentence for his conscientious objection to fighting. He said that his only weapon would be music.

Reviews of the music of the Saad brothers – Omar (viola), Mostafa (violin), Ghandi (violin) – have been impressive and enthusiastic: 'Mesmerising...', 'Hauntingly beautiful... evocative...!'

The siblings have recently been joined by their 18-year-old cellist sister, Tibah, for concerts in London and Oxford organised by the Amos Trust. The programme will feature music by Beethoven, Fairuz, Mohammed Abdel Wahab and more - 'wonderfully diverse, sparking and soulful - both Oriental and Western'.

Do come along and listen to this dynamic and inspiring Galilee Quartet performing Tuesday 6 June at St Margaret's Church, 19 St Margaret's Road, North Oxford, at 7:00 pm. Tickets £10/£8. Details and sale of tickets: [amostrust.yapsody.com](http://amostrust.yapsody.com)

## Gwithian Doswell



**Deadline for contributions to the July 2017 issue: noon, Friday 23 June**

*Contributions, preferably of 500 words or fewer, would be appreciated to [newsletter@oxfordquakers.org](mailto:newsletter@oxfordquakers.org), and items for the calendar on page 6 can be emailed to [office@oxfordquakers.org](mailto:office@oxfordquakers.org). Paper copy can be left in the pigeonhole of any Editor.*  
*For information: tel. 01865 557373 or visit [www.oxfordquakers.org](http://www.oxfordquakers.org)*

## Oxford Winter Night Shelter (OWNS)

You've all heard of SWEP (Severe Weather Emergency Protocol). Now it's time to learn another acronym – OWNS (Oxford Winter Night Shelter) – and it's one that everybody in Oxford owns – or we hope soon will.

SWEP – which would have ensured that no homeless person was left on the street when the temperature dropped below freezing on three consecutive nights – never really took off in Oxford, for all sorts of reasons to do with the suitability of the premises proposed and health and safety requirements. What it did do was reveal how many people in Oxford from within and outside the churches wanted to be involved in helping homeless people.

The resulting project has been the setting up of Oxford Winter Night Shelter (OWNS), which finally began to take shape at the end of May. A group of twelve of us from the Central Oxford Churches (the Meeting counts as a church for these purposes) met to begin the process of ensuring that for the months of January, February, and March 2018 (and we hope thereafter) there will be a night shelter in Oxford whatever the temperature.

In order to comply with health and safety requirements, each of seven city-centre churches will be open on one specified night per week for the three months. Each church will supply beds, bedding, hot drinks, and snacks. Volunteers will be on hand to ensure the comfort and safety of all.

There are many details to be ironed out, not least exactly which seven churches will provide the accommodation, but four have definitely signed up and three more are 80 per cent certain. We formed ourselves into a committee, chose a chair, a secretary, and a treasurer, and set about opening a bank account – all signs of a serious intent to ensure homeless people have shelter next winter.

The SWEP project showed that there are many in Oxford who want to volunteer to work with the homeless community, and many came forward to be trained. Others, like our own Meeting, raised money which we hope can be used to start the OWNS project. There is much goodwill and enthusiasm among the churches and others. I will keep you updated as we progress.

**Elisabeth Salisbury 2**

## Sharing our Faith

At Local Business Meeting after the Combined Meeting for Worship on 7 May, we started an experiment in faith-sharing that has proved to be very popular at annual meetings of Oxford Council of Faiths. But instead of sharing details of completely different faiths, we learned about the beliefs and practices of our fellow Quakers.

We divided into pairs: for two minutes A listened while B spoke on the topic 'what my faith means to me', then A spoke while B listened. New pairs were formed, and the second question to be addressed was 'how does my faith affect my daily life?'.

We don't often talk to each other in this way, and to be given permission and encouragement to share with others the things that are eternal felt like a great privilege. As Advice and Query no. 5 reminds us, 'take time to learn about other people's experience of the light...as you learn from others can you in turn give freely from what you have gained?'.

I hope we can continue to exchange experiences and learn about each other's faiths and beliefs.

**Elisabeth Salisbury**



## Thomas Corder Catchpool, Prisoner of conscience from 1917 to 1919

May God steady me and keep me  
Faithful to the call that I have heard  
Above the roar of guns, the inhumanity all can see,  
To recruit to peace's cause with gentle word.  
Write to me each fortnight  
In letters small and tight.  
There are no enemies, just faces hate has blurred.

It is best, I think, you do not visit.  
What with a hotel overnight and travel  
It works out at eighteen shillings a minute!  
Send books instead, so the mind does not unravel;  
Grammar books in German  
To read in the sermon.  
Visits are irritants – bare feet on gravel.

I, too, am enlisted – not merely  
For three years, or the duration of the war -  
Under a Captain who calls for sacrifice simply.  
Allegiance to my own heart's voice I swore.  
Bowling only to His name  
His orders I proclaim.  
Conscience does not object – it is its own law.

### Karima Brooke (May 2017)

Corder Catchpool was a hugely inspiring Quaker. He worked for the Friends Ambulance Unit from the outbreak of war in 1914 until conscription was introduced in 1916. Then he felt he could not serve the military machine, and was imprisoned until 1919. He was then involved in relief and reparations work in Germany with the Friends War Victims Relief Committee in Berlin. For more information about Corder Catchpool's life see <http://www.quakersintheworld.org/quakers-in-action/234/Corder-Catchpool>

His prison letters are recorded in T. Corder Catchpool, *On Two Fronts* (London, 1918).

## Friends of Khwendo Kor

Oxford Meeting has included FROK (Friends of Khwendo Kor in the UK) among its collections for several years, and I hope many f/Friends are now aware of its work in Pakistan (especially the North-West and tribal areas) in setting up girls' schools (which are then maintained by the Pakistan Government), and also health and maternity clinics in remote places with conservative cultures. These FROK initiatives encourage active citizenship especially by helping women and men to register as voters, promoting tolerance of all genders, and promoting peace, both internally among ethnic groups, and internationally. FROK was first set up in York to fundraise for Khwendo Kor (itself a registered charity in Pakistan) after KK's remarkable founder, Maryam Bibi, came to do a postgraduate degree in Social Policy, and met the current FROK Chair, Dr Marilyn Crawshaw, as well as its Vice-Chair, Professor Ian Sinclair, who was Maryam's academic supervisor.

FROK holds its AGM alternately in York and Oxford, and 2017 is Oxford's turn, when Marilyn and Ian will speak about their January 2017 visit to Pakistan. Their talk will feature a remarkable strategic planning workshop shared with KK staff. They'll also show video footage of local projects, and of KK's new HQ (which under a new law had to move to a business, not residential, area) in Peshawar. Non-members are welcome to St Columba's Church on Saturday 17 June for tea/biscuits from 1:30 pm, AGM from 1:45 to 2:15 pm, and the speakers from 2:30 pm. And if you can't come to this warm and inspiring event, start saving up for Oxford Meeting's FROK collections in October! Or at least visit the FROK/KK websites. Anyone wanting to come please email Polly Griffith at: [polly@chessnuts.org.uk](mailto:polly@chessnuts.org.uk)

Patricia Wright



## 'Towards a Common Humanity' – Conversation with Letlapa Mphalele

*'He ordered retaliatory massacres in response to the killing of black school children. She lost her only daughter in one of these attacks.'* **'Beyond Forgiving'** is a powerful documentary film depicting the journey of two South Africans. Letlapa Mphalele, a black atheist man and Ginn Fourie, a white Christian woman, as they try to move beyond their pain towards forgiveness and healing and to bring reconciliation to their country post-apartheid.

In the film, we see how Ginn came to meet Letlapa, and how they talked about the structural violence of the apartheid system and the pain and anger of personal loss. Ginn later forgave Letlapa. He says that this act was the window of life for him. *'Because for a long time, I had demonized the people I was fighting and when people were reaching out and even agreeing to meet with me, it was like an opening of a world that was, until then, closed to me.'*

I found this film and subsequent discussion very moving when I first saw it in Oxford in 2015. It reaches beyond the individual stories of the South African protagonists to ask profound questions of each of us. How easy is it for us to forgive in the face of what we perceive to be huge injustice? What can be our personal role with regard to promoting reconciliation, change and peace-building between family members, within our diverse communities and between peoples and nations?

As Howard Grace, attender at Newbury Meeting and executive producer of the film wrote recently, *'When he was in the liberation struggle, Letlapa was very focussed on black people being 'My people'. But since the subsequent transformation he has been through, the whole of humanity has become 'My people'. Having this perspective is, for all us, a much better foundation from which to address conflicts.'*

Both Letlapa Mphalele and Howard Grace will be in **Oxford Friends Meeting House on Friday 30<sup>th</sup> June 7.00pm for 7.30pm** to show the film, *'Beyond Forgiving'* and have a conversation with us about

Letlapa and Ginn's story, and their subsequent work together, strengthening communities, building bridges and building hope. Letlapa and Howard will ask, 'What does it take to go **'Beyond Group Allegiances, towards a Common Humanity?'**'

The event is hosted by **Oxford Quakers and Initiatives of Change** (<http://uk.iofc.org>).

Gwithian Doswell



## Friday with Friends

Friday 8 September - the session will be a two-hour workshop on mental health, starting at 7:00 pm for 7:15 pm, in the Garden Room.

Representatives from the Quaker Life Mental Health Cluster Group will speak about 'Opening the door to talking about mental health'.

The objective is to provide an opportunity for Oxford Meeting to discuss mental health in a safe and supportive environment. This is a pilot workshop that is being trialled in several meetings. Please contact Becky Riddell for more information.

Would you like to join the Mental Health Cluster Group or find out more? Please contact Oliver Waterhouse if you are interested: [oliverw@quaker.org.uk](mailto:oliverw@quaker.org.uk) or 020 7663 1007.

**Becky Riddell**

## Accepting ageing and death/living more fully

Recently the Pastoral Care Group has been considering the many issues that ageing and deteriorating health can create for some members and attenders at our Meeting. Peggy Heeks, our cherished group member, speaking out of her experience and her study of ageing and preparation for death, has advised us through her writings – ‘Staying On’ (‘The Friend’, 21 April) and ‘Getting Ahead’ (‘Forty-Three’, May issue).

Dementia Awareness Week is from 15 to 21 May 2017, with various activities taking place around Oxford offering practical advice and information. Dementia is associated with ageing, and strikes individuals and families indiscriminately. The book ‘Comforting Touch in Dementia and End of Life Care - Take my Hand’ by Barbara Goldschmidt and Niamh van Meines (£14.99, 2011, ISBN 9781848190733) is an alternative way to inspire those wishing to support, or in a care relationship with, a dementia sufferer - and an easy 30-minute hand massage sequence is offered through step-by-step clear instructions and detailed illustrations. Recommended.

Quaker Quest, an independent outreach project of Britain Yearly Meeting (BYM), recognised by the Society of Friends as an informal group, has produced a new pamphlet on death, exploring the issues of bereavement and grief, loss, dying, and contemplating death. This has just been published, the eleventh pamphlet in the series, under the title ‘Twelve Quakers and Death’, available from The Quaker Centre, Friends House (020 7663 1030) at £2.50. Twelve Quakers have shared their own experiences of death anonymously, trying to show the reader how Quakerism has shaped their attitudes towards death, and their faith. There is a useful reading and resource list at the end of the pamphlet. Recommended.

Pastoral Care Group hope that the upcoming open coffee morning in the garden at "43" on Wednesday 7 June will attract all members and attenders, including those who may not often find it easy to come in. We are thinking particularly of those who are less mobile and more inclined not

to feel like coming into a meeting for worship, such as the infirm and lonely. If anyone would like help with transport, or if you know of a person who could be encouraged to participate - refreshments and cakes provided - please let us know as soon as possible.

**Carol Saker, Pastoral Care Group**

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## Get More Involved!

There is a great variety of roles, small and large, needed to sustain our Quaker community. You can look at a list of all of them in the black file in the office or on our website. You will also find information on who is serving in which role in these places.

Nominations Committee is asking everyone to fill in a brief questionnaire about ways in which you might consider helping. Our website now has a questionnaire for you to fill out. If you would prefer filling out a hard copy, these can be found in the Office of 43. If you have already filled out a copy, then thank you, you don't need to do another one.

Completed questionnaires to my pigeonhole or Alan Allport's, please.

**Becky Riddell**



## MEET in Oxford

Making EMDR and Energy Therapies more accessible in Oxford

MEET was established three and a half years ago, offering a low-cost trauma-focused therapy service to people whose lives are seriously affected now by difficult experiences in the past.

Come to the AGM to find out more about MEET: what we offer, and how we work.

MEET AGM 26 June, 7:00-9:00 pm at 43 St Giles, Oxford

7:00 pm AGM Business followed by Q &A about MEET in Oxford

7:45 pm Refreshments

8:00 pm Guest Speaker Judith Anderson

The Gifts and Challenges of working with New Therapeutic Paradigms

Energy psychotherapy is a significant development - a synthesis of psychotherapy and the family of energy psychology approaches.

Energy psychology has its roots in ancient understandings about how energy moves in the body and is now supported by a substantial body of research. There are currently over 60 research studies, including multiple Randomized Controlled Trials, published in professional and refereed journals, confirming the treatment value of energy psychology.

When we introduce energy psychology techniques into therapeutic practice the changes in the work can be both exciting and challenging. Intention comes to the fore and sometimes there is a new openness to the trans-personal.

Judith has been working with energy techniques for nearly a decade. In this presentation, she will use case studies and demonstration to describe her personal journey of integrating energy psychology into her practice.

*Judith Anderson is a Jungian Psychotherapist with a background in mental health as a Consultant Psychiatrist. She teaches on the Energy Psychotherapy Network Converging Streams course, has chaired Psychotherapists and Counsellors for Social Responsibility and is on the Executive Committee of Climate Psychology Alliance.*

**Sandra Figgess**

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## Sanctuary Housing

Sanctuary Hosting in Oxfordshire, Berkshire and Buckinghamshire matches homeless asylum seekers, refugees and vulnerable migrants to people in the community with spare rooms and open hearts, to stay rent free for an agreed period of time.

As well as money they need volunteer hosts – people with an open heart and a free bed to help someone who is destitute and far from their home country. And they also need ‘support workers’ – volunteers to help us ensure that the hosting process goes well and guests can move on to independent living.

<http://sanctuaryhosting.org/>

**Anne Watson**



## First Tuesday Study Group

### The Oxford Council of Faiths

Invites you to join us on the Annual Friendship Walk, Thursday 29 June 2017.

- Assemble from 5:30 pm for 6:15 pm at Synagogue, Richmond Road Jericho
- 6:40 pm St Giles Church
- 7:15 pm Radcliffe Square
- 8:00pm Central Mosque, Manzil Way.

Elisabeth Salisbury

Anne Watson

The Annual Interfaith Friendship Walk All Welcome! Thursday 29<sup>th</sup> June 2017 Assemble from 5.30pm

6.15pm Synagogue Richmond Road, Jericho Reflections & Refreshments

6.40pm St Giles' Church Reflections

7.15pm Radcliffe Square Reflections & Refreshments

8.00pm Central Mosque Manzil Way, Cowley Reflections, Meal after the walk

We are grateful to be the recipients of the High Sheriff's Community Integration Award 2015.

Supported by: The Oxford Council of Faiths, The St Michael's and All Saints Charities, Churches Together in Central Oxford, The Central Oxford Mosque, Oxford Jewish Congregation, St Giles' Church, The Madina Mosque, Bangladesh Islamic Education Centre and Mosque, Oxford Mosque Society (Bath Street), Oxford Hindu Temple & Community Centre Project, University Church of St Mary the Virgin, The Society of Friends, Wesley Memorial Church, The Asian Cultural Centre, Elite Cars Ltd, Minuteman Press and others.

Find us on Facebook and Twitter: Oxford Interfaith Friendship Walk 2017

## Friday with Friends

**Friday with Friends** will return with the title "Can we talk about God?" on **Friday 9 June at 19:00**. Led by Ellen Bassani, Deb Arrowsmith and Hoonie Feltham. After openings from Ellen, Deb and Hoonie about their experiences of God, we hope the discussion will open up so that all who attend will be able, if they choose, to express their own experiences. In planning this we hope that Quakerism, belief and nonbelief, can co-exist comfortably together; it is in this form that our Meetings work and cater for everyone.

Hoonie Feltham



# CALENDAR FOR JUNE 2017

*All 43 St Giles unless otherwise indicated*

Thursday 1	10-12	Pastoral Care Group	Monday 19	4-6pm	Poems in the library "Ears and Sound"
Friday 2	2pm	Library committee	Wednesday 21	1.45pm	Friends Fellowship of Healing
Sunday 4	12.30	Business Meeting	Friday 23	7-9pm	Elders
Tuesday 6	7-9pm	First Tuesday Study Group "Growing into Prayer"	Sunday 25	12.30-2pm	Shared Lunch
Friday 9	7-9pm	Friday with Friends "Can we talk about God?"			
Monday 12	4-6pm	Poems in the library Festival of Nature- "Garden"			

## **From Quaker Faith and Practice**

Children and young people need love and stability. Are we doing all we can to uphold and sustain parents and others who carry the responsibility for providing this care?

**A&Q 24**



*Forty-Three* is available online, at [www.oxfordquakers.org/newsletter](http://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.

*Editorial Team: SHERRY GRANUM, CATHERINE REDFORD, SUE SMITH, KEITH WILSON (Joint Editing and Production);*

*DEB ARROWSMITH, JACQUI MANSFIELD and MAX HOWELLS (Calendar and Distribution)*

## **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  
(followed by baked potato supper)

**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