



HEREFORD QUAKERS NEWSLETTER

APRIL 2020

FROM A 14TH CENTURY MEDICAL TREATISES ON HOW TO COMBAT THE BLACK PLAGUE

'HAPPINESS LIFTS PEOPLES'
SPIRITS AND STRENGTHENS
THEIR MIND AND BODY SO
THEY WILL NOT SUCCUMB TO
CONTAGIONS ...
DIVERT THE MIND AND
MAINTAIN SPIRITS HIGH'

Eyewitness

Belinda Pyke's
**Stories from Palestine and
Israel**

Postponed to 26th October

Change of Address

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Our Newsletter:

From Audrey Nunn our new Clerk

Yes Friends, the key word is OUR, and Pat Gundrey is hoping you will assist in filling the blank pages left by the 'non-events'. It is a great opportunity for you to share your (brief) thoughts at this time; offer a poem that speaks to you; suggest a book you enjoy (Amazon can provide); a quote from QFP; craft ideas (so many of you are very crafty!). Bear Grylls, Chief Scout, suggests doing origami and making hot air balloons (don't ask me how) to prevent cabin fever. If you feel a bit low and miserable – pick up the telephone – the person you ring may be just as glad as yourself to hear a friend and a human voice. Apart from getting my head around being a 'virtual' Clerk, I've just brought a shredder with the intention of attacking my filing cabinet. I want to learn more piano pieces by heart, and if desperate, there's a tapestry years old to be completed. It seems to me that living and breathing in the present moment, rather than agonising over a future which we cannot know or have control over, is the way to maintain some equilibrium. Let us stand in the Light of the time and space we have been given, while always remembering those working so hard for us all... Friends, you are resourceful folk, so please share your ideas and help Pat to make our Newsletter a thought provoking but also fun conversation.

If you need any kind of help at this time see the list of Friends in AM yellow book and of course there is the Pastoral Care Group (Elders & Overseers). If a 'phone call or e mail comes to me I will endeavour to find 'the person who can help'! We do have a couple of folk offering to shop, but if you use a local person/neighbour that would be best

Go well and stay safe

Audrey 01432 820436

The Meeting House is now closed even for private worship so Friends are asked not to use their key to enter for this purpose, because now they will not be covered by our building's insurance.

Matters Arising from...

Local Business Meeting

From David Straker

At our February Business Meeting we discussed the question of whether we wished as a Meeting to support a pledge promoted by *Operation Noah* about divestment from fossil fuels. Divestment of funds is a powerful action that organisations can take in response to the climate and ecological emergency, shifting investments out of the problem and into the solution. Operation Noah, the World Council of Churches, the Global Catholic Climate Movement, Green Anglicans and Green Faith are inviting religious and spiritual institutions from around the world to join a multi-faith global divestment declaration on 18th May 2020

Although our Meeting does not hold any investments in fossil fuels, we agreed that we should join with others in supporting the declaration once it was produced. I have subsequently contacted Friends House and discussed our intention with Rebecca Woo, Campaigns and Advocacy Coordinator. Friends House are in regular contact and have already committed to the divestment declaration. Rebecca undertook to inform *Operation Noah* of Hereford Meeting's specific support for the forthcoming interfaith declaration.

Incidentally If you haven't already seen it we now have several copies of a new climate justice leaflet produced by Friends House. However, in the present circumstances it would perhaps be more realistic to look up a copy on the national Quaker website: <https://www.quaker.org>

Southern Marches Area Meeting was cancelled - the following interesting minute from Llandrindod to AM accompanied the agenda papers.

Minute 20/14 (part) of Llandrindod Local Meeting, 8 March 2020

'We recognise that we no longer have the structures or capacity to undertake what we have in the past. Friends must now ask themselves not what Quakers can do for them, but rather discerning what the Spirit demands of them individually. In looking at changing the way we operate, there could be a problem with Local Meetings and individuals feeling that they need permission to make changes, a hangover from previous times. Paul Parker and Jonathan Carmichael have both been at pains to point out that nowadays the Religious Society of Friends is open to change and innovation. We encourage Area Meeting to clarify this to its constituent Local Meetings.

Syrian Support

Jane Straker

As you will all know our decision to become a Sanctuary Meeting has led us to considerable involvement with the refugee group in Hereford. Not only do we lend the Meeting House for a regular Drop In organised by the City of Sanctuary but we have also been making it available for the rehearsals for the planned performance by the children. This was on the point of being performed for the first time to an audience of parents and also members of our Meeting and of the Methodist Church who were offering space for the performance, which was due to take place on 24th March. Of course this had had to be postponed indefinitely along with all other public gatherings. There is a great sense of disappointment for all concerned.

Our Friday mornings which have been well used for some time now have also had to go. Apart from the general prohibition of social gathering, we are aware that most of our volunteers are retired and many of the families have members with health which is compromised. Fortunately at our last session we had an interpreter present and we used the occasion to explain the 111 Health Service number. We know this message will have been passed to others as the families communicate regularly on their phones.

Apart from not seeing people whom we have come to like, we are concerned that issues may crop up where families would like our support and we can only offer this by text and phone - an inadequate response to some difficulties. The Board of City of Sanctuary is holding an online meeting this Friday where we will discuss how to ensure people do not slip through the net. Despite their likely difficulties and their worries about family still in refugee camps the families are mostly fortunate in that because they are in receipt of benefit their income is secure, unlike those in many low paid jobs, or jobs where work from home is impossible.

Hereford Riding for the Disabled

Our riding and horse care sessions aim to improve mobility while providing mental and physical stimulation with the opportunity to open up new horizons. All of this, plus a large dose of enjoyment!

We have the facilities to offer group or private riding coaching sessions and mechanical horse lessons at our Holme Lacy RDA Centre. All of this delivered by our enthusiastic, fully qualified and experienced staff.



At Herefordshire RDA we believe it's what you CAN do that counts. And we're here to make it happen.

From Christina Fox

April's Appeal

It's only in recent years that I have discovered this amazing charity. And whilst I do not know anything about its foundation, I have had very positive experience of the organisation. When my adopted grandson came to stay with me a few years ago we were looking for things to do. As he is autistic (with ADHD) there were some quite specific requirements, and we tried horse riding as an experiment. He clearly loved horses and became very calm when he was with them. My grandson can be non-verbal and withdrawn, but I was delighted to see how relaxed he became when in the presence of the horses, and with the staff, not only chatting to them but smiling and taking an active interest in the horses and their care. Since that first time he has attended many times, sometimes for a whole day getting involved in stable management and has enjoyed developing his riding skills. The staff are clearly very skilled at helping their clients to feel at ease and gain confidence by including them in all aspects of the activities. Some of the regular clients become voluntary members of staff. My other contact with Riding for the Disabled is through a blind friend. She took up riding with the organisation, in the first instance on Steady Eddy, which is a mechanical horse. Over the years my friend has not only progressed to regularly riding a real horse, but last year took place in The National RDA championships, which I was able to attend. It has given her much needed confidence, as well as real joy. I know the organisation is always struggling to pay its way for permanent staff, for buying in suitable horses, and their upkeep, upkeep of premises and insurance not only for the organisation but for their clients. Permanent staff and volunteers alike are such lovely people, welcoming, accepting and incredibly patient. They help a great many children and adults with a wide variety of needs, and I sincerely hope their organisation goes from strength to strength.

This report by Dominic Walker was in February's issue. Here it is again as a reminder in support of our appeal

Mandy Lawrence and I were pleased to accept an invitation from the Holme Lacey College campus to visit them to be shown their extensive facilities. Not being used to horses I was rather apprehensive and indeed somewhat fearful. My fears were unfounded and we both came away impressed by the organisational skills of the volunteers and the staff. Going back to the '50s it was realised that riding, particularly for those with Muscular Dystrophy and Polio was therapeutic. My own opinion is that mental health is as important as physical health.

By 1966 there were already 23 known disabled riding groups. The idea took hold especially when the Danish rider Lis Martel won silver medal for dressage in both the 1952 and 1956 Olympics despite having no muscle function in her lower legs. Early pioneers included the Winford Orthopaedic Hospital near Bristol, the Pony Riding for the Disabled Trust in Chigwell, Essex and the British Polio Fellowship.

Holme Lacey is the only purpose built centre in the West Midlands. HRDA is a Member Group of the National Riding for the Disabled Assoc. from which they receive ongoing support and guidance. Hereford Council does not help financially, unsurprisingly.

The aim of the HRDA is to encourage health, giving opportunity to all through the commitment of qualified staff and voluntary helpers. It provides lessons for over 250 disabled people annually from Herefordshire and surrounding borders.

RDA Statistics

68% improved communication
76% experience more enjoyment
76% experience physical improvement
82% improved ability to build relationships

To make a Donation send to....

**Hereford Riding for the Disabled
Holme Lacey Therapeutic Centre
Home Lacey
HR2 6LL**

OR go to website rdahereford.org

Millichap Peace Fund – Where Next After Twenty Years?

Huge changes have taken place since the Millichap Peace Fund (MPF) was set up twenty years ago. We are living in a changing world where social media has become a mass communication channel, financial instability is leading to considerable unrest, environmental issues are more widely recognised and individuals are collaborating to face social injustice in many parts of the world. It is against this background that at the Millichap Committee on 5th March it was agreed that now was an appropriate time to review the role of MPF and have a moratorium whilst we consider the best way forward. There are a number of aspects to consider, including who are we trying to reach and how. Should we be running an education programme to reach young people rather than having talks? Should we be running a social media activities to reach a different audience.

Millichap has continued far longer than expected thanks to the generous donations of participants. It has had a very successful speaker programme, hosting a range of influential and though provoking speakers on the subjects of peace, social justice and the environment. Many influential peace campaigners came to Hereford to share their views. Bruce Kent spoke twice and Dr Scilla Elworthy gave her views on building a world without war. Clare Short MP talked about development and justice. Professor Richard Wilkinson discussed equality. Charles Secrett – Director of Friends of the Earth, Sir Crispin Tickell and Paul Allen from the Centre for Alternative Technology spoke about how to tackle environmental issues.

We welcome any ideas or thoughts on the next stage for MPF. If you have any suggestions please email them to Kathy Burrows kathyburrows@gmail.com.

ZOOM! A few of us have been experimenting with Zoom, a medium for video conferencing. We've enjoyed chatting and seeing each other as we learn and catch up with news of Friends. In the coming days you may well receive e mails to join taster sessions which we'll set up. Many Quaker Meetings are already using Zoom. If you join us in a session (no Zoom account necessary) you can offer your ideas for how Hereford Quakers might like to use this facility.

a Audrey Nunn, Kyrle Du Heume, David and Jane Straker

HOLD EVERYONE IN THE LIGHT

Sundays 10.30 -11am

At other times too but more powerful when done together.

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Deadline for May issue 20th April

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For more information about Quakers