

Changes -

Business Meeting on Tues. 6th Dec. at 2pm in meeting house.

Mtg for W on Thursdays will be held in room one and followed by a picnic lunch until 2pm

Kathy Burrows email should read...kathyjburrows@gmail.com



Hereford Quaker Newsletter



Diary

December 2022

Mtg for Worship	Dec.11th, 18th, 25 th 10.30 – 11.30am	Meeting House
Mtg for worship	Dec.4th 10.30 - 11am	Zoom
Business Mtg??		
Thursday Mtg for Worship	Every Thursday 12.30 - 1pm	Meeting house
“	Picnic lunch till 2pm	Room 1
Area Mtg MfW	Every Sunday 10.30-11.30 am	Zoom (see below)
“	Every Wed. 10am– 10.30am	Zoom (see below)
Experiment with light	Friday 9 th 23 rd at 2pm	Zoom (see below)
Coffee chat	Tuesday 11am – 11.30am	Zoom Bring your own coffee!! (See below)
Links For link to AMs MfW see your email or contact thelisteditor@smquakers.org.uk	For Tuesday Coffee Chat see email or contact Audrey	For 'Experiment with light' contact Colette or Sheila



My world turned upside down when my laptop crashed two weeks ago....losing my gmails, i- player, Google, Zoom but most of all *Word* and my ability to do the newsletter. I was disturbed how disturbed I was ... realising how dependent I was on this machine for my ability to communicate and socialise with the world outside my room.

After patiently accepting my situation I found myself gradually getting back on my feet. I got an old laptop of my daughters which had been taken over by the children and managed to install the essentials – Google with my emails intact, i-player for keeping up with politics and Zoom which performs much better than on my original machine. There was one snag ... I couldn't download the version of *Word* that I'm used to and have spent a week entangled with the unfamiliar format and icons of *Libra office*

However, I've made it Friends !! I hope it's a good read and that you enjoy a restful and restorative Xmas break.

I certainly hope to !!

P.G.

Editor: pat.gundry@gmail.com

Deadline for January issue 20th December



December appeal

THE LIVING ROOM, is a safe and warm space, a community larder and cafe that holds community activities.

It is non-profit making; all profits going to ETHOS (Extending the Hand of Support).

The community larder is open to anyone – the participant pays £5 weekly and can obtain a weekly shop of 10-15 items. (The Living Room can also provide food parcels although a voucher is required as with a food bank) Free fresh food is usually available daily and anyone can help themselves.

This combats poverty, helps budgeting, increases self-esteem, decreases food waste and develops a sense of community.

It is a vibrant, grassroots user-friendly local initiative, with diverse clientele and friendly welcoming staff.

The café food is generous in portion, very reasonably priced and extremely tasty. Scones are especially delicious!



Donations by cheque payable to ETHOS, at 10 Commercial Road, HR1 2BB, or via the Facebook page (click 'learn more' and the donation link pops up).

A Clerk's Final Comment:

I can hardly believe I've been Clerk for nearly 3 years – you probably can. After all you've had to put up with – a constant flow of emails, all those Zooms, Business Meetings when I couldn't string a minute together. Your kindness and support have been remarkable on my steep learning curve. It's true, I didn't really know what I was letting myself in for, anymore than you did – I would say a leap of faith on both sides.

Of course, the last three years have been hard for everyone, and we as Quakers have had to accept change, finding new ways of supporting one another when we were unable to meet.

Thanks to Pat's generous response the newsletter grew into an informative, interesting communication. Sheila, as assistant clerk, has been a quiet constant for which I have been so grateful.

Other Friends have listened and responded to my possibly crazy ideas. And changes will continue with Symud Ymlaen/Moving Forward, the future management of our premises and our increased use of technology.

How well we embrace the future will influence our enjoyment and sense of Quaker community. The bonus for me has been getting to know so many more Friends – thank you!

Audrey

Song of the Angels

When the song of the angels is stilled
When the star in the sky is gone
When the Kings and Princes are home
When the shepherds are back with their flocks
The work of Christmas begins:
To find the lost
To heal the broken
To feed the hungry
To release the prisoner
To rebuild the Nations
To bring peace among people
To make music in the heart.

Howard Thurman

Some Green Advices and Queries

With COP 27 over and a New Year beckoning, it seems like a good time to review personally our vows on how to live in a more environmentally sustainable and friendly way.

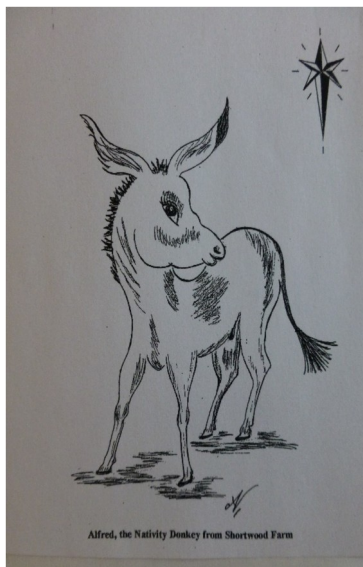
- “Try to live simply. A simple lifestyle freely chosen is a source of strength. Do not be persuaded into buying what you do not need or cannot afford. Do you keep yourself informed about the effects your style of living is having on the global economy and environment?”
- Consuming more than we need may divert resources from the provision of essential services at home and abroad. Reusing, recycling and repairing will all reduce your footprint on the Earth., It seems like a good time to refresh ou However refusing, and so doing without unnecessary goods, is the most powerful action.
- The drive to market cheap food has resulted in pollution of air, soil and water, destruction of wildlife and waste of raw materials. Try to buy local, fair-traded and organically produced food and eat fresh food in season. Consider whether you could grow some of your own.
- Intensive animal farming is often cruel to the animals and is an extravagant use of land, water and edible grains. Try to reduce your consumption of animal products.
- 9. Composting food and garden waste will enrich the soil and reduce the need for manufactured fertilisers and chemical controls. Healthy food and richer wildlife will be the reward.
- Saving eat in the home can be done with improved insulation but reducing the temperature, area and time of heating is also important. Do you dress warmly enough and encourage others to do so too? Consider investigating renewable sources of energy for your home.
- Cars and aeroplanes use irreplaceable fossil fuel, pollute the air and are major and increasing contributors to global warming. Could you reduce your use of these modes of transport? Consider this particularly when planning holidays or a change of home or occupation.
- Waste disposal is a major problem causing soil, water and air pollution and taking up valuable land space. Do you make every effort to reduce the amount of rubbish you put out for collection and disposal?

We seem to be at a turning point in human history. We can choose life or watch the planet become uninhabitable for our species. Somehow, I believe that we will pass through this dark night of our planetary soul to a new period of harmony with the God that is to be found within each of us, and that S/he will inspire renewed confidence in people everywhere, empowering us all to co-operate to use our skills, our wisdom, our creativity, our love, our faith - even our doubts and fears - to make peace with the planet. Strengthened by this fragile faith, empowered by the Spirit within, I dare to hope.

Pat Saunders, 1987

Q F&P 29.03 Read at November BMTg

What
The
Donkey
Saw



No room in the inn, of course,
And not that much in the stable
What with the shepherds, Magi, Mary,
Joseph, the heavenly host –
Not to mention the baby
Using our manger as a cot.
You couldn't have squeezed another
cherub in
For love or money.
Still, in spite of the overcrowding,
I did my best to make them feel wanted.
I could see the baby and I
Would be going places together.

U.A. Fanthorpe

Hertfordshire Seasons

A series of greeting cards depicting the changing seasons of Herefordshire is available at the Mtg Hse or from Kathy Burrows. kathyburrows@gmail.com
Tel: 01432273819

A set of six different cards is £5 (plus p&p if ordered by post) single cards are £1 each.



The inspiration for the cards came from photos posted at end of zoom Mtg for Worship at Hereford
Please let people know about cards.
Net proceeds will go to charity.

A nice stocking filler or small present?



"Remember: when the fun starts, stop"



An inter-faith gathering