

CHELTENHAM QUAKER

July 2006

MEETINGS

- Cheltenham:** Sundays at 10.30.
Children's Meeting: At present there is no regular Children's Meeting, but facilities for children can usually be made available on request.
5th Sunday shared lunch.
Thursdays, 12.30 to 1.00 Meeting For Worship followed by shared lunch on First and Third Thursdays 6th and 20th.
- Tewkesbury:** Fourth Sunday, please 'phone Diana Tovey or Joyce Martin to find out the time and place, as it varies. **All welcome.**
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DIARY

(All of these meetings at 7.30 at the FMH unless otherwise stated)

Sun 8th Circle Dancing, 7.00 to 9.00

June

- Th 1 12.30 **First Thursday Worship** for half an hour, followed by Shared Lunch
Th 22 12.30 **Thursday Worship** for half an hour
We 28 2.30 **Peace Group** at FMH. All welcome.
Th 29 12.30 **Thursday Worship** for half an hour

July

- Su 2 11.30 **Preparative Meeting**
Mo 3 8.00 **Christians at Work:** "Working from Home". Discussion led by Sue Marlow and Bruce Clifford, at The Cottages, Leckhampton.
Th 6 12.30 **First Thursday Worship** for half an hour, followed by Shared Lunch
Sa 8 2.00 **Monthly Meeting** at Nailsworth. Tea.
Th 13 12.30 **Thursday Worship** for half an hour
Th 20 12.30 **Third Thursday Worship** for half an hour, followed by Shared Lunch
We 26 2.30 **Peace Group** at FMH. All welcome.
Th 27 12.30 **Thursday Worship** for half an hour

August

- Th 3 12.30 **First Thursday Worship** for half an hour, followed by Shared Lunch
Th 10 12.30 **Thursday Worship** for half an hour
Th 17 12.30 **Third Thursday Worship** for half an hour, followed by Shared Lunch

Talks on Ayurvedic Medicine and Spirituality & Your Work Life by Alakananda Ma:
Saturday August 5th and Tuesday, August 8th at 7.00 at FMH. Details below

Meeting Collections

Collections for April to June were as follows: For those who are on line it is maybe more convenient to use the Peace Direct website for credit card payment and Gift Aid declaration.

Responding to Conflict	Peace Direct	Conscience (Peace Tax Campaign)
1046 Bristol Road	Development House	Archway Resource Centre
Selly Oak, Birmingham	56-54 Leonard Street	18 Waterlow Road
B29 6LJ	London N19 5NJ	London N19 5NJ

Philip Paull

Talks by Alakananda Ma:

Alakananda Ma grew up in England with a Jewish father and a Christian mother. At the age of twelve, a mystical experience led her to discover her vocation as a healer. After taking a novitiate with a Cistercian abbey, she received her medical degree at St. Bart's college in London. Her path eventually led her to India. As a spiritual renunciate, she found her *sadguru* Raghudas Maharaj, her Ayurvedic guru, Dr. Vasant Lad, and her soul mate, Sadanandaji.

At the passing of Raghudas, Alakananda Ma was instructed by his female disciples to go to America and create an ashram in his honour. Travelling to Colorado in 1985 with eighty dollars in their pockets, Ma and Sadanandaji started Alandi Ashram in a backyard tepee. In 1990 the Ashram moved to its present location in a home in Boulder. From these humble beginnings, Alandi has developed a temple, Ayurvedic clinic and a thriving community.

For twenty years, Sadananda and Alakananda Ma have continued the spiritual practices given to them by their teachers in India and by the Sufi, Jewish, Christian and

Buddhist teachers whom they met in America. In response to the needs of the times and the urging of her mentor Rabbi Zalman Schachter-Shalomi, Alakananda Ma now travels widely to share spiritual teachings and the life-giving wisdom of Ayurveda.

In August, Alakananda Ma will be speaking twice at the Friends Meeting House in Cheltenham. She rarely travels to the UK, so we hope you won't miss these opportunities to see her.

Saturday, August 5th, 7.00. Introduction to Ayurvedic Medicine:

Ayurveda, often called the "Mother of all Medicine", is the ancient Indian art of physical, mental, and emotional healing. Based on balances unique to each individual, ayurveda works at the deepest levels of life. Herbs, foods, massage, music, colour, relaxation techniques, yoga, and other natural processes are used to restore your body to its innate, healthy balance.

Alakananda Ma has practised Ayurveda in Boulder, Colorado since 1989. Her training at St. Bartholomew's Hospital Medical College in London, combined with years of study of Ayurveda with Dr. Vasant Lad, give her a medical background encompassing East and West.

Tuesday, August 8th, at 7.00: Spirituality and Your Work Life:

In the age of monasticism, spirituality and worldly life were seen as incompatible. Today, most mystics and seekers must work in an environment alien to their values. How can we bring our work day to the path?

Rowland Carson

NOTES FROM PM

Jack Lissaman:

We recorded with sadness the death on 29th May 2006 of our dear Friend Jack Lissaman at the age of 92. The funeral and memorial service was held at Cheltenham Crematorium on Friday, 9th June.

Managing the Noticeboards:

Arising from some difficulties that have been experienced with the noticeboards, we agreed that notices for the boards should be agreed by the Clerk or by one of the Elders before being posted. Because of the provisions of the Data Protection Act, no notices bearing personal details of Friends in the form of addresses, phone numbers or email addresses should be displayed where members of the general public could read them. A copy of the **Cheltenham Quaker** with personal details removed will be made available for the notice board, and spare copies will be tabled at Sunday Meeting.

Cheltenham Preparative Meeting: Overseers' Report:

Richard Lacock on behalf of Overseers presented his report of their work during the year. Richard's report was accepted with thanks, and gratitude expressed for all the work Overseers undertake for us.

Meeting House: Improvement of premises:

We noted that a number of Friends are concerned to make the Meeting House a brighter, more inviting location not only for ourselves, but for those who hire our premises.

We understand that the Premises Committee are currently looking into this, and asked them to let us know what their thinking is at the next PM. John Cross