

# THE QUIET WORD



## Meeting for worship

April 2016 issue no.4

### GILDERSOME Friends Meeting

House 75 Street Lane, Gildersome,  
Leeds, LS27 7HX

tel: 0113 2564944 or 07973 450368

Sundays, 10.45 am

### ILKLEY Friends Meeting House

Queens Road, Ilkley, Leeds, LS29 9QJ

tel: 01943 600 806 or 01943 601181

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 and 3rd Sundays each month at 10.45

in The Court House, Courthouse Street, Otley

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 tower).

Organised by the Leeds Universities Chaplaincy

### Bedford Court

First and third Wednesdays,

10.30 am



Leeds Quakers join the anti-Trident march in London

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Please send any submissions for Next month's issue of the Quiet Word to  
[quietword@leedsquakers.org.uk](mailto:quietword@leedsquakers.org.uk). The Quiet Word is available online from  
[www.leedsquakers.org.uk/activities/a-quiet-word](http://www.leedsquakers.org.uk/activities/a-quiet-word)

## EVENTS DIARY

*@ denotes an event that is only open to those who attend Leeds Quaker meetings.*

### April

**Saturday 2nd** 2pm Leeds Quaker Peace Witness against Trident - meet outside Debenhams on Briggate - full details to be announced.

**Tuesday 5th** 7.30pm Leeds Quaker Bible Study Group at Carlton Hill QMH

**Thursday 7th** 6pm to 7pm Meeting for Worship followed by refreshments at Carlton Hill QMH

**@Saturday 9th** 10am to 1pm Leeds Area Quaker Meeting to be held at Roundhay QMH. Topic: End of Life Care including Book Launch

**Tuesday 12th** 6.15pm refreshments 7pm to 8.30pm discussion Quaker Faith & Practice at Carlton Hill QMH

**Saturday 16** 10am to 4pm Quakers in Yorkshire Gathering at Huddersfield. A performance by Journeyman Theatre of Over the Top, about militarisation in schools, followed by questions and discussions.

**Tuesday 19th** 7.30pm Leeds Quaker Bible Study Group at Carlton Hill QMH

**Tuesday 19th** 7pm Film 'The Divide' at Hyde Park Picture House - followed by Leeds Equality Group Launch (see 25/4/16)

**Monday 25th** 7pm Launch Event of Leeds Equality Group at Carlton Hill QMH

**Saturday 30th** 10am Light Group at Adel QMH - this is a guided meditation and all are welcome to attend

### May

**Tuesday 3rd** 7.30pm Leeds Quaker Bible Study Group at Carlton Hill QMH

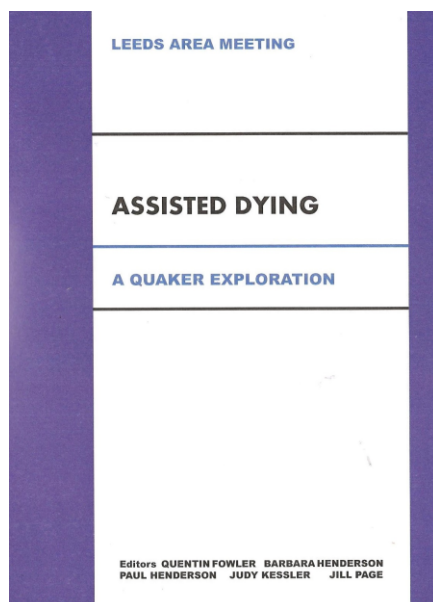
**Thursday 5th** 6pm to 7pm Meeting for Worship followed by refreshments at Carlton Hill QMH

**@Sunday 8th** 1pm to 4.15pm Leeds Area Quaker Meeting to be held at Gildersome QMH. Topic: WW1 and 100 years of Quaker Peace Witness 1916-2016

**Tuesday 10th** 6.15pm refreshments 7pm to 8.30pm discussion Quaker Faith & Practice at Carlton Hill QMH

**Tuesday 17th** 7.30pm Leeds Quaker Bible Study Group at Carlton Hill QMH

**@Friday 27th to Monday 30th** Britain Yearly Meeting at Friends House, London. Please register at [www.quaker.org.uk/ym](http://www.quaker.org.uk/ym)



Book Launch

# ‘Assisted dying – a Quaker exploration’

to be published by Leeds Area Quaker Meeting on Saturday 9th April 12 – 3pm  
at

**Roundhay Meeting, Quaker Meeting House, Street Lane, Leeds LS8 2BW**

## **Programme:**

**12noon Launch** with Clerk/facilitator: Stevie Krayner (Southern Marches Area Quaker Meeting) and guest speakers will include Alison Leonard (contributor to the book).

**1pm Lunch** will be provided

**2pm to 3pm** optional Workshop: Three contributors to the book will speak: Quentin Fowler, Rosemary Daley, Martin Schweiger

All Leeds Quakers are invited to the launch, as are friends and visitors, who are requested to RSVP: Paul Henderson: Tel. 01943 8307688 or henderson\_ecd@yahoo.co.uk

## **Assisted dying – a Quaker exploration’**

The book’s contributors are Jan Arriens (writer and founder of Lifelines), Harvey Gillman (writer on Quakerism and formerly outreach secretary for British Quakers), Rosemary Daley (retired, previously a doctor with extensive experience in palliative medicine), Quentin Fowler (retired, previously worked in the probation service), Judy Kessler (social researcher), Alison Leonard (writer and founder member of the Quaker Concern around Dying and Death group), Jeff McMahan (White’s Professor of Moral Philosophy, University of Oxford), Mike Nellis (Professor of Criminology, University of Glasgow), Tom Shakespeare (Senior Lecturer in medical sociology, Norwich Medical School, University of East Anglia), Martin Schweiger (doctor), Anne Wade (retired, previously a nurse), Benjamin Wood (Lecturer in Theology, University of Chester). All the contributors except for one are Quakers.

# BYM/QPSW Sustainability Conference

Pauline Leonard and Pete Redwood joined around 100 other participants at the BYM/QPSW Sustainability Conference at Swanwick in Derbyshire on the weekend of 19th to 21st March.

It was an intense, and sometimes challenging programme of workshops, discussions and presentations. The opening talk was by Liz Burch and she reminded us that in 2011 when she was clerk to Britain Yearly Meeting we made a commitment to become a low carbon sustainable society.

Other presentations reminded us that “sustainability” is something that engages each and everyone of us and each of us must do whatever we can. We need to support each other in love to achieve changes in our life. Our route to engagement with sustainability could be likened to a river – it starts off as a trickle, gradually builds to a full stream, then a fully fledged fast flowing river. Along the way it meets numerous obstructions and changes course many times.

Rachel Howell compared the present time to the 1600s when early Quakers were seen as different and their lives expressed their values. Are we living our testimonies ?

Workshops covered many topics including how we could change the current economic system, how to talk to MPs and others who don't share our views, how to use stories rather than facts and statistics to engage others, creative direct action. Sadly pressure of time meant that we were each only able to select one or two.

A group of us representing the various Yorkshire meetings have exchanged details so that we can keep in touch and have elected to persuade Quakers in Yorkshire to hold a full day session on sustainability. There is some progress on that score. Watch this space!

As always, accommodation at the Hayes Centre in Swanwick was absolutely first class with catering to match. All meals were deliciously 100% vegetarian, with a range of vegan choices.

## What canst thou do?

At a recent regular monthly discussion group at Carlton Hill we looked at our commitment to sustainability. We discussed how our individual paths were shaped by our Quaker leadings and what the term sustainability meant to us. We were left with a final thought – what can we do to make our Meetings and our lives more sustainable? A number of ideas were put forward but the following day my own thoughts were guided by the announcement that research by Newcastle University had finally proved that organic food was indeed more nutritionally beneficial than non-organic food.

Intensive animal rearing is extremely harmful to the planet with the vast amount of feed that is manufactured (most of which is more beneficial if fed to humans instead) and to the environment due to the huge energy requirement for processing the feed, running the intensive units, and the transport

requirements, and to the local environment because of the tonnes of slurry that has to be disposed of.

The survey concluded that organic animals - cattle, pigs and poultry - graze on natural pasture for most of year and so benefit from a completely natural diet. It is therefore, free from pesticides, and GM free, and, in the case meat and milk, free from added hormones, and antibiotics. It is now practically impossible for a farmer to buy commercial animal feed that is GM free.

In March of this year the Dutch government revised its dietary advice. They recommend a maximum of 500 grammes of meat per week (just three portions), of which no more than 300 grammes should be red meat. They also recommend no more than one portion of fish per week. A combination of nuts, pulses and grains, plus a good selection of fresh vegetables



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and fruit more than covers the body's protein, vitamin and mineral requirements.

There are many heated debates about the pro's and con's of eating meat, but for anybody that cares about the effect their tastes have on the environment, the only logical answer is to eat organic whenever possible.

Some supermarkets carry a very limited range of commercially produced organic vegetables and an even more limited range of organic meat, but it is better to buy from local suppliers where possible. For organic vegetables visit Millies in Vicar Lane. They receive deliveries from The Organic Pantry at Tadcaster on Mondays and Thursdays. The Organic Pantry (<http://www.theorganicpantry.co.uk>) will also deliver direct to your home and can supply organic meat.

Out Of This World in New Market St (opposite the Corn Exchange) also has a limited range of organic veg supplied by Goosemoor Organics of Wetherby (<http://www.goosemoor.co.uk>) who can also supply direct to your door. Out Of This World also have a very comprehensive range of organic ingredients and prepared organic meals.

Swillington Farm at Swillington produces a comprehensive range of organic meat and will also deliver to your home (<http://swillingtonorganicfarm.co.uk/>)

*Pete Redwood*

# Meet Think Listen Talk Learn together

**Spring discussion groups on Tuesdays at Carlton Hill FMH**

## **APRIL**

**Tues 12th** - 7- 8.30pm

Reading Quaker F & P 12 & 17  
Soup at 6.15pm

**Tues 19th** - 7.30pm

Bible study group

**Tues 26th** - 7-8.30pm

Discussion on Membership  
Soup at 6.15pm

## **MAY**

**Tues 3rd** - 7.30pm

Bible study group

**Tues 10th** - 7-8.30pm

Reading Quaker F & P 16 & 22  
Soup at 6.15pm

**Tues 17th** - 7.30pm

Bible study group

**Tues 24th** - 7-8.30pm

Discussion on Testimony (or as in June)  
Soup 6.15.

**Tues 31st** to be announced

## **JUNE**

**Tues 7th** - 7.30pm

Bible study group

**Tues 14th** - 7-8.30.

Reading Quaker F & P 13 & 20  
Soup at 6.15pm

**Tues 21st** - 7.30pm

Bible study group

**Tues 28th** 7-8.30pm

Discussion on Quaker Business Method OR  
Testimony  
Soup at 6.15pm



## Carlton Hill State of the Meeting report 2015

2015 has been a year of inreach and outreach, of strengthening and renewal for our Meeting.

We have been saddened by the loss of our Friends, Winifred Douglas and Paul Priest, but we have been glad to welcome Tricia Griffin into membership and we have celebrated the wedding of Peter Holmes and Rania Webber.

We have been brought together in new geographically-based oversight groups and are grateful to the Friends who organised a residential weekend at Beamsley, which was deeply appreciated by those who attended. Our Friday discussion group came to an end after many years and now continues on Thursday mornings twice a month. An evening study group on Ministry started and Carlton Hill has now become the venue for the Area Meeting bible study group, which has since grown in numbers. We find being in these small groups together helps us “know one another in the things that are eternal”.

Families have also grown, and others have come along, so our Children’s Meeting continues to join the adults for the last minutes of meeting. The children tell us what they have done in the meeting before we have the notices. More recently they asked the adults to say what happened in their meeting and this has also become a regular addition, by any friend who is moved to speak.

Looking outward, we have repeatedly protested against the renewal of the Trident missile system taking a mock-up Trident submarine to various locations in the city and outside other Meeting Houses in the Area Meeting, being photographed on all occasions for a future display. Our Fairtrade Fortnight “banana give-away” has grown to include two giant inflatable bananas. We held a one-day Quaker Quest and have also hosted Kindler facilitator training and some of our Members have participated in the ongoing Quaker Jewish dialogue group; a few of us went to the Friends and Interfaith conference held at Friends House.

Some adult members and young people attended Yearly Meeting in London and enjoyed experiencing the new look of the main Meeting Room, with its roof letting in daylight. Our Meeting House has benefited from the gift of a bench in memory of our late Friends, Eric and Elizabeth Hulland, as well as new vegetable beds, extra bike stands and tree pruning, with an added bonus of vases made from the pruned wood being donated to us by a user of our meeting rooms.

We now look forward to the continued development of our Meeting in 2016.



## Free Software?

In common with some other regular Quaker publications, this publication is produced using Free, or Open Source software. What is Free Software? For the un-initiated, software refers to the electronic code that makes the computer work when you press a key. Every task, like word processing, email, internet requires its own set of code. And “free” does not mean free as in “free beer”, but free as in “freedom” - freedom from dictation of use by mega American corporations whose sole aim is to increase profit. Nearly all the “big brand” software is controlled by very tight patents which dictate exactly how it will be used and prevent any change of use. Free Software makes the source code (the operating code) available to anyone that needs it. The user is then able to modify that code for their own personal use. They can also help to develop the software for general use.

Today it is estimated that around 92% of all the world's computers are running Microsoft operating systems. It is virtually impossible to buy a computer that does not already have an operating system installed and since late 2015 Microsoft has dictated that any manufacturer that signs up to a licence to pre-install *Windows* must also programme the BIOS (the central processor) such that it will only accept Microsoft approved software. During its short life (it was founded in 1977) Microsoft has gobbled up no less than 182 other software manufacturers, and taken a major shareholding in a further 64 software and component companies.

So, you have an old computer that can't run the latest *Windows* because it's too old? For most people the solution is to throw it away and buy a new one, which is exactly what the major manufacturers want you to do. Hence, the constant demand to keep on upgrading. What a waste! Install a Free Software system instead. Most will run quite happily on older machines.

There are a number of alternative operating systems available. One of the early systems for business use was *Unix*, which is still in use. A development of *Unix* is the best known of the alternative Free Software systems, *Linux*, named after its Finnish developer Linus Torvalds (note, the Finnish “i” is pronounced as in “ink”). It first appeared in 1991 and has now developed into a number of well-publicised versions, the most popular being the South African based Ubuntu. Also in 1991 the Free Software Foundation was formed to ensure that as much software as possible was developed on a Free Open Source basis.

Today, any task that can be carried out on a Windows based computer can be also be done just as efficiently and effectively on a Linux based computer, in the knowledge that the software you are using has been developed cooperatively for the benefit of the whole community of users and not to fuel some mega corporations greed for profit.

Your magazine is produced using a Dell computer (now over ten years old) efficiently running open SUSE, a professional system from a German Free Software company, and using Scribus desktop publisher, LibreOffice word processor, and Gimp graphics software. It also uses Thunderbird email and Firefox web browser, both produced by the Mozilla Foundation, a Free Software organisation.

Microsoft is not the only one! Support Free Software.

The editor's computer running *openSUSE Linux*



## Human rights monitors needed in Israel and Palestine

The Ecumenical Accompaniment Programme in Palestine and Israel (EAPPI) is recruiting for volunteers to live in the West Bank and East Jerusalem for three months during 2017, working as human rights monitors.

Find out more and apply at [www.quaker.org.uk/applyeappi](http://www.quaker.org.uk/applyeappi). The deadline for applications is 29 April 2016

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### PAFRAS news:

A message from Charlotte Allen of Rawdon:

Many friends will remember Christine Majid, the manager of PAFRAS (Positive Action for Refugees and Asylum Seekers). Christine retired at the end of 2015 and Ruth Davaney has been appointed as the new manager.

Ruth has arranged to visit Rawdon Meeting on Sunday 24th April, and will give a short ten minute presentation at 11.45 immediately after Meeting for Worship – all are invited.

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## Leeds Summat 2016

From 09:00 Sat 23 April 2016

Michael Sadler Building , Beech Grove Terrace, University of Leeds, Leeds, LS2 9DA  
Carlton Hill Meeting will have a stall again this year Summat is hosted by Leeds for Change in collaboration with SenjaNet and the Economic Justice Project. It offers people in Leeds who are concerned with peace and social justice issues the opportunity to connect, become inspired and develop, or join, action to change the world. The day consists of exhibits, speakers, workshops, food and music. There is also a 'Kids Space'.

We would like Friends to come along and enjoy the day and if possible to do a short shift on our stall. Keith Mollison is organising the rota so contact him if you can be available.([firstseason@btinternet.com](mailto:firstseason@btinternet.com) or 0113-345-8907).

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Many friends now cycle to meeting at Carlton Hill. There are not enough bike stands! It has, therefore, been agreed to purchase another bike stand.





## Quakers in Criminal Justice Conference, Leeds, February 2016



From 26-28th February, Hinsley Hall, in Headingley, Leeds provided the venue for this year's Quakers in Criminal Justice (QICJ) conference. Many Friends from Leeds attended the open event on Saturday morning including talks by David Whyte and John Battle.

The conference began on Friday evening, with a talk by Stuart Prince on "Integrity in Public Life". He took us through some aspects and pressures of corruption in the Metropolitan Police which he encountered during a career.

Saturday morning began with an impassioned talk by David White, a lecturer in sociology and criminology and author of "How corrupt is Britain?" He spoke on 'Crimes of the powerful' comparing 'collusive corruption' in Britain with 'extortive corruption' more typical of developing countries. He pointed out how the Limited Liability Act of 1855 suited owners and shareholders of businesses very well, but led to a separation of ownership and responsibility which is still prevalent today.

John Battle spoke on 'The injustice of poverty'. He served for twenty years as MP for Leeds West and now champions community organising in Leeds. He warned us that the official definition of poverty was changing to no longer reflect a comparative element (such as income below 60% of average), and so relies only on the individual's circumstance and not the context in which they live. Both John and David Whyte drew attention to the increasing pay

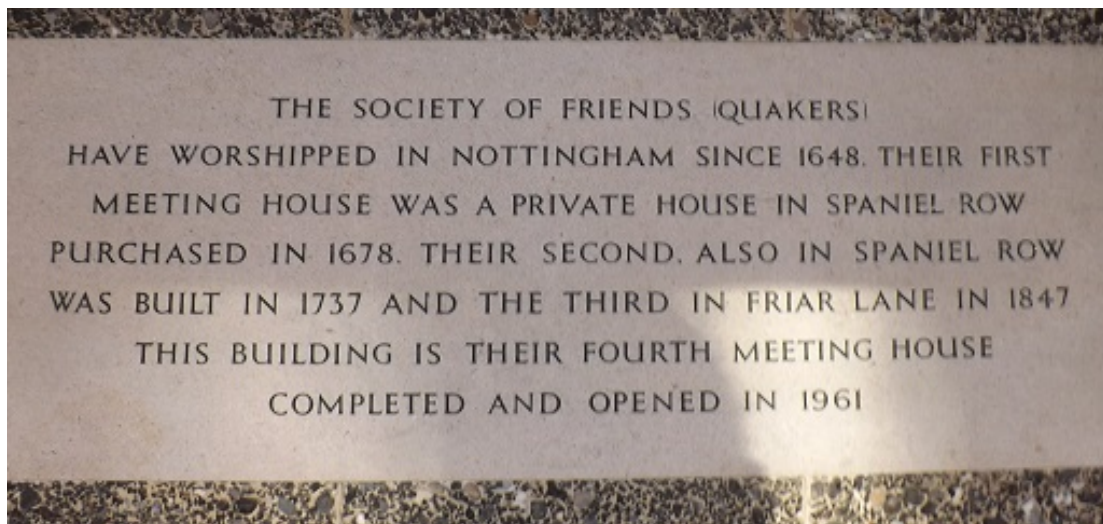
differential between highest and lowest paid which in Britain can now be as high as 160. John decried the 'making work pay' policy as most of the poor are actually in work but receive too low a wage or two few hours to make a living. He told us seven million children will be affected by the benefits freeze. He spoke of a society in which the powerful collude in a culture where elitism is efficient, exclusion is necessary, prejudice is natural, greed is good and despair is inevitable for the rest of us.

Three workshops on Saturday covered Quaker Asylum and Refugee Work, a new approach to addiction in child care proceedings with the Family Drug and Alcohol Court (FDAC) and Restorative Justice Practices in Leeds. It was interesting to learn that twenty per cent of requests for RJ came from offenders.

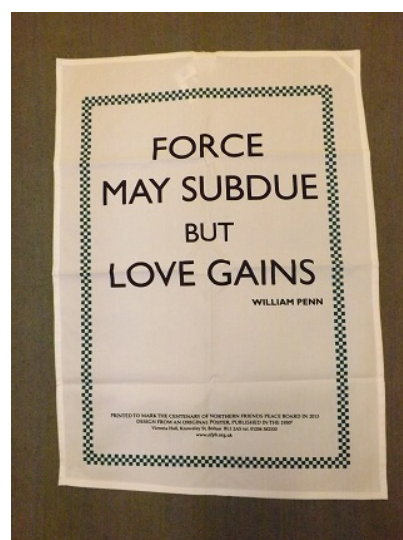
On Sunday morning, we heard from a senior police officer, Melanie Jones, and two Chapeltown community workers Lutel James and Claude Hendrickson describing how they staved off a riot in Chapeltown during the 2011 summer riots. This was achieved by respectful, empathetic listening, responding and negotiating at a moment of crisis instead of engaging riot police on an angry crowd. Now, cuts in services threaten the very existence of these community workers and will erode the goodwill that they have created.

The conference was a great success, in no small measure due to the organizing of Leeds Friend, Judy Kessler.

*Adrian Smith's account has been abridged by Hugh Hubbard*



Northern Friends Peace Board - Leeds Friends Robert Keeble and Fiona Pacey visit Nottingham QMH for the NFPB meeting - NFPB Tea towels available at £5 - order from Robert







The Great Banana Giveway during at Carlton Hill during Fair Trade Fortnight



**= LEEDS =**  
**EQUALITY GROUP**

[www.equalitytrust.org.uk](http://www.equalitytrust.org.uk)

**INAUGURAL GROUP MEETING**

TOPIC: **INEQUALITY: THE ENEMY BETWEEN US?**

VENUE: **Quaker Meeting House,  
188 Woodhouse Lane LS2 9DX**

DATE: **Monday 25th April 2016**

TIME: **7.00pm - 8.30pm**

GUEST SPEAKER: **BILL KERRY from THE EQUALITY TRUST**  
**plus local speakers**

**WITH DISCUSSION TO FOLLOW**

**Everybody welcome. Free admission**

[The UK is one of the most unequal countries in the developed world.](#)

[Average pay in the UK is around £27k a year. For top directors it's nearly £5 MILLION a year.](#)

[This huge inequality damages you, your family and your community.](#)

[It means we suffer worse health and social problems than more equal countries, so...](#)

**MORE:**

**Crime and imprisonment  
Mental health problems  
Teenage pregnancies  
Infant mortality  
Obesity  
Economic instability**

**LESS:**

**Life expectancy (years of life)  
Educational achievement  
Social mobility  
Trust and social cohesion  
Community life and interaction**

**PLUS increasing evidence that it harms our economy too!**

**EXTRA:**

**Premier screening of the film "The Divide", portraying real-life inequality in the UK and USA  
Hyde Park Picturehouse, Tuesday 19th April 7.00pm**