



(available on the web at: [www.dorkingquakers.org/index.php/newsletter](http://www.dorkingquakers.org/index.php/newsletter))

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## Quakers: Simple, Radical and Contemporary

Events for December – in Meeting House, unless otherwise indicated

**NB:** There is a half hour Meeting for Worship (12.45 – 1.15 PM) **every Wednesday** (except Christmas Day) followed by a simple lunch of soup, bread, cheese and fruit. All are welcome.

Sun 1 Dec	11.30 am	Amnesty card signing
Mon 2 Dec	8.30 – 9 pm	Healing/Upholding Prayer Group ( <i>see page two</i> )
Fri 6 Dec	2.30 – 4 pm	Meditation/Spiritual Exploration
Sun 8 Dec	11.30 am	Traidcraft
Sun 8 Dec	11.45 – 12.30	Enquirers' meeting in Quiet Room
Sun 8 Dec	6.30 – 7.30 pm	MfW ( <i>Park House, Leatherhead</i> )
Sun 15 Dec	12 noon	Carols and mince pies
Sun 21 Dec	12.30 pm	Friendly lunch – all welcome
Wed 25 Dec	10.30 – 11 am	Christmas MfW
Mon 6 Jan	8.30 – 9 pm	Healing/Upholding Prayer Group
Sun 12 Jan	9 am	Prep meeting
Sun 12 Jan	6.30 – 7.30 pm	MfW ( <i>Park House, Leatherhead</i> )



### DECEMBER'S COLLECTION is for ShelterBox

As usual December's charity collection has been chosen by the children. This year's choice came about because Gayle and family visited the Shelter Box visitor centre in Truro and were hugely impressed by what they do. The photo shows Pippa wearing an empty Shelter Box – it would be much too heavy full! ShelterBox teams work with disaster-hit families around the world, offering emergency shelter and other essential items to support them in rebuilding their lives. Every disaster is different and so is every community, so they spend time with those affected to make sure they can offer the right support at the right time to help them recover.

Details on [www.shelterbox.org](http://www.shelterbox.org)

## UPHOLDING PRAYER GROUP

*Lesley Hunka writes:* At Dorking Meeting, we run an Upholding Prayer group meeting. We are affiliated to the Friends Fellowship of Healing, and there are many FFH groups around the country, who will either meet together to pray for those who are in need, or, as is the case in Dorking, set aside a time in our own homes to hold those people on the list in the light. As stated on the FFH website, the spiritual power of a group can far exceed the sum of the individual members.

Those on the list are people who are experiencing some form of illness or condition, physical and/or mental, and struggling to keep positive. Either they ask to be included, or, with permission, are suggested to us by somebody they know in the Meeting. For some people it may be a one-off; others stay on the list for as long as they feel it is needed.

This is what we do, and we are wondering if there is anyone else, who attends Dorking Meeting, who would like to join us:

- On the first Monday of each month, each member of our group sets aside the time from 8.30 pm until 9.00pm, to respond to the names on the list provided, and hold each person in the light. We sit in a quiet space, and may light a candle to enhance the atmosphere.
- Most people on the list are contacted before each session usually by phone, and asked how they are, and if they would like to remain on the list. Ideally, we share the responsibility of phoning people, to make this task easier, as it can be quite time consuming, but is much appreciated by those needing upholding.
- The list is updated every month, and then sent out by email, if possible, to the group members.



We know from experience and feedback, that this service is very much valued. People tell us how much it means to them to be remembered in a caring and loving way, and how, indeed, it does help them, and make them feel better.

The Dorking group currently consists of Anne and Colin Brewer, Tricia Humphreys (who continues to join us, although she is now in Wales), Eleanor Campbell, Frances Harber, Josephine Snell, Tony Hearne and Lesley and Martin Hunka.

We are wondering if there is anyone else from Dorking Meeting, who would like to join us. We would welcome new members in a task that is essentially undemanding, but makes a considerable difference to the people it supports.

Let any one of us know!

## WEDNESDAY MEETING SUPPORTS CAMFIELD RESIDENTS



The Wednesday Meeting lunch group regularly supports local charities and have decided to send £200 to Camfield. Camfield, which is now an independent hostel for the homeless of Crawley, was started by Ifield Quakers in 1972 in a building behind the Meeting House. Friends still play an active part in its organisation by serving on the Camfield management committee, and assisting staff and residents in many ways. Camfield offers a year or so's accommodation to homeless people to help them get back on their feet. The £200 will go towards a fund which will provide incoming residents, who have no possessions of their own, with some basic items such as bed linen and cutlery, to start them off in their new home.

(Camfield. Photo from  
<http://www.surreyandsussexquakers.org/ifield.php>)

## AMNESTY CARD SIGNING

Elizabeth Cooper writes: Once again you are invited to join us to write messages of peace and hope during our annual Amnesty card signing session on Sunday 1 December.



I remember in 2016 running a card signing session with our school's Amnesty group. The week before a colleague had come to talk to the group about her experience as a woman in Iran. The audience of young independent women found it difficult to comprehend how simple freedoms can be so easily denied. We chose to write messages of hope in support of Nazanin Zaghari-Ratcliffe – a British-Iranian woman imprisoned in April on charges of spying in Iran.

We made the cards from scrap pieces of card, decorative papers and fabrics, ribbons, buttons, glitter and a lot of glue! Other students joined in – making new friends and learning about human rights. I have no idea if Nazanin ever received the cards or what the prison authorities thought of these amazing creations. But – she is still in prison and so we will continue to write.

Details <https://www.amnesty.org.uk/actions/help-get-nazanin-zaghari-ratcliffe-home>

## WHITE POPPIES and REMEMBRANCE

Dorking Meeting was pleased to be invited by Churches Together in Dorking for the first time, to lay a white poppy wreath during the service at the War Memorial on Sunday November 10<sup>th</sup>. The photo shows the wreath made by Frances Poulton and Romy Elias amongst the red poppies at the war memorial. The words on the wreath are:

*In memory of the military and civilians of all nations, who have been victims in wars past and present, and as a sign of our commitment to work towards a peaceful world. Dorking Quaker Meeting*



We were also invited by Dorking Museum manager to take part in the creation of a garden of remembrance in front of the United Reform Church in West Street and our Friend Nussy Cole represented us there and helped introduce the white poppy into the garden.

## ECO FAMILY WORKSHOP



On 16 November the Meeting House was buzzing with enthusiastic people making eco- friendly toothpaste, laundry liquid and herbal tinctures, enjoying a delicious vegan lunch, and buying goods from a shop run by some of the meeting's children. The shop sold eco-friendly household goods such as bamboo toothbrushes, and a beautiful collection of young aloe vera plants, whose juice is a great natural treatment, especially for minor burns. Louis, who was the shop 'manager', and supplied all the aloe vera plants, writes:

*I like plants, I like the colours, I like that they are alive, I like the prickliness of the aloe veras that I've been selling. Aloe veras are succulents; they can hold water in their leaves because they are from the desert. I decided to sell aloe veras because I like them, they have babies, plantlets that spring up beside the mother plant. I think it's sort of amazing. Selling them was fun, the maths was hard but not too challenging. The money I made from selling them goes to Wild Life Aid, The Surrey Oil Legal Challenge and some goes to me.*

Louis Wells

## DECEMBER GREEN TIP

Give your teeth and the planet a present – a plastic-free and biodegradable toothbrush! Here's a guide to the brands that were available in the children's shop (see above). Unless otherwise indicated, prices given are those if you order them from [www.naturalcollection.com](http://www.naturalcollection.com) or [www.ethicalsuperstore.com](http://www.ethicalsuperstore.com). The Beechwood toothbrush is available locally.

**Bamboo toothbrushes.** Bamboo, compostable in garden compost, is grown sustainably without pesticides, is the fastest growing plant on earth, very rarely needs watering, and is incredibly abundant, re-generating itself naturally. Grown in China, but bamboo used is panda friendly. Bristles, usually BPA-free nylon, should be pulled out with pliers and recycled if possible, but see comment for Hydrophil. Some available brands:

1. **Save Some Green** Firm, Medium, Soft all with or without charcoal, and Kids. Claim bristles are biodegradable but this is questioned elsewhere. Second choice in the Independent's survey of eco-toothbrushes (July 2018) From [www.savesomegreen.co.uk](http://www.savesomegreen.co.uk) £2.50 each.
2. **Bambaw** - bristles infused with charcoal, a natural teeth whitener. Ergonomically designed comfortable handles. Unique print identifies which one is yours. Ethically made in China – carbon neutral transport by off-setting. Fair traded. Donates percentage of profits to charities The Plastic Soup Foundation and the 5 Gyres Institute. Available as pack of 4 medium at £10.99.
3. **Environmental Toothbrush** Fair Traded. Made in China. Best buy eco toothbrush in survey by Independent newspaper in July 2018. Medium, Soft, or Child Cost £2.95 each
4. **Hydrophil** - biobased bristles are obtained from castor oil. The oil derived from the plant *ricinus communis* is processed into the biobased bristles and is free of BPA and petroleum. 10% of profits are donated to the charity Viva con Agua, which campaigns for all peoples' right to clean drinking water. Varieties: Medium, Soft, Kids. £3.99 each

### **Beechwood toothbrush**

**Georganics** – Handle compostable FSC beechwood grown in UK. Medium BPA-free charcoal infused nylon bristles. Snap off head when ready to discard – compost handle and collect 10 heads to return to FREE-POST GEORGANICS. Every tree cut down is replaced and excess wood is used to heat up the factory. Fair trade. Solvent-free coloured lacquers used to colour the handles. Made in Britain (bristles made in Germany). Medium, Soft, Firm or Child. £4.50 each or from *Fetch'em from the cupboard* in Fetcham for £3.90 each.