

# Cotteridge Meeting Newsletter

Meeting for Worship every Sunday 10.30am

Children's Meeting in term time

## Diary Dates - September/October 2018

15 September, Reflections in the Garden, 10.00 - 12.00

16 September, Shared Lunch, all welcome

27 September, Coffee Morning, 10.30 - 12.00, at Cathy & Richard's house, everyone welcome

30 September, Meeting for Worship, Northfield Meeting House, 6pm

- - - 29 September - 7 October - Quaker Week - - - **See below and page 2**

6 October, Creative Day, Northfield Meeting House, 10 - 4, all welcome

7 October, Local Business Meeting: 12 noon, *Elders & Overseers*

7 October, Mindful Gardening, 8.30 - 10.00

14 October, Enquirers' Gathering, 12.00 - 12.30

14 October, Shared Lunch, all welcome

20 October, Reflections in the Garden, 10.00 - 12.00

20 October, Area Meeting, 2.00pm, Bull Street

## Quaker Week at Cotteridge Meeting

### Harvest Home and Putting the 'C' into Community

see page 2

Please could **items for the table-top sale** be brought to the Meeting House, or to Harriet or Cathy, by **Sunday 23rd September** so that we have time to sort them. We need good quality clothing (including children's), books, toys and any other useful/attractive items that might be re-homed.

**Produce, preserves, cakes and soup** can be delivered to the Meeting House from 7- 8pm on Friday 28th Sept or from 9.30am onwards on Saturday 29th Sept. Please note that there will be **no entry for cars from 10.15am - 2.45pm.**



Putting the 'C' in Community

1 October



Please email Andria if you can offer to help set up, run a stall or help dispose of unsold items, or if you have a clothes rail and hangers which could be used.

# Quaker Week

Saturday 29 September to Sunday 7 October

This year's theme is **Room for More**

## Events at Cotteridge Meeting

### Harvest Home 2018:

#### An Open Day at Cotteridge Quaker Meeting

*In aid of B30 Foodbank & The Project (formerly South Birmingham Young Homeless)*

from 12.30

'Food for Thought' display

Re-Use/Re-Home table-top sale

Books

Garden Produce & Preserves

Children's activities & treasure hunt

Free Tea/Coffee & Cake Soup & Bread £1

### Putting the 'C' into Community: Exploring Local Community

**1 October**

7:30 pm – 9:00 pm

Refreshments available from 7.00 pm

Panel Presentations and Discussion

- 1**      **Richard Trengrouse** JP: Local historian, author and community development expert
- 2**      **Mat Wilson:** Senior Minister Rowheath Pavilion Church
- 3**      **Sue & Elaine:** Cotteridge Quaker Meeting House wardens

[Sharing our Spiritual Experiences](#) – 30/09/2018 at Coventry Quaker Meeting House

[Film Showing: Human Flow](#) – 30/09/2018 at Kings Heath Quaker Meeting House

[Introduction to a Life as a Spiritual Journey](#) – 02/10/2018 at Kings Heath Quaker Meeting House

[Performance: And The Beat Goes On...](#) – 02/10/2018 at Warwick Quaker Meeting House

[Open Afternoon at Bournville](#) – 05/10/2018 at Bournville Quaker Meeting House, soup, bread and cheese 12 - 12.45, harpsichord recital at 1pm followed by organ music, tea and light refreshments.

[Spiritual Practice of Yajana](#) – 05/10/2018 at Kings Heath Quaker Meeting House

[Open Gardens at Selly Oak](#) – 07/10/2018 at Selly Oak Quaker Meeting House

['Let's All Worship Together' at Coventry](#) – 07/10/2018 at Coventry Quaker Meeting House

For more information on these events, and others, see: [website@centralenglandquakers.org.uk](mailto:website@centralenglandquakers.org.uk)

**Yearly Meeting Gathering 2017 encouraged us to "examine our own diversity" and in response the Quaker Week 2018 campaign has two key aims:**

- 1      to help local meetings in their commitment to genuine welcome; and
- 2      to extend that welcome to enquirers from all backgrounds.

[Friends House](#) say:

*'This year's theme for Quaker Week is Room for More. Sharing food is the central metaphor for the campaign, but it is also a useful practical approach. As Quakers we offer a table already rich with good things, but we recognise that it is incomplete. What's missing from the table? How can we let people know that there's a space for them? And that their presence and contribution enhances that space? We want everyone to bring and share. There is room for more at the table, and we value everyone who might sit at it. Our gathering around that table enriches us all.'*

## Spiritual Journey Groups

Many people in the meeting are members of a spiritual journey group - these groups usually have 4-5 people in them and meet every 6-8 weeks. Being a member of a group can give you the opportunity to get to know some other Friends at a deeper level than is possible over a cup of tea after meeting on a Sunday. Most groups meet in the evening, but at least one group currently meets during the day. Once set up it is the group's responsibility to agree how often to meet, where to meet and the way you want to work together. If your group needs any support with this please get in touch with an elder.

If you are not in a group and are interested in joining one please get in touch with me and I will do my best to try to create some new groups. If you are in a group that is currently meeting and would be interested in having a new person join your group please also let me know.  
Michael.

### God, Words and Us

Edgbaston Meeting House, B15 1JP

18 September

7.30 - 9.00pm

You are welcome to join us from 7pm for light refreshments.

Based on the booklet 'God, Words & Us', this evening's event will give us an opportunity to discuss our own experiences and understandings. Open to all Friends and Attenders in the Area Meeting.

### Exploring the Quaker Testimonies

Bournville Meeting House

10 October 10.30 - 11.30 am

with tea/coffee available before and after

About twenty minutes of mostly silent contemplation, which might be focussed on a brief reading concerning the principle of the day, is followed by a further forty minutes exploring how this principle can help us in our daily lives

Truth " Finally, brethren, whatever things are true ... think on these things" (Philippians 4:8)

## Revising Quaker Faith & Practice Study Sessions

Next Session - 8 October,  
gathering at 7.15 for 7.30 start  
Northfield Meeting House

Topic: **Favourite Passages.**

Eighteen friends from 5 meetings gathered at Northfield Meeting House for the first session. Helen Rowlands gave us a brief history of the development of our book of discipline from 1738 to the present version accepted by Yearly Meeting in 1994. She also brought along books of discipline from Canada, Australia and New Zealand Yearly Meetings. Australia's "This We Can Say" includes songs, calligraphy, illustrations and poetry.

We have agreed a list of topic we wish to consider and discuss including Favourite Passages, Advices and Queries, Envisioning the New Book, Sharing Our Spiritual Experiences, "God, Words and Us", and Membership, among others.

So consider which are your favourite passages and why they speak to you. Bring them along to share with others and to hear about their favourite passages.

Everyone is welcome to come and you can join in as and when it fits your diary. At the end of each session we will pick the theme for the next month. If you have any question please contact Tina.

## Becoming Friends

### Bull St Meeting House

6.45 pm Welcome / tea / coffee

7.15 pm Course start

8.45 pm Finish

Sept 25th : Silence and waiting

Oct 16th : The sacred in the every day

Oct 30th: Deep roots and new growth

+ 3 more sessions on Nov13th, Nov 27th and Dec 11th

Becoming Friends will help you develop an understanding of Quakerism, while exploring your own journey and connection with Friends. We welcome you to all sessions, though each session stands alone if you are unable to attend all dates.

Liz CH writes:

At the first session of 'Becoming Friends' arranged by Elders and Overseers Support Group, which was on the theme of 'Advices and Queries', we were pleased to welcome Friends and Attenders from several of our Meetings.

There was a good exchange of experiences and thoughts on this central part of our Quaker Worship, and was much appreciated by those who were there. The next session, on 25th September will focus on our experiences of 'Silence and Waiting', and we hope that, again, Friends and Attenders will be there to share with each other.

## Restore, Birmingham

After 16 years of amazing service at Restore, **Shari Brown** has been offered a new post as Executive Secretary of the Churches' Commission for Migrants in Europe. Shari has been crucial to the development of Restore's work and on issues like the city's response to destitution. Her leadership, communication and networking skills will be greatly missed at Restore and in the refugee support sector across the region.

Many Cotteridge Friends have met Shari and benefitted from her enthusiasm and knowledge. Susan will bring a card to Meeting for Friends to sign if they wish.

Restore is planning a '*Thank You Shari*' event to recognise her service, to wish her well in her new role and also to give supporters and refugees the opportunity to say thank you and goodbye. There will be light refreshments at the end.

24th September from 19:00-21:00 at Carrs Lane Conference Centre, Carrs Lane, Birmingham B4 7SX.

Please email [admin@restore-uk.org](mailto:admin@restore-uk.org) if you would like to attend

### **A request for Quakers to volunteer with The Faith & Belief Forum, as part of their interfaith school workshops:**

Hello, my name is Jaishree, I've been part a freelance trainer at The West Midlands Quaker Peace and Education Project since 2010 and now work for [The Faith and Belief Forum](#), an interfaith charity working in schools, universities and communities to build good relations between people of all faiths and beliefs, both religious and non-religious.

One of our projects involves training volunteers from different faith/belief backgrounds to speak at [interfaith Q&A workshops](#) in schools about what their faith/belief means to them personally. This provides an opportunity for young people to learn about, pose questions to and humanise people who may be different from them. We provide full training/DBS checks/expenses and we only ask speakers to commit to three, 1 hour, workshops per year, so there is not a big time commitment.

If you'd like to find out more or if you think of any individuals/organisations in the West Midlands who might be interested in getting involved with our work, please do get in touch. You can also [apply to be a speaker on our website](#).

With thanks and kind regards, Jaishree. [jaishree@faithbeliefforum.org](mailto:jaishree@faithbeliefforum.org)

## Three events on 22 September:

For further details of these 3 events see <http://centralenglandquakers.org.uk/events/>

Hall Green Meeting is hosting a day's course exploring the meaning of the Lord's Prayer through the Middle East culture and language of Jesus and his early followers

10.30-4.30  
with drinks at 10am and a biblically inspired vegetarian lunch.  
Please confirm attendance in advance. <http://centralenglandquakers.org.uk/events/>

## Kindlers Day workshop

Warwick Meeting  
10.30-4.30

It will be based on Advice 18: What elements and practices are essential in creating vibrant, supportive communities in our Quaker Meetings?

The facilitators for this workshop will be Ann Banks and Val Bone from Hebden Bridge LM and Madeleine Prager from Rugby LM.

Please book a.s.a.p to ensure a place. <http://centralenglandquakers.org.uk/events/>

## International Day of Peace, Quaker Service memorial Trust

Meeting for Worship  
2.30 pm  
at the  
National Memorial Arboretum  
Staffordshire.

**See the CEQ website for Area Meeting events - <http://centralenglandquakers.org.uk/>**

## Quaker Mental Health Forum Mental Health and Young People

Saturday 3rd November 10am - 4pm Priory Rooms  
Book at <http://www.eventbrite.com/e/quaker-mental-health-forum-mental-health-and-young-people-tickets-45232690194>

All area meetings are encouraged to send a representative to the day.  
Contact: Alison Mitchell [alisonmitchellmhd@theretreatyork.org.uk](mailto:alisonmitchellmhd@theretreatyork.org.uk)

## Quaker Concern for the Abolition of Torture

Saturday 3 November  
10.30am-4.30pm  
Friends House, London

Workshop looking at effective action to prevent torture. Cost £10 (students £5) Pay on arrival, but booking required. Contact: [from.qcat@hotmail.com](mailto:from.qcat@hotmail.com)

## Tea Rota

16 September - Chris & Harriet

23 September - Janet

30 September - Heather & Michael

7 October - Simon

14 October - Tina

21 October - Leonora

## Cotteridge Meeting Library

Recently added:

*A Scattering, Christopher Reid, (donation)*

*Why Women will Save the Planet, Friends of the Earth and C40 Cities*

*Empire of Guns, Priya Satia*

## Selly Oak Film Night

Friday 28 September starting at 6.00 pm with soup.

MICROCOSMOS

a film by Claude Nuridsany and Marie Perennou

## From the Sustainability Group

*Two islanders, Kathy Jentil-Kijiner from the Marshall Islands and Aka Niviana from Kalaalit Nunaat (Greenland), use their poetry to show the linkages between their homelands in the face of rising sea levels and melting glaciers in a world of climate change.'*

You can see a short film of the poets performing their poem and read it in full at:

<https://350.org/rise-from-one-island-to-another/>

This is an extract:

*The very same beasts  
That now decide  
Who should live  
And who should die ...  
We demand that the world see beyond*

*SUVs, ACs, their pre-package convenience  
Their oil-slicked dreams, beyond the belief  
That tomorrow will never happen  
And yet there's a generosity to their witness – a  
recognition that whoever started the trouble, we're  
now in it together.*

*Let me bring my home to yours  
Let's watch as Miami, New York,  
Shanghai, Amsterdam, London  
Rio de Janeiro and Osaka  
Try to breathe underwater ...  
None of us is immune.*

*Life in all forms demands*

*The same respect we all give to money ...  
So each and every one of us  
Has to decide*

*If we  
Will  
Rise*

### Richard Holloway at Carrs Lane

6 October 10.00am - 4pm

Believin~~g~~**Cancelled** ur Walk

Tickets: £20

### Breaking the Chains of Debt: From 1998 to the Present Day

29 September 10.30-5.30

Birmingham & Midland Institute

### Political Night Prayer: Celebrating The NHS at 70

30 September 7.30-9

Cotteridge Church

For details of these and other events see:

<http://www.birminghamchurches.org.uk/events>

## By popular request!

The soup made by Helen R for Area Meeting!  
Tomato and coconut soup for 4 - 6 people

1 tbsp olive oil  
1 onion, finely chopped  
2 garlic cloves, finely chopped  
Pinch of freshly grated nutmeg  
8 tomatoes, roughly chopped  
1 tbsp tomato purée (I added more than this  
to thicken it up a bit)  
1.2 litres hot veg stock  
2 x 400ml cans coconut milk  
Juice of 1/2 - 1 lime  
S & p

Heat oil, add onion, cook 2-3 mins till soft.  
Add garlic, season with s & p and cook  
another minute.

Add nutmeg, tomatoes and purée. Raise heat,  
add a little stock, bubble for a minute then  
add rest of stock and coconut milk.

Bring to boil, then simmer gently, partially  
covered, for about 20 mins.

Squeeze in some of lime juice, taste and add  
more juice, S & p as needed.

**Next Newsletter: 21st October 2018**

**Contributions by Wednesday 17th October please**

**[cally.q@outlook.com](mailto:cally.q@outlook.com)**