



THE DORKING GRAPEVINE

Dorking Quaker Meeting

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April 2018
 No. 520

Quakers: Simple, Radical and Contemporary

Events for April - in Meeting House unless otherwise indicated

NB There is a half hour Meeting for Worship (12.45 – 1.15 pm) every Wednesday followed by a simple lunch of soup, bread, cheese and fruit.

Mon 2 Apr	8.30 – 9 pm	Healing/Upholding Prayer Group (in Friend's homes)
Sat 7 April	First Aid course – contact Romy Elias for details.	
Sun 8 Apr	6.30 – 7.30 pm	MfW (Park House, Leatherhead)
Fri 13 Apr	2.00 - 3 pm	Sharing Group (see page 4)
Mon 16 Apr and Wed 18 Apr	2.00 pm	Ideas exchange (at Su's - 3 Nower Lodge)
Fri 20 Apr	2.30 – 4 pm	Meditation/ Spiritual Exploration (see page 4)
Sat 21 Apr	10.30 – 4 pm	Retreat at Blue Idol MH (see page 5)
Sun 22 Apr	About 12.30 pm	Friendly lunch – all welcome
Sun 22 Apr		Leith Hill Walk (see below)
Sun Apr 29	After MfW	Lunch together with discussion on Mental Health (see page 4)

LEITH HILL WALK

This annual walk will leave from Capel Meeting at 1.20 pm. Friends are welcome to join Capel Meeting for worship at 11 am. Please bring your own picnic lunch, but there will be tea and cakes after the walk. You can walk there and back – 8 miles - or just do one way – lifts back will be available!

This year, before we set off, we will be entertained by Martin Hunka with the story of "A Surrey Memory" the extraordinary Quaker recollection which launched the annual Leith Hill Walk.



Colin Hope's granddaughter leads the way – Leith Hill walk 2015.
 Photo by Colin Brewer

*The mind can go in a thousand directions
 But on this beautiful path, I walk in peace
 With each step, a gentle wind blows
 With each step, a flower blooms.*

Thich Nhat Hahn

REPORT TO CTD AGM 2018 ON DORKING AREA FOODBANK ('DAF')

DAF has now been providing food and other necessities including toiletries to those in need in the Dorking Area for nearly 3 years. Foodbank use was up by over 30% across the year and we expect it to increase in 2018 with the completion of the roll-out of Universal Credit to the Dorking Area in mid-2018.

It is sobering knowing that that over 40% of our food parcels are for children. In 2017 we looked further at school holiday food provision to needy families to compensate for the loss of free school meals. The Holiday Pop Up Foodbanks we ran in 2016 and 2017 were based at the Children's Centre on Goodwyns and those attending were mostly Children's Centre clients or former clients. At the Christmas 2017 Pop Up we offered not only Christmas and other food but also toys. We found that we needed more toys that would appeal to boys, and for children aged 6 and over. At this Pop Up, we surveyed those attending for indicators on how to improve the provision and widen the take-up. This has prompted us in early 2018 to start offering Holiday Booster Bags which have had a wider take up with more Referral Agencies involved.

In 2017 we also were more involved in Trussell Trust research. This included surveying clients who agreed to comment on their experience of claiming disability benefits. We were initially apprehensive about asking clients but were then surprised at how willing clients were to complete questionnaires, the anonymised content of which fed into the national research. This enabled the Trussell Trust to work with the DWP and politicians to improve the delivery of certain benefits including the reduction of waiting time for benefits to come into payment and greater publicity on the availability of advances to cover the period whilst the benefit was coming into payment.



The foodbank continues to be staffed entirely by volunteers, some of whom contribute a considerable amount of time each week. The Trussell Trust asked during the year about volunteer hours used and we calculated that some 84 hours a week are given. We are very grateful for this huge commitment by our volunteers. This does, however, concentrate our minds on both succession planning and resilience including making the foodbank less reliant on certain individuals.

It has been heartening to see new initiatives by others including the Community Fridge which has also benefitted our clients in providing fresh food including bread, fruit and vegetables to add to what we are able to offer. The Dorking Area community, including the churches, continue to be very supportive of our work in every way including financially and in donating the food and other items we distribute, all of which we appreciate very much.

We would be delighted if a foodbank was not needed in the Dorking Area but in the meantime, we continue in our mission of feeding the hungry: Matthew 25:35 "For when I was hungry, you gave me food".

Rosemary Elias 24 February 2018
Project Leader

PREP MEETING (Sunday 4 March)

Prep Meeting (PM) minutes are available. Ask Frances (P), Trish or Su if you would like a copy, which will fill in the details of the following summary.

- We agreed the **annual accounts** prepared by our treasurer.
- **Premises** report: our electrical equipment and fire extinguishers are all now OK; a hand dryer in the easy access toilet will be fitted, and the Quiet room floor sanded and sealed, in early April.
- We need **volunteers with cars** to assist Elizabeth Dobson with ferrying Traidcraft materials to and from Meeting on 20 May, 12 August and 9 December.
- Margaret Lawson was appointed to join **nominations committee**. Another member is needed. Speak to Colin B if you would be willing to serve on this committee.
- We had discussion around our participation in **Heritage Open Days** and the issue of **locking the front door** during Meeting for Worship. These items are covered below.
- Two **First Aid training days** have been organised by local Churches on 14 March and 7 April. Interested? - contact Romy to find if any places are left in the April session.

HERITAGE OPEN DAY – HELP NEEDED

Mole Valley's Heritage Open Days will be 13-16 September. Friends readily agreed to Rachel Hope's proposal of a display on the *Kindertransport* on Saturday 15th from 10.30 to 4.30, with two openings of the bi-parting screen during the day and light refreshment always available.

Quakers were much involved in the *Kindertransport*, an organised rescue effort that took place during the nine months prior to the outbreak of the Second World War. The UK took in nearly 10,000 predominantly Jewish children from Germany and elsewhere..

Friends will be needed to serve refreshments and show visitors round the building, sharing its history – information on this will be provided. Anyone willing to help please contact Rachel so she can start preparing the display, confident enough help is available for the day to be viable.

TO LOCK OR NOT TO LOCK ...



Elders and Overseers suggested the outer door be kept unlocked during Meeting for Worship, as although it provides extra security, a locked door is off-putting to newcomers and annoying to late-comers. A thoughtful discussion followed but no agreement was reached. The matter was referred to a future PM. All agree people should feel welcome whenever they arrive at the front door. So before next PM Friends are asked to consider the following proposals. A welcoming notice is placed on the front door, beside a bell push which activates a vibrating pager in the inner door keeper's pocket – cost of such a device is £48. If the door is locked the wording on the notice could be:

You are very welcome to join the Meeting for Worship now in progress.

To alert the door-keeper press the bell push. Don't worry it won't disturb the Meeting!

If the door is not locked the notice could read:

You are very welcome to join the Meeting for Worship now in progress.

If you need assistance press the bell push to alert the door-keeper.

Don't worry it won't disturb the Meeting!

Then late-comers familiar with the Meeting would not need to disturb the inner door-keeper. In either case the inner door-keeper could relax, knowing they will be automatically alerted if anyone needs assistance. Please give any comments on this proposal and/or the wording of the notice to an Elder or Overseer (Anne, Eleanor, Margaret or Tara)

SHARING GROUP

Friday 13 April 2.00 – 3.00 pm

We would like to stress that this is not a discussion group but a sharing group. It aims to provide an opportunity for us to listen to one another as we share the experiences, which have shaped our understanding, or perhaps our rejection, of the word 'GOD'. We hope this will help us get to know one another better 'in the things that are eternal' and also perhaps give us new ideas and approaches to reflect on, which could be helpful to us.

Anne Brewer and Eleanor Campbell (Elders)

From Advice and Query number 17: *Each of us has a particular experience of God and each must find the way to be true to it. When words are strange or disturbing to you, try to sense where they come from and what has nourished the lives of others. Listen patiently and seek the truth which other people's opinions may contain for you.*



MEDITATION and SPIRITUAL ENQUIRY GROUP

Friday 20 April 2.30 – 4.00 pm

Our March meeting went very well with a spirited discussion prompted by listening to a reading from Ram Dass about acknowledging one's own vulnerabilities, a breathing meditation and listening to a Sufi chant. For our April meeting we plan to listen to a brief reading from Laurence Freeman as part of our use of time.

Catherine Carr

MENTAL HEALTH in our MEETINGS DISCUSSION

Sunday 29 April after Meeting for Worship

Quakers are by their very nature kind and caring people aren't they? It is one of the things that draws me to Meeting every Sunday.

If we sense that somebody is going through mental and emotional suffering our immediate reaction is to want to help; perhaps we try to find the right words. This can be a challenge- what are the right words in this situation? Are the right words for somebody who is grieving the right words for somebody who is depressed or who has a bi-polar diagnosis? Indeed, we might worry that we could make things worse by using the 'wrong words'.

Alison Mitchell, newly appointed Friends' Mental Health Officer, has extended an invitation to all Meetings to facilitate further discussion on this important subject.

A small group of us have met and agreed that in order to get the most out of this kind offer we should discuss approaches and ideas over **lunch after Meeting on Sunday 29 April**. A working title for our session on this day will be:

How can we most effectively support people in our community experiencing mental health challenges?

You may find the following resources helpful to browse before the discussion:

- Quaker Life leaflet *Mental Health in our meetings* – available in the meeting house.
- Recent issue of Friends Quarterly – *Quakers and mental health* with interesting articles from someone who suffers from mental health problems, a carer and also a review of the resources available centrally from Friend's House.
- An article on page 5 in the latest Quaker News - copies are in the meeting house.

Sally Elias

A RETREAT DAY AT THE BLUE IDOL

Saturday 21 April 10.30am - 4.00pm

At the Blue Idol Quaker Meeting House, Oldhouse Lane, Coolham, RH13 8QP. The day will be facilitated by Chrissie McGinn and Richard Hewitt.

Programme;

10.30am Coffee and arrivals. Chrissie and Richard will share some thoughts, quiet meditations and visualisations to help you reflect on becoming more peaceful.

12 to 3pm Silence, including silent lunch, and walking or sitting in Meeting House or garden

3.00pm Gently coming out of silence. **4.00pm** Close

There is car parking. Bring lunch to share. Coffee/tea and drinks will be provided. There is no charge but donations to the Blue Idol would be welcome.

To book a place or for more info please email chrissie@wisborough.com



DORKING REFUGEE SUPPORT

There will be another collection for **Anaya Aid** for Syria on Saturday 14 April, 12 - 3 pm at Crossways Baptist Church, Dorking. Friends might also be interested in two presentations about hosting refugees on Thursday 5th April:

1. Hosting destitute refugees and asylum seekers: how it helps, why it helps. 7.30 - 8 pm
2. Introducing our new local scheme: A fresh start in Dorking (Helping homeless refugees restart their lives in the UK with the help of the community. 8.30 - 9 pm.

Venue: Narnia Room, Old House at Home, West Street Dorking. Please email or text if you want to attend as the venue is not very large:

dorkingwelcomesrefugees@gmail.com 7484160434

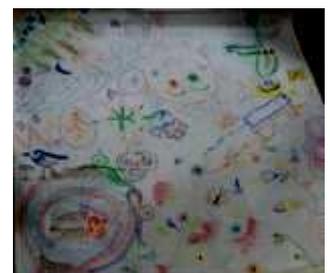
Compassion is hard because it requires the inner disposition to go with others to the place where they are weak, vulnerable, lonely and broken. But this is not our spontaneous response to suffering. What we desire most is to do away with suffering by fleeing from it, or finding a quick cure for it. Henri Nouwen

CONSENT FORMS - GENERAL DATA PROTECTION REGULATIONS

The law is changing - you have probably received mail from different charities requiring your consent for them to continue contacting you. These regulations also affect Quakers - no personal data can be included in the 2019 contact list unless a form has been filled in and returned to Colin Brewer. This is a new form (2018) and replaces any previously completed forms with your contact details. Please speak with Colin if you require a form, or any further information. Thank you.

REGIONAL MEETING

Trish, Anne and Eleanor, were at the Regional Meeting held in our Meeting House on 17 March to do welcoming and refreshments but we joined in the activities. These were very interesting – using arts and crafts to explore aspects of difference, diversity and community. We made collages of our life journeys and worked together on a large drawing, seeing how our different inputs contributed to the whole (see picture)! Trish and Anne were inspired by the last activity to do a similar exercise with the children the following Sunday.



BROADFORD BRIDGE ...



Colin, Anne and Elizabeth have attended several of the Quaker vigils at the entrance to this oil well testing site in Sussex fairly close to the Blue Idol Meeting. Colin and Anne were preparing to go again on Monday 26 March but on 25 March we received the following message from our Friends in the Blue Idol: UK Oil & Gas Investments announced this afternoon that well testing operations had ceased at the Broadford Bridge oil exploration site

near Billingshurst in West Sussex!

CHILDREN'S MEETING

Our children enjoyed a Forest School one Sunday in March and here is a selection of photos to prove it!



NOBEL PEACE PRIZE

As recipients of the Nobel Peace Prize in 1947, Quakers have the right to send a nomination each year to the Nobel committee in Oslo. Friends in BYM can participate in this process and suggest a nominee for the 2019 prize. More information can be found at www.quakernobel.org, or from Helen Bradford: helenb@quaker.org.uk

OPERATION NOAH ...

An interesting blog from Philip Box of Operation Noah reflecting on the Christian traditions that inspired his support for environmental work: Comment: A LIGHT IN THE DARK AGES www.operationnoah.org

... and finally GREENFAITH – interfaith partners in action for the earth



"Earth is a blessing. She supports life and is the basis of all our economies. She conveys beauty and evokes our recognition of something greater than ourselves. She is our temple, our mosque, our sanctuary, our cathedral. Our Home."

Walk on Earth Gently
Interfaith Statement at COP23