



Brighton Friends News

A Monthly Publication of Brighton Quaker Meeting

February 2026

www.brightonquakers.net

Issue 373

AN INVITATION TO A BRAVE SPACE

Together we will create brave space
Because there is no such thing as a “safe space”

We exist in the real world

We all carry scars and we have all caused wounds.

In this space

We seek to turn down the volume of the outside world.

We amplify voices that fight to be heard elsewhere,

We call each other to more truth and love

We have the right to start somewhere and continue to grow. We
have the responsibility to examine what we think we know. We will
not be perfect.

It will not always be what we wish it to be

But

It will be our brave space together,

And

We will work on it side by side.

by Micky Scottbey Jones

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? Let your life speak. When decisions have to be made, are you ready to join with others in seeking clearness, asking for God’s guidance and offering counsel to one another?

Quaker Faith & Practice, Advices & Queries No 27

Non-violent direct action

The ban on expressing support for Palestine Action has exercised many Quakers lately, both in our meeting and nationally. Against that backdrop, I thought it might be worth considering three issues:

- We can be reassured that in the UK the right to protest is protected by Article 11 of the Human Rights Act as well as under international law [Amnesty UK]. That raises the question, however, of what form such 'protest' may take?
- One such form is 'non-violent direct action', about which we have heard quite a lot recently. If others are as uncertain of its meaning as I was, the following quote may be helpful. It is taken from the work of the radical US historian and activist, Howard Zinn (1922 – 2010):

'[non-violent direct action] encompasses a great variety of methods, limited only by our imaginations: sit-ins, freedom rides ... prayer pilgrimages, ... pray-ins, freedom ballots, freedom schools, and who knows what is on the horizon? Whatever the specific form, this technique has certain qualities: it disturbs the status quo, it intrudes on the complacency of the majority, it expresses the anger and the hurt of the aggrieved, it publicises an injustice, it demonstrates the inadequacy of whatever reforms have been instituted up to that point, it creates tension and trouble and thus forces the holders of power to move faster than they otherwise would have to redress grievances.'
[*The Zinn Reader* (1997), 617]

- 'Civil disobedience' is a closely related concept. It is usually defined as a public non-violent breach of the law by people who are willing to accept punishment. Its aim is to set a moral example to government and public so as to bring about a change in the law or policy. It has a long pedigree, having been used by a variety of protest movements including suffragists in Britain, Gandhi and Indian nationalists, and the US civil rights movement [Encyclopedia Britannica].

The take-home message for us, it seems clear, is that Quakers are far from being alone in our concerns but are part of a much larger historical movement. Long-standing Quaker traditions of non-violent protest - which are technically illegal (eg, refusing conscription) - not only have a widely recognised moral justification but have been used successfully by many other protest movements.

Jon Harwood

Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the wounds we inflict on our soul when we look the other way.

Martin Luther King Jr., civil-rights leader (1929-1968)

What is the Quaker Way? 2026

We are re-starting our 'What is the Quaker Way?' sessions in March, and hope you will join us again. This year we will be choosing passages from Quaker faith & practice to reflect on together.

The dates for the rest of the year are below. All sessions are on Thursdays from 7.30pm-8.30pm on Zoom, using the same link here:
<https://quaker.zoom.us/j/88612009327>

12th March, 9th April, 7th May, 11th June, 9th July, 17th September, 22nd October, 12th November.

The dates, Zoom link and some extra resources are also on our webpage here:
[What is the Quaker Way?](#)

Hope to see you there.

In Friendship,
Craig Barnett
Friends House

ICE in Minnesota

I've taken the following quote (*in italics*) from a public social media post by Robert F Worth, Jan 25 2026, "Welcome To The American Winter".

The Lutheran and Catholic churches in the Twin Cities, Minnesota, have been at the forefront of welcoming people, particularly Somalis, "*fleeing from war and famine. Those groups have been at the forefront of the resistance to ICE, and some of their leaders have been asking difficult questions:*

- *When does protest cross the line into violence?*
- *When is it morally acceptable to break the law?*
- *How do you retain the trust of people who are uncomfortable defying the authorities?*

'We're going to have to live with our discomfort in making other people uncomfortable', said Ingrid Rasmussen, the lead pastor at Holy Trinity Lutheran Church."

I believe that we need to consider these very same questions, and learn to live with feeling uncomfortable.

Susan White

FOOD BANK -- Please Remember -- FOOD BANK --- FOOD BANK

Please make donations to the foodbanks in your supermarkets.
Alternatively, you can bring donations to Meeting House on Sundays.

Appeal for Amos

Our Friend, Amos Malenga in the Democratic Republic of Congo (DRC) is looking for financial support in order to undertake a master's degree in Socio-Economics and Planning at the Bukavu Higher Institute for Rural Development.

Amos is a Quaker who lives in Bukavu, in the South Kivu region of DRC, with his wife, two children and four adopted children. He is the founder and coordinator of the CAAPD (Cooperative for Agriculture and Action for Peace and Development) which we have supported in our monthly appeals schedule for several years. Amos has been working tirelessly on this concern, with focus on trauma healing, humanitarian emergencies, an education programme, and support for young entrepreneurs to improve their computer skills.



His studies have been made difficult by the brutal invasion of his city by a foreign military force which has disrupted every aspect of life, and he and his family are surviving on what his wife can sell at the market and contributions from Karhale Quaker Meeting, where he has been a Pastoral Candidate since 04/2024.

On 10 January 2026 he received his Bachelor's degree after defending his dissertation on "The Responsibility of stakeholders with access to water in the city of Bukavu", achieving a 73% distinction. Then on 29 January he was admitted to the two-year masters programme at the same institute, taking this step in the faith that in two years time he will then be able to teach at university level, support his family and serve his community.

Amos writes the following: *"In a context marked by persistent socio-economic challenges in the DRC, including structural unemployment, food insecurity, low industrialisation, weak local governance, unplanned urbanisation and inequalities in access to social services, it is essential to train managers capable of designing, evaluating and implementing effective public policies adapted to local realities. My primary motivation lies in the desire to strengthen my skills to become a professional capable of contributing to territorial planning, project design, public policy formulation and socio-economic analysis."*

If you feel able to support Amos with his studies, please contact me for further details and how to go about this or write to brightonquakernewsletter@gmail.com.

Jason Evans

Love is the hardest lesson in Christianity; but, for that reason, it should be most our care to learn it.

William Penn, 1693, Quaker Faith and Practice 22.01

Local Development Worker

Hello Friends,

I'm Nicola Gibberd, your new Local Development Worker, taking over from the wonderful Ruth Audus who has moved into a new role.

I am absolutely thrilled to have this opportunity to support local Quaker communities in this 'patch', that stretches from Farnborough, where I live, all the way to Broadstairs.



My role is to respond to the needs and circumstances of Quaker communities and therefore my first joy will be to meet you and get to know what is happening in your area; I look forward to hearing about your ongoing work, ideas, joys and challenges.

A little about me: I grew up in a Quaker family and have found a sense of belonging, inspiration and meaning in participating in Quaker communities throughout my life. I grew up in Africa (Southern and East Africa) and when I moved to England, I was lucky to have the opportunity to participate in Young Friends' events from summer schools to Junior Yearly Meeting. My professional background is in education, and I have taught English in secondary schools for 20 years. My partner, Marcel, and I have two children, Rowan and Florence, and we feel part of the Farnborough Quaker family, where I am a member. My children and I also worship regularly with Farnham Friends where we particularly enjoy their wonderful children's meeting. For me, the opportunity to work for Quakers in Britain and support local Quaker communities to thrive – whatever that may look like – is both a personal joy and spiritual responsibility.

Alongside my Quaker-ing, I volunteer at RHS Wisley on their New Shoots programme and love nature, wildlife and gardening. I am a parent governor at my children's primary school and run a women's circle. I love poetry, creative writing, reading, live music and theatre. For me, there's not much that beats a stomp in nature or a dip in the sea though, whatever the weather!

Nicola Gibberd

Report on Area Meeting (AM) 17 January 2026

Sussex West Area Quaker Area Meeting is a regional grouping of Local Quaker Meetings along the south coast, from Brighton to Chichester and up into Sussex to Ditchling. Area Meeting brings Friends in that geographical area together to discuss Quaker business affecting Local Meetings in that area.

January's Area Meeting was well attended with several Brighton Friends at Bognor in person and I counted 9 on Zoom (including one Friend who was unable to stay for the whole meeting). This might be explained in part by some very contentious business that affected Brighton Quaker Meeting in particular.

At the beginning of the meeting, there were some moving words spoken, including difficult emotions around brave spaces, and painful discussions in relation to Britain Yearly Meeting (BYM) minute 31 (2021).

The Meeting for Sufferings (MfS) report touched on the progress Quakers in Scotland and Yorkshire Quakers have made towards replacing Area Meetings as legal entities with larger bodies encompassing a number of Area Meetings' administrative functions, with the AMs to still exist as spiritual entities with focus for worship and witness, a process somewhat similar to that proposed for South East Quakers.

There was also some discussion of gender (BYM minute 31), and the proposal to register "Sex Matters to Quakers" as a Quaker Recognised Body (QRB), which caused some concern in MfS and will not go forward as a QRB at this time. Full details of the MfS report can be found with the AM minutes, along with a link to the full MfS minutes which Friends should consider reading in full in order to keep fully informed of the vital work of this body that works so hard on our behalf.

Two Friends expressed some dismay at aspects of the work of MfS and one of these Friends has asked for their name to be added to the Court and Prison Register in relation to a criminal offence. The sense of the meeting, which came after much ministry and careful discernment was that this name would not be added, and that Area Meeting Friends would meet with the Friend concerned.

We learned about the circumstances of the withdrawal of the November edition of the Brighton Quaker Meeting newsletter in relation to the opinion piece on Palestine Action. We considered specifically whether a Minute should be forwarded to Meeting for Sufferings for their consideration, particularly in relation to our ability to function as a church. The sense the meeting was that we should, although there was some discomfort voiced about the circumstances of the direct action and a reminder of Friends' historical commitment to non-violence.

Because of these weighty matters, other business will be carried over until the next AM.

More details on all of this can be found in the minutes which will be circulated to members. I would also encourage Friends to make use of quaker.app where documents and links to online meetings can be found. A lot of effort has gone into making this resource user-friendly and accessible.

Please do get involved with AM, it is a great way to connect with the wider community of Friends!

Jason Evans

If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him... We need not wait to see what others do.

Ghandi



Tuesday at Friends

At the Friends' Meeting House,
Ship Street, Brighton BN1 1AF

Telephone: 01273 770258,

email: brightonfriendsmeeting@gmail.com

Time: 2:30pm – 3:30pm. Admission £2.50. No need to book.

Tea and biscuits on sale afterwards. There is an induction loop for the hard of hearing.

Tuesday afternoon illustrated talks for everyone, of any age

PROGRAMME – SPRING SERIES OF TALKS

February 10th 'Arthur: History, Myth & Legend'

An illustrated talk by **James Simister**.

February 17th 'Elizabethan Sussex' an illustrated talk by **Helen Poole**

February 24th 'The Women's Land Army' an illustrated talk by **Ian Everest**.

March 3rd 'The Regeneration of British Seaside Resorts'

an illustrated talk by - **Jackie Marsh-Hobbs**

March 10th 'Brighton Notable Women's Walk' an illustrated talk by **Sue Delafons** from
Brighton & Hove Women's History Group.

March 17th 'The Way we Were' A wonderful film featuring the collection of old footage of
Brighton from the birth of the pavilion, through two world wars and up to
the 1950s. Narrated by **Paul Green**.

March 24th 'The Fairy Tale Castles of Germany'

An illustrated talk by **Tilo Flache**.

March 31st: 'Regency Women' an illustrated talk by **Sarah-Helen Snow**

If you would like to put yourself forward as a potential speaker, or know someone you would recommend, please let the organisers know on 01273 770258, via brightonfriendsmeeting@gmail.com. or via the 'Contact' page on this website.

And please recommend our programme of talks to your friends!

www.tuesdayatfriends.org.uk

Organisers - Brighton Quakers

There are only two days in the year that nothing can be done.

One is called yesterday and the other is called tomorrow.

Today is the right day to Love, believe, do and mostly Live.

Dalai Lama XIV

Request for donations

Current members of our refugee cooking group are from many parts of the world. Please consider donating sanitary products, specifically sanitary pads as culturally these are more acceptable for most of the women. Donations can be left in the box near the automatic door into the Meeting Room. The women cannot afford to buy these necessary items on the weekly £9.00 they receive from the Home Office. Regular donations are particularly welcomed.

*Helen Ledger
Sanctuary Group*

Community in Action

Fourth Sunday Shared Lunch

22 March, 26 April, 24 May.

Join us for regular Friendly lunches at 12.30 - Everyone welcome. Vegetarian soups & bread provided, plus shared dishes. Edible or financial (£2-£3) contributions appreciated.

It's a team effort. Help is appreciated:

- Setting up, heating up, and clearing away.
- Making newcomers feel welcome.
- Usually ends with a cup of tea to thank the helpers 🍵🍵

Helen Holtam

Clerk's mailing list: would you like to receive the newsletter and/or all the information sent out via the Clerks email?

If you have been coming for a while and would like to be on our contact list please speak to the person by the book trolley after Meeting for Worship.

You will need to complete a GDPR (General Data Protection Regulations) form. You can remove yourself from such a list at any time just by asking.

If you would just wish to receive the newsletter, please email

brightonquakernewsletter@gmail.com

Connecting Friends meet in the Meeting House on the first Monday of the month. It is a time to get to know each other. At present we take one item from Advices & Queries, each read it aloud in turn, and then reflect on it together in silence for about 15 minutes. We then share our reflections, spending about an hour together in our groups. Following this, we meet together as a whole group to share drinks and snacks – everyone is asked to contribute – and we break no later than 9pm. It is important that everyone understands that this is a confidential exercise, not to be shared outside our own group, either in person or on social media. Zoom Friends are invited. The Pastoral Friends are convening the February Meeting so please contact them at bqpastoralfriends@outlook.com so we can organise a Zoom link and laptop. The next meeting is **Monday 2 March, 7-9pm**. We will be looking at A&Q No. 9 Please arrive at the back door. Usually we have the whole building, so we split into small groups (of four or five people in each) and use different rooms.

Young Adult Friends have been enjoying meeting together in the Meeting House on the third Monday of each month to socialise, worship, discuss and learn on Quaker themes, and enjoy a hearty shared meal.

We look forward to meeting again on **Monday 16th February at 7-9pm** in Brighton Meeting House, and we warmly welcome other Young Adult Friends (anyone between 18 and a very flexible 40ish years old) to join us. The group is open to anyone who has attended Brighton Meeting and anyone they would like to bring with them.

We set up an 'information only' WhatsApp group so that we can send reminders through to those interested in attending the group. Please get in touch if you'd like to be added – Zoe Greenslade's contact details are in the Contact Book, or alternatively you could email brightonquakernewsletter@gmail.com and it will be forwarded on to me and Zoe.

Niamh Carmichael

Appeals

Now that we have blended Meetings some Friends cannot put donations in our Appeal Box at Meeting House. Our chosen charities could lose out on much needed donations. This month there is no website to donate to so please either put money in the Appeals box or send to the treasurer, as below.

Alternatively, you can send a donation via the Meeting Treasurer. Just send a cheque to Meeting House or do a bank transfer:

Account name: Brighton Quaker Meeting

Sort Code: 08-92-99 Account number: 65009567

Please do let the Treasurer know which appeal the payment is for.

Appeal for Palestinians on the West Bank

Our appeal this month is for Palestinian people on the West Bank of the Jordan River who have been living under military occupation by Israeli armed forces for nearly fifty years. We are supporting their worshippers at the century-old Quaker Meeting House near Jerusalem through the auspices of American Friends. In the past we have raised funds for children in the Jordan Valley, which, while only a few kilometres away, is at present nearly impossible for non-Israelis to access with aid or other support. The situation everywhere on the West Bank has been deteriorating steadily and severely since Premier Netanyahu's right-wing coalition government started its covert annexation of the territory. There are numerous examples of the wilful denial of people's human rights and of armed settler violence going unpunished. This has happened at our own house there.

Please give what you can to show our Friends in Ramallah that they are not forgotten by the rest of the world. But, above all, please do find out what is really going on in the Holy Land, largely excluded from the scrutiny of the world's media.

Angela

Brighton Meeting diary

Meetings for Worship

Regular Meeting for Worship

Sundays 9.30–10.15am Quiet Room
10.30–11.30am Blended Meeting

If you wish to join via Zoom please contact bgelders@gmail.com

5.00–5.45pm in-person Meeting

For more information please contact bgelders@gmail.com

Wednesdays 12.30–1.00pm in person only in the Quiet Room

Children's Meetings

Brighton Children's Meeting warmly welcomes all children to a weekly Meeting for Worship just for them. Children begin in the main meeting with adults for the first 15 minutes, then at 10.45am are guided to the lecture room by two DBS-checked adults (a leader and a helper). Children under two are welcome with a parent or grandparent.



We now offer a Children's Meeting every week and have unified the session that was previously split between younger and older children. Currently the majority of attendees are under the age of 8. Sessions often begin in a circle, sharing good things, before exploring Quaker themes in a safe, caring, and creative environment. Name badges are available and can be helpful.

At the end of Meeting for Worship, children rejoin the adults during Notices and may be invited to share their theme or handiwork.

We're always grateful for volunteers—whether you'd like to lead a session or simply be an extra supportive adult. If you'd like to be involved and be added to the WhatsApp Group (for coordinating the rota) or want more information, please email brightonquakerclerk@gmail.com.

Annie Lieberman and Helen Holtam

Has a bee ever landed on you, and instead of getting scared, you appreciate the possibility that you got confused for a flower



Workshops and community events

Welcome Meeting

Welcome Meeting is held on the second, third, fourth and fifth Sundays of the month, at **12 noon**, and is open to everyone – visitors, attenders and members. It is a chance to share how Meeting was for us and to discuss our Quaker faith. Newcomers are particularly welcome - come and chat with some friendly people about your impressions of Meeting or ask questions about Quakerism in an open and informal way.

Meetings for Quaker business

Local Meeting for Worship for Business in 2026

Sunday 1 March at 12 noon in the Meeting Room - blended

Items for MWB must be sent to the Clerk at least one week before the meeting, i.e. **Sunday 22 February**. The only exceptions are emergencies that arise during the week before MWB. Please email brightonquakerclerk@gmail.com, or write to the Clerks c/o The Meeting House.

If you are a newcomer or attender and would like to join MWB for the first time, please contact the Clerk, who will be able to explain the procedures.

Area Meetings for Worship for Business in 2026

We continue to vary the formats of Area Meetings to be more inclusive. Hopefully the changes will make these Meetings more accessible to younger Friends.

In the Meeting House and online unless otherwise stated

Saturday 21 March, 10.30 am at Chichester

Saturday 16 May, 10.30 am at Ditchling

Wednesday 15 July, 7.00pm at Brighton (online only?)

Saturday 19 September, 10.30am at Worthing

Thursday 19 November, 7.00 pm at Littlehampton (online only?)

We will decide at a later date about the July and November Area Meetings being held online only.

All meetings will be in person and on Zoom starting at 10.30am with the option of an afternoon session as required.

Notices

Notices to be read out after Meeting for Worship should be sent to brightonquakernotices@gmail.com. **The deadline for notices is Friday evening.**

FOOD BANK -- Please Remember -- FOOD BANK --- FOOD BANK

Newsletter Contributions

This newsletter should reflect the diversity of thinking and experience of members and attenders. If this is to be your newsletter, we need your input: thoughts on the meeting, a passage that has inspired you, a book review, a drawing, something to share with others that might help us grow in community and spirit. Please send your contributions to the Editor, Jackie Robinson at brightonquakernewsletter@gmail.com

The deadline for the **March** newsletter is **Friday 27 February** – always two days before Business Meeting. The editor has the right to edit contributions or hold them over until the next issue, particularly where this is necessary in order to avoid blank pages.

It is the responsibility of contributors to decide how much of their personal details should be shared.

The views expressed in this newsletter are those of the individual author(s) and do not necessarily reflect the official policy or position of Brighton Quaker Meeting or any other Quaker organisation

To receive the newsletter by email, and to comply with the GDPR law, please write to brightonquakernewsletter@gmail.com.

The word ‘testimony’ is used by Quakers to describe a witness to the living truth within the human heart as it is acted out in everyday life. It is not a form of words, but a mode of life based on the realisation that there is that of God in everybody, that all human beings are equal, that all life is interconnected. It is affirmative but may lead to action that runs counter to certain practices currently accepted in society at large. Hence a pro-peace stance may become an anti-war protest, and a witness to the sacredness of human life may lead to protests against capital punishment. These testimonies reflect the corporate beliefs of the Society, however much individual Quakers may interpret them differently according to their own light. They are not optional extras, but fruits that grow from the very tree of faith.

Harvey Gillman, 1988, Quaker Faith & Practice 23.12

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