

# Hamilton Quaker Newsletter

May 2026



***Respect the wide diversity among us in our lives and relationships. Refrain from making prejudiced judgments about the life journeys of others. Do you foster the spirit of mutual understanding and forgiveness? Remember that each one of us is unique, precious, a child of God.***

*Ministry and Counsel*

# Upcoming Events and Announcements

On Sunday, May 17 there will be a chant workshop at the meeting house immediately after worship. Please see the description that follows. All are welcome!

On Sunday, May 24 there will be an hour-long yoga session after meeting for worship and refreshments. Please bring a yoga mat if you require one, and a pillow and blanket for shavasana if desired. All skill levels, ages, and genders are welcome!

The next meeting of the Reading Group will be on Sunday, May 24 at 7:30 p.m. in our Zoom space. Discussion will continue on *Richard Wagamese selected: what comes from Spirit*. Please contact Shirla (shirla766@gmail.com) to be added to the participant list.

On Tuesday, May 26, the Peace and Social Action Committee is hosting a spiritual support event for Friends and other who are in Ottawa protesting at CANSEC – North America's largest military weapons convention. A speaker, Kelsey Gallagher of Project Ploughshares, will be at the meeting house to speak about the build up of the Canadian arms industry. Event begins at 7:00 p.m. and light refreshments will be provided.

The next Meeting for Worship for Business will be held in person at the Meeting House on Sunday, June 7 at 12:30 p.m. You can also join us online on our regular Meeting Zoom link.



# Chanting Workshop

*by Beverly Shepard*

Hello, Friends. This is some more detailed information about the chanting that was announced previously, as promised.

On the Sunday of the May holiday weekend, May 17th, following worship and refreshments, those who wish to will settle again in the meeting room for a session of sacred chant. Our theme will be peace and hope, both of which are much needed in today's world. This is chant in the Taizé style, that is, short, melodic, and repeated, so that the sound and the message grow into greater complexity, beauty, and meaning.

We'll sit close to one another in a circle or something like it, not spread out around the meeting room as is common on a Sunday morning. I will speak the words for a chant, and then I will sing it. If it happens to be one you know, please wait till the second iteration to join in, so that the words and tune will be clear to those for whom it is new. As you're comfortable, join in the singing. No particular musical skill is required. If you want to sing a harmony, a descant, or a simple ground, please do. This is how the music grows and becomes richer. The chant ends when it begins to slow and sometimes when the harmonies contract back to the simpler beginning, and then we stop. It's quite a remarkable experience.

Here is my website where a number of my own chants are sung, if you'd like to hear how the process unfolds. Most chants carry on for about 4 minutes. <https://beverlyshepard.ca/>

I hope to join with a good number of Friends on May 17th. We will bless the world with music.

# Hope

## *First Day Meditation, Meeting for Worship*

*by Sheldon H. Clark*

This day HOPE  
walked in on a sunbeam,  
quietly, subtly, as on  
the whisper of a prayer.

HOPE was Real  
joined by FAITH  
and LOVE.

Living one day at a time  
brings humbleness of heart  
by the Creator's Word.

LIVE in HOPE,  
as a possibility.

LIVE in FAITH,  
as a probability.

Live in LOVE,  
as the heart beats within.



# About this Newsletter / Submission Guidelines

This Newsletter is a monthly publication of news and announcements relevant to Hamilton Quakers.

It is also a venue for members and attenders to share creative works or articles they have written on subjects that may be of interest to our Quaker community. As a general guideline we are looking for submissions that are inspirational and related to Quaker concerns, as well as announcements and news. Members and Attenders are encouraged to submit works for the newsletter.

Requests for newsletter items are announced after Meeting for Worship and/or via email during the week before Meeting for Worship for Business. They are due by the Friday before Business Meeting. Submission of materials implies permission to publish. Copyright for original material resides with the author.

If the person submitting the article is unknown to the editor or if there are questions as to whether the article will be appropriate for the Quaker newsletter, the editor will consult with the clerk(s) who will together discern what will be included. Written permission to publish must be obtained from the copyright holder if a submission is not the original work of the submitter, unless the works are in the public domain, or are covered under the creative commons license.

Hamilton Meeting reserves the right to edit submissions for length or content in consultation with the authors. Please limit submissions to a maximum of 750 words. When opinion pieces are included a line will be added indicating "Submissions reflect the opinions of their authors, and not necessarily of Hamilton Monthly Meeting".

Submissions should be directed to the current editor, Síân Reid, [daywitch@gmail.com](mailto:daywitch@gmail.com).

*We acknowledge the land upon which Hamilton Friends Meeting House is located as the shared traditional territory of the Haudenosaunee and Anishinaabeg, protected by the Dish with One Spoon Wampum Belt covenant. This historic peace agreement between the Iroquois Confederacy, the Ojibwe, and allied nations represents a commitment to share and protect the land, water, plants, and animals, with respect. It is the privilege of Hamilton Monthly Meeting of the Religious Society of Friends (Quakers) to share in the tradition of stewardship of this land, which has been the environment of human beings in this territory for thousands of years. We honour the original Peoples of this land and express a commitment to and gratitude for the opportunity to work together toward restorative justice and reconciliation.*