

# TAYSIDE QUAKER

Vol 39 No 3 July 2015



*The Tapestry found in Dundee*

*(see page 3)*

**Closing date for the next edition is Saturday, 10<sup>th</sup> October 2015**

**Please send copy to the editor:**

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**(I am happy to receive documents in formats such as rtf, doc or docx.)**

East Scotland Area Meeting:  
Scottish charity number SC0020698  
All opinions in Tayside Quaker are those of the individual  
writers and not necessarily of The Religious Society of Friends.

## Young People's Tapestry – an invitation

Marion Sharkey and I cleaned out all the cupboards in the Dundee Young People's room a few weeks back and came across a tapestry made by previous Young People about 25 years ago (see the picture on the front cover). I took it home, washed it and made a few repairs to it so that we could hang it up in the Young People's room. The kids were impressed by it and so I asked them if they would like to make one themselves to leave their mark in the Meeting House and they are all up for it!

I was wondering if this would be a good opportunity for more people from our Area to get involved with our Young People. They really are a great group of kids (9 in total). We have kids from Perth and St Andrews joining us each month and anyone who wants to help would be most welcome. I don't think that this needs to be a huge task as the tapestry we found largely used felt, fabric glue and fabric paint, although some chose to sew things on their square, but I am not a tapestry maker and would really value the help of someone who knew what they were doing! My thought is we could get this done on an extended Sunday Meeting in the autumn/winter. We always meet for shared lunch on the first Sunday of the month and we could stay on after this for an hour or two to work on the project.

If you have some skills that you would like to share or would like to be involved in this project, please get in touch with me.

Donna Morgan

01382 775545

[morganphin@talktalk.net](mailto:morganphin@talktalk.net)

### **The first Dundee Tapestry**

Cathy Kinnear tells us that the tapestry was made during children's meeting in the early 1990s by a group of children including:

Stephen, Matthew and Rachael Edgar (recently returned from Australia, spot the clues!)

John (windsurfer) and Margaret Jenny (skiing and music) Kinnear and Jonathan Ervine (Celtic)

She thinks it may have been inspired by the Quaker Tapestry now based in Kendal.

Does anyone else have memories of this?

*Editor's note: Strictly, this is a wall-hanging rather than a tapestry because it is not woven or embroidered, but let's not quibble over a name!*

## **East Scotland Area Meeting, August 2015**

Dear Friends,

The next Area Meeting will take place in **St. Andrews** on Saturday 23 August, at 11 am with refreshments available from 10.30 am. All are welcome. The venue is the Quaker Meeting House, 2 Howard Place, St. Andrews. It is quite close to the bus station. There is free car parking in the Argyll St car park a few minutes' walk away.

We will have reports of recent conferences and gatherings, including some reflections from Britain Yearly Meeting, held in London last May. We will consider nominations to various posts, and will decide the programme for meetings in 2016. And we will consider the request from Angus Local Meeting that it be laid down, and what we need to do as Area Meeting to support Friends and Attenders involved.

In the afternoon session we will be reflecting on what happens in our prisons – this being a topic of longstanding interest and concern for Quakers. The topic will be introduced by Robin Baker, who moved to our area last year and has substantial experience from England as a Quaker prison visitor. He will be engaging in similar work within East Scotland once the necessary procedures have been completed.

Attenders are very welcome, but it would be helpful if they could let Busa Cochrane-Muir know in advance on 01333 360438 or [lekjom@lesliebank.eclipse.co.uk](mailto:lekjom@lesliebank.eclipse.co.uk). Sometimes we have agenda items for members only, when attenders are asked to withdraw.

We hope that it will be possible to arrange childcare, and if this would be of interest please contact Busa as above, as soon as possible.

In friendship,

Robin Waterston

Co-clerk

## **Crime and punishment**

The terrible sufferings of our forebears in the prisons of the seventeenth century have given us as a people a special interest in the management of prisons and the treatment of crime. George Fox protested to the judges of his day 'concerning their putting men to death for cattle and money and small matters'; and laid before them 'what a hurtful thing it was that prisoners should lie so long in jail'; showing how 'they learned wickedness from one another in talking of their bad deeds'.

There is, however, much work still to be done, in creating a right understanding of the nature and causes of crime, and in emphasising the need for redemptive treatment rather than retributive punishment. Society is in measure responsible for the criminal, a fact which emphasises the duty of meeting moral failure by redemptive care. Evil can only be finally overcome by good.

Quaker faith and practice 23.94

## **East Scotland Area Meeting (AM), 9 May 2015 in Perth**

Perth Friends hosted Area Meeting at which 18 Friends attended. The reading in the opening worship was taken from Buddhist Views on the subject of prayer with words by Soren Kierkegaard.

We received Meeting for Sufferings (MfS) report from Barbara Davey. Barbara has written a full report for this newsletter.

Liz and Brian Crosby gave a report on the Quaker Peace and Social Witness Spring Conference, "Making Change Happen", which they found informative and inspiring. They spoke of the workshops they had attended including Agents for Change, Turning the Tide Kenya programme which uses teamwork to avert local conflicts through mediation; the EAPPI (Ecumenical Accompaniment Programme in Palestine and Israel) Programme; the Peace Worker programme in which young people have the opportunity for a year, to have placements locally, nationally and internationally and finally, Principles for the new economy.

Brian spoke of the careful research and documentation undertaken, leading to positive and practical involvement in working for change. Meeting Friends, with a chance to speak and share, proved so worthwhile and they felt a deep sense of common purpose. They thanked AM for this opportunity.

Philip Bryers reported that Trustees had received and signed off the consolidated report and accounts for 2014. Further discussion took place on safeguarding prompted by correspondence from General Meeting Trustees.

The "Reimbursement of costs for attendance at meetings, conferences and other events" adopted by Trustees in 2010 has been reviewed and an updated version is in preparation for circulation in the near future.

The progress of Dundee Friends' Property Trust, their quest to achieve a new home for Dundee Local Meeting and the question of whether AM requires any form of insurance for building cover was discussed.

Philip Bryers continues to serve as interim Clerk of Trustees until there is a sufficient pool of trustees not serving in an ex officio capacity from which a new Clerk can be found.

Under Financial Matters Philip Bryers (AM Treasurer) reported that Area Meeting has received confirmation of grants of £1200 from the Camfield Trust and £1250 from Dundee Friends' Property Trust which means that there are funds available for bursary assistance to Friends and Attenders wishing to attend a course or conference. The first step is to speak to an Overseer in their local meeting then

they should contact the Treasurer of Area Meeting. Normal practice is to meet 50% of the cost of the conference fees, accommodation and travel. Philip encouraged families to seek bursary help to enable children and young people to participate in Quaker activities.

We were pleased to hear from Robin Baker, who has served as a prison Chaplain in England for eight years and who has recently moved to Perth area and wishes to offer continued service in this role. It was agreed to forward Robin Baker's name to General Meeting for their consideration and further action. It was recognised that it is good practice for Quaker chaplains to have a support group and Area Meeting will return to this in due course.

The rest of the afternoon was given over to participating in the Quaker board game, "Boundaries". Two groups were presented with statements regarding Quaker practices that were to be identified as acceptable, unacceptable or undecided. This produced fruitful discussion and a degree of clarity, and Friends found it to be a useful exercise.

The full minutes have been sent to all Local Meeting Clerks, all Elders and Overseers.

*Busa Cochrane-Muir*

*Co-Clerk*

## **Bursary assistance**

Area Meeting has set aside funds for bursary assistance for Friends and attenders wishing to go to a course or a conference. Bursaries can cover up to half the cost of the conference attendance and travel. It is not necessary to be appointed by Area Meeting – the more contact members and attenders have with the wider Quaker community the greater the benefit to Local and Area Meetings, so do not hold back if you see something which interests you. Individuals interested in bursary help are invited to speak to an overseer in their Local Meeting and then write to the Area Meeting Treasurer (Philip Bryers, 15 Spoutwells Place, Scone, Perth PH2 6NY [p.bryers@virginmedia.com](mailto:p.bryers@virginmedia.com)) enclosing an overseer's letter of support. The updated policy will shortly be made available through Local Meetings and will be accessible on the Quakers in Scotland website (East Scotland Area Meeting page). In the meantime the Treasurer can provide a copy on request.

*Philip Bryers*

*Treasurer*

## Meeting for Sufferings held in London on 28th March 2015

From our opening worship -

*The humble, meek, merciful, just, pious, and devout souls are everywhere of one religion; and when death has taken off the mask they will know one another, though the divers liveries they wear here makes them strangers.*

*(William Penn, 1693, Quaker faith and practice 27.01)*

Much of our agenda for the day was taken up with Friends' ministry amongst those of other faiths and those who live on the margins of society: we heard from the Quaker Asylum and Refugee Network and we received a paper on Islamophobia. The Quaker Concern for the Abolition of Torture also reported to us. I will talk about these three items shortly, but I begin with the morning's main agenda item - the Long Term Framework.

Peter Christy from the Long Term Framework Working Group gave an update on their progress so far and thanked all those who had responded to the consultation - 330 contributions were received, including one from our area meeting. The working title for the final document is 'The Way Ahead 2015 - 2020, cherish and change'. Peter explained it would focus more on how we work rather than on what we do. "It is unlikely that the final document will contain a list of priorities for action (although it may highlight key issues that Friends have identified), since priorities will change through time as we are led by the spirit." An underlying concern will be the need to be more active as Quakers in the world, "speaking out and working with as many as possible, including those in power." The final document will be brief, perhaps even as short as one side of A4, and will be presented to Meeting for Sufferings later in the year. The report was welcomed by Friends, in particular its focus on how we work together. A Friend suggested that speaking out was just one of many ways in which we can be active in the world: the world is full of complexities that demand of us deep spiritual reflection and the final document should hold space for this too. Our greatest strength lies in our meetings for worship.

The Quaker Concern for the Abolition of Torture (Q-CAT) works on behalf of Yearly Meeting and the report they presented to us highlighted the group's distinctively quakerly aims - our concern is for the spiritual and mental welfare of those affected by the use of torture; the tortured, the torturers and those who authorise it and collude in its practice, reflecting the Quaker belief in the common humanity and sacredness of all.

Torture is an illegal, immoral and totally unacceptable practice and Q-CAT's main

focus is on educating Friends and others about the ban on torture and the realities of the present situation, upholding our testimony to peace and equality and working towards healing and reconciliation. We were reminded of words by Tony Benn ...change has two pre-requisites: the burning flame of anger at injustice and the burning flame of hope at a better world.

Q-CAT is developing a workshop 'Quakers and Torture: 10 questions to get us thinking' with the intention of bringing it to area meetings - I wonder if we might invite them to East Scotland?

Meeting for Sufferings has recently received 5 separate minutes from area meetings around the country on the issue of destitution amongst asylum-seekers, and so the Quaker Asylum and Refugee Network (QARN) had been asked to present a report. A relatively long period of time was given to the topic, so that Friends could hear about the concern, reflect on it prayerfully, share experiences of what was happening locally, and respond to the broader issues. We heard of numerous ways in which Friends are active in supporting asylum-seekers in their communities, working with asylum and refugee groups, the Red Cross and the City of Sanctuary movement. The most imaginative was from a local meeting who had set up a walking club so that the destitute could enjoy relaxation and a simple change of scene. We are not so immediately touched by this issue in East Scotland I believe, but maybe we can consider supporting Friends' ministry in Glasgow and further afield? Many were deeply troubled by the situation and Sufferings felt it would be useful to develop a public statement that we could use when working with local and national governments. Quaker Peace and Social Witness (QPSW) were asked for their assistance.

We then received a report on Islamophobia, presented by the Quaker Committee on Christian and Interfaith Relations (QCCIR) in response to minutes received from two area meetings. We heard examples of how Friends are strengthening the bonds of friendship with their local Muslim communities. In some meetings these are long-standing relationships and in others it is just beginning. Friendship grows from working together and we are encouraged to take up this ministry. There will be a joint QPSW and QCCIR Interfaith Peace Conference on 26th September 2015 at Friends House and Friends are warmly invited to attend.

This being the final meeting of the current triennium, we spent time at the end of the day reflecting on our work together. There was little mention of specific concerns Sufferings had been engaged with but Friends spoke warmly of their experience as representatives.

Looking back over the years, I suppose the most significant piece of work I have

been involved in was bringing forward the changes to our marriage procedure. Interestingly, the amendments to Quaker faith and practice on this were finally approved by Yearly Meeting in London last Sunday. There have been times when our meetings have been tedious, when I have sat there watching the clouds skim by and wondered what I was doing. The work is often a curious mixture of the mundane and the inspired, and is always dependent on a disciplined understanding of our business method.

I will remember the friendships made across Yearly Meeting, some brief, others long-lasting: friends with different life experiences and perspectives who have enriched my understanding. I will remember too the gathered-ness and sense of expectation as we would settle down in worship at the beginning of the morning - 100 Friends or more intent on coming together from all corners of the land to do the work asked of us. I thank Friends for this opportunity of service: there has grown in me a sense of being part of a community, one stretching back over the centuries...

*Friends are together on a pilgrimage of hope. We continue to follow our inward Teacher, sometimes falteringly, sometimes confidently, but always in the company of those who have travelled this way before us and those who are journeying with us now.*

*(Britain Yearly Meeting Epistle, 2013)*

*Barbara Davey*

[Further information:

Q-CAT <http://www.q-cat.org.uk/>

QARN <http://www.qarn.org.uk/homepage/>

QCCIR <http://www.quaker.org.uk/quakers-and-encounters-other-faithspdf> ]

## **‘God or whatever you call it’ Workshop**

**Dundee Meeting House, Saturday, May 16th 2015**

The title intrigued, the flyer enticed and the topic perennially interested me as a Friend and as General Meeting for Scotland ecumenical Representative Friend - so I booked a place. It was a good decision.

The workshop was well attended and each local meeting in our Area Meeting was represented. It was led by Rhiannon Grant who is a PhD student at the University

of Leeds studying theology and philosophy of religion, focusing on Quaker uses of religious language. She was an effective, knowledgeable and gifted communicator with a wealth of Quaker experience.

We were asked what we ourselves call God, or that which we worship, and how we talk about theological ideas amongst ourselves and with non-Quakers. Well, I have no problem with God as I use that name naturally, but maybe God has problems with me at times!

We were reminded of the various words which some Friends use which included The Divine, The Spirit, The Light, The Inward Christ, The Inner Light and of course That of God in Everyone. Other faith groups use names such as The Tao, The Soul, The Atman and some also use God, Gods and The Being.

After a fascinating introduction we were led skilfully into groups' mode – but with a difference which made the session more interesting, fun and with much interaction. A circle of chairs was placed facing outwards and then another outward circle faced those chairs. Some then sat in the inner circle, and those who sat in the outer circle moved round to face a different participant when another question was posed. This allowed us to meet each other on a one-to-one basis and to discuss various aspects of the topic. We came back together to share the highlights and insights of all the contributions.

After a pleasant shared lunch with animated conversations we gathered again to tackle some of the issues which were raised – or indeed arose - out of the morning's activities. Creative listening, learning from Rhiannon's extensive study of the topic, group exercises, careful listening and learning from each other made this day a memorable experience.

I'm afraid the philosophers and theologians Ludwig Wittgenstein, George Lindbeck and John Hick who were mentioned did not help very much in my understanding all the issues, (but they may help you if you want to look them up!) but Rhiannon and my fellow participants contributed to my understanding and knowledge of the subject.

Thank you to Donna Morgan for organising this event and Dundee Friends for extra catering, and to Rhiannon Grant for leading such a successful workshop – a Saturday well spent!

*Pamala McDougall*



## Still

Still my thoughts

Let me find

Clarity and peace of mind.

Still my mind

Let me feel

Calm, strong, quiet, real.

Still my touch

Let me see

Good in that which comes to me.

Still my eyes

Let me hear

Quiet stillness very near.

Still my ears

Let me taste

The good, the sweet, the bright,  
the grace.

Still my mouth

Let me smell

Calm and peace within the well.

Still my nose

Let my soul

Bring peace and calm into the  
whole.

Still my soul

Still my heart

Still my mind

Still my touch

Still my eyes

Still my ears

Still my mouth

Still my nose

Still

*Cathy Kinnear*

*(Cathy writes: Sometimes I find this helpful during Meeting for Worship; words can be changed to suit the reader.)*

## **Young people's workshop, 16 May**

At a young people's workshop in our Dundee meeting house, Chris and Jane came up to talk to us about our beliefs and our thoughts.

There were six young people there and we learnt a lot in the day. We did a range of activities about ministry and our beliefs about God. I was interested to hear other people's opinions on the questions and really made me think about my thoughts, beliefs and opinions.

We heard the story of some famous Quakers and discussed problems in the world, what they did to change what they thought was wrong and what we would do to change the world.

I thought the meeting was fun, interesting and mind opening and I am really thankful to Jane and Chris for an amazing day.

*Ella McElnea*

## **News from Local Meetings**

### ***Perth***

### **Remembering Grace Allen, who died 17<sup>th</sup> May 2015**



Grace had a great love of music all her life. After teaching music in various schools, including Sibford School where she taught from 1942 to 1945 and where she met her friend Jean Morley, she then went on to train teachers in Manchester. She and Jean retired to Perthshire in 1979, attending both Perth Meeting and Kinnoull Church of Scotland.

When Grace first came to Perth Meeting, it was a very small allowed meeting, but just a few years later, in 1984, it became a recognised meeting. That year also saw the start of what became an annual celebration of Christmas Music for Perth Friends held at Grace and Jean's home. Grace never stopped inspiring the young to love music, inviting children from Perth Meeting to her home where she, Jean and the children played music together.



When Grace realised she could have dual membership, she became a member of the Society. Occasionally, Grace gave sung ministry in Meeting. She was also very active in Kinnoull Church, playing the organ there on non-meeting Sundays. She was a very enthusiastic supporter of all things ecumenical, especially the Perth charity Churches Action for the Homeless or CATH, which was set up on Jean's death with a trust giving the charity continuing financial support.

Members of Perth Meeting missed Grace when three years ago, having developed dementia, she moved to a care home in St Andrews, which was near her niece Judith.

A celebration of her life was held in Kinnoull Parish Church on Saturday 30th May and, at Grace's request, it included a period of Quaker worship. On the back of the order of service were the following words:

*It's music that stirs my heart*

*It's music that makes me whole*

*It's music that lets me dance*

*It's music that speaks when words cannot*

Peter Cheer continues his VSO work in Papua New Guinea where it's almost home-from-home. He describes a planned independence referendum that will take place in the Autonomous Region of Bougainville, which seeks independence from Papua New Guinea. However, it won't be speedy as voting will last two weeks and the count will take another two.

Johanna Babbs and her husband Jerry have now set off on their world cycling tour, gradually made their way down the east coast of England calling in to see friends and relatives en route. They crossed Belgium and the Netherlands and

were last heard from in Germany. If you wish to follow their adventure you can sign up at [twobikesandatent.wordpress.com](http://twobikesandatent.wordpress.com) – I can recommend it!

## HOUSE GROUPS:

Perth Meeting covers a large geographical area, so Meeting for Worship travels outwith Perth, recent Meetings being held in Callander and Crieff. There are also a number of house groups covering different areas, although anyone is welcome to attend any group. The Highland Perthshire Group draws in members from Pitlochry, Grandtully and Rannoch. The Pitcairngreen Group draws members who live nearer to Perth. The Abernethy Group covers south of the river. The newest group is a Friendly Bible Study, which met in Pitlochry. More on these groups in future editions.

*Enid Harding*

## **St Andrews**

Our friend Clare Garabedian departed St Andrews for a new job in Worcester at the end of last year. Happily she returned for a brief visit in April when we had a mass evening gathering to wish her well with a joyous goodbye at the home of Joyce and Huw in Kingsbarns. After days of warmth and sunshine a haar rolled in from the sea so an anticipated walk round the garden had to be postponed. It also happened to be Clare's birthday, so it was good that her well behaved dog Mookie was present at this double event. I am loath to describe it as a celebration for she will be missed but at the same time it was a celebration of her time with us at St Andrews.

Another goodbye came at the end of June to Caroline Wilson and Tommy, leaving us to go to Ackworth school, Caroline to teach Spanish and Tommy, awarded a scholarship, to benefit from an education at a Quaker school. On this farewell occasion, again at Kingsbarns, we had glorious sunshine allowing us to sit outside and to enjoy that postponed stroll around the garden. Happily the evening ended with a friendly sing song including a protest song or two. Although the Meeting will only be seeing Caroline and Tommy on return visits they will be in our thoughts. They go with our love and in the knowledge that their tie with the Meeting will be renewed whenever they come to Fife.

Since the last issue of Tayside Quaker you might begin to think that life at our Meeting is one round of social gatherings. Our shared picnic lunch took place after Meeting for Worship at the home of Pam and Robin and took place just a week before our au revoir to Caroline and Tommy. Friends basked in the sun as

we talked on a wide range of topics, some serious and some pleasantly frivolous accompanied by the sound of laughter - altogether as one in harmonious love.

In a June issue of *The Friend*, an article on EAPPI (Ecumenical Accompaniment Programme in Palestine and Israel) drew attention to Israeli government plans to forcibly transfer up to 7000 Palestinians from 46 West Bank communities and, in some cases, the people are being moved to make way for illegal settlements. "EAPPI urged Friends to share their concerns with their MPs." QASTA (Quaker Action St Andrews) took up the task as a group on behalf of the Meeting and as individuals, writing to MPs, MEPs and the media. The replies are slow but one MEP has passed on our letter to the EU Commission – every little helps.

*Jill Marshall*

## **Dundee**

Elsie Luke has moved to Monifieth. She would welcome visitors. Please contact Cathy Kinnear for more information.

## **Green Corner 'On Care for our Common Home'**

As the December climate change conference in Paris approaches my collection of news items on the subject is growing fast. I particularly liked the *Guardian* news item of 18 June 2015 below the heading 'Surfers, beekeepers and nuns join climate fight'. It described "Britain's biggest lobby on climate change" attended by 9,000 constituents of Westminster MPs.

But with so many other news stories breaking (mostly bad news!) it is very easy for us to lose sight of climate change issues, which rarely hit the front pages. This is especially true of the papal encyclical released recently by Pope Francis. None of the press coverage prepared me for the discovery that this latest encyclical, *On care for our common home*, contains 70 pages and 246 paragraphs of passionate and lucid comment on the consequences of 'unchecked human activity'.

There are sections on pollution, water scarcity, loss of biodiversity, and global inequality. The second chapter expounds at length on 'The gospel of creation'. It is a perceptive exploration of why our spirituality must lead us to greater concern for our planet despite (or because of) the technological advances which have played such a big part in bringing about the ecological crisis we face.

Our 'modern anthropomorphism' is a manifestation that humans are failing to

recognise their true place in this world and are therefore ending up acting against themselves. The Pope speaks, in chapter four, about our need to find an 'integral ecology' which can take into account every aspect of the global crisis.

There follows a chapter outlining 'the major paths of dialogue which can help us escape the spiral of self-destruction which currently engulfs us'. In paragraph 222, the Pope speaks of the ancient lesson, found in different religious traditions, that "less is more":

*To be serenely present to each reality, however small it may be, opens us to much greater horizons of understanding and personal fulfilment.*

This is a profound and inspiring document. Get hold of it and read it in full.

*Philip Bryers*

## **Thoughts from a Bicycle Traveller**

Two months in and my bottom no longer hurts each morning when I place it on my saddle! The sun shines, the wind blows, the rain falls. Every hour is different, and days seem endless. The miles pass by easily as we turn our pedals and wend our way across the flat countries of northern Europe. We have now arrived in Norway and it is a relief to see some hills. I hadn't realised how much I'd missed them.

From Perth, we cycled down the length of Britain, crossed to France then travelled roughly north east through Belgium, Netherlands, Germany and Denmark. We have covered about 1900 miles and yet it feels much less. I am reminded of the story about the way to eat an elephant: do it in small meals. Our daily menu consists of waking up, breakfast, packing up, riding, elevenses, riding, lunch, riding, afternoons, riding, unpacking, supper, sleeping. Variations include short walks, photographic opportunities and the odd shower. It is a simple life though made more complicated by the need to keep finding charge for our electronic devices. I remember the days, twenty years ago, when I set off travelling and no one heard from me for five weeks when I eventually found a telephone and called home to report that I was still alive. I guess we could make it this way again, but I enjoy hearing news from home via emails and Facebook, and giving people a daily snippet of our journey, as well as writing more fully in a blog. So we complicate our lives with the need to find an electrical socket every three or four days in order to stay more closely in touch.

Living almost continuously outdoors has increased my sensitivity to the nuances of the environment and subtle changes from moment to moment. The scents and

smells of the journey have been particularly evocative. The fresh smell of newly cut meadows, the sweet scent of wild roses blooming all along the verges of northern Germany, and the strong, nose singeing aroma of spread dung. Yesterday, touring central Oslo, the whole city was alive with floral tangs. It certainly gets my vote as the best smelling city we have visited. Some smells have been less pleasant: the acrid smoke from an incinerator or factory chimney, the distasteful whiff of sewage in a river, and the throat catching exhaust fumes on a busy road.

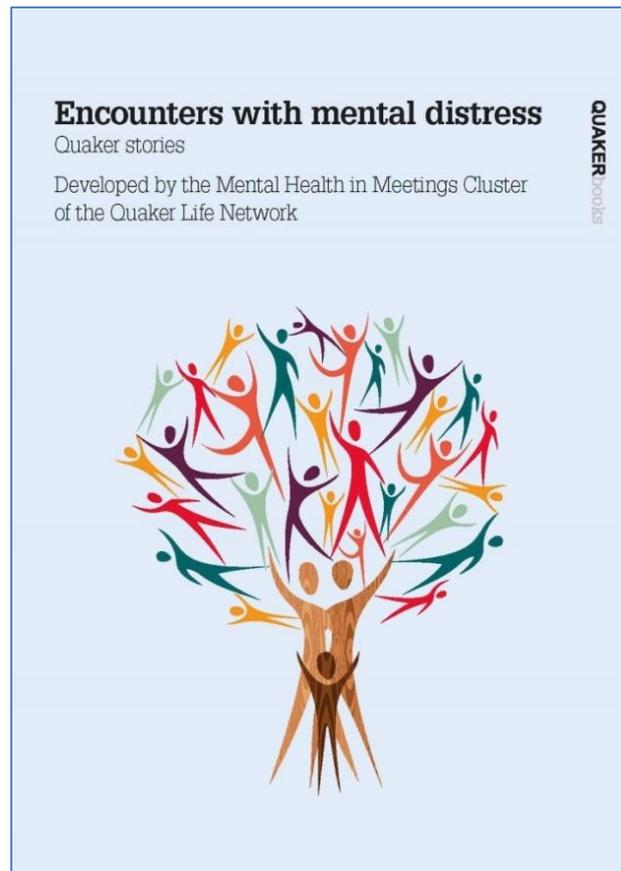
Time on the road gives me plenty of opportunity for quiet reflection. I wonder how friends at home are getting on, muse on the possibilities of places to visit and routes to follow in the coming days and contemplate the differences between peoples, nations and countries. We have been travelling across a landscape and amongst people that have been invaded, occupied, gained independence and changed allegiances many times over the last 1000 years.

*Johanna Babbs*



*Johanna and Jerry's proposed route through Europe, which is to be followed by legs through the Americas, Australasia and Asia. Taken from their blog <https://twobikesandatent.wordpress.com/>*

## Encounters with mental distress



‘Encounters with mental distress’ is the title of a new booklet produced by the Mental Health in Meetings Cluster of the Quaker Life Network

Issues relating to mental illness and mental distress have been of particular interest and concern to Quakers throughout the history of the Religious Society of Friends.

It became apparent that it would be helpful to learn more from Quakers about their personal experiences of mental ill health. Friends were invited to share their stories, whether positive or challenging.

The result is this candid collection of encounters, responses and insights from individuals, carers and meetings. We hope that it will increase understanding, reduce stigma and enable people to be more open, more compassionate and more accepting of those who are distressed or ill.

The booklet is available from the Quaker Centre Bookshop, price £5.

<http://www.quaker.org.uk/shop>

(ISBN: 9781907123863)

## **Meetings for Worship**

### **Dundee Meeting House, Whitehall Crescent, Sundays 11.00 am**

Children's Meeting, first Sunday of each month

Midweek Meeting in the Lower Common Room,

Dundee University Chaplaincy Centre

Wednesdays,

August 19, September 16, October 14, November 18, December 16

1.15 -1.45 pm (room booked from 1.00 – 2.30pm)

Midweek contact: Sheila Phillips

Tel 01382 641043

Children's Contact: Donna Morgan

Tel 01382 775545

### **St Andrews Meeting House, 2 Howard Place, Sundays 10.30 am**

Midweek Meeting Thursday 1.15-1.45pm

Children's Meeting - each Sunday during school terms

Enquiries: Genevieve Orr Tel 01333 360396

### **Perth: The Subud Centre, 7 St Leonard's Bank,**

**Second and Last Sundays 11.00 am**

Children's Meeting by arrangement.

### **Angus**

No Meetings for Worship are planned in Angus at present.

### **East of Scotland Area Meetings in 2015**

Saturday 22 August, St Andrews

Saturday 7 November, Perth

### **General Meeting for Scotland**

Saturday 12 September, Glasgow