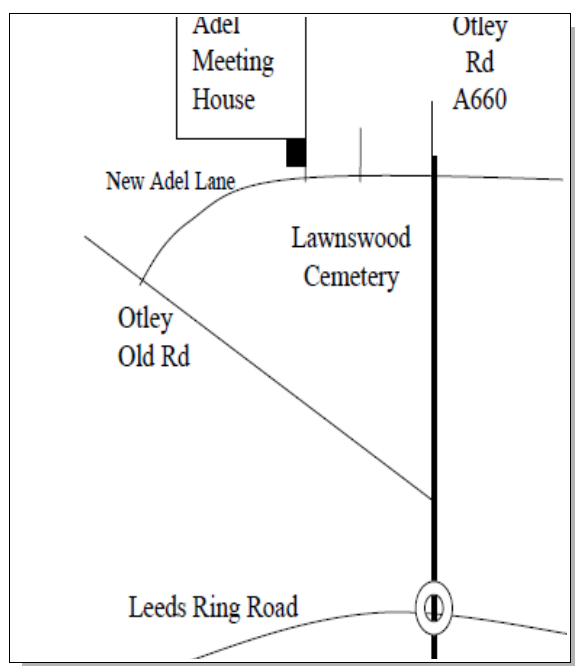


a spiritual path
for our time



Explore the Quaker Way

Quaker Quest aims to help you find out about the Quaker way of life. We have found that people enquiring about us want to experience Quaker worship, hear what we have to say, talk to each other and us about it and get an idea what sort of people we are.

Are you looking for a spiritual community that does not depend on having identical beliefs, but on worshipping, sharing and working together?

Then join us at 6.30pm for a shared supper and a 7pm start, at Adel Quaker Meeting House, New Adel Lane, Leeds LS16 2AZ

- 3rd June: Quakers and Worship** describes how we meet together and explore in stillness and silence the promptings of love and truth in our hearts. For many of us, it is transforming.
- 10 June: Quakers and God** explores how each of us experiences God or whatever is Divine to us. In this session, some Quakers talk about what God means to them.
- 17 June: Quakers and Christianity** shows how, while starting from our Christian roots, we can yet have a faith without dogma. We value diversity of view, experience and inspiration.
- 24 June: Quakers and Faith in action** examines how our spiritual path impels each of us to act, whether that be in minor or major ways.

A Day in the Life of... ...Adel Meeting!

Saturday, 25th April 2009

It's 9.30, and I'm backing my car onto the disabled parking spot beside Adel Meeting House. Bill Hunt is there to greet Eileen and me, and together we unload the interesting cargo contained within the car. For interesting it certainly is, with unique



sepia photographs of a bygone age, including one of Isabella Ford, an early feminist, socialist and Quaker...aged 6½! There is also a picture, taken by the Yorkshire Post in the 1920s, of Isabella's sister Emily beside a magnificent sundial which was given to their father in 1866.

For this is a rather special day in the life of Adel Meeting. Today, Saturday 25th April, marks the culmination of the work of many Friends over many years (some may say over 70 years!), which has

resulted in our having an extension to our Meeting House. Everyone who has seen the extension, to be known as the Garden Room, has remarked about how light and airy it is, with its views onto our developing garden area outside. The day also offers an opportunity to thank the many Friends who have assisted the Extension Committee in this project, some by giving time, some by donating very generously to the Adel Quaker Appeal.



It's 10 o'clock now and I've hardly had time to finish unloading the car and reparking it, when along come our good Friends Eve and David Allibone-Dredge, along with Eve's brother Richard Allibone. They have brought – believe it or not – the very same sundial which was in the picture taken some 80-odd years ago!



The sundial is inscribed with the words: "Presented to R.L. Ford Esq. by the Girls of the Mill Street Sewing School A.D.1866". Now the story goes that Robert Lawson Ford and his wife Hannah started the first night school in England in the 1850s – for the benefit of mill girls. So this sundial is really quite something. It is quite mind-blowing to imagine these seamstresses – presumably on a very limited income – clubbing together to produce such a beautiful and valuable present. For beautiful it certainly is, with its

column of pink shiny Portland marble. Sadly the bottom half of the sundial is missing, but it is still possible to erect the sundial on the paved area in front of our new entrance.

Well, that took a bit of time. It's now 10.30, and we are due to open to the public at 11. Fortunately, Bill and Eileen have been joined by Simon Kilner and Christabelle Davey, and together they erect the exhibition we've been planning for several weeks. We have seven wonderful panels, loaned by the Peace Museum in Bradford, on the theme "Leeds and Peace", including one solely devoted to Isabella Ford! There are also a number of very colourful posters which have been produced by the Quaker Tapestry centre. Pat Gerwat has been very busy, updating Ursula Ford's history of Adel Meeting House, adding some lovely photos of the Meeting House, Garden Room and Burial Grounds.



So, all too soon, it's 11 o'clock, and Rebecca and Mark Claxton-Ingham, together with their parents, Rob and Owen, are busy putting up signs, inviting folk to come in to see our exhibition! Then, in a jiffy, Rebecca and Mark transform themselves into catering assistants, going round with cups of tea and coffee as the visitors arrive. There are quite a number of Adel Friends who are spending their time making refreshments. Amongst the first visitors to arrive are members of the Adel History group, who have provided much-welcome support for the event. Their number include their secretary, Ann Lightman, who has been very helpful in sharing with us information about the Fords and the early history of our Meeting House. Val Crompton has also been supportive; it is her photos that are illustrating this article.



Around 11.30, our Friends in other Leeds Meetings start to arrive. These include Mary and Martin Rowntree, who have lent us a photocopy of their very distinctive Quaker marriage certificate; believe it or not it is 65 years since they tied the knot! Also, Robert Keeble and his daughter Tamar arrive. I'm very grateful to Robert for loaning us, amongst other things, two sets of display boards – enough to put up 16 separate exhibits. It's also good to see, to name but five, Veronica O'Mara from Carlton Hill, Hansi Barrett from Roundhay, and David and Marjorie

Hickson and Mabeth Sharp from Ilkley.

It's now 12 noon and Don Cole has just arrived. He is a good Friend of Adel Meeting, a Methodist who normally attends our Meeting for Worship once a month. Don is a local historian, and has provided a great deal of interesting material for this exhibition. He has



written, especially for us, an illustrated item "A 17th Century Quaker Family in Cookridge"; this concerns one John Moorcroft, a tenant farmer, who lived in Cookridge, and who was married in 1671. Don also sent us a wonderful piece of oral history, concerning an elderly resident of Adel's memory of Isabella Ford, and her kindness to him when a small boy.

Well, it's 1 o'clock now, and folk from the Civic Trust have arrived. These include Bob Tyrrell, a former work colleague and friend of mine, and Janet Douglas, who

has written a biography on Isabella. The Civic Trust have a meeting on Monday, when it is likely that they will agree to one of their blue plaques being erected at the entrance to Adel Grange, commemorating the life of Isabella. They are

If you weren't able to be present you will have a second chance to see the exhibition on Saturday 12th September

wondering who could perform the unveiling ceremony; I say I will discuss this with Ursula Ford, her great-niece, and Member of our Meeting, who I'm hoping to visit at her home in Lancaster in May.

Time is getting on, it's 2 o'clock, and still visitors are arriving. We have an unexpected one, Sheila Rowbotham, who was until recently Professor of Gender and Labour History at Manchester University, and who has

written the book "Edward Carpenter: A life of Liberty and Love". Sheila presented Adel Meeting with a personally inscribed copy of this book, which is now in our library. Edward was a friend of Isabella, and a frequent visitor to Adel Grange. Visiting with Sheila are Hilary Wainwright, another feminist author, and editor of the "Red Pepper" magazine, and her mother, Joyce Wainwright, widow of the Liberal M.P., Richard Wainwright.



So, it's 3 now, and we must close. Pat is getting ready for Circle Dancing in the Garden Room, which is due to start at 3.15. We all agree it has been a very good day. If you weren't able to be present, you will

have a second chance to see the exhibition; we are planning to reassemble it for one of the Heritage Days later this year – on Saturday 12th September to be precise. Keep an eye open for more details!

Quentin Fowler

heroes

There has been a lot of talk and references recently involving the use of the word Hero.

This in the main is a reference to our soldiers in Iraq and Afghanistan. I'm not here to judge the work of these soldiers or to comment on the rights and wrongs of our involvements in these two conflicts. There are those who consider the deeds of these soldiers to be heroic and there are those who take a different view. For the purpose of this poem that follows I offer the view that there are other sorts of heroes, men and women and children who do amazing things and make amazing sacrifices for the good of others.

In 1999 my wife Ruth was part of an effort which raised over £147,000 for the NSPCC by climbing and getting to the top of Mount Kilimanjaro. A tremendous feat of endurance for even the fittest amongst us but for Ruth who suffers with three collapsed disks in the base of her back and frequent migraine, this was a truly heroic effort.

The following is the poem I wrote for her in 1999 which she took folded in her back pocket to the summit of Kilimanjaro. So what follows for your readers is a well travelled poem.

Kilimanjaro

**Ice sparkles on a mountains snowy peak
And lions play around your feet
The Masai Mara come to wish you well
Whilst Africa weaves its magic spell
Stars now light the heavens above
You ride the plains where Eden stood
This place they say where life did start
So climb your mountain my true braveheart
And carry me there in your heart and soul
And in the days when we grow old
We will remember this rare and special time
When Africa's Kilimanjaro you did climb
And from its shadows your heart roams free
Its mystic wonders your eyes did see
You touched its sole you felt its heart
And for ever more you'll be a part
Of its majestic beauty its towering song
Where angels feet did walk upon.**

Paul Martin Emery

Paul Emery

Coach Trip - put it in your diary - Saturday 4th July



(changed from 11th) and the venue will be the **Quaker Tapestry at Kendal** - look out for full details which will be out soon.

The trip is being arranged on behalf of Leeds Quakers by Carlton Hill Meeting.



Circles



Friends may be aware of the history of Circles; the means whereby volunteers help sex offenders reintegrate into the community after prison. They originated in Canada where they've been going for 10 successful years.

Five years ago they migrated to the Thames Valley, largely at the instigation of Friends. Now they are spreading across the country, including Yorkshire.

Here in Leeds a group, including many Friends, has begun to explore having such Circles locally. This is being done with the emphasis on having a well thought through, firm foundation. To date we have met in the afternoon, which has prevented some interested Friends from attending.

The next meeting is therefore to be held in the evening — **7.30pm at Carlton Hill on Wednesday 3rd June 2009**. This will be a good opportunity to find out more about Circles.

Phil O'Hare
Leeds Quaker Criminal Justice Group

The European Elections: Make Your Voice Heard

On the 4th of June 2009 the UK will elect 72 MEP's to represent us in the European Parliament. Who's your first choice?

The forthcoming European Elections are set in the backdrop of the most difficult economic circumstances since 1945 with big issues attached. These include stimulating global trade, tackling social injustice and combating climate change. As the recent G20 Summit demonstrated with abundance, the best formula for tackling these international concerns is a truly international meeting of minds, bringing together diverse voices in the service of common concerns. The



The European Parliament, representing 500 million citizens in 27 countries, is designed to be the people's forum of Europe, providing the best of opportunity for citizens to vote on these

big issues which are beyond on the power of domestic politics alone to solve. Legislative frameworks affecting important areas, including human rights, energy policy, agriculture, social security, employment and equality are all drafted by the EU and have a direct affect on government policies at home.

One of the most refreshing aspects of the European Elections for the cynical UK voter is that the ballot operates under a system of proportional representation, which means that the number of seats allocated to each party on the basis of region, is proportional to the number of votes

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This frees the elector from the usual dilemmas of tactical voting so common in British politics.

received. In contrast to the 'first past the post system', PR is meant to ensure that every vote counts. While this rarely leads to clear cut majorities for any single party, it gives rise to a greater number of parties gaining power, which means more diversity for the voter, rather than two or three parties holding the balance. This frees the elector from the usual dilemmas of tactical voting so common in British politics. Greater opportunity for representation means that voting on principle rather than expediency is encouraged! This is good for those of us who support parties which are shut out or unrepresented under UK 'first past the post' but have a greater voice at EU level like the Liberals and Greens.

Yet, for all its advantages, PR represents us with definite problems when the party represented, holds values which most of us find abhorrent. At present the far right British National Party is channelling its energy into getting its leader, Nick Griffin elected to the European Parliament in the North West while at the same time fielding candidates in Yorkshire and the Humber, as well as the West Midlands. This places a special responsibility on all us to use our vote in the service of the values of tolerance, mutual respect and liberty, which the BNP, with their doctrine of racial segregation denies. The danger of apathy is clear for as the philosopher Edmund Burke once remarked, "All that is necessary for the triumph of evil is that good men do nothing". In accord with this piece of wisdom, Friends must speak out against those who would deny our testimony to the intrinsic equality of all human beings through whatever means we are able. Yet, defending our most precious values means more than simply voting against something. As voters we have the chance to vote 'for something', a fact which is often forgotten in our overly adversarial politics. As we move closer to the elections this should be our distinctive Quaker message to beat back cynicism and indifference. As voters, we have a special task, which involves the living out of our Way in daily life. This inevitably means involvement in politics.

Undoubtedly, there has always been the temptation among Friends to retreat into our own comfortable communities, cutting ourselves off from the outside world. Indeed, such quietist sentiments were widespread in the Society during the 18th century, yet, this has never been the authentic Quaker Way. The potent image of George Fox 'speaking truth to power' before Oliver Cromwell is an enduring image, which should teach us much about the Quaker stance on politics. We must be brave, straightforward and prepared to stand up for what we believe in. When we go to the polls in June, we must consider our choice in the light of this Quaker heritage of holding power accountable in the search-beam of divine love. Ultimately we must ask ourselves, 'how do I use my influence in ways that will bring the Kingdom of God closer to all human hearts'? While such a task ultimately transcends the mere ideological positioning of parties, our religious hope should never ignore politics. Like most social activates, politics (if rightly guided), can realise some measure of that great dream trying to be born. So whoever you are voting for in the European election, remember to put your Quaker discernment into action.

Benjamin Wood

Hope not Hate

'Hope not hate' is the campaign being led by faith / community groups, the trade unions and the Daily Mirror to encourage people to vote responsibly in the European Elections on the 4th of June and to prevent the BNP winning seats in the European Parliament. Do we really want to be represented by a BNP Yorkshire MEP?

Carlton Hill meeting has decided to become active in the 'Hope not hate' campaign. On Sunday 17th May there was the screening of the Northern Friends Peace Board DVD 'Building peace tackling racism' with clips from the recent NFPB conference at Huddersfield Quaker Meeting House. The DVD featured the experiences of a former BNP activist. The screening was advertised outside the Meeting House with the large banner reading: **Leeds Quakers: BUILDING PEACE TACKLING RACISM film/talk Sunday 17th 12 noon**. The banner has now been changed to reads: **Leeds Quakers: Make your vote count on 4th June – Hope not Hate**. In the run up to the elections, friends at Carlton Hill will also be giving out 'Hope not hate' leaflets on Friday 29th May from 8am to 9:30am – this will be followed by a welcome tea break and then a discussion ending at 11am. We need your support to give out the leaflets, please do come and join us if you can (nb in March nearly 600 fair trade leaflets / bananas were distributed in 2 hours outside the Meeting House during 'fair trade fortnight')

The Hope not hate Yorkshire leaflet is supported by many people and being distributed by numerous faith groups throughout the city. Contributors to the leaflet include John Packer, the Bishop of Ripon and Leeds who writes "Any form of racism is incompatible with Christianity and it is important that we develop strong positive relationships with those of different backgrounds and faiths within our society. I would urge you to use your vote and to use it wisely."

Robert Keeble

*Thursday 21st May 7pm to 9pm
'Centenary Quaker Lecture' by Oliver Pickering
entitled*

'A short history of the Quaker movement'

This is part of the Swarthmore Centenary Lectures to Celebrate 100 years of the Swarthmore Adult Education Centre which was established by Leeds Quakers 100 years ago. Oliver, a Quaker and librarian at the university, is following in the footsteps of renowned local historians, Jean and Russel Mortimer. The lecture is free and will take place at the Swarthmore Centre, 2 Woodhouse Square, Leeds LS3 1AD. There are many other centenary events planned including a Fun Party at Woodhouse Square on the 27th June at 3pm and a coach trip to Swarthmoor Hall, Cumbria which will leave the Swarthmore Centre at 9am on 6th July. Many friends attend classes at Swarthmore, Hugh Hubbard of Carlton Hill meeting is the Chair and John Arnison of Carlton Hill and Audrey Acton of Rawdon are also members of Swarthmore Council, so there is still a strong link with Leeds Quakers - there is much to celebrate.

For full details of courses at Swarthmore, please see www.swarthmore.org.uk

Godless Times?



Easter Settlement 2009 was full of the usual promise and anticipation. Many friends were there from Leeds and for those who have never been to the Quaker gathering which takes place every year at Cober Hill Guest House near to Scarborough, you have been missing a treat. Good Friday at Carlton Hill started in the normal way – the baker delivered the freshly made hot cross buns at 10am, at 10:30am we held Meeting for Worship which was well attended (it was interesting to see that there has been a correspondence about Good Friday Meetings for Worship in the Friend – my impression is that this is a growing trend). Then we enjoyed the company of about 20 friends for our normal Friday Coffee Morning which is held every Friday at 11am. At 12noon prompt, I reminded friends that it was time for all to go home as I needed to catch the 1pm train to Scarborough, but still leave enough time to get the room ready for Sunday. Edward Starkie of Adel meeting kindly took Lea, my wife, all of our luggage and the Easter Settlement resource boxes in his van (these are stored at our meeting house). There was not enough room in the van for Tamar (my daughter) and myself, but this did not matter as we just made the 1pm train and were greeted by Quakers from Huddersfield who had saved us a seat. The journey went by in a flash and soon we were inhaling great lung full's of clean sea air and greeting friends old and new. As I had volunteered to be a 'nest group' leader, the euphoria of arriving was short lived as I quickly found myself attend a planning meeting – but this did not matter – the holiday had started.



Easter Settlement was established by Yorkshire Quakers some 94 years ago and has been about building a community of friends. Settlement means different things to different people; a restful break from a hectic working life, or a stimulating change from a quiet retirement; the chance to meet up with old friends or to get to know new people; a time for contemplation and reflection, or for late night dancing and walks on the cliffs. All the ingredients of the mix make a new community every year and 2009 was no exception. We started the gathering in our 'nest groups' – this system of providing oversight and support was adopted in 2008 at the suggestion of Young Friends and has now become established. In a gathering of over 80 people, the smaller all aged groups with about eight people in each have proved very popular, especially with those attending for the first time.

For me there were too many highlights to go into detail, there was the talk by David Boulton "Living in Godless Times", the Easter Egg hunt with the children, the pre-breakfast walks & bird watching, the daily meeting for worship, Easter Sunday Meeting for Worship at Scarborough Meeting, the good food, the opportunity to sit with different friends at every meal time, the late night hot chocolate, the wonderful garden, epilogues, the long afternoon walks, circle dancing, the talent show and concert, but most important for me, the friendship and support of so many people.

Cober Hill is located at Cloughton, about five miles north of Scarborough. It is owned by the Joseph Rowntree Charitable Trust and the J.R. Foundation and it has a heritage that is a mixture of Quaker and Adult School. It is operated as guest house and centre for leaning, with residential courses as diverse as painting and bird watching. The food is excellent, especially the vegetarian options. Full details of holidays at Cober Hill are on the Cober Hill website.

***Text, Robert Keeble
Photos, Martin Schweiger***

Eco-Cafe – a brand new arena for environmental and social discussion

18th May - a showing of Rebecca Hoskin's documentary "A Farm for the Future"

15th June - Mark Beardmore discusses "Urban Sustainability" - a talk with slides showing practical approaches to lowcarbon/low oil living

20th July - Niels Corfield presents "Edible Cities" - an introduction to permaculture ideas

The Cafes will be at 7.30pm on the third Monday of each month, at Muir Court, off St Michael's Road in Headingley

For more see: <http://transition-city-leeds.wikispaces.com/file/view/3+talk+poster+final+3+FREE.pdf>

Walk of Friendship

Concord's 2009 walk of friendship took place in Armley on the 2nd May and many friends were able to attend. I knew we were in for a treat as I had attended last year's walk in the Beeston part of this city. I travelled with three other friends from Carlton Hill, Una Parker, Ben Wood and Helen Bowden. We met at the Meeting House and then made our way by bus. We hoped to catch the number 4, the new 'FTR' bus – which is an long and bright purple 'bendy-bus', but we were not in luck on this occasion. Our enthusiasm was not diminished however and although we missed our stop, it didn't really matter as we were in good time and it was a glorious day with bright sun shine.

The Holy Family Roman Catholic Church on Green Lane was our first destination and as we approached it, there was a larger gathering outside. I was asked if I would become a 'steward' for the day and was promptly required to wear a bright 'High Visibility Jacket' – this was not what I had been expecting, but I was happy to oblige. There was time to meet many new and old friends, to say hello to the three community police officers who were there to stop the traffic for us. We all went into the church for the official welcome from the Mayor. The event launched the 'Treasurers Revealed' in Leeds week, with many faith buildings being opened to the public including our own Meeting House at Gildersome. We were welcomed to Holy Family by the priest who explained the history of the church – built largely due to the growing population of that part of the city following the opening of the prison in the latter part of the nineteenth century. What was of particular interest to me is that the 'stations of the cross' – the pictures showing the final day of Jesus, depicted the cross as a 'T' and not the conventional crucifixion.

Sikh Temple: We left Holy Family and all walked up Tong Road to the Sikh Temple. It was only a short walk and on arrival I realised I had overlooked bringing a hat, but a friend from the temple kindly gave me a scarf – then realised that I was completely hopeless at tying a head scarf, so did this for me as well. We were treated to a wonderful Langar – a vegetarian lunch, but with up to 200 people there, it did take quite some time before everyone had eaten. We all gathered in the temple and heard that it had once been a Methodist Chapel, we were told that worship still takes place on Sundays – not that Sundays are a special day for those of the Sikh faith, as every day is 'special', it was simply because most people don't work on Sundays so it is the most practical day to hold services.



*Helen Bowden, Pete Rice, Una Parker, Robert Keeble and Ben Wood
at the Sikh Temple*

St.Bartholomew's Was the next venue – the word 'high' can be used in many ways to describe this Anglican church – the building is certainly high, indeed it's a massive building and sitting as it does on top of the hill, it dominated the skyline of that part of the city (you can easily see it as you come into Leeds by train from the south / west). It is also a very 'high Anglican' building, indeed, there was little difference between it and Holy Family in many ways. The history is quite revealing

and shows how vain man can be. Those worshipping at the original church on the site were concerned when a nearby church was built that was bigger than the old St. Bartholomew's, so they resolved at building a bigger and better church. Money was no obstacle as the congregation included among others, the wealthy Gott and Tetley families. The new church was built and opened in less than two years – over twice the floor area and four times the volume – it was a massive new church and it was ornate and grand on the inside. But, at the opening, someone decided to count the seats and to everyone's horror, it was established that this massive new church accommodated 20 less people than the one it replaced. Then they installed a world famous organ that took away more seating, then a grand tower was added and statues placed to the rear of the church, again, all taking away seating. The net result is a leviathan of a building that accommodated over 100 fewer than the much smaller and simpler building that it replaced. For me, this proved to be one of the highlights, especially when we returned later in the day and were able to hear the organist practising.

Armley Mosque was next on the list and it was also next to St. Bart's. so it was simply a matter of marshalling people across the grave yard to get there. The contrast could not have been greater. In essence, the Mosque was a simple hall (all be it with a very luxurious carpet – something that was in common with the Sikh temple). The Imam told us about the Muslim faith and I think it was a day when we were all focussing on what we have in common. Love, Peace, Friendship, support for the disadvantaged and worship of God were all phrases that were used throughout the day. The other thing that all the worship places we visited had in common was that they all had copies of the 'Hope not Hate' leaflets regarding the forthcoming European elections. My only concern regarding the Mosque is that of equality and the role of women – clearly as Quakers we have a very different approach. However, some things may be more complex than first meet the eye, because it seemed to me that it was not just the Imam, but also his wife, who was helping to bring about change and improvements at the Mosque. John Battle, the local MP also talked to that gathering and was encouraging us in our endeavour to meet with one another as true friends.

Wesley Road Chapel was the final destination of the walk, this was a 'new' building built some 20 years ago and recently extended (the paint was literally still wet!). Armley, we learnt, had many different Methodist Chapels at one stage and these were abandoned one by one as the upkeep of the buildings exceeded what ever dwindling congregations could afford. Finally, there was only one large old chapel left in use and the congregation were faced with a stark choice – join with the nearby Baptists and URC (United Reform Church), or close. The three different churches came together, built a new chapel on the Wesley Road site and have never looked back. They are a thriving worshipping community and appreciate their rich heritage. The ministry is still a joint Baptist/Methodist ministry, which is something that clearly does not cause conflict, but has proved to be a source of strength. I felt that this was very reflective of our own Quaker experience, where we gain strength from our diversity. The day ended with yet another cup of tea and some reflection on a wonderful experience which I hope that many others will be able to enjoy next year.

Robert Keeble

Sufferings Report April 2009

The main meeting, which took up most of the day, is best described as a General Meeting without business. This was a set of very interesting workshops concerning Quakers & their work around the world. The purpose of these was to enable us to make connections with the different Quaker cultures & institutions around the world, share ideas and hopefully be able to link up more effectively on common issues facing us. We heard from Shelia Gatiss, Clerk of Quaker World Relations Committee; Mary Lord, former Assistant General Secretary for Peace and Conflict Resolution at American Friends World Service Committee; and Julia Rysberg, European and Middle Eastern Section of Consultation. Given that Leeds Area Meeting's Minute is to be considered at Yearly Meeting Gathering, I thought it appropriate to attend the two workshops where the style of Quaker expression most differs from our own, namely the African and American Evangelical Programmed Meetings led by pastors.

Both workshops had to convey the fact that even in one country such as the USA there were several Yearly Meetings, each with its own understanding of Quakerism and Scripture. The speakers could at best only give a very generalised overview in the time available with little or no time for questions or exchange of views. What I found interesting was to hear how many Evangelical Friends "fear for the souls" of Unprogrammed Friends and worry about "being yoked" with us! Hearing of the effort that these Yearly Meetings have to put in to try to maintain open and trusting relationships with Friends of the Unprogrammed tradition in their own country as well as with ourselves, gave me hope for the future. I found it very inspiring to hear of so many African Friends' selfless & heroic work in conflict resolution. Concerning the epistle from NW Kenya Yearly Meeting that caused such hurt, this was interesting as this group apparently is mainly polygamous so it is ironic that they spoke out about same sex relationships especially as there are no laws about same sex relationships in Kenya!

Out of these workshops surprisingly only three main issues sparked a particular response:

- The need to document all the work done by Friends in Kenya, Burundi and Zimbabwe in response to the violence in their countries and continue to offer them our support.
- The concern about child soldiers (16 and 17 year olds) remains a live issue here in the UK. It was noted that militarisation is still happening in schools here as elsewhere in the world.
- The importance of encouraging participation in the European elections in June 2009 to counter extremism. Leeds Friends will be pleased to note that Robert Gibson has been appointed as representative to Nordic Yearly Meeting 25-28/06/09.

Ron Barden introduced & took questions on the BYM Trustees Annual Report & Accounts Report for 2008. It was clear that income generated from lettings of Friends House and our other London properties met a large part of the costs of maintaining central work. Donations from Friends continued to decline though legacies were higher than expected. In spite of the current international financial crisis, BYM is in a strong position to meet any short-term deficits but he underlined the importance of donations from Meetings to finance central work.

As this will be my last report I am taking this opportunity to thank Leeds AM Friends. This is both for having given me the opportunity to serve you and for all the wonderful support you have given me in so many hidden ways during my time amongst you. Your quiet love has truly deepened my own journey. Be assured I will hold you all in the LIGHT.

Malcolm Whalan
(edited by Robert Keeble)

The Ten Commendments

1. *I shall not be bound by any creed or doctrine.*

Many teachings are available for my guidance, but no written or spoken words can ever be the absolute truth or the final answer.

2. *I shall always be open to new light.*

Clarity and inspiration comes through every experience of life including people I meet, my work, my spiritual practice, the natural world, writings, other human achievement and my own inner promptings of love and truth.

3. *I shall respect the right of others to be different*

I have both the right and the responsibility to find my own beliefs and to decide how I will choose them. I cheerfully acknowledge that we can all think for ourselves.

4. *I shall speak and act honestly and constructively*

I am determined to behave and speak in ways which are both truthful and helpful. I will never attempt to deceive people or cause division or hatred, but it is my duty to speak out whenever I encounter cruelty and injustice.

5. *I shall not pursue wealth or fame as goals in themselves*

I know that craving money, material possessions or fame will not give me increased happiness, a deeper sense of well-being or make me a better person.

6. *I shall not succumb to anger*

I know that anger destroys relationships, undermines happiness, and gives rise to even more anger and aggression. I will prevent anger arising within me by cultivating love, patience and understanding.

7. *I shall maintain a spirit of compassion and loving kindness*

I shall never intentionally do any harm. I will always act compassionately towards myself and every other human being, particularly if in need or distress.

8. *I shall live my life adventurously*

Life is adventure and I won't let timidity or complacency hold me back.

9. *I shall find some space in my life to have times of quiet*

I know that times of silence, away from inner and outer noise, will help me to maintain a sense of peace and inner calm.

10. *I shall be grateful*

Thank you! Just by feeling and expressing gratitude I am reminding myself of the good things in my life - the things which are important. Thank you!