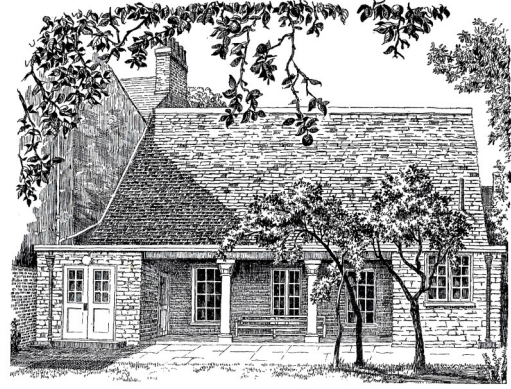


# Forty-Three newsletter

Number 525  
January 2023



## Oxford Friends Meeting

43 St Giles, Oxford OX1 3LW  
+44 (0)1865 557373  
office@oxfordquakers.org

### Welcome to Young Adult Friends (YAF)

Taz Cooper

*YAF have introduced a new reading before meetings to make worship more accessible to newcomers. It was felt this might be helpful for all Friends to read.*

Welcome, Friends. As we gather, we thought it would be helpful to offer a few words about our form of worship.

A meeting for worship begins when the first person sits down. We try to be still and quiet from the beginning. On the table in the middle there are copies of the Bible, *Quaker faith and practice*, and *Advices and queries*: these give the essence of the Quaker way. You're welcome to use these during meeting if they would be useful for your worship.

Our worship is based on quiet

stillness. For us, this isn't just a time to meditate, relax, or gather our thoughts. We try to be alert and expectant, waiting openly on the leading of the Inward Light. We aim to become inwardly still, clearing aside the activities of mind and body that usually fill our attention, in order to attend to the workings of God.

It's our practice not to speak for the first few minutes of meeting. During that time, we're advised to 'turn in thy mind to the Light, and

wait upon God.' Our expectation is that the worship will deepen. This can take practice and patience. Slowly, we find God in ourselves and in other people. We hold space, listen, and try to see how the Spirit is moving among us, speaking to us now.

This isn't a time for deliberate intellectual exercise. Thoughts will occur, of course. Some will be distractions and should be set aside. Practice turning repeatedly



Photo by J Henderson

**Please send newsletter contributions well in advance of the intended publication date.**

Contributions, preferably of 500 words or fewer, can be emailed to [newsletter@oxfordquakers.org](mailto:newsletter@oxfordquakers.org) or a paper copy can be left in the pigeonhole of any editor. Items for the calendar or community noticeboard can be emailed to [office@oxfordquakers.org](mailto:office@oxfordquakers.org). The closing date is the 15th of each month.

For more information: tel. +44 (0)1865 557373 or visit [www.oxfordquakers.org](http://www.oxfordquakers.org)



Society of Friends annual meeting at Devonshire House, London (May, 1860 by John Joseph Willson (ca.1837-1903), of Leeds, West Riding of Yorkshire, England. Showing third picture: "The Men's side." The men's gallery at the Yearly Meeting. From Wikimedia Commons.

to God. If the Spirit places words on your heart, if you seem to experience perceptions drawn from a deeper well, then let these dwell in you and be receptive to the Inward Teacher.

As we wait on God together, one or more Friends may be moved to stand and speak out of the silence. A message may be delivered by an individual, but it's understood to be coming through that person, from God. Anyone may speak if they feel that God has placed words on their heart which are for this gathering to hear at this time. The silence is ministry too, and we are ministers to each other.

We aren't worshipping to share our own thoughts or feelings. Ministry is speech that ministers to the gathered community. When you consider ministering, ask yourself: Is this from me, or from God? Is this for me, or for everyone? These aren't easy things to discern. It takes practice, including trial and error. Don't be afraid. Try to be faithful to the Light of Christ that shines in us all. If you're not certain whether to speak, don't — silence is sufficient for worship.

Friends have found that we use our speech best when it is brief, careful, spoken from

experience, and audible, though not necessarily polished. When the inspiration to speak ends, stop. We don't need a perfect conclusion — be faithful. People rarely speak twice in a meeting.

We observe spaces of silence between messages to allow each message to ripen in our hearts, and we avoid responding to previous ministry. Worship isn't a place for debate or argument. Try to make yourself receptive to each message, even if you find it strange or uncomfortable. There may be a kernel of truth in it that will speak to you. It may be what someone else needs to hear. Try to 'listen in tongues' to what lies behind the speech of others. Then, turn inward, back to waiting worship.

Meeting draws to a close in silence after about half an hour. At the end of meeting, two Friends serving as elder will close our worship by shaking hands. We are all invited to shake or join hands and greet each other.

After meeting, we will have time to briefly share our names, and then those of us who are staying for dinner will begin setting that up.

Thank you, Friends. Let's settle back into worship.

## Monthly Appeal - January 2023 The Parasol Project

The Parasol Project is an Oxford based charity committed to disabled and disadvantaged children and young people experiencing, or at risk of, social exclusion. It was established in 1991 by a group of professionals working with disabled and vulnerable young people in response to the lack of inclusive play and leisure activities within Oxfordshire.

For children, Parasol runs an inclusive holiday play scheme in Northway, Oxford with places for 40 children per day. Fifty per cent of the children attending each day are disabled. The Play scheme offers children the opportunity to develop through free play and also runs a range of activities including: Bushcraft, arts & crafts, mud kitchen, sports, sensory play and fancy dress.

For teenagers, Parasol offers holiday provision programmes for young people in the city: activity days, residentials, a term time youth



group, and a Saturday dance group. Its activities focus on inclusion, having fun, and gaining new experiences. Some of our activities include: art projects, cinema and bowling trips, canoeing & kayaking, tobogganing, laser tag in 50 acres of woodland, cooking sessions, meals out, theatre trips, scavenger hunts, dance and drama projects, film making, bushcraft and residentials.

There is a Quaker connection with the Oxford meeting through Mena Remedios who is an attender and is on the Pastoral Care Group. Her youngest son has benefited from Parasol activities for many years when he was younger.

Donations can be made via Just Giving by pressing the Donate Button on the website [www.parasolproject.org](http://www.parasolproject.org), by bank transfer to CAF Bank Ltd (Sort Code: 40 52 40 Account Number: 00034252 or by sending a cheque to The Parasol Project, Tower Playbase, Maltfield Road, Northway, Oxford OX3 9RG.



Image from Parasol Project website: <https://www.parasolproject.org/>

## Recently in the Meeting House Library

Catherine Hilliard

Some years ago, I did a cull of unused and largely superseded Biblical criticism which left room to expand the sections on pastoral care and green issues. This year I have continued my policy of concentrating on Quaker material which cannot easily be found in what might be called secular libraries, and so I bought some Quaker memoirs and biographies, among them: Caroline Stephen's *Quaker Strongholds*, Ada Salter's *Pioneer of Ethical Socialis*, and Martin Kuhn's *Grandmother's Footsteps*.



Photo by J Henderson

The Handheld Press has published *The Conscientious Objector's Wife* and Rose Macaulay's *Non-combatants and Others: Writings against War*, which I have also bought. Following requests, I have purchased Irene Gill's new book *How to be a Refugee: Life Lessons Learned by One Who Escaped the Holocaust*.

Over and above this, there is now a children's section to the library, and the following children's books were purchased:

- Raymond Briggs' *When the Wind Blows*
- Three Dr Seuss books
- *The Quiet Book* by Deborah Underwood
- *The Peace Book* by Todd Parr
- *A is for Activist* by Innosanto Nagara.

I will work on expanding this section.

In the literature section, which shelves books about Quakers as well as by Quakers, I bought Mrs Craik's *John Halifax, Gentleman*. I am always happy to buy relevant books on request, as long as they are published by a press I can locate.

## Thoughts on Winter and Those with Low Incomes

Sarah Lasenby

When in the summer we heard the news of many people getting poorer and that they would find the cost of gas shooting up, we thought we might do something in solidarity with those really unable to meet the increased cost of utilities; in particular gas for heating. We can afford to pay our bills but by doing without gas heating we will only be presented with small bills for cooking on the hob. This will help us to pay for the rise in our electricity bills.



Photo by J Henderson

So we did not put the heating on (except a fan heater to wash by). Soon the house grew cold and chilly, I was very surprised just how cold and damp the house got and thought of those really suffering. I hope they are able to get to a warm hub Then some days later it got rather cold damp and nothing dried in doors.

You may want to know how we manage ? We certainly could not manage without our 'therm' bags\*. I hope some of the people who read my article in Age UK Engage magazine are now using them if only to allow them to turn down their heating and still not suffer from hypothermia.

It's a relief that it is now a bit warmer. It is a very informative exercise as I had no idea what an unheated house in the winter was like. Our good insulation is now keeping ~~the cold in!~~

\* Therm Bags are 14X14 Cm of cotton cloth with 580grams of wheat seed. Heat



Wheat seeds. Wikimedia Commons.

the bag up in a microwave for 2mins. Take care not to overheat it.

Wheat seed can be obtained in Uhuru Shop on Cowley Road near the Plain.

These bags are much more comfortable than hot water bottles and much cheaper to heat.

Clutch them to your body and put plenty of rugs over to keep you and the bag warm. We find that these bags totally prevent hypothermia.

## Spiritual Nurture 1

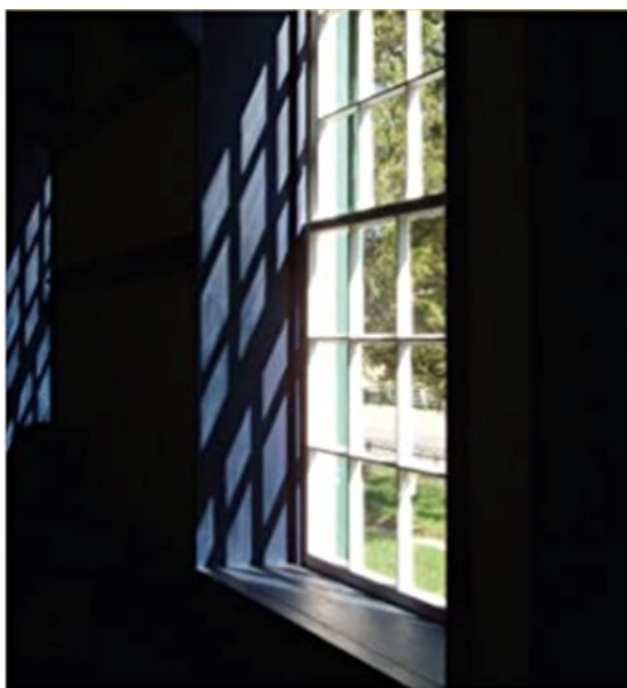
**13:30 - 15:00 Saturday 14 January 2023  
Faringdon (in person only) after MfWfB**

**Harvey Gillman: "Spiritual Hospitality at a Time of Uncertainty"**

Harvey was outreach secretary for British Quakers for eighteen years. He is the author of many books, pamphlets, and articles on Quakers and spiritual life — his best-known book is 'Consider the Blackbird'.

Harvey's anthology of poems, *Epiphanies*, deals with the spiritual quest, pilgrimage, and moments of grace. He is a frequent speaker at Charney Manor where his humility, open-mindedness, and inclusivity of approach make him a great leader of participative debates and discussions.

Harvey writes: 'The question I pose to myself and to others is: how do we fragile humans live in peace and harmony on this fragile planet? If anything here speaks to you, it may form the basis for the session you require.'

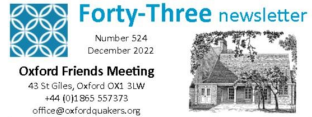


The picture is taken from the cover of one of his many books: *A Light that is Shining: an introduction to Quakers*.

# News about the 43 Newsletter

The Newsletter Team

We welcome Luke Young to the editorial team of the *Forty-Three* Newsletter. Luke replaces Sherry Granum, who has laid down her role after two trienniums.



**Text of a Sermon**  
**Given on Remembrance Day**  
**11 November 2022**  
**at St Mary's Church, Ilffey, Oxford**  
**Steve Baker**  
Friends, what a hugely solemn day this is. Many of us are remembering tenderly friends and family killed or wounded in war.  
Like you, I remember my grandfather was killed in the Crimea in 1855. Before my father was born. He fought and was wounded in the Second World War. My father and brother-in-law both served in the armed forces. I grew up therefore in the shadow of war. I even played the organ occasionally in a Quaker Garrison church. I have always respected military values.  
But over the course of my life I have come to see things in a more complex light. When we prioritise peace with justice, the military side of things becomes one element in a much more complex mix of factors.  
Family discussions for me at this time can therefore be challenging. But these Remembrance Day poses challenges for all of us, especially at national level – if we will let it.  
First, the meaning has perhaps become less clear as time passes and old soldiers die.  
Secondly, and more important, Remembrance Day has lost its original sense of 'this destruction is terrible – it must never happen again'. In living memory we have had WW1, WW2, the Holocaust, Afghanistan, Iraq, Yemen (on which we are heavily engaged), Ukraine, and a good many other smaller wars below these headlines. What is coming next?  
Contributed next page.

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For more information, tel: +44 (0)1865 557373 or visit [www.oxfordquakers.org](http://www.oxfordquakers.org)

As part of our plans to make our work sustainable, we are introducing a new deadline of the 15<sup>th</sup> of the month for contributions to the following month's newsletter. Pieces received after this will be kept for the following issue.

We appreciate your understanding and look forward to receiving more of your wonderful pieces for the 2023 issues of *Forty-Three*.

## Do you Book Rooms at 43?

Jacqui Mansfield

PLEASE READ if you book rooms at 43 for Quaker (or other) activities. In the office we are using a new software programme called Hallmaster for all room bookings at 43 St Giles.

Hallmaster enables everyone to see all room availability on the bookings calendar and book a room directly.

This means that if you are in a meeting and want to see if a date and room is available, you can do it there without needing to check with the office.

You can find our Hallmaster booking calendar by visiting the Room Hire page on:

[www.oxfordquakers.org](http://www.oxfordquakers.org)

or by using the link below:

<https://v2.hallmaster.co.uk/Diary/MainPanel/10979>

We have just taken our hundredth booking via the new system, and so far reports have been positive.

However, we also understand that these things can feel very unfamiliar (and deeply annoying at times) so if you get stuck please contact the office and we will do our best to help!



[office@oxfordquakers.org](mailto:office@oxfordquakers.org)



## Update from Julia Dover, Youth Children and Families Development Worker

I greet you in friendship at the great still point of the year, a time when creatures of the forest, river, and sky are quiet. How wonderful that Nature offers a visceral experience of peace and rest.

Some news of a few of my latest activities, and information about upcoming events for your diaries:

This past month I facilitated an afternoon of all-aged fun — during an imaginative play session at the Oxford Meeting House, for Friends aged 1 to 81. In a short time we travelled to the bottom of the sea and to the moon, as starfish, fire, and penguins. One amongst us was a fabulous pancake! It was amazing how beautifully the group moved as one and beyond words to create different forms and worlds.

I am glad to announce a slate of new outreach initiatives following recent meetings with Sibford School and Leighton Park School — opportunities for meaningful, exploratory, and fun experiences for students and our communities of Friends alike are on the horizon. In mid-June 2023 at Sibford, Quakers from across the Area Meeting are invited to spend a day with primary school children to share stories, life experiences and games. Students will learn about biography by interviewing Friends about Quakerism; through shared activities the tall and small will discover what they have in common by having fun together. I shall let you know the precise date of this event next year. It would be great to involve as many

Friends as possible in this venture — please get in touch for further details.

In January 2023, I will join Newbury Friend, Howard Grace, at Leighton Park for a screening of the film ‘Beyond Forgiving’, and discussion to follow with a Year Eleven cohort. A Peace Conference in the autumn 2023, as well as activities week in mid-June are in the pipeline. There are spaces for Friends who’d like to join in collaborative outreach, planning, devising, and leading sessions.



Photo by J Henderson

In January I will also facilitate an all-aged activity at Reading Meeting to make a ‘Quaker Quilt of Joy’. Following a relaxed shared lunch,

we write and draw our personal joys on coloured paper hexagons, and then together make a patchwork quilt of joys for display. I am happy to run a similar event for Local Meetings across the Thames Valley.

It is clear that OSAM is gifted with so many Friends who have a rich array of talents, enthusiasms, wisdom, and expertise. In a spirit of collaboration, as I develop new events and programmes across the Area Meeting, I invite Friends to consider offering time and skills as volunteers. In fact, I would like to plan activities whose seeds are YOUR passions. Stay tuned for a February gathering for any amongst you who would like to explore what inspires you, and how to share this excitement through volunteering.

I am initiating an outreach group of Friends across Mid-Thames and OSAM to develop innovative interactive outreach performances and workshops to target audiences. Please contact me for more details. I also note for your interest that Local Development Worker Moya and I will be co-leading Restore sessions for Local Meetings – details to follow in February.

From Quaker faith and practice 1.07: ‘Spiritual learning continues throughout life, and often in unexpected ways. There is inspiration to be found all around us, in the natural world, in the sciences and arts, in our work and friendships, in our sorrows as well as our joys. Are you open to new light, from whatever source it may come?’



## Happenings of Note in early 2023

### **Tea, Cake and Play Parents and Toddlers Group**

Regular weekly sessions from 17 January 2023, on Tuesdays 10:00-12:00 at Oxford Quaker Meeting House. Open to all.

### **Meet and Greet Julia, your OSAM Children, Young People and Families Development Worker**

Thursday 19 January 2023, 17:30-19:00, Oxford Quaker Meeting House. For all adult Friends, drop by for refreshments and a chat about making beautiful experiences for all ages, I'd LOVE to meet you.

For those who cannot come in person, I will hold a ZOOM meeting on Friday 20 January 2023, 19:00-21:30. Contact me for further information and an invitation link.

### **Wonder Days 2023**

A call for OSAM Friends of all ages and sizes to attend the launch of Wonder Days at the Area Meeting at Burford on Saturday 11 March 2023. During the day, Friends will be invited to write a response to the question, ‘What makes your heart sing?’, and place their paper in the Wonder Box, which children will have made for the occasion. All-aged Saturday activities once per month across the region will be planned from this collection of singing hearts (which is, in effect, the collective excitement of OSAM Friends). Children, young people, and families will be welcome at the AM. Activities will be planned for them throughout the day, including the design of a framed picture of Friends’ responses for display. Stay tuned for further details in my next update.

In my role to support, listen, co-initiate, facilitate, inspire, encourage, celebrate, play, challenge, and enliven, I am always happy to chat with, meet, and co-create with Friends across OSAM. Please feel free to contact me.



## Quaker Videos in this Month's Forty-Three



**Adria Gulizia**

### Examining the Quaker Peace Testimony

'The peace testimony today is one of the things that binds, I think, all Friends across our very wide theological spectrum.'

**Adria Gulizia**  
**Chatham-Summit Friends Meeting**  
**Newark, New Jersey**

**QuakerSpeak**

<https://www.youtube.com/watch?v=dxKGq-BF990>

**6 Minutes**



*Broad Street, Oxford in heavy snowfall on 8 February 2007. Wikipedia Commons.*

### Singing Before Meeting

**Anne Watson**

Bring in the New Year on the 1<sup>st</sup> of January 2023 at 9:30 in the Meeting House when there will be 'Singing Before Meeting'. All ages and levels of experience are welcome.

It is hoped that this will become a regular feature of our Meeting on the first Sunday of every month when MfW is at 10:30, before the Business Meeting at 12:30

# JANUARY 2023

Due to COVID-19, many meetings and events are held via Zoom.

Link for all Oxford Meetings for Worship:

<https://us02web.zoom.us/j/87383304611?pwd=Vkkya2ZweVVRZjRmOE1JVDBFdTdwUT09>

Please contact the Office for more details:

Email: [office@oxfordquakers.org](mailto:office@oxfordquakers.org) Telephone: +44 (0)1865 557373

## From Quaker Faith & Practice

*Building the institutions of peace and social justice*

*People matter. In the end human rights are about people being treated and feeling like people who matter. We are reminded graphically of violations of human rights far away and near at hand. In ignorance or knowingly we all violate human rights. We are all involved in the exercise of power and the abuse of power.*

—London Yearly Meeting 1986, QF&P 24.49

### OXFORD MEETINGS FOR WORSHIP

Meetings for worship are via Zoom and/or in person.

For more information, contact the Office at

[office@oxfordquakers.org](mailto:office@oxfordquakers.org) +44 (0)1865 557373

#### First Sunday of each month:

Meeting for Worship 10:30-11:30 (in person & Zoom)  
MfW for Business 12:15 (in person & Zoom)

#### All other Sundays:

Meetings for Worship 09:30-10:15 (in person and Zoom)  
11:00-12:00 (in person and Zoom)

#### Monday:

Young Adult Friends 19:00-21:00 (in person and Zoom)

#### Tuesday:

Meeting for Worship 07:30-08:00 (in person only)

#### Wednesday:

Meeting for Worship 07:30-08:00 (Zoom only)  
Meeting for Worship 11:30-12:15 (in person & Zoom)

#### Friday:

Meeting for Worship 07:30-08:00 (Zoom only)



Photo by J Henderson

Forty-Three is available online,

<https://brooksidepress.org/quaker/>

and on the Oxford Quakers website,

[www.oxfordquakers.org/newsletter](http://www.oxfordquakers.org/newsletter)

The views expressed in this newsletter do not necessarily reflect those of the editors.

Editorial Team:

Juliet Henderson, Michael Hughey,  
and Luke Young  
(Joint Editing and Production);

Deb Arrowsmith and Jacqui Mansfield  
(Calendar and Distribution)

### HEADINGTON MEETING FOR WORSHIP

Headington Meeting meets each Sunday at 10:00  
at Old Headington Village Hall,  
Dunstan Road, Headington, OX3 9BY

For full details see

<https://headington.quakermeeting.org/>

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