



Malvern Meeting House

photo: David Lawrence

NEWSLETTER

SOUTHERN EAST ANGLIA AREA QUAKER MEETING

August 2018

Diary Dates for August

Friday August 3rd Farmers' Market at Colchester Arts Centre
Monday August 6th Hiroshima Memorial Day
Thursday August 9th Nagasaki Memorial Day
Sunday August 26th to Friday August 31st World Water Week
<http://www.worldwaterweek.org/>

RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

***Clerk to Southern East Anglia Quaker Meeting: Alison Parkes
c/o Colchester Quaker Meeting House***

6 Church Street, Colchester CO1 1NF;

Web Address: www.essexsuffolkquakers.org

email address: AMClerk@essexsuffolkquakers.org

Meetings for Worship

CLACTON

Sunday at 10.30 am
1st Wednesday each month
12 noon with Soup & Cheese

Harwich

2nd and 4th Sundays 10.30 am
St Nicholas' Church Hall,
Stour Road, Bathside CO12 3HS
Contact: Ros/Tony Eaton 01255
880500

COLCHESTER

Sunday 10.30 am

EARLS COLNE

1st, 3rd & 5th Sundays 10.30 am

SUDBURY

Sunday 10.30 am
Friars Street, Sudbury

FIRST CONTACT FOR FUNERAL ARRANGEMENTS CLACTON.....Carol Holding COLCHESTER.....Carol Holding SUDBURY.....Peter Whiteley

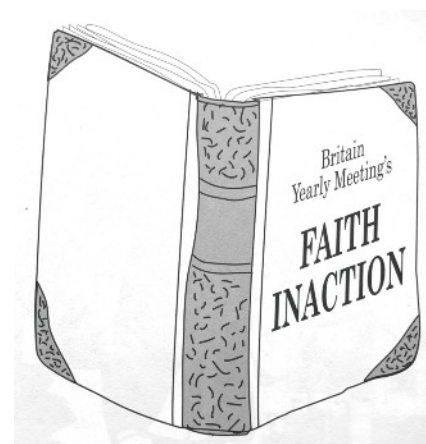
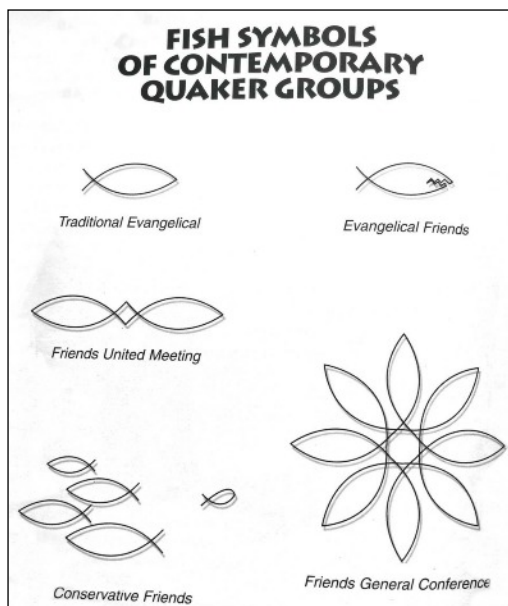
Editorial

Dear Friends

I expect there are people who enjoy this heat, but I am not one of them! In fact, it is very tiring. Surprisingly, we have had quite a lot of people at Meeting, though I don't think the schools have quite gone down yet. They are all having Proms, whatever they are. My eldest great-grand-

son has shown me photographs of people at someone's Prom, the boys in evening dress and looking very pleased with themselves.

We are having one or two celebrations, generally referred to as Meeting For Eating, which is exactly what it says. News, please, to Valerie Graves.



Britain Yearly Meeting's newest book suffers from a slight printing error

Two Cartoons

John Hall

a couple of cartoons by the American Quaker Dan Linginfelter

Tottenham Cake (Quaker Cake)

8oz butter and
8oz sugar

Whisk these both together well until light and fluffy

Four eggs

Add one egg at a time, beating well after each egg

Add one teaspoon of vanilla paste

Add three tablespoons of milk

Add 8oz of self raising flour, fold into mixture small amounts at a time using a metal spoon.

Put into a lined baking tin and bake in oven 160c for 35 to 45 mins, or until cooked

(To test insert a knife into centre of cake. If it comes out clean it is done).

Icing Ingredients:

When cake is cold...

2 or 3 tablespoons of water into
300gms of icing sugar

Mix until thick and runny

Use red food colouring to get a desired shade of pink and cover cake.

Slice into squares and share!!



A little bit of history:

Tottenham Cake, is associated with the north London football club... but its early history comes from the Quakers.

A Quaker businessman named Thomas Chalkley, who was a baker, moved to Tottenham in the 19th century. He decided to make cake for children that could be bought for one old penny a square, and offcuts for half the price.

Traybakes that can be easily cut up and shared meets the 'Quaker way' of peace and a frugal life without unnecessary luxuries... and treating everyone equally.

P. S. In the Quaker Meeting House grounds in Tottenham is a mulberry tree... the pink icing came from the stewed fruit.

Earls Colne

Jenny Kay

It is not possible for all of us to be at our own LM Meeting for Worship every Sunday. We sadly missed AM at Earls Colne as we were away on our painting holiday in North Norfolk. We knew that the meeting would be upheld by at least five Earls Colne Friends and gave thought to this throughout that Sunday.

We were more or less confined to within walking distance of the converted barn where we were staying, caught up in another faith group's celebration. The pro-

cession of cars and coaches queuing for miles blocking the narrow country lane leading to the Basilica of Our Lady Walsingham. We could hear their joyful hymns but we were not quite near enough to make out the words of the priest coming over the loud speaker. It was the day when the Roman Catholic Tamils were making their special pilgrimage to the shrine. They came from all parts of the country and seemed to include a wide range of ethnic groups. The most we could do was to exchange waves and smiles as they passed by.

Refugees

from David Lawrence

They have no need of our help

So do not tell me

These haggard faces could belong to you or me

Should life have dealt a different hand

We need to see them for who they really are

Chancers and scroungers

Layabouts and loungers

With bombs up their sleeves

Cut-throats and thieves

They are not

Welcome here

We should make them

Go back to where they came from

They cannot

Share our food

Share our homes

Share our countries

Instead let us

Build a wall to keep them out

It is not okay to say

These are people just like us

A place should only belong to those who are born there

Do not be so stupid to think that

The world can be looked at another way

By Brian Bilston

(Now read from bottom to top, one line at a time...)

Meeting for Sufferings

Friends House London 7th July 2018

"A simpler church"

Robert Parkes

This was what I call a turnaround MfS. For many attendees it was the end of a triennium and a time to

say farewell. Other Friends were attending their first meeting as their Area Meeting (AM) representative. And for those like me, it was the start of a fresh triennium. So, before getting down the main business of the day we spent time getting to know each other better and hearing more about how MfS works - in many ways it's the central bridge between central work

Wildspot

Valerie Graves

Our Great Spotted Woodpeckers have some young ones who are stumbling about the place looking rather surprised. We see them on the feeders, with exasperated parents trying to explain what food is meant for.

We also have a great many rats which nobody wants. They keep finding new ways to get to the feeders.



Regional Gathering

Anne Watkinson

Friends might like to note that the next regional gathering will be on Saturday 29th September 2018, at Bury St Edmunds MH when the speaker will be Ben Pink Dandelion.

and AMs - and its relationships with other Quaker bodies.

These days attendees include BYM Trustees and we were all struck by the phrase from their recent minutes about a simpler church. They recognise the challenges experienced by struggling meetings, where falling numbers, loss of time, loss of knowledge of Quaker discipline and loss of spir-

itual depth can lead to Friends feeling overloaded and under-confident. There is a clear and urgent need for simpler ways of doing things. To simplify the governance of the charity and for the charity to support the church in simplifying its structures and ways of working that enables Quakerism to be reinvigorated in 21st century Britain. It is recognised that this cannot, nor should it, happen overnight. Nevertheless, the revision of our book of discipline is an opportunity to begin the journey, bringing, hopefully, greater diversity, inspiration, connection and renewal. What does this mean for Area and Local Meetings? I reckon it means it's OK for meetings to explore simpler structures and ways of working, without losing sight of right ordering.

Circles of Support and Accountability (CSA) Quakers have had a long standing commitment and concern with

CSA. It originated with Quakers, and Quakers, including several AMs are currently involved as volunteers. Recent concerns have been raised by the reduction in funding from the National Probation Service. In response, our Recording Clerk, Paul Parker, has written to the Minister of State for the Ministry of Justice making the case for continued funding of this work. We will hear more about this at future meetings.

Revision of Quaker Faith and Practice. The process is underway. MfS agreed to appoint and oversee a Book of Discipline Revision Committee, and, in particular, ensuring that the names brought forward include younger Friends and that the revision process is fully accessible to younger Quakers.

Sustainability. Britain Yearly Meeting Sustainability Group (BYMSG) is a MfS working group that oversees and encourage progress in relation to the

commitment, made at Yearly Meeting in 2011, to become a low -carbon, sustainable community. For some time, BYMSG has been considering how best to encourage and support local and area meetings in monitoring carbon use. BYMSG, and Quaker Stewardship Committee (QSC), have devised a proposal that AMs endeavour to report on sustainability actions through their Annual Reports. QSC has provided draft guidelines for AMs. We agreed this is a helpful way forward, and encourage AMs to follow the guidelines. We also asked QSC to report to MfS on the extent of sustainability reporting within AM Trustee Annual reports

As usual, a full report of the meeting and papers can be found on the dedicated MfS pages of the Quaker.org website. MfS also gets reported in *The Friend*

Malvern Meeting

Dave and Una Lawrence

This is the photo of the Malvern Friends Meeting House, tucked away towards the summit of the Malvern Hills. We received a very warm welcome from about twenty Friends. It was a very quiet

meeting which suited the glorious sunny weather.

Afterwards, there was of course, lovely conversation, and yes! You guessed it, tea, coffee and CAKE!!

Amongst the offerings of cake and biscuits, sat a tall cake plate with sliced fresh cucumber, marrow and tomatoes as a wholesome en-

couraging alternative, grown and donated by a young Friend.

He likes to do this every week in the hope that the idea of freshly home grown produce will replace the processed offerings... I don't think this will take off at Earls Colne!!!

Driving Lessons

Valerie Graves

My eldest great-granddaughter is coming up for her driving-test. I have not accompanied her as I did so many granddaughters, because I do not myself drive now, and we would be in a mess if my learner needed actual help. As before, the females seem to pass their test without trouble but the males are bumptious and fail! Time goes on and it is still all the same thing really.



Southern East Anglia Area Quaker Meeting