



# Forty-Three newsletter

Number 469  
May 2018



Oxford Friends Meeting  
43 St Giles Oxford OX1 3LW

## Late-Spring Garden Retreat

Friends, friends, and users of our Quakerly outdoors and indoors at 43 St Giles are invited to our late-Spring Garden Retreat on Saturday 2 June from 12:00 noon till 5:00 pm. Please book, either in person or by email to [office@oxfordquakers.org](mailto:office@oxfordquakers.org), as soon as possible. As in December, numbers will be limited to 35.

In June we will centre ourselves on MEDITATION, sharing meditative and prayerful practices, perhaps particularly using WATER, in the way that we used FIRE (sitting around it) and the Breathing of Life in our biosphere (led by Alan Allport's prepared ministry) at the December Retreat. Deb's session on Meister Eckhart at Friday with Friends in March will be a continuing inspiration for this retreat.

We will gather in the Meeting House from 12 noon until lunchtime. A colourful salad (and soup) lunch will be offered. There will be poems, images and objects brought (please) by people who come, with which we will be able to organise some alternative sessions. And, as in any retreat, doing what seems to be NOTHING will be encouraged. Bring to share any object, poem or thing which you have found meditatively helpful. All welcome!

Stephen Yeo

## From *Quaker Faith and Practice*

We are seekers but we are also the holders of a precious heritage of discoveries. We, like every generation, must find the Light and Life again for ourselves. Only what we have valued and truly made our own, not by assertion but by lives of faithful commitment, can we hand on to the future. Even then, we must humbly acknowledge that our vision of the truth will, again and again, be amended. In the Religious Society of Friends we commit ourselves not to words but to a way.

Introduction, *Quaker Faith and Practice*



**Deadline for contributions to the June 2018 issue: noon, Friday 25 May**

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)

## Update on Hadija

Hadija, the Tanzanian six-year-old who is unable to walk due to an inherited genetic abnormality, has been flown to Ethiopia for treatment by Tabora League for Children with her mum and their translator, Adrian. She is well enough to don some fancy glasses and give us a big grin in this picture of her and Adrian, which was sent on 20 April.

Hadija has had four operations, and her legs and feet have been encased in external fixators since she arrived at the hospital in Ethiopia. The hospital is the nearest one to her home in Tabora, Tanzania, that offered her treatment to straighten her legs and return her club feet to usefulness, in the hope that she will walk. Her treatment will take six months. This week, pain in her right knee caused the doctor to operate again and to pause the daily straightening of that leg for two weeks.

The current hurdle is to get their three-month visa extended so that Hadija can continue her treatment.

**Margaret Paton**



## Memorial Meeting for Kate Joyce

The Memorial Service for the life of Kate Joyce will be held in the Meeting House at 3:00 pm on Saturday 5 May, followed by tea in the garden. All welcome.



## Midsummer Coffee and Cakes: Invitation to All

Pastoral Care Group invite all members and attenders at Oxford Quaker Meeting to come to a mid-morning coffee, tea, and cakes occasion in the garden on 13 June at 10:30 am. A Wednesday has been chosen so that people can stay on to attend mid-week Meeting for Worship, if they wish. We hope to see those who don't often manage to come in to 43 St Giles, but everyone is welcome.

Anyone who needs help with transport in order to attend this occasion is encouraged to contact Pastoral Care Group, or the Office if a taxi needs to be booked.

**Carol Saker**

Welcome to Isaac Joshua, son of Catherine Redford and Rebecca Marsland, born on 26 March. Please send in pictures of the other Meeting babies!



## News about Homelessness in Oxford City

On behalf of Oxford Friends Action on Poverty (OxFAP), I attended the regular 'Housing and Homelessness' meeting of Oxford City Council.

The Severe Weather Emergency Project was opened for 37 nights this winter. It was inclusive, allowing anyone to use it whether from the City or not, and also provided for dogs. In total, 141 individuals used the service, of whom 55 were fairly regular (five nights or more). A quarter of these 'regulars' were from out of the City area – thus pointing to a need for provision in other districts. All of the street population knew about the provision; there were still people, however, who would not use it for a variety of reasons, even on the coldest nights.

The churches' Oxford Winter Night Shelter, OWNS, provided 89 nights of shelter, usually for nine or ten people. Over the whole period, 25 individuals were helped, some of whom are in work but unable to afford rents. All 25 have been helped by the project more than just in terms of the provision of shelter: three now have housing and only a few have returned to the streets. This project involved 200 volunteers, some from our Meeting and Headington Meeting. Mary Gurr, the chaplain to the homeless, has had to counter what she calls 'the naive view' that churches should throw open their doors to as many as can physically fit in. The duty of care to vulnerable people, the need for knowledgeable support, etc., have to be taken into account. Reminder: we have been twinned with St Michael's Northgate for this project. It will be repeated next year, starting earlier, and neighbouring areas are likely to replicate the model.

Hostel news: after the announcement of hostel closures last year there was much better news to report. Simon House is not closing but will stay open until a new hostel in Rymer's Lane opens in due course. After some upheaval there will be 170 hostel beds in the city – not much different than before the closures.

### What to do:

As always, if you are worried about a rough sleeper you are advised by all the agencies not to give money. Warm drinks and food are better gifts.

The people to contact if you think someone has fallen through the net are: <https://livewell.oxfordshire.gov.uk/Services/1811/Oxford-Street-Population>

If someone seems genuinely new to the streets, the day centre is The Porch, OX4 1RL: <http://www.theporch.org.uk/>

If you wish to donate: you can give to:

- our own charity, OxFAP (payment to Oxford Quaker Meeting marked 'for OxFAP')
- The Porch
- Gatehouse
- Crisis Skylight Oxford
- Homeless Oxfordshire

If you suspect that someone is working in slavery conditions (ID removed, low wages, not free to leave, poor accommodation tied to the job), you should contact Modern Slavery Helpline: <https://www.modernslaveryhelpline.org> Phone 08000-121-700.

Anne Watson

### Soup Tuesdays

Tuesday Soup lunch is available from 12:30-1:30 pm. We receive a Tuesday delivery of excess fresh vegetables from Oxford Foodbank that would otherwise go to landfill. If we have volunteers, we then use the ingredients to make soup for us all.

Why not come along and join us?

Deb Arrowsmith and Jacqui Mansfield

## Poverty Notes from OxFAP

People in poverty are being squeezed more and more.

Examples of two government measures leading to greater hardship are, as we all know, Universal Credit and, less well-known, the recent measure to change the eligibility threshold for households entitled to free school meals for their children.

An instance of the scale of needs that Advice Centres are encountering as a result of Universal Credit is one centre's dramatic increase in people seeking debt advice to 109 in the last six months. This is up from nineteen during the previous six months, and this is before Universal Credit has been fully implemented.

As for free school meals, the income threshold for eligible households has been lowered from £15,000 to £7,000 per year. We can barely imagine the scale of hardship that this change will cause.

**Brigid Schroer**

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## Quaker Art Exhibition 9<sup>th</sup> - 16<sup>th</sup> June 2018

### Why not let your inner painter, photographer, or potter, out in June!

We are hoping to hold an **Exhibition of visual arts** by Quakers or Friends of Quakers in the Meeting House from **Saturday 9 June to Saturday 16 June** during Oxford Festival of Nature. Please would anyone willing to take part with painting, drawing, sculpture or photography contact the office for more details.

**Deb Arrowsmith**



## Introducing Energy Psychotherapy

On a snowy day in March, I ran a morning introduction to Energy Psychotherapy for a very mixed group that included therapists interested in training in this modality, some curious Quakers, and a current MEET client. The client came along with her teenaged son and his girlfriend, who both wanted to find out more about the methods behind the positive changes they had observed in his mother! The mixed group worked really well and I am running the day again on Saturday 12 May at 9:30 am- 1:00 pm.

The workshop on 12 May is open to anyone who is interested in learning about Energy Psychotherapy and discovering how to use EFT (Emotional Freedom Technique), a simple self-help tool for managing emotional stress. There is no charge for the workshop, but donations for MEET in Oxford will be welcome. Contact me on [therapy@greenfig.org.uk](mailto:therapy@greenfig.org.uk) if you would like to book a place on the workshop. If you can't make 12 May, I will also be offering a shorter version of the same introduction at Friday with Friends on 12 October.

MEET in Oxford is a very small charity initiated by Quakers in Oxford that offers two relatively new forms of trauma-focused therapy at very low cost and aims to make these methods better known in Oxford. The name is derived from Making EMDR and the Energy Therapies more accessible in Oxford.

At the April Meeting for Worship for Business, the Meeting formally recognised MEET and agreed the following Minute:

*After considering the work of MEET, a Quaker initiative which has gone on in our Meeting since January 2014, we think it is timely to make MEET in Oxford a concern of this meeting, being directly connected to our Peace Testimony.' 20/18*

## Chants of a Lifetime!

### *Timeless Quaker Wisdom in Plainsong*



Paulette Meier

Two opportunities to explore the roots of Quaker spirituality with Paulette Meier (Ohio Valley Yearly Meeting), while learning and singing the song-chants from her CD, *Timeless Quaker Wisdom in Plainsong*.

Chant-like songs based on the words of 17th century Quaker leaders, both men and women. Sung *a cappella* in crystal clear plainsong, the messages are spiritually rich, socially relevant, and deeply inspiring!

***"Paulette Meier's rich voice, unforced singing, meditative pacing, and natural cadences bring the hearer to that inner peace where truth abides. This approach helps liberate early Quaker spiritual power for a new time."***

Doug Gwyn, Quaker scholar, writer, minister and musician

Friday June 8  
7:00pm – 9:00pm  
Quaker Meeting House  
Oxford OX1 3LW  
(Collection at the door)



A gathering to meet Paulette and to explore, sing, and drink in the spiritual wisdom of early Friends

Saturday June 9  
10:00am – 2:00pm  
Quaker Meeting House  
Burford. OX18 4SJ  
(Free but bring a lunch)  
01865 557373 to book a place



A workshop in which to engage more fully with early Friends' radical spirituality, while embodying it through song.

# CALENDAR FOR MAY 2018

All at 43 St Giles unless otherwise indicated

Tuesday 1 May	7:00 - 9:00 pm	First Tuesday Group
Saturday 5 May	3:00 pm	Kate Joyce's memorial
Friday 11 May	7:00 pm for 7:30 pm	Friday with Friends: Can We Talk About Simplicity?
Sunday 13 May	12:30 pm	Meeting for Worship for Business
Wednesday 16 May	1:45 -3:00 pm	Friends Fellowship of Healing
Monday 21 May	4:00 -6:00 pm	Poems in the Library
Sunday 27 May	12:30 -2:00 pm	Shared Lunch

## Garden News

The Gardening Group meet every Thursday morning to tend and care for the garden. You are very welcome to join us. No gardening experience or knowledge required. Just turn up on a Thursday morning or contact the office (or [stephen.yeo@phonecoop.coop](mailto:stephen.yeo@phonecoop.coop)) for more information. We garden from 9:00 –11:00 am and 11:30 – 1:00pm, with a mid-morning break for tea and cake. You are welcome to join us for all or some of the time.

If you are planting seeds at home, please think about bringing on some extras for the Meeting House garden. Contributions most welcome.

### Thursday Open Garden Lunch-time Sessions 12:00 – 14:00 pm

Now that the warmer weather is here, we are inviting people to come and visit the garden on a Thursday lunchtime and bring their lunch if they wish. But this is to remind Friends that they are always welcome to come and enjoy the garden on Thursdays or otherwise!

Stephen Yeo

## 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

*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, and SUE SMITH (Joint Editing and Production);*

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