

Lewes Quaker Meeting Newsletter

October 2023



Cloudscape, Minehead, Somerset- Liz Brooks

“A knot of my old acquaintance ... came to me. One ... was a scholar in his gown, another a surgeon ... [T]hey saluted me, after the usual manner, putting off their hats and bowing, and saying, ‘Your humble Servant, Sir’, expecting ... the same from me. But when they saw me stand still, not moving my cap, nor bowing my knee ... they were amazed, and looked first one upon another, then upon me, and then one upon another again for a while, without a word At length, the surgeon ... clapping his hand ... upon my shoulder and smiling ... said, ‘What, Tom, a Quaker!’ To which I readily, and cheerfully answered, ‘Yes, a Quaker.’ And as the words passed out of my mouth I felt joy spring in my heart, for I rejoiced that I had not been drawn out by them into a compliance with them, and that I had strength and boldness given me to confess myself to be one of that despised people.”

- Thomas Ellwood, 1659; *Q&A* 19.16

Sunday morning Meetings for Worship

10:30 a.m. start. A blended meeting, in person at the Meeting House and on Zoom. Zoom link available from the clerks on request; it is the same week to week.

Please do not enter any part of the meeting house apart from the meeting room, until the building works are complete. There is a port-a-loo in the garden. ~ ~ Two parking spaces are available on Sundays. Please give priority to those with mobility difficulties.

Children’s Meeting is held on the second and fourth Sundays of each month, at The Open Door (32 Church Twitten). Start time 10:30 a.m. Children and young people join Friends at the meeting house for the last five minutes of meeting for worship. Please email Sara at saralucytodd@yahoo.co.uk for more details.

Meeting for Worship for Church Affairs (Business Meeting):

Sunday, 1st October - 1 p.m. at the meeting house. Please bring your own lunch and drinks,

as the kitchen is not open. The agenda will include items on car parking, an update from the business plan working group and a report from In-reach / Outreach Committee.

Business meetings are usually held on the first Sunday in each month, in the afternoon after meeting for worship. All members and regular attenders are welcome, but attenders should speak to a clerk beforehand if they plan to attend.

Wednesday lunchtime Meetings for Worship

At The Open Door, 32 Church Twitten, Lewes. 12:30 p.m. Enter through the door marked "Thebes" and up the stairs to the first floor meeting room. Please bring your own drinks / refreshments. All are welcome.



Lewes Friends gather at The Depot on Friday mornings at 10:30 a.m. for coffee and a chat. No need to book; just turn up and join in fellowship with Friends.

There will be no **Area Meeting** in October; the next one will be held on Saturday, 18 November, 10 a.m. - 12 noon on Zoom.

Christ Church Thinktank: Wednesday 18 October, 7.30 - 9 pm. A talk by Sue Ashfield: "Public Health and commercial pressure: a case study on the feeding of new-born babies" ~ Public health can be improved by encouraging people to make lifestyle choices that prevent illness. However, commercial interests sometimes encourage human behaviour that has adverse long-term effects. The UK has one of the lowest breastfeeding rates in the world. Sue Ashfield has worked for 48 years in the NHS, and her talk will be of interest to anyone involved in the care of young children or interested in public health. ~ Thinktanks are held in person at Christ Church and

simultaneously on Zoom. Please email David if you wish to attend: j.d.smith@sussex.ac.uk. All are welcome.



Lewes Friends Reading Group will meet on Wednesday, 25th October, at 7:30 p.m. to discuss Beloved, the novel by Toni Morrison. It was written in the 1980s, set in the mid -

1800s and is a gripping and graphic novel of the horrors of slavery. The reading group meets on the fourth Wednesday of each month at each other's houses while the meeting house is not available. Some Friends also join online. November's book will be The Beginning of Spring by Penelope Fitzgerald. All are welcome; please speak to Jane Goyder or email her on janegoyder@msn.com if you would like further details.

Woodbrooke, the Quaker Study Centre, provides a number of **online meetings for worship** each week, throughout the week. These are freely available for anyone to join. For the link, and details, visit this web page: [Worship - Woodbrooke](#) . All are welcome.

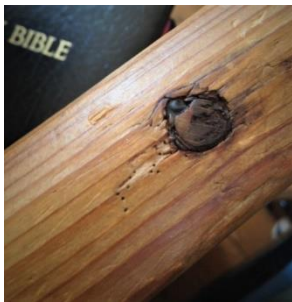
Woodbrooke also hosts **online Parent Worship / Epilogues** every month. This is a space for parents or carers who are currently engaged in bringing up children, to come together for worship, reflection, and connection. Meetings take place on the second Sunday of each month at 9 p.m. Full details and a link can be found here: [Quaker Parent Worship - Woodbrooke](#).

The Good Cause for October is the **Friends Community Development Trust (Uganda)**, chosen by Friars Circle. This Trust is a Quaker Recognised Body in Britain, and approached Lewes meeting a few months ago to ask if we might consider adopting them as a good cause.

This Trust raises funds in the UK to support building community-owned infrastructure in the Manafwa district of Uganda. This helps local

people, especially the young, to escape the cycle of poverty and subsistence farming. Their latest project is construction of a small health centre next to their completed Butta Secondary School, with treatment rooms and a number of ward-type beds. Once complete, the Ugandan government will staff it and provide medicines.

You can donate in person at meeting for worship, or through Just Giving via this link: [FCDTU donations](#).



At meeting for worship for church affairs (business meeting) in August, Lewes Friends agreed, in line with

Quaker plain speech, that names of those rooms in the meeting house to be made available for hire, will be: the meeting room, the community room, the library and the corner room.

Resources available during cost-of-living crisis: East Sussex County Council hosts a website full of information for supporting people feeling the impact of the cost of living crisis. This information can help people access food if they need it, find out about benefits they might be entitled to, seek debt advice, or find mental health support. Just click on these links:

[Cost of living support | ESCC](#)
[Money help and advice if you're feeling the pinch | HSC News](#)

Even if you do not require support, you might know someone who does, so feel free to pass this information on.

In September Lewes Meeting raised £230 for the Quaker World Plenary to be held in 2024. This good cause was chosen by Cliffe Circle.

Tim Gee, of Friends World Committee for Consultation, writes, *“Thank you so much to Friends in Lewes for this kind donation.”*

British Quaker Survey: Friends, you have until the end of October to participate in a national survey of Quakers in Britain. All members and attenders are encouraged to take part. This survey takes place about once a decade and is a vital piece of information-gathering which helps us understand who we are as a religious society. Results are held anonymously and you do not even need to give your name.

Click on the link here to find the survey: [British Quaker Survey - Woodbrooke](#)



Update from Children's Meeting: We have been exploring sustainability and looking to the wilds of nature - from the vast lakes and

oceans to the garden next to Children's Meeting. In September we made glittery Ocean Globes, complete with items of invasive plastic and, on the second Sunday, books full of leaves and petals to take a look at autumn.

A delicious snack never hurts and we've continued making use of the microwave to create cakes, muffins and hot chocolate.

Sara



Sara and the children walk down the hill to Lewes meeting house, to join older Friends for the last five minutes of meeting for worship on a Sunday.

In August Lewes Meeting raised £215.50 for Resettle Sussex, the good cause chosen by Wallands Circle.

Emily Elgar writes, "All of us at Resettle Sussex are so grateful to Lewes Friends [for] the wonderful sum of £215.50, as well as anonymous donations via our JustGiving page. All funds will go towards supporting a refugee family as they transition from a refugee camp to a new life here in Sussex. Thank you, Friends. Please do not hesitate to get in touch with me (tel: 07813 304057) with any queries and, as previously mentioned, we are seeking a philanthropically minded landlord with a 2-bed property in the area. Please get in touch should you know of one!"

"Quiet Ways": Contributions to the Sussex East Area Meeting newsletter are welcome at any time. Please email editorquietways@gmail.com with any items of interest.

Update from Friars Circle: This summer we travelled to Ditchling to enjoy a shared lunch and have a stroll around Veryan and Philip's garden. [Photo below.] Despite a spot of inconvenient rain, we all had a lovely time, and were also happy to celebrate Sue Jappie's birthday. On 15th October, after Meeting for Worship, we plan to head to Patricia's home to celebrate her big birthday. She will be serving Ukrainian borscht, from a recipe she learnt from a Ukrainian refugee. We also plan to gather for a coffee on Wednesday, 22nd November, when we will try out the new café at Charleston in Lewes. After a break over the summer, our intention is to meet every 5 - 6 weeks. We've been pleased to get to know each other, and will continue to do so.



Anna Milner-Gulland & Veryan Greenwood
Co-convenors, Friars Circle

Are you a porridge person or usually muesli?

For many people, breakfast is something to just get done, without too much thought. So it was interesting to read the shopping guide in the latest edition of Ethical Consumer magazine which considers a range of breakfast cereal brands. We find the familiar Weetabix, Ready Brek and Kelloggs compared with some less well-known brands like Hodmedod's, Biofair and Rude Health.

As usual with Ethical Consumer, the comparison is not a taste test but an examination of the ethics of the companies producing cereals. Do they test on animals? Do they pay their staff properly? What is their impact on climate change? Do they use palm oil? What are their

tax tactics? As with previous products, I looked at the shopping guide expecting to find my preferred Dorset Cereals organic muesli near the top of the list. Nothing doing! They were rated almost bottom of the pack with a miserly score of 0.5. I have now switched to Alara organic muesli (which tastes just as good) as it gained top marks of 16.

As is often the case, it is the small independent food producers that do best in this test and the giant multinationals which come out worst. So next time you reach for the cereal box, have a think about who makes the stuff. And if you would like to borrow a copy of Ethical Consumer, do speak to me.

David Martin



Insulation being fixed to outer wall of foyer before final plaster boarding is added

Meeting House Development Update

Progress in September: Most of the work in the last month has been in the foyer. The builders have progressed the roof, walls and ceiling. The final concrete layer for the floor has been added. The plumber and electrician have been setting out piping for central heating and wiring for new lights and plugs. Some of the new radiators are in place. Some Friends were able to see for themselves what the new space will look like when the second walk-around took place on 8th September. We could also see how good the flat is looking as refurbishment nears completion.

Some outside work has begun, including paving for the bins. The position for the water butts (fed by rain water from the foyer roof) and an outside tap have been agreed. Three “dusk to dawn” pillar lights will light the way from the road to the new entrance. The garden group has been involved in planning, and had an on-site meeting with the architect.

Repainting of the meeting room and foyer is underway and lights should be connected soon.

Some new costs have inevitably arisen, some with a view to doing now what it would be difficult to do later. In some cases, original proposals have become cheaper. However, overall costs have crept up, unfortunately.

Letting the flat: The business plan working group has engaged a letting agent and placed advertisements in *The Friend*. Details cannot be sent to interested people until nearer completion of the work.

Open session with working groups: On 24th September reports were heard from the working groups on what is still needed to get the premises up and running. There was a welcome sense of looking forward. We were reminded that, as with moving into a new home, it will take some time to find the best way to position everything. A further session is suggested for December, once we have a date for full re-possession of the building (expected to be in January).

Fundraising: Friends had a useful discussion on 24th September about how we will utilise the various rooms when the building reopens. There are some specific items still to be purchased, and a list will be made available in case Friends can contribute in this way.

Several Friends have also made loans to the project fund.

If you would like to contribute you can find ways of giving at www.lewesquakers.org.uk or www.justgiving.com/campaign/LewesMH. If you have ideas for further fundraising you can discuss them with Patricia on 01273 474884 or David on 01892 663522.



Lewes Meeting Contacts

Clerks: John Ashcroft, Liz Brooks & David Martin at quakerclerkslewes@gmail.com

Pastoral Care & Eldership Team [PaCET]:
Tim Pitt-Payne (convenor), David Hitchin, Chris Lawson, Caroline Pybus, Theresa Samms, Nancy Wall

Website: www.lewesquakers.org.uk

Editor: Drew Fisher at ajfscorpio@hotmail.com

Children's Meeting: Sara at saralucytodd@yahoo.co.uk

Convenors of circles for pastoral care & support:

Cliffe - Berta Busby
Friars - Veryan Greenwood & Anna Milner-Gulland
Needlemakers - Geoff Halsey
Wallands - Bronwyn Harwood

Sussex East Area Meeting Clerk

Sally Aviss at sally.aviss@btinternet.com

In October, Friars Circle will promote the **Good Cause**. Rota for the following months:

Needlemakers - November
Wallands - December
Cliffe - January

If you have an idea for a good cause that the meeting might support, please speak to your circle convenor.

From other traditions . . .

A series offering inspiration from other religious and faith traditions. I hope you find these offerings valuable. Please feel free to email me with suggestions on what to publish next.

Liz Brooks



“Shanah tovah”

Jewish people recently celebrated the annual festival of **Yom Kippur** which fell on 25th September this year (beginning at sunset the evening before). Yom Kippur, the Day of Atonement, is the holiest day in the Jewish calendar, a “day of awe” on which God is said to seal a person’s fate for the coming year. Repentance of the past year’s sins and setting intentions for the new year are the focus of this day. The traditional greeting is “Shanah tova” (good year).

Deadline for November newsletter

Please send news, articles, photos and other items of interest for the October newsletter to Liz at realgirltribe@gmail.com by **29th October**.