



THE QUIET WORD

August issue no.5



Meeting for worship

GILDERSOME Friends Meeting
House 75 Street Lane, Gildersome,
Leeds, LS27 7HX
tel: 0113 2564944 or 07973 450
368
Sundays, 10.45 am

ILKLEY Friends Meeting House
Queens Road, Ilkley, Leeds, LS29 9QJ
tel: 01943 600 806 or 01943 601
181
Sundays, 10.30 am

ADEL Friends Meeting House
New Adel Lane, Leeds LS16 6AZ
tel: 0113 2676293
Sundays, 10.45 am

CARLTON HILL Central Leeds
Friends Meeting House
188 Woodhouse Lane, Leeds,
LS2 9DX
tel: 0113 2422208
Meetings for worship:
Sundays, 10.45 am

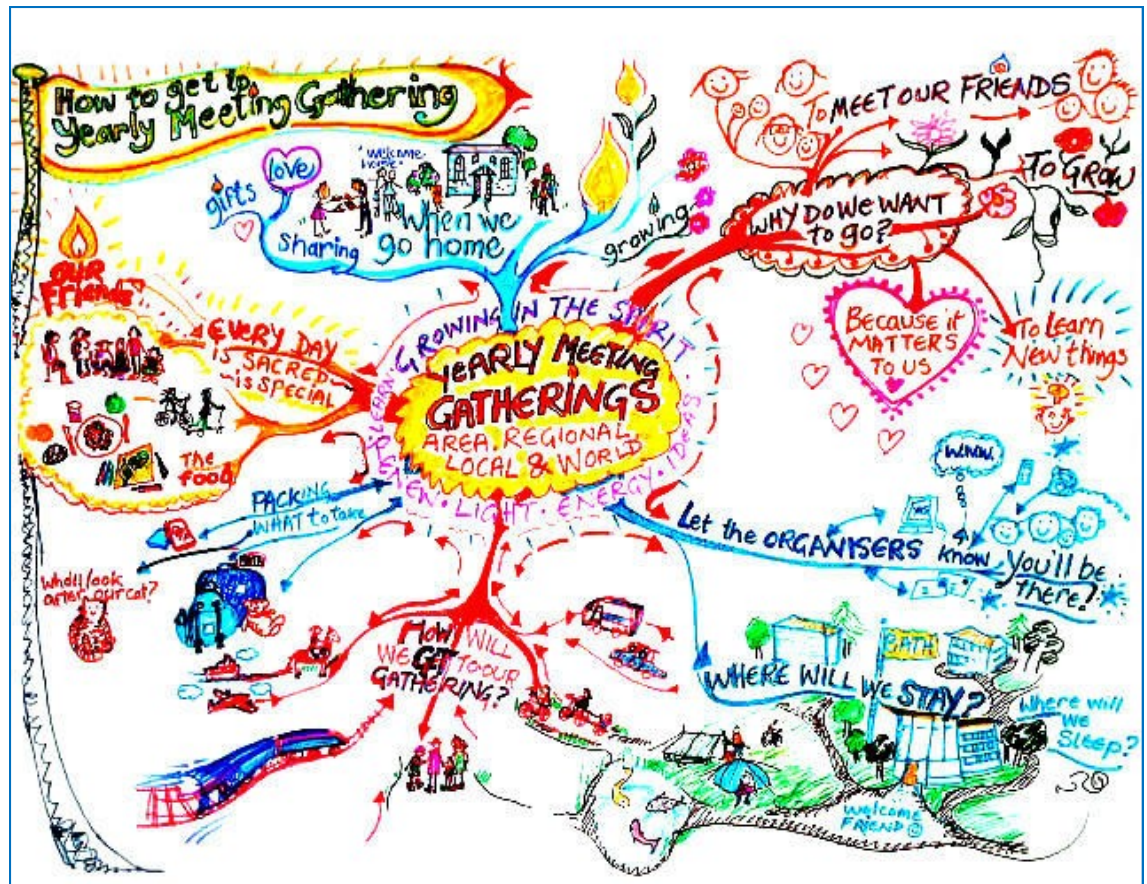
ROUNDHAY Friends Meeting House
136 Street Lane, Leeds, LS8 2BW
tel: 0113 2933684
Sundays, 10.45 am

OTLEY Friends Meeting
1st Sunday of month 10:45 at vari-
ous houses.
3rd Sunday every month in The
Court House—usually in the Robing
room .
Enquiries :0113 318 8084
dmr@cooptel.net

RAWDON Friends Meeting House-
Quakers Lane, Rawdon, Leeds,
LS19 6HU
tel: 07582 960092
Sundays, 10.45 am

LEEDS UNIVERSITY
Tuesdays, 1.05pm
In Claire Chapel, The Emmanuel
Centre which is alongside the main
entrance to the University of Leeds
Campus opposite the Parkinson
Building (with the white clock tow-
er).
Organised by the Leeds Universities
Chaplaincy

Bedford Court
First and third Wednesdays,
10.00 am



Britain Yearly Meeting Gathering 2nd-9th August Bath

Image created by Jude Whitby from Cornish Quakers who kindly gave us permission to use in the Quiet Word

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Please send any submissions for Next month's issue of the Quiet Word to quietword@leedsuakers.org.uk
Please supply by Saturday 23rd August

INDEPENDENCE FROM AMERICA DAY, MENWITH HILL 4 JULY 2014



Rainy afternoon, not very inviting, but this is an important annual event. Martin Schweiger of Roundhay Meeting does a huge amount to support Lindis Percy in the weekly vigil at Menwith Hill, and I rarely manage to join in. The least I can do is to go along once a year and swell the numbers.

the UK and the USA, and the heroism of Edward Snowden). Margaret Nunnerley from Ilkley Meeting is selling copies of her new book, *Surveillance, Secrecy and Sovereignty: How a Peace Campaign Challenged the Activities of a US Base in Britain*. The supporters are good-natured and enthusiastic in their appreciation, despite the chill and the damp.

It's a bitter-sweet experience. It's profoundly depressing to find such ugliness in the midst of this lovely Yorkshire landscape – one more example of the human potential for diverting the beauties of nature to ignoble ends – but the determination, solidarity and perseverance of the folk who work toward a better world – leading, inspiring, speaking, writing, or simply striving and supporting – is immensely heartening. It encourages us to keep the candle burning.



I persuade a friend from my Meeting to take me in his car, and we drive along roads colourfully decorated with enthusiastic preparations for the Grand Départ. The rain slowly clears after we arrive, and we

stay for about two hours, long enough to hear folk-singer Roy Bailey and two of the excellent speakers: American anti-war activist David Swanson, author of *War is a Lie* (whose remarks on the irony and tragedy of American foreign policy are well worth viewing on davidswanson.org), and MI5 whistleblower Annie Machon (who speaks eloquently about her experiences on the run, the dangers of the contemporary surveillance culture in



Barbara Parry
Rawdon Local Meeting

Surveillance, Secrecy and Sovereignty By Margaret Nunnerley

Magaret Nunnerley has been a Quaker for over 40 years and is a member of Ilkley Meeting.

This is a review by Peter Coltman of her book "Surveillance, Secrecy & Sovereignty".

The cost of publication of the book was met by generous donations from Quaker Outreach in Yorkshire, Leeds Area Meeting Finance and Trusts Committee, The Sir James Reckitt Charity, Hull, and individual donations by many Friends.

Menwith Hill Station near Harrogate is an area of 545 acres which was leased to the United States in 1954 in a secret deal negotiated by the last Churchill government without reference to parliament. The fiction that it is an RAF station is still maintained – try googling the name – but the chief function of the commanding RAF officer, who is junior in rank to his US counterpart, appears to be liaison with the American staff whose numbers have grown year on year. In 1960, it had 400 US personnel. By 2007, this had increased to 1410 US and 433 UK staff. And the key question is: to whom are they accountable?

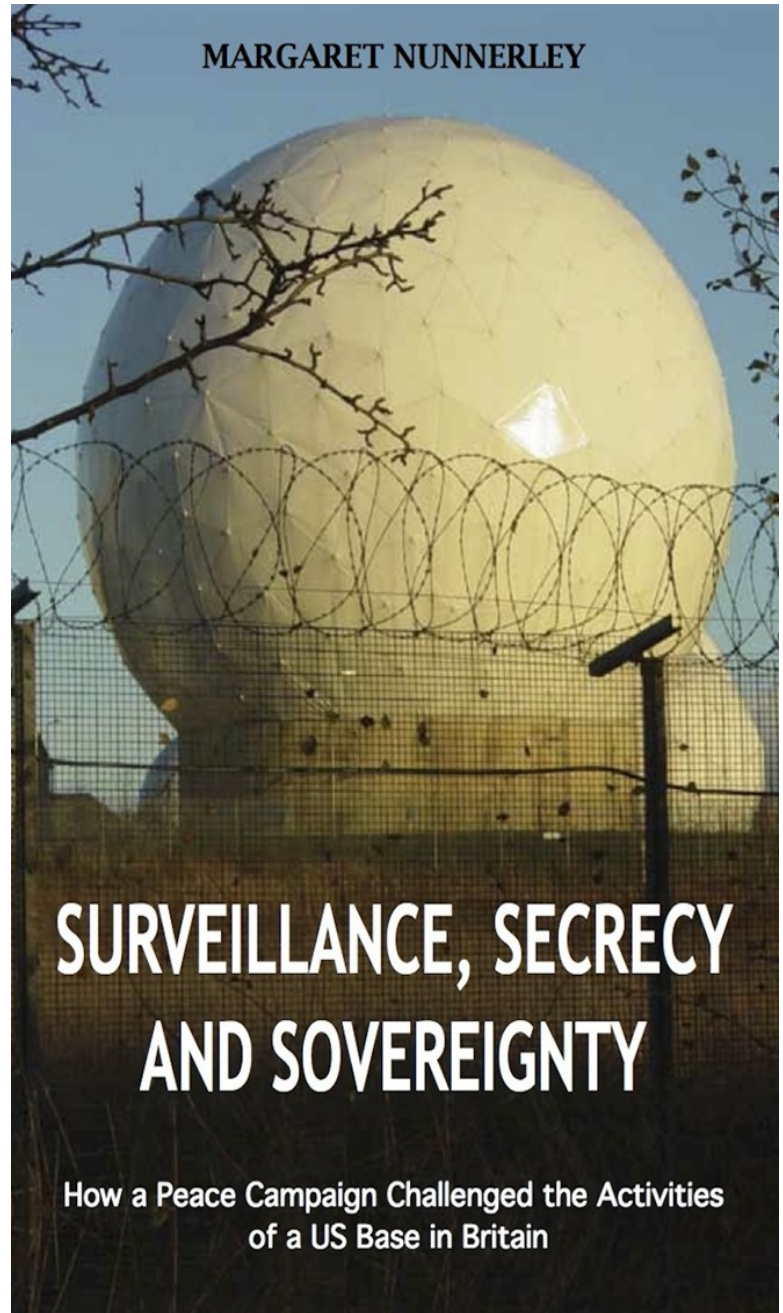
Who owns the base? Who controls it? What rights does parliament have over what happens there? Who pays? What would its role be in a nuclear war? What powers would the UK government have over the base in a conflict where UK and US foreign policies differed? This is what the Campaign for the Accountability of American Bases set out to discover and in her book, 'Surveillance, Secrecy and Sovereignty', Margaret Nunnerley charts the history of the movement and discusses difficult and sometimes challenging questions: were the campaign methods appropriate? What success did they achieve? And at what cost to the campaigners?

confirming how much parliament is not allowed to know.

The CAAB is not strictly a Quaker NGO, though one of its two key figures, Anni Rainbow, is a Quaker – she has now retired – and the other, Lindis Percy, is an Attender. But it adheres to Quaker values in its methods of peaceful, non-violent campaigning and protest. What methods has it used?

Gather information by walking on Menwith Hill. This produced some remarkable successes including material which formed the basis for a Despatches documentary on Channel 4 in 1991

Monitoring planning applications. This often signalled changes in the use of the base. A significant



expansion in 1997 was heralded by the need for planning permission to build two new giant radomes.

Asking questions in parliament. These often prompted the standard reply, 'This is confidential under Exemption 1 of the Code of Practice on Access to Government Information', thus confirming how much parliament is not allowed to know. Nonetheless, carefully worded questions yielded nuggets which put together built an informational map about the function of the bases – Menwith Hill is one of ten US bases in the UK – the lack of leasing arrangements,

Continued on page 4

personnel numbers, the power or lack of it for Local Authorities over planning applications, who pays for what and what power the UK government has over the use of the bases for overseas operations. It also underlined the fact that, as Menzies Campbell wrote in 2007, 'our government allows American enclaves on British soil, protected from parliamentary scrutiny or public debate'.

This is a fascinating book meticulously researched and with a wealth of detail

Exchanging information with other concerned groups

As Margaret Nunnerley notes, 'From early days questions were asked about US bases not only by peace groups but also by citizens concerned with civil liberties, by parliamentarians concerned with concealment from parliament of the bases activities and by business and commercial groups asking what use was made of the intercepted information and whether it was used for other than military purposes.' The CAB files show that they were in frequent correspondence to build up their knowledge for, as Professor Paul Rogers says, 'Gathering detailed information and using it to challenge the military and the Government is more important than any protest.'

Testing laws relating to the base

This part of the campaign was the most onerous and a substantial part of the book is devoted to four case studies. They produce a fascinating insight into the workings of the law when the rights of the individual conflict with the desires of the state but the exploration took place at enormous personal cost to Lindis Percy who was the main campaigner. She was endlessly arrested and frequently jailed where she was then subjected to the standard abuses of imprisonment, such as strip-searching. It is clear that she is an immensely brave and dedicated woman.

But what does the campaign amount to? Has it made a real difference? And has it been worth the

sacrifices made by its campaigners? These are difficult questions to ask in the face of such dedication. In Chapter 7, Margaret Nunnerley attempts an evaluation by asking not only the campaigners themselves but a number of the people associated with their work: lawyer, academic, parliamentarian and journalist. Mark Stephens, the lawyer, speaks for the rest when he says, 'This is a very important campaign; its legacy must not be lost.'

Its relevance to us all was underlined in 2013 when Edward Snowden laid bare the extent and manner of US surveillance throughout the world and British complicity in it; one of the most striking features was the ignorance of our parliament and the failures of oversight.

This is a fascinating book meticulously researched and with a wealth of detail in its 150 pages. But it is not a difficult read: the dogged determination of the campaigners against the contrivances of government is a continual inspiration.

Purchase 'Surveillance, Secrecy and Sovereignty'

(price £7.99 +£1.99 P&P) .

By phone: 01904 430868

by email: enqs@yps-publishing.co.uk

**Peter Coltman
Adel Meeting**



Words With CND-July 11th



July 11. Middayish. The vast space in front of Leeds Art Gallery. The sun shone warmly on the righteous. Were we righteous, or mistaken? A few Leeds Quakers joined a few people from CND to say 'not Trident' – preferred options on the placards were NHS and climate. We stood on the steps, then sat on the steps, then changed places, chatted a bit – we were unimpressive but the metres of pink knitting were amazingly impressive.

A friend who hadn't done this before sat beside me. After a bit he said 'aren't we

meant to be being silent?' I copied him and for a few moments we sat together in a bubble of breathing Quaker silence – breeze, voices, traffic, clicking cameras faded away leaving stillness. It's hard to know what to do when we join in with someone else's event, and this was Yorkshire CND's event. Was it campaigning, a photoshoot, or a prayerful vigil. Or all of the above? Next time we do it, and we will, we

need to give more thought to what we are trying to do in this opportunity.

**Susan Robinson
Otley Meeting**



You never know what's round the corner

Eileen and I went to a meeting the other day. It was part of the 'Before I Die' Festival, and was held at York University. The session we attended was concerned with 'Advance Decisions'; these are sometimes referred to as 'Advance Directives' and used to be called 'Living Wills'. The meeting consisted of a series of quick-fire presentations – by doctors, lawyers, researchers and so forth, followed by questions. The following is based partly on the notes I made during the session.

Why should I have an 'Advance Decision' (AD)? I guess for most people the answer is to be found in the title above. Tomorrow you might suffer a stroke; have a heart attack; or be involved in a road traffic accident. Such a traumatic event could leave you partially paralysed, or it might affect your ability to think and communicate rationally. If what happens means that you lose 'capacity', that is the ability to make a decision, then your treatment will be decided by some-one else – a relative or friend maybe, in consultation with the medical authorities....unless that is you have an Advance Decision, in which case by law your wishes must be taken into account. And if you already have had a 'warning' that something unpleasant could occur any day, then it's even more important to ensure that an AD has been completed.

It also allows you to write a 'Value Statement' that would help the doctors decide what might be your wishes

How do I find out what is needed?

The easiest way is to visit the 'Compassion in Dying' web-site <http://www.compassionindying.org.uk> where you'll be able to down-load an AD document, as well as guidance notes about its completion.

What does completion of this document entail?

It involves you indicating what are the situations in which you wouldn't want medical treatment to keep you alive (e.g. if you've been unconscious for at least x weeks and there was little or no prospect of recovery). It also allows you to say when you would wish for treatment (e.g. if it would alleviate pain or distress, even if it might shorten your life). If you have a

known illness or condition, it allows you to be more specific. It also allows you to write a 'Value Statement' that would help the doctors decide what might be your wishes although not mentioned specifically. You need to discuss what you are doing with your GP and get her/him to indicate that they believe you to have capacity. The form has to be witnessed, and you have to make a list of the people (e.g. GP, family members) who have copies of your AD.

How do I make sure my AD takes effect when it is needed?

This is a very important question – it's no good having an AD if the people who need to see it when and if the time comes don't have access to it. There are obvious places – a copy should be lodged with your GP, and also with any specialist you may have. Don't forget the Ambulance Service – contact them and ask for a note to be made that you have an AD. One suggestion was

that you have a copy stuck to the door of your fridge – we were told that paramedics would go there to see if they could find the medicines you were taking! And then of course there will be family and friends – they need to know

where you keep all your important documents of this sort. If you have an article of jewellery that provides details of your medical treatments – these can be supplied by MedicAlert and SOS Talisman – then the fact you have an AD can be added.

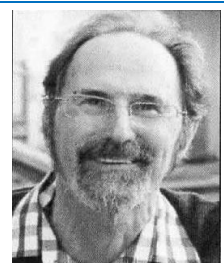
Lasting Power of Attorney (LPA)

An LPA can cover financial matters, but it also can cover medical and social issues. There could be a conflict if you lose capacity, so it is important to indicate that you wish your AD to over-ride a LPA; this is usually the case if the AD is the more recent document.

Conclusion

I hope that this brief piece convinces you of the need to make an Advance Decision, if you have not already done so. ...and if you have, make sure you look at it from time to time, to be certain it reflects your current wishes.

Quentin Fowler
Adel Meeting



ARTICLE for THE QUIET WORDPRISON VISITING

Once a month there is a Quaker presence in Leeds prison. Emma, the Quaker Chaplain, leads a "Contemplation Group" and is supported by two visitors who vary from month to month.

The deep issues of our existence are shared because these men have suffered, are suffering and will continue to suffer. They have time to think about the meaning and purpose of life. They face up to questions that most people evade: loneliness, isolation, cruelty, hatred, forgiveness and the pain caused by the loss of loved ones. They state what they need: care for mental health, problems; bereavement counselling; understanding companionship; spiritual support.

They explain the desperation they feel when first incarcerated and how that mood can be lifted by a smile, wave, thumbs up from another prisoner. They know how to help one another: advice and comfort flow between them. Many have a strong religious faith.

We leave feeling we have been face to face with real life. Existence on the outside seems superficial in comparison.

D. HALL

Dorothy Hall
Roundhay meeting

Faith and Practices 21.19

When I left school I set out into the world determined that nothing as small as the Society of Friends would hold me. 'I want the real world', I said. 'Friends are good people, aunts and uncles and cousins, they are friends of the family to whom I must always be polite. They do not drink or smoke or swear, they do not lose their tempers. They do not love money, they do not worship success (well, only a little bit), they do not compete, they do not gamble, they do not fight. They do not do what they want to do. If they want to do something very much they deeply suspect it is not the right thing to do. But I am not like that at all. I would like to drink and smoke, to make money, to be successful. I want to fight and to win; I want to please myself, to enjoy myself, to be myself. I am talented and clever and malicious; I will escape, for I am clearly not a Quaker, and find out what it is I am. I am no-one's daughter and no-one's granddaughter', I said defiantly, 'I am myself.' And I marched down Shaftesbury Avenue waving my banner with only a casual glance at Westminster Meeting House.

What I am telling is a classic story but we must admit that every cliché contains profound truth and a story is classic because so many people recognise it as true. 'Father' I said, 'give me my inheritance and I will go out and seek a fortune.' So I took my inheritance and went out and spent it. When it was all gone I came to myself and, finding myself somewhat diminished, faced with demands I found difficult to fulfil, I went to meeting.

'Here I am', I said.

'That's all right.'

'Just for a bit of a sit-down.'

'Whatever you need.'

'You mustn't expect anything from me,' I said, 'I can only bring a need.'

'Whatever you have.'

Dorothy Nimmo, 1979

I like this passage because...

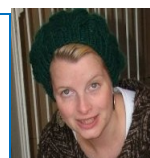
Sometimes I feel a little inadequate in quaker settings. It resonates with me that this lady questions how she could possibly be a quaker given her "colourful" history.

I led a fairly dissolute life in my twenties, indulging in artificial highs and wallowing in the consequent lows.

I have spent my thirties trying to be a "grown-up", a mother- feeling like an imposter at the school gate!

I came to quakers because of a need in me; I find it incredibly comforting to know that I am not alone in this.

Jane Keeling
Roundhay meeting



Anonymous submission:

Just thought I'd like to share this.

Urban Haiku

These Haiku were written by Rose Anderson and are about the Hyde Park area in Leeds. Some have previously appeared in 'Aireings' poetry Magazine

Apple-blossom from
your garden fondant-coats the
rusty car in mine

Daffodils planted
in perfect rows; a small child
runs through them laughing

Rain on the puddle-pond:
an empty crisp bag drifts
serenely across

Formal flowerbeds
giddy with bees; butterflies
bright as sweet-wrappers

Summer park: a spotless new
carpet of daisies and
sunbathing girls

August sun melts
asphalt and ice-lollies;
sticky children yawn and smile

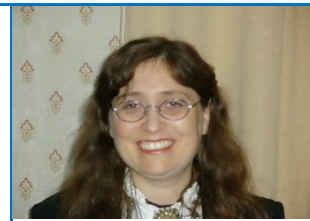
Overgrown gardens
bear fruit: old orange sofas
ripen in long grass

A fluffy slipper
peeks from next-door's bin: one stray
exotic flower

Edible dawn:
shiny black liquorice spiders spin
candyfloss webs

Small ripples crease the
freshly-laundered snow;
a city dreams of summer

Rose Anderson
Carlton Hill meeting



The Road Not Taken



Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveller, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim
Because it was grassy and wanted
wear,
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way

I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I,
I took the one less travelled by,
And that has made all the difference.

Robert Frost

Anonymous submission:

*I love the wistful acceptance the
traveller shows as he recognizes he
has chosen and set his path .*

Leeds museum Quaker display

Leeds Quakers will be providing a display for Leeds Museum in 2016 which will be looking at the Leeds Quaker experience of World War One and its impact on present day friends. Because most Quakers do not have family members who were Quakers in Leeds one hundred years ago, it is a challenge to find artefacts from the period that will make the display more interesting, especially for younger people. Do you have something that you could contribute or know where items of interest could be sourced? Please contact Robert Keeble on 0113 2422208.

Diary of a literary Nobody

The Russell Croft Blog

Parisian Walkways

This article is from a series of blogs by Neil Ashcroft's alter ego, the writer Russell Croft .

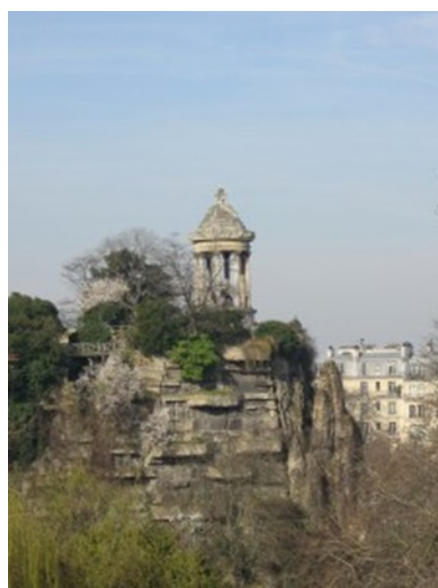
<http://www.russellcroft.net/blog>

When it comes to French history, I am a Second Empire man. Not that I have any special reverence for the Emperor Napoleon III or for his regime, but because I am a tremendous admirer of the grandly reconstructed Paris created to his order by his Prefect of the Seine, Baron Haussmann.

Normally the idea of a planned city fills me with horror because it is so much associated in my mind with the wholesale vandalism of post-war planning in the UK. And if I had lived in second empire Paris, I would probably have opposed the scheme on the ground that it would destroy a quaintly higgledy-piggledy medieval town. But I would have been wrong. What works so well in Haussmann's Paris is the uniformity of appearance and height in the townscape. It creates a coherent whole. It is laid-out with human beings and their need to interact in mind, and the resulting streetscape encourages one to walk or to dawdle as a *flâneur*. It somehow also (paradoxically) succeeds in generating a considerable degree of local character from one quarter to the next. I think this is because it is built to be beautiful and accessible first, rather than to conform to an ideological conception about how people should be made to live.

In my novel, *Bring Him in Mad*, (set in the early 1860s) the pretty horsebreaker Agnes Willoughby flits over to Paris to spend a summer with her lover, the operatic tenor Antonio Giuglini. They disport themselves with fellow free spirits at pavement tables outside restaurants on the Grand Boulevards. These magnificent thoroughfares of central Paris are synonymous with the city, but there are many less-well-known (and considerably quieter) areas that equally exemplify Haussmann's impressive vision and that are pleasanter to visit. I went to Paris a few weeks

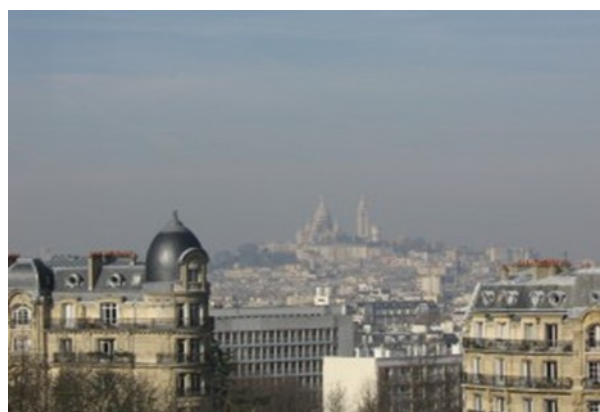
ago (on my own, because I can't expect anyone else to share my fascination with buildings and town planning!) to explore some of these.



Parks were a key element of the second empire's reconstruction. Unlike the Bois de Boulogne, the peaceful Parc des Buttes-Chaumont to the northeast of the city is a generally unknown gem. It was apparently constructed out of a former quar-

ry, which enabled its builders to incorporate a towering waterfall, and a citadel atop of a high rocky outcrop

The park is fringed with splendid terraces in the second empire style, and Sacré-Coeur can be seen in the distance from the citadel .



I walked from the park along the Haussmann-constructed Avenue Simon Bolivar and Rue Des Pyrenees, and had a nice lunch at the Place Gambetta by Père Lachaise cemetery. This whole area

Continued on page 11

is enormously interesting and agreeable, being inhabited by ordinary Parisian people unlike the city's teeming touristic hotspots. I like the similarity of the buildings' façades and of their relative elevations. Apparently Haussmann's stipulated standard layout and maximum height for the terraces gives them their characteristic mansard roofs and dormer attic windows. My photo below is of one such façade, which I think is on the Boulevard St Germain:



I also went to the Jardin des Serres d'Auteuil, which

is like a Parisian (but more serene) version of Kew Gardens, with its fine complex of greenhouses. The figures in the foreground are made from wire frames, plant pots and foliage:



I passed a wonderful few days exploring many fascinating areas, and riding from one to another on the *art nouveau* metro system which is so in keeping with the elegant streets above it.

Neil Ashcroft
Adel Meeting



The Light Group at Adel

The words mentioned in this article owe their origins to Ambler, Gendlin and the first Quakers. Longer versions are to be found in Ambler's and Gendlin's books. "A Light to Live By" (2002) aims at helping adults to find and use the Light to shine on (reveal) their personal truth. Backman's are the words we have used at Adel Light Group for a few years. She is working with Sixth Formers and she wants (primarily) for these young people to experience silence. In Backman's case the words need to be immediately appealing as Backman runs her group in competition with many others on one "spirituality" day in the school year. Thus she relies on word of mouth and young people remembering the experience as a good one. There will be no second chances in such a cutthroat environment. Silence, fortunately for her, seems to be an appealing experience. The finding that there is an inner physical world of "personal" truth (Ambler, 2013) as opposed to factual truth, may also be a revelation.

We use Backman's words as we find them more spacious and appealing. I have built into her approach an

*Tread softly because you
tread on my dreams*

allowance for the concept of "explication" (Gendlin, 1981) that is that a finding is / can be very vague and unformed at first. It keeps on growing or changing, once discovered, it is not necessarily found as the finished article. Thus this group process allows for gentle revelation of experience in a small group. People may talk in pairs whereas they might be too intimidated to talk about something uncertain in a larger group. The act of articulating experience actually causes it to be further embedded and to adjust to real life.

Tread softly because you tread on my dreams (Yeats) say my ground rules thus we discourage discussion or criticism (we discourage negative criticism full stop) of content in these small groups. It is this process I shall concentrate on. This relates to another reason our group has continued where others have floundered. We studiously avoided the idea that you would experience a big change from coming to the group. Often you do not realise you may have changed. We promote the mindfulness idea that allowing something truly into your life, spending time with it, leads to a new angle. So we avoided (well nearly) the feeling that ' "You are doing it wrong.....I can't do it".

Continued on page 12

The ground rules are carefully thought through with each size of group in mind progressing from the previous small group / pair as a safe place back to the full group to encourage different kinds of dialogue. You must not talk about someone else's "stuff" outside the group you hear it in, and not outside this meeting at all! You can talk about process matters in the larger group but leave the content up to the person to reveal if they want. You would not want someone discussing your private, personal matters would you? The "other" person in the pair merely listens curiously and warmly. When you have had maybe ten minute each to share what you found then you come back to the big group to identify themes. There is no compulsion to share in the small group and partner/listeners are encouraged not to respond. Any discussion might send someone in a direction they would not have thought of so it is best to say as little as possible.

One important point is to remember how apparently small and fragile a new step can be at first. It is very easy to let the old magpies peck away at new ideas, "you wouldn't want that Ready Mix lorry to pour concrete on your new shoots, would you ?

We use a triangle (bell) for a warning someone is about to speak new stages during the meditation. It

is somehow less harsh to have this warning and makes sure everyone is ready and listening . We also use it as a signal to change round speakers in the small groups. We make it clear it does not have to be instantly obeyed. Recently we have been experimenting with an Application and Android tabloid that reads new stages every five minute, thus releasing anyone from having to keep aware of time, which is possibly worth the impersonal electronic voice.

We have always had an open group at Adel. Anyone can come whenever they can. It is really important people don't feel guilty in any way for not coming. We just introduce ourselves at the beginning of each meeting, explain the ground rules and get on. Thus we have attenders now from obviously Adel, but also Carlton Hill, Roundhay, Ilkley, High Flats and Rawdon meeting's, amongst others. We have about twenty members. No apologies are necessary. You just drop in when you can. About three to fifteen people come usually, now, on a Saturday morning, which is popular, once a month. Although the elders and overseers have requested a one off session on a Sunday after meeting to give, hopefully, more people a taste. I have also been asked to do a taster session at Harrogate meeting in December. Any meeting local with access (I'm disabled since a stroke) is welcome to request a similar thing.

DISCOVER SILENCE WORDS (Backman, words in brackets mine except for "the Light").

Five minutes silence after every instruction. (Duration of silence in between optional)

1. Be still. Sit comfortably. Relax and feel how you become heavy. Let your thoughts disappear (as much as you can). Pay attention to your breathing. Be still.
2. Wait. Prepare yourself for what might appear. Close your eyes (if you want to), and pay attention to what is going on inside you. Wait.
3. Pay attention. Let your inside ("the Light") show you what is important, or tough, just now. Pay attention.
4. Be prepared to see things in a new light.
5. Acknowledge that which appears. Continue to wait. Acknowledge.
6. Look back on what has appeared in the silence. Reflect on its meaning for you..
7. When you feel ready, open your eyes (if they are closed) and finish the session. Wait for all the others to return.

Books

K. Bachman, *Introducing Children to Experiment with Light in "Seeing, Hearing, Knowing, Reflections on Experiment with Light"* J. Lampen (ed), 2008, William Sessions Ltd, York.

R. Ambler, *The Quaker Way*, 2013, Christian A Iternative Books

R. Ambler, *A Light to Live by: an Exploration of Quaker Spirituality*, 2002, Quaker Books

E.T. Gendlin, *Focusing: How to Open Your Inner Feelings and Intuition*, 1981, Random House.

R. Ambler, *A Light to Live by: an Exploration of Quaker Spirituality*, 2002, Quaker Books

E.T. Gendlin, *Focusing: How to Open Your Inner Feelings and Intuition*, 1981, Random House.

Simon Kilner
Adel Meeting



Simon is a Certifying Coordinator for The Focusing Institute (New York). He has been involved in running The Light Group at Adel for many years.

Please direct any questions to simonkilner@btinternet.com or c/o Adel Meeting.

Area Meeting on Sunday 13th July

Over forty friends attended all or part of the day at Ilkley Quaker Meeting House. After the morning tea break, the Leeds Quaker Scarf was unrolled in front of the Meeting House for a publicity photo which has since appeared in the local Ilkley Gazette newspaper. Local Meetings have all been busy knitting our Leeds Quaker Scarf which is now over 30-foot long and was also the focal point of our business session in the afternoon.

During the opening Worship in the afternoon, we heard 10.20 from *Quaker Faith and Practice* – this was a reading by George Gorman in 1982. The workshop session on **What it means to be a Quaker** was led by Ilkley Friends. We considered the background to our individual commitment to, and membership of, the Society of Friends. This was in preparation for the Yearly Meeting Gathering 2014 to be held in Bath when Friends will explore what it means to be a Quaker today. As part of the introduction we heard a reading from *Quaker Faith and Practice*, 29.02.

Three Ilkley Friends spoke of their spiritual journey towards applying for membership. Martin Ford, who was previously a long-term Attender, stressed spirituality, belonging and commitment, and how Quakerism needs, in the words of the theologian, John Vincent, more than 'the dead and the dying'. In her contribution Diana Jakeways reflected on her Anglican background and her difficulties with literal biblical interpretation; for her, Quakerism is an anchor point. Robert Gibson attended his first Meeting as a three-year old; in his contact with Friends he stressed the value of Quakerly acceptance, opportunities for service, and the appreciation of different modes of thinking.

This was followed by the opportunity for those present to share in small groups their own experience. Further discussion was prompted by questions such as 'How do you think Quakerism makes a difference in your life?' and 'What for you are the challenges of being a Quaker?'

The session closed with a short time for each Friend to consider 'What new light have you encountered today that shines on your view of what being a Quaker can mean, extending and perhaps confirming your understanding?'.

We were all saddened to hear that Eric Hul-land of Carlton Hill Meeting died on July 6th. But it was good to learn that Jane Fox and Jonathan Fox, previously of Lincolnshire AM, have moved to Leeds. We also welcomed Winifred Misson of Adel and Judy Kessler of Carlton Hill Meeting into membership.



We appointed friends to serve as Elders and Overseers from 2015 to 2017 and thanked Chris Whichelo for his service as the Assistant Quaker Chaplain at Leeds universities. Chris told us about work that Robin is doing on our behalf at the Chaplaincy and we need to support and uphold him in this work.

Robert Gibson reported on the Ackworth School AGM which he considered to be a good meeting which dealt effectively with routine business as well as introducing and showcasing the school to visitors, some for the first time. The AGM approved changes to the constitution of the school committee (governing body) allowing more old scholars to join if need be. This is due to the difficulty in Nominations Committee finding Friends to serve. Robert spoke to his concern about the wider issues of support and upholding of the work done in our name and made a plea that Friends address difficult questions regarding

the relationship between BYM and all its schools, especially when there is so much disagreement on the topic.

We were informed that Meeting for Sufferings has formally received the Minute that was sent by Leeds Area Quaker Meeting on Assisted Dying and has forwarded our minute to Quaker Life Central Committee which will be looking at the topic in September. Sufferings will then look at the topic in December.

Books for the Homeless: we agreed to support a trial to see if a project providing books for the homeless will be viable in Leeds. This trial is to be undertaken by friends from Roundhay Meeting under the guidance of our LAQM Trustees.

Adel Friends confirmed that our annual

outing will be to Liverpool on Saturday 20 September and because the we were running out of time, we agreed that the **Ilkley State of the Meeting Report** should go into the Quiet Word rather than be read out. This enable us to end the meeting at just after our normal closing time of 4:15pm and gave plenty of time to enjoy the good company and wonderful refreshment's provided by Ilkley friends.

Robert Keeble
Carlton Hill Meeting



Leeds Area Meeting Outing Saturday 20th September

'A Flavour of Maritime Liverpool'



It falls to Adel to organise this year's area outing, and the chosen destination is Liverpool. Meeting us at Adel at 9:00 am, and then Carlton Hill at about 09:30 am, the coach will drive us to Liverpool where we will go to the Quaker Meeting. They have a vegetarian café there and we hope to be given a modest welcome by local Friends over lunch.

After lunch we plan to move to the Pier Head, where the splendour of the city's 'three graces' can be appreciated. The Museum of Liverpool is just next door. Within easy striking distance of the Pier Head is the Albert Dock, with its preserved nineteenth century warehouses. These house the

Liverpool Maritime Museum, the International Slavery Museum, and the Tate Liverpool. All these museums are free. The organisers also hold out the enticement of a trip by ferry 'over the water' to Birkenhead and back, £8 return (adults) and £4.50 (children). We plan to set off back to Leeds at 5pm and drop-off at Carlton Hill and Adel on arrival (about 7-7:30pm).

Who could resist such an enlivening and thought-provoking programme? We would hope to cover the cost of the coach by collecting donations of £10 or £15 from each participant, and we are aiming to fill 30 places. If you wish to claim one or more places then please e-mail Neil Ashcroft (please note that the address given for him in the red booklet is wrong) with the relevant details, or write your name on the sign-up sheet on the noticeboard at Adel. Alternatively you could telephone Neil (0113 2677740)

Edwina Beier & Neil Ashcroft
Adel Meeting

Books for the homeless



I am looking for people to get involved with the Quaker library for the homeless and vulnerably housed. The idea is that we go out once a week to various charities and agencies around Leeds to offer books and friendship to the homeless.

As a homeless person cannot access a library without a permanent address, I feel that this service will be useful. The London Homeless Action library has been running for over ten years and is a well thought of resource, I really hope that our service will become a service that is helpful and useful I hope people feel they can support this project either with their time, books or donations.

John Arnison
Roundhay Meeting

Are you interested in keeping your community safe?

Do you enjoy working with people?

Are you willing to give people a second chance?

Do you have good communication skills and the ability to work as part of a team?

Are committed, reliable and mature?



If so, **Yorkshire and Humberside Circles of Support and Accountability** would love to hear from you....

“Circles” is a simple concept that can have an enormous impact in preventing victims of sexual offences, keeping communities safe and supporting ex-offenders to resettle and lead an offence free, productive life.

A group of 4-6 volunteers meet on a weekly basis with a core member (ex-offender) for around 12 months. The core member is an individual who has been convicted of sexual offences previously but who has committed to living an offence free life and create no more victims. The ultimate aim of YHCOSA is just that.....”no more victims”. We achieve this by supporting the core member to find productive and meaningful things to do with their time, and to cope with the demands of daily living as they resettle. However, at the same time, the volunteers hold their core member to account for any behaviour they are engaging with, or plans they are considering, which put members of the community at risk or the core member’s commitment to create no more victims in jeopardy.

We are looking for volunteers from all walks of life, as Circles should reflect the diversity of the community they represent. Volunteers do not need to have any previous training or qualifications in any particular area. We need people who bring with them a wealth of life experience, who are patient, non-judgemental and able to maintain firm boundaries. We are particularly interested in hearing from volunteers who are over 30 (with no upper age limit), male or from an ethnic minority background as these groups are under-represented in our current pool of volunteers.

Volunteers will complete a 2 day induction training course before entering a Circle and will receive on-going support, supervision and training. All volunteers will be subject to DBS check. We will reimburse out-of-pocket and travel expenses incurred through volunteering.

As our Chair has said “our volunteers are ordinary people, doing EXTRAORDINARY things”

If you are interested in finding out more, or would like to invite us in to talk to your group about the work of YHCOSA, please contact: Amii Hough, Operations Manager, amii.hough@yhcosa.org.uk or 01904 630911

Quaker Press Release : 30 foot pink scarf

On Sunday 13th July, Ilkley Quakers rolled out at 30 foot long pink scarf at the Quaker Meeting House on Queens Road. Leeds and Ilkley Quakers have been busy knitting the scarf as a part of a peace protest against Trident Nuclear Weapons. Nationally, thousands of people are currently involved in knitting and crocheting pieces of a pink scarf that will stretch seven miles, as part of the Wool against Weapons initiative. The scarf will be rolled out between the atomic weapon factories at AWE Aldermaston and AWE Burghfield on Saturday 9th August, the anniversary of the dropping of the Atomic Bomb on the Japanese city of Nagasaki, in 1945.

Quakers have a long history of working for peace and were awarded the Nobel Peace Prize in 1947 for the work of the Friends Ambulance Unit (FAU) during the Second World War.

Ilkley Quaker, Brian Meara was a member of the FAU during the war and said “I remember the horror of hearing about the Atomic Bombs being dropped on the Japanese cities and remember praying for World Peace. People have forgotten about how big these bombs were. I hope the pink scarf helps to make a good impression and people realise that Trident does not bring peace”

Photos outside the Quaker Meeting House, Queens Road Ilkley by Robert Keeble

Brian Meara is standing on the far right of all the photos. Further details can be given by Brian .

Leeds Quakers Media Contact

Robert Keeble, 0113 2422208 robertkeeble@hotmail.com

Quaker Meeting House

188 Woodhouse Lane, Leeds, LS2 9DX





Quaker YMG 2014 is fully booked with approximately 1900 people attending including a large contingent from Leeds.

For those unable to attend there is a wealth of information available online to help keep you updated on YMG 2014.

<http://www.quaker.org.uk/ym>—As well as containing a video of the plans for YMG, there is a huge number of links to various sites & pages where you can find further information.

www.quakergardensproject.org.uk - YMG are going to leave a gift of a stunning garden themed around Quaker values which generations of students and staff at the university will be able to enjoy.

<http://groupspaces.com/QuakerYMG/pages/shop> - For those who like to get the T-shirt.

<http://leedsfamilygotoymg.wordpress.com/> - Mark Wells from Roundhay meeting will be writing a blog on his family's experience of the Yearly Meeting.



Dates for your Diary

2nd-9th August	Yearly meeting gathering at Bath
Saturday 9 th Aug.	Wool Against Weapons – see the WAW website for details.
Thursday 28 th Aug.	Becoming Friends at Carlton Hill – open to all
Thursday 4 th September 6pm to 7pm	Meeting for Worship at Carlton Hill
Saturday 20 September	the 2014 Leeds Quaker outing will be to Liverpool.
Sunday 28 th September 7.30pm	Rawdon Amnesty Concert
Thursday 2 nd October 6pm to 7pm	Meeting for Worship at Carlton Hill
Thursday 9 th October	6.30 refreshments, 7pm start. 'Quaker Quest' at Carlton Hill
Friday 10 th Oct 6.30pm refreshments 7.15pm - start	Quaker journey's' at Roundhay
Thursday 16 th Oct	Quaker Quest at Leeds University Chaplaincy
Sunday 12 th October 1.15pm	Leeds Area Quaker meeting at Rawdon QMH
Saturday 18 th October 10.30am to 4pm	Quakers in Yorkshire at The Mount School, York
Sunday 18 th October 7.30pm	Rawdon Amnesty Concert

Ilkley Quaker Meeting

STATE OF THE MEETING REPORT

2013

2013 has been another busy year for Ilkley Meeting. We continue to welcome both new Friends moving into the area and those exploring Quakers as part of their personal spiritual journey. Meeting for Worship is our focus, and the life of the Meeting has been enriched with a range of activities. For whatever reason, there is a sense of greater depth in Meeting for Worship.

Elders and Overseers have considered a wide range of matters alongside of oversight, supporting members individually, with different models of care being tried out. Letters have been sent and follow up made to members who do not attend, some of whom have had no links with Meeting for several years.

The short time for Afterword immediately following Meeting for Worship continues to be positive and has fostered ministry with more voices being heard. Food for Thought discussion takes place after coffee one Sunday each month. The quality has been uneven, but time will continue to be set aside for this activity.

We have arranged discussion sessions on themes such as Meeting for Worship for Business and two discussion groups have met regularly during the year. It is apparent that participants gain greatly from these meetings.

We have participated in the Week of prayer for Christian Unity and continued engagement with Churches Together in Ilkley.

During the year we combined Hospitality with Social and Outreach Committees and this arrangement is working well. Our year has included the annual weekend at Glenthorne, which in spite of the snow was enjoyed by all who managed to get there. During Quaker Week Lynne Morris gave us a one woman drama on the life of Elizabeth Hooton, a very earlier follower of George Fox. The event was much admired and drew people in from outside our own Meeting.

Our summer trip was to Briggflatts Meeting House and Fox's pulpit, travelling in the Ilkley Good Neighbours mini bus. A number of us from Ilkley attended the Meeting there and enjoyed

the informative hospitality offered to us by Briggflatts Friends. Unfortunately the weather on the day of our garden party was not good but nevertheless all enjoyed the hospitality of Kathryn Oubridge's home, including the fine tea.

We now use shelves in the social room to display Outreach material and the children's work and also intend to erect a notice board making items accessible to all. We hope this will help people using our building better understand what we do as Quakers

The year ended with a happy all age Christmas party and we look forward to many events in the coming year, including the *Plain Quaker* drama in February.

The children's Meeting each Sunday currently comprises between five and seven children varying in age from 4 to 11 years.

This year we have had three themes – one each term - on bible stories, balance and harmony and emotions and the spirit. The latter happened to coincide with the theme of several Journey in the Spirit sessions which has been useful.

As the children have grown older we have moved from having two Criminal Records Bureau checked people running the Meeting to just one. This gives scope for other Meeting members to join us, or in their absence to allow other parents to join the adult Meeting.

As we look forward to next year we will be experimenting with getting the children involved in planning their sessions and having a lot more input, in say, choosing the theme for the term.

We had one All Age Meeting this year, which was once again a celebration of the community coming together. The Children's Committee also had some social gatherings – a riverside picnic in June and a lunch in October. We didn't have an en masse visit to another Meeting, but supported Otley Meeting at the Courthouse in October.

Three of our children went to Quakers in Yorkshire holidays this summer and had a great time, so hopefully this will continue in the future.

During the year the energies of the Library Com-

mittee have focused on moving all the books to the upstairs room temporarily, in order that the library could be decorated. The books were moved on two consecutive Sundays and, later in the year, moved back again. The Committee is most grateful to the willing volunteers who carried out these tasks. The plan is to have new shelves in the upstairs room and keep the older books there. This will free up space in the library, which we hope to keep uncluttered. The Committee met every two or three months to decide on the purchase of new publications. 'Books of the Month' distributed by Friends House was used for this. On several occasions members of the Committee spoke after Meeting for Worship about recently acquired books.

The monthly collections this year have been well supported and in particular the appeal for aid to Syrian refugees. Collections have averaged about £120 a month. We have given mainly to Quaker, or Quaker-linked charities, for example: QUNO, EEAPI, Open Christmas and Circles of Accountability.

We continue to receive appeal documents from various organisations and these are valuable in helping us make choices. The Committee enjoys discussions to consider the monthly collections and are happy to be able to serve the Meeting in this way.

The Meeting Treasurer reports that members' annual subscription has probably gone up slightly, but that the current financial situation has made itself felt.

We have held finance meetings to bring members up-to-date with the state of our accounts and the situation regarding the budget. In this respect, the work of Diana Jakeways in producing and monitoring the budget has been invaluable.

We continue to use the financial legacy from Beryl Meakin to the benefit of the Meeting House maintenance, from which some funds have recently been used to send additional contributions to five Quaker causes.

David Pemberton from Settle Meeting, continues to be our Independent Examiner for our accounts and

we are grateful to him for this.

A comprehensive report by the treasurer will be presented at the Business Meeting in February 2014 and more details will be given then of the monies remaining from the legacy and their placement.

*Ilkley Meeting continues to
change and develop*

Premises Committee enable the Meeting House to be used by a wide range of groups, many on a very regular basis. These include:

Ilkley Pre-School Play Group who meet every weekday morning plus now on two afternoons

Ilkley U3A Architecture and Art Appreciation groups

Weekly Art Groups

A Buddhist meditation group

Pinsuti Chamber Choir who rehearse on Wednesdays.

Pilates

We have also hosted three Housing Association AGMs, National Childbirth Trust meetings, several children's parties and a group of young people with learning disabilities.

The fabric and infrastructure of the building has been maintained through two major and a number of more minor works. This includes replacement of the third and final section of the roof as part of our planned maintenance programme. The entire building has been redecorated inside and out, retaining the same colour scheme as was used during the major renovation and extension project which was undertaken over 11 years ago. Unfortunately, the new heating control system is not yet working effectively and so we expect to make further changes to this during early 2014.

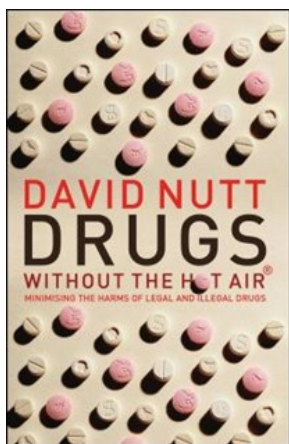
Ilkley Meeting continues to change and develop and hopes for ongoing spiritual renewal to nourish and sustain our faith and witness during 2014.

Drugs -Without the Hot Air

Minimising the Harms of Legal and Illegal Drugs

David Nutt

Book Review by Pascal Ansell (pascalansell@gmail.com)



David Nutt is the former government drugs advisor who was sacked for comparing the risks posed by ecstasy and horse-riding – the latter being a heavier tax burden.

Having set up the Independent Scientific Committee on Drugs, Nutt's mission is to provide objective information on drugs to the public, educators and aca-

demics, reassessing the harms of all drugs, and treating addiction as a medical, not a moral, issue for society to tackle.

His reading of substance harm finds tobacco and alcohol at the end of the scale reading 'most dangerous'. Alcohol, he claims, is 'the most harmful drug of all... [no other drug] is so damaging to so many different organ systems in the body'.

Another serious revelation is the vast therapeutic potential that could be derived from currently illegal substances. The unswerving anti-drugs mentality of politicians has a pronounced effect on experimentation, one example being LSD.

Evidence suggests that psychedelics can help drug addicts transcend their deeply-rooted habits, helping generate new perspectives. Such research is severely impeded by the UK's drug laws. This inflicts a tremendous, but unknown, injury on those suffering from such addictions and other diseases which psychedelics could help ease.

Instead of legalising all drugs, Nutt advocates granting greater autonomy to the general public, while at the same time placing more responsibility on government. For example young adults shouldn't be burdened with criminal records for possessing small amounts of cannabis. Neither should drinks companies be allowed to advertise in every sphere of young people's lives –

especially while they are at university.

East Sussex schools have demonstrated the limitations of shock tactics. Instead, students make more responsible choices when they are shown how drinks companies blatantly ignore their own self-assigned voluntary codes while protecting their deep political links.

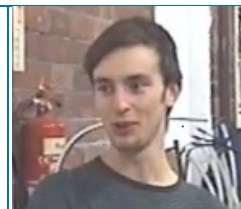
At a time when the media focuses on drug busts and celebrity overdoses, Nutt gives us a far wider perspective of the topic, including material on the history and science relating to drugs. Those who already know quite a bit about drugs are likely to encounter at least some previously unexplored topics, while the extensive references and URLs also make this a brilliant general handbook for activists.

The book's scope allows for anyone to become grounded in any subject relating to drugs; those interested in tackling binge drinking could flick to the chapter on alcohol, which outlines the pernicious political influence of the drinks industry, much like the large tobacco corporations in the 1950s, a time when the public was becoming more aware of the harms of smoking. Alternative methods of treating addictions are given throughout, which would be of much use to health campaigners. As overall 'signs of health' the examples of Uruguay and Portugal (among others) are given as hopeful cases where governments are brave enough to act in the public interest, ignoring the moral hysteria of the media.

UIT Cambridge, 2012; 368 pages; £12

This review originally appeared in Peace News: www.peacenews.info

Pascal Ansell
Carlton Hill Meeting
pascalansell@gmail.com



Friend's House Mailing July / August

Facilitation and Leadership *Friday 10 – Sunday 12 October 2014, Woodbrooke, Birmingham* Facilitation and Leadership is an event for 15–21 year olds. The weekend will explore ways to work as a facilitator and lead groups. It will cover understanding groups and facilitation skills, equal opportunities and being a Quaker facilitator.

www.quaker.org.uk/facilitation-and-leadership

Yearly Meeting Gathering *2–9 August 2014, University of Bath* Documents in advance – part 1 is now available on our website at www.quaker.org.uk/ym. Please note that YMG is now full! This year's Swarthmore Lecture is to be given at Yearly Meeting Gathering in Bath by Ben Pink Dandelion with the title of 'Being Quaker: open for transformation'.

Quaker Values in Education: Threshing conference *29–31 August 2014, Woodbrooke, Birmingham* Is your Area Meeting concerned about education? How do your concerns and actions resonate with others? This is an opportunity to work with Friends from other parts of Britain to help seek unity and explore ways forward. Quakers have a longstanding concern for education. This gathering will enable Friends – especially those actively involved in education – to explore how this concern can be expressed and acted on in the current context, including drawing up questions which Friends may wish to ask politicians in the lead-up to a general election. enquiries@woodbrooke.org.uk

Different Therefore Equal: sharing our stories as people with disabilities – a weekend of fellowship and empowerment for Friends with disabilities *Friday 12 – Sunday 14 September 2014, Woodbrooke, Birmingham* This weekend is for Friends who have recently become disabled, as well as those with a longer-standing disability. It aims to help people feel readier to voice their needs to others in their meetings. We will share our stories and explore together what it means to have or to acquire a disability in a Quaker context. Short sessions will give time for rest, reflection and informal networking. Carers are welcome. More information is available at: <http://bit.ly/wbdiff> 0121 472 5171, enquiries@woodbrooke.org.uk

Finding out about Quakers *5–7 September, Charney Manor, Charney Bassett, Oxfordshire* The weekend is for those new to Quakers and who want to find out more. It will look at core beliefs, worship and service. Led by the Quaker Quest team there will be time for questions, reflection and discernment in the tranquil surroundings of rural Oxfordshire. admin@charneymanor.com,

In Fox's Footsteps 1652 Quaker Pilgrimage *25–29 August, Swarthmoor Hall, Cumbria* In this the 400th birth year of Margaret Fell, what better time to participate in a pilgrimage based at Swarthmoor Hall, to learn about the early history of Quakerism and how it relates to our faith today? An introductory talk will give a background to the events of 1652. There will be an opportunity to climb Pendle Hill and to visit Brigflatts, Firbank Fell, the Quaker Tapestry, Swarthmoor Meeting House and Sunbrick Burial Ground. £340 per person, including mini-bus transport, entry to sites, full board & accommodation Jane Pearson, Manager, 01229 583204, www.swarthmoorhall.co.uk

Andrew Dey speaking about his work at War Resisters' International *September – October 2014, UK Meeting Houses* Andrew Dey will be speaking to Quaker Meetings about his one year peacemaker placement at War Resisters' International and Action AWE during September and October 2014. Please contact Helen Bradford in Friends House with requests for Andrew to speak at your meeting. Helen Bradford, 020 7663 1071, helenb@quaker.org.uk

Head of Learning A rare opportunity to become the new Head of Learning at Woodbrooke Quaker Study Centre in Birmingham. Do you know someone who might be right for this role? Full details and how to apply are available at www.woodbrooke.org.uk

Young Quakers Participation Day *6 December 2014, Friends House, London* For young Quakers interested in a day held alongside Meeting for Sufferings that seeks their views on issues of concern to them and also to Quakers in Britain. The day will include developing a Quaker faith and practice book for young people – and the consultation about the new Long Term Framework – developing a vision for Quakers in Britain. Each area meeting can book two young people onto the day; they should be aged 14 – 18 (born between 1.9.1996 and 31.8.2000). If children in your meeting are interested, please contact the Leeds Area Quaker Meeting co-clerk Robert Keeble on 0113 242208.

Trustees: Handbook for trustees of Quaker meetings Quaker Stewardship Committee have just produced a new edition of the Handbook for Quaker Meetings. Copies have already been sent to clerks to area meeting trustees. Other Friends who would find this publication helpful can access it from the BYM website: www.quaker.org.uk/handbook-trustees

Where are we going with the Quiet Word

I very much hope that the reason you are reading this is because you have been engaged enough to read all the way to the end of this issue and are interested in where we are going next with The Quiet Word.

If I'm being honest, I was unsure as to what people wanted from The Quiet Word and what my role should be. However, I realised that it would be a great way to better understand and get involved with Quakers.

That was 2 months ago, thanks to some absolutely fantastic feedback to the Quiet word survey I have much better clarity as to what people want from the Quiet word and a much better idea of how to deliver it. I will resist my natural instinct, which was to present a bunch of graphs and statistical analysis from the survey response to highlight what the meeting wanted from the Quiet Word and will instead share some feedback to one question. "What would you say is the purpose of the Quiet Word?":

"To communicate among Friends in respect to events, opinions, concerns. To build community".

"to unite us"

"The 'Quiet Word' is one of our channels of communication - meant for everyone from the casual enquirer to the seasoned Friend. We like to think that it helps in some small way towards promoting a sense of belonging - especially for those who do not often get to Meeting or Area Meeting. The Quiet Word aims to be a vehicle for valuable information, exchanging ideas and, of course, our 'Quaker family' gossip."

"To be of interest to all Leeds Friends and new enquirers, attenders and anyone curious who may be visiting our meeting houses for whatever reason"

"Helping to build the Quaker community throughout Leeds especially for newcomers and to maintain it for those who have been around for a long time - including those who through age / infirmity may no longer be so visible or active."

"To create more of a community across Leeds"

"To foster a greater sense of community in area meeting and a greater sense of being part of a larger whole."

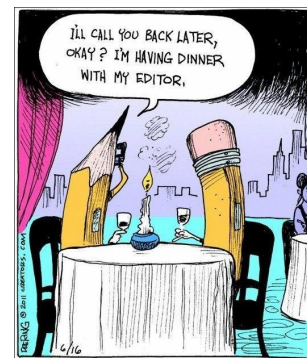
"To build community and share ideas and information."

There is a very clear consensus that the primary aim of the Quiet Word is to aid a sense of community in the Leeds area. Friends wanted to know what is happening in other meetings, what's coming up and what other Leeds members are interested in/ thinking about/ involved in.

There are a number of things we can do to enable it, the first and by far the most important is to include articles related to the local meeting and the people who attend them.

I would like to request that Friends send me quietword@leedsquakers.org.uk anything they would like to put in the Quiet Word. After a while and with the help of the contributions it will naturally fall into a style that suits the community.

So please send anything you feel should be there. This could be reflections/musings, poems, news articles, personal journeys, letter to editor, photos (would be nice to have a collage page from time to time), questions, favourite passage from Advice & Queries or Faith and Practice, charity work, notices, holiday accounts, nice encounters, quizzes, word games etc In essence anything that helps to represent who we are.



A key requirement of the Quiet Word is to inform people of up and coming events. I am very aware that in notices after meeting, many forthcoming events are outlined. I wonder whether it might be beneficial to have such "diary dates" recorded. I would suggest that a central calendar (probably on our website) where individuals from the community can add their own events could be useful. This calendar would be available for all to see and I would include the following month's events in the Quiet Word.

Most importantly I have yet another request. It is clear that the Quiet Word could be a very useful tool in helping build our community, however to be effective I need some help. I would like some volunteers- preferably at least one from each meeting to help bring in articles related to all the meetings. Anyone can do this role from the relatively new attenders (like myself) to those who have been involved with Quakers for many years. If we could bring together a group of people interested in maintaining the Quiet word, we can keep it fresh and relevant. It won't necessarily be a big task, it would be a matter of keeping an ear to the ground and suggest/cajole people to submit something of interest. Note any articles included do not have to be long, short articles would be more than welcome. I would suggest about once every three months we would have a party meeting to look at what we could do to improve things.

If anybody would be interested in the computer skills needed to put together the Quiet Word I would be more than willing to share what I have learnt and to learn from others. Anybody willing to help please contact me on quietword@leedsquakers.org.uk.

There are a number of suggestions I haven't had time or space to include in this issue including a word/games page, meet a friend etc. Someone has suggested a gardening section—this would be great, please contact me to discuss how best to implement it.

Finally please keep sending any feedback anytime, I would really like to know what is working and what is not. It is sometimes not easy to see the wood for the trees, so please send me your thoughts as the Quiet Word develops.

Mark Wells

Roundhay Meeting

quietword@leedsquakers.org.uk





Leeds Area Quaker Meeting data consent and security form

Leeds Quakers seek to be clear and transparent in the work that we do and in our recording and use of your personal information. In order to nurture the life of our meetings, we would like to collect and use contact lists to administer our meetings activities at local and national levels.

We work to safeguard the information that we use and we follow Britain Yearly Meetings' (BYM) Data Protection policy which complies with the Data Protection Act 1998. This form enables you to permit our use of your information within our area meeting and Quaker bodies including Britain Yearly Meeting.

We would like details of all who come regularly to our meetings and for their family members if appropriate. With your permission, we would like to share these contact details with other meetings and Quaker bodies. Your details will not be passed on to other third parties without your permission.

Young people under 18 may be included on an adult's form, however please use a separate form for each adult.

The LAQM password protected website is designed to meet the needs of Local Quaker meetings in Leeds and among other things, includes local and area meeting appointments, rotas, minutes of meetings, Meeting Handbooks etc. All friends are encouraged to have access to the website.

Important: any friend wishing her/his details to be edited out of Business Meeting Minutes should contact the clerk/s at the close of the relevant meeting. Minutes may be circulated electronically via email, made available on the website and distributed in paper format.

Susan Robson is presently responsible for data security within LAQM. Please contact Susan Robson if you have any questions about data security. Susan is available on 0113 318 8084 or at susan.robson:cooptel.net

Local meeting Overseers are responsible for gathering the data consent forms and normally each meeting will appoint one of the Overseers to undertake this. If it is not clear who to return the form to, please pass it to any Overseer.



Leeds Area Quaker Meeting data consent and security form

Please use a separate form for each adult

Your name:	
Your Local Meeting:	
Your address:	
email:	
phone number(s)	
Name(s) of children under 18:	
Details may be shared:	
For printing in our local meeting contact lists	Yes / No
For printing in the Quaker in Yorkshire directory (ie the red book)	Yes / No
With our BYM contact database	Yes / No*
With other Quaker bodies	Yes / No
* (members' names are always shared with BYM)	
LAQM Password Protected Website: I request access to the website	
Yes / No	
I understand that I will be sent login details and information about creating my own password. I will not give my password to others and will ensure that information on the website is not mis-used.	
I understand that Business Meeting Minutes may be circulated electronically via email, made available on the website and distributed in paper format. If I wish my details to be edited out of Business Meeting Minutes, I will contact the clerk/s at the close of the relevant meeting.	

I agree to the above data security conditions and consent to the use of my information as indicated, until such time as I submit a revised form:

Signature:

Date:

Please detach and return completed form to your local meeting.