



The Brighton & Hove Interfaith Contact Group

May 2025



Food, Friendship, Mindfulness and More

Moving into summer... The Interfaith Contact Group (IFCG) is offering you some great ways to explore interfaith in our City.

Our first event of note is a **Food and Friendship** meeting at the Fitzherbert Centre on Friday June 13th. Our friendship outings have proven so successful that we haven't hesitated to repeat the success story. This is your invitation to meet with other Interfaith Contact Group members and friends. Conversation and food form the basis of a friendly and fun evening. More details can be found below.

Another top event is a symposium dedicated to [Mindfulness, Heartfulness and Compassion based practices](#). This very special one-day session, held on July 4th is hosted jointly by the NHS Sussex Mindfulness Centre with the Interfaith Contact Group. This voyage of discovery will be of great value to both

professional healers and those with an interest in different traditions of meditation.

We also have news of a very special event run by the Baha'i community... Please read on...

If you are one of the few who haven't paid [your membership subscription](#) to the IFCG yet, please do so now. Sadly we are currently experiencing some serious funding and financing problems, so if you would like to make a donation (however small) please visit our [donations page](#).



Explore interfaith in our City with great conversation and good food

The Date and Time: Friday June 13th at 6pm

The Place: Fitzhherbert Community Hub, 2 Bristol Road, Brighton, BN2 1AP

The stylish and peaceful Fitzherbert Centre has gained a unique reputation for nurturing and housing some very special organisations, from the acclaimed Table Tennis club to Voices in Exile. This airy and bright location is a wonderful choice for our next Friendship Hour, and we thank their team for making us all feel so welcome.

The IFCG would like to thank its Members and Friends for their support at a special celebratory summer gathering on Friday, June 13th, at 6pm and we would be delighted if you joined us.

A delicious meal, conversation and open discussions form the basis of this special friendship evening. If you would like to join us you have a choice of excellent food - a main chicken dish - a vegetarian main or a vegan. A delicious vegan soup and fruit will also be available. Just send an email to our Chair - chair@interfaithcontactgroup.com and let us know you are coming and if you would like your main dish to be meat, vegetarian or vegan. We look forward to seeing you then. It promises to be a very special evening.

Just join this great evening by emailing chair@interfaithcontactgroup.com.

Please specify the following:

1. Do you want one reservation or two?
2. Do you want a chicken/main course?
3. A vegetarian main course?
4. A vegan main course?

The starter will be vegan. Drinks and fruit will also be available.



If you would like to make a contribution towards the Interfaith Contact Group and its supporters of the **Food and Friendship** evening please think about giving us a donation of £5, although this is entirely optional. We look forward to seeing you then. Thank you so much.



Sussex
Mindfulness
Centre

Mindfulness, Heartfulness and Compassion based Practices



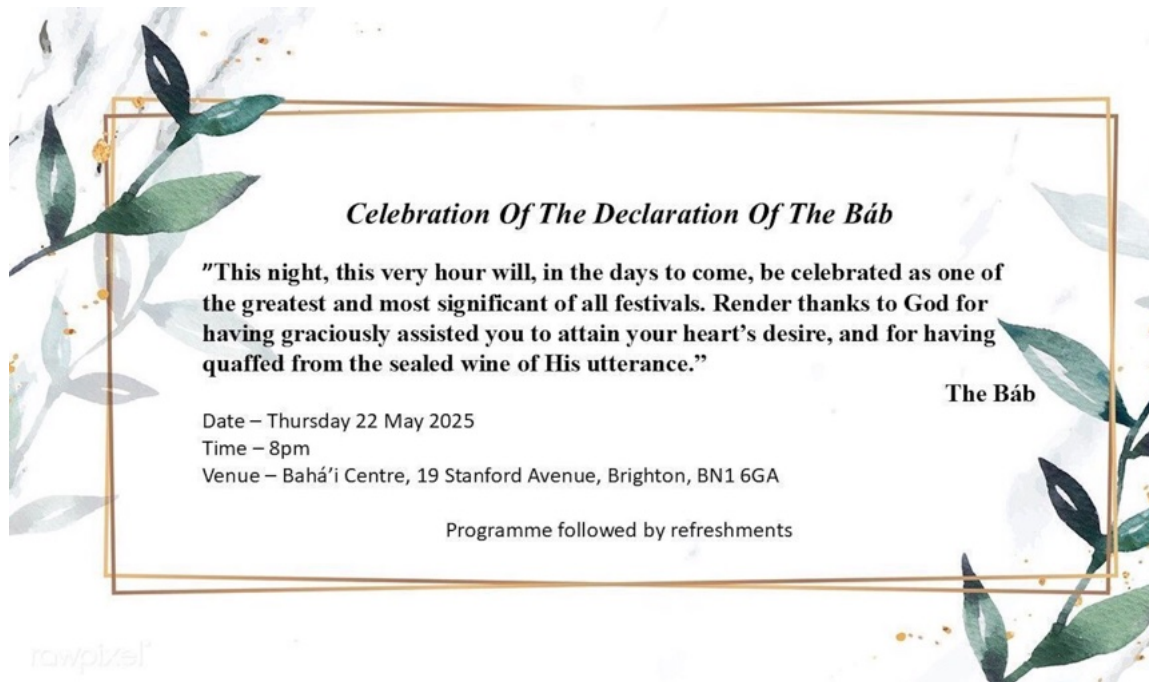
The Sussex Mindfulness Centre, which is a part of the NHS Sussex Partnership is joining with the Interfaith Contact Group in holding a one-day symposium at The Friend's Meeting House in Brighton on July 4th from 9am to 5pm.

This event focuses on mindfulness, heartfulness and compassion-based practices; it will be a perfect day for those with a professional or indeed personal interest in meditation and mindfulness and compassion based techniques. It is structured to explore the different means and methods coming from different cultures and includes opportunities for discussion, the provision of learning guidance... and so much more.

Visit [The Sussex Mindful Centre](#), and check out more details, including how to book your ticket, by going into [Mindfulness, Heartfulness and Compassion Symposium](#).

A Day of Celebration for

The Baha'i Community



Brighton and Hove's Baha'i community are holding a very special event. This friendly group will be celebrating 'The Declaration of the Báb'. The Chair of the Baha'i community in Brighton told us "The programme begins at 8pm. All are welcome and can come along and join the celebration. There is no need to inform us ahead of the meeting. This is a very good opportunity for everyone to come together and celebrate this very special Baha'i Holy Day and get to know more about the Baha'i Faith. We look forward to seeing as many friends as possible who are available that evening."

Held at the Baha'i Centre at 19 Stanford Avenue, Brighton BN1 6GA, the event starts at 8pm on Thursday May 22nd.

Discussion and Discoveries at the IFCG's Annual General Meeting



The theme of the AGM on April 27th was Spiritual Practice, and it opened up a very lively debate that could have gone on for many hours, had it not been interrupted by the legendary tea that we like to serve on these special occasions. Seen here from left to right Mayor Councillor Mohammed Azzadussaman, Deputy Lieutenant Julia Olsworth-Peter; Stuart Diamond Chair of Faith in Action with Father Aidan of St Joseph's & St John the Baptist; Pamela Hartog of the Progressive Synagogue, Lesley Ann from the Society of St Francis. Bottom left to right Lyn Baylis - Pagan Faith Advisor to Sussex NHS, Shaman Ruth Anderson Gleeson and Sufi musician Neyzen Mustafa. Special thanks to [Sarah West](#) for the photos.

Julia Olsworth-Peter The Deputy Lieutenant made a speech that moved many people. It referred to a letter said to have been written by Pope Francis in hospital, shortly before his death. Here is a short extract from that letter:

The walls of hospitals have heard more honest prayers than churches... They have witnessed far more sincere kisses than those in airports... It is in hospitals that you see a homophobe being saved by a gay doctor. A privileged doctor saving the life of a beggar... In intensive care, you see a Jew taking care of a racist... A police officer and a prisoner in the same room receiving the same care... A wealthy

patient waiting for a liver transplant, ready to receive the organ from a poor donor... It is in these moments, when the hospital touches the wounds of people, that different worlds intersect according to a divine design. And in this communion of destinies, we realize that alone, we are nothing... You are waiting for too much: Christmas, Friday, next year, when you have money, when love arrives, when everything is perfect... Listen, perfection does not exist. A human being cannot attain it because we are simply not made to be fulfilled here. Here, we are given an opportunity to learn. So, make the most of this trial of life—and do it now. Respect yourself, respect others. Walk your own path, and let go of the path others have chosen for you. Respect: do not comment, do not judge, do not interfere. Love more, forgive more, embrace more, live more intensely! And leave the rest in the hands of the Creator.



www.interfaithcontactgroup.com