

The Quiet Word

February 2016 issue number 2

GILDERSOME Friends Meeting
House 75 Street Lane, Gildersome,
Leeds, LS27 7HX
tel: 0113 2564944 or 07973 450368
Sundays, 10.45 am

ILKLEY Friends Meeting House
Queens Road, Ilkley, Leeds, LS29 9QJ
tel: 01943 600 806 or 01943 601181
Sundays, 10.30 am

ADEL Friends Meeting House
New Adel Lane, Leeds LS16 6AZ
tel: 0113 2676293
Sundays, 10.45 am

CARLTON HILL Central Leeds
Friends Meeting House
188 Woodhouse Lane, Leeds,
LS2 9DX
tel: 0113 2422208
Meetings for worship:
Sundays, 10.45 am

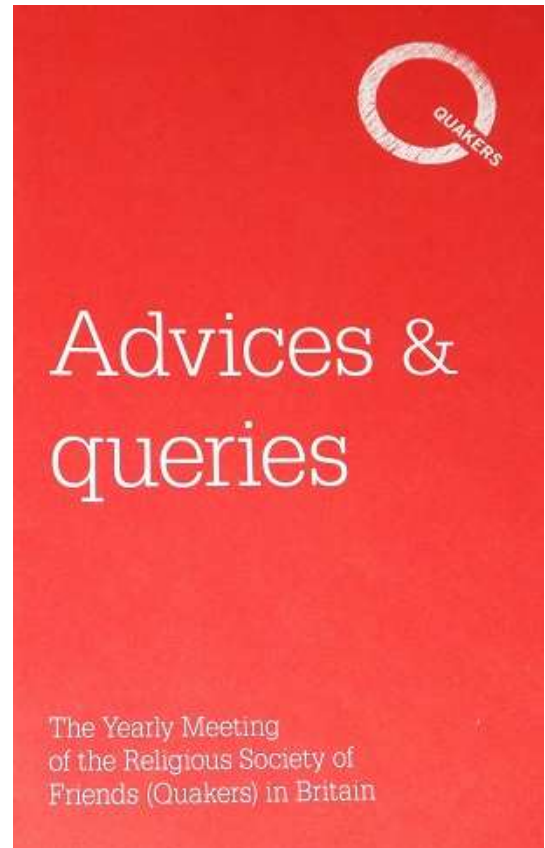
ROUNDHAY Friends Meeting House
136 Street Lane, Leeds, LS8 2BW
tel: 0113 2933684
Sundays, 10.45 am

OTLEY Friends Meeting
1st and 3rd Sundays each month at 10.45
in The Court House, Courthouse Street, Otley
usually in The Robing Room
Enquiries: 0113 318 8084, dmr@cooptel.net

RAWDON Friends Meeting House
Quakers Lane, Rawdon, Leeds,
LS19 6HU
tel: 07582 960092
Sundays, 10.45 am

LEEDS UNIVERSITY
Tuesdays, 1.05pm
In Claire Chapel

Bedford Court
First and third Wednesdays,
10.30 am



Please send any submissions for Next month's issue of the Quiet Word to quietword@leedsquakers.org.uk. The Quiet Word is available online from www.leedsquakers.org.uk/activities/aquietword

February

Peace Museum Exhibition to March 2016 Basque Children in Yorkshire in 1937 - [see poster](#)

Tuesday 2nd 7.30pm Leeds Quaker **Bible Study Group** at Carlton Hill QMH

Thursday 4th 6pm to 7pm Meeting for Worship at Carlton Hill

Tuesday 9th 6.15pm refreshments 7pm to 8.30pm **discussion Quaker Faith & Practice** at Carlton Hill QMH

Sunday 14th 1pm to 4.15pm **Leeds Area Quaker Meeting** to be held at Ilkley QMH. Topic Israel and Palestine.

Tuesday 16th 7.30pm Leeds Quaker **Bible Study Group** at Carlton Hill QMH

Tuesday 23rd 6.15pm refreshments 7pm to 8.30pm '**Sustainability**' at Carlton Hill

Saturday 27th 10am Light Group at Adel QMH - this is a guided meditation and all are welcome to attend

Saturday 27th - **say NO TO TRIDENT - national demonstration**, Trafalgar Square, London supported by Quakers. Leeds Coach pick up 7.15am, Yorkshire Playhouse, Playhouse Square, Quarry Hill, Leeds, LS2 7UP **Book online** at www.yorkshirecnd.org.uk £25.00 or low waged £15.00 and unwaged £5.00

March

Tuesday 1st 7.30pm Leeds Quaker **Bible Study Group** at Carlton Hill QMH

Thursday 3rd 6pm to 7pm Meeting for Worship at Carlton Hill

Tuesday 8th 6.15pm refreshments 7pm to 8.30pm **discussion Quaker Faith & Practice** at Carlton Hill QMH

Tuesday 15th 7.30pm Leeds Quaker **Bible Study Group** at Carlton Hill QMH

Tuesday 22nd 6.15pm refreshments 7pm to 8.30pm **discussion on Easter** at Carlton Hill

Friday 25th 10.30am Meeting for Worship followed by Coffee Morning at 11am at Carlton Hill QMH (stc)

Friday 25th to Monday 28th Easter Settlement 2016 at Cober Hill Guest House, Scarborough. This is a gathering of friends of all ages the theme is 'Building a confident Quaker voice' with the weekend being led by Arthur Pritchard. Contact Chris Petrie (01729 822677) or chpetrie@btinternet.com

Saturday 26th 10am Light Group at Adel QMH - this is a guided meditation and all are welcome to attend

Testimony to the Grace of God as seen in the Life of Elizabeth Sestini 28.5.1935 – 25.1.2015

Elizabeth was born 28th May 1935 in Yorkshire and educated in Huddersfield. She graduated at Liverpool University with a BA in Social Studies. Awarded an English Speaking Union Fellowship and a Fulbright Scholarship for graduate study she spent a year at Smith College Massachusetts. Later work in Chicago included working with immigrants at the Municipal Courts. When in Sudan she met and married Dr. Julian Sestini and in 1961 they travelled to Brazil where Elizabeth taught at an American School. In 1962 they moved to Florence where she spent several years as a private tutor in English before moving to Detroit in 1965. 1968 saw her moving yet again to Leeds where various teaching jobs followed. In later life she circumnavigated the world at least once and loved travelling, having a great curiosity to learn from local people and their cultures.

From 1970 she worked with the School of Education at Leeds University, first as a Research Assistant and later as a Project Officer, obtaining an M.Phil in Maternal Values and Modes of Communication in 1975. Later at Bretton Hall, she became a popular lecturer in Early Years Education, and instigated multi-media publications which were sent all over Europe for Primary School Teachers. By now her family included two sons André and Adrian and they were close to her brother Charles and his family.

Elizabeth had worked as a volunteer for the American Friends Service Committee in Chicago, after which she felt a spiritual affinity with Quakers. In 1979 she was welcomed into membership in Leeds, in Carlton Hill Meeting. Whilst she lived in Headingly she kept “open house”, sheltering people sometimes to her own detriment, but never complained as she was always generous with her time, money and help. Children especially delighted in her house and large garden.

She spoke little about religious belief and one Friend described her position as ‘eclectic’. She enjoyed a wide variety of forms of worship, and supported Otley Friends in activities with Churches Together in Otley, after she moved there in 2004. She was passionate about social justice and her urgent wish to ‘mend the world’ had led her to feel at home among Friends. Elizabeth was an inspiration to Otley Friends and attenders in her readiness to speak out about anything that she thought was wrong. A strong socialist, she worked hard in the Labour Party and inspired others to do likewise, both in Leeds and Otley.

For some years she had been having medical help because of severe heart damage, which she bore lightly, having refused a lung heart transplant because she



thought it should be given to a younger person. This meant that she relied on oxygen therapy each night. Being diagnosed with extensive cancer, she bore that lightly too, and just set about organising her funeral, right down to the smallest detail, so that her memorial service was a true celebration of a very full life. We were all so thankful that Elizabeth not only enjoyed the companionship of her elder grandson Roberto, but also lived long enough, despite medical predictions, to welcome Luca into the world.

Elizabeth questioned us, challenged us and her generosity of spirit was inspirational. As in Britain Yearly Meeting Epistle of 2015:

“We are reminded that willingness to act on what we are individually passionate about is foremost to any movement forward, we must ask the awkward questions and object strongly and intuitively when things are unfair and unjust.”

“Faithful attention to our leadings, worship and discernment will lead us to find the right way. We can’t do everything but we can all do something”.

Elizabeth, by the Grace of God, certainly did that.

Otley Quakers 2015

The Light Group

The 'Light Group at Adel Quaker Meeting House' meets at 10am and finishes sometime before noon. It is a guided meditation and all Leeds friends are invited to attend.

Sat **Feb 27th**,
Sat **Mar 26th**,
Sat **April 30th** &
Sat **June 4th**

Rawdon Update

Things are changing at Rawdon Quaker Meeting House. The biggest change has been the removal of the 'partition' which at one time divided men and women – thankfully, Rawdon Friends no longer keep this tradition, but being a listed building, the inspectors also had to be convinced that the change could be made. Now with the partition removed, the seating has been rearranged in what has become the 'modern style' ie with seating around the centre point of the room as opposed to the historic layout of facing the 'Elders Bench'. Other changes to be implemented in the near future will include a new Meeting Room carpet, some chairs which will augment a reduced number of benches and for what might be seen as the most important change, a new improved heating system!



Report from the Leeds Jewish Quaker Dialogue Group for Leeds Area Quaker Meeting

Evolving and seeking Balance.

The Leeds Jewish Quaker Dialogue Group has continued to meet, alternating between Jewish and Quaker venues. Since the group started to meet in 2012 our meetings have been interspersed with activities: co-hosting the play *Karen's Way*, a showing of the film *Children of the Holocaust* and two relevant videos, each followed by illuminating discussion. These events have taken place against a background of disquiet in the Middle East, creating increased division and distress between Israelis and Palestinians, and with little sign that international diplomacy is bringing a sustainable peace to the region.

We are aware that there are continued frustrations with perceptions of unbalanced reporting. Support of Palestinians or criticism of the activities of the State of Israel are easily perceived as helping to support and even engender anti-semitism. Other issues may go unreported such as the plight of Palestinians outside Israel and the equal rights given to all religions and lifestyles in Israel.

Dialogue, bringing people together, is essential.

The dialogue group would commend to LAQM the following:

1) To discuss the concerns raised by the group and the detrimental effect that the Minute passed by Meeting for Sufferings on the boycott of goods from Settlements in the Occupied territories (in 2011) has had on Jewish-Quaker relations.

2) To encourage all parties to refrain from using inflammatory language that divides rather than builds bridges of understanding. We have become aware that sections of the Hamas Charter deny the State of Israel's right to exist. We ask that when making any further statements at Meeting for Sufferings or Britain Yearly Meeting about Israel / Palestine, this is also taken into consideration.

3) To welcome steps to draw attention to the work of peace groups and individuals active in Israel and Palestine.ⁱ

4) To facilitate dialogue between groups present in the Leeds area who need to build bridges because of divisions in relation to Israel and Palestine. Mutual fear needs to be understood and moved towards love and compassion. We ask for encouragement and support to make this happen.

This report was prepared at a meeting of the Leeds Jewish Quaker Dialogue Group on. Thursday 21st January 2016

i There are many active peace groups in Israel and Palestine, including Fighters for Peace and Windows for Peace. These groups are not yet "mainstream" and may benefit from whatever support we can give them. We seek ideas on how this can be achieved

Easter Settlement 2016 : Building the confident Quaker voice.

For over a hundred years Yorkshire Quakers have come together over the Easter period to spend a few days living in an all age Quaker community. While there have been numerous changes the basic content of the time spent together has remained similar with periods for worship, sessions considering particular topics of interest to Quakers, outdoor walks and social activities. As Local Meetings have tended to reduce in size the Easter Settlement experience has become richer, providing a community dynamic that many individual Quaker Meetings can no longer provide.

Each year there is a different theme, led by one or more invited speakers. The theme usually allows learning, discussion and exploration of something relevant to Quakers living in the world today.

Easter Settlement has for some years been based at Cober Hill, Cloughton near Scarborough. There is accommodation for around 90 people depending on how the rooms are used.

There are a number of twin rooms so asking people coming on their own to share makes it possible to accommodate more Settlers.



Recent years have seen a subsidy from Quakers in Yorkshire to encourage families and younger people to come. Overseers should note that this is a good occasion for encouraging Attenders, especially those with families.

A small committee plans and makes the arrangements for Easter Settlement with the programme being made available in January each year.

Early booking is advised because once all the accommodation is full the only option is attending as a day visitor.



2016 Easter Settlement will be held from **25-28 March 2016** (Easter Weekend). There is the option of staying on until Tuesday 29 March. Theme: Building the confident Quaker voice. For further information contact: Chris Petrie (01729 822 677) chpetrie@btinternet.com or use the booking form at <http://quakersinyorkshire.org.uk/activities/easter-settlement/>

Quakers in Yorkshire Gathering was held at Leeds on 16 January 2016 and well over one hundred friends from across Yorkshire were able to attend.

Reaching Out: A year ago there was no Junior Holiday committee in place, but thankfully, the U19's Group helped ensure that volunteers were recruited so that the Barmoor weekend happened for 17 children who had an excellent time with spooky walks and hot chocolate featuring. There are plans for a junior holiday at Barmoor in 2016 and also a junior event at the same time as Holiday School which was wonderful news.

The 82nd Yorkshire Friends Holiday School, was held in August at Bootham School on the theme Live and Learn. There were 14-15 staff and about 70 young people present: external speakers in the morning, nest groups in the afternoons and social activities in the evenings, and a fancy dress finale on the final evening were but some of the highlights.

Easter Settlement 2015 was also a success with over 60 settlers. The theme was Food for Change and the activities were led by Geoff Tansey. The children at the weekend made a delightful video showing many of the activities and this was shown to the gathering and much enjoyed by all that viewed it.

During the lunch break there was a short **Peace Vigil** outside Leeds Town Hall



In the afternoon we heard about **Breckenbrough School**, the only Quaker Foundation Residential Special School in the United Kingdom which is located in North Yorkshire. Breckenbrough caters for boys of average and above average ability with a range of learning and behavioural difficulties, mostly autism and Asperger syndrome. It is completely state-funded. Entrants generally have the potential to be high academic achievers: the emphasis is on academic achievement but also on social skills. Many go on to further education. Pupils may be admitted at any time of the year; at present there are about 55 boys of whom 15 are boarders. There are few special schools in the state system; some boys will already have been to a state facility but may have learned to adapt their behaviours in their own way. Each has complex relationship issues. Parents wishing their sons to go to Breckenbrough need to be aware of the long, arduous process to get in.

Amongst the school staff there are two attenders but no Quaker pupils at present. However, committee members are Quakers and Graham informed us how they uphold Quaker principles. Conflicts are approached through a conflict management approach, using restorative justice which involves both the perpetrator and the victim; there are few set punishments and sanctions; 'that of God in everyone' is a principle that staff uphold in their dealings with pupils; equality is talked about and promoted and each young person is valued; first-name terms are used throughout the school. There are a lot of non-academic activities which develop social skills.



Building young people's confidence and encouraging them to feel valued are major aims as well as gaining academic achievements. Opportunities are being sought for occupational therapy to be part of the educational process at Breckenbrough to enhance this approach. Funding will be needed for this. There is a demand now for more places for day pupils and for the school to cater for a wider range of behavioural difficulties. Both these require some adjustments in provision.

The short video 'Breckenbrough a World of Difference' focused on a range of activities that are offered, and featured a number of men who had been pupils at Breckenbrough, having come from very problematic backgrounds, including the very first. "It does work," they said. All reflected on the positive memories they have.

See <http://www.breckenbrough.org.uk>



Circles of Support and Accountability were introduced to us by Tammy Banks, Chief Executive Officer and Denise Cann, Trustee and Circle Volunteer, who have spoken to us of the work of Yorkshire, Humberside and Lincolnshire Circles of Support and Accountability (YHLCOSA).

In cooperation with prisons, police and the probation service, Circles of Support recruit volunteers who form Circles around 'core members' who have been released from prison. The aim is to substantially reduce the risk of future offending by supporting offenders ('core members') who are committed to not reoffending and to assist them reintegrate into the community. The Circles offer practical support, a space to talk about their past and an opportunity for them to be held to account for their current behaviour. They make the community safer. All volunteers come from the 'No More Victims' angle.

The Circles idea originated in Canada in 1994 amongst Mennonites and attracted the interest of Quakers. Following a series of pilot projects in the UK, YHLCOSA (originally just Yorkshire and Humberside) started in 2011. Statistics from Canada indicate that there was a 70-83% reduction in recidivism (5 year study). Since it started, YHLCOSA have had 64 circles and only one sexual re-offence.

Risk factors for core members are emotional loneliness and social isolation. Circles give men a chance to form stable relationships with adults. A key concept is that a core member is part of the Circle community, which gives him the confidence to feel he can be part of the general community. Training of volunteers (of whom there are currently 142) is very rigorous and is on-going. In 2015 there were 30 Circles. Trustees include a large number of Quakers.

Amongst achievements in 2015, YHLCOSA was approached by the Catholic Church to set up some Circles; they are running some Deniers' programmes and have a partnership with another similar organisation.

YHLCOSA has grown steadily, covers a very big geographical area and is one of 15 Circles projects throughout the country. It is operating on its reserves at present. There is a potential discrepancy because some communities are approaching the organisation to work with them, and while the trustees and staff wish to respond, the current funding is dictated by statutory agencies. Locating funding which will enable the organisation to maintain its autonomy and adhere to its principles is paramount. Another aim is to diversify the volunteer base.

Denise Cann has been a volunteer for 3 years. As a prison visitor, she had heard about Circles at a conference addressed by Helen Drewery of QPSW and was instantly interested in becoming a volunteer for Circles. The core members with whom Denise has been in contact come from a great diversity of backgrounds – but their needs are very similar. She took us through the process of establishing a Circle with the great challenges that that involves for the core member. She also told

us of some success stories. Frustration and fun are regular components for Circle members!

These were both engaging reports and for illustrated to us the way in which the original Quaker principles which gave rise to Circles are upheld in this difficult area. More details are available at <http://yhlcosa.org.uk>

Gildersome Update

Following from the December visit of Carlton Hill friends to Gildersome by electric car as reported in the January QW, the visit was repeated in January, with five 'weighty Friends' enjoying worship with Gildersome friends. The trip was memorable for a number of reasons, firstly it established that the all electric 'Leaf' car was very happy to

accommodate a 'weighty' load, secondly, the greeting from Gildersome friends was very warm and thirdly, the friends left a permanent mark in that they were able to help Gildersome friends by fixing the notice board to the gates so that the Meeting House can be better advertised to the local community (previously, the notice was only put out on Sundays).



Saturday 27th February.....



LEEDS TRANSPORT

LEAVING 7.15AM
FROM £5 (RETURN)

MARCH AND RALLY
Saturday 27 February
12 noon, London

STOP TRIDENT
DECISION TIME 2016



Book your ticket at www.yorkshirecnd.org.uk

Dementia Friendly Meetings

On 10.1.16, Carlton Hill meeting hosted a session for over 30 Friends, led by Gwen Oates, an Alzheimer's Society Dementia Friends Champion. (See The Friend 22.1.16 page 5.) The society's target – achieved last year - was to recruit 1 million Dementia friends. Aims of the project? Challenge stigma; raise awareness and support people with dementia to live as well as possible.

We were asked to say words that came to mind when thinking about dementia: words about loss, fear and disorientation dominated. There were no words that suggested positive feelings.

5 key messages were stated and reinforced through a game.

1. Dementia is not a natural part of aging.
2. Dementia is caused by brain disease.
3. Dementia is not just about losing memory – may impact on visual perception.
4. It is possible to live well with dementia.
5. There is more to the person than dementia. It is helpful to build on strengths.

An image: we all have two bookcases – one where the books represent feelings and emotions; the other where the books represent facts, logic and reason. Around the time dementia is diagnosed the shelves have wobbled with “books” on the top shelves falling out, leading to gaps, loss of knowledge and skills plus sometimes being flooded with feelings of fear and sadness. We may find ourselves in – for example – in 1950s functionality. The electric kettle may get put on the gas hob.

Gwen then had four volunteers who were all given character cards (all with dementia diagnoses) and asked to stand in a line and move forward (or not) as they responded to situations she described. The learning from this exercise was that people will be at different stages, deal with similar problems and challenges differently and perceive the world/ be perceived very differently.

We moved into discussion about experiences of dementia – hearing the views of Friends with dementia / related diagnoses and the experiences of carers, friends and neighbours. It was strongly felt that work undertaken by meetings in this area must listen closely to the experience of Friends with Dementia. Gwen fielded many questions about the physical changes brought about by dementia and recommended the Brain Tour on the Alzheimer's Society website – see link below. She told us about dementia cafes – see link below. We began the education process to think how we might help Friends with dementia to find ways round problems and reduce agitation when faced with challenges. We heard about Singing for the Brain – an Alzheimer's Society initiative - from Friends who were finding this a very helpful and enjoyable activity.

In discussion after the meeting Gwen flagged up an important checklist which would assist anyone wanting to consider how changes to the physical environment might

assist someone with dementia deal with the impact of perceptual problems – see link below. This may be helpful for Friends involved in Property and Planning issues.

The session closed with a vote of thanks to Gwen who had given out dementia friend badges to participants and information about how to follow up their interest. In counterpoint to the bleak descriptive words about dementia at the beginning of the meeting, one participant gave a lively, glowing description of a friend with dementia wrapped up in intense enjoyment of music. Untroubled by losses and living fully and gloriously in the moment.

Resources: suggested by participants and by Gwen in informal discussion.

Still Alice – novel by Lisa Genova (2015). Also the film of the same name.

Dancing with Dementia – an account of her own experience of dementia by Christine Bryden (2005)

Dementia – the one stop guide, by June Andrews (2015)

http://www.dementiaaction.org.uk/local_alliances/2892_leeds_dementia_action_alliance

<http://www.dementiaaction.org.uk/resources/environments>

http://www.dementiaaction.org.uk/resources/environments/5031_dementia_friendly_environments_checklist Based on work by Innovations in Dementia, this simple checklist looks at physical features such as signage, lighting, and more to assess small changes in your organisation's public spaces which may make a positive difference to your employees or customers

<https://www.alzheimers.org.uk> for fact sheets and information about dementia friends.

<https://www.alzheimers.org.uk/braintour> for information about what happens to the brain when dementia develops.

https://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=760&pageNumber=2 for information about Singing for the Brain.

www.leedscommunityhealthcare.nhs.uk/document.php?o=4474 and click on the 2014 pdf tab at the bottom of the screen for info about dementia cafes in Leeds.

Bob Davidson – Rawdon Meeting
