

CROYDON FRIENDS NEWSLETTER

April 2020

Dear Friends: This is the first month of Spring, the clocks have gone forward, Easter is approaching, and a great many of us are in lockdown because of the coronavirus pandemic, now at full force in the UK and around the world. We are sending you, members of our Quaker community, a snapshot of our lives just now, and because we yearn for news of each other, we begin there, with the sad death of Marjorie Evans and our usual News of Friends. That this is a larger issue than usual can be regarded as a not unwelcome by-product of the current pandemic, in that it has given more Friends more time in which to nurture their reflections and to share them in writing. Another by-product has been the opportunity for some of us to meet together for worship using Zoom (see pages 2 and 11).

Gillian Turner and David Parlett

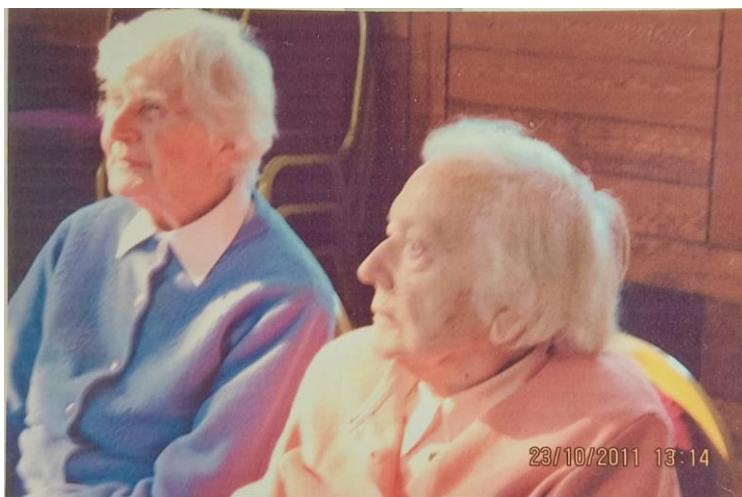
Marjorie Evans

Marjorie always appeared to me as a very calm and centred person. I looked up to the way that she never seemed to fuss and kept her expectations of others to a reasonable level thus allowing us all our fallible humanity.

I am sure that during her years as a Music teacher many pupils must have benefited from her staunch and kindly demeanour.

She once told me in some detail about the two labradors that she and her husband once owned and her joyful telling of immensely fond memories of these beloved pets has stayed with me.

Barbara Earl



Marjorie (left), with Win Porcas

News of Friends

Rhiannon Rees, our meeting correspondent

At time of writing I am fortunate to be well and, as I am not classed as 'vulnerable', able to combine exercise and shopping by walking to the supermarket every two or three days to get necessities for myself and an elderly neighbour. Thames Water decided to turn off the water for a couple of days for long-standing repairs, which sent me into an obsessive search for hand sanitiser for a few days. I never thought I would see people in Waitrose beaming (or in one case distraught) because an assistant was unloading a trolley of toilet rolls. It makes us appreciate all the things we take for granted, like hot water and soap or going for a walk in the sun in the neighbourhood. I hope we keep that.

I appreciate all that Ffriends are doing, in our Meeting and more widely, to keep us in touch while we cannot hold Meeting for Worship in person. It was good to join the first Croydon Meeting for Worship on Zoom last Sunday and see each other's faces, thanks to the efforts of David, Maddy and Roger. We were sorry that some Ffriends could not access the Meeting and hope to send the information out in good time so that next week everyone who would like to join us can.

If you feel you are receiving too much or would like more, please let me know.

Brian Skeet We have all been thinking of Brian, who lives for his walks, does not cook and is not online. He does answer his mobile, and so we are glad to know that he is in good spirits, is managing to walk round his park every day despite his bad knee, and greet, at a safe distance, neighbours and passers-by. He has frozen meals and his neighbour keeps an eye on him.

Wilfrid Hayler rang from Bernhard Baron Homes last week to say that the staff were working hard to keep the elderly residents safe. They were well looked after but having to sit one or two to a table was disturbing for those used to the security of the routine – four to a table, always the same people sharing. When he phoned they were continuing to hold their small Meeting for Worship whilst observing social distancing, but the residents from the bungalows and the Quakers who normally came in from outside could not join them. He sends his love to all, and will send us a personal update for our next edition.

Tima and John Beckett also send their love. Rhiannon says: It was a pity that we could not hold her usual birthday celebration, but I keep in touch with them both.

Philip Barron's daughter Liz writes: 'Dad is apparently doing OK, but we are in that weird position where we are not allowed to visit him. Cedar View are not allowing any visitors. Given that he isn't able to manage to use e-mail or Skype or talk on the phone it means we are completely unable to communicate. But the carers tell me he's doing well. The facilities there are good and the food is good and I think he's probably in the best place possible given the weird circumstances of this current situation'.

Our life as a worshipping community

Advices and Queries 8 chosen by Julia Abley

Worship is our response to an awareness of God. We can worship alone, but when we join with others in expectant waiting, we may discover a deeper sense of God's presence. We seek a gathered stillness in our meetings for worship so that all may feel the power of God's love drawing us together and healing us.

Meetings for worship are the core of our faith, and from the beginning of Lockdown continuing meeting together at 10.30 was the first thing we organised. David, Roger and Maddy set up Zoom, which enabled us to 'see each other's faces' while Gillian contacted everyone on her list who was already on WhatsApp to set up a group for news and sharing. We all agreed that if we were not so keen on Zoom we would have virtual meeting, with Rhiannon sending the details to everyone on our list. Julia sends the number of A&Q for us to read, and we worship together as always.

Quote of the month

from Healing with the Herd Facebook page

World: 'There's no way we can shut everything down in order to lower emissions, slow climate change and protect the environment'.

Mother Nature: 'Here's a virus. Practise.'

Helen's dilemma : To Zoom or not to Zoom

I know I belong to an ancient generation; after all, my favourite singer by a country mile is Ella Fitzgerald. Furthermore, this period of social isolation has given time to explore the lives and work of Miles Davies and Bill Evans. So, we're talking about a focus on the late 1950s, which is a long time ago, even for me. And a lot of things have happened between then and now.

Apart from musical tastes, one of the symptoms of being such an age is that I'm starting to choose whether or not I bother to keep up. My bank is clearly annoyed that I don't use online banking because of what I regard as legitimate security issues. Additionally, I have been known to even write the occasional cheque. However, recently, I've giving in to the expectations of friends to use bank transfers to pay for theatre and other shared expenses.

Clearly the reluctance to change, with all its rationalisations, is a sign of age but sometimes there is a wider discussion to engage in. I'm afraid my first reaction to the idea of Quaker meetings on Zoom was to be somewhat bemused. All these individuals sitting alone at home and sitting in (almost) silence. In many ways, after the reluctance to join *any* group is got over, it does seem the total introvert experience. You don't even have to leave the house. Hands up, to be

honest, I was more than slightly intimidated by the technical and experiential issues – how does it work, how can I get in and participate – and what will the meeting be like? There is something about sitting with others together in a circle in the meeting-house. Something *does* happen. Will a Zoom meeting be remotely the same?

However, I'd enjoyed the What's App group. So amazingly enough, I gave the Zoom meeting a go. Laura kindly helped me get in and, after that, it was a piece of cake (the only piece of cake I was going to get - though Cathy did give a wave on screen from her house). Was it a deep spiritual experience? No, it wasn't for me as a first-timer but, somehow, I realised that this new type of meeting cannot be dismissed and ignored. (A step-by-step handout – perhaps even written on a piece of paper - explaining quite how to get in and what to do might be helpful). Perhaps, the Zoom meeting is not the entire future but it is certainly going to be part of it. It was the first meeting of this type, I guess, that many of us had experienced. I realised that this is a change – out of pure necessity and technological advance – that has to be supported and given time to develop spiritually. After all, we do have to keep in touch and in sight of each other.

Helen Johnson

Helen's reflections on Rex Ambler's classic Light to Live by appears in the latest edition of The Friend (dated 3 April). And for an introduction and guide to using Zoom see page 11.

Day 11 of our daily meditations, taken from *A Pool of Quiet* by Kitty Grave (FFH)

"They also serve who only stand and wait." Milton

Probably we, at times, have a feeling of helplessness when we hear or read of the world's problems, tragedies, mysteries, and wonder what we, as individuals, can do to make things any better. The answer, in so many cases, is "very little", for the majority of us are not only called upon to deal with racial, political or international situations, but only with our own tiny portion of life's embroidery. It is well, perhaps, to bear in mind that designs often have to be worked on a sombre, unexciting background, but that the whole embroidery needs the background as well as the design. If our few stitches can be worked in with care, attention and love, we shall have contributed our share of the whole.

Meetings for upholding

On 24 March, Kay wrote on our WhatsApp group: *I know we're all thinking of the people who have been most affected by this – whether by illness or loss of income – and above all everyone working in the NHS and other essential services who are working so hard to get us all through this. From today I am going to set aside 10 – 15 minutes from 12 noon to sit quietly and send love to all these people.*

At **Croydon**, since that time, 12 noon gives structure to each day and we have added our prayers for Blair, still travelling to his hospital in London, Mary Clarke who fell and was so relieved not to have to stay in hospital, people in care homes, and particularly Wilf Hayler at Bernhard Baron, just beginning lockdown in earnest. Also, of course, our own personal family members and friends.

Streatham and Brixton Meeting hold their Meeting for Healing on 12.-12.30pm each Tuesday starting 7 April (Zoom meeting ID 649 154 9905, password 721774). Also Zoom meetings for worship on Sundays and virtual meetings daily at 7.15.

Barbara Cairns of Epsom Meeting is sending out weekly newsletters and is happy to receive contributions. Contact her if you would like to be on her mailing list.

Purley Meeting since the Covid-19 lockdown began has continued to meet every Sunday morning at 11.15am, with Afterword following at 12.20. All this, of course, has taken place in the spiritual or virtual world. So far, we have met for worship offline, in our own homes, and shared news and insights via social media and email afterwards. Less constrained Friends have been doing their best to help more constrained Friends with shopping and clerks have been busy rounding up and sharing news from home and abroad. We are grateful for the newsletters shared by Friends elsewhere in the Area and for the opportunities we have been offered to take part in other Meetings' activities. In some ways, we feel more connected than we have previously. We know we are in this for the long haul and we are currently looking at the results of an online

survey of local Friends' individual preferences for keeping in touch with each other. This hiatus in everyday normality has created a liminal space for us. It is a challenge and a gift. **Eleri Pengelly**

Meetings for healing and upholding

Advices and Queries (1.02: 4) reads '*The Religious Society of Friends is rooted in Christianity and has always found inspiration in the life and teachings of Jesus.* In the present situation Luke 11: 2-4 and Matthew 6: 9-13 reminds us that he gave his disciples a pattern which we now call The Lord's Prayer, and when we read the gospels we realise 'that prayer was the most vital element in our Lord's life.' (Littleboy, *Quaker Faith & Practice*, 2. 24)

In QF&P 2:18 George Fox advises us: '*Be still, be cool in thy own mind and spirit from thy own thoughts, and then thou wilt feel the principle of God to turn thy mind to the Lord God, whereby thou wilt receive his strength and power from whence life comes, to allay all tempests, against blusterings and storms..*'

In Croydon on the first Sunday of each month, the first part of our Meeting for Worship takes the form of a Meeting for Healing and Upholding during which we pray for those of our Friends and friends or members of our families who are in need of such a blessing. In Quaker terms we hold them in the Light.

Now, as we spend our quiet times in self-isolation, we can pray for all those who are affected physically and mentally by this virus, those in the NHS who are the key people answering the needs of the patients in hospital, those who are carers, and specially for those in authority who have to make the difficult decisions that are disrupting our everyday lives in these unusual times.

In the circumstances in which the whole world is involved we have to acknowledge that we are all part of one another, and this thought reminds me of the lines of Alfred Lord Tennyson in his poem *The Passing of Arthur*. Arthur is bidding farewell to Lord Bedivere the last of the knights of the Round Table and he gives him this advice on the power of prayer:

*.....More things are wrought by prayer
Than this world dreams of.
For what are men better than sheep or goats
That nourish a blind life within the brain
If, knowing God, they lift not hands of prayer
Both for themselves and those who call them friend?
For so the whole round earth is every way
Bound by gold chains about the feet of God.'*

Panel E9 of our Quaker Tapestry quotes Comrade Mary Hughes 'Once we have said 'Our Father' in the morning we can treat no one as a stranger for the rest of the day.'

A last reminder from Advices and Queries 2.20: *Do you remember the need to pray for others, holding them in the presence of God?*

And may I add, may that 'gold chain' bind us in prayer not only on First Sunday but every Sunday, and always?

Joyce Trotman

Still travelling to work as key care workers

We remember **Blair Hunwick**, a nurse, travelling to his London hospital by train every day; **Roy** cleaning every day a number of doctors' surgeries in full protective clothing and comes in three times a week to clean the ASH, so supporting the Nightwatch volunteers who use our Adult School **Hall**.

Barry Gilbert, Mary Flahive's partner, who is a carer, and son **Dylan**, who works as a food packer.

Cathy Spence, classroom assistant, who supports children who are still attending school

Working and playing at home

Our young people, Josh and Olivia, Albie and Jacob, Malachi, Louka and Zubin, along with all the grandchildren being cared for by members of our meeting, in particular Veronica's Fred and Helen's Lily and Willow. Also Nirvana Underwood, with baby Max.

From Josh : Isolation for me has been an experience because it is the first time that I have had to do my schoolwork from home, and also, because it isn't just new to me, it is new to everyone. Although all of my clubs and activities have been cancelled, we have found new ways to have fun, mainly through social media. My schoolwork has kept me active for most of the weekdays, and when it hasn't, I have been on walks and played with my dog. I am sure most of the people who read this agree with me when I say this: this has been a milestone for the world and although many have lost loved ones, this will be a learning curve so that we can prepare better for if something like this ever happens again.

Working from home

From Gemma Tighe: I was back at work on Tuesday and out of isolation on Thursday, but I must say I did feel a bit more rubbish today, with a very sore chest and feeling very tired. I had an afternoon nap to help! Unfortunately I will have to work five days rather than four next week. I have a funding application to finish by Tuesday and I have been so busy dealing with Coronavirus that it hasn't had enough previous attention. Then there is another funding application to do by next Monday lunchtime, 6th April. That is an emergency fund for charities that are losing money during the Coronavirus crisis. Obviously, it was announced very recently. Our place is closed but we are still providing counselling online and over the telephone. We have had to stop all our body therapies. Fortunately our jobs, particularly the receptionist jobs, are a bit safer with the Coronavirus Job retention scheme. I was particularly worried about the receptionists who don't earn a lot anyway and there was no justification for keeping them on if they have nothing to do. POSTSCRIPT: the funding application due on the Tuesday was cancelled. The funders decided to cancel their main grant programme and instead award crisis grants to their existing grantholders. So a day and a half wasted for me, and one less funder available to keep my organisation afloat!

From Laura Roling

Impact on the charity sector

As you will be aware, the UK government has announced a series of measures to help employers and employees (and recently but belatedly the self-employed). Some of these measures may help some charities – but some of the measures won't. For example, the '80% of pay' guarantee only applies to 'furloughed' staff (e.g. staff who are laid off and are not working) – it doesn't apply to staff who are continuing to work within charities in order to provide essential services. Also the business rates holiday won't help most charities much as they already get a 80% discount on business rates.

Current estimates are that the voluntary sector stands to lose between £4bn and £6bn in income over the next 12 weeks alone as fundraising events are cancelled (the London Marathon alone raised £66.4m last year), charity shops close, businesses and corporate foundations see their own income dry up, charities providing services to local government see that income stop, donations from individuals drop as people are uncertain about their own employment, etc.

Smaller charities are likely to be particularly at risk of going out of business. But bigger charities are likely to have financial reserves of only 3-6 months running costs – meaning some of them will also be at risk.

Where you are able to maintain or bring forward any donations you make to charity that would be hugely welcome (although only do so where you are able to). If you are able to add your voice to the charity sector's call for a package of support from Government that would also be very valuable - for example contact your MP or the Treasurer Rishi Sunak, or if you are on social media there is an #everydaycounts campaign hashtag.

From George Hosking

The covid crisis has hit the charity WAVE hard. After a 2018-2019 which was very successful operationally, but during which WAVE's expenditure far exceeded its income, we had downsized, cut or stopped salaries of senior staff, and changed strategy to generate income through running training courses on trauma. This switch in strategy had begun to succeed, with some projects underway and others in the pipeline, when Covid struck and now we've had cancellations and indefinite postponements. For now we have moved to home working and are adapting ourselves

to offer online training. Only time will tell if this will work. We are hoping not to lay-off any more staff. P.S. Croydon Council had retained WAVE to deliver trauma training to 300 local school staff, but the project has been delayed by the covid crisis. (Despite our offer to deliver the training online.)

From Gordon Spence

Dear Friends, as the health of your lungs is more important now than ever before, I have made a 9-minute video - my first ever - on breath improvement. Please follow this link to view it: <https://youtu.be/d49Aoikdpxw> (If it doesn't play when you click on the link, please copy and paste it into your browser.) Although it is made with Quakers in mind, there's no copyright and please feel free to pass it on. I'll welcome any feedback. Please send it to: gordon_h.spence@schoolofyoga.co.uk, at which I can receive, but not send emails.

From Katharine Locke

I'm a Medical Herbalist and I've compiled some self-help advice on nutrition and herbs. If anyone's interested I can email you it if you email me at enquiries@theherbalhuman.co.uk. This is obviously free.

Our service in the community

Happy Baby Community

Some of you have been asking how the Happy Baby Community is faring during this time. The last two-three weeks have felt overwhelming at times, with more work to do than ever before, even though it is all from the house. I have been incredibly blessed in this by the fact that my mother is an ex-primary teacher and has taken on the task of home-schooling Thomas over video-call, leaving me free to concentrate on Happy Baby. I don't know what we would have done otherwise.

This has also helped Thomas adjust; he is enjoying spending virtual time with his grandmother, although his schooling seems slightly more eccentric than usual (a notable occasion being set the task of searching for fossilised dinosaur poo in our garden).

Life is not as easy for most in the Happy Baby Community though. They don't have access even to virtual support from a network of friends and family, not least because the vast majority can't afford to access the technology (smartphone, laptop, wi-fi, or data/credit on a basic mobile phone) to enable them to do so.

We have spent the last two weeks setting up systems (such as an online text service to allow us to message everyone at once) to try and support women and children virtually, and speaking to 200 plus women across the community (often through interpreters) to find out how they are coping and what their needs are. We are now setting up a system of weekly volunteer social calls to most women, and trying to work out how best to support those who have urgent needs around food, nappies, and mental health.

Thank you, Friends, for holding us in the light at this time.

Jo Doherty

Nightwatch

Thank you for your continued support and good wishes. We have faced difficulties in having sufficient food, with supermarket rationing, and in having enough volunteers as so many are self-isolating because they are over 70 or because they are caring for a medically vulnerable person. We are still out every night giving food and other essentials to homeless and otherwise vulnerable people. When I was last out, on Sunday, I saw 65. I think we are seeing more people who are living in poverty and can't afford food. Getting the clients to socially distance has been a challenge but we are doing it with chalk marks on the ground. We would like to spray-paint but it is difficult to buy the most trivial items now most shops are closed. We have also been helping the council by preparing food bags and kettles for the self-isolating former homeless people that the council is housing during the crisis.

Cans of soup and general provisions are always welcome. And on the night (at the hall) the sort of foods it is easy to distribute such as sandwiches, sausage rolls, other snacks. *See Croydon Guardian online for an article with photo on Nightwatch.*

Jad Adams

Enriching our spiritual lives while self-isolating

Trust That the World Wants to Regenerate

What to write at a time like this? The Editor suggested that thinking about one's own response to a situation is the only way to begin. Usually, in any sort of crisis, I turn to wiser and more refined minds. This period is no exception.

Jack Kornfield, American author and Buddhist teacher, gave a talk recently entitled: 'Compassion in the Time of Coronavirus' in which he suggests that in times of challenge it is best to 'quiet our minds' and 'tend to our hearts'. In his signature calm manner, he advises that it may help to be extra polite, extra courteous, respectful and patient.

When uncertainties abound it is helpful to be flexible with any hardened expectations that we may harbour and cut others and ourselves an enormous amount of 'slack'. The quality of how we interrelate both in person or, more likely now, during phone calls and communications on social media, is paramount. We can decide to be mindful and offer clear communication and active listening by letting go of the habit of inwardly framing a pat reply. We can show empathy for another's feelings or we can lose focus and do little to dampen disquiet. In the Old Testament we read that Job was known for his uplifting and kind words which 'helped the tottering to stand' (*Job 4:4*). Similarly, our own Elizabeth Fry was able to listen to 'various, or opposite views, feelings or wishes' and tinge them with her own, 'loving, hoping spirit'. She always put the most favourable construction upon every transaction'. QFP 23:99

When trying to talk and behave mindfully we must remember to include ourselves in this circle of compassion ('*compati*' - Latin 'suffer with'). When we speak internally, the use of gentle words is most beneficial. Another way in which we can tilt the balance and re-set our spiritual and practical strength is by considering our words before we sound forth. Baba of Shirdi, an Indian spiritual master revered by his followers, recommends that before offering an opinion we might ask:

'Is it kind? Is it necessary? Is it true? Does it improve upon the silence?'

In many ways, owing to the essential social and physical distancing strictures placed upon us, we might want to consider that in effect, we are on retreat. We could be familiar with organised retreats at places such as Woodbrooke, Claridge House or other centres. This time, we didn't sign up for the experience and we are confined to our own homes. This time, delicious meals, warm hospitality and interesting daily programmes are not provided for us.

Some friends, if not key workers, are using the extra time available to work, read, listen to music, join online courses, home-school, garden, care for animals, enjoy artistic endeavour, keep in touch with others on WhatsApp or use YouTube to develop new physical practices such as Tai Chi or yoga. Far more than just using up spare time, these activities are important forms of enrichment and self-development. Ram Dass, the late teacher and mystic felt that he saw his life as 'an unfolding set of opportunities to awaken.' He believed that our participation in the world is always a function of our own level of consciousness, compassion and heart.

Opportunity is also available to sit and become still in quietness and confidence. To turn within to meditate in order to feel closer to Spirit. To demonstrate a realisation of the presence of God. To hold others in the Light. To pray for those caring for others. To consider more deeply how we might live both individually and collectively. To give space for our pain, our insecurity and our joy. To be in the present moment. We are so very lucky to be well-acquainted with the discipline, glory and fruits of silence.

This pandemic is no respecter of persons and is therefore a great leveller. As fallible human beings we struggle with many things and perhaps, at the moment, the implications of the present situation loom large. We may decide to accept that this struggle is 'part of the human condition; it draws us together, helps us to find our connectedness'. (QFP: 21.14)

In the midst of apprehension, Jack Kornfield helps us to endure insecurity by asking us to open our hearts and 'trust that the world wants to regenerate'.

-'The Wise Heart', Jack Kornfield (Random House)

-Many of Jack's talks are on YouTube, Facebook or Instagram jackkornfield.com **Barbara Earl**

'Are you open to new light, from whatever source it may come?'

Advices and Queries, 7

I have always been interested in different spiritual practices, believing that truth/enlightenment does not come from one particular practice. This spiritual search led me to being a Quaker, but also resulted in Buddhism becoming an important part of my life. I am a follower of Nichiren Daishonin's Buddhism, and some of you may have heard of *nam myoho range kyo* which is based on a belief in the Mystic Law of cause and effect, and a belief that each of us can manifest our Buddha nature.

Apart from feeling a connection with Nichiren Daishonin's Buddhism, I have also been influenced by Zen Buddhism and the mindfulness teachings of Thich Nhat Hanh. I even left a peace march because I remembered Thich Nhat Hanh's advice that in order to be part of a peace movement one should be able to write a love letter to the American President (whichever President was in power). If one could not do this, peace was not in the person's heart.

The lotus flower is often associated with Buddhism. The lotus flower is used because it emerges from the muddy water and it has both seeds and a flower at the same time, hence reflecting that each of us can come from muddy circumstances and become beautiful flowers. The seeds and flower at the same time reflects the belief in cause and effect.

I have also been lucky to come across Jung Shim, which means beautiful mind. It is an energy healing practice that comes from South Korea. The energy classes consist of chanting, gentle movements and meditation. Jung Shim chanting is about opening the heart and connecting to the Source. In 2019 I was fortunate to visit South Korea to take part in some Jung Shim ceremonies.

I'll finish this short introduction to my spiritual practices with some readings that I often return to (apart from readings in QF&P):

The first two readings are by Daisaku Ikeda, President of Soka Gakkai (a lay Buddhist organisation based on Nichiren Daishonin's Buddhism):

Live with a dancing spirit.

The stars in the heavens are dancing through space, the earth never ceases to spin.

All life is dancing: the trees with the wind, the waves on the sea, the birds, the fish, all are performing their own dance of life.

Every living thing is dancing and you must keep dancing too, for the rest of your life.'

'Life is the blossoming of flowers in the spring, the ripening of fruit in the fall, the rhythm of the earth and of nature Life is the cry of cicadas signalling the end of summer, migratory birds winging south in a transparent autumn sky, fish frolicking in a stream. Life is the joy beautiful music instils in us....Life is all things.

A favourite breathing exercise by Thich That Hanh:

Breathing in: I calm my body.

Breathing out: I smile.

Breathing in: Dwelling in the present moment

Breathing out: I know this is the only moment.

Pam Sellman

Don't be fooled: How to Avoid Coronavirus Malware & Misinformation

Some Croydon Friends have been disturbed by email phishing scams – emails purporting to come from someone you know but which can lead to malicious websites. The following advice has been edited from a warning by AVG antivirus (www.avg.comavg.com) dated 26 March 2020:

The COVID-19 pandemic has boosted a surge in people desperate for the most up-to-date information. This is exactly when phishing scams proliferate and work best. Coronavirus malware is basically a way of using the coronavirus crisis to pretend to offer you information or services which are actually filled with malware designed to hurt or steal from people. Here are some examples.

Industry targeted emails. Phishing scams targeting the manufacturing, transportation, higher education, and healthcare industries have been discovered promoting COVID-19 cures as well as topical conspiracies. Once the email attachments are opened, malware is able to harvest data and wreak havoc.

World Health Organisation spoofs. Recently a spoofing campaign was launched that targeted Italian email addresses. It coincided with the Italian government's increasing the country's quarantine measures and so capitalised on the fear of those it targeted. The emails contained a document allegedly containing a list of precautions to take to stop the spread of the virus. Once the document was opened the device was compromised and personal information was harvested.

Remote worker email scams. In line with the global response to the crisis, hackers are doing their best to be reactive in every scenario. Most recently, many companies worldwide have encouraged their employees to work from home. These lists are available online, so the information is available to anyone. Hackers send emails claiming to be from company Human Resources (HR) departments asking users to sign into DocuSign or Microsoft Word. If they do, their credentials get stolen.

Coronavirus maps. Reactive maps allowing viewers to keep track of the global pandemic are a great opportunity for hackers. The malware looks like a map showing how coronavirus is spreading but it's just a front for attackers to generate malicious files and install them on your computer. They can then steal passwords, credit card details and other information in your browser.

Stay safe. Reliable and trusted sources which should be your go-to for advice include:

World Health Organisation <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

NHS <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Foreign and Commonwealth Office <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

There are also other things you can do to make sure the information you're seeing is trustworthy.

Know your sources. Use well known sites with good reputations when it comes to sharing accurate news and verifiable facts.

Don't click on links in unknown emails. Even if the email seems legitimate, check it and check it again. Does the email address match the sender's name? Are there any typos in the address, no matter how small? Is the layout slightly off? Are sentences structured strangely?

Same goes for attachments. Make sure you check the email is absolutely from someone you know before downloading any attachments, and even then double check.

With websites, check the link for strange typos to make sure they are safe, added numbers, or anything that doesn't seem right. If it differs from the website you meant to go to it's probably fraudulent.

Think about how it's been shared. Facebook posts can be written, doctored and distributed by anyone. Remember, multiple likes and shares does not mean the information is factual. The same goes for What's App chains and Tweets.

Stopping the spread of coronavirus misinformation. Currently there is so much inaccurate information being spread about the coronavirus that the WHO have stated they were facing an 'infodemic' in their attempt to curb the misinformation.

Google, Facebook, and Twitter have said they are working hard to remove coronavirus misinformation as soon as they know about it, and are working with the WHO and government agencies to make sure the correct information is given to the public.

In the UK official NHS guidance is now displayed at the top of internet search results in a bid to ensure people are able to access the correct information when they go looking for it.

Events

All Kindlers, London Quakers and other physical events are, of course, cancelled for the next few months at least. **Yearly Meeting Gathering 2020, planned to take place at the University of Bath from 1 to 7 August, has been postponed to 2021,** and new bookings are suspended for the time being.

Friends House and Woodbrooke are closed, but many staff are working from home and Woodbrooke have extended their on-line Meeting for Worship, which include an hour's Meeting on a Sunday as well as short Meetings during the week. These, and the Pendle Hill Meeting for Worship that Maddy has told us about, are international.

Sonnet 78

From you have I been absent in the spring,
 When proud-pied April, dressed in all his trim,
 Hath put a spirit of youth in everything,
 That heavy Saturn laughed and leapt with him.
 Yet nor the lays of birds, nor the sweet smell
 Of different flow'rs in odour and in hue,
 Could make me any summer's story tell,
 Or from their proud lap pluck them where they grew.
 Nor did I wonder at the lily's white,
 Nor praise the deep vermilion in the rose;
 They were but sweet, but figures of delight,
 Drawn after you, you pattern of all those.
 Yet seemed it winter still, and, you away,
 As with your shadow I with these did play.

William Shakespeare



The speaker is not impressed by the beauty and wonder of Spring, because his lover is not with him; it might as well be winter. The heartbreaking final couplet says he can only appreciate the flowers of Spring as a mere reflection of his lover.

Though this love poem is full of sadness, it portrays an almost unbearable passion, a love that cannot be hidden or denied. As we go through these troubling times and loved ones are separated for safety, we can take comfort in the fact that love for them won't wilt. Unlike Shakespeare, we are extremely lucky to have the technology to stay in touch with the ones we love, no matter where in the world they are. Once we are all together again, we can enjoy the beauty in every season as well as in each other.

From World of Books blog

The deadline for the May edition is Sunday 26 April
Please give, send or email contributions (no longer than 500 words, please) to Gillian Turner [Te/07805087981](tel:07805087981) [email/gillianturner033@gmail.com](mailto:gillianturner033@gmail.com)

How to use Zoom to join a meeting for worship

Zoom is a way of making a video phone call or of calling or joining a video conference online.

A Zoom-capable device is a computer, laptop, tablet or smartphone from which you can access the internet through a browser (Firefox, Chrome, SeaMonkey, Safari, or whatever).

How you access Zoom depends on what sort of device you're using. Follow this checklist till you come to the one that applies to you.

1. My device is Zoom-capable (it has a user-facing camera, microphone and speaker or headphone socket), but Zoom is not installed.

In this case click on: [Zoom.us/j/786763002](https://zoom.us/j/786763002) for Croydon.

The meeting password is simply digit zero: 0

2. My device is Zoom-capable and Zoom is already installed.

Go into Zoom and join Meeting ID 786 763 002 for Croydon.

Below the Meeting ID is an input labelled 'Your Name'. If this shows something like iPad or Galaxy S7, change it!

The meeting password is simply digit zero: 0

3. My device is not Zoom-capable.

If you do not have Zoom installed follow the instructions at 1. above, otherwise go to the meeting as per 2. above.

When asked to 'choose one of the audio conference options', select Phone Call.

Pick up your phone, dial one of the numbers displayed and following the prompts to enter:

Meeting ID as at 2. above followed by #, Participant ID simply key # and Password just digit zero followed by #

You can see everyone on the screen while hearing what's going on through the phone.

It is normal to mute your phone so that no one can hear your background noises.

Remember to unmute if you want to speak.*

4. My only means of communicating is a POTS phone

(POTS = plain old telephone service - but not so old that it has a rotary dial!).

Dial one of these:

0203 481 5240 United Kingdom

0131 460 1196 United Kingdom

0203 051 2874 United Kingdom

0203 481 5237 United Kingdom

(Find your local number: [Zoom.us/u/ac09P1GJdY](https://zoom.us/u/ac09P1GJdY))

When prompted, key in the Meeting ID as per 2. above followed by #

In reply to 'Enter Participant ID ...' just press #

That's it - you should be in.

It is normal to mute your phone so that no one can hear your background noises.

Remember to unmute if you want to speak.*

** To mute or unmute, go to the bottom left of your Zoom screen and click the 'mute/unmute' button. On a tablet it may be near the top. You can mute/unmute yourself, but the moderator can mute/unmute a selected participant, or all of them.*

For those not familiar with using Zoom, we recommend this advice on the Woodbrooke website: <https://www.woodbrooke.org.uk/about/online-mfw/>.

For further details or instructions contact Roger W. Haworth on 07754 469 167 or David Parlett (between 9 and 5) on 07905 679 246.