Ludlow Quaker Journal

February 2022

This Journal will publish anything that Friends think is of interest; so its range may be very wide. If you find it too long, select only what interests you from the Table of Contents. Please contact Barbara Mark if you would like to have something included or wonder if you have a subject that might be of interest. It will be published on-line only and will come out when enough articles have been gathered in. Comments and letters to the editor are also welcome. Do remember if this copy is pdf you can listen to it via Windows 10 'read aloud' option at the top of the sheet.

Contents:

page 2. Ludlow Food Bank report
page 2. Truth and Integrity group
page 3. Caring for God's Acre day conference and poem
page 4. Anne Adams Books
page 7. Hereford Green Christian Group
page 8. Recipes; Pea and Leek Tart, Ginger and treacle cookies.
Page 9. Christian View Point
page 10. Quiz
page 11. Gardener's Almanac, Memories of Marjorie Jelinek
page 12. Ludlow Museum
page 13. Yarls Wood Befrienders
page 14. Answers to the quiz

Many thanks to everyone who has helped me on this issue.

Ludlow Food Bank report for 2021.

The Food Bank had its busiest year ever in 2021. A record 803 people were supported by the Bank in 2021. (Ludlow has a population of around 10,000, so this about 8% of the population). There was an increase of 145 people using the service, compared with 2020. Single parent families needed the largest share of parcels.

However, one good development is the use of vouchers for people to use at bakeries, in addition to the previous vouchers for greengrocers, butchers, and delicatessens in the town. This means that the local shops are being used and that the money is circulating within the town.

Sophie Padgett, coordinator for Shropshire Food Banks, said “The perfect storm of a steep rise of living costs along with the removal of the £20 a week Universal Credit uplift is now starting to take effect meaning that many who were just about managing no longer are.”

The situation is likely to get worse with increases in food inflation and also a sharp rises in the cost of living especially the price of electricity and heating. This year will see much greater demand for the service, stress on the staff and the many volunteers providing it.

In the light of this, perhaps it is time for the Meeting to reconsider how it helps the Food Bank. The present system of small bi-monthly gifts of tins has been discontinued for two years because of Covid, but since demand has increased in the last two years, it would seem that that our best support might be by gifts of money. Perhaps a Meeting for Business or the Appeals Committee should consider how the Ludlow Meeting supports its local Food Bank in the future.

Thank you John Cherry for writing this for us.

Truth and Integrity group

If you would like to join the truth and integrity group please email Peter Hussey or email your name, indicating your local Quaker meeting, to membership@quakertruth.org . We will be having our first conference in April where we will be discussing the subject with the help of speakers and asking

Quakers across the UK how they see such a group going forward. More information soon.
Some of you might remember Julia Reynold's art work. The pathways is from her work at Hereford College of Art. It is memories of being in Darwin's childhood garden, The Mount, Shrewsbury. There were several overgrown paths that had the 'light' at the end of a tunnel effect.

Caring for God's Acre

is running **The Beautiful Burial Ground conference on 15th March**
"Join us for an inspiring day discovering how to transform burial grounds into havens for people, wildlife and heritage.
Hear from experts in the field and attend workshops of your choice. There will be plenty of time for asking questions and networking. Our Patron, Chris Baines, independent environmentalist with an international reputation as a landscape communicator, an award-winning writer and broadcaster will be launching the conference.£15 for non-members, £12 for members
Concessionary places available if required
(please contact anna@cfga.org.uk)"

A reading Pat King has shared

Life and Living

I live with a degree of shame that I take up too much space and energy
I live with a degree of guilt that I have not lived a simple enough life
I live with more than a degree of remorse that my children and grandchildren will struggle from my greed and over indulgence

To say - I have not been warned or prepared is frankly nonsense
To say - but it was not evident that all will have to change, is to have buried my head in the sand
If I say that I have no control over how to help turn the tide, that is frankly laughable

I know I must cut down on my consumption, my use of energy and drinking water for non drinking purposes
I must return to living as I did in the days when I struggled to make ends meet but did - and make the same kind of choices I had to then

I admire the Quaker Testimonies for their enduring relevance irrespective of time, country and politics
Sustainability, Simplicity, Truth, Equality and Peace ; they encapsulate all we need to live by.
But what a challenge to live here and now and by these timeless, fundamental principles. Anon

Anne Adam's books

I have selected ten books from Anne Adams extensive gift to the Library and will happily deliver them to anyone who wants to read them. Please email John Cherry. They are mostly in the area of Anne's interests.

Jean Hardy, *A Wiser Politics* (2011).

> We live in a time of considerable disenchantment with the political formula of Conservative - Liberal - Labour - Communist and need a reframed view of the issues faced by the world in the early 21st century. This should take into account the dangerous way humans are living on earth, the continued great disparity between the richest and the poorest people, the loss of species, globalization of religious and social systems and conflicts inherent in this. A wiser politics argues that the nature of the person needs to be linked more intelligently to the form of the social system, and both require an awareness that we live in a mysterious and awesome universe.

Paul Tillich, *The Courage To Be* (1952).

> The problem of anxiety has dominated much of contemporary literature and philosophy. In this book, Paul Tillich, the well-known theologian, tries to point the way towards its conquest. He distinguished main periods of Anxiety in the Western World, the third of which is our own. In his analysis the courage to take inescapable anxiety upon oneself assumes three forms: the courage to be part of a larger whole, the courage to stand alone, and the courage to accept that we are carried by the creative power of being in which every creature participates

Murray Bodo, *The Way of St Francis. The challenge of Franciscan spirituality for everyone* (1995).

> Murray Bodo is a Franciscan priest. The Way of St Francis challenges the reader with a renewed understanding of the saint: a Francis who shows us a way of life both stimulating and troubling, who asks us to look again at the possibilities within us and around us, and to whom we turn repeatedly in interpreting our own human experience of God. The Franciscan way helps, transforms and renews us. The book is composed of chapters on ways of letting go, of achieving poverty, simplicity, and non-violence.

Ghillean Prance, *The Earth under threat A Christian Perspective (*1996).

> Ghillean Prance, sometime director of the Royal Botanic Gardens Kew applies his knowledge as a botanist and his Christian beliefs to the

basic questions surrounding the our destruction of the earth and what we can do to change this course.

Sean McDonagh, *Passion for the Earth: The Christian Vocation to promote Justice, Peace and the Integrity of Creation* (1994).

Sean McDonagh is an Irish Columban priest, who worked in the Philippines for many years. Here he analyses the effects of GATT, the actual achievements of newly industrialised countries such as Korea, Taiwan and Singapore and the effects of the nuclear industry.

Lester R. Brown, *Full Planet Empty Plates: The New Geopolitics of Food Scarcity* (2012).

Food is the new oil. Land is the new gold. The world food situation is deteriorating Grain stocks have dropped to a dangerously low level. The world Food price index has doubled in one decade. The ranks of the hungry are expanding Political unrest is spreading. On the demand side of the fuel equation, there will be 219,000 at the dinner table who were not there last night. And some 3 million affluent people are moving up the food chain, consuming grain intensive livestock and poultry products. At the same time water shortages and heat waves are making it more difficult for farmers to keep pace with demand. As grain exporting countries ban exports to keep their food prices down, importing countries are panicking. In response they are buying large tracts of land in other countries to grow food for themselves. A land rush is on. Could food become the weak link for us as it was for so many earlier civilisations? Lester R Brown, one of the leading environmentalists of our time, explains why food supplies are tightening and what we need to do about it.

R. J. Berry, *The Care of Creation : Focussing concern and action.* (2000).

The Care of Creation starts from the Evangelical declaration on the Care of Creation of 1994, which has been endorsed by several hundred church leaders throughout the world. The book is a stimulating and provocative international commentary by leading theologian and environmental practitioners.

David G Hallman, *Spiritual Values for Earth community (2000).*

Contemporary threats to the earth and human family arises in large measure from the acceptance by many people of consumerism, economic globalization and violence as the main values by which to live. In the face of potent destructive forces unleashed by such life styles, this book argues that respecting the earth and building sustainable community calls us to live out such spiritual values as gratitude, humility, sufficiency, justice, peace, love, faith and hope. After

an exposition of how each of these values motivates active engagement for earth community in Christian and other faith traditions, the author presents a case study of how individuals and groups are seeking to put those values into practice.

John Weaver, *Earth Shaping Earth Keeping: A doctrine of Creation* (1999).

How did the universe come into being? And what is the significance of human life within it? These questions are constantly being discussed today and they occupy the enquiries of both science and religion. John Weaver has experience in both disciplines and his book addresses theological and scientific issues with equal thoroughness. Earth Keeping: Earth Shaping is largely a book of stories: the ancient stories of creation from the Bible and other cultures, and the stories of great scientists and their discoveries. In the final part Dr. Weaver shows how these two types of account need each other if the full picture is to be seen. He follows this with a key chapter on the environmental issues 'A theology for Earth Keeping' which integrates this vital area into his proposed doctrine of creation.

Alistair McIntosh, *Soil and Soul People versus corporate power*.

In *Soil and Soul* Scottish writer and campaigner Alastair McIntosh shows how it is still possible for individuals and communities to take on the might of corporate power and emerge victorious. McIntosh's beliefs are rooted in his upbringing on the Isle of Lewis. The first part of this book explores how the old way of life in the Hebrides has been threatened by extinction by global capitalism. He does not advocate returning to a preindustrial state, but balances the gains of modernity against what has been lost; in particular he demonstrates how the rise of the modern era has undermined the traditional communities governed by a sense of mutual responsibility. However if we are willing to learn the lesson of the past we can build more harmonious relationships with nature and with each other.

The second part of the book demonstrates how principles of community empowerment can be successfully applied. As a founder of the Isle of Eigg trust, McIntosh helped the beleaguered residents of Eigg to become the first Scottish community ever to clear their laird from his own estate. In a campaign that attracted world-wide support, the people of Eigg raised sufficient funds to oust their landlord, very much against his will, in the process galvanising public demand for widespread land reform in Scotland. Similarly plans to turn majestic Hebridean mountain into a super quarry were overturned after McIntosh persuaded native American war chief Sulian Stone Eagle Herney to visit the Isle of Harris and testify at a government inquiry. This extraordinary book weaves together theology, mythology, economics, ecology, history, poetics and

politics as the author journeys towards a radical new philosophy of community, spirit and place. His daring and imaginative response to the natural world make *Soil and Soul* an uplifting inspirational and often richly humorous read.

Hereford Green Christian Group

Environment Act

The Environment Act, which became law in November 2021, is the UK's new framework of environmental protection. When the UK left the EU, rules on nature protection, water quality, clean air and other environmental protections that originally came from Brussels were at risk. These will have to be strong enough, and effectively enforced to protect people's health and the environment, in order for the Act to fulfil its purpose.' (https://www.clientearth.org/latest/latest-updates/news/why-the-uk-environment-bill-matters/)

Herefordshire Wildlife Trust

In this its 60th year, Herefordshire Wildlife Trust is suggesting 60 ways to help wildlife in Herefordshire. See https://www.herefordshirewt.org/60for60

Green Christian Workshops

23rd February – Philip Goodchild: 'Credit and Faith'
16th March – Eva Watkinson: Jubilee Debt Campaign
20th April – Robert Alexander: The Circular Revolution
Details at https://greenchristian.org.uk/gc-campaigns/green-christian-workshops/

I am forwarding details of Ely Cathedral's Environmental Vigils, which we are invited to join in via Zoom (thanks to Rachel Johnson):

Topic: My Meeting
Time:Thursday 27 January 2022 19:00 London
Wednesday 23 February 2022 19:00 London
Monday 21 March 2022 19:00 London
Tuesday 26 April 2022 19:00 London
Wednesday 25 May 2022 19:00 London
Tuesday 21 June 2022 19:00 London
Thursday 21 July 2022 19:00 London

Join Zoom Meeting
https://us02web.zoom.us/j/9475251125?pwd=Z0xmTGhQdGFIeU1EZHdNQytBZnNLdz09

Meeting ID: 947 525 1125
Passcode: 346516

Best wishes, Sheila from Hereford Green Christian group

Pea & leek tart

Ingredients

plain flour, for dusting
350g pastry, you can use puff or shortcrust, either a block or pre-rolled
½ tsp butter
1 large or 2 small leeks, cut into ½ cm rounds
125ml whipping cream
1 large egg
150g frozen spinach, defrosted
200g peas

Method

Heat oven to 200C/180C fan/gas 6 and put a baking sheet in the oven to heat up. Lightly dust a surface with flour, then roll out the pastry into a circle. Use to line a 22cm tart tin (3cm deep) with a removable base. Trim away any excess pastry that hangs over the top and chill while you make the filling.

Heat the butter in a frying pan, add the leek in a single layer and fry for a minute, then add 50ml water and cover with a lid. Cook over a low heat for 4 mins (check it doesn't dry out). Whisk the cream and egg together, then mix in the spinach and peas.

Tip the pea mixture into the base of the tart and arrange the leek on top. (If you don't want the leeks on top, then stir them through the pea mixture.) Put the tart on the baking sheet and bake for 30 mins, or until the filling is cooked through. Leave to rest for 5 mins before cutting.

Ginger and treacle crinkle cookies

Ingredients

125g unsalted butter, melted
200g light muscovado sugar
50g treacle
1 large egg
260g plain flour
3 tsp ground ginger
½ tsp allspice or cloves
1 tsp bicarbonate of soda
¼ tsp salt
100g demerara sugar
150g icing sugar

Method

Mix the butter and sugar in a bowl until combined, then stir in the treacle followed by the egg. In a second bowl, mix the flour, ginger, allspice, bicarbonate of soda and salt.

Pour the dry ingredients into the wet, and stir to combine. Cover and chill in the fridge for three hours or ideally overnight.

Heat the oven to 180C (160C fan) gas 4. Line two baking trays with greaseproof paper. Put the demerara sugar in a shallow bowl and the icing sugar in another.

Roll the cookie dough into 30g balls, then roll each one first in the demerara sugar and then generously in the icing sugar.

Put four to six balls on each tray, leaving space between them, because they'll spread while cooking. Bake for 13-15 minutes, until the edges are firm. Let them cool on the tray for 10 minutes, then transfer to a rack and leave to cool completely. These will keep for six days in an airtight container.

Thank you Peter Higgins for these recipes.

Christian Veiw Point 2021 from Ludlow Quaker Meeting

I have travelled far this past year although in truth only walked locally and occasionally driven the car to charge its battery. Rather, I have journeyed via books and my PC. On the latter I've reached some odd places which became favorite places. Among such I have watched on You Tube a Scottish cow-hoof trimmer , a series of vocal coaches "reacting" to one particular singer and a "Southern Belle" Lady Podiatrist trimming nails and corns in Lexington USA .Oh, and some very tough talking evangelists commenting on the adulteress in Proverbs 7 and me feeling upset for her due to her defenselessness.

But recently I heard a poem by *Carla Grosch- Millar* who wanted to stand on the mountain to be astounded by creation .Maybe it's a dream many have held on to in times such as we have passed.through, some of whom have been in much darker vales than me. Perhaps many of us see the beauty and incredible variety of creation as an expression of the divine and a source of wonder. I n my travels I have viewed many facets of creation but still dream of climbing the hill to see yet more.

Colin Sheward

(This is the last of last years 4 viewpoints.)

Quiz 2022

1. Hamlet was the prince of which country?

2. In 'The Jungle Book', what kind of animal is Baloo?

3. In which country is Chernobyl now in?

4. What colour are the seats in the House of Commons?

5. What is Japanese sake made from?

6. What is the longest running TV soap opera in the UK?

7. What is the state capital of Tasmania, Australia?

8. Which bird can fly backwards?

9. Which UK act won the Eurovision Song Contest in 1981?

10. Who won the FIFA Women's World Cup in 2019?

11. Where are the Spanish Steps located?

12. What is the destination of the Hajj pilgrimage?

13. What word follows Holland, Green and Wembley to complete the name of three London tube stations?

14. How long is an Olympic swimming pool (in metres)?

15. From which country does Gouda cheese originate?

16. Who was the first woman to win a Nobel prize (in 1903)?

17. What is the only edible food that never goes bad?

18. What famous music festival hosted over 350,000 fans in New York state in 1969?

19. The name of which African animal means ‘river horse’?

20. What is the nearest planet to the sun?

Thank you again Peter Higgins for this quiz

Book Review

'Window Boxes and troughs, have much to recommend them. They have the added attraction of encouraging wild life (albeit on a small scale.) such as Birds and Bumblebees. The yellow and white 'poached egg flower', for instance, will attract hover flies and lacewings, which eat aphids. '
' Slugs detest the smell of peppermint, spearmint and elder, so an infusion made from the leaves of any of them, poured or sprayed around the plants you wish to protect, will send them on their way to more attractive pastures.It is best to do this at dusk when slugs start to emerge. '
Some older gardeners may recall the days when their families collected piles of fresh horse manure for certain plants and for their compost heap !'

' Gardeners never tire of telling their younger counterparts, that mulching is everything in the garden.
'Look after the soil and the soil will look after the plants...
Feed the soil not the plants... Conserve water in your gardens.'

'The Natural History Museum provides a fabulous service on its website: <www.nhm.ac.uk>, which invites you to enter your post code to find the plants best suited to your geographical situation.'

'The deeper a man digs for knowledge in his garden the more he understands that he has only scratched the surface.'
This informative little Gardener's Almanac, which also, throughout, has some delightfully wise and useful quotes reminding me of my Grandfather & my father , both natural Gardeners, who offered sensible understanding of the olde, original and natural ways to honour our earth and our gardens, organically and respectfully!
Written by Author and Broadcaster:
Niall Edworthy.
(Publ. by Eden Project Books.)

Thank you Maiya Lyons for sharing this book.

Memories of Marjorie Jelinek

I am remembering Marjorie now because her birthday was in the middle of February.
She was the reason I first stepped across the threshold of Ludlow Meeting House door. I knew her in Orleton where she lived for a while. We met soon after our family arrived in the village, at St George's Anglican Church. We saw a lot of each other but our age difference always worried her. I often met Leo as we all sat together with refreshments, but he developed dementia and had to go into a home at the end of his life. This was a terrible time for Marjorie. Many of you may remember Leo as he stayed at Ludlow Quaker after Marjorie left. She left because she needed the music!
Together with a Methodist and Baptist couple we started a worshiping home group to share worship. I took to the silence of Marjorie's session and she then told me about Friends and lent me books.

She was a great historian and co wrote a book about St George's Church with a fellow church goer and wrote her own book about the history of this area. She shared with me memories of her time at Bletchley Park during the war, which is where she met Leo.
She died on 30th March 2017 in a home in Bristol at the age of 93. Her family brought her ashes to Newlands Burial ground and put them with Leo that April.

Ludlow Museum at the Buttercross – Reynolds of Ludlow exhibition

In 1946 a factory was established at the bottom of Broad Street by cabinet maker Arthur Reynolds with his young son, Garth, as apprentice.
Until it was devastated by fire in 1977 *Reynolds of Ludlow* represented the highest standard of Quaker-style furniture.
Ludlow Museum at the Buttercross is currently hosting an exhibition in celebration of the craft of this 'state of the art' business.
Come and see one of their famed pieces, kindly loaned to the museum by a local researcher of Reynolds, alongside photographs and catalogues illustrating the work and the ruinous fire.
Entry in to the Museum is currently free until the end of March 2022 in a bid to encourage locals and visitors to come and visit us, although donations are always gratefully received.
Mayor of Ludlow, Councillor Robin Pote, commented "we would love local people who remember the factory, and the fire, to call in to the Museum to share with us their memories. It is fantastic that local history enthusiasts share these important items with us and we are pleased to be able to create these displays".
We are also hoping to hold a 'Conversation with Garth Reynolds' in the Museum in the Museum in late February/early March, please follow our social media, check the website or the blue Museum door for more information.
There's another new arrival at the Museum. The Catherine of Aragon knitted post box topped gifted to Ludlow in November from the Syston Knitting Banxy has been saved from its location where it was beginning to unravel and we are hoping for it to have its own display plinth very soon.

Kate Adams, Deputy Town Clerk,
Ludlow Town Council

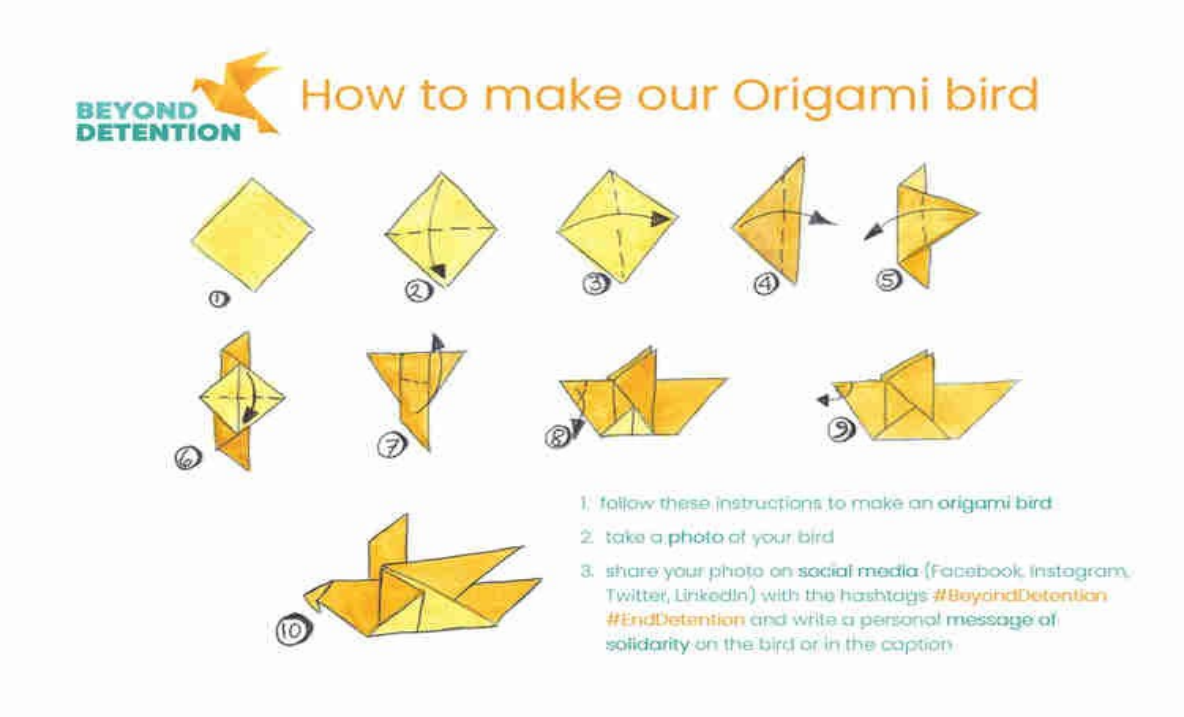
T: 01584 871 970
E: kate.adams@ludlow.gov.uk
Message from Colin
Just to say I love the Catharine of Aragon knitted doll - it is so beautiful made and has survived several weeks sitting atop of a post box- it is currently drying- if you get the chance a couple of minutes with it will lift the spirits.

Yarl's Wood Befrienders to become Beyond Detention

To mark our twentieth anniversary, we are changing our name to Beyond Detention and launching a new website on 14 January 2022. The website has been developed in consultation with people with lived experience of immigration detention. The new colours and origami bird logo were chosen to reflect the warmth, compassion, hope and practical help that the charity's staff and volunteers bring to people both in detention and after release.

In the 20 years of the charity's existence, origami has been a constant feature. The office is adorned with many beautiful paper gifts – swans, bowls, flowers – crafted by those held indefinitely within the walls of Yarl's Wood IRC, symbols of both solidarity and transience.

Our launch day for the web site is 14 January. We hope by raising awareness with an expression of solidarity on social media for those navigating our hostile immigration system we can secure better treatment for those awaiting deportation.



(you can look at Wikipedia to find out more about this centre and its sad history)

Answers to Quiz

1. Denmark
2. Bear
3. Ukraine
4. Green
5. Rice
6. Coronation Street
7. Hobart
8. Hummingbird
9. Bucks Fizz
10. United States
11. Rome
12. Mecca
13. Park
14. 50 metres
15. Netherlands
16. Marie Curie
17. Honey
18. Woodstock
19. Hippopotamus
20. Mercury