

CHELTENHAM QUAKER

FEBRUARY 2010

MEETINGS FOR WORSHIP

Cheltenham: Sundays at 10:30. Children are always welcome in our Sunday meetings for worship. If during the hour parents feel it is appropriate, they can go with them to the children's room, where they will be joined by one of the children's meeting volunteers. Fifth Sunday shared lunch.

Thursdays, 12:30 to 1:00 Meeting for Worship, followed on First and Third Thursdays (4th and 18th) by shared lunch.

DIARY (ALL OF THESE MEETINGS AT THE MEETING HOUSE UNLESS OTHERWISE STATED)

January

Su 24 12.00 **Meeting for Learning:** Sustainability, facilitated by Dennis Mitchell and Mark Boulton
Th 28 12.30 **Thursday Worship** for half an hour.
Su 31 1.30 **Workshop about Aldermaston Blockade** at Gloucester Meeting House. Details below.

February

Mo 1 8.00 **Christians at Work** at the Meeting Room, Emmanuel Church, Fairfield Parade, Leckhampton: Speaker Brian Dunlop on "L'Arche - a week in Community".
We 3 2.00 **Peace Group** at the Meeting House. All welcome.
Th 4 12.30 **First Thursday Worship** for half an hour, followed by Shared Lunch
Th 4 2.00 **Searchers** at the Meeting House: "Inreach or Outreach?"
Su 7 11.30 **Local Meeting**
Tu 9 10.30 **Ecumenical Prayer Group** at The White House, Gotherington Lane, Bishops Cleeve
Th 11 12.30 **Thursday Worship** for half an hour.
Sa 13 2.00 **Area Meeting** at Cheltenham (Park and Ride)
Th 18 12.30 **Third Thursday Worship** for half an hour, followed by Shared Lunch
Su 21 12.00 **Meeting for Learning:** Contemplating Mortality: making sense of the end of life, facilitated by Nan Dower and Nancy Sentance
Th 25 12.30 **Thursday Worship** for half an hour.
Su 28 11.30 **Meeting for Discussion about Meetings for Learning** [Details below]

March

We 3 2.00 **Peace Group** at the Meeting House. All welcome
Th 4 12.30 **First Thursday Worship** for half an hour, followed by Shared Lunch
Su 7 11.30 **Local Meeting**
Tu 9 10.30 **Ecumenical Prayer Group** at the White House, Gotherington Lane, Bishops Cleeve
Th 11 12.30 **Thursday Worship** for half an hour.
Sa 13 2.00 **Area Meeting** at Cirencester Meeting House
Th 18 12.30 **Thursday Worship** for half an hour

Thursday Meeting for Worship

Following discussions at Cheltenham Local Meetings, it was confirmed that the Thursday Meeting for Worship will continue for the time being. Attendance has improved, and a few people attend who are unable to come to Sunday Meetings.

John Cross

Christians at Work: Monday, 1st February, at 8.00 at the the Meeting Room, Emmanuel Church,

The speaker this month will be Brian Dunlop on "l'Arche - a week in Community", talking about the time he spent in a Christian based community where the carers live as equal members with people who have mental health problems or learning difficulties. All welcome, as usual. Roy Crompton

Searchers:

The next meeting will be on Thursday, 4th February in the Meeting House at 2.00 p.m.. Our discussions will start from the question, "Inreach or Outreach?"

All Friends are very welcome, but please note the earlier starting time. Keith Oakey

Meetings for Learning:

The two of us were appointed as Co-ordinators for Learning in November, and our role is to develop the sense of a "nurturing and learning community of Friends and Attenders" in Local and Area Meetings: We are therefore proposing to organise two Saturday Meetings for Learning in 2010, and to develop web-based resources to go on line in time for Outreach Week in October. Throughout January and February we will be attending Meetings in order to get a sense of what Local Meetings want, and there will be a short meeting after Worship on **Sunday, 28th February**, with those Friends who would like to stay on for discussion. Alison Crane and Jane Mace

AWE Aldermaston, 15th February: Trident Ploughshares Blockade

Quakers have already received notices advertising the Aldermaston Blockade on Monday 15th February, and encouraging Friends to attend. The Atomic Weapons Establishment at Aldermaston is in the process of building a new generation of nuclear bombs for the UK. Trident already endangers us all, encourages proliferation and undermines international law.

It is a blockade rather than a demonstration, so there will be lots of disruption to traffic, police, and people getting arrested. you can sit, lie down, lock-on or provide support for the blockaders. Anyone is welcome, whether or not they are able to blockade. Supporting and bearing witness without being arrested is just as important.

There will be a contingent from Gloucestershire going to Aldermaston. There will be a workshop and briefing to prepare for the blockade, on **Sunday, 31st January** at Gloucester Meeting House, 1.30 to 4.00 p.m. You are welcome to come with a packed lunch from 12.30 p.m.

The workshop will cover preparation for Nonviolent Direct Action, practicalities including legal briefing and transport, and possible roles. it will be an opportunity for participants to discern what their role at the blockade might be, or decide whether or not they should come at all! It is important to attend this workshop, particularly if you haven't been to a blockade before. If you are interested in going on 15th February but can't make it to the workshop, please get in touch with Alison (contact details below). If there are enough people, another workshop may be organised.

The blockade will start at 7 am so it will be necessary to travel to the area the day before, or leave Gloucestershire about 5 am. Floorspace for sleeping is available at Reading Friends Meeting House, or there is a "Premier Inn" very near which has double rooms for £29 (£14.50 per person). It is hoped to share cars, so a flexible arrangement rather than everyone choosing the same option may be possible.

A briefing is available at <http://www.tridentploughshares.org/article1577>.

Please contact Alison if you have any questions.

Alison Crane

Glenfall Day, 10th April

Sharing our Spiritual Experiences - a spiritual adventure day for everyone in Cheltenham Meeting. A chance to explore the breadth and depth of our spiritual experience through sharing. 9am - 5 pm, Saturday, 10th April, 2010. See the attached flyer for more details and the application form.

Rowland Carson

CHELTENHAM QUAKER MEETING
SPIRITUAL ADVENTURE DAY
SHARING OUR SPIRITUAL EXPERIENCES

9:00am – 5:00pm, SATURDAY 10TH APRIL 2010

GLENFALL HOUSE, MILL LANE, CHELTENHAM GL54 4EP

The theme for the day **'Sharing our Spiritual Experiences'** has been taken from the **Framework for Action** — the priorities agreed for the Religious Society of Friends for 2009-2014 by Meeting for Sufferings. The first priority is **'Strengthening the spiritual roots in our meetings and in ourselves'**.

You will be able to choose one activity in the morning, and one in the afternoon. These sessions will be preparing us for the closing Meeting for Worship, with more active things in the morning, and quieter, more reflective, activities in the afternoon. There is also the option for personal quiet time.

Nestling in quiet wooded hillside near Cheltenham, Glenfall House provides a secluded, peaceful retreat for those in need of relaxation and refreshment. The house extends a warm welcome to groups and organisations of all Christian denominations wishing to benefit from its calm, serene atmosphere.

Attached please find the programme for the day, details of the sessions, a location map and application form. If you have any queries about any of the activities please contact the facilitator.

Numbers of participants on most of the sessions are limited. We will give priority to forms received early when allocating places, so to ensure that you are not disappointed, please return your application form and fee as soon as possible.

PROGRAMME

0900 - 0930	Arrival/ refreshments
0930 - 1030	Introduction to the day Meeting for Worship Icebreaker
1030 - 1230	Morning session — choose one of: <ul style="list-style-type: none">• Finding our inner stillness• Poetry• Exploring through Art• Writing the Spirit
1230 - 1330	Lunch
1330 - 1530	Afternoon session — choose one of: <ul style="list-style-type: none">• Sharing our Spiritual Journey• Guided visualisation• Experiment with Light• Discussion
1530 - 1630	Meeting for Worship
1630	Afternoon tea

Refreshment/ toilet breaks within sessions to be taken when required/ as appropriate.

SHARING OUR SPIRITUAL EXPERIENCES MORNING SESSIONS

Finding our inner stillness

Facilitator – Brenda Judge

This session will aim to help participants find their inner stillness, using disciplines from various sources. It will offer opportunities to experience Christian Meditation, Buddhist Zen Walking, Chinese Chi Gong and Yoga Relaxation.

Poetry

Facilitator – Margaret Sheldrick

Most of us have a favourite poem which speaks to us from the depths of our search for spirituality. I suggest we each bring a poem and share with the group the insights, questionings or truths it unfolds for us. There will be time for reflection after each reading before we share our thoughts.

Exploring through Art

Facilitator – Jane Brighton

We will be using an imaginative journey to enable us to meet our spiritual self: we will use images that spontaneously arise using simple art materials. No skill or experience in art is required.

Writing the Spirit

Facilitator – Judy Clinton

Writing the Spirit is a way of working that can enable people to share in 'those things that are eternal'. It is grounded in silence, encourages spontaneous writing about experience and offers an option to share from those writings. You do not need to be a confident writer to take part as the emphasis is on content, not literary end-result.

SHARING OUR SPIRITUAL EXPERIENCES AFTERNOON SESSIONS

Sharing our Spiritual Journey

Facilitator – Richard Lacock

We are all at different stages of the journey, and for many (most?) it is not a steady progression. There are times of doubt and emptiness and times of uplift and enlightenment. Are you the same as six months ago, a year or ten years ago? This small group offers a rare chance to share in confidence experiences of the road so far.

Guided visualisation

Facilitator – Ian Brighton

We will start with a relaxation. Then proceed to using the imagination to support a process of forgiveness of ourselves and others before strengthening our understanding and wisdom, so as to be more aware to the world we live in today.

Experiment with Light

Facilitator – Janet Weyers

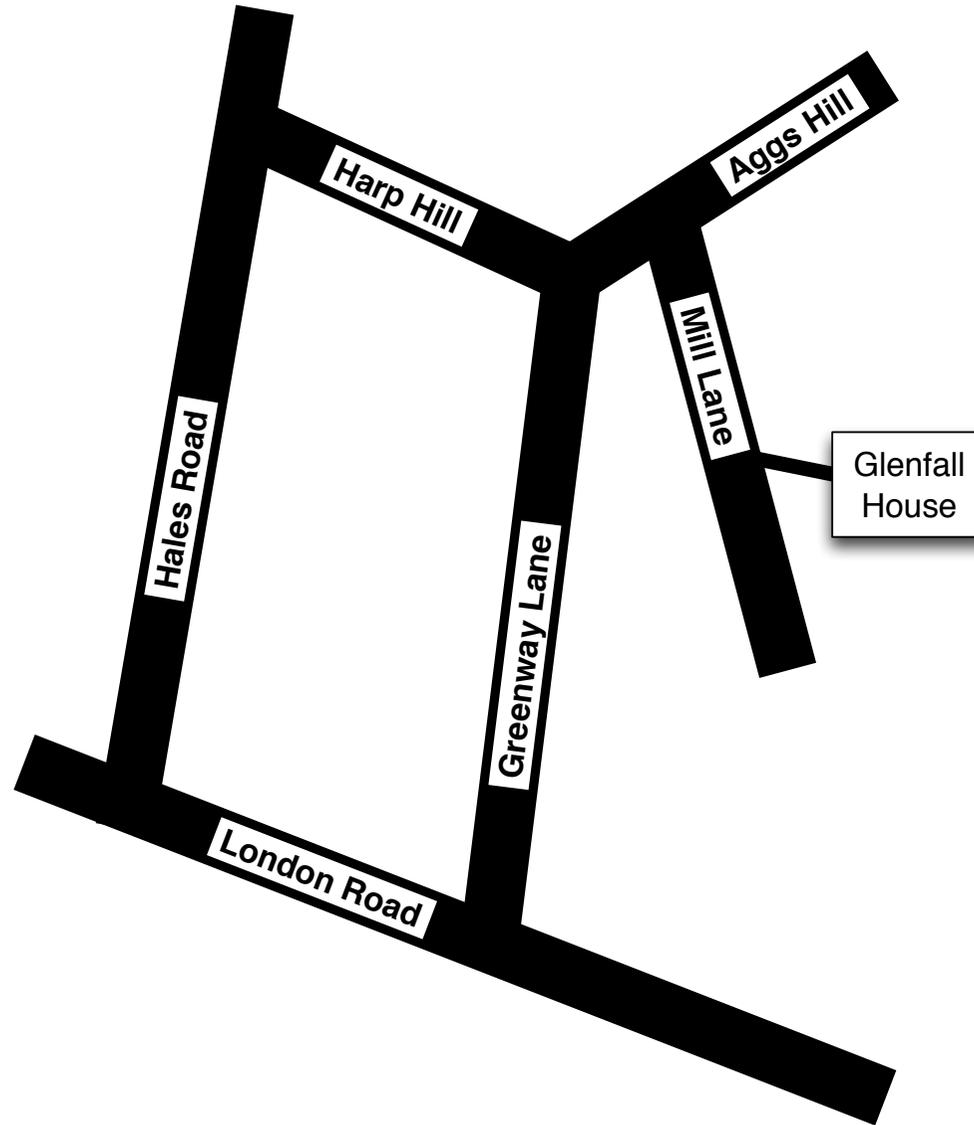
This will be a guided meditation developed by Rex Ambler and based on early Friends' experiences, which aims to allow the Light within to show us the truth of our lives. We will have an opportunity to share our insights with each other

Discussion

Facilitators – Keith Oakey & Philip Paull

'Hearts and Minds prepared: what does this mean to each of us?' An open discussion in the manner of our Searchers meetings, the essence of which is no rigid format except common courtesy, complete mutual trust without fear of ridicule, with a view to understanding Friends' individual experience.

Here's a very simplified map showing the location of Glenfall House:



The Glenfall House website <www.glenfallhouse.org> has more information, but note that the map in their own PDF is misleading!

CHELTENHAM QUAKERS



GLENFALL, SATURDAY 10TH APRIL 2010 – APPLICATION FORM

Cheltenham Quaker Meeting are having a day of sharing our spiritual experiences on Saturday 10th April from 9am to 5pm at Glenfall House (see attached flyer for more information). The cost is £30 including a 3-course lunch & coffee breaks. Bursary assistance is available for people who are not able to pay the full amount. To reserve your place, please complete the form below & give to the Treasurer. Confirmations will be made by e-mail to save resources & expense where possible.

Name

Address

.....

Phone e-mail

There is a choice of activities in both morning and afternoon sessions. Because numbers for most activities are limited, please indicate your first & second choices by placing an X in each column for both morning and afternoon. When allocating places, we will give priority to forms returned early.

Morning session	First choice	Second choice
Finding our inner stillness		
Poetry		
Exploring through Art		
Writing the Spirit		

Afternoon session	First choice	Second choice
Sharing our Spiritual Journey		
Guided visualisation		
Experiment with Light		
Discussion		

Please complete the following as appropriate:

I can offer a lift yes/no number of seats

I would like a lift yes/no

Please indicate dietary requirements: vegetarian/meat eater/other (*please specify*)

.....

Please indicate any access or other requirements:

.....

I enclose a cheque/cash for £30 in full payment for the day: yes/no

I wish to apply for bursary help with the cost of the day: yes/no

Please make cheques payable to 'Cheltenham Quaker Meeting' and pass with this form to Ruth Brinkman

For Treasurer use: Date form received _____ Date cheque paid in _____