



THE YORK UNITARIAN

St. Saviourgate Unitarian Chapel, York, YO1 8NQ

October 2021

FROM THE MINISTER

HAVE YOU HAD ENOUGH?

In 2008, Unitarian journalist John Naish published a book called *Enough: Breaking free from the World of More*. This was before *Hoarders* crossed the pond; before the Western world became weirdly obsessed with Marie Kondo; before two American lads called Joshua Fields Millburn and Ryan Nicodemus dubbed themselves 'The Minimalists' and amassed over 20 million internet followers. Some details of Naish's book haven't aged well, but the central premise is every bit as relevant today. For centuries, most people have worried about not having enough and busied themselves chasing 'more.' Now, suddenly, we are faced with a world of 'too much,' and the strategies that have worked for centuries are not just useless but counterproductive. Our problem now is how to stop once we've had enough: enough information, enough food, enough work, enough happiness, enough growth. Enough.

Back in 2008, Naish was aware his suggestion that

we need to lose the illusion that we truly 'own' the stuff we possess and consume

might be seen by some as "doe-eyed hippy nonsense" but cautioned that such ideas:

are going to look increasingly pragmatic as we face up to the alternative – a blasted world with little to offer our future generations.

Indeed. I've never been a massive shopper by most people's standards, but I've always enjoyed browsing in bookstores and boutiques, especially if there's a sale bargain to be had. With the pandemic, all that stopped, and I can't say it was a great loss to be limited to ordering online only what I actually needed. The bigger difficulty was, as Naish might have predicted, the reverse: with the charity shops closed, there was nowhere to take the things I didn't need any more, the impulse buys and the no-longer-fits, the books I'd finished reading and the ones I'd finally admitted I was never actually going to.



If you've found yourself in the same boat, bring along your good quality second-hand items and unwanted gifts to sell at the St Crux fair – as Naish points out, reselling is greener than recycling, as recycling requires power and water and generates pollution, while reselling enables someone else to benefit from your unneeded items just as they are.

While *Enough* does promote a practical shift in behaviour, it also examines the psychological shift we need to embrace "if we want to move beyond the world of wastefully frenzied commerce." Alongside a change in habits, he suggests we also need to develop an attitude of gratitude, and to "reclaim some sacred times in our week to be aware of the greater immaterial dimensions of our existence, and simply to break out of the socially destructive habit of rushing."

Amen to that.

Stephanie Bisby

**A MONTH OF SUNDAYS
at 11.00a.m.**

Sunday 3 October:

Revd. Stephanie Bisby
Harvest home
Music by David Hammond
Zoom host: Janet Eldred

Sunday 10 October

Claire Wilton
Bright Lights: The Prickle Eye Bush
Music by Helen Drewery
Zoom host: David Zucker

Sunday 17 October

Revd Stephanie Bisby
Membership Sunday
Music by David Hammond
Zoom host: Stephanie Bisby

Sunday 24 October

Marta Hardy
Rising, not Falling
Music by David Hammond
Zoom host: Janet Eldred

**Sunday 31 October
(Clocks change GMT)**

Richard Brown
*The origins of Halloween:
when Christianity met Paganism*
Music by Myrna Michell
Zoom host: Jenny Jacobs

YORKSHIRE UNITARIAN UNION

Saturday 23 October

**Annual General Meeting 10.30a.m.
at York Chapel**

10.30a.m. for 11.00a.m.

11.15a.m. AGM

**12.30p.m. Lunch (bring your own;
teas and coffees provided)**

1.15p.m. talk by Liz Slade

(Unitarian General Assembly general secretary)

with questions and responses

2.30p.m. Closing devotions

MUSIC IN THE CHAPEL

Friday Lunchtime Concerts

12.30p.m. £5 (cash only)

1 October

Sax Forte: York based saxophone quartet
8 October

Chris Hill and Amy Butler flute and piano

22 October *Stephen Raine piano*

29 October

Lucy Phillips and David Hammond
violin and piano

Late Music Concerts

20th & 21st century music

Lunchtime £5; evening £12

October 2 @ 1:00 pm - 2:00 pm

[Alistair Donaghue \(baritone\) and Polly
Sharpe \(piano\)](#)

October 2 @ 7:30 pm - 9:30 pm

[Gemini Ensemble](#)

OTHER EVENTS IN OCTOBER

Poetry Group

Wednesday 27 October 7.00p.m.

Contact person: Dee Boyle

Meditation Group

11.00a.m. Thursdays

In chapel and on zoom

Contact person: Dee Boyle

Discussion Group

will be discussing 'race'

6.30p.m. Tuesdays 12 & 26 October on zoom

Contact person: Stephanie Bisby

Selfrealisation Fellowship

5.30p.m. alternate Wednesdays

Contact person: Nick Morrice

York Interfaith Group

'Join Zoom Meeting:

[https://us02web.zoom.us/j/88186920284?
pwd=WEVoV0ZtYzE3dURkTmFRVIYyZjZ2dz09](https://us02web.zoom.us/j/88186920284?pwd=WEVoV0ZtYzE3dURkTmFRVIYyZjZ2dz09)

Soon Amore choir rehearsals

every Monday evening 8.00 p.m. -9.45p.m.

TIN HARVEST SUNDAY 3 OCTOBER

The local Trussel Trust Foodbank guidelist is:

Least stocked: Tinned tomatoes; Laundry detergent; Shampoo/Conditioner; Jam; Instant Mash; Sponge puddings (cupboard/tinned)

Well stocked: Baked beans, Cereals, Pasta, Tinned spaghetti hoops, Sanitary products

Cannot accept: Baby milk, chilled/frozen products, homemade items, out of date or opened tins

THE NIGHTINGALE CENTRE

Great Hucklow, Derbyshire, August 2021

Message from the Management Committee

It's wonderful to be able to welcome our guests back to the [Unitarian] Nightingale Centre. Because of the Covid pandemic, we had to close from March 2020. People have missed visiting the centre for their retreats, conferences, school and other education residentials, denominational events, Send-a Child-to-Hucklow holidays, walking and art holidays and lots more.

The staff have been grateful for furlough support during closure, but have missed their contact with all the guests with their differing ages, backgrounds and enthusiasms. Now that we are allowed to open, the centre is alive again - greeting guests, taking bookings, making the place spick and span, and importantly ensuring it is safe, given the continuing need to minimise the risk of infection. We explain about the extra measures on page 3.

We also take the opportunity to list on pages 4 and 5 just some of the coming events and give details of who you can contact if you are interested in finding out more about them. Most events listed here are Unitarian-connected but, of course, the centre caters for many other organisations. We are looking forward to their return too.

Finally we want to say a big thank you to our *Friends of The Nightingale Centre* and the many others who, through their generosity (including through the *Fighting Fund* set up by David Warhurst), have helped us through this time of closure.

We hope your next visit to Great Hucklow will not be too far away. The Centre team look forward to welcoming you!

Some forthcoming weekends

22-24 October

Unitarian Womens Group

(M.Robinson margaretrobinson81@gmail.com)

29-31 October

Unitarian Association of Lay Ministry

(Chrissie Wilkinson chrissie@wilkies.me.uk)

19-21 November

Unitarian Societies Weekend

(Celia Midgley) celiamidgely@hotmail.com

3-5 December

Christmas at Great Hucklow

(Centre Manager) info@thenightingalecentre.org.uk

10-12 December

Unitarian College Music Workshop

(H. Mason) HMason@unitarian-college.org.uk

7-9 January

Winter Walking Weekend (easy to medium)

(info@the nifghtgalecentre.org.uk)

14-16 January

Winter Walking Weekend 2 (medium-difficult)

(info@the nifghtgalecentre.org.uk)

HOW TO HANDLE LATER LIFE

by Marion Shroud

a review by Barbara Barnes

Despite its sobering title and thickness, this book is a gem. It is written clearly, with a good mix of fact and anecdote, has summary bullet points at the end of each chapter, is comprehensive, up-to-date and surprisingly readable. I learned a lot of useful information which includes wise advice. The clear headings make it also an accessible pick-and-choose reference book. Some tasters that were news to me...

Did you know that:

- muscle strength declines by 1.5% a year from age 30?
- while older people may require fewer calories, they should eat more protein than a younger person of equivalent weight to enable immune systems to function effectively and to maintain muscle strength?
- since 2014, patients of 75 and over should be assigned a named G.P, and informed of who has been allocated to them?
- guarantee pension credit is income support for older people, is higher than state pension and is not dependent on N.I. contributions?
- the term "extra-care housing" lacks a legal definition?
- older people need 30mls of water every day for every kilogram of weight....which means usually around 3 pints in addition to water in food?
- while our sense of taste and smell deteriorate over 80, touch becomes more important?

One copy of this book is currently on the bookshelves (blue dot) in the upper room at chapel *for reference only* but each member of the pastoral committee has a copy which will soon be available to borrow....they are busy reading it first!

Barbara Barnes

Transylvanian Unitarians Resisting and Surviving in Authoritarian Times

Free Online Webinar
4 Nov 2021

Moderator: Rev. Dr. William Schick former President of the Unitarian Universalist Association during the fall of communism.

Presenters: Rev. Dr. Sandra Evencia Professor of Transylvanian Unitarian History and Rev. Dr. Joell Galleon Unitarian Minister and daughter of martyred Transylvanian Unitarian Minister Irina Galleon, and four international panelists responding.

Time: 7 pm Transylvania
12:00 am Philippines,
1 am (5 Nov 2021) Japan,
10 am San Francisco, 1 pm Boston
and 5 pm London



Advanced registration is required, space is limited. Please visit the following to register:
<https://zoom.us/j/9202222222?meeting/register?iU=Udca33Dw0H5F79Q-45rJK6HbZLISm0Qx>
For more information please contact: reconing@uua.org

Photo credit: Shutterstock

**Reconing
U/UU
Histories
Project**

**This international seminar is at 4.00p.m. Greenwich Mean Time on Thursday 4 November
Andrew Hill, is a member of the international panel
and will be making a British response to the main presentation**

CRAFTIVISTAFTERNOON FOR COP 26



What? Join us for some craft + activism to mark COP 26

Where? St Saviourgate Unitarian Chapel

When? Friday 29 October, drop in between 3 – 7 pm. Snacks and drinks will be available.

We'll be crafting mini-banners (example above) or mini-bunting with climate messages. We will then place these around York city centre where they will catch the eye of passers-by and raise awareness.

No craft experience needed! If you do have it, please come along and share your skills with others. We will have materials on hand, but feel free to bring any oddments of fabric, ribbon and cross-stitch aida.

We will have ideas for all ages from toddlers to teens to retirees. Everyone welcome! For more information contact Claire Wilton cwilton@gmail.com

ST. CRUX DAY

We are hopeful that our annual fund raising day at St Crux will be going ahead this year and so are looking for volunteers on 16th October to help on the stalls and in the café. We hope that while you have been busy clearing out all your cupboards during the lockdowns you have managed to keep lots of items for us to sell on the stalls. As usual there will be a book stall, good quality bric-a-brac, children's toys and games and any unwanted new gifts. It may have to be a rather scaled down version of what we usually offer but we plan to do our best.

We need to borrow a couple of gazebos to use as over-flow from the café to ensure that we can keep social distancing possible between tables. If you have one or more that you could loan us we would be most grateful? There are sign-up sheets on the notice board in the Vestry for the various food items and jobs that need volunteering for so please put your name down there if you are able to help. We will be having a sorting and pricing day on Friday 15th between 11am and 2pm so if you can help with that too it would be much appreciated. We will also need help getting everything down to St Crux from chapel on 16th so if you are able to offer your car to help with that please let us know.

Dee Boyle

GOOD BUSINESS

*the sermon by Jenny Jacobs
on Sunday 15 August 2021*

ARE WE STUCK WITH CAPITALISM?

Despite talk of “post-capitalism” and the steady-state economy, it seems that we are, for the foreseeable future. But what we do know is that there are definitely a variety of ways of doing business. And capitalism can be left to run rampant – which has led to disasters like the Global Financial Crisis of 2008 and the present climate emergency – or it can be managed, so that it benefits rather more of us than just the 1%, and doesn’t destroy our planet in the process.

DOING GOOD BUSINESS - THEN

I want to talk about good ways of doing business, with specific reference to the great Quaker entrepreneurs of the 19th centuries who founded the chocolate empires of Cadbury in Birmingham, Fry in Bristol and of course, Rowntrees right here in York.

Doing good business for those Quakers didn’t just mean having a sustainable business model. The entire enterprise was aiming to do good; the inspiration behind their businesses was offering a delicious, nutritious alternative to alcohol – back then, the chocolate bar had yet to be invented, and all cocoa production went into drinking chocolate. Alcohol was considered to be the scourge of the poor, so if they could be tempted to drink cocoa instead, it was thought, their lives and livelihoods would be immeasurably improved.

But these entrepreneurs went much further; they wanted to do good by their workers, too. Both Cadburys and Rowntrees pioneered building excellent housing for their workers, in green, leafy environments outside the city limits. The factory grounds included playing fields, swimming pools, gyms, dining rooms, libraries and welfare facilities. They aimed to build, not just good housing, but good communities and a good society. Healthy, happy workers would also benefit the business. What they tried to create, whether or not they articulated it in these terms, was a virtuous circle. Everyone would benefit; the consumers and the producers, from the company bosses right down to the lowest-paid worker on the factory floor. And these virtuous business practices were bedded in a deep religious faith.

And after more or less shaky starts – both Cadburys and Rowntrees not only failed to make a profit but were in serious danger of going bust in the early years – these companies built incredibly successful businesses. But the bosses remained true to their original visions, the building of a better world by doing good business. In York, Seebohm Rowntree, son of the founder, published a ground-breaking work on poverty in 1901 and for the first time, he calculated the minimum income which people needed, and proved that many people in poverty could do nothing themselves to remedy their situation. And the Rowntree fortune, rather than being passed down within the family, was put into pioneering trusts looking after their existing housing, providing adult education, giving grants and doing research as well as, more recently, providing new affordable housing.

But what about the workers who actually grew the cocoa? Cadburys were rocked in 1901 by reports that their suppliers in the Portuguese colonies in West Africa used slave labour in cocoa production. This was entirely contrary to their ethos. Although criticised for their slow reaction to this news, in fact William Cadbury himself visited the colonies, where the Portuguese were disguising their operations as supposedly voluntary contracts by the workforce. Cadburys sought new suppliers and did end trade with the Portuguese colonies in 1909.

DOING GOOD BUSINESS - NOW

That was then. What of now? Neither Cadburys nor Rowntrees are family-run firms any longer. Cadburys was sold to Kraft in 2010 and the Cadbury commitment to buying Fair Trade beans was ditched by the new owners in 2016. Rowntrees was sold to Nestle in 1988 and although the old factory in York has now been converted into housing, a new factory is still producing KitKats and other famous names. But Nestle has recently been named in a lawsuit by eight children who claim they were used as slave labour on plantations in Ivory Coast. And although Nestle claims to support workers with its “Cocoa Plan”, it does not pay Fair Trade prices for its beans. Even Fair Trade is not enough: sometimes the bottom drops out of the commodities market, when traders in the global North buy and sell commodity futures at the click of a button without any care whatsoever for the people at the sharp end of this practice, the farmers growing the crops. A Fair Trade

premium doesn't guarantee a living wage when the crop itself is fetching rock-bottom prices. Clearly, families where the parents cannot earn a living wage, are more likely to use their children as free labour so that the family can survive. But even worse than this, some children are trafficked far away from home and forced to work on the farms of strangers. Paying a fair price for the crop, so that adult labour is fairly rewarded, is the only way to eradicate child labour. But the major multi-nationals like Nestle, Mars and Hershey don't do this. Most chocolate today, therefore, is produced using some child and slave labour. An honourable exception is Tony's Chocolonely, who pay not just Fair Trade price for the crop, but extra on top to ensure that, whatever the market price of the cocoa beans, the farmers receive a living wage. But they are only one small firm.

In the wider industry, problems that Cadburys dealt with over a century ago, looking to their Quaker ideals of doing business ethically, are rampant again now that these businesses have been bought by multi-nationals whose only motive in doing business is to make as much profit as possible.

WAYS OF DOING GOOD BUSINESS

There are ways of doing business; ways of doing *good* business.

Those great Quaker families practised what is now called stakeholder capitalism, as opposed to the shareholder capitalism practised by most firms today.

Stakeholder capitalism recognises that business is not done in a vacuum; it recognises its obligations and responsibilities, not just to its shareholders, not even also to its employees, but to everyone involved with the business at any stage. This is business done in a responsible, sustainable manner; it takes the means into account and not just the end.

For too many businesses, profit has become, not a means to an end, not something which can be used to invest in the community, building homes, schools and community projects where the business is conducted, but purely something to be pursued for its own sake and distributed to shareholders to spend how they like and wherever they like.

This model of internalising the profits and externalising the costs, is capitalism at its worst, unbridled by any shreds of morality. It's why we need stronger rules; if companies won't do business ethically from choice, they need to be made to do so via regulation. Any business

which relies on child labour, or on slave labour for its profits, is a disgrace, an affront to humanity.

MAXIMISING GOOD

Capitalism, like democracy as described by Winston Churchill, may be the worst form of financial system except for all the others which have been tried throughout history. I certainly don't want to return to the feudal system. But devotees of the free market ignore all sorts of uncomfortable truths about its operation and its effects. I want to see a return to the Quaker principles of doing business, where the aim is not to maximise *profit* but to maximise *good* for everyone involved in the enterprise. Nowadays, that would include environmental considerations; for far too long, businesses have ignored the effect of their operations on the planet. Sustainability would have to be at the heart of every business plan.

In 2021, as we near the end, we hope, of the global pandemic, we have the chance and the will to build a better world. This has to include doing all sorts of things differently and that includes the ways we do business. We need, urgently, to move to a zero-carbon economy. Shareholder capitalism must give way to stakeholder capitalism and doing good business must in future, just as it has done in the past, mean doing business *ethically*, not just for profit, and with the sustainability of people and planet as its goal. It can be done - the great Quaker chocolate producers showed us how. Their legacy lives on in the villages they built, the research they funded and the public amenities with which they endowed their communities. But somehow, the world seems to have forgotten how the businesses which created these public benefits were run. It's high time the world remembered and changed course. Profit *alone* can never be an ethical goal.

PASTORAL CARE GROUP

Pastoral Care Group: the group has produced a leaflet about what it is able to offer. Copies at the chapel.

CHAPEL FRONT DOOR LOCK

Peter Exley has fitted a new mortice lock to the chapel's front door. The chapel secretary keeps the list of recognised key holders. If you have a key please check with Jenny that you are on the list and to get a new key.

O MYSTERIOUS BUT GLORIOUS UNIVERSE

of matter and spirit
of which each of us is but a tiny fragment

May the goodness,
which we trust is somehow at the heart of things,
increasingly prevail over evil on our little earth.

May we learn to organize our life on earth
so that the necessities and worth while pleasures
of human existence are more equally shared
and be ready to make what sacrifices this requires from us.

And may we be tolerant of others
and love them, when we can,
as we hope to be tolerated
and sometimes loved ourselves.

So let us seek our own happiness
in ways which help rather than hinder others
in seeking their [happiness]
and be the happier ourselves for this,
but let us not repine too much at our own inadequacies
but make the best of ourselves as we are,
neither envying nor despising others.

And let the human species flourish
without excessive exploitation of other species
and in a world in which we can still be refreshed
by communion with the non-human.

And let us not fret too much about time
realizing that everything is eternally there
in its own particular place
in the eternal consciousness of the universe.

Timothy Sprigge

*Timothy was professor of logic and metaphysics
at Edinburgh University and an Edinburgh Unitarian.*

*He wrote his version of the 'Lord's Prayer'
for a Building Your Own Theology course.*

It was used by Stephanie on a recent Sunday

MUSIC GROUP AT CHAPEL?

The suggestion of having a music group in chapel has cropped up, and I've been asked to invite responses and ideas for what, when, why and how often! Some options to start: Do we gather from time to time to prepare for a special occasion? Can you spare an early evening a month to learn new songs? Are you a service leader keen to be introduced to new music for your service? Or do you just want to sing together? Do email me, Myrna, on ringofvoices@gmail.com

YORK

**CITY OF SANCTUARY
seeks much needed
assistance and support for
incoming refugees.**

1. Offers of accommodation. At the moment PRIVATE RENTAL accommodation is the priority. If you have a flat or house to rent (not a room), or know someone who does, please DM us or contact@yorkcos.org.uk OR York City Council refugeesupport@york.gov.uk

2. Please hold on to clothes, household items, small furniture at this stage until we know who is coming. Lots of offers of donations are coming in and we thank you. We are sure they will be used, but we need to just wait a little.

3 Offers of help with your time & skills - once we have news of numbers and what is needed, we will contact you

4. Financial donations - this is very needed and if you are able to donate, please do so, even a small amount will help us buy essentials such as toiletries, toys, and other small items to make

the refugees feel at home when they arrive. You can donate from our website <https://york.cityofsanctuary.org> or contact us directly. 100% of ALL donations go to the refugees

5. Businesses in York. If you are a business owner or know a business in York, we are looking for donations both practical (toiletries, clothes, small electrical goods, kitchenware etc.) and financial help. *Paul Wordsworth*

POETRY IN A PANDEMIC

Copies of this book are available to buy in chapel to help raise funds for one of our chapel charities this year which is a project in Nepal. Dee is donating all funds raised by sales of the book to three charities that are helping people following the pandemic. All copies sold in



chapel will be going to Chance, the charity in Nepal that we are helping with this year. Books are £5 if bought in chapel and £6.50 if you need them to be posted out to you. Please contact Dee Boyle if you would like a copy sent by post.

CARECENT

CareCent, operating from the Methodist Church in St Saviourgate, provides breakfasts for those who need. At present they are giving out breakfast packs from the foyer, and hope to resume cafe service with hot food in the near future. At that time they will be needing some more volunteers to join them for a couple of hours once a fortnight, from about 8am.

Should you be interesting in joining the team, please email admin@carecent.org

Tins of tuna, corned beef etc, toiletries, and winter clothing are always welcome, and I'm sure we can arrange to deliver those from our chapel. It's not far! Thank you for any help.

Joan Sinanan



Sat 23rd October 2021 @ York Unitarians

USEFUL CONTACT DETAILS



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the Officers

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