

# Southern Africa Quaker News

August 2025



Journal of the Religious Society of Friends in Southern Africa

Issue 256

## Southern African Quaker News

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This newsletter is about the work and activities of the Religious Society of Friends in Southern Africa.

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**Cover photograph:** "Young Friends made Ubuntu bracelets at SAYM Yearly Meeting 2025, Modderpoort, January 2025" by Bronwen Ellis, Quaker Community of the Western Cape.

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# Editorial

Hello Dear Friends from both near and far. The Quaker News of Southern Africa is here again after a long and appropriate time of silence. I must admit I have struggled with this issue. The world is an overwhelming place at the moment and everything seems upside down. It can be hard to know where to really start with anything. All we can do is keep living our lives and keep looking for good and hope in each other and our communities. Communities keep people going. We have had communal gatherings so far this year, and I think that is important. There has been the Quaker Yearly Meeting in Modderpoort this January and the Namibian Quakers had a retreat of their own in May just out side of Windhoek. Friends there have also been continuing with AVP and an ongoing project

to help a local kindergarten with funding to build new class rooms. The tragedy in Gaza and human suffering I know weighs heavy on all of us and we continue to hold them in the light and do what we can to help and keep that voice alive. We are also looking to the future as World Quaker Day approaches with a theme of "Love your neighbour as yourself" and we do what we can to make a kinder world. With that in mind it is important to regulate our emotions and be kind to ourselves so I'm finishing things up with a little poetry that has stood the test of time. Let us move ever onward Friends.

*Bronwen Ellis*

*YYFs doing crafts outside their meeting room at YM 2025.*





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# YEARLY MEETING JANUARY 2025

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## Epistle from SAYM Yearly Meeting 2025

St Augustine's Heritage Guest Farm Conference Centre,  
4-8 January 2025

We send warm Greetings to Friends all over the world.

Many spiritual journeys take us through difficult and winding ways to a place of beauty and joy. As 2025 dawned, Friends began travelling, by 'plane, by bus and by car meeting decayed roads, faded road signs, missed turnings, difficult border crossings and very hot temperatures, all deemed well worth the effort to reach the warm welcome and fellowship of Friends at St Augustine's in Modderpoort on the border of the Kingdom of Lesotho. Friends hailed from Zimbabwe, Botswana, Namibia, Western and Eastern Cape, Gauteng, Kwazulu-Natal, Lesotho, with visitors from Britain, Kenya, and Sweden. Lesotho Friends played an important role in helping with pre-meeting arrangements, in welcoming Friends, and arranging an excursion across the border into Lesotho.

Our theme for the meeting was "What binds us together, what pulls us apart." The "us" in the theme relates not only to our Quaker community but to the broader society in which Southern African Quakers live and breathe. Each morning began with a Meeting

for Worship, followed after breakfast with Worship Sharing in small groups which provided an opportunity to explore mindfully how the 'still small voice within' guides us in our daily practice of Quakerism.

Yearly Meeting was a hybrid one to cater for those who could not join in person. Our theme was truly tested by the difficulties the technical team faced as they battled with intermittent electricity, stormy weather, poor and fluctuating connectivity. Intended to bind us together, technology seemed determined to pull us apart, but the technical team were equally determined to bind us together with those online.

Sipho Nsimbi from the Bulawayo Meeting gave the Richard Gush Memorial lecture this year. Born of Salvation Army parents she and her seven siblings were given names of personal traits that they were supposed to live up to as a collective group, making them an interdependent collective group. Sipho began training as a nurse but within nine months was offered a scholarship to study sociology in Britain where she worked as a social worker for two years after graduation.

*Friends took a nature walk to the top of a nearby hill one afternoon.*



She married there and returned to Zimbabwe with her small son. She has served on the Board of Hlekweni and has been a SAYM Co-clerk. Currently she is an SAYM Elder and a Co-clerk and Treasurer of Bulawayo Meeting.

With her inspirational theme, “Love in Action – Bringing Hope for Healing a Wounded World,” Sipho reminded us of who we are, the journey that Quakers have been on in Southern Africa and the powerful work that Friends have done and could do, not only in Southern Africa but in the world. Her words took us into the heart of division but brought hope. At the core of Quaker unity – what binds us together and connects us – is our willingness to “constantly seek,” to seek the path to “righteousness and service to others” and ultimately to be the “ocean of light and love” to dispel the “ocean of darkness and death.” We have a mandate not to separate ourselves but to connect with the world.

Reports from the ten local SAYM meetings were received. While the increased participation and energy of Young Friends in the SAYM community is stimulating a sense of optimism, it was evident from the local meeting reports that many meetings are experiencing a reduction in numbers. This raises the on-going need for making ourselves known. It was also clear from concerns raised that, as a Quaker family, we need to address and resolve on-going differences – the issues that divide us. However, as Sipho pointed out to us, “Our differences can be our strengths,” and on difficult issues, we endeavoured to speak truth to each other with kindness.

Since 2021 the Finance Oversight Committee has carried out extensive work to clarify and restructure the finances of SAYM and was able to provide a comprehensive and up-to-date explanation of the SAYM financial architecture, together with the income and expenditure. Given that financial competence has become imperative in the modern world, SAYM, together with the local meetings, must focus on mainstreaming financial competence and building financial institutional memory throughout the organisation.

In 2024 SAYM was privileged to host the World Plenary Meeting (WPM) of the Friends World Committee for Consultation (FWCC). Planning for this event began in 2019 and SAYM Friends, together with Friends from Africa and other International Friends, shouldered the challenge, persevered through the COVID pandemic, and delivered a successful WPM in August 2024 which was attended by Friends from 59 countries and 95 yearly meetings. This meeting piloted a hybrid format which was so successful that the decision has been taken to hold the 2027 WPM fully online. Friends present who had also attended the WPCC meeting enjoyed sharing their reminiscences. Young Friends also presented a vibrant and enthusiastic

account of their intervisitations with Young Friends in African countries outside of Southern Africa and of their participation in the World Plenary Meeting.

Each evening, we were treated to five- and ten-minute talks on a variety of topics reflecting the varied personal interests of Friends. Special Interest groups were also offered, giving Friends the opportunity to share some of their concerns and community involvements.

Friends offered a variety of early morning wellness sessions which included breath work, aquaponics, hiking – all opportunities to offset the long hours of sitting in Meeting for Worship for Business. The Children’s programme provided powerful ministries in nurturing and caring. Among other activities, the children practised meditation and – using the Quaker testimonies as a guide – learned about peace, equality, truth and integrity, and homelessness.

The Young Friends carried out their own programme in parallel with the general meeting, and provided the following account:

Beloved Friends – we, the Young Quaker Friends gathered with joy, gratitude, and open hearts. Our time together was a testament to the power of community, love, and spiritual growth.

We were grateful for the opportunity to reconnect with old friends and welcome new ones. Our shared experiences, from worship sharing to the Death Café, fostered a sense of belonging and support. We appreciated the warmth and wisdom of our older Friends, who shared their insights and guidance with us.

Our gathering was a celebration of life, love, and spirituality. We grew together, learned from each other, and deepened our understanding of Quaker values and practices. The World Plenary Meeting reflections, special interest groups, and the main programme offered us a rich tapestry of experiences, inspiring us to continue on our spiritual journeys.

As we part ways, we will carry with us a renewed sense of hope, connection, and purpose. We recognized that our roots in the Quaker tradition run deep, and we are committed to nurturing and growing our faith community.

To our fellow Young Friends, we offer these words of encouragement: may you continue to seek, learn, and grow in the Light. May you find joy, comfort, and guidance in our Quaker community. And may you remain open to the transformative power of love and spirituality.

We have been bound together in love, friendship, and fellowship. Now we pull apart as we return to follow our mandate to connect with the world.

*Gregory Mthembu-Salter and Benonia Nyakuwanikwa  
Co-clerks, Southern Africa Yearly Meeting*



# Yearly Meeting 2025

## Locadia Abijah, Harare Monthly Meeting

I would like to start by saying that I had a wonderful time in Modderpoort, South Africa. From the 4<sup>th</sup> of January, our group arrived at Modderpoort late in the evening, and the following day, we dove right into our worship sharing groups. It was a truly enriching experience, hearing the diverse stories and experiences of the Friends I was sharing with, and getting to know each other better every day. I was fortunate enough to attend all the sessions in the main hall, which were incredibly inspiring.

Although the weather was not particularly cooperative, the accommodation and food at Modderpoort were absolutely fantastic. In fact, it was my first time experiencing a silent lunch, which was a unique and introspective experience. The Variety Show day was also a highlight, with an array of talented friends showcasing their skills and creativity – it was amazing to watch and be a part of.

I was also grateful to have participated in the discussions during the Special Interest Group (SIG) sessions, where we focused on the Food Assistant Fund (FAF). It was fascinating to be a part of this conversation and explore the intricacies of the grant application process. Some of the key topics we discussed included whether grants should be awarded to individuals or groups, and how to navigate the application process. We were also encouraged to ask questions and seek clarification on any aspects that were unclear, which was incredibly helpful.

One of the most memorable moments for me was when we were asked to reflect on what we would do when we received the application forms. We had to think critically and come up with our own questions,



which was a valuable exercise in problem-solving and collaboration. Thankfully, we received guidance and support throughout the process, which helped us feel more confident and prepared.

Unfortunately, my trip to Lesotho was all too brief, and I didn't have the opportunity to explore as much as I would have liked. However, during my short time in Maseru, I was struck by the beauty of the city. The little I saw was truly lovely, and I was impressed by the country's unique character and charm. Despite the limited time, I felt grateful to have experienced a glimpse of Lesotho's culture and hospitality.

Overall, my time in Modderpoort and Lesotho was a truly enriching and unforgettable experience. I feel grateful to have had the opportunity to connect with friends from different backgrounds and cultures, and to have learned so much from our shared experiences and discussions.



*Friends doing things together: MfW in the Meeting Hall (above) and a group of Friends in the Cave Church at St. Augustine's (right).*





# YM 2025





# Report on a death café

A special interest group at the Yearly Meeting at Modderport, January 2025

*Geoff Harris, KwaZulu-Natal Monthly Meeting*

Death cafés have been happening in many countries for many years. There is usually no food but people who come want to talk – and listen to others talk – about death and dying. Why do they do this? Because they know we are all going to die and because they believe that if we can think better about death, we can live better lives now.

We started by watching a short YouTube video by Kathryn Maddox titled *Death for beginners*. Kathryn is a retired British doctor who spent many years working in palliative care. That is, with patients who were in their last few weeks of their lives. Note that she is not talking about people who die instantly from a heart attack or from an accident or other traumatic circumstance. Her focus is on people who die ‘normal’ deaths from old age.

From her experience, Kathryn knew that the last few weeks of life usually involves a gradual decline and stages which are normal and predictable. But she realised that most people – those dying and their family members – have little idea about what dying involves and this often made the last few weeks very hard for them.

‘Someone has to write a book to educate people about normal death and dying’, she said. And so she wrote *With the end in mind. How to live and die well* and later, another titled *Listen: How to find the words for tender conversations*. She also has many YouTube presentations – just look up ‘Kathryn Maddox’.

In our death café at SAYM, after watching the DVD, we broke into small groups and discussed two questions:

1. When you think about death and dying, what worries, concerns or fears do you have?
2. What steps could you take now to help deal with those worries, concerns or fears?

In our groups, we were careful to listen carefully to each other and not to give advice or answers – as in worship sharing. In the small group I was in, there were three main concerns which were closely linked to age.

- Older people were concerned to leave things in good order so that those left behind would not have more trouble at a time of grief.
- Parents with young children were concerned about what would happen if one or both of them died.
- Some younger people expressed some fears about being on their own if their parents died.

We did not have time to discuss the second question but later conversations with older people mentioned the importance of having an up to date will and collecting important papers together (the will, insurance policies, deeds, computer passwords, bank account details etc) in a file and telling their loved ones the location of the file.

Quakers usually don’t spend much time thinking about life after death. Instead, we focus on building peace, equality, truth and simplicity in this life. We just do not know what will happen when we die but we know that we are utterly loved by God and can leave what happens after death in God’s hands. But death is inevitable and grieving for loved ones can be a very hard time. We do need to prepare by thinking and talking about it now.

All you need to run a death café are some people who are willing to talk about death and dying and to listen to others talk about it.





# QUAKER ACTIVITY

## Namquaker retreat

*Hermien Elago, Quaker Community Namibia*

The 2025 Quaker retreat took place at Farm Krumhuk, just outside Windhoek. Surrounded by open land, wildlife, and a working holistic farm, it was a good place to pause and reflect. The quiet of the environment and the time spent in worship helped many of us slow down, and being in nature reminded us of the importance of caring for the earth and for one another.

Over the two days, we shared meals, went for walks, and had conversations about how we're doing as a community. The programme was simple but meaningful, and everyone contributed in small ways to making it work.

We also spoke about how to better support each other's projects and efforts, from peace building and social justice to outreach. There was a sense that, even in uncertain times, we can encourage one another and stay grounded by listening, staying connected, and continuing to act where we can. The retreat gave us time to reconnect and think practically about how we move forward together.





# Yvonne Pickering Kindergarten classroom building project

*Enid Ellis, Quaker Community Namibia*

Justin and I enjoyed a cold trip on Monday morning 9<sup>th</sup> June as we travelled to Outjo to visit the Yvonne Pickering Kindergarten and get a first hand update on the classroom building project. The existing classroom was donated many years ago and being made of wood was suffering from the attentions of Namibia's ant colonies. We were so happy to see the building has already reached just above a roof height and to meet the builder David Eiseb. David, father of one of the teachers, has officially retired but agreed to take on the task. He has assembled a team of four volunteers and the two teachers were getting hands on with the shovels too.

We were fortunate to have received a donation from a Windhoek based organization called Umbrella Initiatives who set the ball rolling by covering the costs for the digging and laying of the foundations. The next challenge is to get the roof on! For this the help of a skilled roofer will be required. Too often we hear of





roofs being blown off buildings when storms arrive with strong winds in northern Namibia's summer.

The school was officially closed, but the few children who had drifted in were seated a safe distance away on their little chairs. They were quietly chatting while others played hand clapping and counting games. This included an imaginative arrangement of the chairs so that they could pretend they were on a bus. They were very happy to pose for us in front of what will be their new learning centre. The old building will be eventually repaired as much as possible to provide a play room and "dining hall".

The two teachers, Mona and Belinda had just written their mid-year examinations at the Namibian College of Open Learning (NAMCOL) and were awaiting their results. Belinda has completed her Certificate for Early Years Education and hopes to graduate in September. Mona is a third year student and still has another year to go before completing her degree in Early Years and Junior Primary Education. We are very grateful for the assistance given us by the Peace, Justice and Development Fund in meeting their study fees.

## AVP NAMIBIA assists the community of Usakos

*Enid Ellis, Quaker Community Namibia*

AVP Namibia has been supported by the Namibia Quaker Community since its inception by two of our members in 2006. It has been dormant in recent years since the main work in prisons was interrupted during the Covid pandemic.

A recent gruesome murder in the small Namibian town of Usakos has left the local community devastated. One of our members, Danie Botha was approached by Vicki Festus to assist with running an AVP workshop for the community. Vicki is one of the early trained Namibian AVP facilitators who is now a community leader in Usakos. They were assisted in two pre-planning sessions by Helen Vale. The workshop took place on 24th May and seems to have been very well received. Usakos Mayor, Irene Simeon Kurz and her PA also participated.

Namquakers are happy about the revival of AVP Namibia, especially as at this time the 50th anniversary of the founding of AVP in Greenhaven Prison in New York State USA is also being celebrated.





# A Heartfelt *Thank You* to SAYM

## *Lungile Mlotshwa, Bulawayo Quaker Meeting*

With our current artificial money system ordinary people are losing out.

Feeding the hungry has been a source of comfort and strength to many families in our community. The food donations and support you have provided have not only alleviated hunger, but also brought dignity and joy to those in need.

We are deeply grateful for your dedication to our communities. Your contributions have made a significant impact on the lives of many. We appreciate the tireless efforts of Friends involved.

This action is a Quaker testimony to the power of generosity, love and sharing. Lastly, may the good Lord continue blessing all the hands that give. *Inkosi ibusie izandla eziphayo* (The king rules over giving hands, Ndebele).



*Inkosi ibusie izandla eziphayo*



# SAYM Letter to the SA President



Southern Africa  
Yearly Meeting

His Excellency President Cyril Ramaphosa  
Email: [president@presidency.gov.za](mailto:president@presidency.gov.za)

May 30, 2025

His Excellency President Cyril Ramaphosa,

We write on behalf of the Southern African Religious Society of Friends to urge that further steps are taken by RSA to prevent brutal killings and starvation in Gaza.

Quakers are an established Peace Church with a long history of witness and peace work in the world, including Palestine and Israel.

We welcomed the initiative taken by the South African government in taking the Israeli government to the International Court of Justice (ICJ). The example set by South Africa inspired other countries to join the action and exposed the brutality towards Palestinians. Sadly, the brutality continues and the Israeli Government has voiced their intentions of expelling Palestinians from Gaza. Palestinians are dying of starvation and bombardment.

The South African government needs to take moral leadership again, and impose trade sanctions against the state of Israel. The Israeli government will not change its brutal behavior without strong pressure from other countries. All imports and exports must stop immediately.

We acknowledge that the events in October 2023 were heinous and stirred up the Jewish collective memory of the Holocaust in the 2nd World War.

We do not seek to punish the good people of Israel by using sanctions. Many brave Israeli human rights organisations, journalists and individuals protest and speak out against the destruction and oppression of Palestinians and do this at great risk to their own personal safety.

We hope that sanctioning Israel and stopping all trade will put pressure on the Israeli government to change its course of action so that all the peoples of the region can have a better future and live in peace and dignity.

In peace,

Gregory Mthembu-Salter  
([gmsalter@gmail.com](mailto:gmsalter@gmail.com))

SAYM  
Clerks

Benonia Nyakuwanikwa  
([benonianyaku@gmail.com](mailto:benonianyaku@gmail.com))

# A Mark of Witness

## *Martli Tuffin, Quaker Community Western Cape*

For years, I had thought about getting a tattoo. Three of our children have them, and I've admired the meaning and expression behind their choices. My sister, too, wears a small ant on her wrist in memory of her husband Anthony—an image simple yet deeply moving. But for me, no particular design had ever felt right. What should I have, where shall I put it. I waited.

And then, something shifted. The growing suffering in Gaza and Israel—the death, destruction, and deepening despair—touched something in me that I couldn't turn away from. I was profoundly troubled by the dehumanisation I witnessed on all sides, but especially by the disproportionate violence inflicted on Palestinian communities. I found myself grieving for lives treated as disposable, for a cycle of murder trauma repeating itself across generations.

One day, at our local pharmacy, I noticed an assistant wearing a small, embroidered watermelon on her uniform. When I asked her about it, she said quietly, "It's for Palestine." Without thinking, I replied, "I want one too."

That simple exchange planted a seed. I thought about getting a brooch or a pendant — some small way of carrying this symbol of solidarity. The lights went on, I knew with certainty that it was going to be a tattoo. The watermelon, with its red, green, white and black, mirrors the colours of the Palestinian flag—once banned, the watermelon became a quiet form of protest.

I had the image inked onto my wrist—on the inside and the outside—because the sorrow I feel runs right through me. For me it is not so much a political statement, as a human one: a mark of grief, love, and the longing for justice.

This small image now lives on my skin as a quiet testimony. It is a daily reminder to me to live with compassion, to bear witness to suffering, to hope for peace.



## Attendees at YM 2025





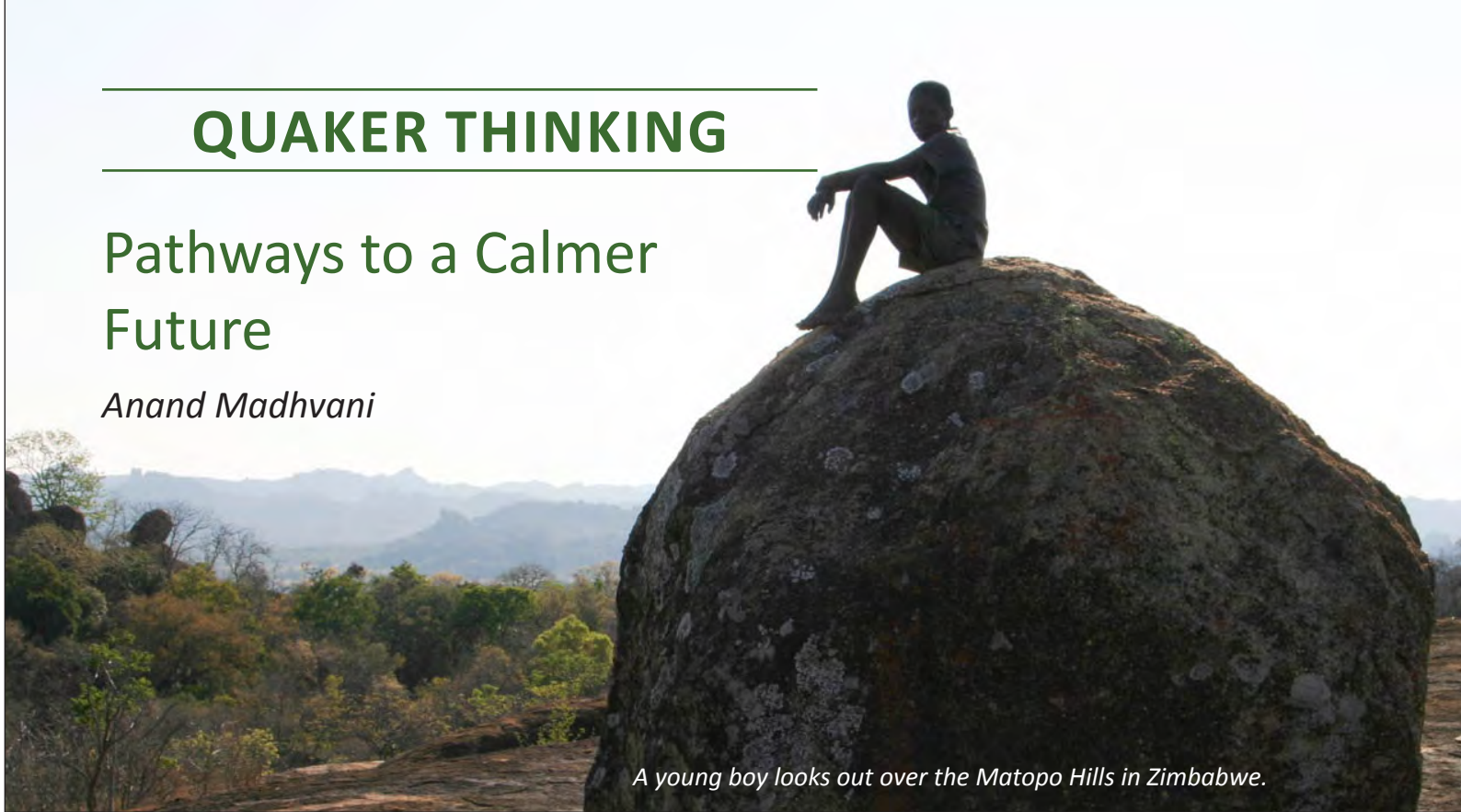
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# QUAKER THINKING

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## Pathways to a Calmer Future

Anand Madhvani



*A young boy looks out over the Matopo Hills in Zimbabwe.*

I want to share some new ideas with you. I believe these explain seemingly intractable social and environmental challenges in a hopeful and practical way, to create a calmer, sustainable and inclusive long-term future.

This analysis has three main strands, which interweave in complex ways:

- We live in an unprecedented period of industrial abundance. This very abundance creates unexpected **economic** problems.
- Overcrowding into megacities causes complex

pressures. We need a new paradigm of cheap **infrastructure** to fix it.

- We carry scars from centuries of intergenerational trauma. Our damaged **cultures** block us from fixing deep problems.

I have worked across an unusual range of sectors and countries, including two years as a Quaker Peace and Social Witness worker in Southern Africa. This was a critical experience for me, as it helped me see gaps in conventional stories about inequality and development.





### Drowning in Abundance

Economics tends to focus on scarcity, but an abundance of food, for example, can co-exist with hunger – given vast social inequalities. Global industrial agriculture produces far more food than humanity needs. This surplus depresses farm gate prices, harms the environment, and makes it impossible for small farmers to compete. The surplus is used as animal feed, in an attempt to add value to retain some profit, but even these margins fall with scale. Large farmers try to improve productivity, exploit workers, or lobby for subsidies and protection, but the economic pressures are insatiable.

We need a totally different analysis to recognise that industrial abundance, not Malthusian scarcity, is creating novel problems.

### Concentration, not Overpopulation

I didn't want to fly directly back to London from South Africa, as I had so much to process. Instead I spent six months travelling on different forms of public transport to Nairobi, where I was born. This long journey underlined how vast this continent is, and also how sparse our infrastructure is. Huge numbers of people crowd into tiny slums in our capital cities, despite the vast size of our continent.

I believe people and jobs are concentrating in dense megacities because we can't afford to build good enough infrastructure where people need it. These megacities in turn create complex economic pressures, which make humanity insatiable for resources, but also incredibly wasteful.

New infrastructure would make smaller cities and towns more sustainable, and bring down economic pressures.

### Overwhelming Moral Injury

We live in an unjust world, which has left deep cultural scars. I think the isiZulu word *mfecane* (*difaqane* in isiXhosa) can be usefully expanded to rebalance Western narratives of civilising progress, and instead capture a long period of crushing, destructive global transformations.



*Women farmers from Zimbabwe talk about soil quality at Hlekweni.*



*A railway bridge between Zambia and Tanzania.*



*I was at the 2016 Rhodes Must Fall March in Oxford, inspired by protests at UCT*



Seeing past behaviours and patterns as simply greedy or evil is unhelpful, not to mention unQuakerly. Insecurity often underlies greed. Capitalism is also an easy scapegoat, but this obscures how many commercial practices used to be more equitable and sustainable. I see similar strands of moral capitalism within older Quaker business traditions, the Jain trading community my maternal family is from, and Islamic understandings of fair profits.

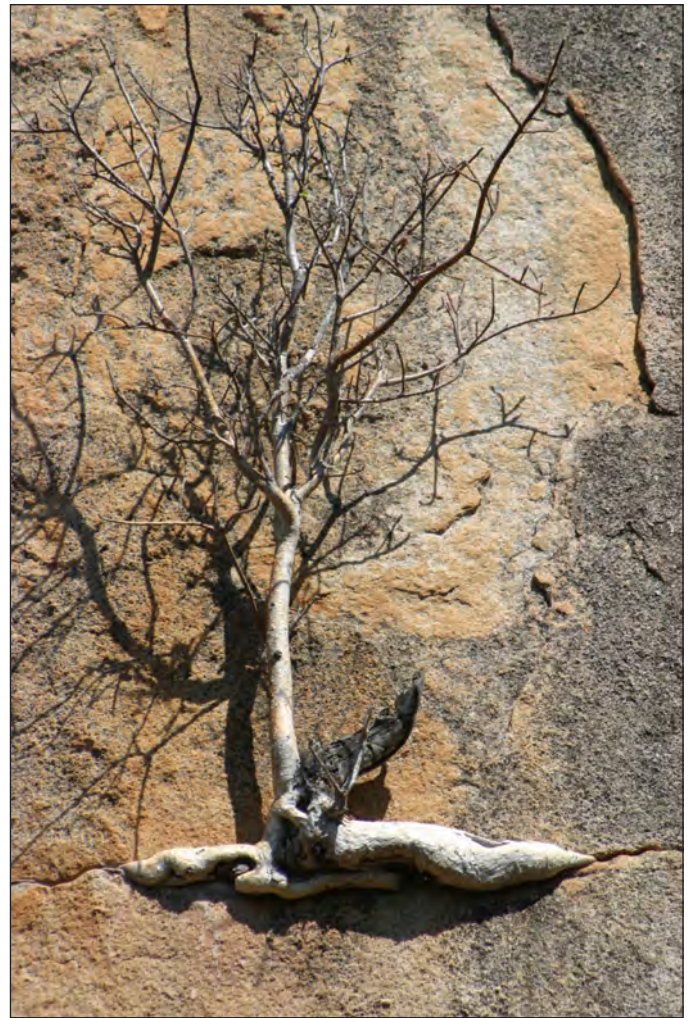
We need new inclusive histories, which connect patterns of agricultural and industrial 'improvements', massive urbanisation and land inequality (enclosures, clearances and plantations). These changes created enormous social and economic desperation and violence in Europe, which spilled out across the world. (In Gujarati history, business culture transitioned from healthy to exploitative within one generation, when the American Civil War changed cloth manufacture and trading patterns.)

Recognising these deeper structural patterns will help us find connections, and structural solutions.

### **The Resilience of Nature**

The state of the world can feel depressing, but I can see glimpses of how a more equitable and sustainable future could work. I can hear whispers of hope.

Nature and climate goals currently seem out of reach, for example. We seem to face existential social, economic and environmental trade-offs. However, if we reduce the broader economic pressures, we can reduce the amount of land exploited for industrial agriculture, allowing ecosystems to recover and rewild. I've seen nature rebound with incredible speed in small areas of the Kenyan coast, and Maasai grazing lands, once such pressures are reduced. A new generation of infrastructure, allowing us to move beyond the current paradigm of cars, will reduce our carbon emissions, and the pressures on populations to crowd into megacities.



*A gnarled tree clings to a vertical rock surface in the Matopos.*

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If you are interested, I expand on these ideas more fully at [calmerfuture.org](https://calmerfuture.org) and would appreciate engagement and support with this work.





# NOTICES

## World Quaker Day 2025, Sunday 5 October

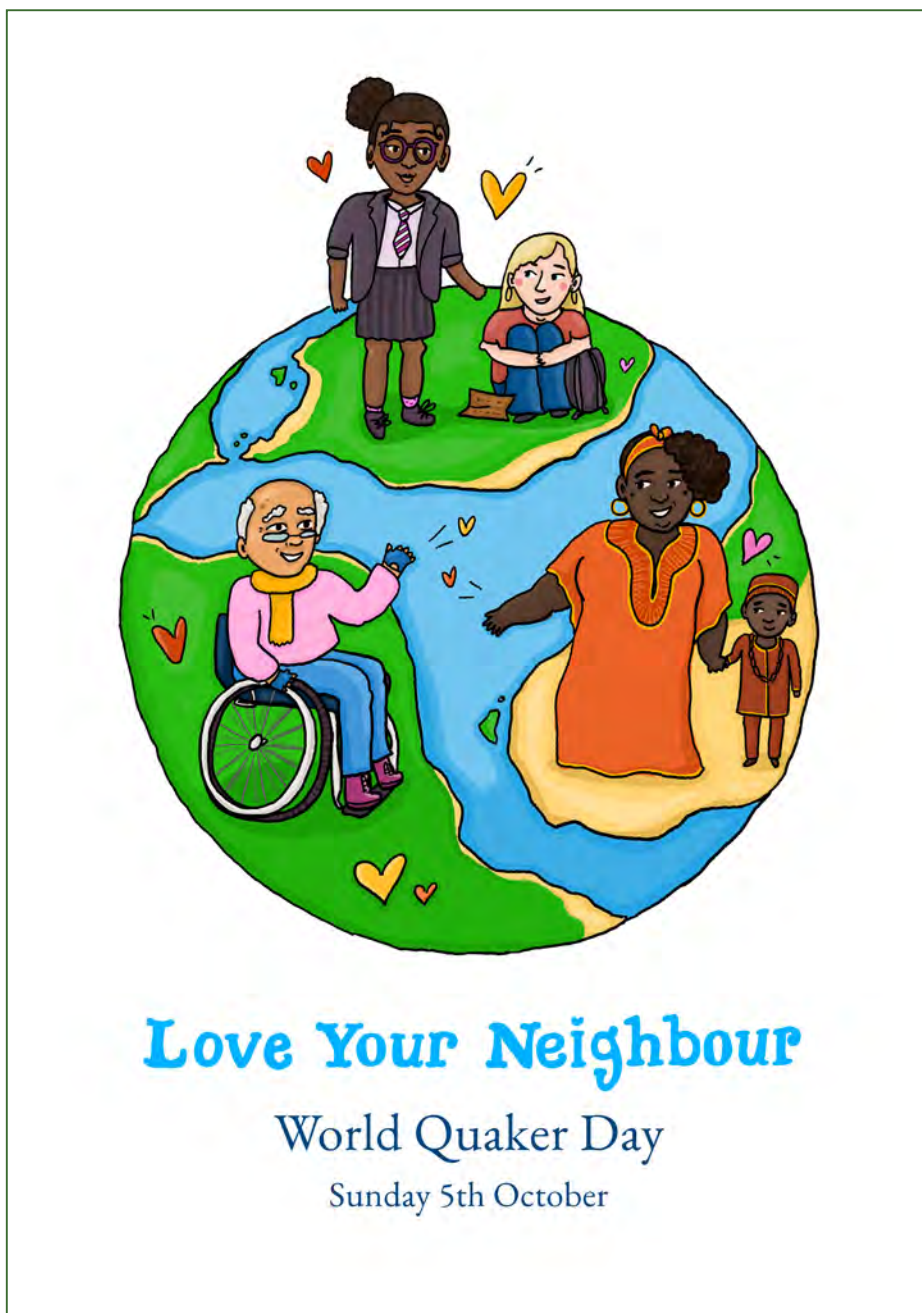
On World Quaker Day, Sunday 5 October FWCC invites you to join with others around the globe to 'Love your neighbour', with the guiding Bible passage Galatians 5:14: 'For the whole law can be summed up in this one command: "Love your neighbour as yourself."'

Today there are many forces encouraging us to hate our neighbour. Environmental breakdown, war, untruths, isolation and unfairness seem to dominate.

So let us see what Love can do. We may use words, and also seek to be "doers of the word" (James 1:22). Here are some ways you might take part:

1. **Serve Your Neighbours:**  
Organise an act of service that addresses needs in nearby communities. This could include acts of solidarity with refugees or migrants.
2. **Welcome Your Neighbours:**  
Invite your local community or regular users of the meeting house or Friends Church to a service or Meeting for Worship.
3. **Connect with Other Faith Communities:** Plan a delegation to bring greetings to another place of worship in your area, and invite a reciprocal visit.
4. **Build International Quaker Connections:** Reach out to a meeting or Friends Church in another country. You might arrange a virtual (or in-person) visit, exchange letters or prayers, or learn about each other's worship styles.
5. **Share a Message of Love:** The words 'love your neighbour' occur eight times in the Bible, and are illustrated by the parable of the Good Samaritan. Plan a meeting for learning, all-age worship or children's session on the theme.

In the coming months, FWCC will share further



*Illustration by Andy Thornton*

resources to support your planning at [fwcc.world/worldquakerday](https://fwcc.world/worldquakerday).

So for now, save the date in your calendars, inform your local church or meeting, and start thinking about which action(s) you might take.

And don't forget to let us know how you plan to participate by completing an online form you can find on the webpage above, or by emailing [comms@fwcc.world](mailto:comms@fwcc.world).





Ubuntu  
T-shirts  
still  
available



Our fabulous and fashionable Ubuntu T-Shirts are still available for purchase in different sizes.

Ubuntu is the concept is Southern African spirituality that a person is a person through other people. "Umuntu ngumuntu ngabantu" in Zulu or "I am because we are." This is a concept that has always been close to

Quakers in the region and lies close to the idea of there is that of God in everyone. These T-shirts were originally designed to help spread this idea of common humanity and being there for each other. If you are interested in placing an order please contact Graham Thomas: [graham@gtconsultancy.co.za](mailto:graham@gtconsultancy.co.za)



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# POEMS FOR PEACE

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## The Foundation of Peace

*If there is to be peace in the world,  
there must be peace in the nations.  
If there is to be peace in the nations,  
there must be peace in the cities.  
If there is to be peace in the cities,  
there must be peace between neighbours,  
If there is to be peace between neighbours,  
there must be peace in the home,  
If there is to be peace in the home  
there must be peace in the heart*

Lao-Tse, China 6<sup>th</sup> century BCE

## The Guest House

*This being human, is a guest house.  
Every morning a new arrival,  
a joy, a depression, a meanness.  
Some momentary awareness comes  
as an unexpected visitor.  
Welcome and entertain them all !  
Even if they are a crowd of sorrows,  
Who violently sweep your house  
empty of its furniture,  
Still, treat each guest honourably.  
He may be clearing you out for some new delight.*

*The dark thought, the shame, the malice:  
Meet them at the door laughing and  
Invite them in.*

*Be grateful for whatever comes,  
because each has been sent  
As a guide  
From beyond.*

Rumi (ancient Islamic Mystic)