



May 2019

Scottish Friend



The Meeting House, Brussels.



Welcome Friends to the May edition of the Scottish Friend. Comments and suggestions would be welcomed. When sending in contributions, please note your LM. It would be nice to hear from young Friends, maybe about your hobby, story, a photo of your pet or even a drawing or painting. Anything of interest!
In Friendship Sila

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Scottish Friend is distributed by Marion Sharkey

Please send articles as an **editable attachment** to silartist100@gmail.com or typed or hand-written to 27 Creag Dhubh Terrace, Inverness IV3 8QG to arrive five weeks before GM, i.e. by **10 August 2019**. If you submit **images**, please ensure that they are about 1Mb in size. Any captions provided with your images should be short!

Scottish Friend will be posted on the GM website and can be emailed to you at the same time as it goes to the printer. If you would like an email copy instead of a paper one, please email scotfriends@gmail.com to let Marion Sharkey know. You are strongly encouraged to do this, in view of escalating postage costs – and you get the photographs in colour as an incentive!

*Published by Quakers in Scotland, 01382 730 842
quakerscotland.org.uk (British website: quaker.org.uk).
Printed on recycled paper by
Print Force, Milngavie, 0141 956 1052.*

CONTENTS

General Meeting for Scotland, Glasgow, 9 March 2019	
Pam Apted.....	4
Quaker Council for European Affairs Study Tour	
Robin Davis.....	8
Quaker Peace and Social Witness Spring Conference	
Alastair Simmons.....	11
Making light work	
Carolyn Burch and Richard Raggett.....	17
Conscience Matters	
Alison Burnley.....	21
Cromarty Peace Group News Release.....	22
Area Meeting, Old Boys' School, Inverness.....	24
Quaker Life Workshop	
Sandy McEwen.....	25
Being GM Treasurer	
Nigel Dower.....	26
Newsround.....	28
Thanks	
Robert Wilson.....	29
Calling for GM for Scotland	
Adwoa Bittle.....	30

<p>The opinions expressed in this publication are those of the writers and not necessarily the opinions of the Society of Friends in Scotland, Britain or elsewhere.</p>
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**General Meeting for Scotland, Saturday 9 March 2019.
Pam Apted Dundee Meeting.**

On a wet and blustery day over seventy Friends from across Scotland gathered at Glasgow Meeting House. While the rugby teams of Scotland and Wales were battling it out at Murrayfield we met in a more friendly fashion, our task being no less challenging, namely to address the question: How do we liberate ourselves to focus on spiritual growth, community building and witness in the world?

This concern was originally raised by North Scotland Area Meeting (NSAM), concerning the very real difficulty in finding people to fill essential roles. Much work and discernment has been done, including a Listening Project carried out by NSAM, to seek the views of Friends. Discussions have been held, including those last year with Paul Parker, Recording Clerk, and Jonathan Carmichael, coordinator of the Simpler Meetings Project.

We were pleased to welcome back Paul Parker and Jonathan Carmichael, as well as Sandra Berry, Director of Woodbrooke and Chloe Staley, an intern working with Paul.

Our opening worship started with a reading from the publication 'Our faith in the future', it hopes for...

“...a future where Quaker communities are loving, inclusive and all-age. All are heard, valued and supported both in our needs and our leadings. Everyone’s contribution is accepted according to their gifts and resources. All are welcomed and included. There are clear and effective ways of working together on shared concerns. Fellowship and fun strengthen the bonds between us, enhancing a loving community.”

Paul Parker advised that the difficulties faced by NSAM are not uncommon; society is changing and we are having to adapt to

new challenges. There are changes in demographics; in people's working patterns; in the decrease of families worshipping together and the increase in single Quakers in households; there are more complex regulations and issues with the use of technology and more challenges for young adult friends trying to stay connected.

Conversations about change are going on across the country and Paul urged us to:

“Live adventurously. When choices arise, do you take the way that offers the fullest opportunity for the use of your gifts in the service of God and the community? ...”. A&Q 27.

Living adventurously can be scary, but exciting too; Paul encouraged us to be open to change and to avoid the ‘Quakerly art of squashing’ (in the nicest possible way!).

We need to understand our past and value our Quaker heritage, we need to consider why we do what we do, what is it about our structures and discipline that have worked well for Quakers? What can we do differently, what should remain the same? Early Friends were driven, bold and courageous, can we be too?

Coming to Meeting for Worship can have a transforming effect on our actions, we are challenged and called to account; being a Quaker has never been easy.

We were reminded of the practice of coppicing, where young tree stems are repeatedly cut down, leaving the living tree stump; new growth emerges and is ready to be harvested again, whilst the heart of the tree remains alive.

There has, for example, been new shoots with the resurgence of new groups of young people, with gatherings that do not always look like traditional Quaker Meetings; we can learn from each

other; young people often have to manage with a quick turn over of staff – what can that teach us?

What are our gifts? Here in Scotland we have a strong sense of community, we are willing to travel great distances to be with one another; we have close friendships and good relationships with other faiths, we have a passion for great causes and a history and tradition that people respect, we can build on this.

We were reminded of the joy that service can bring; the opportunities for growth it can offer. Nominations can be exciting but Friends do not always need to wait to be asked. Sometimes we fear that we won't be up to a task only to discover that it brings unexpected joy and new openings.

Jonathan Carmichael, working on the Simpler Meetings Project acknowledged that there was a huge variety in the way different meetings do things. Friends can have perceptions of barriers to innovation that are at times unfounded; we need at times to find creative ways to solve issues.

Jonathan presented us with a 'Menu for change' a list of possibilities area meetings and local meetings could use in response to pressures on them and their role holders. There are no easy solutions but central was the need to invest in our communities, through learning, understanding and sharing, including fun activities and shared projects. (An excellent example of this being a new publication from West Scotland Quakers titled 'the things which are eternal', where they speak personally about Prayer, Quaker discipline and the testimony of Simplicity).

It was clear how much Friends valued Woodbrooke. Sandra Berry described how Woodbrooke was originally set up as a one year experiment, realising from the beginning that many people would not be able to travel there and therefore setting up

correspondence courses. Now it offers many different ways to access learning, including on-line courses. One of the most popular of the Woodbrooke-on-the-Road courses is 'What can we do with what we have got?'

How we move forward is a discussion that will be on-going, it was clear that we care deeply about our meetings and our worshipping communities; we were reminded of QF&P 10.11

“It was said of early Christians, ‘Behold, how they love one another’. Could this be equally said of us?...Our extreme busyness and the pressure and tension of modern life, make it at once more necessary and at the same time more difficult that our meetings should become living and loving communities” June Ellis, 1986.

Travelling home, I passed a couple arm-in-arm, he wearing a Scottish scarf, she a Welsh one, laughing, still friends. ■

Faith into Action:

“We strive to practise peace in our own lives, both as individuals and as a community. A key element for Quakers is that we seek to live what we believe. Our work on peace is rooted in the Quaker testimony to peace and to equality.” A Quaker view on...

**Quaker Council for European Affairs (QCEA) study tour 26 –
31.3.2019 (run jointly with Woodbrooke).
Robin Davis**

This was the largest study tour ever run by QCEA, and was timed to coincide with the United Kingdom's departure from the European Union on March 29th. I wished especially to gauge how all that felt from the other side of the Channel, as well as to learn more about the various institutions that make up the European Union (EU). There were about thirty participants, two thirds of whom represented Britain Yearly Meeting. I was the only Friend from Scotland. The meeting took place in QCEA's elegant headquarters - Quaker House - in the heart of Brussels.

Andrew Lane, QCEA director, and Martin Leng, QCEA communications and fund-raising co-ordinator, working alongside Maud Grainger, Woodbrooke's Faith in Action tutor, gave us a thorough and fascinating series of experiences through talks, discussions and visits. As is happened, the UK did not leave the EU on Friday March 29th so a vigil planned for that evening did not take place. However, Woodbrooke organized one of their online Meetings for Worship for late evening that day; Friends from Britain and other European countries took part.

Visiting the huge glass and steel buildings which are the headquarters of the Commission, the Council and the Parliament, and hearing introductions on the work from extremely able and friendly staff, was a highlight of the week. We learnt how the Commission, that building outside which are sited the EU flags (28 at the time of writing) and where news reporters seem to be permanently on duty, is where officials carry out the core work of the EU. Here it was a young Romanian woman who introduced it to us (in excellent English of course). At the EU Council building, it was a senior official (British) who welcomed us into a room where we each of us sat a desk behind labels of the different countries. He explained what happened when ministers met to

discuss agriculture, fisheries, or other subjects. He stressed that the success of these meetings depended on members' negotiating skills and their willingness to compromise; the same occurred when it was the turn of heads of state and prime ministers. (Are the British any good at this?) In the Parliament building, an employee of the Parliament (also British) gave us an informal presentation on the make-up of the parliament and how it went about its business. We saw the debating chamber, or "hemicycle" (except it is more than half a circle as it had to accommodate 751 members), and were reminded that the Parliament also meets once a month in Strasbourg.

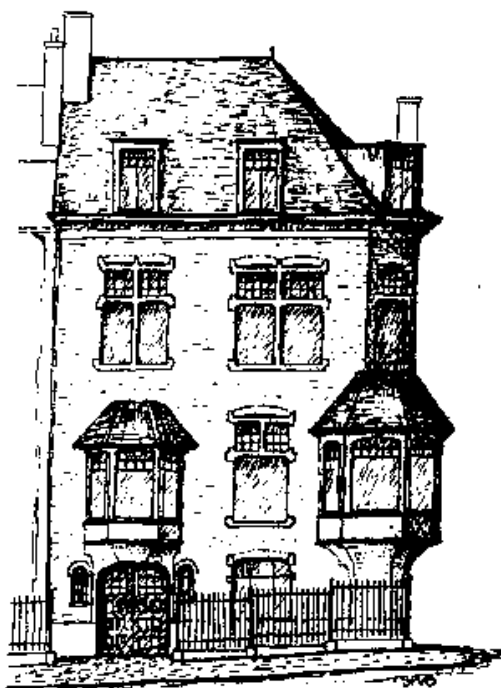
At Quaker House, we had a talk on Western European history from a local Friend, a general introduction to the EU by Martin Leng, and a presentation on the Council of Europe, which consists of 47 member states, stretching from Iceland to Russia, and maintains the European Court of Human Rights. QCEA is one of the international NGOs (non-governmental organisations) officially accredited to the Council. A local Friend who had been a senior EU commissioner gave an informal account of his work, primarily in Africa.

With all this, there was precious little time to hear about the normal work of the QCEA. However, we did hear about some amazing activity - mediation recently between young Serbs and Croats (they ended up good friends), a project called "helping the helpers" aimed at those who suffer trauma from the work they do helping asylum seekers and refugees, and general peace building initiatives. One current concern is countering "hate speech" by publicizing positive narratives, ahead of the European Parliament elections to be held at the end of May. This needs all the help it can manage.

Oh, and we even had time to sight see in Brussels, with some travelling out to Ypres to the monuments of remembrance there.

The fellowship was strong and we promised to keep in touch and to act as ambassadors for QCEA.

Does your meeting subscribe to the QCEA newsletter “Around Europe”? Does your meeting give to QCEA funds? Make its website one of your ‘favourites’. And go to Quaker House yourself. ■



HET QUAKER HUIS TE BRUSSEL

**Quaker Peace and Social Witness (QPSW), Spring Conference,
March 2019
Alastair Simmons (Inverness Meeting)**

‘Be patterns, be examples in all countries, places, islands, nations wherever you come’ George Fox

Introduction

I was one of around 100 delegates from right across the UK from Devon to Inverness (myself) who gathered for QPSW Spring gathering at the Hayes Conference Centre, Swanwick, Derbyshire.

QPSW is about turning Quaker Testimonies and Witness into practical action to create: a better, fairer, just and peaceful world, both here in the UK and abroad. They employ several members of staff assigned to different projects and are based mainly in Friends House, London.

QPSW key note speech talked about recognising and welcoming diversity, to promote equality but also fairness. Both to feel comfortable and uncomfortable in Meetings i.e. recognising what we are already doing in Meetings and the wider community but also doing things that we feel uncomfortable with and taking us out of our comfort zone. Another speaker talked about though Quakers are a relatively small organisation they can make other organisations feel uncomfortable by the Quaker idea of “speaking truth to power”

Workshops

There was a series of smaller workshop all looked really interesting, but you had to choose two.

- **Workshop: Climate Justice and Sustainability**

We first talked about what actions we were doing as individuals in response to the climate crises. I talked about my own experience of setting up a community orchard in Nairn to promote local food growing. Then we discussed what actions we could do as Meetings i.e. making the Meeting House is as green as possible. Finally broaden it into what actions we can do with the wider community. By having open meetings with the wider community:

Encouraging the disinvestment in fossil fuels, protesting against fracking and raising awareness of our environmental and economic impact.

Supporting campaigns through non-violent actions of the Climate Crises, such as the School Climate Strike (led by children) and the Extinction Rebellion. A video was shown of Greta Thunberg, 16 year old Swedish school girl, a leader of the School Climate Strike.

Recognising that climate justice is just as much about economic equality, through fair trade and the living wage. Also the fact that many of the effects of climate change are felt away from the producers of Carbon dioxide, talking about the recent Cyclone in Mozambique is most probably a result of climate change.

- **Workshop: Transformative Justice**

This looked at the whole issue of criminal justice looking at the present system and its failings by increasing numbers in overcrowded prisons, the spiralling costs of detaining people and putting people through the justice system.

Also facts like many female prisoners had suffered domestic violence before prison and many of the suicides in prison were the result of pre-existing mental health issues.

To looking what the causes of crime are and what are the alternatives. We discussed in small groups what alternatives we would like to see through transformative justice. Such as seeing prison as a health issue, early intervention, the need for healing and a debate about the philosophy of what prison is for and rehabilitation.

But not get caught up in idealism so we briefly discussed alternative systems, such as in Norway with a very low rate of reoffending, where offenders are supported after prison and the Violence Reduction Unit in Scotland, tackling violent crime in Scotland, with positive results.

Meet the QPSW staff

This was an open session where the staff made themselves available to answer any questions on their work and discuss issues and actions.

- **Ecumenical Accompaniers**

-

A chance to meet Friends involved in human rights work in Palestine and Israel, to simply observe human rights violations this included simple things like a Palestinian farmer unable to

get to his fields due to Israeli action or children unable to get to school. So the idea is Friends accompany local people in their daily lives in troubled areas and bear witness to human rights abuses.

- **Campaign Against the Arms Trade & Roots Of Resistance**

This was a chance to learn about the campaign to raise and demonstrate outside the large global arms fair in London in September, with the plan to have a big protest outside. Also raise awareness of British companies selling arms to war zones around the world e.g. to the Saudi Arabian government and their use in the Yemen war.

QPSW is also involved in:

1. Peace and Disarmament Campaigns
2. Peace Education (working in schools)
3. Sanctuary & Migration (working with refugees)
4. Quaker Housing Trust
5. Peaceworker Scheme (funded paid work placements in peace organisations)
6. Turning The Tide (Non-violence workshops)
7. East Africa (working on peace initiatives in the region)
8. Conciliation (Conflict resolution in troubled areas of the world)
9. Quaker United Nations Office

Open Discussion

A chance for any Friend or delegate to bring up an issue and have it discussed in small groups with other Friends. Topics ranged from the Far Right and racism to speaking from a position of vulnerability in Meetings.

Films

The evening entertainment consisted of various films such as *Pride* about the Gay Rights movement supporting the Miner's Strike in 1984

Also *The Imitation Game* about the pioneering work of scientist Alan Turing during the Second World War and his subsequent prosecution for homosexuality.

Epilogue

Consisted of us singing a group song, though not a normal part of Quaker Meetings, it brought people together at the end of a very long day.

Silences & Meeting for Worship

Also I appreciated the Quaker silences and Meeting for Worship throughout the weekend a chance reflect on often powerful testimonies.

Conclusion

One of the final remarks by one of organisers was a quote from Margaret Fell after a discussion with George Fox *"You will say, Christ saith this, and the apostles say this; but what canst thou say? Art thou a child of Light and hast walked in the Light, and what thou speakest is it inwardly from God?"*The full quote can be found in *Quaker Faith & Practice* 19.07

I found the weekend, rewarding and inspiring but quite tiring at times, but the Hayes Conference Centre had landscaped grounds and gardens and various quiet lounges where one could recharge. There was a great diversity of Friends of different backgrounds

and ages. At one time I was sitting between someone from Iran and Kenya, to feel a part of a wider network of Friends outside of Area Meeting. Sadly only a handful of Scottish Friends present. Overall a very positive experience and would recommend attending to Friends.

More Information

More information can be found on the website, with a very good introductory leaflet to download.

<https://www.quaker.org.uk/our-organisation/our-structures/quaker-peace-and-social-witness-central-committee>

Helen Drewery

General Secretary QPSW

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24.01 I told [the Commonwealth Commissioners] I lived in the virtue of that life and power that took away the occasion of all wars...I told them I was come into the covenant of peace which was before wars and strife were.

George Fox 1651

Making light work.

Carolyn Burch and Richard Raggett

Sometimes light works in mysterious ways. I still have a cassette tape of my mum relating how Hungarian refugees were made welcome by faith groups in York where she was a young teacher in 1956. And on my desk now, I have a planning folder for 'Cycle against Torture 2019' – a bike ride from Hastings to Edinburgh taking place over the month of July to raise funds and awareness for Freedom from Torture, a UK charity dedicated to helping torture survivors – almost all refugees and asylum seekers – to rebuild their lives. But the Quaker ray of light that connects these two is a very refracted one...

... Its origin is several generations back, through my mother's (Hirst) Quaker family in Yorkshire. I grew up knowing that my maternal grandfather had served in the Friends' Ambulance Unit in the First World War and that his conscientious objection led to white feathers being 'given' to him in his home town of Doncaster. Roll on 60 years from his quiet witness, and I'm in the 6th Form at The Mount Quaker school; although I grew up in a Methodist Manse my mother was determined to include Quaker influence in my upbringing. At this stage I'm afraid I was not remotely interested in Quakerism or any 'religion' for myself, and although I was seriously interested in human rights I didn't make any link in my mind between the two. The ray of light was at work, though, because it was thanks to Joyce Blake, head of The Mount (and an extraordinary Quaker activist), that I was able to take up the study of Russian which led to my first job working on the rights of religious believers in Communist countries.

Roll on another 15-20 years and I'm a regular attendee at Stansted Mountfitchet (Essex) Quaker Meeting, a connection which started as a parent-pleaser but became – finally! – of true value to me and to my husband Richard too as we reached our

40s. Thank you to Friends there for refracting that ray of light in our direction! Then, an acquaintance through Richard's work introduced us to Freedom from Torture's holiday hosting scheme, whereby supporters of the charity offer a holiday to torture survivors. Great care is taken to ensure that the client is ready for such an experience and to match the hosts to the guests as thoughtfully as possible. We started taking part in this scheme and met the most inspiring individuals, from Iraq, Democratic Republic of Congo, Sri Lanka and Turkey. When we first met them, each of these people was friendly but quite reserved. We have stayed in touch with all but one, and they have visited us in Cornwall and then in Scotland. All of them have changed remarkably over the course of the years, as their real personalities recovered, like lopped trees re-growing (something else that needs light and warmth!).



These encounters made a great impression and led us – two very leisurely cyclists – to cycle around Devon and Cornwall to raise funds for Freedom from Torture. The idea became a clear plan while we were Friends in Residence at Pendle Hill (Philadelphia) in autumn 2016, an incredibly timely and inspiring experience for us as newly retired Friends and a time when that refracted ray began to point ahead more clearly.

We lived in North Cornwall but our local Meeting House was over the border in Tavistock, Devon, so our bike itinerary, in May 2017, visited almost all the Meetings in the two counties and we had a most generous welcome and support from Friends from Barnstaple to Penzance. They say the light is wonderful down there – it is, and it kept us pedalling even if it didn't quite make light work of those Devon hills.

Since moving to Crail, we've joined St Andrews Meeting and met other FfT holiday hosts. We also joined the nearest (Edinburgh) Freedom from Torture Support Group, and suddenly found ourselves to be 2 of a team of 3 organising another cycle ride for FfT: 'Cycle Against Torture 2019'. This is a much more ambitious ride than our Devon and Cornwall one, and we can't contemplate cycling all 865 miles from Hastings to Edinburgh, as the lead organiser is doing. But we'll be cycling at least 3 of the 19 stages, including the two final Scottish ones, and we'll be following the whole ride in a campervan with bikes at the ready, helping to make things happen at stopping points. There are major events in cities where there is a Freedom from Torture Centre (London, Birmingham, Manchester, Newcastle, Glasgow). Quakers are involved all along the way, helping with accommodation, lifts and meals, as well as hosting talks and theatre performances (the Quaker Journeymen Theatre's 'Feeding the Darkness'). It's a big project but Friends are truly helping to 'make light work' of it all. In Scotland the ride and related events are as follows:

23 July (Tuesday) Stage 15, Wooler to Melrose.

24 July (Wednesday) Stage 16, Melrose/Tweedbank Station to Biggar.

25 July (Thursday) Stage 17, Biggar to Glasgow.

On 26 July (Friday) in the afternoon the Freedom from Torture Centre at The Adelphi Centre, 12 Commercial Road, Glasgow G5 0PQ, is holding an open afternoon for information, the chance to meet with supporters, staff and clients, and tea.

On 27 July (Saturday) the day starts with a photo-shoot and an informal, led short easy ride starting at the FfT Centre; the team then rides Stage 18, finishing at the Falkirk Wheel.

28 July (Sunday) the final Stage, 19, from the Falkirk Wheel to Edinburgh, finishing with a celebratory meal at the Sikh Temple in Leith.

Note: 26 JUNE is The United Nations Day Against Torture. Sandra White MSP is hosting a reception in the Scottish Parliament building that evening. This date is just before the start of Cycle Against Torture 2019 (1-28 July). We will hold a launch photoshoot outside the Parliament building, for cyclists and supporters, at 5pm. If you are near enough and would like to come and show your support, we would be really delighted to see you.

For full information on Cycle against Torture 2019 please see <https://edinburghfft.org/cycle2019/> or contact the organisers on cyclefft2019@gmail.com. You can support Richard and Carolyn or other participants, on the JustGiving page:

<https://www.justgiving.com/companyteams/cycle2019>

Freedom from Torture helps torture survivors rebuild their lives. Since 1985 when it was set up, more than 57,000 people have been referred for help. Its staff and volunteers provide medical and social care, psychological and physical therapy and medico-legal reports to support asylum appeals. Freedom from Torture educates the public and decision makers about torture and its consequences, and strives to ensure that the UK honours its international obligations towards survivors of torture, asylum seekers and refugees. The main treatment centre and administrative HQ is in London, with other centres in Birmingham, Glasgow, Manchester and Newcastle.

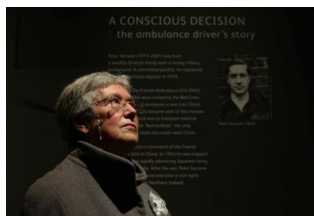
Conscience Matters.

By Alison Burnley, South Edinburgh LM.

National War Museum, Edinburgh Castle. Admission Free.

Friday March 8th 2019- Sunday January 26-2020

The exhibition explores the little-known story of British Conscientious Objectors of WW2, along with some of the reasons why some refused to take up arms and how such refusals were perceived by society. It draws on the testimonies and experiences of individuals who were required to appear before a tribunal to provide evidence of why they wished to be exempt. People objected for a variety of religious, political and humanitarian reasons and became known as Conscientious



Objectors. The exhibition will feature paintings, music, letters, diaries, poems and speeches made by conscientious objectors in Britain during WW2. Two exhibits are from the time that Peter Tennant was in the China Unit of the Friends' Ambulance Unit (FAU). Peter

was the father of Alison Burnley and grandfather of Adwoa Bittle our GM clerk.

Tracing the stories of conscientious objectors, including Scottish author Fred Urquhart and poet Edwin Morgan, the exhibition will examine the application process and reasons people had for opposing conscription.

If you wish to see the exhibition at the War Museum at Edinburgh Castle and don't have a Historic Scotland card; you can ring Dorothy Kidd on 0131 247 4076 or: contact nms.ac.uk/consciencematters. Give her your name and those of others wishing to go and the date and time you are planning to attend. ■

Cromarty Peace Group



NEWS RELEASE

Friday 3rd May 2019

This morning at 11.30am a Service of Thanksgiving took place at Westminster Abbey in London. Church of England clergy led the service to give thanks for fifty years of Britain's seaborne nuclear weapons.

One senior Anglican clergyman not present at the Abbey was The Most Revd. Mark Strange, Primus of the Scottish Episcopal Church. Instead he was in Cromarty, at a Vigil for Peace organised by Cromarty Peace Group. At the vigil, Bishop Mark reiterated his opposition to nuclear weapons. He has repeatedly stated that he is against a nuclear arsenal and would seek to have the reality and the potential for such weapons removed from Scotland and hopefully the world.

Cromarty Peace Group is one of the most active peace organisations in the Highlands and draws its members from both religious and secular backgrounds. It has campaigned against the transport of nuclear materials through Inverness rail station and repeatedly against the Trident submarine base on the Clyde.

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Simon Evans. Tel. 01381-600395



Cromarty Peace Group Vigil.

Submitted by Oriole Hall



“Non-violence is the greatest force at the disposal of mankind. It is mightier than the mightiest weapon of destruction devised by the ingenuity of Man.” Gandhi.

Area Meeting, The Old Boys' School, Inverness, February 2019.

Just a few snapshots from Oriole Hall!



Quaker Life workshop

Sandy McEwen, Westray and Papa Westray – North

A Quaker Life workshop on All Age Worship was held at the West Manse, Westray. Twelve of us including five children attended. It was all we hoped for and more...really, really good. Quaker Life seemed pleased to come. ...Lovely to have contact from the bigger Quaker world!



Being GM Treasurer

Nigel Dower.

The GM Nominations committee have asked me to write a brief account of what is involved in being GM Treasurer. They are looking for someone who can initially be assistant treasurer but would be willing to continue as Treasurer after I cease to be Treasurer (I am in the third year of my first triennium and, if asked, would be willing to serve for a second, though of course at my august age one can't assume that I will remain hale and hearty ...). It may well be that there are Friends out there with the relevant skills and willingness that Noms do not know about, and whilst any names suggested would be considered in the normal way, they would be happy to hear from Friends who would like to suggest themselves and others.

I do not pretend that it is a sinecure, but nor is it that demanding. I would say that it no more complicated than being the treasurer of a fairly large local meeting (like Aberdeen), and less than being an AM treasurer. (GM has no property, and whilst there are two people employed to do GM work, the detailed arrangements for one (GM administrator) like monthly salary payments are handled by South East Scotland AM, and the other (PEWG Parliamentary Engagement Officer) is formally an employee of BYM.) Most of the year it is a matter of keeping things ticking over, paying for things like reimbursement of travelling expenses as they come in. I have had set up internet banking with the Coop, and once the details of a payee are entered, it is really very straightforward. Records are kept on a standard excel spreadsheet (but of course a special package could be used). There are three busier periods in the year. In the spring, payments to various organisations to which we give corporate donations are made with accompanying paperwork. In September, one needs to prepare for BYM an interim report in relation to the grant we get (£7000+) and soon after that time the budget is prepared for consideration first by Trustees and then

GM. Finally in January/February there is the task of drawing up the annual report and accounts and arranging the paperwork for the independent examiner.

One is not expected to attend all GMs but it obviously good if one can get to them. The two that are essential is the one in March or June when it is agreed that the Report & Accounts are presented, and the other one is in November when the budget is presented. Since one is one of the six Trustees there are three Trustee meetings to attend. As GM treasurer one is also a member of the GM committee and this generally involves a conference call shortly before each GM, called by the GM clerk.

So there may be some weeks in which there is no activity and others where there is maybe 10+ hours (like just now), so it is difficult to say how many hours are involved, but maybe be 2/3 per week on average on routine admin (plus 1 hour average to cover travel and attending 3 trustee meeting and 2 GMs) is not misleading. (However I have not really used the assistant treasurer very much, and no doubt another treasurer would be better at delegating certain tasks.)

So if you are happy with spreadsheets and are reasonably efficient, this a rewarding form of service. It gives me the satisfaction of being involved in GM work again, and I get to meet and interact with lots of interesting people all over Scotland. Is this for you? (Give me a ring if you want to discuss it. 01224 702 715.) ■

NEWSROUND

Castle Douglas Meeting achieves Fairtrade status Anne Macarthur, Castle Douglass LM,



Castle Douglas Local meeting has been designated as a Fairtrade Church. We buy our Fairtrade tea and coffee (and occasionally flowers) for our meeting at the local Co-op store. It is one of the leading supermarkets for Fairtrade goods and ethical shopping.

Extinction Rebellion at Inverness Town House.

Friends from Inverness LM attended the Extinction Rebellion protest at the Town House in Inverness.



“Sustainability is an urgent matter for our Quaker witness. It is rooted in Quaker testimony and must be integral to all we do corporately and individually.” (A framework for action 2009-2014)

Thanks.

Robert Wilson, Orkney.

The things that give our life depth and peace are much more gift than achievement: Love, faith, loyalty, friendship, forgiveness , peace, trust, good health.....

Piet van Breeman

Everything that's really important in our life is neither made by us nor acquired : We choose for ourselves neither the fact that we were born nor where we were born. We didn't create nature ourselves, and we can breathe the air only because it's "there" We didn't think out for ourselves the ground rules of life: childhood, youth and old age are "givens". It's the same with the ground rules for days and years: the times of the day and the seasons.

No one is able to decide for themselves whether they wake up each morning- daily life is a gift.

It's exactly the same with forgiveness. It's granted to me; I receive it- from people and God.

We could on and on like that. It's always true: *There is nothing for us to make here- but an endless amount to receive."*

One big problem today: we kill thankfulness.

We do it when we take everything for granted. In the mid- 50's of the 20th century the psychologist Abraham Maslow made this lament:

An important cause of human evil, human tragedy and human suffering is that people don't know how to value what they have."

Thankful people on the other hand have contentment deep in their soul, see more than the present, know they are the recipients

of gifts they have not earned, say as they really mean it: Thank “God” !

We like being with thankful people. They bring light into everyday life.

Think about it: what should I be particularly thankful for today....and to whom? ■

Calling for General Meeting for Scotland, Saturday June 8th Adwoa Bittle

Dear Friends,

Please do come to Edinburgh for General Meeting! Usually around 60 Quakers from across Scotland meet to worship, discern, share food and build community. Come and be part of it. In the last year, Shindig age (11 and up) young people have been meeting at each GM alongside and with us. They would like to meet up again in Edinburgh. **LM Clerks PLEASE pass this and the guidelines below on to young people and their parents in your Meeting.**

General Meeting will be held on 8th June in Edinburgh Quaker Meeting House, 7 Victoria Terrace, Edinburgh EH1 2JL. Edinburgh Central train station is a 20-minute walk up a hill. Buses that go over the Royal mile stop near the MH. Coffee will be available from 10:30 with Meeting for Worship starting at 11 am. Please bring a packed lunch if you have special dietary needs however soup and sandwiches will be supplied at 1 pm and we hope to finish with cakes at 4:30.

The morning session will be led by Edwina Peart. In 2017, Britain Yearly Meeting heard the call to “examine its diversity.” From this decision came Edwina’s one-year role as Diversity and Inclusion Project Coordinator, which began in June 2018. This

subject was just considered at Junior Yearly Meeting 2019 and will be worked on throughout the year, starting with Yearly Meeting 2019 and leading up to the Yearly Meeting Gathering to be held in Bath next summer. Therefore, making it very relevant to us all, particularly our young people.

Edwina will share her findings and also bring to GM any relevant decisions or leadings from Yearly Meeting. Knowing Edwina, it will be a thought provoking, challenging and bang up to date session!

In the afternoon we will consider our Annual Report and Accounts, have a wee report or two and generally set the world to rights. Please do come. Everyone is welcome, new attenders to old hands. All decisions made are in your name and if you are not there, well what can I say!

Papers and agenda relevant to GM will be circulated roughly a week prior to GM. If you do not receive them, please ask Marion Sharkey scotfriends@gmail.com for a copy. Reading the papers beforehand helps to prepare the heart and mind.

If you have any questions or need anything please contact me, your clerk, at adwoabittle@hotmail.co.uk or 07854 177 450.

Guidelines for YP involvement at GMS

1 Parents do not need to come to GM with their 11yrs+ YPs so long as they make arrangements for travel with a local Friend or with the clerk.

2 Parents need to agree that they are responsible for their YPs and discuss these guidelines with them

3 YPs and their parents should set up their own check-in system for the day, either with another adult they know who will be at GM, or via the YP's own mobile as contact system. As a backup, a volunteer adult will give their mobile number to the YPs and take their numbers, for those who choose to go out round

Glasgow after lunch 1.30 - 4.00 (Hopefully advance notice of who this will be will be available prior to each GM)

4 YPs will be invited/expected to be in GM session from 11 am until lunch after which they can have free time to explore the main areas of the city we are in (the agenda will be set with YP involvement)

5 They must stay in groups of no less than three. 11- and 12-yearolds must be in groups with older Yps

6 If the YPs do not wish to have free time outwith GM in groups they must attend the GM session in the afternoon from 2 – 4:30. Please could they have books to read or something to draw quietly, if necessary. Not a screen. LM Clerks PLEASE pass this on to young people and their parents in your Meeting. ■



Tarbat Ness Lighthouse.