



The Brighton & Hove Interfaith Contact Group



Cultivating Peace, Mindfulness and Interfaith Inspiration

The impact and awareness of the war in Gaza/Israel is tangible in our City. With sizeable communities of Muslims and Christians in Brighton and Hove, feelings are strong on the subject. We need to talk to each other peacefully about this war, and indeed learn from those with direct experience of living and working in Palestine and Israel.

On Monday, June 23rd a meeting was called by Sussex Interfaith for Palestine entitled *Seeds of Hope*. Speakers from Muslim and Christian communities spoke about their first hand experience of life in Palestine, and some deeply moving films were shown; one revealed the everyday lives of families and children attempting to survive on a day to day basis in Gaza - another came from the Israeli Organisation *Rabbis for Human Rights*, where the commitment of Rabbis of all kinds seeking to challenge the attack on human rights was passionately expressed.

The wish for both Palestinian and Jewish people to come together to promote peace is becoming an important facet of this conflict. There are many organisations that include people from both groups who are keen to find solutions to the conflict; one such organisation is *Standing Together*. With members and friends across the UK, *Standing Together* will be holding a meeting at The Friends Meeting House on July 13th, hosted by Sian Berry MP. Details of how you can attend this meeting appear below.

And two reminders - the superlative Symposium on July 4th and our own need for help of all kinds from friends and members.

Chair Interfaith Contact Group
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HEAR FROM THE ANTI-WAR MOVEMENT IN ISRAEL

Standing Together: Building power through Palestinian-Jewish solidarity



Sunday 13 July 3.00 - 4.45pm

Friends Meeting House, Ship Street, Brighton, BN1 1AF

Hear live from Palestinian and Jewish organisers from Standing Together joining us remotely to share their experience of the anti-war movement in Israel.

HOSTED BY SIAN BERRY MP



REGISTER to join
on our event page with
the QR code





Symposium to reveal the Many Facets of Mindfulness

Mindfulness Heartfulness and Compassion: A one day symposium exploring the deeper religious roots of mindfulness and compassion practices will be held at the Friends Meeting House in Ship Street on Friday, July 4th from 9am to 5pm.

Anyone with an interest in meditation, mindfulness and the interfaith movement will be interested in this very special day. To get a taste for the depth and quality of this event, please follow [this link](#).

Amongst those to explain their mindful practices are leaders and guides from the Christian, Buddhist, Sufi, Pagan, Jewish and Quaker communities.

Tickets cost just £30 for the day, but concessionary tickets are available.

[The Sussex Mindfulness Centre](#) aims to improve the wellbeing and mental health of all those that can get the most out of mindfulness. The Interfaith Contact Group is privileged to be working with this visionary and important organisation. [Do check out the outstanding programme for this day.](#)



Sussex
Mindfulness
Centre



Brighton Christian Climate Action

Brighton Christian Aid Climate action has a busy and impressive programme of activities during the summer...

Vigil, Tuesday 17th June, 8-12; Home Farm Rd, Moulescombe

Vigil, Friday 20th June 10.30, War Memorial; Barclays, 11.15-11.45

Walking Meditation and Picnic, Saturday 5th July 10.30, Queens Park, in the quiet garden

Sea Blessing, Sunday August 17th 3pm, seafront groyne near Palace pier

Check out [Christian Climate Action](#)



In Times of Uncertainty, Help is Always Needed

The Interfaith Contact Group (IFCG) faces a challenging moment. Today funding is needed by groups in real need — to feed and help those who face genuine hardship. For this reason we cannot possibly compete with many other more needy causes than ourselves. But if we are to face a peaceful, harmonious future, we need diverse groups - of all ages - that meet in adversity in some parts of this country and the world, to meet in the spirit of friendship and understanding, and there is no better place to create harmony between people than in this City of ours. For this reason the IFCG is asking for your help - to donate, to volunteer, to join up as a member, and if you are a member to get others to join us. If you have any ideas about any of these ways to help us, and so continue to serve our wonderful City of Brighton and Hove,

please write to me:

chair@interfaithcontactgroup.com or check out our website

- www.interfaithcontactgroup.com



The best and most beautiful things in the world cannot be seen or even touched
- they must be felt with the heart.

Helen Keller

www.interfaithcontactgroup.com
