

HAMILTON MONTHLY MEETING
OF THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)
7 BUTTY PLACE, HAMILTON, ONTARIO, L8S 2R5
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NEWSLETTER 2009

“To turn all the treasures we possess into the channel of universal love becomes the business of our lives.” - John Woolman, *Plea for the Poor*, Chapter 3

REFRESHMENTS FOR MEETING FOR WORSHIP

6 December: Christina; **13 December:** Robbie M; **20 December:** Mona C; **27 December:** Glenna & Carol Leigh

UPCOMING DATES – PLEASE COME!

12 December: Cookies and Carols;

13 December: First Day School Christmas Programme after Meeting for Worship. *Friends are asked to bring lunch items to share;*

22 January: Potluck & Intergenerational Social Evening;

25 February: 6:15 pm! Shared Pizza Meal & DVD /discussion on Peaceful Energy. *Contact Wilf if you have special needs/requests regarding the pizza.* Friends will share the costs;

30 May (to be confirmed): Meeting for Worship at Ian's Farm with tour and potluck lunch.

CYM ISSUES NEEDING FRIENDS' ATTENTION

HMM's Representative to CYM's Representative Meeting reported to business meeting on Sunday, 6 December. The report is attached and she urges you to read it, as there are accounts of a number of issues important to Friends. However, four points particularly need Friends' attention now.

* Our own Canadian Yearly Meeting *Faith and Practice*, in preparation for some years now, is nearing completion. HMM has several copies of the draft version of the entire work, and you're encouraged to borrow one, read it, make comments as soon as possible (send them by the end of January to Andy), and return it to the library. Clerk Andy will receive and compile our comments for forwarding to the F&P Development Committee, which wants all submissions and feedback by 26 February 2010.

* Two years ago, CYM approved the institution of a new programme and two new paid positions. The new programme is the Quaker Education Programme, which will promote greater knowledge and understanding of Quakers both among ourselves and to those outside our Society, and which requires a half-time Co-ordinator. The other position is a half-time Youth Secretary, to serve the needs of our Young Friends and Young Adult Friends, scattered thinly across this huge nation. To hire people for this work we need to raise a year's salary for BOTH positions ahead of time. To date, over two years, we have still failed to raise the \$64,000 required. HMM decided at business meeting to send \$1000 to the Quaker Education Fund (the catchall title for both positions) before the end of the year, but contributions from individual Friends are still greatly needed. If you haven't already donated to this cause, please consider whether you support the strengthening of Canadian Quakerism in this way and would be willing to make a donation to the fund and /sustain it in the future/. If so, please send your donation to the CYM office, earmarked for the Quaker Education Fund, preferably by Dec. 31.

* As you've no doubt already heard, the Harper government has denied funding (which was already approved up to ministerial level) from CIDA to KAIROS, the social justice coalition of Canadian churches. This is disastrous for the many important programmes in which KAIROS is partnered around the world as well as for KAIROS itself. *Please* consider writing to the government to protest this unexplained and unjustifiable cut and demand the reversal of this decision. Details are in the letter from KAIROS circulated just before the business meeting (and via email).

* As Friends we believe in equality and community, and CYM has tried very hard to make Yearly Meeting sessions exemplary of both. For Friends with special needs and individuals and families with limited income, this presents special challenges. In the case of the former, those attending CYM are asked whether they can donate 2 hours of their time during the week to act as companion and assistant to a disabled Friend - there will be a space for volunteering in this way on the YM registration form. In the case of the latter, the food co-op is important to help reduce YM expenses for its participants, but it is increasingly difficult to find sites for the holding of YM sessions - especially in Ontario - which will permit the operation of the co-op. If you have any information or suggestions about sites that may be appropriate, please contact Bev or the CYM Programme Committee directly.

WHAT'S HAPPENING IN THE MEETING HOUSE GARDEN?

With all the plastic sheeting and "caution" tape, some folks might be wondering what is happening in the side garden.

The garden committee decided a year ago that something had to be done about this area, which had become very overgrown, and was proving annoying to the neighbour who lives beside it, and not to mention a lot of work to take care of. Originally planned as a prairie garden, with plants chosen from Sweet Grass Gardens which would be found in prairie habitats in our area, it seemed like a good idea at the time, some ten or more years earlier. Certainly birds and insects approved.

Our first mistake was to include this area in the general plan to put down several inches of triple mix prior to planting. This is a soil amendment with organic matter which adds to its fertility. A good idea for our lawn and shrubs, but not for prairie plants which are generally

adapted to soils of lesser fertility, being very hardy and deep rooted. Plants which usually reached 3-4 feet in height in the wild were now growing up to 7 or 8 feet tall. Smooth blue aster and one of the goldenrods soon dominated all the other species and their incredible seed production soon meant that they were growing everywhere, including in our neighbour's garden. Another plant, not put in intentionally, on the side nearest the meeting house wall, spread rapidly with runners carrying it into the whole of that side. By late summer it was hard to push through the garden and one usually came out covered in seed pods! Many attractive and desirable plants were smothered by this rampant growth.

We have put down black shade cloth and heavy plastic to kill this growth so we can start again with something easier to manage. The proposed plan is to put lawn on the side nearest the neighbour, with lawn or a low groundcover on the side nearest the meeting house. Along the central path, a border of well behaved flowers may be created. We have to plan for lower maintenance in all the garden areas to make it easier for future garden committees to take care of our property without damaging their backs, knees and shoulders.

Q-ACTION CORNER

HUMAN RIGHTS DAY - DEC.10th Amnesty International Groups 1 (Hamilton), 8 (McMaster) and 21 (Burlington) have invited guest speaker MATTHEW BEHRENS (Director of Homes not Bombs) to speak about "ENDING CANADIAN GOVERNMENT INVOLVEMENT IN TORTURE".

Date: Thursday, December 10 Time: 7:30 PM

Place: McMaster Medical Centre, HSC1A6

No charge. Everybody welcome.

COMMITTEE BUDGET UPDATES:

Committees: Please prepare your budgets and send them to the HMM Treasurer, Brian, by the end of December.

FROM CFSC E-NEWSLETTER ...

Quaker Aboriginal Affairs Committee – Victoria BC-area CFSC board members who serve on QAAC are active in Aboriginal Neighbours (AN), a grassroots group that builds relationships between Indigenous and non-Indigenous people. Jennifer Preston, staff, recently presented at a workshop sponsored by the Parksville/Qualicum local group of KAIROS, and spoke in Victoria at an event for AN.

This work complements our work at the UN, which includes an active role at the Expert Mechanism on the Rights of Indigenous Peoples (a new structure), the Permanent Forum on Indigenous Issues, and the Human Rights Council – all forums where Indigenous rights are discussed and advanced.

Jennifer wrote the chapter on Canada for *"The Indigenous World 2008"* a yearbook published by the International Work Group on Indigenous Affairs (IWGIA); she is also co-author of a forthcoming book *Implementing the UN Declaration on the Rights of Indigenous Peoples*

(working title) which will be published later this year. QAAC is also involved in supporting production of a DVD to educate people about the Declaration and how to engage with implementation.

CFSC to request to intervene in Hinzman appeal - CFSC, in partnership with Mennonite Central Committee-Canada, will be requesting intervenor status in an appeal to the Federal Court of Appeal by conscientious objector Jeremy Hinzman, who came to Canada in January 2004 seeking refuge in Canada. Jeremy and his family are regular attenders at Toronto Quaker Meeting, so the appeal has special significance for us. The appeal will focus on a question certified by the Federal Court:

Can punishment under a law of general application for desertion, when the desertion was motivated by a sincere and deeply held moral, political and/or religious objection to a particular war, amount to unusual, undeserved or disproportionate hardship in the context of an application for permanent residence on humanitarian and compassionate grounds?

Quakers and Mennonites have a particular experience to bring to the interpretation of the question by the Court. We will file papers in November and hear back from the Court early in 2010. Thank you to the individuals and Meetings helped to fund this case - we have more than met our goal (note that undesignated donations to CFSC's *Annual Appeal* help fund CFSC's conscientious objection).

UNITED NATIONS RIGHTS OF INDIGENOUS PEOPLES

The Quaker Aboriginal Affairs Committee has made a DVD on Quaker engagement regarding the UN Rights of Indigenous Peoples. It may be borrowed and returned to the Meetinghouse.

DOROTHY MUMA MEMORIAL BURSARY

“To support spiritual leadings among Friends in Ontario”, Ontario Friends or others who are either members or attenders of monthly Meetings that constitute Canadian Yearly Meeting and who wish to pursue a project or leading in Ontario, including writing, teaching, music and art-making, farming, mediation, education, and healing, may apply to Home Mission and Advancement Committee of CYM. The idea is to enable the Friend to be a pattern and a living example of Friends' beliefs. Applications should reach HMAAC's grants and loans officer by 1 March for consideration by HMAAC at its spring meeting. Contact Grants and Loans Officer: Gale Wills hmac-grantsloans@quaker.ca

COLE SAHIB: A QUAKER EDUCATIONISTS'S AUTOBIOGRAPHY

Cole Sahib: The Story of a Multifaith Journey, by Owen Cole. Sussex Academic Press. ISBN: 9781845 193362. £16.95.

‘This story has three intertwining strands. One is my deep interest in religious Education from 1954 onwards... until now; the second is the multifaith journey that I have travelled since about 1968; and the third is my own continuing spiritual pilgrimage.’ So writes our Friend, Owen Cole in the preface to his recently published and eminently readable

autobiography.

Among teachers of religious education and their trainers Owen Cole's has for several decades been a very familiar and respected name. This is because of his pioneering and influential role in establishing religious education as a broadly based study of beliefs and values, and especially in making Sikhism more widely known. His contribution has been immense, through his teaching in higher education (Leeds and Chichester), his work on Agreed Syllabuses, and via the Shap Working Party on World Religions in Education, which he helped to found.

Cole Sahib, an autobiography dedicated to his grandchildren, starts with glimpses of his childhood home and of his schooldays. He writes with affectionate respect for the liberal Christianity of his father, a coal miner turned Congregationalist minister, which remains the basis for Owen Cole's own lifelong values.

Seeing the death of a blackbird that he had shot with an air rifle, and – on film – the effects of Australian soldiers setting fire to a Japanese bunker, set him on the path to conscientious objection. When called to register for National Service he joined the Friends Ambulance Unit. His recollections of his service (with American Mennonites) in Germany, and then in Bradford Royal Infirmary, followed by helping Hungarians in Hednesford, make compelling reading. He records that 'membership of the FAU had been the most worthwhile experience of my life so far' (p. 29).

But it is his subsequent engagement in Leeds with people from a range of faith communities, and his passionate advocacy of responsible, multi-faith religious education which will be of keenest interest to many readers. As readers we can follow through the linkages in his narrative – for instance Owen's involvement in the Yorkshire Committee for Community Relations through which he met his dear friend and future co-author, Piara Singh Sambhi. For readers who have not been fortunate enough to have friends from different faith communities, Owen's lifestory is an encouragement to look for opportunities and to follow them through.

What comes across strikingly is the unswerving faithfulness to his background and to his guiding insights that is expressed over and over again in meeting creatively the challenges of changing circumstances, and it is this that will inspire readers. Owen remains a 'Bradford nonconformist' (p. 33) whether embracing Anglicanism or Quakerism (like Paul Oestreicher and Terry Waite he embraces both), and one whose commitment is to respecting and nurturing the cultures and consciences of all. Owen's accounts of initiatives and issues among Black, Sikh, Muslim, Hindu, and Jewish communities in Leeds are illuminating. So are his observations, such as: 'Diversity is something to which most religions claim to aspire, but I have found that those who speak in favour of it have most difficulty when it comes to members of one's own tradition or who are akin to it.' Thus, as he points out, Christians can be affirming of Muslims and Jews, while being disparaging about Mormons and Jehovah's Witnesses, and so on.

The Yorkshire Welshman, Owen Cole, is a gifted communicator, with a direct, pithy style. In *Cole Sahib* readers of *The Friend* will find many resonances with their own journeys, as well

as new perspectives and insights. The narrative resounds with Owen Cole's hatred of class-based snobbery, with his championing of minorities and his faith in God's love, and it is amply seasoned by humour and a delight in ongoing discovery. Every Meeting House library should have a copy.

Published in *The Friend*, October 23, 2009. Reviewed by Eleanor Nesbitt, Coventry Local Meeting

HAMILTON MONTHLY MEETING
MEETING FOR WORSHIP FOR BUSINESS
SUNDAY, DECEMBER 6 , 2009

Present: Helen B, Mona C, Christopher, Paul, Brian, Glenna, Jean, Andy - Clerk, Betty, Dick, Wilf, Beverly, Louise, Carol Leigh - Recording Clerk, Don

Regrets: none received

1 Worship: Meeting began at 12:23 with silent worship

2 Minutes of the Meeting of 1 November 2009: approved as read.

3 Business Arising

3.1 Memorial minute for Denise: this minute is in progress, and will likely be ready to be presented to Meeting in January.

3.2 Potlucks

3.2.1 The November potluck with Paul's presentation on his experiences in Columbia with the Fellowship of Reconciliation was well attended and very interesting; thanks to Paul for this presentation and for his work there.

3.2.2 Date for First Day School Children's presentation is December 13. The children will present Christmas carols of their own choosing. We will bring potluck lunch items, and extend our time with carols around the piano.

3.2.3 January Potluck: On January 22, the proposed **intergenerational evening** will be the programme.

3.2.4 February Potluck: At a meal which will feature purchased pizza, we will view and discuss the **DVD from the CYM presentations about uranium issues** on Thursday, 25 February. **Beverly will preview the DVD and make a selection if deemed necessary.** We commit ourselves to starting nearer 6 p.m., cleaning up quickly, being mindful of the time, and allowing adequate time for worship and for discussion. **Wilf will order the pizza, to which the eaters will contribute the costs.**

3.2.5 Spring Potluck at Ian's Farm: Andy talked with Ian, who expressed that May would be a suitable time. We will hold Meeting for Worship at the farm (a barn is available in case of inclement weather), followed by a tour of

the farm and potluck meal. We will meet there on Sunday, 30 May.

3.3 Feedback on CYM C n R Implementation Committee: Beverly took the report of our brown bag discussion (which was read in this meeting) to Representative Meeting in November. We adopt this as our statement from HMM, and will forward it to the CYM committee considering our membership in FUM and to the CnR Implementation Committee, with the acknowledgement that individuals are free to make their own thoughts known to both Committees.

3.4 Reestablishment of a Peace and Social Action Committee specific to Meeting: Dick expressed opinions given by two Friends not present today: Hanna feels that the commitment to the Department of Peace initiative is an excellent project; she also sees the involvement of people outside Meeting as a positive development. Reuven expressed satisfaction that the Department of Peace Initiative is an excellent use of our energy, and that more immediate issues are being dealt with adequately by Meeting as a whole. On the other hand, it was also pointed out that we are perhaps not maintaining our awareness of pressing concerns in which we could and should be participating. We are not in unity regarding recreating a PSAC, but gratefully accept Christopher's offer to coordinate the collection of information regarding opportunities for action and dissemination of it through the Newsletter and possibly email announcements.

3.5 Recommendations of the Outreach Committee and Changes in Procedure at Meeting for Worship: we have tried out the recommendations around announcements and Afterword since November Meeting for Worship for Business (M4W4B). Friends expressed various opinions of their own and on behalf of others. We ask Ministry and Counsel to reflect upon what has been said, and recommend our course at the January M4W4B. Through December, we will continue with the present experiment.

3.6 Examination of Draft CYM Faith and Practice. Friends are reminded to forward responses to the Clerk before February 26.

3.7 Potential Request for Aid from Dunford Bequest. Betty reported that the trustees have ascertained that there is ample money to provide the aid referred to in November minute 6.4

3.8 Hosting FGC Development Committee, September 17-19, 2010. The Clerk has written the letter inviting this committee; we will deal with this in the new year.

3.9 Ministry and Counsel are planning the **Spring Retreat** and will inform Meeting as soon as possible regarding the decision. We ask that, if possible, the retreat be a residential weekend with financial aid available to those who need it.

4 Reports

4.1 Treasurer: Brian presented a summary report verbally; the full report will be available in January, as Brian makes the transition from our previous treasurer, Blair. We thank Blair for his faithful service. We appear to be in as good condition financially as in previous years. We thank Brian for his care of Meeting's fiscal affairs and look forward to a full report. Brian has asked the Committees to report on their needs in order to prepare the budget.

Friends who desire tax receipts for 2009 are reminded to give Brian their cheques before year end. This will also help us to meet the budget we approved for 2009. Darlene will be acting treasurer in January and February.

4.2 Representative Meeting, November 2009: Beverly presented the report, which was circulated by email prior to this meeting. Friends are urged to contact the government according to the recommendations (also circulated by email) about the

cut to CIDA's funding to KAIROS. The report is accepted with thanks and will be attached to the Newsletter.

Regarding the funding of the two proposed new CYM staff positions, HMM will send \$1000 now to CYM for the hiring of the two new positions, to be reviewed after our treasurer's report is received.

5 New Business

5.1 KAIROS request for urgent action: the Clerk will write a letter on behalf of Meeting in support of restoring CIDA funding. (also see 4.2 above)

6 Correspondence: we are invited by the Apostolic Holiness Church of Jesus Christ to a Christmas event on December 12 at 6 p.m. (free, but please bring a non-perishable food item).

7 Next Meeting: Sunday, January 10, 2010

8 Worship: Meeting ended at 2:37 with silent worship

N.B. Action items are, as usual, highlighted

REPORTS

HAMILTON MONTHLY MEETING CONSIDERATION OF CANADIAN YEARLY MEETING MEMBERSHIP IN FRIENDS UNITED MEETING (FUM), NOVEMBER 8, 2009

Seven Friends gathered for a worshipful sharing on this topic, and three interested Friends unable to attend sent their contributions in written form.

The main points Friends felt caused difficulty with our staying in FUM were:

1. The fact that FUM appears, through the information most readily available on its website and through the banner heading on some of its outreach materials, to be claiming unity among members, when clearly there is a lack of unity on several important issues. These include (but are not limited to) the Richmond Declaration of Faith, the present hiring and volunteer policy of FUM, and the attitude of some FUM Friends toward the peace testimony.
2. CYM, as a member of FUM, is misrepresented by several public stances and statements of FUM, a fact which we feel impugns our integrity.

The main points presented as positive aspects to our membership in FUM were:

- A. FUM provides a forum for dialogue among different streams of Quakerism.
- B. It offers opportunities for Young Friends and Young Adult Friends of different streams to meet each other and learn about each other.
- C. The presence of dually-affiliated Yearly Meetings (those which are also members of Friends General Conference) within FUM offers moral support to gay members of other FUM Yearly Meetings.
- D. FUM does much good work in areas of conflict and need.

In regard to point 1 above, one Friend said he was able to tolerate a good deal of doctrinal

ambiguity within a group, provided that strong factors supported remaining within the group. Another pointed out that John Woolman, while abhorring the institution of slavery in which many Friends of the time participated, did not leave the Religious Society of Friends but rather worked within it for the changes he wished to see. Others responded that the RSoF did not include slavery as part of its identity and sanctioned practice, so this comparison was not truly analogous.

As to point A., Friends mentioned that there are opportunities for intrafaith dialogue without remaining within FUM, and in fact such opportunities appear to be sought by more and more Friends. Similarly, in regard to point B, there are other fora, notably Friends World Committee for Consultation, where YFs and YAFs can meet and share, and for point C, we should be able to support gay members of FUM Yearly Meetings from outside FUM just as well as from within, if not better. One Young Adult Friend felt that the misrepresentation of our YM by its membership in FUM far outweighs the benefits to YAFs. As to point D, it is possible for both individual Friends and non-member Yearly Meetings to contribute to FUM's good works as we choose.

On the whole, those present for the discussion tended to favour withdrawing from FUM. Of those not present who sent written contributions (but were, obviously, unable to modify their views as a result of the contributions of others), one favoured staying in FUM if possible, one strongly believed CYM should withdraw its membership in FUM, and one did not express a view tending either way.

Those at the discussion felt that withdrawal of membership, if in fact this occurs, should be done with a letter clearly setting out the reasons for the withdrawal, mentioning those things we do find positive, expressing sadness at the division of the "family", and affirming a hope that way might open in future for rejoining FUM, if those matters which so distress us are resolved.

The traditional view of decisions such as this, according to Quaker practice, has been that the present circumstances (in this case, membership in FUM) will continue unless there is unity to change them. We ask the question: Since we do perform the action of RENEWING our membership each year, is it not equally valid to say that there should be unity to belong to FUM before we send our membership fees?

REPORT TO HAMILTON MONTHLY MEETING ON REPRESENTATIVE MEETING OF 20-21 NOVEMBER, 2009

One of the topics discussed at some length was the accessibility of Yearly Meeting sessions - to people with disabilities, such as mobility, hearing, and eyesight problems, and to people with limited funds. The former requires the assistance of volunteers to act as companions for those with special needs; the latter is eased by the food co-op (which costs substantially less than the food plans offered by hosting institutions), for which it is increasingly difficult to find a welcoming site. These are issues that need to be recognized and addressed by all CYM Friends.

We also decided, vis a vis YM sessions, that we would ask for police clearance certificates for all those working in the Youth Programme during the week.

The Faith and Practice Development Committee is nearing the end of its task. The draft chapters have all been reviewed, revised, compiled, and presented in the *draft Canadian Yearly Meeting Faith and Practice* - the green book of which we have several copies at HMM. Now the committee needs responses from both individuals and groups of Friends to this document by the end of February 2010. Substantive additions are welcomed, and if they do not find a home in this edition will be considered for future editions. We hope that the final document will be approved at Yearly Meeting 2010.

The Ad Hoc Committee on Sexual Ethics has asked that Friends review their draft document "Addressing Violations and Misunderstandings of a Sexual Nature (Sexual Abuse and Sexual Harassment) in Friends Meetings", which is a series of guidelines to assist Friends in dealing with these matters, and send comments back to the clerk of the committee, Bruce Dienes, by the end of February 2010. The document can be accessed at www.quaker.ca in the password-protected section labeled "Business".

Financially, Yearly Meeting is in about the same condition as usual at this time of year, **except in regard to contributions for the new quaker education programme and the youth secretary**, both of which involve hiring half-time employees. We have received \$42,566.13 in donations for the new program. Of this we received \$30,510.65 in 2008, and \$12,055.48 so far in 2009. Of the money received in 2009 the following Meetings have contributed:

Ottawa MM: \$5,000.00

St Lawrence Valley 82.43

Yonge St MM 700.00

Thousand Islands MM 200.00

Annapolis Valley MM 100.00

Vernon MM 200.00

Vancouver MM 1,000.00

Total 7,282.43 or approximately half of the \$12,055.48 received.

We require another almost \$21,500 to reach the figure necessary to hire for both positions for one year. Some Friends question whether it is reasonable to proceed with hiring when we don't seem to be able to raise enough funds on a continuing basis to support the positions for more than a year. We believe that, once the people have been hired and are doing their jobs, the fruits of their labours will be obvious and funds will come in more readily. We hope that by the end of the year we will have raised the rest of the amount necessary to begin hiring, but we bring this matter to the attention of all Friends for their personal discernment.

As a member of KAIROS CYM was asked to send a letter to the Government of Canada encouraging ministerial approval for a major CIDA grant that supports a large part of KAIROS's programme work through 2013. It appears that CIDA approved this funding, up to the ministerial level, in July 2009 and extended temporary funding until the end of

November 2009. A delay in or the loss of funding would cause irreparable harm to over 20 partner organizations in the South and to KAIROS itself. We asked our RM clerk and CFSC to send letters in support of KAIROS. The letter from the RM clerk was sent immediately after the meeting, but you have probably heard that this effort - along with similar ones from many member churches - was in vain. The Harper government has denied ministerial approval for the money which had already been approved by CIDA, and KAIROS will not receive the funding, unless the decision can be reversed. I have brought a separate letter from KAIROS describing the situation and explaining how you can help.

The nominations package from CYM Nominating Committee is coming soon. The N.C. reminded us that not every name that comes to Nominating Committee from Monthly Meetings will be chosen to go forward to the Delegates' Meeting at CYM in that year. Names are retained and considered in future years.

Don Alexander has proposed to Home Mission and Advancement Committee a project of videotaping conversations with our elders. We see great value in such a project and encourage HMA to discern its own way forward in this endeavour, using the funds designated to HMA in the budget as the committee sees fit.

Respectfully submitted,

Beverly, Representative to HMM to Representative Meeting

FROM FRIENDS' RECIPE FILES ...

Helen Paulin is probably known to most Friends currently attending HMM. She came to us in the 80s, and was an activist well into her 80s, and died in 2008 at the age of 92. Being invited back to Helen's for lunch after Meeting was a special treat, and this was a recipe of hers that I especially enjoyed - it can be made vegan or with meat - I have added lamb or chicken with equally pleasing results.

- Carol Leigh

HELEN'S MOROCCAN STEW

3T olive oil

1 ½ cup chopped onion (one large)

3 cloves garlic, minced

3 c. potatoes, peeled and cubed (1/2 inch) - about 3 medium

¼ lb. green beans, cut in half

1 sweet red pepper, chopped (or sundried tomatoes if you can't have peppers)

3 cups vegetable or chicken stock

28 oz can plum tomatoes
14 oz can artichoke hearts, drained and halved
½ c. pitted black olives
½ c. each dried apricots and pitted prunes, halved
¼ c. raisins
½ c almonds, chopped and toasted
¼ cup chopped parsley
1 T. ground cumin
1 t. cinnamon
½ t each turmeric and ginger
3 T lemon juice
salt and pepper

Heat oil in large saucepan over medium heat. Add onion and garlic, cook 5 minutes, stirring frequently. Add potatoes, beans, and red pepper or sundried tomatoes, and cook stirring frequently another 3 minutes. Add stock, tomatoes with liquid, and spices, crushing tomatoes with spoon. Boil uncovered, stirring occasionally 20 minutes or more until vegetables are tender. Add artichoke halves, olives, apricots, prunes, and raisins; boil 5 minutes more until heated through.

Remove from heat. Add lemon juice, parsley, salt and pepper to taste. Serve over couscous, bulgur wheat, or with bread. Sprinkle each serving with almonds. Makes about 6 servings.