

## Leeds Area Quaker Meeting

the Quiet Word, June 2020

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### Meetings for worship

**Adel** Friends Meeting House, New Adel Lane, Leeds LS16 6AZ  
0113 267 6293, Sundays 10.45am

**Carlton Hill** Central Leeds Friends Meeting House, 188 Woodhouse Lane, Leeds LS2 9DX ,  
0113 242 2208, Sundays 10.45am, Thursdays 6.00pm

**Gildersome** Friends Meeting House, 75 Street Lane, Gildersome, Leeds LS27 7HX ,  
0113 285 2466, Sundays 10.45am

**Ilkley** Friends Meeting House, Queens Road, Ilkley, Leeds LS29 9QJ  
01943 600 806 and 01943 601 181, Sundays 10.30am

**Leeds University** Claire Chapel, Emmanuel Centre,  
University of Leeds, Tuesdays 1.05pm

**Otley** Friends Meeting, in The Robing Room,  
The Court House, Courthouse Street,  
Otley, 01943 463 351, dmr@cooptel.net  
1st and 3rd Sundays of the month 10.45am

**Rawdon** Friends Meeting House, Quakers Lane, Rawdon,  
Leeds LS19 6HU, 0113 250 4904, Sundays 10.45am

**Roundhay** Friends Meeting House, 136 Street Lane,  
Leeds LS8 2BW, 0113 293 3684, Sundays 10.45am



## News

All meeting houses are closed until further notice but there are many online events via Zoom.

## Zoom details

If you have not yet participated in online meeting, it is quite easy to install Zoom here:

<https://zoom.us/download>. It will run on laptops, iPads, and smart phones. Once you have installed it and signed up, just click on the relevant link to join a Meeting.

If you can't join by Internet you can access a Zoom meeting by phone, at normal geographic rates, by dialling 0131 460 1196 or 0203 4815237. You'll be asked to key in the meeting ID which is the nine-digit number at the end of the Zoom link, then, if required, the password. Use \*6 to mute/unmute the call.

Most Zoom links will ask you to make contact for the Zoom details, which are the meeting ID and possibly a password. This is because of the possibility of being hacked. You can do that via <http://www.leedsquakers.org.uk/contact-us/contact-us>.

Also the relevant Zoom codes and passwords are in Robert Keeble's weekly email and the LAQM monthly email.

**NOTE:** Always refer to the most recent information for your Zoom links in case there has been a change. You might find it helpful to create a folder just to hold relevant emails so you can access the links easily.

**the Quiet Word** is written by & for the Leeds Area Quaker Meeting, to swap valuable information & insight, and to join with those who don't often get to Meeting.

It is published monthly. Articles, poems, short stories, and letters should arrive by the end of the month. They can be sent via Robert Keeble at [robertkeeble@hotmail.com](mailto:robertkeeble@hotmail.com) or via the Quiet Word email [quietword@leedsquakers.org.uk](mailto:quietword@leedsquakers.org.uk). A page is about 600-1000 words & an article should be around 2-3 pages.

The Letters page offers a way of contributing on a much smaller level in both time and effort. A letter should be around 100 words.

the Quiet Word is available online at [www.leedsquakers.org.uk/activities/a-quiet-word](http://www.leedsquakers.org.uk/activities/a-quiet-word)

**guest editor: Patrick Herring, [ph@anweald.co.uk](mailto:ph@anweald.co.uk), Carlton Hill meeting**

**John Pearne** of Carlton meeting died on 19th May suddenly at home.

John will be cremated at Lawnswood Cemetery on Wednesday 3rd June at 3.00pm, but under local Covid 19 regulations there will be no public funeral at the crematorium,

A Zoom Quaker Meeting (funeral) is expected to be held at 3pm on 3rd June and details will be sent in the weekly e-mail. A Memorial Meeting will be planned when possible.

**Pete Redwood** – Pete’s funeral went well with many friends also joining from Scarborough Quaker meeting. A short eulogy was read at both the online zoom funeral and outside the crematorium (where five friends had gathered), written by Pauline and Keith: *“Our friend Peter Redwood was a man who cared deeply about the environment, was an active member of the Religious Society of Friends and a keen cyclist.”*

**From Barbara Parry** (of Rawdon LM) In connection with a Woodbrooke course, *Equipping for Ministry*, Charlotte Allen (Rawdon LM) has produced a series of mandalas with accompanying texts about how she came to create each one. I have found them profoundly moving and have persuaded Charlotte to let them be made available as spiritual nourishment for all of us. Bob Davidson has put a link to the whole collection on the Rawdon website <http://www.leedsquakers.org.uk/meetings/rawdon>, and I attach an example of one of them to whet the appetite of Friends. I urge you all to have a look. Many thanks, Barbara

**MONTHLY APPEAL for June** is TCV i.e. Hollybush Farm, Leeds <https://www.tcv.org.uk/hollybush> It is possible to make a monthly contribution via our collections and appeals. If you already give to Carlton Hill by standing order, all you have to do is to decide on the overall figure for your bank to send and let the Treasurer Team (Gill Pearson / Richard Hawkins) know how you want the figure divided when it comes in each month. Please note that Gift Aid will not be claimed on the amount allocated to monthly appeals. Gill

**QUAKE 28/05/20** – the weekly BYM Quaker magazine at <https://mailchi.mp/quaker.org.uk/quake-23-4-1494441?e=bed917a692>

**Quaker Peace & Social Witness Summer Series 2020** –an online series of workshops and seminars looking at the work QPSW – This week: **Testimonies in action - opportunities and leadings**. Tuesday 2 June, 10.30-12.00. Everyone welcome. Next week: **Quakers and the peace movement: opportunities and challenges today**. Thursday 11 June, 10.30-12.00. Everyone welcome. See <https://www.quaker.org.uk/events/summerseries>

**Leeds City Council CV19 news update 29th May**  
<https://content.govdelivery.com/accounts/UKLEEDS/bulletins/28e09ea>

### Next Area Meeting

A reminder that the next **Leeds Area meeting** will take place via Zoom on **Sunday, 21 June at 6.30 pm**. The subject agreed for this session is "Mental Health in our Meetings". Please remember to feed back to Sally Read ([sallyread@btinternet.com](mailto:sallyread@btinternet.com)), who will bring your thoughts about mental well-being to the meeting. Sally asks Friends to consider the following three questions:

- How well do you feel you are coping with lockdown?
- Do any of the challenges described in the document reflect your situation? [see LAQM email]
- Have you found any useful coping strategies that you could share?

### Sustainability News:

**Leeds Bradford Airport expansion** plans are to go before the Council, to prevent a big increase in flights and almost doubling of passengers using LBA, you are encouraged to consider making a formal objection (before 16/6/20) to the planning application – see <https://publicaccess.leeds.gov.uk/online-applications/applicationDetails.do?activeTab=dates&keyVal=Q9SM3LJBKXX00>

**Meanwood Valley Urban Farm** – watch the amazing short video about the new veg box scheme at <https://youtu.be/tkbFh7i6bTY> 'We are scaling up production on the gardens at the farm and starting a Community Supported Agriculture (CSA) scheme. There will be enough harvest to share between 25 boxes this year. If you would like to be a member of the scheme you will get a weekly share for 20 weeks from 15th June'. Also, If anyone has a stash of **5L square bottles** they don't use it would be great if we could use them at Meanwood Farm... get in touch - [veg@mvuf.org.Uk](mailto:veg@mvuf.org.Uk)

**From Pauline Leonard: Covid-19 Transport Plans** Please take a look at <https://leedscovid19transport.commonplace.is/>

### Sanctuary Meeting News:

**From Pauline Leonard:** A friend in Bradford has asked for support for an asylum seeker who has been rehoused by the Home Office in Beeston, Leeds. You may know that an adult in Home Office accommodation gets £37.50 per week for food, toiletries, clothes etc. She doesn't know anyone here and has asked me if I can help by getting her some summer clothes for her daughters – five girls aged 12, 9,7,6 years and a toddler aged 16 months. The charity shops including St Vincent's are closed and I wonder if anyone has anything suitable? I would be happy to come and collect. Many thanks Pauline Leonard mobile - 0793 184 1527

**PAFRAS** particularly values future donations of: weetabix and porridge, long-life milk, tinned veg particularly corn and peas, tinned soups. Richard Hawkins will collect any food donations from you or your friends, Richard Hawkins is also willing to do the shopping for you if you wish to send him the money. **Contact** richard.hawkins2412@gmail.com

## Diary

**2020.06.02 Tuesday 1.10pm to 1.40pm – BREATHE** – Quaker style worship with the Leeds Universities Chaplaincy Team – led by Robin Fishwick (Quaker Chaplain) on Zoom.

**2020.06.02 Tuesday 7.30pm Bible Book Club** session on Zoom (held 1<sup>st</sup> and 3<sup>rd</sup> Tuesday). All are welcome – we value different opinions! Please click on this the Zoom link at 7.25pm

**2020.06.03 Wednesday 3pm John Pearn's funeral** via Zoom. A Memorial Meeting will be planned when possible.

**2020.06.03 Wednesday 7pm** Talk/discussion by Ben Wood via Zoom on **'How to be Happy: Ancient Greek Philosophy for Beginners** – 'Epicurus' is being looked at this week.

**2020.06.04 Thursday 6pm to 6.30pm Meeting for Worship** led by Carlton Hill Elders via Zoom. Just click the link at 5.55pm

**2020.06.05 Friday 10.30am to 11am - Virtual Coffee Morning** hosted by Margaret Billing via Zoom. All are welcome for virtual coffee and biscuits, and real chat...

**2020.06.06 Saturday 10am Light Group** via Zoom (1<sup>st</sup> of the month) – connecting with the spirit of the Quaker Worship experienced by early Friends – a session with guided meditation.

**2020.06.07 Sunday 10.30am Children's Meeting** by Carlton Hill Friends via Zoom – please contact [judea@quaker.org.uk](mailto:judea@quaker.org.uk) or [clarewigzell@virginmedia.com](mailto:clarewigzell@virginmedia.com) for the link and password.

**2020.06.07 Sunday 11am to 11.45am Meeting for Worship** led by Carlton Hill Elders via Zoom N.B. you are welcome to join quietly from 10.45am

**2020.06.07 Sunday 12.15pm zoom Business Meeting for Worship** – if you have any items for the agenda, please send them to the James the Clerk (same zoom code as above)

**2020.06.08 Monday 10.30am to 11am - Virtual Coffee Morning** – bring your own hot drink and cake/biscuit! Enjoy discussion with friends.... via Zoom

**2020.06.09 Tuesday 1.10pm to 1.40pm – BREATHE** – Quaker style worship with the Leeds Universities Chaplaincy Team – led by Robin Fishwick (Quaker Chaplain) on Zoom.

**2020.06.11 Thursday 6pm to 6.30pm Meeting for Worship** led by Carlton Hill Elders via Zoom. Just click the link at 5.55pm

**2020.06.12 Friday 10.30am to 11am - Virtual Coffee Morning** hosted by Margaret Billing via Zoom. All are welcome for virtual coffee and biscuits, and real chat...

**2020.06.12 Friday 2pm to 3pm – Poetry Afternoon** via Zoom (fortnightly) – bring two poems to share – ideally, a favourite and one written by you – you can tell us why you have selected them.....the session will be facilitated by Clare Wigzell

**2020.06.10 Sunday 10.30am Children's Meeting** by Carlton Hill Friends via Zoom – please contact [judea@quaker.org.uk](mailto:judea@quaker.org.uk) or [clarewigzell@virginmedia.com](mailto:clarewigzell@virginmedia.com) for the link and password.

**2020.06.10 Sunday 11am to 11.45am Meeting for Worship** led by Carlton Hill Elders via Zoom N.B. you are welcome to join quietly from 10.45am

**2020.06.15 Monday 10.30am to 11am - Virtual Coffee Morning** – bring your own hot drink and cake/biscuit! Enjoy discussion with friends.... via Zoom

**2020.06.16 Tuesday 1.10pm to 1.40pm – BREATHE** – Quaker style worship with the Leeds Universities Chaplaincy Team – led by Robin Fishwick (Quaker Chaplain) on Zoom.

**2020.06.16 Tuesday 7.30pm Bible Book Club** session on Zoom (held 1<sup>st</sup> and 3<sup>rd</sup> Tuesday). All are welcome – we value different opinions! Please click on this the Zoom link at 7.25pm

**2020.06.18 Thursday 6pm to 6.30pm Meeting for Worship** led by Carlton Hill Elders via Zoom. Just click the link at 5.55pm

**2020.06.19 Friday 10.30am to 11am - Virtual Coffee Morning** hosted by Margaret Billing via Zoom. All are welcome for virtual coffee and biscuits, and real chat...

**2020.06.21 Sunday 10.30am Children's Meeting** by Carlton Hill Friends via Zoom – please contact [judea@quaker.org.uk](mailto:judea@quaker.org.uk) or [clarewigzell@virginmedia.com](mailto:clarewigzell@virginmedia.com) for the link and password.

**2020.06.21 Sunday 11am to 11.45am Meeting for Worship** led by Carlton Hill Elders via Zoom N.B. you are welcome to join quietly from 10.45am

**2020.06.21 Sunday 6.30pm Leeds Area Meeting** via Zoom: “Mental Health in our Meetings”

**2020.06.22 Monday 10.30am to 11am - Virtual Coffee Morning** – bring your own hot drink and cake/biscuit! Enjoy discussion with friends.... via Zoom

**2020.06.23 Tuesday 1.10pm to 1.40pm – BREATHE** – Quaker style worship with the Leeds Universities Chaplaincy Team – led by Robin Fishwick (Quaker Chaplain) on Zoom.

**2020.06.23 Tuesday 7.30pm Bible Book Club** session on Zoom (held 1<sup>st</sup> and 3<sup>rd</sup> Tuesday). All are welcome – we value different opinions! Please click on this the Zoom link at 7.25pm

**2020.06.25 Thursday 6pm to 6.30pm Meeting for Worship** led by Carlton Hill Elders via Zoom. Just click the link at 5.55pm

**2020.06.26 Friday 10.30am to 11am - Virtual Coffee Morning** hosted by Margaret Billing via Zoom. All are welcome for virtual coffee and biscuits, and real chat...

**2020.06.26 Friday 2pm to 3pm – Poetry Afternoon** via Zoom (fortnightly) – bring two poems to share – ideally, a favourite and one written by you – you can tell us why you have selected them.....the session will be facilitated by Clare Wigzell

**2020.06.28 Sunday 10.30am Children's Meeting** by Carlton Hill Friends via Zoom – please contact [judea@quaker.org.uk](mailto:judea@quaker.org.uk) or [clarewigzell@virginmedia.com](mailto:clarewigzell@virginmedia.com) for the link and password.

**2020.06.28 Sunday 11am to 11.45am Meeting for Worship** led by Carlton Hill Elders via Zoom N.B. you are welcome to join quietly from 10.45am

**2020.06.29 Monday 10.30am to 11am - Virtual Coffee Morning** – bring your own hot drink and cake/biscuit! Enjoy discussion with friends.... via Zoom

**2020.06.30 Tuesday 1.10pm to 1.40pm – BREATHE** – Quaker style worship with the Leeds Universities Chaplaincy Team – led by Robin Fishwick (Quaker Chaplain) on Zoom.



## Letters to the editor

### Lock down effects

'Lock Down' on the plight of the increasing number of elderly prisoners; based on fact.

"The oldest current inmate is 104 and the oldest person to be sentenced was 101. Meanwhile the doors of prison cells are too narrow to admit a wheelchair, there are only two stair lifts in the whole [prison] system though prisoners need to move between floors for their medication and recreation, and the staff have no training in geriatric physical care, let alone dealing with dementia."

**Phil O'Hare**

### a speaker for our times

Richard Rohr is a Catholic Franciscan who lives in a hermitage in Albuquerque, New Mexico. He used to travel widely to talk but recently stopped due to age. But he does still have a wide following on video e.g. YouTube. He's also written a lot of books. For me, it's the live talks that have the life and impact that's worth experiencing. His style is immediate and compelling, putting modern but traditional ecumenical thinking in easily understood simple language. It isn't his fault that he looks like Santa Claus! There's very little Catholic overhead, which I would have to translate to myself, with difficulty.

I recommend these YouTube videos:

The "Second half of life", <https://www.youtube.com/watch?v=YngpUoh2AxU> which starts with an introduction and then is about the wise mature life in the modern world,

"An evening with Richard Rohr", [https://www.youtube.com/watch?v=GHWq\\_gda8fk](https://www.youtube.com/watch?v=GHWq_gda8fk) which is a talk to Methodists about everything (skip the first 12 minutes intro),

"Contemplative prayer", <https://www.youtube.com/watch?v=rPb3Z51gLcY> which is a talk about how contemplation fits with psychology; it explains so much it's worth re-watching.

Also his daily meditation by email can be found at <https://cac.org>. It has a weekly theme which is sometimes illuminating, for me, and sometimes not.

**Patrick Herring**

## Spiritual practice in daily life

It seems that there's no separation between what we "do" in Meeting for Worship and how we go about our daily lives. This is a collection of write-ups of what people "do" in their spiritual practice. That started being expressed at a meeting one Sunday, called by Ben Wood and Andy Watson. The collection was introduced by Andy in the April issue.

### Centering Prayer

I had tried meditation many times over the years, with no success. I didn't have a technique to try but the monkey mind was always an obvious obstacle. It felt like I wasn't applying enough will power. I discovered Centering Prayer by watching videos out of curiosity a few years ago. The initial attraction was an account of *The Cloud Of Unknowing*, a 13th century English & anonymous (but probably Carthusian) guide to spiritual contemplation, by a priest who was also a scholar of Middle English. I was also attracted by the apophatic nature of the technique, which I recognised in essence. Then I tried the technique, and it worked immediately if not every time. My monkey mind thoughts were stilled, and continue to be so. So now (from Easter 2018) that's what I do in my daily practice.

The apophatic approach is the opposite of the kataphatic. That uses the positive faculties of a person like reason, memory, imagination, visualisation, emotion & will. The opposite uses the negative or absence of such things. So "God is love" is kataphatic theology (which entails needing to know what love is, for example), whereas "God is not indifferent" would be apophatic theology (which entails only that God isn't indifferent, a much simpler thought to define). In the context of Centering Prayer it just means you let go of thoughts entirely instead of trying to control them.

The technique is a small collection of procedures:

1. First you choose a sacred word or action that stands for your intention not to do anything else but to be present to the divine,
2. Sit comfortably with your eyes closed,
3. Use your sacred word or action once,
4. Whenever you become aware of your thoughts, gently repeat your sacred word or action.

It's useful to have a timer (or the clerk of the meeting!) to end your session, but not everyone does. I use a mobile phone app called "Insight Timer" which has Tibetan bell sounds. Experience tells you that 20 minutes is a useful time to spend.

By "thoughts" is meant any internal event (thoughts, feelings, perceptions, images, associations, etc.), which brings your attention to a focus.

By "sacred action" is meant things like giving your next out-breath that particular meaning. I use a wordless continuous rosary to let go of my thoughts (this idea came out of a conversation I had when I first came to Quaker meeting about the experience Catholics have with words and rosaries where they become meaningless actions – I wondered "what if there never were any words to become just actions?").



Much more information can be found at [https://en.wikipedia.org/wiki/Centering\\_prayer](https://en.wikipedia.org/wiki/Centering_prayer). There can be many questions as what's really going on.

One is whether this is a Mantra technique? It isn't, because there is no repetition just for it's own sake. I sometimes don't need more than a few sacred actions.

Another is I often wonder what is the difference, if any, between Centering Prayer and Mindfulness Meditation. I suspect that's for greater discussion.

Centering Prayer was invented by some Trappist monks in Massachusetts, America in the 1970s. They kept getting young people knocking on the door of their monastery asking for a Buddhist meditation centre nearby. So they were awakened to writing a summary of Christian contemplative practice in a form that could be transmitted easily.

The name come from Thomas Merton who described contemplative prayer in general as being “centered entirely on the presence of God”. Thomas Merton transformed monastic practice in the 1950s and 1960s from the ascetic to the contemplative, but he died in 1968 before Centering Prayer was invented.

I recommend as a book on the subject *The Heart of Centering Prayer* by Rev Cynthia Bourgeault, an American Episcopal priest. She was originally a mediaevalist, and her book is in part an introduction to the Middle English text of *The Cloud of Unknowing*.

The next thing is what to do with the stillness I seem to have found, but that's for the next article.

**Patrick Herring**

**Spring into Summer**

*Calm spring afternoon.  
Exploding across the lake,  
the sound of swans' wings*

*Cool grey summer sky  
three fluffy seagull chicks  
totter across the roof*

**Rose Anderson**

## Seeing with Art

Some art has a spiritual interpretation. It may not be the intention of the artist, nor be the only possible interpretation. But sometimes you see things in a new way. It's worth writing it down to remember the thought. Hopefully others will have such thoughts to contribute.

### wysiwyg



John Sell Cotman, *The Ploughed Field*, c.1805

I purposely asked to view the original of this. It's held in a safe in the Art Gallery in Leeds on the Headrow. What it shows is a valley and fields typical of the countryside north of here, and is an exquisite study in subtle colour and texture. I was surprised that it's also tiny, only a little larger than the postcard they sell in the shop. Which is a good reproduction by the way, particularly of the colours.

But there must be a deeper meaning. I bought the postcard and looked at it for a long time, convinced I was missing something. Then I saw it.

There are two human figures: a male, standing in ownership but in fact being owned by being surrounded and having nowhere to go, in shadow, looking at remembrances of death. He is at the centre of his universe.

The other is female, walking up the path in the distance, in sunshine, surrounded with pale gold – the colour of the divine, free to seek a higher level.

What is it saying? What you see is what you get.

**Patrick Herring**