



*The Retreat, York (see the piece by Alison Mitchell page 4)*

# NEWSLETTER

**SOUTHERN EAST ANGLIA AREA QUAKER MEETING**

August 2020

All flower Photographs are thanks to Anne Watkinson and David Lawrence  
Butterflies and bumblebee by Julia Usher

**RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)**

**SEAQM Correspondence Clerk: Hazel Jones**

**c/o Colchester Quaker Meeting House**

**6 Church Street, Colchester CO1 1NF;**

**email address: [AMClerk@essexsuffolkquakers.org](mailto:AMClerk@essexsuffolkquakers.org)**

Web Address: [www.essexsuffolkquakers.org](http://www.essexsuffolkquakers.org)

## Meetings for Worship

CLACTON

Harwich

COLCHESTER

EARLS COLNE

SUDBURY

**FIRST CONTACT**  
FOR FUNERAL ARRANGEMENTS  
Charles Bather. Alison Parkes

## Swarthmore Lecture 2020:

Tom Shakespeare on Hope Woodbrooke is delighted to announce that the 2020 Swarthmore Lecture will be given by Tom Shakespeare. Tom is a sociologist, broadcaster, campaigner for disability rights and writer on disability, genetics and bio-ethics. He is a member of Norfolk and Waveney Area Meeting currently living in London.

Tom has taught and researched at the Universities of Sunderland, Leeds, Newcastle and East Anglia and worked for the World Health Organisation, Geneva. He is currently Professor of Disability Research at the London School of Hygiene and Tropical Medicine where he teaches on disability and development, including sexual and reproduc-

## Editorial

John Hall

This month's edition contains some items of serious content, be it a joyful "thank you" for help the Area Meeting has provided, or reports on problems Meetings have, or need to address. Our way of dealing with important matters owes a lot to early Friends and how they tackled living in a world which was unsympathetic. They developed a way of hearing all points of view and of avoiding conflict. During the first half of the life of our Society, attendance at business Meetings was as routine as going to Meetings for Worship because one ran into the other, but in the second half, not all Friends contribute to our decision making. The historical reasons are complex, but it would be good to return to earlier practice.

tive health of disabled people. As well as academic work Tom is also a broadcaster particularly known for his talks on Radio 4's A Point of View. He has also contributed to other programmes including BBC Question Time, Radio 4 Today, BBC Newsnight, CNN and Al Jazeera. He served as a member of the Arts Council of England between 2003 and 2008.

The 2020 lecture will be live-streamed on Saturday 1 August at 19:30 (UK time). It can be accessed from the Woodbrooke website [woodbrooke.org.uk](http://woodbrooke.org.uk) This is a live event, Tom will give the lecture as a form of ministry. The lecture will be live captioned. The book to accompany the lecture will be available from 3 August, via the Quaker Centre Bookshop website. There will be an e-book option for those wanting

In the recent past, our business method has attracted favourable comment and it is certainly something we should nurture. I do not usually read fiction but at the moment I am reading a new edition of the book by the American Molly Gloss, *The Dazzle of Day*, recommended in various places, and I came across this description of our business method: "The way of Friends is to think quietly and to listen. We ask the question, we consider how the answer is made by different people, we ask again, answer again, change our minds; we reach an understanding. The Meeting evolves this way, not by shouting each other down, not by the weight of the majority, but by the capacity of individual human beings to comprehend one another." I cannot think of a more attractive way of proceeding.



to read it immediately, or you will be able to order print copies which will be sent out before the end of the month.

How do we face all the very real, terrible things that happen in our world and still have hope? How did Friends in the past have hope in dark times and how can we have it today? Tom will reflect on the nature of hope, our reasons to hope, and how we can preach hope through the way we live our lives.

## Quaker History Crossword

Hazel Jones

### Across

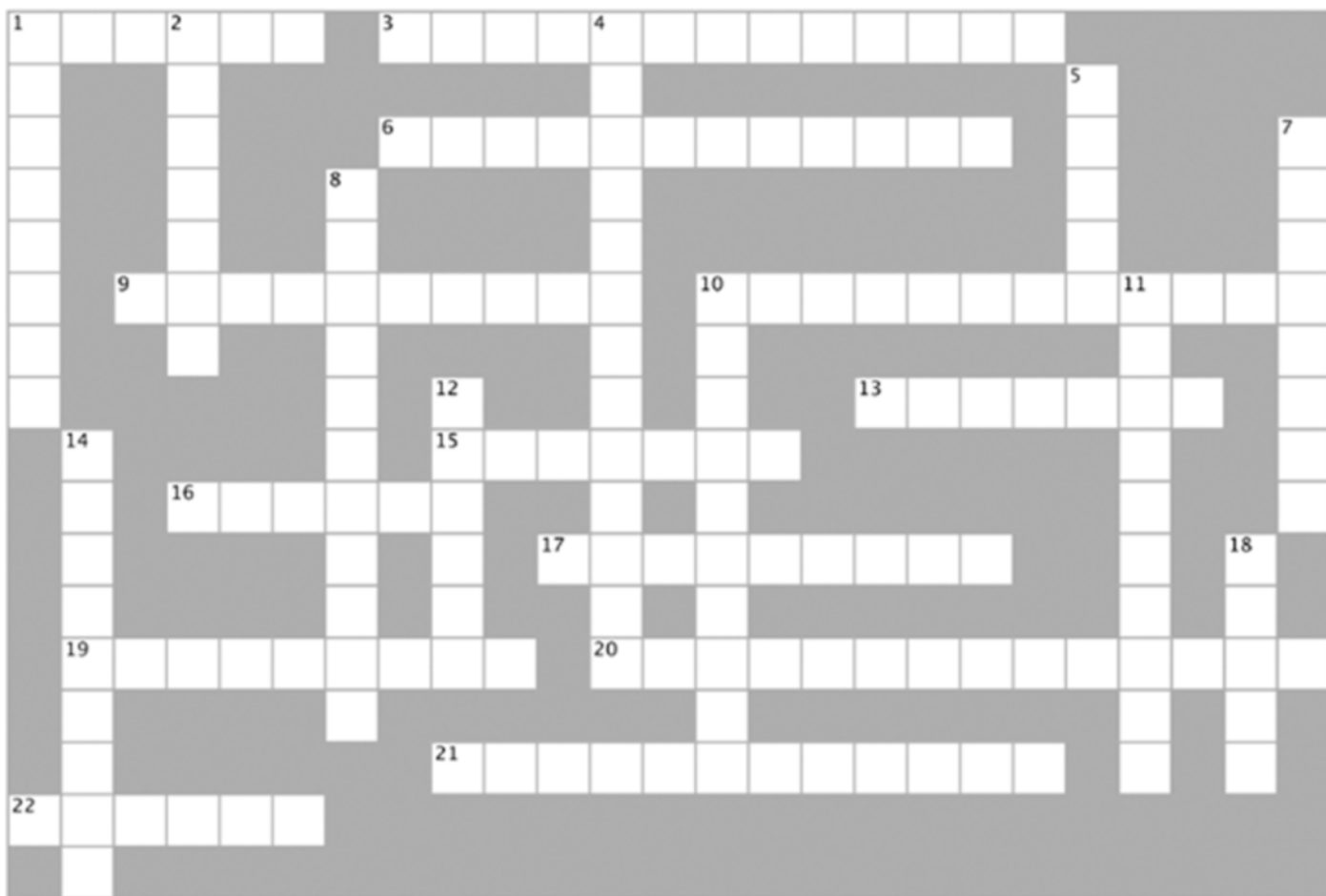
1. John \_\_\_\_\_, nineteenth century Quaker Radical MP. (6)
3. Shropshire village with Quaker connections in the Ironbridge Gorge. (13)
6. Oxfordshire Quaker retreat centre. (7, 5)
9. Location of Fox's pulpit. (6, 4)
10. American woman Quaker abolitionist and social reformer. (8, 4)
13. Quaker pharmaceutical business, Allan and \_\_\_\_\_. (7)
15. \_\_\_\_\_ and Queries. (7)

16. Huntley and \_\_\_\_\_, Quaker biscuit makers. (6)
17. Scheme to help unemployed Welsh miners. (9)
19. True \_\_\_\_\_ don't turn men out of the world... (9)
20. The Fells lived here. (10, 4)
21. MP and doctor who rode a penny farthing. (6, 6)
22. \_\_\_\_\_ Yearly Meeting, precursor to Britain Yearly Meeting. (6)

### Down

1. George \_\_\_\_\_, designed the first British railway timetable. (8)
2. French Quaker missionary, Stephen \_\_\_\_\_. (7)
4. George Fox is buried here. (7, 6)

5. Country with the largest number of Quakers. (5)
7. J G \_\_\_\_\_, author of 'Dear Lord and Father of Mankind'. (8)
8. Planned a parliament for Europe – in the seventeenth century. (7, 4)
10. Quaker meteorologist. (4, 6)
11. Visited Sultan Mehmed V. (4, 6)
12. Quaker iron-making family. (6)
14. He wore leather britches. (6,3)
18. The elders wrote a letter. (5)



Answers will appear next month.

## Wordsworth

John Hall

*In 1850, William Wordsworth was pleased with the multicultural nature of London:*

“Enough; - the mighty concourse I surveyed  
With no unthinking mind, well pleased to note  
Among the crown all specimens of man,  
Through all the colours which the sun bestows,  
And every character of form and face:  
The Swede, the Russian; from the genial south,  
The Frenchman and the Spaniard; from the re-  
mote  
America, the Hunter-Indian; Moors,  
Malays, Lascars, the Tartar, the Chinese,  
And Negro Ladies in white muslin gowns.”



## Transgender discussion for Friends

Robbie Spence

Following Meeting for Worship (MfW) on 31 May I promised John Hall, our newsletter editor, that I would write a piece for F/friends about the transgender debate. I would like to describe the debate, explain why I spoke up about it and, in a separate article, tell the story of what happened last year at Norwich Meeting House.

All that follows is, needless to say, my opinion: I hope it is guided by Quaker Discernment as to God's purpose for

me, and also by the tenet that there is 'that of God in everyone'.

I suggest that there are three sides in the transgender debate: Bewildered, Gender Critical and Trans Ally. Most people in society (and, I dare say, in the Society of Friends) are in the first side: well-meaning, not sure what's going on and definitely not wanting to upset anyone by using the wrong pronouns for someone who says they want to be called "they/them" or whatever. Sec-

## Information about mental health events

Alison Mitchell

Dear Friends in Southern East Anglia

I hope you don't mind my writing to you – I found your address on your Area Meeting website and I'm writing with information that would, in normal times, be circulated via Clerks' Mailing.

Attached are two documents about upcoming events about mental health.

Quaker Voices on Mental Health is a newly forming group, which will in time become a Quaker Recognised Body. It is a group for people interested, concerned or passionate about mental health. There will be an inaugural meeting online on 22nd August 2020 at which the shape of the work of the group will be discerned. There might be Friends you know would be interested; it might be possible to announce or to circulate the invitation.

The Quaker Mental Health Forum is an annual day conference – this is the fourth meeting. We meet online on 7th and 8th November 2020; our title is: 'The Covid yoyo: reflecting on mental health, well-being and spirituality through our pandemic stories.' There is no charge to attend and everyone is welcome – but we are limited to 100 places. There might be Friends you know who would be interested; it might be possible to announce or to circulate this information.

In Friendship

Mental Health Development Officer

Retreat York Benevolent Fund

07483028490 website: [www.retreatyorkbfbfund.com](http://www.retreatyorkbfbfund.com)

ond is the Gender Critical side, including me, who are speaking up for (what we perceive as) truth and women's and children's rights. Third are the Trans Allies, comprising transgender rights activists (TRAs), also arguing for their perceived truth to be accepted, speaking up for the rights of those who identify as transgender, and wanting unconditional acceptance for everyone who identifies as LGBTIQ+. (Note that I do *not* label *all* transwomen and transmen as TRAs.)

A heated debate between the latter two groups has been taking place for several years, mainly on social media. Trans Allies regularly post messages like the one by Extinction Rebellion UK on 29/06/20 in their Facebook Pinned Post that “Transwomen are women. Transmen are men. *This is not up for debate.*” (emphasis added). Remember, XR UK is a movement for preventing global climate and societal breakdown, not a social justice movement per se, and whose number 1 Demand is “Tell the truth” (but not, apparently, if it means questioning transgender ideology and pointing out that sex is biological reality).

Meanwhile, gender critical commentators such as JK Rowling and I have put forward our views on the meaning of sex and gender and our concerns on the current changes affecting women’s and children’s rights. Some TRAs have responded with comments that we are transphobes who are trying to erase the existence of marginalised minorities. JK Rowling has been criticised as a Terf (trans-exclusionary radical feminist, a slur, basically). Some of the online abuse is too disgusting for me to repeat here (see footnote below).

So that is what the ‘debate’ looks like to me. Next, I’ll outline why I spoke up in minis-

try on 31 May about this. There won’t be space in this newsletter article to explain my position, but there is a suggestion at the end for how you can find out more if you want.

I want to acknowledge that I rarely attend MfW nowadays and I am sorry about this. I became a convinced Quaker in 2004 and my belief is still what it was then. But my religious path has taken a different turn and I now spend most of my religious life in a spiritual fellowship which speaks to my condition even better than Quakerism.

Still, I attended our online Zoom MfW on 31 May. It was the weekend after a US policeman lynched George Floyd in the middle of Main Street, Minneapolis, in broad daylight. There was ministry about racism and that’s when I spoke in ministry about the transgender issue. I usually feel a bit sick when about to minister, always wondering if it will help the Meeting or if it is just my ego raising its head. I had been feeling that it was relatively easy for Friends to state our horror of and opposition to racism

and I spoke up because I believe it is harder among Friends or anywhere else in 2020 society to speak up about transgenerism. (As subsequent ministry made evident) there are trans allies within our Meeting as well as gender critical voices like mine. You wouldn’t get that about racism in a Quaker Meeting: many (or all?) Friends are anti-racist, but I cannot think of a single one who is overtly racist.

Anyway, the upshot of my and others’ ministry was that Kate Powis kindly volunteered to convene a forum for the matter to be discussed further. I hope it will be a Meeting of All Things Considered, which generally occur at 12 pm on third Sundays (that is, 16 August or 19 September or later). I hope that many F/friends who are intrigued, infuriated, concerned, etc, about the foregoing will join us there. For those who cannot wait, we can discuss this topic on our Colchester Quakers WhatsApp Group.

*Footnote:*

[www.terfisaslur.com](http://www.terfisaslur.com) is a compilation of threats of violence towards “TERFs”, lesbians, radical feminists, and anyone critical of trans ideology, and lists many examples of the online abuse that is too disgusting to repeat here.



*Gr. Veined White*



*Bumblebee*

## I Know Two Sudans

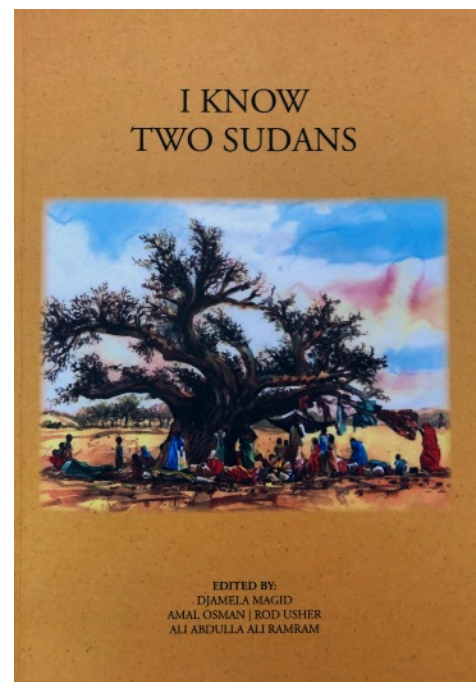
John Hall

My only visit to Africa was two weeks in Cairo many years ago on a study tour of early-to-twelfth-century mosques. So, I was intrigued to read this collection of essays on two countries at the other end of the River Nile which I have not, and probably never will now visit. The book is a series of very short essays and poems, many by students, about diverse aspects of Sudan and South Sudan. It is illustrated with a series of paintings. I was so taken with it that I went on to read Winston Churchill's 1899 book on the colonial wars

in Soudan (as he spells it). He is surprisingly (at least to me) sympathetic to the Mahdi.

The essays cover a great deal of ground from one about an old lady, the writer's grandmother, who lived in pre-independence Sudan to views of modern South Sudan, after its independence from Sudan in 2011. Edited by our Friend, Rod Usher, it gives a fascinating account of two countries completely different to our own. If this interests you, the book is available by post at £10 from

[www.creativewritingfromthesudans.com](http://www.creativewritingfromthesudans.com)



## Quakers Going Digital

Anne Watkinson

This all started in April when I madly offered to try out a 'Zoom' coffee morning for Friends from Colchester Meeting to at least talk to each other during the lockdown. I was aware from Robert Parkes that this software was already in use by Friends nationally. It provides a way of seeing participants as well as hearing them, up to 25 faces on a screen depending on the size of the screen and up to several hundreds for a conference.

We have been joined by our Friends in SEAQM, and even further afield, using the wonders of modern technology. Using Zoom, we have worked our way slowly in developing a range of options firstly just to keep in touch - the coffee morning (bringing your own coffee) and then for Meeting for Worship. This has had a regular 17 or 18 Friends

present. We have now had Meetings for Worship for Business both local and area, a study group and tried a reflection group. We have managed our reopening work party: the Covid19 Task and Finish Group (CTFG) and committee and trustees meetings. It has been different, it has excluded those who can't use technology for various reasons but has proved inclusive for Friends with disabilities that prevent them leaving the house or Friends with family commitments where leaving them was difficult. A half hour or an hour on their computer with no travelling has proved tempting for some who may not come often.

If you have a tablet, smartphone or computer and a wifi connection you can install the app called Zoom by going to their website. It's free. You can then join in any of the notified meetings either locally or from Woodbrooke, and, as

many have, met up with the family for tea and cakes or a quiz. You can run your own meeting for up to 40 minutes for free but need to have the 'pro' or subscription version for longer meetings.

It has become so successful as a communication facility that we, along with many other Meeting Houses across the country are thinking of permanent systems within Meeting Houses for what are called 'blended meetings'. This is where a host sits with a computer, probably a lap top, in the Meeting for Worship with linked camera and microphone, projecting the images of those who join remotely on a screen and enabling those at home to see and feel part of the real meeting. Thus, a MfW becomes really inclusive. A Meeting House needs a telephone link with broadband or a member with a high data contract on their phone for the system

to connect to, to provide the wifi.

SEAQM agreed to fund a 'Zoom pro' for me to use since our April experiments and Jane Herd has helped with setting up the study group and the CTFG. This has worked well for local Friends. However, for me it has worked rather too well. What with the business meetings and attending the Friends' House meetings supporting wardens during and post Covid as well, I ended up with a zoom meeting, sometimes two a day, each week. Then there comes a time like this weekend when a visit from my family, who I had not seen since January, was a problem until Jane

took over. I know the younger folk are doing this kind of meeting several times of day as part of their work but I am afraid It has become a bit much for me so I have cut down the general weekly offer to a coffee morning and Meeting for Worship while we are in lockdown. What happens if we put a system in the Meeting House? Who will host that?

Friends, I can set up meetings for you to take over as host or there may well be some of you like Jane, who have their own 'Zoom pro' subscription. Please, is there anyone else who can join in hosting or taking over hosting? This process is not going to go

away! If you can and want to initiate a meeting on a particular topic or concern, I'm happy to send the communication details by the AM email mailing list, preferably weekly - use [anne@watsnees.co.uk](mailto:anne@watsnees.co.uk)

P.S. Talking with our Premises committee, we even wonder whether the time may have come for a new post – responsibility for technology across our AM. We need someone to keep up to date with what is available both in hardware and software, who knows of local providers and contractors, who can organise hosts, understand all the intricacies of data protection and can link with our website managers, John Hall and John Kay. We should be having an active presence on Facebook and even Twitter – note the BYM website! That's how the youngsters communicate!



### Transgender Trouble

at Norwich Meeting House  
By Robbie Spence, Colchester Meeting

In January 2019 a feminist group called Woman's Place UK asked Norwich Quakers if they could hold a public meeting at Norwich Friends Meeting House. Word got out and there was a petition to stop Norwich Friends hiring the room to Woman's Place UK. Norwich Friends allowed the meeting to go ahead, which resulted in several complaints being made against them from people who were angry that Friends had allowed it. The

public event went ahead and, according to one witness, a member of Woman's Place UK, some people did not like the organisers asking people to use toilets according to their sex, or alternatively to use a gender-neutral toilet; there was a protest outside; a fire alarm was set off; and the public meeting spent the first 15 minutes listening to a transwoman who was upset at being asked to use a gender-neutral toilet.

As a result, Norwich Friends undertook a process of reconciliation. An account of the Woman's Place UK meeting and the subsequent process of reconciliation are

documented at [www.norwichquakers.org.uk](http://www.norwichquakers.org.uk). The following is my summary.

Norwich Friends held two separate "listening meetings" in or after September 2019. (I think this was because the two sides to be listened to could not agree to meet together.) Following the listening meetings, Norwich Local Meeting Clerks and Elders (including Teresa Belton, Tom Foxe, David Mazure and Luzie Wingen) issued a statement, which I have abbreviated as follows:

"We are sorry that some members of the local LGBT+ community were hurt by Norwich

Quakers agreeing to the hire of their premises by Women's [sic] Place UK. The Quaker Testimony to Equality, which upholds the equal value of each individual, is core to our relationships — In the coming months we will take steps to better inform ourselves on the issues and fears involved by inviting individuals affected to tell us of their experiences, and will consider actions we might take to address the conflict.”

I won't add my personal opinion on this shenanigans. It should be pretty obvious already

from my other article in this newsletter. If gentle readers wish to know more, I would refer them to two documents at [www.norwichquakers.org.uk](http://www.norwichquakers.org.uk):

- [Norwich Meeting's Experience of Conflict around Transgender Issues January 2019 – January 2020](#) (6,000 words, 21 minutes read)

- [Elders' statement in response to the Change.org petition to stop Norwich Quakers hiring out meeting by Elders of Norwich Local Quaker Meeting](#)

[16.03.20](#) (450 words, 2 minutes read)

- See also Woman's Place UK at [www.womansplaceuk.org](http://www.womansplaceuk.org), an organisation that states: “Violence against women and sex discrimination still exist. Women need reserved places, separate spaces and distinct services.”

## Quaker Study Group

(via Zoom)

Alison Parkes

Our study group (of eleven Friends) has met once a fortnight since April for spiritual inspiration and communication via Zoom, with a few additional Friends participating via WhatsApp. Our overall aims were to get to know one another in the things that are eternal, to become more familiar with *Quaker faith and practice* (QFP), and to explore what it means to be a Quaker today.

We have studied,

### Chapter 19 “Openings”

<https://qfp.quaker.org.uk/chapter/19/> and shared our reflections, questions and insights. The theme of “openings” seemed especially relevant during these unprecedented times of being under lockdown yet seeking ways to be open to new awakenings in terms of our spiritual lives and how we live our lives. The Coronavirus pandemic has challenged us to envisage a different future for us as indi-



viduals, as a Quaker community, and as citizens of the world.

Chapter 19 takes a historical look at the beginnings of the Religious Society of Friends and the experience of early Friends. Reflecting on much of Chapter 19 revealed a range of responses to this experience. We recognised that early Friends lived in a very different world from our world today, a world of religious intolerance which we in Britain no longer have to confront. Some of us expressed the wish for a greater sense of community, in which we are drawn together by a greater sense of spiritual unity, similar to the experience of early Friends. Yet we recognised the strength of Quakers today

in the diversity of our experience and we also recognised a sense of mystery which we described in different ways.

We have collected together some of our thoughts and responses and here is one contribution:

### Openings

Close enough to touch, space enough to be.  
Holding on whilst letting go.  
Together whilst apart.  
Strength and weakness closely bound together in our multi-coloured thread.

Our shuttle fuelled with attention and trust as gently it weaves our cloth.  
Eternal Mystery the warp of our weft as we weave the fabric of life.  
Our fabric strong enough to hold and open enough that we *all* might breathe.

Together with love, truth and simplicity of faith and practice,  
We can make a difference.  
We can step out of the shadows of doubt and disconnection and awaken into new life.

New life as prompted, led and guided by Eternal Mystery.

Pauline Davenport



## Pairidaēza

Antony Johae

The Lord grants gardens their lease  
of fruit and flowers, their weeds even  
growing under olive trees.  
The wonder of seeds and seasons,  
of spraying, unfurling, and fading, follows.  
After toil on earth, a well is bored  
and saplings are seated in moistened soil.  
Nature answers to your creation:  
building for their babes  
birds find sanctuary here;  
for this they break out in perfect song.  
Bees gather where flowers sway  
in the sweet breeze, and colour's augmented  
by butterflies alighting. All lore is here  
in this parvis, deep-laid in your design.

In this garden the Lord gives and takes away.  
You come and pass through, live and pass on.  
Your stewards are left collared, harnessed  
to propriety; they give feed,  
save the fig from aphid ants,  
stop slug pilfer, pull out the thorn,  
and, at ripe time, harvest.  
This is no place of vaulting display

where people of moment are marked  
as once in sovereign parks shah and vizier  
entertained their own high-flown eternity,  
but reclusive and remote in desert's depth  
rich in soul's seclusion, and in solace  
lightening the Lord's unbroken recreation.  
(for Halim) (from *Poems of the East*)

## Atlantic College Newsletter Summary

Alex Ford-Gould

Toby Gould writes: *Alex was supported by the South East Area Meeting for her 2 year's at Atlantic College in Wales, without that support (and support from others) she would not have been able to go. It has changed a lot in her life - her outlook has broadened, she has become vegan (and convinced us to lead a more vegan life) and she is going on to study oceanography at Dalhousie University in Nova Scotia, Canada because her interest was piqued whilst at the College. She has a worldwide group of friendships stemming from Atlantic College who will stay close to her for the rest of her life.*

### January 2019

My 6 subjects are going really well- Higher Maths, Higher Physics and Higher Economics, and then Standard Chemistry, Stand-

ard English and Standard German and I have improved drastically in German due to being in a class with only native speakers which is intense but I have learnt so much by being thrown in the deep end.

I am involved in the Amnesty International club, promoting rights events, encouraging students to sign petitions and write letters to activists in jail. We have run debates on issues such as abortion and female genital mutilation, discussing both sides and gaining a compassion for views you would have not thought about before.

I volunteer for a charity - Atlantic Pacific where we are training in search and rescue techniques and I'm learning how to drive a rigid inflatable boat (RIB)! We are building lifeboat to send to Mozambique who have no lifeboat service and currently the highest child drowning rate in the world. We are also designing and selling charity merchandise.

I continue to volunteer at Penybot Gateway club for the disabled in Bridgend and love it. I do jigsaws, have drastically improved my darts skills and have lots of fun with the members, learning a lot about myself in the process.

Although this half term has been lots of fun, I have spent a more time in the Library with exams but as I love my subjects I've secretly enjoyed it.

We had a feminist conference with workshops on issues such as child sexual



assault in China and learnt more about how we can strive to make gender equality a reality.  
**June 2019**

It is now the end of first year and this year has changed me in so many ways. It has been the best year of my life and I want to thank you for helping me achieve so much.

My dorm of 4 have been enjoying the last moments together as next year we will be splitting, my Dutch roommate and I will be gaining two first years to mentor in our dorm.

As this term has been a lot warmer and sunnier, I've spent a lot of time at the seafront watching the waves while studying. It has been really nice to relax in the sun and go swimming in the sea now it is not so cold! With the weather being so nice, sunsets have been a big part of this term, from ones on the coastal path to ones on the walk along the way to the closest village Marcross.

### January 2020

I am now three quarters of my way through my time at Atlantic College and am still loving it as much as ever!

## Around Europe

Quaker Council for European Affairs, QCEA

Rod Usher

The July 2020 edition is available to read online, from [www.qcea.org](http://www.qcea.org)

The main articles this time are:

“Our defining generational task”- rebuilding society for a post-covid post-carbon world

Migrant workers and their Rights in EU.

My 6 subjects are going really well; my favourite subject is physics, I love how engaged the teacher Martin is and it makes it super interesting.

I am part of the sheep farming service where we are preparing for the lambing season and have just taken the ram out of the fields as the mating season is over.

I have been rehearsing with the dance troupe MOVE with a lot of performances recently, we even performed in front of the UWC heads from all over the world and for the local community.

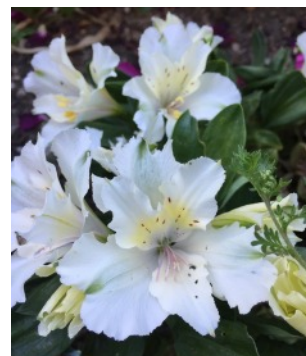
As this term has been very busy with schoolwork – all my deadlines are now over(!) – I have been writing long essays for all my subjects, but I have enjoyed doing research into what I am interested in. For example, in physics I did an experiment and an essay on the conservation of angular momentum in pirouettes, allowing me to research something I found extremely interesting.

The students ran a de-coloniser conference with workshops on unease in the Middle East

and another on First Nations people in Canada.

For one weekend in the term, most of my second years came back for a weekend which was probably my favourite weekend for the whole of AC. I got to see some of my closest friends that I hadn't seen since they graduated in May. It also meant that I could ignore all my stresses of second year and feel the freedom of being a first year again. This was a really emotional time, but I know that the friendships I have made with them will last.

Overall, I love the school and can honestly say it is the best thing that has happened to me so far. I cannot express to you how much it all means to me and how much I love the people here. Thank you for helping me achieve this!



1.85 trillion to rebuild the EU for a post-covid future

Post-covid economic justice: Considering Universal Basic Income

Privilege and the pandemic.



### Epigram

Julia Usher

“God gave men two ears, but only one mouth, that he might hear twice as much as he speaks.”