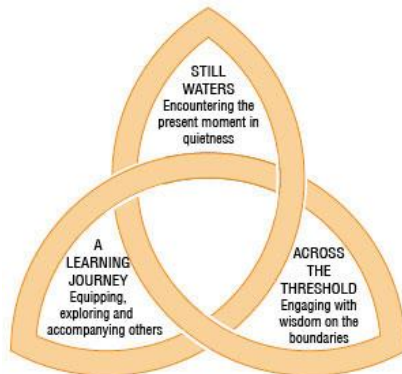


## Contemplative Fire Post

July 2016 – no.14



### Meeting of Core Group/Trustees 22<sup>nd</sup> June, Sparkhill, Birmingham



#### ***Moving towards CIO status***

At the meeting of Trustees in Birmingham, attended by three Companions, the new draft Constitution was formally agreed.

*Timetable for implementation of changes:* there will be an Extraordinary General Meeting of Trustees in April 2017 which will re-constitute Contemplative Fire Ltd as a CIO. Companions would then become members, having “indicated their agreement and acceptance”. The existing trustees would become “First Charity Trustees” until the first AGM of the CIO, probably at the Community Weekend in September 2017, when elections would take place for the new Trustees.

Thanks to Jack McBane who has offered to lead on registration with the Charity Commission.

There will also be a new category of “friend” of Contemplative Fire.

#### ***The Shape Of Things To Come – a “Hub”?***

Ann Worrall and Sharon Roberts have undertaken work on a proposal for a “Hub” of possibly 12 Companions, “to be a listening ear, a creativity stimulator, a nourisher, a make-it-happener, a holder of the Essence”. Local groups could send a member along and individuals come

to connect with other Companions, with representation drawn from geographically dispersed areas. It would be a steer and support for the Contemplative Fire where ideas for events, needs, problems and developments would be discussed, decided on and, with trustee agreement, implemented.

An email about this proposal was sent to all Companions at the beginning of July. Responses to Ann [ann.worrall@gmail.com](mailto:ann.worrall@gmail.com) and Sharon [robertsn1@btinternet.com](mailto:robertsn1@btinternet.com) by **Friday 23<sup>rd</sup> July** please. If this meets with a supportive response from Companions, the group could emerge at the Community Weekend in September.



#### ***Fund-raising from charitable trusts and companies***

Tom Hinds put forward a proposal, which was agreed, to raise funds for particular development projects. Given the experience of Whirlow Spirituality Centre as a valuable physical resource in the growing and living of CF North, and the Old Smithy near Chesham in the earliest days of Contemplative Fire, an initial project could make contact with spirituality and retreat centres nationally. An additional proposal was for a new website and it was agreed that Jeremy Timm and Gill Greenwood would get quotes.

### ***Bursary Fund***

This fund, to help Companions with some financial support for community events like the Retreat or Community Weekend, will be publicised more widely. There will be a separate line in the accounts, a formal acknowledgement of fund donations from Companions, and the introduction of an annual statement of amounts gift-aided to be sent to each gift aid donor, to help with individual tax returns. There will be a simple form for requests, with two trustees delegated the responsibility of agreeing and signing off bursary applications.

### ***Trustee retirement***

Paul Arnesen wrote to the Chair of Trustees, Charlotte Wright, about his need to retire early as a trustee. He said 'I wish you all well as you move forward into the next phase of the life of Contemplative Fire.' His resignation was accepted and he was thanked for all his input as a trustee.

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## **2017 Retreat**

In planning for 2017, Jill booked Parcevall Hall from 16<sup>th</sup> – 21<sup>st</sup> June 2017 and Philip asked Anne Crosthwait, Community Leader in Canada, to lead it.



*Parcevall Hall*

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## **Philip and Jill**



### ***Philip writes:***

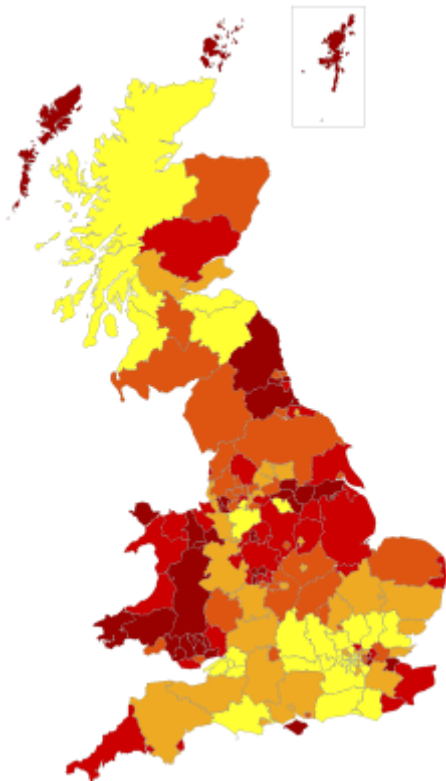
“Health update: Jill has had a colonoscopy recently which showed that she has diverticulosis. With different opinions re yes or no to fibre intake, she hasn’t yet worked out how to alleviate this through diet! She had an MRI scan a short while ago on her lower spine and pelvic area as she’d been having a lot of pain in her lower back, hip and left leg.

As for Philip, after some months of waiting and deep concern, Philip and the medics have been and are noting a number of symptoms in his left side. Re the brain’s functioning, he has had two MRI’s and a Datscan and had his diagnostic appointment with a neurologist. The trip to Eastbourne hospital with Jill resulted in moderately good news, at least for the moment. Wading through the medical terminology, this is what Jill and Philip gleaned: the neurologist’s analysis is that either he has very mild Parkinson's with mild symptoms at this stage, or that he’s had a small series of strokes (lacuna infarcts) or a stroke/small vessel damage in the area of the brain which controls Parkinson's ie

the basal ganglia. If the condition is vascular (stroke/blood vessel damage), it can be stable and could improve. Either way, he is to be reviewed just before Christmas. Nothing now except to love God, family and neighbour, carry on exercising, eat well, reduce stress, be creative and celebrate the moment whenever possible!"

Philip says he has been hugely helped by two books: firstly, by Alex Kerten - *"Goodbye Parkinson's, Hello life!: The Gyro-Kinetic Method for Eliminating Symptoms and Reclaiming Your Good Health"*. Secondly, by Norman Doidge – *"The Brain's Way of Healing: Stories of Remarkable Recoveries and Discoveries"*.

### Where are Contemplative Fire Companions?



<https://batchgeo.com/map/9bbe40c83b01979c2e9454a6a6f19d8c>

Control and left mouse click to open.

## Pilgrimage to Nowhere Longshaw, Derbyshire, 18<sup>th</sup> June

### *"When Kingfishers Catch Fire"* A Pilgrimage through the poetry of Gerard Manley Hopkins

Sheffield Companion Jane Johnston introduced 20 Companions and guests to Gerard Manley Hopkins - his life, spiritual path, poetry and his love of the outdoors.



*As kingfishers catch fire, dragonflies dráw fláme;  
As tumbled over rim in roundy wells  
Stones ring; like each tucked string tells, each hung  
bell's*

*Bow swung finds tongue to fling out broad its name;  
Each mortal thing does one thing and the same:  
Deals out that being indoors each one dwells;  
Selves—goes itself; myself it speaks and spells,  
Crying Whát I do is me: for that I came.*

*Í say móre: the just man justices;  
Kéeps gráce: thát keeps all his goings graces;  
Acts in God's eye what in God's eye he is—  
Christ—for Christ plays in ten thousand places,  
Lovely in limbs, and lovely in eyes not his  
To the Father through the features of men's faces.*

One guest was inspired by Longshaw to write:

*Blue-black Burbage, bubbling, boiling,  
Falling foam-flecked over brown boulders  
Past bowed-down oaks, primeval  
Like the fronding ferns.  
Swallows swoop, seeking air-borne morsels  
From teeming clouds of flying life.  
Moonpennies meet me, greet me  
Returning to food and friendly talk.*

Geoffrey White.



## Events

### [ArtServe Festival 2016](#)

#### 'The Rhythm of Life'



**Friday 21 to Sunday 23 October 2016**

High Leigh Conference Centre, Hoddesdon,  
EN11 8SG

“Our festival weekend is led by musician, educator, writer, composer and Anglican priest Philip Roderick, founder of the [Quiet Garden Movement](#) and of [Contemplative Fire](#), who will lead us on a journey towards God in sound and stillness, movement and meaning. The weekend also includes an evening with renowned worship leader and songwriter Dave Bilbrough (*Abba Father, An army of ordinary people, I am a new creation*).”

[http://www.artserve.org.uk/index.php?option=com\\_content&view=article&id=557&catid=61&Itemid=320](http://www.artserve.org.uk/index.php?option=com_content&view=article&id=557&catid=61&Itemid=320)

“ArtServe promotes and supports the use of creative arts in Christian worship – including music, dance and drama, visual arts, and creative writing.

We run an annual [festival weekend](#) in the autumn which brings people together from all over the country to share experiences, explore creativity, develop ideas about how the arts can be used in worship, and to worship together.

We run one-day events designed to bring people together at a more local level, to share ideas and enjoy workshops. Our [photo gallery](#) has reports of past events.”



Living Spirituality Network



[http://www.livingspirit.org.uk/wp-content/uploads/events\\_july\\_sept16.pdf](http://www.livingspirit.org.uk/wp-content/uploads/events_july_sept16.pdf)

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### **Silence Welcomes the Other: Julian of Norwich, Meditation and Relationships**

**Wednesday 5 October**

6.30 – 9.00 pm

Led by Robert Fruehwirth



Exploring how spiritual practice allows us to awaken to the mystery of the Other and, in welcoming the Other, to discover a new life for ourselves. Robert will draw on his experience of meditation and monastic life, as well as counselling and marriage, and his life-long engagement with Julian of Norwich. For nearly two decades, The Revd. Robert Fruehwirth was a contemplative monk in The Order of Julian of Norwich. After leaving the Order and monastic life, he served as the priest director for the The Julian Centre in Norwich. He also has an MA in therapeutic counselling. His new book is called 'The Drawing of this Love: The Journey of Faith with Julian of Norwich'. He lives with his wife and two children in North Carolina, USA. **Cost £15 // Concessions £10**

Please bring packed lunch // coffee and tea provided

**To book online visit:**

[www.meditatiocentrelondon.org](http://www.meditatiocentrelondon.org)

**The Meditation Centre, St Marks,  
Myddelton Sq, London EC1R 1XX**

**Contact us:**

**T: 020 7278 2070 // E: [meditatio@wccm.org](mailto:meditatio@wccm.org)**

## 'Leaf-in-the-Wind' life



*Anne Crosthwait writes:*

“Contemplative Fire is young. People self-select in coming. There is nothing gained socially or culturally around attendance. It was created with a purpose. Over the six years I’ve tended it in Canada it has expanded, contracted and expanded again. We’ve met around many different offerings with small groups emerging, some lasting for years and others ending, teaching times being frequent, then as desired, with unique offerings coming forward each year.

As fluid as it sounds, and is, our members still struggle with articulating our purpose, so we clearly still have a way to go in growing a Teal culture. Sometimes I find our purpose so clear and simple, yet at other times, I want the strong hierarchical structure of my early ministry that compelled us along. It made it easier. We all had our marching orders and they were written in a manual. Teal requires maturity, listening to one another, listening to Spirit. It’s not easy.

I hope I’m strong enough to live into it without an organizational hierarchy telling me to do it. Am I? Are you? Do you want to live driven by purpose or driven by structure? It’s ‘Leaf-in-the-Wind’ life (John 3.8)”.

Peace

Anne

Community Leader Canada

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## Community Administration

*Gill Greenwood writes:*

I thought it might be useful to outline the administrative tasks that help support Contemplative Fire (and keep me occupied!)

### Events

Community Weekend, annual retreat, Wisdom on the Way – venues and liaison, costings, publicity, bookings, accommodation, meals.

### Governance

Safeguarding officer role, risk assessment overview, data protection, insurance, compliance with governing documents, annual report and return.

### Finance

Payment of invoices and expenses; monthly figures for income and expenditure, gift aid, charity aid foundation, stewardship and bank statements to book-keeper Lee Smith.

### Trustee meetings

Preparation of meeting plan with chair and trustees, preparation and co-ordination of papers, minute-taking, follow-up actions, future dates and venues.

### Transition

Notification of change of registered office to various agencies, securing new accountants for annual report and accounts, securing IT support.

### Companions

Sending out Advent and Lent resources, maintaining up-to-date list of Companions and contact details, production of new map of location of Companions (see p3!), producing monthly CF Post, supporting Review Group.

### Office

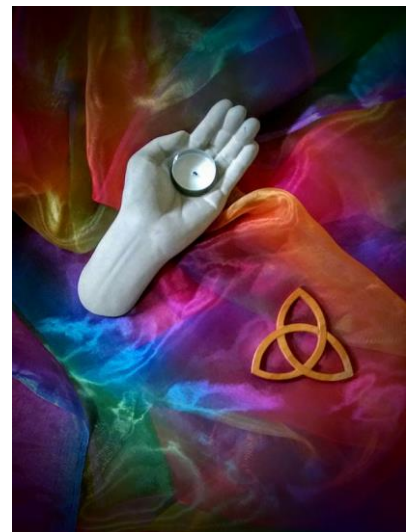
Maintaining office, new leaflets, updating website (when passwords obtained!), redirection of CF email addresses, responding to enquiries.

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# Retreat 2016

## Parcevall Hall, West Yorkshire



Photos: Ann Worrall, JeremyTimm, Gill Greenwood