



Forty-Three newsletter

Number 473
September
2018

Oxford Friends Meeting
43 St Giles Oxford OX1 3LW



What Matters to Me and Why

*Below is the first in a series of articles under the title **What Matters to Me and Why**; we invite the many Friends who work in and for the community, against poverty, and for social justice to contribute pieces about the wealth of experience and passionate commitment in our midst.*

Please send articles addressing the two questions below:

1) How do you live out your passion for a more just, equal, and peaceful world? Tell us about the people and/or cause(s) that you support with your own time and energy; your heart and soul.

2) How does Meeting for Worship/our Quaker community support/enable you to do this?

Beginning Somewhere

There is no end to social injustice. It's in the news, in front of our eyes, part of our own lives or those of our neighbours. Its sheer scale can make it really hard to know how even to begin to lessen it in some small way. What works best for me is to keep my efforts at doing so local, and ensure they relate to my passionate outrage at the government of the UK today, whose policies produce starkly

unequal access to housing and mental health care.

The two local charities to which I currently give time and energy, The Listening Centre and Gatehouse, address this unfairness. The former is based in the areas of Oxford with the highest level of social deprivation, such as Blackbird Leys and Rose Hill, and works to provide counselling to people who could not otherwise afford it. It does a brilliant job of being there for those on the brink of mental collapse, feeling inadequate, or experiencing anxiety or depression from the pressures of life. In their meetings with counsellors, clients explore issues relevant to them that help them feel more empowered, more able to fight for their personal and social rights. To help keep TLC going, as trustee I raise funds to cover core costs and development. It's an annual gamble! The latter, Gatehouse, is not far from 43 St Giles, and provides food and a welcoming environment to the homeless from 5:00 to 7:00pm every day of the week except Saturday. As volunteer co-ordinator on Thursday nights I am humbled and given fresh life by the spirit of our guests and the volunteers. My attempts to introduce a few minutes reflective silence before we begin do not always work – project workers prefer to talk!

Though I was working with both these charities before coming regularly to Meeting for Worship at

Deadline for contributions to the October 2018 issue: noon, Friday 21 September

Contributions, preferably of 500 words or fewer, would be appreciated to newsletter@oxfordquakers.org, and items for the calendar on the back page 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

43 (from early summer 2017 on), I find the communal, reflective, and authentic silence of the meeting a useful time for mulching down all aspects of my life, including my small bits of charity work. It's as if the closed eye, inward movement of my soul, among Friends walking their own paths in silence, dislodges the dross and lets bright new feelings or ideas emerge. Even though they may be sad, confused or distressing thoughts, the feeling of brightness is always there. At times, they offer personal illuminations as to how I might put good to service. At others, they insist upon being spoken as ministry. Or, they just come and go. Then there is Afterwords, where our truths enter the everyday world a bit more, spill out a bit more openly, are transformed into dialogue, become more concrete in shared talk and listening.

To me, the Meeting and Afterwords give gentle bedrock to my being, and are sustenance for my loving heart, inquiring mind, and will to act. Though less formal, for me having coffee together is a vital part of the Meeting: discovering friends among Friends; meeting new Friends; being nabbed to do this task or that; laughing and confiding in a space of trust; and sharing what matters to me with others who care.

Juliet Henderson

Gardening and Maintenance Team at 43

From September Onwards: Some Changes

All are welcome to join our team of garden helpers. We are arranging things a bit differently this Autumn/Winter, following discussions between Connor, Jacqui, Deb, Stephen, and Chris.

Connor's new paid hours will run from 12:30 to 4:30 on Thursdays. These are also the hours when Stephen will be there, plus any volunteers for whom these hours are convenient. We will start with a sandwich/cake type of refreshment at 12:00 noon, before work starts at 12:30. From September onwards, Stephen won't be there until 12:00 noon. Jacqui may also be able to change her hours to be at 43 on Thursday afternoons as well as mornings. A list of garden jobs to be done (structural as well as horticultural) is now on a whiteboard on a wall in the office. All are invited to read these, adding and subtracting as we go along. This list should help those volunteers who continue to find Thursday mornings easier than afternoons, to talk with Jacqui and find congenial tasks.

Chris White has undertaken to be the 'outdoor Friend on Duty' working on Thursdays, doing and managing outdoor and other maintenance tasks for the Meeting. Notice the way the ugly pile of rubble has gone from the car park, and tables, sliding doors, benches, ivy on walls... are all being beautifully cared for.

The Garden and Maintenance Team have also undertaken to make the garden shed neater and easier for volunteers to use. And Connor has undertaken to clear things he has in the garage. We will also buy more and better tools, and hang and stack them better.

We also agreed that the time between now and June 2019 will be good for those of us skilled in garden design (like Deb, not me!) to be planning the next steps in the new-garden-room gardens at 43, from front to back. We will be thinking ahead about trees, simplifying and replacing some beds and
2 existing planting-schemes, and recommending to



Nominations how best the garden might be managed from June 2019 onwards. In the 2019 budget we agreed to request some 'floating hours' as well as money for tools, compost, manure, etc. These extra hours could be used during busy summer months like the ones we are going through now, e.g. for watering.

Suggestions, plants, a liking for gardening?
Please email stephen.yeo@phonecoop.coop.

Stephen Yeo

Friday with Friends

Friday with Friends is held on the second Friday of each month except August.

14 September, Fair Trade, Hoonie Feltham
12 October, Energy Therapies, Sandra Figgess
9 November, Oxford Credit Union, Patricia Wright
14 December, Spiritual Accompaniment, Anne Watson
11 January, Hope, David Gee
8 February, Early Quakers, Maddy Ward
8 March, Quakers and Education, Anne Watson

If you have an idea for a Friday with Friends and would like to discuss the possibility of presenting it, please contact Elisabeth Salisbury.

Elisabeth Salisbury

Poems in the Library

Our next session will be on 10 September, from 4:00 pm to 6:00 pm. The theme will be Trees... All are welcome.

Stephen Yeo

Homelessness, Housing and Access to Healthcare

6-9pm John Radcliffe Hospital Lecture
Theatre 1, Academic Corridor
Speakers from: Pathway, Connect, Luther St Group, Oxford City Council
Chaired discussion "Towards practical steps"
All welcome
More details on oxford@medact.org

Jacqui Ferguson 3



White Poppy Patterns

Would you like to knit white poppies for November's Remembrance Sunday but are unable to join our poppy-making session on 15 September (10:00-4:00 pm in the Garden Room of 43)? If so, you – perhaps with others from your Post Code Group – might like to use patterns that are available on the Peace Pledge Union website. See <http://www.ppu.org.uk/whitepoppy/>.

Knitted poppies:

These can be made with different weights of wool or cotton but best not thicker than double knitting. There are other poppy knitting and crochet patterns on the internet, including some on our facebook page *@whitepoppies2018*. You may want to make the inner or outer rows in a different colour to white.

Simple circular knitted poppy:

Cast on 50 (or 60) stitches
Knit 10 rows (you could alternately knit and purl 10 rows or just knit plain)
Row 11: Slip 1, knit 2 together, pass slipped stitch over to end, 20 stitches
Row 12: Knit 2 together to end. 10 stitches
Thread wool through remaining stitches and pull tightly. Sew up the side seam and tie to other wool or sew with thread
For the centre, make one from material, use a button, or cast on 14 stitches and cast off, then roll into a ball and attach with thread

Sue Smith

Spoken Ministry and Me

Looking forward to the event on 13 October, when the Kindlers bring a workshop on Spoken Ministry to our meeting, I thought about my own history of ministry.

I first gave spoken ministry a few months after starting to attend Quaker Meetings. Looking back, I know I was sure this was the right thing to do. My heart would start pumping in my throat until I felt I could not breathe unless I stood and spoke. I do not recall what the content was of my early spoken ministries, but I suspect it was probably about nuclear weapons, and probably along the lines of urgency and action. The reason I know this is that I was 'elderred', or at least I *think* I was. A weighty Friend – someone I knew well – spoke to me about some ministry: "I was especially pleased that you related it to inner peace". Maybe I am predisposed to feel criticised, but I took that to mean I was being gently told that my spoken ministry had been missing a dimension of personal experience. The Quaker phrase: 'What canst thou say?' emphasises the 'thou' rather than the 'say'. This intervention silenced me for quite a while, and I no longer took my breathless heart pumping as a sign to speak, rather I took it as a sign to find a new depth of silence beyond the physical discomfort. Thus ended the first phase of my spoken ministry.

There were, in the meeting of which I was a member, some Friends whose spoken ministry drew on deep reading and regular spiritual practices. One in particular often spoke to my condition and we gradually fell into the habit of 'replying' to each other, one providing a practical balance to the other's spiritual words or vice versa. Again, something happened that drew attention to this habit: a young Friend reported to her mother that a meeting had what she called 'a double whammy', i.e. spoken ministry from the two of us. Although this was reported to me as a good thing, I took it to mean I had fallen into patterns of spoken ministry and again became silent, reminding myself of the deep listening and waiting that is at the heart of worship. Thus ended the second phase of my spoken ministry.

Since then I have tried to develop my awareness in meetings and do more reading about the nature of

ministry. The key question for me has been: how can I know that what I feel moved to say is ministry from the Spirit in the Meeting and not my own ego needing to be recognised and affirmed as a thinking, feeling, knowledgeable or spiritual person? But I have learnt most by listening; I hear spoken ministry from others that comes from their blood, their breath, their being and I recognise that thought, feeling, knowledge, and experience have been put through a mangle and emerge as something more than all of these, something beautiful, thanks to the work of the Spirit we all share during our meetings for worship.

I now allow myself to give spoken ministry from time to time and find it a deeply uncomfortable experience. I cannot anticipate where the speaking is going to lead; I do not recognise the voice that takes over; I do not know what to do with my body afterwards.

Anne Watson

Kindlers-on-the-Road

Saturday 13 October
Workshop at 43 St Giles Oxford, OX1 3LW

Spoken Ministry in a Meeting for Worship: when is an impulse to speak appropriate ministry? We will consider the varieties of Vocal Ministry against the background of deep silent worship.

The meeting will be a half-day workshop framed in worship, exploring individually and in small groups. It will be led by Val Bone and Steve Tilley from the Kindlers team. 1:30 pm refreshments; 2:00 pm start; 4:30 pm finish with tea.

To reserve a place contact the Office (Office@oxfordquakers.org; 01865 557373). There is no fee, but places are limited.

The Kindlers: a Quaker Recognised Body grant-aided by The Pollard and Dickson Trust, and Manchester and Warrington Area Meeting. All Welcome: Friends, Attenders, Newcomers.

John Mason on behalf of Elders



Introducing Energy Psychotherapy Friday with Friends 12 October 2018

Energy psychotherapy is one of the therapeutic modalities offered by MEET in Oxford. MEET is the low-cost trauma therapy service that was founded by Quakers and is supported by Oxford Meeting. Energy psychotherapy integrates energy psychology methods into talking therapies.

The founding story of energy psychology comes from a spontaneous experiment in 1979. Roger Callahan was a psychologist who had become interested in the work of George Goodheart, a chiropractor who developed Applied Kinesiology and who had also begun to explore ideas from Chinese Medicine. Callahan had a patient called Mary with a severe water phobia that had proved to be resistant to all his existing methods of treatment. One day she was complaining of the discomfort she felt in her stomach when she was in the vicinity of water. Callahan had learnt from Goodheart of the associations between the meridians and emotion. He suggested to Mary that she tap on the end of her stomach meridian,

which is just under the eye and has an association with anxiety and fear. To his astonishment, Mary leapt to her feet and said “It’s gone!” – the anxiety she had always experienced in her stomach had suddenly been released, and it did not return. Other patients did not respond as miraculously to tapping on a single meridian point, but Callahan developed a sophisticated system using muscle testing derived from applied kinesiology to discern the meridian points that should be tapped and the order in which they should be tapped while the patient focused on the 'thought field' of the problem issue. Callahan called this treatment 'Thought Field Therapy' and he had considerable success in helping a wide range of patients.

At the Friday with Friends session I will introduce some of the concepts and practices of energy psychology and will also use videos to teach two variants of a simple tapping method for reducing stress which anyone can learn in a few minutes and which can be applied to both emotional and physical symptoms of distress.

Sandra Figgess

Friday With Friends: Fair Trade

Anthea Richards and Hoonie Feltham are hosting a Friday with Friends on 14th September at 7.00 pm - “Raising our Fair Trade game”. Our speaker is Sabita, who is the Chairperson of Oxford City Coalition on Fair Trade. We hope to be inspired by her to increase our Fair Trade witness in many more ways than we currently do. All are welcome.

Anthea and Hoonie



CALENDAR FOR SEPTEMBER 2018

All at 43 St Giles unless otherwise indicated

Tuesday 4th	7:00-9:00pm	First Tuesday Group	Tuesday 18th	12:30-1:00pm	First Foodbank Lunch of autumn
Saturday 8th - Sunday 9th	All day	Open Doors weekend	Wednesday 19th	1:45-3:00pm	Friends Fellowship of Healing
Monday 10th	4:00-6:00pm	Poems in the Library (Trees)	Friday 28th	6:30pm	Winterreise concert in aid of OWNS
Wednesday 12th	7:00-9:00pm	SEE Justice Group	Saturday 29th	11:00am-3:00pm	Meeting Discovery Day
Friday 14th	7:00-9:00pm	Friday with Friends: Fairtrade - what more can we do?	Sunday 30th	12:30-2:00pm	Shared Lunch
Saturday 15th	10:00am-3:00pm	White Poppy Making Workshop			

From Quaker Faith and Practice

Do not assume that vocal ministry is never to be your part. Faithfulness and sincerity in speaking, even very briefly, may open the way to fuller ministry from others. When prompted to speak, wait patiently to know that the leading and the time are right, but do not let a sense of your own unworthiness hold you back. Pray that your ministry may arise from deep experience, and trust that words will be given to you. Try to speak audibly and distinctly, and with sensitivity to the needs of others. Beware of speaking predictably or too often, and of making additions towards the end of a meeting when it was well left before.

Quaker Faith and Practice 1.02.13

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

Please note! On October 7th and all first Sundays of the month,

there will be just one Meeting For Worship, at 10.30am

Children's groups will be running from 10:30 with drinks and games 11:30-12:30

Local Business Meeting will be 12:30-2:00 as usual

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.

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

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