Hereford Quakers
NEWSLETTER
February 2019

Sun 3th	10.30am	Mtg for Worship	Business Meeting
Thurs 7th	12.30pm	Mtg for Worship	Picnic Lunch
Fri 8th	2pm	Experiment with Light	
Sun 10th	9.45am	Reading from QF&P	Chaps 1&4 Ads & Queries and AMs &LMs
Sun 10th	10.30am	Mtg for Worship	
Thurs14th	12.30pm	Mtg for Worship	Picnic lunch
Thurs 14th	7.30pm	Book Club 56 Broomy Hill	– A Tale of Two Cities
Sun 17th	10.30am	Mtg for Worship	
Thurs 21st	12.30pm	Mtg for Worship	Picnic lunch
Fri 22nd	2pm	Experiment with Light	
Sat 23rd	9.30am-5pm	Non Violent Communication Training - *see below*	
Sun 24th	9:45am	Reading from QF&P	Chap 24 Peace Testimony
Sun 24th	10.30am	Mtg for Worship	Shared lunch Food Bank
Thurs 28th	12.30pm	Mtg for Worship	Picnic lunch

Unless stated otherwise Meetings are at Friends Mtg House, King Street

Hello! I ought to have introduced myself last month after taking over newsletter from Liz, as there are many more Friends at Meeting who don't know me than do. I've been living in Hereford for about two years now with my daughter and her young family. I've been a Quaker since the late '70's and for about thirty years had been convenor of a small meeting in Alston, a small town in the North Pennines - part of Cumberland Area Meeting. For six years I edited the AM newsletter - and also have edited the Alston community newsletter. I'm particularly pleased to be able to do this job. Not just because it's an activity I enjoy but because I am rather disabled at the moment by a hip awaiting replacement and this is a way I can be involved and contribute to the Mtg without getting out of my armchair! Our style of presentation is very different but I hope my content will be as relevant, readable and reliable as that of Liz. **Pat Gundrey**

Area Meeting Provisional Dates

March 9th Brecon
May 11th Almeley- Wooten
June 8th Ross
July 14 Pales Fellowship Day
September 14th Ledbury
November 9th Hereford

BOOK CLUB

Feb 14th *A Tale of Two Cities*

March 14th *Howards End*

11th April *Amoz Oz-A Tale of Love and Darkness*

December Appeal

£280

Was raised for Quaker Homeless action

The Grace of God in the Lives of two Remarkable Men

Martin Knight_ 1951 – 2018

Martin's was a gentle, kindly and supportive man. With a wide range of skills and interests he led a purposful and meaningful life. From his passion for canoeing, his love of gardening, to his interest in archaeology, his concern for the environment, and his pacifist stance.

In1983 married Erica Knight, whom he had met while at St Luke's College Exeter. He started working with the archaeology team excavating a site at Bewell Street in Hereford and later worked as a museum conservator repairing antiques and old furniture.

In1992 Erica was very ill and Martin gave up work to care for her and their two boys, Patrick and Ted. Martin now developed a keen interest in gardening, becoming very knowledgeable. . Once Erica was fit again he resumed work, this time as a gardener. Quite a few Quakers benefited greatly from his help, and coffee breaks were a particularly enjoyable occasion.

He became a member of Hereford Meeting, serving in various capacities for many years. In his unassuming and efficient way Martin was a valued member of the premises committee with his knowledge and experience of gardening and DIY. One Friend said he could always be relied on to notice and pick up on jobs that needed to be done, and would reliably carry out the work.

Canoeing remained a constant passion through Martin's life. During the first weeks of his illness, when he was still at home, a friend would take him out on the river to his evident delight and enjoyment.

The diagnosis of terminal cancer came as an awful shock to a physically fit and active man in his mid sixties, but Martin made no complaint about his condition and seemed to take the months of hospitalisation and treatment in his stride.

His sad death has left a big gap in the Meetings life. Somehow he exuded a feeling of security when he was around, and lit up a room when he appeared with his happy smile and quiet acknowledgement of ones presence.

These are edited versions of Area Mtg tributes. For full versions see Area Mtg or Hereford Business Mtg minutes

Philip Thornley 1933 - 2018

Philip was born in to a Quaker family and subsequently attended Sidcot and Leighton Park, both Quaker schools.

At 18, at a time of conscription, he applied to be a conscientious objector. His allowed alternative to serving in the army was two years of work on sheep farms in Craswell and Longtow,. experiences which were to change him. He decided this was what he wanted to do with his life but had difficulty persuading his parents. They agreed to support him if he still wished it after getting a degree.

He met Alma at Cambridge. They married had four children and farmed at Brimstone. St Weonards.

.Many friends recall with great affection happy times spent at Brimstone. It was never long before newcomers to Meeting were invited to a meal. These were warm and welcoming occasions where conversation flowed easily and Philip was a kindly host.

His faith and Quakerism were of great importance to him and unselfconsciously he lived out the testimonies.

He was an active supporter of the ***Herefordshire Farming and Wildlife Advisory Group*** helping to promote farming in harmony with wildlife.

As a result of one of Alma and Philip's children being born with learning difficulties he involved himself with ***Mencap*** and, later, ***Aspire,*** helping to develop suitable provision and accommodation Peace issues mattered to Philip. He was a member of ***Hereford Peace Counci*****l** and carried the responsibility of the ***Millichap Peace lectures*** for many years.

He played a full part in the life of Hereford Meeting He was a conscientious Clerk, a wise Elder and a diligent and careful Treasurer. If difficulties arose he was an excellent conciliator. He was still giving service to the Society even after his health began to fail. He indexed the Trustee minutes for AM at a time when he was too unwell to attend.

Someone once said: "Every life leaves behind an echo that is available to those who take the trouble to listen".Philip Thornley thank you for the echoes you have left us.

Non Violent Communication Training We have a free training opportunity in non - violent communication offered by a local trainer Cath North, in return for our feedback on her training. This will take place **on Saturday 23rd February at Hereford Meeting House, 9.30 - 5.00pm** Bring a packed lunch!

Cath would like honest feedback in return for the training, so please come only if you are prepared to help her in this way.

Dr Scilla Ellsworthy referred to NVC in her recent Millichap lecture, and you can find out more about it at www.cnvc.org ***This day is now fully booked but if you are really keen you could put your name on list in hope of some last minute cancellation!***

Liz Chave emkc17@gmx.com

HEREFORD FOOD BANK

Is committed to the relief of poverty in Herefordshire and surrounding area by provision of emergency food parcels.

It has been functioning since 2008 and is now a registered charity.

It functions with a small group of dedicated volunteers and one part-time officer.

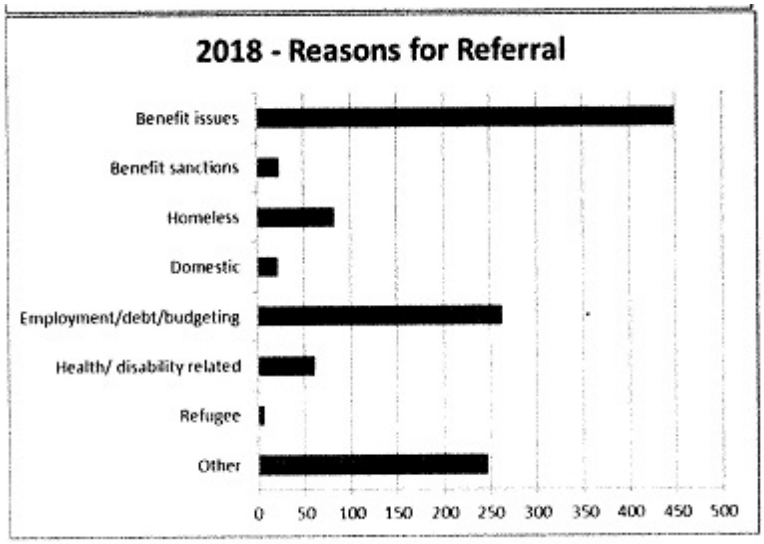
Almost all the food supplied is donated by local people - both individuals and businesses

DONATIONS All gifts of food or donations are welcome.

Always needed:- tinned meat (stews, casseroles, ham, corned beef) tinned vegetables. tinned fruit, rice pudding, custard, Smash UHT/ dried milk, sugar, coffee, tea bags, toothpaste, toiletr, rolls and soap…..

VOLUNTEERING Volunteers are welcome to work in food bank or help with collections or fund raising **Tel: 353347** Unit 5, 32 Aubrey St, Hereford

In 2018 the Food Bank prepared 1156 emergency food parcels providing a weeks' worth of food to over 2100 people. This was more than the previous year, when we distributed 1009 food parcels helping nearly 1900 people.



Thank you very much to all who have supported the collection we have made for the Hereford Food Bank over the past year. As you see from the statistics we have helped in a small way this valuable service to the public in Hereford. I would value any comment about our involvement and continuing support. . **Susanna Grunsell**

From Jane Straker **Thanks to lots of support from Friends our Winter Party for** the refugees **proved a success with about fifty people present and a fairly equal number of locals and refugees. Plenty of coffee and cake were consumed and more importantly new contacts made.**

Coming soon - resumption of Education Mtg

Campaign Against Arms Trade (CAAT) is a UK-based organisation working to end the international arms trade.

The arms business has a devastating impact on human rights and security, and damages economic development. Large scale military procurement and arms exports only reinforce a militaristic approach to international problems.

In seeking to end the arms trade, **CAAT's** priorities are: to stop the procurement or export of arms where they might:

- exacerbate conflict, support aggression, or increase tension
- support an oppressive regime or undermine democracy
- threatan social welfare through the level of military spending.
- to end all government political and financial support for arms export
- And to promote progressive demilitarisation within arms-producing countries.

CAAT considers that security needs to be seen in much broader terms that are not dominated by military and arms company interests. A wider security policy would have the opportunity to reallocate resources according ch as inequality and climate change.

CAAT values the diversity of opinion amongst its supporters and is committed to non-violence in all its work.

CAAT was awarded the Right Livelihood Award, the Alternative Nobel Prize, in 2012 for innovative and effective campaigning against the global arms trade.

Donations after MfWs in February

AFTERWORD...

I wish I might emphasise how a life becomes simplified when dominated by faithfulness to a few concerns. Too many of us have too many irons in the fire. We get distracted by the intellectual claim to our interest in a thousand and one good things, and before we know it we are pulled and hauled breathlessly along by an over-burdened programme of good committees and good undertakings. I am persuaded that this fevered life of church workers is not wholesome. … The concern-orientated life is ordered and organised from within. And we learn to say No as well as Yes by attending to the guidance of inner responsibility. Quaker simplicity needs to be expressed not merely in dress and architecture and height of tombstones but also in the structure of a relatively simplified and co-ordinated life-programme of social responsibilities.

Thomas R Kelly, 1941, QFP 20.36

Deadline for March issue is February 25th
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