



Romford Quakers

7 Balgores Crescent, Gidea Park, RM2 6AB

Bill

Following a fall in his home Bill had to spend time in hospital.

Unable to return home he is currently residing in a care home.

Visitors are welcome but need to take a Covid test before visiting.

Bill's daughter Jenny is glad that his friends would like to visit him, but would like to be able to co-ordinate visits her mobile number is 07814 618089.

We hold him in the light .



Happy Birthday

Happy Birthday to Rosalind from all your friends at Romford LM!

Rosalind recently turned 3 years old and celebrated in Langton Park with her friends and family

The weather was lovely; we hope she and her friends had a lovely time.



Outreach & Quaker Week

Quaker Week 2022 runs from Saturday 24 September to Sunday 2 October. It runs each year to help Quaker meetings to attract new people and share their faith.

This is a good time to reflect upon why we are Quakers, what is unique about our way, and what might be attractive to those who do not yet know of us.

If you have any ideas about how we can raise our profile locally and encourage enquirers to come along and see for themselves, who we are, what we believe, and how we do it please let the clerks know romfordclerkteam@gmail.com. Meanwhile have a look at [ALL ARE WELCOME](https://www.quaker.org.uk) from the [quaker.org.uk](https://www.quaker.org.uk) website. A hard copy is available at the Meeting.

TEACH PEACE

Poet's Corner

Robbie Burton.

**I couldn't find out much about Robbie Burton, only
that she is a Quaker and started writing in her 50's**

Knowing

He knew himself
by the coffee aisle, by the way
his feet stopped beside
dark roast espresso.

He knew himself
by the diesel pump, by his waiting
for the hose to click
whatever price on the dial.

He knew himself
by roundabouts, by the way
his grass grew no different from
from his neighbours'.

Now he knows
straggled hedgerows
and the sky looking up at him
from puddles in the lane.

He's sitting on a hilltop
squinting at seven counties
smiling at the minute
he forgot himself.

Premises Committee

The next meeting of the Premises Committee is Saturday 3rd of September. Items listed for discussion include how we might prepare for Quaker Week 2022 and take this as our starting point for an event later in the year or in 2023

Centring Down With Compassion

14 September - 19 October
2022, Online

"Have you ever wondered what Quakers mean by 'centring down'? Are you puzzled by how difficult it is to "be still and cool thine own heart and mind"? This course is an exploration of different ways into stillness. You will cultivate your capacity to be present in worship and your daily activities.

Centring Down helps us to be more open to ourselves and our communities with kindness and understanding. Practicing a way into stillness transforms how we show up in the world, because we are truly nourished and resourced by the inner light. This course will of benefit to anyone who is looking to deepen their awareness of the divine in their lives.

In each of the six sessions we will explore a different way to enter stillness and silence, which you can then practice over the week.

The live Zoom sessions are at 19:30-20:30 (UK time) every Wednesday during this period.

To book [follow the link.](#)