



Epping
Local Meeting

Epping Meeting Newsletter October 2018



Room for More: Quaker Week 2018 (Saturday 29 September to Sunday 7 October)

'Room for more' is the theme of this year's Quaker Week. Meetings have been invited to explore what that means to them in every sense.

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? How might we show people that their unique perspectives enhance 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.

At Epping, we have really appreciated seeing some of our more irregular Ffriends at Meeting for Worship over the summer. It reminds us that many people feel connected to the Meeting despite moves, work and life commitments. We would like to take the opportunity to let everyone know that there is always room at our Sunday morning Meeting for Worship and also our shared lunches on the last Sunday of each month.



The Party by Iris (August 2018)

On August twelfth we held an afternoon tea party ☘, for several Friends celebrating another milestone Birthday this year, mainly eighty and ninety years young and every-one who has a Birthday this year. Unfortunately a few Friends were not well enough to join us, Friends from Harlow enjoyed a sandwich and lots of delicious ☺ cake with us. A hearty Happy Birthday 🎂 was sang out loudly, I'm sure our absent friends must have heard us. It was lovely, happy, gathering of Epping friends and families. Many thanks to all.

Visiting Friends by Iris and Jeff

We visited Lis who showed us the peace garden and millennium walk at Bernard Baron Cottage Homes where she now lives, having recently moved from Harlow. We are pleased to report that Lis is very happy and well settled there.





Epping Town Show by Christine (July 2018)

This year our stall at the Epping Town Show was staffed by Margaret, Freddie, Rebecca, Alan and Christine. We ordered a box of 100 of the World's Smallest Kite (all recyclable materials). These are recommended by the charity Fly Kites not Drones which particularly relates to the situation in Afghanistan.

The town council did us a huge favour by giving us a pitch in front of the boundary trees for the first time. This meant that not only could we sit in the shade (invaluable as we were one of the few stalls without our own gazebo) but we were also at the end of the line, against the play area fence. So we could demonstrate our kites by stepping forward without blocking the flow of visitors.

Giving something away for free makes us stand out. We had our usual crop of conversations with old friends, acquaintances, people who did not know what Quakers were, and people who had some connection with Quakers or our Meeting House. Many excited children accepted the kites and flew them with varying degrees of success. At the end, we had 51 left.

Freddie had no time to get bored: "At the fair I met up with my friend from my old school. As I had not seen him in a while, it was really fun to hang out with him. We talked, played football, and nearly threw up after a ride on the Waltzers. I also spent lots of time on the climbing frame near our stall with him as well. Overall, it was a great day and really fun to be with an old friend."

Junior Gathering Epistle (August 2018): Introduction by Freddie

Junior Gathering was a really fun experience for me. I met loads of new people and old friends and did lots of great activities and worship with them. The food was also very nice and we all enjoyed the school and it's facilities. Here is our Epistle:

To all friends everywhere,

From 18th to 25th August 2018 58 amazing young people and 23 inspiring adult staff members came together at Leighton Park School in Reading to explore the theme 'Quakers Changing our World'.

Throughout the week different speakers came to talk to us about the theme. We had Naomi Iliff, a Quaker from Reading tell us about her work visiting prisoners and the impact prisons have on people. MEP Jude Kirton-Darling spoke about politics and the importance of being a fish swimming against the tide and finding others to push together with. Activist Sam Donaldson asked us "what makes you happy?" and "what breaks your heart" to help us find our Quaker path in life. Emily Parker inspired us as she went to volunteer in a medical clinic for refugees in Greece and showed us photos and increased our awareness of refugees and the conditions they have to endure. Sahdya Darr from Quaker Peace and Social Witness made us think about inequality, prejudice, privilege and what it means to be an ally. Finally Tobi Wellner from Turning the Tide led a very active workshop on solving conflict with non-violence.

Other highlights of the week included DIY crazy golf, a Christmas themed disco, a crafty quiz, Barn dancing, a world cup challenge and a 'banging' fete. We particularly enjoyed the staff life lines session and found it inspiring to hear the adults share the challenges in their lives and show us that we can also get through difficult times and grow.

Base groups are really fun, you get to know different Quakers and interact with people you wouldn't normally interact with and make good friends. We played games and discussed the speakers and had a chance to talk to the speakers in person and ask questions.

Meeting for Worship and Epilogues were really a nice time to reflect on the days. One of the staff members helped us to feel calm using our breathing which helped us to settle into the deep silence. It was very peaceful with good ministry from young people and we enjoyed musical contributions from the staff.

Overall Junior Gathering was really fun and exciting. We love how there are no fake people here and everyone joins in with shared Quaker values and you can build real friendships that last. We can be ourselves here, more than some of us feel we can in our day to day lives.

At our young people's business meeting at the end of the week the theme of Modern Equality was decided for Junior Gathering 2019.

Signed in and on behalf on Junior Gathering 2018,
Bisi A and Matthew G (Clerks), Katie F and Adam Sa (Elders)

Meet the Meeting by Alan

I grew up near Birmingham as the middle of three children. I was raised a Roman Catholic and completed the various steps that you do in your youth but was never much interested in church. Once I got past the period where I had to attend after school preparation for my confirmation I pretty much only went at Christmas. I was fortunate to have a happy childhood and wish my family lived closer.



I first had contact with the Religious Society of Friends at university where I became good mates with someone who had grown up in a Quaker family and who had been active in young Quakers. I didn't think too much about it at the time but when I was best man for his (Quaker) wedding I found myself deeply moved by the experience of the meeting for worship. The memory of it stayed with me and a few years later I decided to find out more by attending Quaker Quest at Euston. My experience was a common one in finding that this was a place where I felt right and where I could explore some of the wider questions about how we should live. I also started seeing traces of the activity of Quakers everywhere which was disconcerting but brought home to me the real difference that Friends can make working in society.

I started attending Epping as the closest Meeting to home, was given a warm welcome and have been an active participant for over a decade. I became a member a few years ago and have taken various roles including my regular meeting for mowing to keep the burial ground in trim.

Quakers gives me a framework in which I am able to live in a way that feels right and consistent. It helps me consider my actions and choices. I feel that I still have a lot to learn and found the organised reading and discussion of Quaker Faith & Practice particularly rewarding last year.

In recent years I have gained a lot from visiting the Othona Community. The combination of shared work, worship and place draws me back. The challenge is bringing that spirit into the more hectic world of daily life.



New additions to the library

Dying to Know: Bringing Death to Life

Armstrong, Karen Twelve Steps to a Compassionate Life

Friends of the Earth Why Women Will Save the Planet

Gross, Zelig With a tender hand: A resource book for eldership and oversight

Quakers & the First World War Lives and Legacies

- Conscientious Objection and Conscription
- Quakers on the Home Front
- The Friends' Ambulance Unit
- The Friends' War Victims' Relief Committee

Dates for the Diary October – December 2018

Local Business Meetings

- Sunday 4th November

Local Study Sessions

- None scheduled at present

Local Shared Lunches

- Sunday 28th October
- Sunday 25th November
- Sunday 30th December

Area Meetings

- Harlow Sunday 21st October 1.30pm
- Wanstead Saturday 17th November 1.30pm and Bonfire

Finally, do get in touch if there are any errors, or you have any contributions or suggestions!

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