

Cotteridge Meeting Newsletter

Meeting for Worship every Sunday 10.30am

Children's Meeting in term time

Diary Dates - November/December 2018

17 November, Reflections in the Garden, 10.00 - 12.00

18 November, Shared Lunch - *followed by interactive carbon foot-printing and offsetting workshop*

24-25 November, Residential Weekend for 10-14 yr olds, *Living as a Quaker*

25 November, All Age Meeting for Worship *Friends who want a more usual meeting for worship should visit another meeting*

25 November, Singing in the Spirit 12.00 - 1.00 *(depending on who is there)*

25 November, Meeting for Worship, Northfield Meeting House, 6.00 - 7.00

29 November, Coffee Morning, 10.30 - 12, Anne U's home, all welcome

1 December, Area Meeting, Bull Street, 2pm

1 December, Creative Day, Northfield Meeting House, 10.00 - 4.00, all welcome

2 December, Local Business Meeting, 12 noon: *Annual Review*

9 December, Mindful Gardening, 8.30 - 10.00

9 December, Enquirers' Gathering, 12 - 12.30, all welcome

15 December, Reflections in the Garden, 10.00 - 12.00

16 December, Shared Lunch

Newsletter

I have had two or three emails bouncing back to me recently - if you are not receiving the newsletter and would like to please let me know.
Carolyn

Emails to Sue J:

For all non-personal Cotteridge Quaker Business please contact Sue on cotteridgequakermeeting@gmail.com

Coffee Mornings

Is anyone is willing to offer to host a coffee morning in 2019? Please contact Anne Austin to offer or find out more.

a.austin.991@btinternet.com

Family Meeting on 16 December

Children's committee would like to invite you to an all-age meeting for worship in the children's room on Sunday 16 December at 10.30am. We will hold a programmed meeting for worship that day probably on the theme of 'waiting' which will include the chance to wrap presents for the Early Learners children. All are welcome, and there will be a meeting for worship as usual in the meeting room.

Get in touch with Michael if you have any questions or want to know more: michael@eccles.me.uk

Richard and Cathy Tuckett invite you to join them at home (47) for mince pies and fruit punch on Sunday 9th December between 2.30 and 5.30 pm.

This year we are appealing for donations to the **B30 Foodbank**
B30.foodbank.org.uk

Please bring any of the items listed and/or donate money. (Gift Aid if possible. We have forms or you can donate online.)

Christmas dinner is in red

Tinned meat/ham
Tinned salmon
Tinned potatoes
Tinned vegetables
Tinned fruit
Mince pies
custard

Tinned spaghetti/spag.bolognese
Tinned macaroni cheese
Cooking rice
Coffee & hot chocolate
UHT milk
Long-life fruit juice & fruit squash
Rice pudding & sponge puddings
Jam, marmalade
Biscuits/snack bars

(We currently have enough baked beans, tea, pasta, cereals and crisps)

Christmas Parcel Packing

Selly Oak Quaker Meeting House
7 December: 6.00 - 9.00 pm
8 December: 9am - 1pm

You are invited to join our team of volunteers to help pack Christmas food parcels for the families of prisoners and others. Anyone is welcome to help with the packing sessions, simply turn up on the day.

Revising Quaker Faith & Practice

10 December
7.30 - 9.30 pm
Northfield Meeting House

We shall be sharing our experiences - either awareness of spiritual presence or sense of being in a spiritual desert. Newcomers are welcome.

Tina

Becoming Friends

Bull Street Meeting House
7.15 - 8.45 pm (6.45 Welcome / tea / coffee)

Next session - 27 November:
Quaker Community

We welcome you to all sessions, though each session stands alone if you are unable to attend all dates.

Exploring Issues Around Mental Health

Bull St Meeting House
1 December 10.30-12.30 am

(Area Meeting is the same afternoon 2.00-5.00 Lunch will be provided)

This event is not therapy! It is for all of us to learn, consider and talk about Mental Health in our Meetings. All are welcome. Led by Alison Mitchell from The Retreat.

Carbon Conversations

We hope to run another Carbon Conversations group in the new year. More details in the next newsletter. See Harriet or Carolyn if you think you might be interested.

Witness for climate justice:

We are encouraged to write to our MPs calling for a bold climate policy ahead of UN climate negotiations this

December 3-14, 2018

Katowice, Poland

Find out more about what to say and how at:

<http://www.quaker.org.uk/our-work/sustainability/climate-justice-1>

Andrew Mitchell MP

Environmental issues

Sutton Coldfield Quaker Meeting House

22 November, 7.00pm

Sutton Coldfield Quakers are hosting an evening with local MP, Andrew Mitchell. He will be addressing environmental issues pertinent to the forthcoming UN conference on climate change. There will be the opportunity to ask Andrew questions on this important issue.

From the Sustainability Group:

“Palm oil is now in around 50% of packaged products on supermarket shelves, in everything from food to cleaners to cosmetics. However, its production is causing deforestation and biodiversity...”

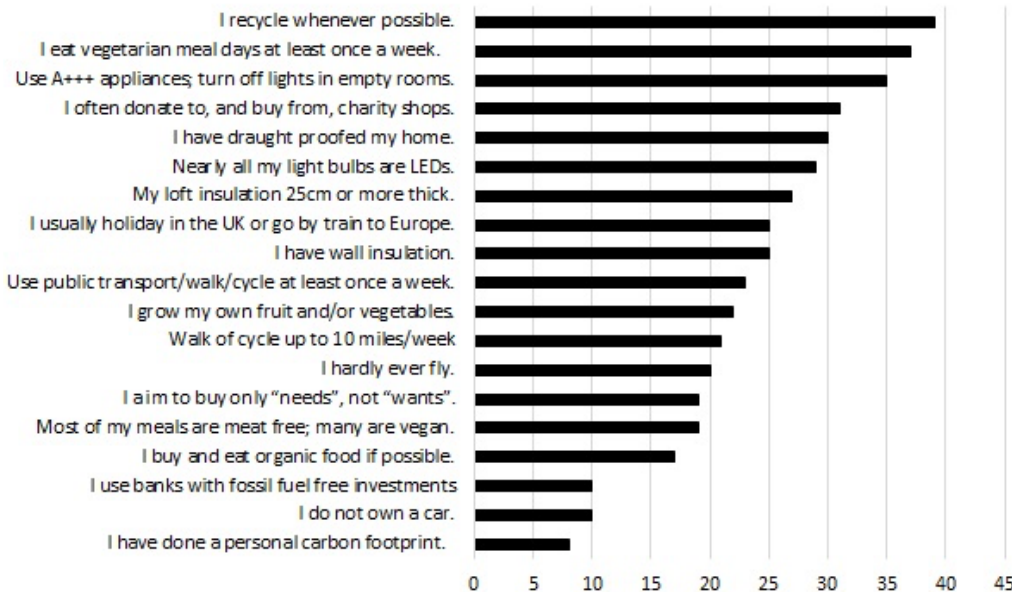
ethicalconsumer.org 8 November 2018

This is a link to a very helpful Ethical Consumer web site with information on which products are best to buy for people concerned with the devastating effects of palm oil plantations: [Palm Oil Free List | Ethical Consumer.](#)

The Ethical Consumer website as such is very helpful in making ethical buying decisions: [Ethical Consumer](#)

The Ethical Consumer recommends Suma for palm oil policies. Michael and Heather co-ordinate a bulk order of good from Suma: ww.sumawholesale.com. They order about every 6 weeks and the order comprises tins, dry goods and cleaning products. If you would like to join in speak to Michael.

Cotteridge Quakers' Bean in a Bottle Survey



Tea Rota

Could you volunteer to make tea on 23 and 30 December? Please let Cathy know if you can.

- 18 November Sarah J
- 25 November Helen M
- 2 December Kate P
- 9 December ?
- 16 December Richard & Cathy

Experiment with Light

There will be several residential opportunities in 2019 to *Experiment with Light*. This is a Quaker discipline that helps people deepen their spiritual lives by exploring what it means to “wait in the light” as the early Quakers did.

Introduction to the practice:

Fri-Sun **15-17 February** Woodbrooke
Wed-Fri **12-14 June** Charney Manor
Fri-Sun **30 Aug-1Sept** Glenthorne

Deepening the practice retreat:

Fri-Mon **21-24 June** Swarthmoor Hall
Quiet Day: **21-22 Sept** Woodbrooke

For more information visit:

www.experiment-with-light.org.uk
or see the pink flier on the notice-board.

National gathering on diversity and inclusion

18 -20 January 2019
Woodbrooke Quaker Study Centre

(A crèche will be available on Sat 19 Jan)

There will be keynote speeches, workshops and opportunities for informal discussion. Diversity considered will include race and ethnicity; class; age; sexuality and gender; and physical or mental ability. Prepare to be challenged and inspired.

To book go to:

www.woodbrooke.org.uk/answering-that-of-god-in-everyone

Resist the arms fair

Roots of Resistance is the new network of Quakers dedicated to mobilising people to stop the DSEI arms fair in 2019. The aim is for 1,000 people to take part. No experience required.

Email hello@rootsofresistance.org.uk

Outreach Conference 2019

Making Quakers well known and understood

High Leigh Conference Centre,
Hertfordshire
15-17 February 2019

This will be an inclusive event with all ages listening, worshipping and taking action in the same space – sometimes in large groups and sometimes in smaller clusters.

Area Meeting appointees and interested individuals welcome.

To book go to
www.quaker.org.uk/events/outreachconference2019

Volunteers needed for children and young people’s events in 2019

There are a variety of national events being planned for children and young people in 2019. These rely on the support of volunteers. If you might be able to help, find full details at www.quaker.org.uk/volunteercyp

Offers are needed by the end of November 2018

Appeal

25 Nov - 23 Dec:

EAPPI

Exploring the Quaker Testimonies

Bournville Meeting House

12 December 10.30 - 11.30am

Friends are asked to bring their best carbon cutting ideas

Next Newsletter: Sunday 16 December

Contributions by:

Wednesday 12 December please

cally.q@outlook.com

Invest In Peace

To read a report on this recent event go to:

<http://centralenglandquakers.org.uk/2018/11/14/invest-in-peace-birmingham-2018/>