Hereford Quakers
NEWSLETTER

January 2019

Thurs 3rd	12.30pm	Mtg for Worship	Picnic lunch
Sat 5th	3-5pm	Tea Party for Refugees	*see below*
Sun 6th	10.30am	Mtg for Worship	Business Meeting
Thurs 10th	12.30pm	Mtg for Worship	Picnic Lunch
Thurs 10th	7.30pm	Book Club at 56 Broomy Hill	*A Day in the life of Ivan Denisovic*
Fri 11th	2pm	Experiment with Light	
Sun 13th	9.30am	Reading from QF&P	Chap 28
Thurs 17th	12.30pm	Mtg for Worship	Picnic Lunch
Sun 20th	10.30am	Mtg for Worship	
Sun20th *		United Service at Holy Trinity *Whitecross Rd - time to be arranged*	
Mon21s*	12noon	Talk in Cathedral Library	*see below*
Thurs 24th	12.30pm	Mtg for Worship Christian Unity - hosting soup lunch	
Fri 25th	2pm	Experiment with Light	
Fri 25th *		Taize Service	*place and time to be arranged*
Sat26th	5.30pm	Winter Social	see below
Sun 27th	9:30am	Reading from QF&P	Chaps 1 and 4
Sun 27th	10:30am	Meeting for Worship	Shared lunch Food bank

Unless stated otherwise meetings are at Friends Mtg House, King Street ,Hereford

Week of Prayer for Christian Unity 18-25th Jan.

The theme is ***'Only Justice'*** (Deut. 16:18-20**. 'Justice and only justice,you shall pursue...')** the material comes from churches in Indonesia. *Churches Together in Hereford* are hosting the events listed above.

The talk in the ***Cathedral library at 12noon on 21st*** will be about the ***Jesuit Graves in the Close*** followed at *12.*45 by prayers in the *Lady Chapel* then a soup and roll lunch. Sheila Milne

The TEA PARTY on **6th Jan** for our refugee friends we hope will be a convivial afternoon of fellowship and music. Invited are all Hereford's refugees not just the Syrian group that came last year but more recent arrivals from elsewhere.

Volunteers are required to welcome our guests and donations of party food - cakes, scones, crisps, fruit, nuts would be appreciated.

If you can help in either way please contact Jane Straker by email or after meeting.

jane.straker@smquakers.org.uk

Area Mtg. Provisional Dates

Jan 12th	**Ludlow**
Mar 9th	**Brecon**
May 11th	**Almeley-Wootton**
June 8th	**Ross**
July 14 th	**Pales Fellowship day**
Sept 14th	**Ledbury**
Nov 9th	**Hereford**

Winter Social Bring food to Share

Sat. 26th January 5.30pm

Eating at 6pm

Charlotte Lake

Our meeting has joined the **Hereford Green Network** a body whose vision is a resilient low carbon future for Hereford and whose mission is encouraging environmental sustainability through collaboration, encouragement and inspiration.

Also affiliated is **Extinction Rebellion** which celebrated its launch with a gathering in Hereford on Dec 1st. Despite its rather menacing title this group is devoted to peaceful, non violent protest to draw attention to the urgency of tackling climate change and other violations to the natural world.
The aims of the rally were to raise awareness that time is running out if we are to avoid climate catastrophe, to slow the rate of species extinctions and to alert the government via Jesse Norman of our concern for the need of more urgent action. There were about **500** present
The demonstration which was quite spectacularly choreographed went well. Commencing at Castle Green going via the cathedral where there was singing and speeches and then following a hearse with some participants in black went on to High Market and on to Shire Hall where there were more speeches and a 'die in'. Richard Priestly an attender at Hereford Mtg was one of the speakers.
Go on line to find out more of aims and activities of these two bodies and to follow Richards weekly blog on matters environmental.

This months Charitable Appeal - **CHILD SOLDIERS INTERNATIONAL.**

The concern generally is the recruitment of children by state armed forces throughout the world. It works to free children from military exploitation and harm. Whilst the problem is mainly in other countries, it should be recognised that the UK is the *last country in Europe* to recruit 16 and 17 year olds.

The marketing of the military targets children from low-income backgrounds. It presents military life as glamorous, heroic, and associates it with adventure films and war games, and obscures its risks. Young people in mid-adolescence are more likely to make choices based on emotive appeal, since their ability to weigh a major decision against its long-term consequences has not been developed.

Research in the UK and USA has found that the rate of violent offending by young people increases after military enlistment.

Japan and Italy no longer recruit minors. In 2018 the British army enlisted 1,690 minors. 72% of the public believe the British army should raise the enlistment age to 18
Having said that, of course the suffering of child soldiers in other countries is very likely to be worse than that of 16 and 17 year old soldiers in the UK. **John Meaford**

Donations after MfWs in January

The annual **Carol Service at Usk Prison** was held on 20th December. Several Friends who regularly attend our weekly Meeting were able to join the service this year. It very unusually started with a rock rendering of "*I wish it could be Christmas Everyday*" accompanied by electric guitars and drums! This really put a smile on everyones face and cheered what could be very emotional time in the prison The rest of the service was carols and readings by many of the men who we know from Meeting, Mince pies were given us at the conclusion of the happening. A truly memorial event. **Susannah Grunsell**

EXPERIMENT WITH LIGHT.

Experiment with Light began in Britain in 1996 when Rex Ambler devised a guided meditation based on Early Friends' writings. There are various adaptations to this meditation now but all are based on what I would call " spiritual enquiry". The meditation offers a step by step process asking us to reflect upon a series of question, one by one . As we respond to these questions inwardly we attempt to "allow in the Light" to show us the "Truth". This enquiry supports a journey into our hearts to find there what needs to be seen, either about ourselves and or what we may need to do. This is a search for Truth and Peace, and ways of manifesting Love, as is all Quaker practice. I recommend Rex Ambler's book ***"Light to Live By"*** Quaker Books 2002 ISBN 978 0 85245 3360 which recounts his own personal development and discoveries which led to this practice.

The Hereford group meets on the 2nd and 4th Friday each month from 2.00 to 4.00 pm. We allocate the first 15 minutes to drink and chat. After that we close the door promptly at 2.15.We start the meditation which lasts about 40 minutes. Then we allow time for private processing using art materials if we wish.. We then gather again where the group will silently listen to those who choose to share their experience. That concludes the *Experiment,* we leave without further conversation. Anyone wishing to try *Experiment with Light* is most welcome. You can simply show up or contact either *Libby Hudson* or *Julia Parker-Harris* or me. **Colette Priestly**

Take heed dear Friends to the promptings of love and truth in your hearts. Trust them as the leadings of God whose Light shows us our darkness and brings us to new life

Advices & Queries 1

Rex Ambler in his pamphlet ***What is Experiment with Light?*** *suggests that the above Advice could be taken as an ideal summary of the* Experiment with Light *and many Friends who have undertaken the practice have referred to this Advice as the best possible expression of it. This explicit pamphlet can be read on line.* ***P.G.***

Deadline for February
January 23rd
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For information about Quakers

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