

# The Grapevine

## The Newsletter of the Bridgend Quaker Meeting

Issue Number 2

April 2006

### Fairtrade

The Bridgend Meeting now has the status of a "Fair Trade Church". This means that members of the meeting have committed themselves to:

**We are a Fairtrade church**

We have committed to:

- use Fairtrade tea and coffee for all meetings for which we have responsibility
- move forward on using other Fairtrade products (such as sugar, biscuits, fruit)
- promote Fairtrade during Fairtrade Fortnight - and through other activities whenever possible.

**FAIRTRADE**  
Guaranteeing a better deal for Third World Producers

*"The fields of the poor may produce abundant food but injustice sweeps it away."*  
Proverbs 13:23

· Use Fairtrade tea and coffee at all meetings for which we have responsibility.

· To move forward in increasing our use of other Fairtrade products such as sugar, biscuits and fruit.

· To promote Fairtrade in every activity in which the meeting gets involved.

In this way we can help growers in developing countries get a fairer deal for their products.

**"The fields of the poor may produce an abundant food, but injustice sweeps it away"**  
Proverbs 13:23

### Programme Of Events Spring/Summer 2006 Rhaglan y Gwanwyn/Haf 2006

- 2 April/ Ebrill** Preparative Meeting  
Cyfarfod Paratoal
- 28 April** African Evening - Fundraising for Oxfam Unwrapped project.
- 30 April/ Ebrill** Walk in Bryngarw Park 1300-1500 approx.  
Taith Gerdded ym Mharc Bryngarw. 1 tan 3 o'r gloch.
- 7 May/ Mai** Preparative Meeting  
Cyfarfod Paratoal
- 21 May/ Mai** Programme to be decided  
Rhaglan l'w penderfynu
- 4 June/ Mehefin** Preparative Meeting  
Cyfarfod Paratoal
- 18 June Mehefin** Lani Parker, guest speaker. QPSW peace worker with Peace Brigades International. Lani Parker, siaradwraig wadd. Gweithwraig heddwch dros QPSW



**Above** - On 3rd February, Bridgend Friends took part in a vigil held in the town centre to mark the death of the 100th British soldier in Iraq. The vigil was organised jointly with Bridgend CND. Friends stood in silence to remember all who have died in this illegal war.



**Above right** - On Sunday 5th March an Inter-Faith Vigil was organised by Bridgend Quakers and hosted by the Glamorgan Muslim Community Centre at Aberkenfig, to mark the 100 days since the four peace-workers were abducted in Iraq. Over 50 people attended, representing at least 12 churches in the area. Quakers were well represented as were members of the Muslim community. We were subsequently saddened to hear that one of the hostages, Tom Fox an American Quaker, had been killed.



## Quaker Recipe - No. 1

With winter seeming to hang on and on, here's a nice warming and straightforward recipe from **Jenny Sen**.

### Dragon's Breath - a roasted red pepper and chilli relish.

Ingredients: 2-3 red peppers  
2 red chillies  
2 cloves garlic, peeled  
1 tablespoon olive oil  
Sea salt and freshly ground black pepper to taste.

1. Cut the peppers and chillies in half and de-seed them. (If you like it **really** hot leave the chilli seeds in place.)
2. Put the peppers, chillies and garlic on a baking tray and roast them at 200°C/400°F/GM6 for 20-30 minutes.
3. Remove from oven and allow to cool. Peel the skin off the peppers and chillies.
4. Blend peppers, chillies and garlic to a purée with the olive oil, salt and pepper.

## Elders and Overseers Weekend

Last year I went for the day to join in with the Elders and Overseers weekend - this year I was determined to attend for the whole weekend, so good was my original taster day'

This year, about 18 new and continuing elders and overseers met at the lovely old farmhouse belonging to Anne and Malcolm Gregson of Milford Haven Meeting. They are wonderful hosts, giving us the freedom to use the house and adjacent art gallery for all sorts of discussion groups, games, circle dancing, singing and of course, Meeting for Worship. A number of us stayed on site in their comfortable holiday accommodation, making the weekend a real treat, even though we worked quite hard. The aim of the weekend was to provide spiritual refreshment for Elders and Overseers, in order to facilitate their supporting of their own Meetings in this way. We also held a (fairly) short Meeting for business-but overall the weekend was one of sharing, laughter, spiritual exploration and openness, together with consideration of ways to enable us all to open up and share our inner lives. Some interesting and fun games from Woodbrooke and Friends House helped us, as did a range of exercises in pairs; groups and of course the informal friendliness and friendship that was a key part of the weekend. Shared meals; with food we had all contributed, and delicious soup, bread and cheese lunches provided by Anne, together with a cliff top walk on Saturday afternoon, and a midnight walk on the

## Feathered Friends

In an extract from the book "Native American Wisdom", there is a description of life of the Lakota Sioux. It states that "conversation was never begun at once, nor in a hurried manner. No one was quick with a question, no matter how important, and no one was pressed for an answer. A pause giving time for thought was the truly courteous way of beginning and conducting a conversation. Silence was meaningful with the Lakota and his granting a space of silence to the speechmaker and his own moment of silence before talking, was done in the practice of true politeness and with regard for the rule that 'thought comes before speech'".

The above description gives credence to the



well known Quaker story of the Legend of the White Feather. In 1775 Quakers, who had gone to America and were living in log huts, held a meeting for worship. The local Indians were at war with all settlers and a war-party crept up on the unsuspecting friends with scalping knives at the ready. They watched in amazement as the Quakers sat in silent worship with no guns or swords. The Indians moved in and sat with the Friends.

When the meeting ended, one of the friends, by the name of Zebulon Hoxie invited the chief to his cabin for bread and cheese. One of the Indians told Robert Nisbit, who had walked 30 miles to attend the meeting, that "We came to kill and destroy, but you too worshipped our Great Spirit in silence". They placed a white feather from an arrow on the roof of the meeting house, showing that the settlement would be safe from future attack.

**Brynmor Evans**

beach all helped to make the weekend memorable, stimulating and inspiring Look out for the ideas Bridgend E's and O's have brought back'

**Liz Dimond**