



Donald Hind with Friends

NEWSLETTER

SOUTHERN EAST ANGLIA AREA QUAKER MEETING

November 2020

RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

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Meetings for Worship

CLACTON

Harwich

COLCHESTER

EARLS COLNE

SUDBURY

FIRST CONTACT
FOR FUNERAL ARRANGEMENTS
Charles Bather. Alison Parkes



Editorial

John Hall

Uniquely, we have included a very long, illustrated article in this month's edition (over 1100 words – we normally keep to 6-800) because to cut it would have taken from its message. One of the striking things in the article is Hazel being told at school to “forget about art, you have no talent” when it is clear from the article that that is and probably was far from the truth.

Sixteen years ago, I retired from teaching to take up another career having been a head teacher in schools in Malaya, Germany and London. Never during that time do I recall a teacher being so dismissive of a child's potential and yet it clearly happened and maybe still does; let's hope not. How distressing and short-sighted it must have been. Fortunately, as you will read in the article, Hazel was able to prove the teacher wrong and after much work to produce an artistic achievement.

It reminded me of the rejection that early Friends suffered when their message of being led to Truth by the inward voice of God was rejected. I am currently reading the 1714 journal *Persecution exposed in some memoirs relating to the sufferings of John Whiting and many others of the people called*

Quakers for conscience sake in the west of England, &c. (Titles were always long in the 17th and 18th centuries !) and in it he describes how in 1681 very many adults and youths turned out in Bristol to persecute Friends by physically assaulting them and destroying Friars and Temple-Street meeting houses. This 25 years after James Nayler and Friends re-enacted the Palm Sunday entrance into Jerusalem in Bristol and the consequent illegal trial and punishment by Parliament. The damage to Friars alone was £150 (about £27,000 in today's money).

Despite the attacks, John Whiting asks Friends to use his house for Meetings for Worship as often as they need to and made plain that despite the pain and provocation, Friends would in the end overcome the persecution. Looking back, it is easy to see that he was right although it took very many years before the discrimination against Friends came to an end. So, despite the setbacks which many of us see in today's world, time may be a solution. I remember some ministry a Friend gave at Newcastle upon Tyne Meeting in 1967 during the Biafran War that the north-east of England had suffered terribly under the Vikings but even that passed away. Stay well and hopeful Friends !

*I took these photos at
Laver-de-la-Hay
David Lawrence*

A Way of Life

A religion gives shape to lives, and binds communities together. It helps us understand and live well. A religion is not merely a “belief system” but a way of life.

29th June, 2018 by Clare Flourish

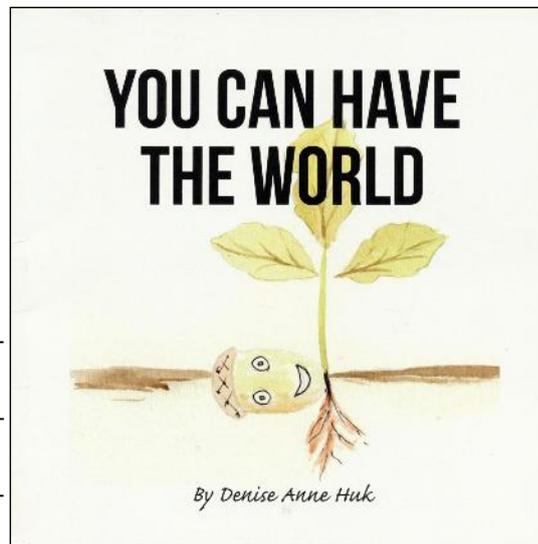


Illustrating and remembering

Hazel Jones

It all began in 2011 when my daughter Denise showed me a short children's story she had written, *You can have the World*. It was good—confirmed by her friends whose opinion she had sought before mine. But she also showed me some of the rejection notes she had received from various publishers. One of her friends had suggested that it needed to be illustrated and recommended a young man who might be willing to do this. He went off to University and nothing came of it. I found the typed story and the rejection slips when sorting out Denise's affairs after her death in 2018.

In fact, it really all began in the last century, when I enrolled in 1997 on Woodbrooke's *Equipping for Ministry* course. In my second year on the course I was persuaded to take up botanical illustration—as a non-artist who had been advised at school to “forget about art, you have no talent”, I found this both terrifying and challenging but my tutor was adamant. Apparently, I had “an eye for the detail of a plant”, so I went to classes in Bury St Edmunds on day release by my very kind employer at the time. Christine Grey Wilson was my tutor. She had trained at Kew as a botanical artist under Christopher Grey Wilson whom she later married. She was very patient, positive and encouraging and gave me the beginnings of confidence with pencil and paint.



By 2018, when my daughter died, I was studying drawing and painting at the Venture Centre in Lawford. Amanda Blair, my rather wonderful tutor there, convinced me I could tackle the illustrations. She researched some of the basics I would need to know whilst I researched the different ways the story could be self-published. I decided to work with Autoprint in Harwich, their website gave me recommendations which included possible formats and recommended the use of pixilion instead of pdf or jpeg. I tried a free starter with pixilion and found it quite easy. Autoprint also offered a design service. The task of illustrating proved more difficult. There are only three characters, but I had to catch them just right. I listed 20 illustrations that would fit the story, then found that I just couldn't find a way of illustrating 12 of the story lines so reduced it to eight. Work was slow as I tried out acrylic inks, watercolours, line and wash. An illustrator friend suggested the illustrations needed to be as big as possible to get the best result in print. After a year of spectacu-

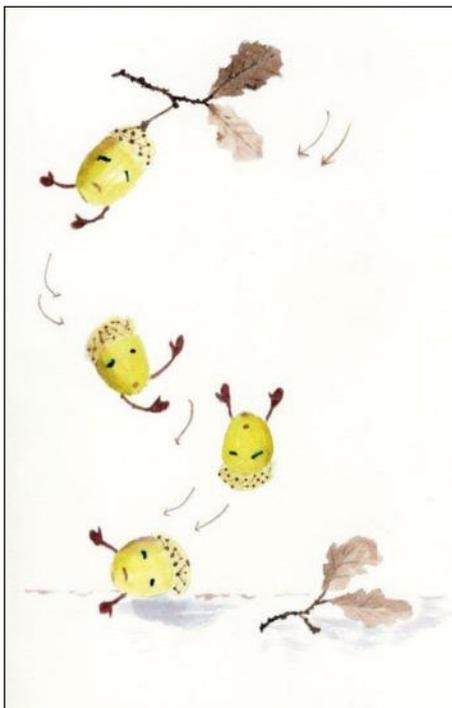
lar failure and moderate success I had completed five to my satisfaction which I successfully converted to pixilion format.

At this time, I contacted Autoprint and emailed the text of the book to them. They came up with a very disappointing draft. Their way of working was to move my text into the smallest possible print space, rather like a newspaper article, and then we would work on it until the design was right. The designer had never designed a book before and was excited at the opportunity. They had never heard of pixilion but were able to work with it. I later found out that the business had changed hands during the period from my first research to the actual contact now made. However, I started to believe that we might have a little book on our hands and set about completing the eight illustrations.

In discussion with my granddaughter, Chloe, who has huge enthusiasm for the project, we decided that all proceeds would go to Denise's chosen charity, Group B Strep Support. Group B Strep is an infection passed from mother to baby at birth which can be quickly treated with antibiotics if the condition has been identified. Unfortunately, the NHS no longer tests expectant mothers for Group B Strep and, sadly, every day in

the UK two babies will develop a life-threatening Group B Strep infection. The charity helped Denise understand





(though not come to terms with) the death of her second daughter Cara in 2003 and she campaigned and raised funds for them until her death. With advice from Group B Strep Support, we were able to add a page to the book to let people know about the aims and work of the charity and how to give a donation linked to the book via the JustGiving page set up by Chloe.

Using a website called WeTransfer, I sent the eight pixillion illustrations to Autoprint and a first mock-up was printed. Chloe came with me to Autoprint to make the final decisions. We decided another two illustrations were needed to break up

Kindness in a Selfish Age

John Kay

It does seem to me that the stringent times, which our present government are keen to stress are ahead of us all, will hopefully do a great deal to ameliorate some of the evils of our present acquisitive society.

Perhaps when people can't buy so much and thus, misguidedly

the text in places, and we worked out the technicalities of paper size and weight for the cover and inside pages, general layout and print size. A few days later I took the first mock-up with me to an art day at the Meeting House in Clacton where, helped by constructive ideas from Friends, I completed the outstanding illustrations. We were almost there. A final visit to Autoprint, a final mock-up which was approved, and finally a quote – we decided to go for 400 copies at £1 each, with the cost of printing borne by Chloe and me.

200 copies found homes very quickly, Group B Strep Support has received over £1100 so far and we have received some truly lovely feedback. An 80-year old wrote to tell me how the lesson contained in the book had helped her and her husband to cope with the life changes brought about by the lockdown, and a former attender at Har-

wich Meeting asked permission to use the book in his primary school's philosophy sessions which this term are directed at dealing with change. We have just taken full ad-

vantage of a free table at a Crafters Market, which raised about £50 and future plans include a possible Saturday market stall just before Christmas and even an offering on Amazon as a Christmas tree gift for little ones. I have been asked to send it to BBC Radio Essex to be featured on one of their regular programmes. And finally, an exciting suggestion that I should send a copy to Friends House to see if it might be of interest to the Children & Young People's section. I wonder if a reprint will be needed! At the back of my mind all the time is the thought that my daughter Denise would be so happy with the success of her book, the wide variety of people it has reached and the way it has enriched lives.

What's next? I have gone back to botanical illustration, using the paintings to illustrate my own life history in a book for my family.



boost their self image they will be forced to realise their self-worth through learning to become accepted members of the Society they live in.

We can only do this if we have a real appreciation of, and recognise the value of the people around us. Quakers, right from the start have realised this and know that, the term expressed in 18th-century Enlightenment, sympathetic attachment for those about us is

fundamental to a healthy human society.

It did my heart good to hear our new Justice Minister (Kenneth Clarke) state categorically that prison did very little in the way of reforming or reintegrating prisoners on their release. Something the Joseph Rowntree foundation could have told him many years ago.

20.10.2010

Wednesday Meetings

Julia Usher

Pauline Davenport and I thought it might be good to explain to Friends about our Wednesday lunchtime Meeting for Worship and Reflection, which has been growing in depth since August. We have been a very small group, sitting in the Meeting House garden - not yet rained off. I have found it a wonderful growing experience, which has supported and strengthened me in powerful ways, especially as Rod and I are only attending Meeting for Worship on Zoom.

We have been gathering in the garden for 30- 40 minutes meditation, followed by personal reflection and sharing. What follows is a summary of our experience and a collection of our comments on what the Wednesday Meeting provides for us.

Advice and Queries: relevance

An Oasis of harmony.

A lifeline and a blessing.

A rich, personal and gathered spiritual power base.

A comforting and empowering point of reference during the intervening week.

A place of mutual support and encouragement in spiritual and everyday matters.

A safe place to be ourselves and to explore and share our concerns, our doubts, our truths.

Quaker Faith and Practice: 2.62; 2.77; 3.30; 27

A place we come to with an intention of connecting spiritually with each other, that we might all grow towards being the best we can be.

7.; 4.11. A sacred place where we can gather as seekers.

A place of renewal, inspiration and opportunity. 2.10.

A fount of healing and creative energy.2.35

We would like to grow and share the fruits of our worship and reflection with a wider gathering. Being out of doors - while the season has permitted - has been a profound part of the experience; the sounds of the world around are part of it, and of our silence too.

You will be very welcome. You may phone Julia Usher (01206 751522) or Pauline Davenport (07968 282504) beforehand to check out last minute details, or changes to our arrangements. We are hoping to secure an indoor Meeting space, once the weather prevents our sitting in the garden.

Dementia and Faith

Yovone Cook,

Coronavirus Community Response Team

Faith can be crucial for people affected by dementia as they go through their dementia journey. Yet often people with dementia miss out on being able to access their faith due to a lack of understanding on the part of the wider community about how best to support them.

This special session (Wednesday 11 November 2.30 – 4pm) has been arranged by the Alzheimer's Society, the Essex Faith & Communities group and Colchester Borough Council. It will help you, as the key stakeholders

in your area, better understand how dementia impacts upon people. The session will equip you in how to help meet the needs of a person affected by dementia and how to share your understanding within your faith communities.

The session will be run by the Alzheimer's Society's Essex Dementia Friendly Communities Coordinators', Mark Neville and Rosalva Johnston, and you will be able to submit questions in advance (please email Yovone.cook@colchester.gov.uk)

or at the session through the chat facility.

The session is free and will last for approx. 90 minutes

To book please use this link <https://www.eventbrite.co.uk/e/interfaith-week-dementia-awareness-session-tickets-126209202121>

The meeting will be run through Microsoft Team and a link will be sent closer to the date.



Chris Mort

Carol Holding

I remember Chris Mort as quiet but determined, gentle but with strong views. She took part in Peace vigils and discussion groups and other activities. The house she shared with Hilda Taylor in Ernest road was welcoming when Quakers came as group for tea after a walk and they enjoyed working in their garden. Gradually it all became too much for

them and their determination to be independent was a worry. When Hilda died Chris was bewildered and reluctant at first to go into a care home but she settled and enjoyed a couple of trips out to tea before she went to live nearer her family in the North a few years later. She and they were happy together in her last years and she will be missed by her sister Carol and also the Quakers in Colchester.



Photo 1



Photo 2



Photo 3

Progress in a shut down

Anne Watkinson

Colchester Local Meeting thank SEAQ Area Meeting for their new boiler and radiators! Our report to AM in June this year read: *We have known for over 20 years, and this is well minuted in our Premises minutes, that our boiler was old, inefficient and failing. It dates back to the early 70s when the old house was renovated for the use of Friends.*

Photo 1

We had to have the asbestos ceiling removed as well as the asbestos in the boiler itself and the flue.

Two weeks ago it looked like this:

Photo 2

Today it looked like this!

Photo 3.

We are ready for the cold weather. This includes all new radiators with thermostats. All new pipe-work is above ground and the old stuff either removed or capped off. We still have to replace the ceiling in the boiler room get the copper pipes painted, but we have three volunteers to paint the walls where the old radiators have come off. Apart from these bits the whole thing has cost less than £20,000. We are still hopeful for a grant and to be able to reclaim VAT as it is a replacement in a listed place of worship so should be less than that. Something to celebrate in what looks like being a rather tedious winter! Hopefully our bills will be less too!

Conspiracy

John Hall

In *The Friend* of 16th October 2020, there is a review by Helen Porter of Montgomery Meeting of the 2001 film 'Conspiracy'. Helen concludes her review by saying "I would like to see a viewing of *Conspiracy* on every A-level history syllabus. ... And for Quakers to do what we have always done – to keep our eyes wide open to what is happening."

As a result of Helen's review, I obtained a copy of the film. It is a dramatization of the Wannsee Conference of 1942. Under the leadership of SD Reichsführer Reinhard Heydrich, the declared intention of the conference was to agree a procedure to what the Nazis called the "Final Solution (Endlösung der Judenfrage)." In fact,

the conference was just a ploy at arranging a cover-up of what the Nazis had already started: the mass murder of Jews and others. Although the film is an extended version of what actually happened, what it demonstrates most clearly is that those who proposed the *least* awful practice (mass sterilization of all Jews) were suborned into accepting the greater evil (mass murder) which had, in fact, started a year earlier but which at the time of the conference was kept secret.

What it also demonstrates is that the most reasonable arguers

can be as evil as those intent on forcing agreement for genocide.

My experience of Friends over most of my life has been one of us all actively seeking that of God in everyone. However, as Helen suggests, we need “to keep our eyes open.” As well as there being potential good in everyone, there is also real evil in our world. This isn’t the same as incompetence or failure to make reasonable judgements; it is a commitment to do what most of us know to be wrong. And it can be argued most persuasively as, as Helen says, it has

been in Eastern Europe, the demonisation of migrants to our own country and elsewhere in Western Europe, and the threat of classification as “organised crime” if one questions the basis of our financial system.

While Friends have spent centuries “answering that of God in everyone”, we must also realise that in some “that of God” is depressed into near non-existence and we need to be ready to face its absence and aim for good.

Clacton News

Janet Thomas

Our very dear attender Susan Hanson died on Friday morning 7th August 2020 after a long, long illness with cancer. Sue also attended the Celtic Prayer Service at our neighbouring Christchurch United Reformed Church. The following is what he had to say about her:

“It was always a joy and a delight to spend time sharing with Sue, and was always a privilege to pray with her. She was a wonderful, wonderful woman, full of faith, peace and strength. God was certainly moving in her life

and she impacted those around her and I do know her heart’s desire was for her husband and his care. She always desired to outlive him so he would get the care he needed – she was selfless to the last. Her prayers were answered. She approached her illness with such dignity, faith and strength and was a wonderful witness to the peace, love and joy of the Lord. She will certainly be missed by myself and all who knew her.”
Reverend Trevor Hahn of Christchurch URC, Clacton

I feel certain that all who knew Susan will endorse Trevor’s beautiful words.

“War is not a historical aberration best forgotten but a clear and ever-present danger for humanity. It merits continuing historical inquiry and political discussion. ... [Now] is not the time to avert our eyes from something we may find abhorrent. We must more than ever think about war.”

Margaret MacMillan

Food: Germ- in -Nation.

Julia Usher Poem for October, 2020
Sweet Chestnuts swell on newly watered trees
Still green, above, below;

They too begin to fall,
Their spiked cases pierce my fingers,
Needing surgical gloves to collect
- them - all.

How like the Covid virus germ they seem,
Yet their inner core is not contagious.
Indeed, if ripe, they feed
The ground-bound creatures all around -

And if they last, and we last too,
Will grace our Christmas table.



Webinar

Concern for compassionate assistance to die

Luton & Leighton area meeting invites you to their meeting for learning webinar

Luton and Leighton [L&L] Area Meeting has, for several years, been considering a concern for compassionate assistance to die. Last year, 3 AMs sent separate minutes to Meeting for Sufferings on this issue. As a result, MfS asked for more information, and also asked all AMs to consider this further and let MfS have their views. With this in mind, L&L AM has arranged a webinar meeting for learning on this issue with Dr Stefanie Green. Dr Green is a Canadian doctor, a

practising GP and also a provider of Medical Assistance in Dying [MAiD]. Our hope is that Dr Green's outline of MAiD and our discussion, focussed on the approach doctors may take with patients when considering an assisted death, will deepen our understanding and so help in our discernment of a Quaker view on the issue of legally assisted death. L&L AM wishes to invite meetings across BYM to join this webinar. Registration is now open and the links to book a place and/or submit a question, are below.

Webinar Saturday 7 November
4 - 5 pm

Please use this link to book your place:
<https://tinyurl.com/register4web>



The webinar will be recorded, so it may subsequently be made available across BYM, and also on YouTube. Only the panellists will be visible on screen.

Earls Colne News

Jenny Kay

We are thankful that we can meet in person and hope that it will continue. There is little ministry in our Meetings for Worship. We are quiet people; some of us are sometimes drawn to read silently. Now that we have few notices and cannot socialise over refreshments we spend time before leaving the Meeting in 'Afterwords'. It is an opportunity to share something that has not led to ministry.

Una Lawrence offered this passage from Quaker Faith and Practice 2.49. Thomas Green, writing in 1952 on the wandering mind adds this reassuring quote from St Francis de Sales.

“When your heart is wandering and distracted, bring it back quickly to its point, restore it tenderly to its Master's side, and if you did nothing else the whole of your hour but bring back your heart patiently and put it near our Lord again, and every time you put it back it turned away again, your hour would be well-employed.”



Jars of Quince Jelly made by Una Lawrence from the fruit of our Quince tree at Earls Colne