

CHELTENHAM QUAKER

SEPTEMBER 2013

MEETINGS FOR WORSHIP

Are on Sundays at 10.30 at Cheltenham Meeting House. There is usually a shared lunch on each fifth Sunday. 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.

DIARY (All of these meetings are at the Meeting House unless otherwise stated)

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|------------------|----|---------|--|
| August | | | |
| Sunday | 25 | 9.30am | Meeting for Worship at Greenbelt Festival |
| Wednesday | 28 | 2.30pm | Quaker Book Club at Margaret Cooper's see below |
| September | | | |
| Sunday | 1 | 12 noon | Local Meeting for Worship for Business |
| Tuesday | 10 | 7.00pm | Area Meeting for Worship for Business at Nailsworth QMH |
| Wednesday | 11 | 4.00pm | Premises Committee |
| Sunday | 15 | 12 noon | Meeting for Learning |
| Wednesday | 25 | 2.30pm | Quaker Book Club at Margaret Cooper's |
| Sunday | 29 | 12noon | Fifth Sunday talk followed by shared lunch |

Greenbelt Festival: as usual we have been invited to take part in a Meeting for Worship at the Greenbelt Festival, at the racecourse. It will be on Sunday 25 August at 9.30am. This year our Meeting has been organised by Area Meeting instead of Cheltenham LM.

Quaker Book Club will be studying the Swarthmore Lecture by John McMurray on Wednesday 28 August and Wednesday 25 September, 2.30pm at Margaret Cooper's house.

SEPTEMBER COLLECTION

This is for the Quaker Peace Centre Capetown. Working mainly in schools, it is dedicated to working towards building a safe, peaceful society in South Africa by addressing the issues that contribute to a high level of insecurity and personal and institutional violence. Teachers take part in Alternatives to Violence Project (AVP) workshops and are trained as facilitators in AVP. The schools chosen are situated in low-income communities which are often besieged by gang activity; drug abuse is rife and violence is inevitable. South Africa has a youth unemployment rate of 48.2% (male 44.6%, female 52.6%) among the 15 to 24 year old age group. QPCC work gives young people hope and shows them that there is another way of being and doing things. They show young people that they can safeguard against a future in gangs and crime by making better choices, completing their education, choosing the non-violent alternative and finding a purpose in life. There is also a Non-violent Communities Project, aiming to help young parents and also to cut down the violence towards women and children. The website is www.quaker.org/capetown.

Donations can be sent to Carole Rakodi (Committee Convenor), Cape Town Quaker Peace Centre Committee of Central England Quakers c/o Friends Meeting House, 40 Bull Street, Birmingham, B4 6AF Tel: 0121 427 9502 Friends who are taxpayers are encouraged to send donations directly to the charity, using Gift Aid or a charity voucher (CAF, Charities Trust, etc), possibly adding a note to say that they belong to Cheltenham Quaker Meeting.

SPIRITUAL ADVENTURE IN 2014

A weekend has been arranged to take place at Charney Manor 20-22 June 2014. More details in due course.

Items for inclusion in the next newsletter should be sent to the editorial email address or by post to the editor Janet Weyers by

Monday 16 September at the latest

Web address: http://www.cheltenhamquaker.org.uk/current_cq.pdf

REQUEST FROM PASTORAL CARE GROUP

A particular responsibility of Pastoral Friends is to support all those in Meeting who wish to be supported. To help us do this, if you expect to be away from Sunday Meeting for some weeks, please would you let a Pastoral Friend know, so that we are not unnecessarily concerned. Thank you.

When Pastoral friends meet we hold friends in the Light. If you feel you need support or you know of someone in Meeting who may need support, please tell one of the Pastoral Friends.

MEETING FOR LEARNING

The autumn series of Meetings for Learning will be on the theme of Giving and Receiving. The first session, on 15 September, will be "Helping and Being Helped" and will be led by June Drummond.

FIFTH SUNDAY SESSIONS ON INCLUSION

Four of us have come together, Alison, Dorothy, Nigel and Pat, each with different experiences and passions in relation to inclusion; we intend to use and offer our experiences to Meeting as starting points for reflection and stimulation. We aim in the first session - after Meeting on Sunday 29th September - to both set the scene, and explore friends' responses and interests.

Please bring food along with you for a shared lunch afterwards.

Pat Dannahy

*****FIRE DRILL*****

As agreed in Local Meeting we will hold a practice fire drill.

It will be held on the Second Sunday in September (8/9) after Meeting for Worship.

Please treat it seriously, as you would the real thing, and observe the following:

- (1) When the alarm sounds, safely stop whatever you are doing and make your way, via the Fire Exit, to the Assembly Point in the Courtyard.
- (2) While the alarm sounds please do not re-enter the building.
- (3) When the fire alarm stops and the all clear is given in the Courtyard you may then go back into the building.

Bill Rowland

HOW TO DO IT – Meeting House hearing-aid system

Information for users of the hearing-aid system

The hearing-aid system has a microphone, suspended in the central lighting fixture, which picks up sounds and turns them into electrical signals. The signals are amplified to make them stronger, and then delivered to the users by one of 2 methods.

Method 1

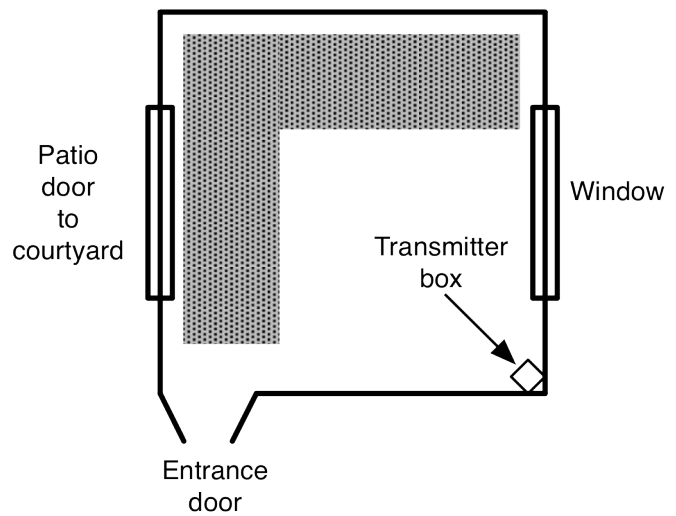
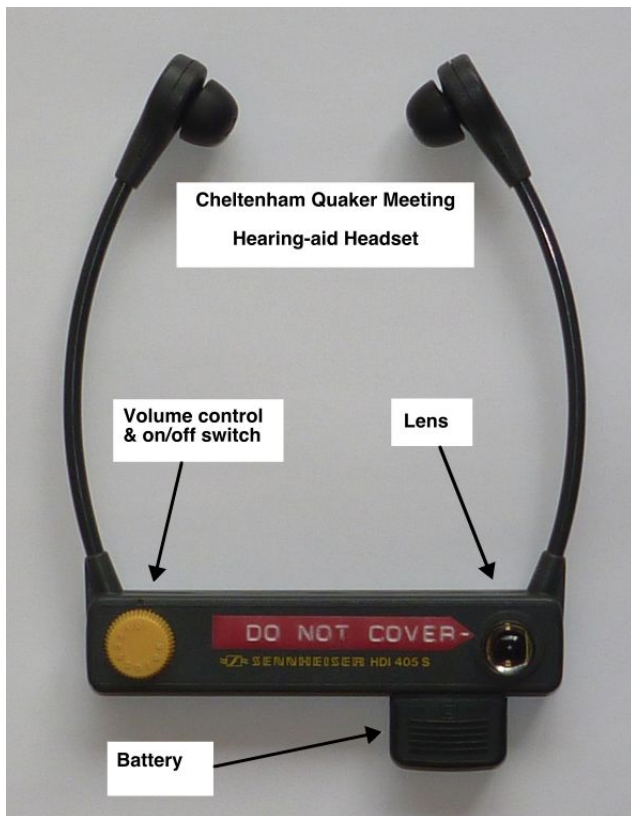
Use one of the headsets from the rack by the door. Make sure it has a battery fitted (see picture). Choose a seat in the grey area (see diagram of meeting room) so that your headset can "see" the transmitter high in the corner of the wall. Put on the headset and adjust the volume with the yellow knob, taking care not to obstruct the lens on the headset (see picture) with your other hand. If you remove the headset during Meeting for Worship, please turn it off completely. A headset left on your lap still switched-on can make a noise that is very distracting to other worshippers, even if you can't hear it yourself.

If your headset does not appear to work, check that it has a battery plugged in, that the volume control is turned up, that you are facing the transmitter boxes and can see the pilot lights on them, and that the headset lens is not obstructed by your hands or clothing.

Method 2

If you have your own hearing-aid with a switch marked "T", you can set it to this position and pick up the signals from the MH system. This loop arrangement works well throughout most of the room except for the extreme corner seats. Some hearing aids do not have a "T" position so cannot use the loop - but many modern digital hearing-aids can perform better than the MH system (particularly if you use aids in both ears) and so do not need that facility anyway.

If you use a hearing-aid, try comparing its normal performance in the Meeting Room with the results you get by using the "T" position. Then try a headset, and choose whichever works best for you.



Information for doorkeepers

Each Sunday before MfW, bring the headsets out of the storage room, plug a battery into each one, and hang them on the rack by the door. Usually one of the headsets is placed on the picture by the rack to show how it should be used. Turn on the switch marked "Sound system" (on the wall under the light switches), and check that the lights on the transmitter boxes illuminate. After MfW, when the system is not in use, turn off the "Sound system" switch and plug all the batteries back into the charger beside the rack, which is left on continuously. The trickle charge they receive during the week is enough to top them up. The charger has a switch for a "boost" charge, indicated by a red light, but that should not normally be used as it can destroy the batteries, which are expensive and difficult to obtain. One of the sockets towards the bottom of the charger does not charge the batteries, but tests them. Plug any battery into that socket and if it's charged up, a green light should illuminate underneath it. Obviously, batteries should **NOT** be left in that socket.

Rowland Carson
August 2013

SOLAR PANELS: This press release was sent out to local media about our solar panels:

Heat wave arrives on cue for Cheltenham Quakers

Cheltenham's July heat wave arrived in perfect time for the Friends meeting House on the corner of Winchcombe St and Fairview Road. Cheltenham Council agreed to sixteen panels which were installed at the end of June, immediately before several consecutive long hot summer days. Cheltenham Friends Meeting House is a well-insulated modern building with an efficient heating system so the panels are expected to generate as much electricity as the building requires.

Alison Crane, a Quaker and prime mover behind the project, said: "We chose black panels and just 4 panels in a line on each of the roofs so that it fits in well with the appearance of the building".

She added: "Quakers are committed to becoming a sustainable, low-carbon community. Generating electricity from the sun seemed an obvious choice to reduce our carbon footprint. The electricity we produce is predicted to save 1.8 tonnes of carbon dioxide every year. We hope to save money to ensure that our room hire rates are affordable for the organisations that use the building."

The photo shows Quakers in front of one of the rows of panels, during an event to celebrate their installation.

Marilyn Miles hopes to feature the panels in the next AM Newsletter, and The Friend may also have a write up on them.

