

u3a

Newsletter express

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Queen Elizabeth at Royal Ascot: Alamy

Dear Sevenoaks U3A,

Thank you for reading our special edition of the newsletter which is dedicated to The Queen, ahead of her funeral on Monday. This has been a time of reflection for us all on a life which was dedicated to public service.

Thank you - our wonderful newsletter community and members, friends

and colleagues across the movement - for the hundreds of messages and tributes which you have sent for the u3a Book of Condolences. This is now on the website for us all to read.

You can access the Book of Condolences by going to the home page at the top of the website u3a.org.uk

We intend to send our Book of Condolence to the Palace – we will of course share any response we may receive with you all.

This newsletter express is an opportunity for us to share some of your many personal thoughts, messages and stories on The Queen.

We will in the following weeks be sending out a newsletter which contains all our usual stories, news and views from across the movement so please do look out for it.

With very best wishes
Sam Mauger
CEO of the Third Age Trust

In this issue...

This special edition of the newsletter is dedicated to your tributes to Queen Elizabeth II and reflections on what she meant to you.

Download your bitesize newsletter to print and share with members who are not online.

Your Bitesize Newsletter

u3a Book of Condolences



Within just a few hours of announcing our plan to create a [Book of Condolences](#) for Her Majesty, The Queen hundreds of you emailed across your tributes.

From memories of crowding around the only television in your street to watch the Coronation, to waiting for hours in the rain to spot Queen Elizabeth on a visit to your home town - they were moments never to be forgotten.

The overwhelming majority of messages are reflections upon how sad you are at the passing of a monarch who has been a significant part of all our lives for over 70 years.

Please note that we can [only accept tributes](#) up until midnight on Monday 19 September.

Your reflections on the Queen

My whole working life has been as a Civil Servant, a Crown servant representing Queen Elizabeth. The Queen has always been the best role model in the world, leading and exemplifying diligence, stoicism, tolerance and understanding. Rest in peace my Queen. God save the King.

u3a member, Chris



Keystone Press / Alamy Stock Photo

Share your memories in Third Age Matters magazine

Do you remember the Queen's Coronation in 1953? Perhaps you had a role in the Coronation itself?

What was your life like in the 1950s and what did the young Queen mean to you at that time? Did you ever meet her or work for her? Have you met King Charles III or worked with him?

We would love to share your stories and memories in the next issue of Third Age Matters magazine. Please email tam.editor@u3a.org.uk

Your reflections on the Queen

Being born in the year of her Accession, Her Majesty has always been a constant in my life. She has reigned for 70 years without blemish, her life being an example to us all.

We loved her and expected and received so much from her in return. She was a matriarch and stateswoman without match, respected worldwide.

u3a member, Jacqueline



Queen Elizabeth in Cambridge: Alamy

Poem

by Shirley from Millford-on-Sea u3a

We've known days of celebration -
Those of jubilation
So many times - now down in history.
But now's a time to come together
To honour and give thanks –
to let our gratitude be there

and plain to see.

From the point of dedication

When she pledged her life to us –

Her Majesty had never wavered

Never faltered, showed no fuss

For all those years she'd proved her loyalty

To the promise that she made

To serve this nation – first and foremost,

And that oath would never fade.

The ups and downs that life can bring

She had dealt with day by day,

Her Royal life – and as a mum and wife

Is the part she had had to play.

So now is our time to say 'Thank You'

For the 70 years that have past

And trust with all sincerity

That her work is here to last

Thank her for a lifetime of service,

And for her guidance yet unseen

Show our gratitude as a nation

For Elizabeth – Our Queen

Your reflections on The Queen

I was four when Queen Elizabeth II was crowned. I remember watching her Coronation on television – the first time I had ever watched television. I would just like to say: "Thank you, Ma'am, for over seventy years of selfless service. Rest in peace now."

u3a member, Mary

Social Media News

Do you want us to showcase your social media in this newsletter? [Email us](#) or tag us in your posts - click the icons below to find our social media profiles.



I have never considered myself an out-and-out royalist but I have always been very supportive of our Queen and the fantastic work she has done over 70+ years.

I suppose therefore that I was not really surprised that I felt compelled to go down to Manchester to sign one of the Books of Condolence at Manchester Cathedral. **I went yesterday and came home in a satisfied and contemplative mood.**

Losing our Queen was something I knew would one day happen, but I have been very affected by the events of recent days, like many folk interviewed on the BBC, rather more than I had thought I would be.

I was a very young child when the Queen was crowned. We had, in those days, not yet a TV and a crowd of us watched the event at a neighbour's house.

Long Live King Charles III.

Chris from Manchester, posted on the [u3a Keeping In Touch Facebook group](#)

Your reflections on The Queen

The Wycliffe Lutterworth u3a share the nation's sadness at the loss of our gracious majesty, Queen Elizabeth II.

Her fortitude, stamina, grace and empathy have been admired throughout the world. Her reign has been a shining example of a fulfilled life, lived for the benefit of others.

May the thoughts and prayers of our nation bring comfort to the Royal family.

Wycliffe Lutterworth u3a

How u3as have been marking the passing of The Queen

On 9 September, our Music Group relaunched following Covid but because it was so close to the death of Queen Elizabeth II we discussed our own thoughts and listened to appropriate music. ***God Save our Gracious Queen was played for the last time.***

We want to echo the sentiments of the country when thank "His" Majesty for taking over the reins so quickly. ***Long live Charles III and his Queen Consort.***

Sherwood u3a Eclectic Music Group

We held a minute's silence at the start of our general meeting and asked members if anyone had met her late Majesty and had a recollection to

share with us. We have uploaded some stunning photos on our home page on the website.

I take Zoom Chair Yoga twice a week and so far we have had a two-minute meditation on the life of The Queen. **We've also done some yoga poses such as the bow, curtesy, eagle (thinking of Scotland) and neck strengthening – thinking about the crown's weight.**

Jenny at Croydon u3a

Your reflections on The Queen

I wasn't born in this country but have lived here most of my life. Words almost fail me to pay tribute to this extraordinary lady who has been so much part of our lives.

She has been an example to us all in quite a remarkable way. Here, and all over the world, we will never see her like again. May she rest in beautiful peace.

u3a member, Valerie

Tributes from the Board



The Queen at Windsor Castle: Ian Shaw / Alamy

Valerie Cobain - Trustee for Northern Ireland

The news of HM Queen Elizabeth II's death last week came as a shock to people in Northern Ireland. For many people she was the only Monarch they have ever known, and this constancy gave the news a feeling of disbelief.

Having served as Head of State for over 70 years, this earned the respect from people from all backgrounds and faiths for her steadfast devotion to duty, self- sacrifice and commitment. The Queen gave us an invisible blanket of security.

HM Queen Elizabeth II served her country through war and peace, social upheaval and technical revolution and while her death is an end of the modern Elizabethan era, it will be mourned around the world and no more so than here in Northern Ireland.

Ann Keating - Trustee for Scotland

Queen Elizabeth II will be much missed in Scotland. Over the last few days I have witnessed an outpouring of grief and affection for the late queen.

Crowds turned out to witness the progression of her coffin from Balmoral to Edinburgh. In the villages near Balmoral, they came to say goodbye to a neighbour who had frequently been seen out and about during her long summers spent in the beautiful Scottish Highlands.

In one of these villages, on Royal Deeside, a new u3a is in the process of being set up. **The sense of history was strong in Edinburgh.**

People queued through the night to file past Queen Elizabeth's coffin. A mark of respect for a much-loved Queen.

Hilary Jones - Trustee for Wales

Many people in Wales will treasure memories of the Queen, and be grateful to Her late Majesty, Queen Elizabeth II for investing Prince Charles as Prince of Wales in 1969.

It is noted that within 24 hours of becoming king, King Charles III bestowed the title on Prince William, his beloved son.

William and his wife Katherine lived in Anglesey for three years while he served as a helicopter pilot. **They seem to have a genuine love of Wales, and it is hoped that they will continue to value and develop the connection that the Queen felt was so important.**

Gorffwys mewn heddwch (Rest in Peace)

Your reflections on The Queen

I was a young, newly-married woman when The Queen came to the throne and, although I have never met her, I always felt we were going through life's ups and downs together.

I felt she had the strength to cope with whatever she had to deal with and that often gave me heart to do the same.

I am extremely saddened by her death and feel, at the age of 93, that I have lost yet another of my elderly peers. She can never be replaced.

u3a member, Joan

Spotlight On Liz Thackray, u3a Chair



Liz Thackray is made a Queen's Guide

As for so many of us, Queen Elizabeth II is the only monarch I have ever known – a constant part of my life.

The nearest I ever got to seeing her in real life were the two occasions when we were marched out of school to wave at the Queen as she passed by to open some building somewhere – a fleeting glance.

But as a Brownie, and later a Guide, I promised to "do my duty to God and the Queen".

Part of every Guide meeting included raising and lowering the Union Flag and for one of my badges I had to learn the words of two verses of the National Anthem.

The Queen had been a Guide herself and one of my ambitions was to be a Queens Guide – something I am still proud of achieving.

She was a model for us all to follow and has been a constant through the changes of the past years. May God bless her. God save the King.

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