



Please think Green before printing this e-mail

**PALO ALTO FRIENDS NEWSLETTER**

Eighth Month, 2015

957 Colorado Avenue  
Palo Alto, CA 94303  
(650) 856-0744

Clerk: Bart Burstein  
clerk@pafm.org

Treasurer: **Forest Preston**  
650-839-1077 forest.preston@gmail.com

**Advices and Queries for Eighth Month: Simplicity.**

*Life is meant to be lived from a Center, a divine Center... a life of unhurried peace and power. It is simple. It is serene. It takes no time, but it occupies all our time.* Thomas R. Kelly, *Testament of Devotion*, 1941

A life centered in God will be directed toward keeping communication with God open and unencumbered. Simplicity is best achieved through a right ordering of priorities, maintaining humility of spirit, avoiding self-indulgence, resisting the accumulation of unnecessary possessions, and avoiding over-busy lives.

Elise Boulding writes in *My Part in the Quaker Adventure*, "*Simplicity, beauty, and happiness go together if they are a by-product of a concern for something more important than ourselves.*"

- Do I center my life in an awareness of God's presence so that all things take their rightful place?
- Do I live simply, and promote the right sharing of the world's bounty?
- Do I keep my life uncluttered with things and activities, avoiding commitments beyond my strength and light?
- How do I maintain simplicity, moderation, and honesty in my speech, my manner of living, and my daily work?
- Do I recognize when I have enough?
- *Is the life of our Meeting so ordered that it helps us to simplify our lives?*

† Some queries are intended for individuals.

*Italicized queries are intended for the Meeting collectively.*

**SUNDAY MORNING SCHEDULE**

- 9:00 to 10:00 am Adult Education, New Meeting House (NMH), 1<sup>st</sup> & 3<sup>rd</sup> First Days & on 4<sup>th</sup> & 5<sup>th</sup> First Days by arrangement.
- 10:00 to 10:25 Hymn Singing at NMH.
- 10:30 to 11:30 Meeting for Worship at New Meeting House.**
- 10:30 to 11:15 First Day School for children in Old Meeting House (OMH – n.b., also now known as the "School House").
- 11:15 to 11:30 Children join adults for Meeting for Worship in NMH
- 11:30 to 11:45 Introductions and announcements

MONTHLY MEETING FOR BUSINESS is held on the second First Day of the month, following light refreshments after Meeting for Worship. There is no Meeting for Business in August. The next Meeting for Business will be on September 13.

- WORSHIP SCHEDULE (in NMH):
- Meeting for Worship – each First Day at 10:30 AM.
  - Mid-Week Evening Worship – each Wednesday at 6:00 PM.
  - Mindfulness Meditation – each Wednesday at 7:30 AM.

**~~ In this Issue ~~**

Advices and Queries for Seventh Month .....	1	Calendar Expansion — Details .....	2
Sunday Morning Schedule .....	1	News of People and Events .....	2
Calendar.....	1	Minutes of 7.12.15 Meeting for Business.....	5

**CALENDAR**

**JUL(7<sup>TH</sup> MONTH)**

- 29 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
- 29 Weds 6:00 pm Midweek Meeting for Worship – NMH.**

**AUG(8<sup>TH</sup> MONTH)**

- 2 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (cancelled for today).
- 2 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 5 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
- 5 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 9 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 12 Weds 7:00 pm Care and Concerns Committee Meeting
- 12 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
- 12 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 16 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (cancelled for today).

**16 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**

16 Sun 11:45 am Collection for Ecumenical Hunger by Community Service Committee – NMH (see note below).

16 Sun [Deadline for submittal of Newsletter articles - if email send to [moriii@yahoo.com](mailto:moriii@yahoo.com).]

16 Sun 12:110 pm Adult Ed. – Discussion – NMH (see note below).

22 Weds 7:30 am Mindfulness Meditation – NMH (see note below).

**19 Weds 6:00 pm Midweek Meeting for Worship – NMH.**

**23 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**

23 Sun noon Fourth First Day Provided Lunch – (see note below).

26 Weds 7:30 am Mindfulness Meditation – NMH (see note below).

**26 Weds 6:00 pm Midweek Meeting for Worship – NMH.**

30 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).

**30 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**

---

## **CALENDAR EXPANSION – DETAILS**

\*\*\* ADULT EDUCATION DISCUSSION: Reading and Discussion led by Henry Jason each 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Sunday at 9 am – NMH. We are reading a 1794 work entitled "A Few Reasons for Leaving the National Established Mode of Worship". In this work John Spalding describes his reasons for converting from Anglicanism to Quakerism. This work continues from his other work (The Convincement and Religious Progress of John Spalding) and gives a good description of traditional, classical Quaker principles and beliefs. All are welcome. No preparation is necessary. Please inquire, if interested in acquiring a copy. Contact Henry Jason.

\*\*\* COLLECTION FOR ECUMENICAL HUNGER PROGRAM (EHP): Community Service Committee collects donations for EHP after the rise of Meeting each *third* First Day – at the front door. Ecumenical Hunger Program will benefit from the wonderful generosity of Friends on Third First Day, Sixth Month. Hearing of the recent vandalism, we came up with over \$200, about double our average. EHP is a vital part of the local safety net providing emergency food, clothing, case management, household essentials, and resource referrals to families in need in East Palo Alto, Menlo Park, and Palo Alto. Second Harvest brings a truckload of fresh produce 12 times a year. EHP takes clothing donations, especially stuff that would be suitable to wear to a job interview. They give them away. Since Harvest Festival doesn't do clothes, this is a good outlet for things that no longer fit. They also recycle furniture.

\*\*\* VOLUNTEER MEAL PREPARATION FOR HOMELESS - OPPORTUNITY FOR COMMUNITY SERVICE: We help prepare the food and serve it to the Homeless at the First Methodist Church in Palo Alto (corner of Hamilton & Webster) one Monday a month from 3:00 to 6:30 p.m. Please contact Janet Murphy <[janeta.murphy@sbcglobal.net](mailto:janeta.murphy@sbcglobal.net)>; to volunteer. Thanks!

\*\*\* WEDNESDAY MORNING MINDFULNESS MEDITATION: (formerly on Thursday morning) - newcomers welcome. Doors open at 7:30 am with quiet music. At 7:30 am, we have a short Buddhist guidance, and a half-hour meditation. Afterwards, we discuss how the meditation was for us, finishing at 8:15 or 8:30. We are following the teachings of the Vietnamese Buddhist monk, Thich Nhat Hanh, similar to Quaker philosophy but with additional insights. We discuss meditation technique, which is also helpful to people on Sunday!

\*\*\* FOURTH FIRST-DAY PROVIDED LUNCH: PAFM provides a lunch on *fourth* First Day. This allows Friends an opportunity to get to know each other better. Friends, attenders, visitors, and newcomers are all welcome.

A special table is set aside for newcomers to meet with Friends and find out more about Quakerism and about our Meeting, its members & activities, as well as an opportunity for us to know you better. A member of Care & Concerns will be at the table. All newcomers are welcome - as are any Friends who might be inclined to join the gathering. The term "newcomers" includes those who have recently begun attending, as well as those who feel "new" to the Meeting, regardless of how long they have been attending.

\*\*\* SUPPORT & CONCERNS: If you have wondered what Friends do when we are in distress or need help, given that we do not have a minister - the answer is that we turn to members of the Care and Concerns Committee. Be advised that the greeters you see each First Day are on the Care and Concerns Committee. Please feel free to talk to a member of Care and Concerns about such concerns after meeting, by phone, or email. You may also join us to express concerns during the first segment of our usual meeting on the second Wednesday of the month at 7 pm in the Meetinghouse Library. Please contact one of the co-clerks, Bill Bauriedel ([bill.bauriedel@stanfordalumni.org](mailto:bill.bauriedel@stanfordalumni.org), 650-493-1364,) or Hulda Muaka ([huldamuaka@hotmail.com](mailto:huldamuaka@hotmail.com)) to confirm that there are no meeting changes and ensure time on the agenda.

\*\*\* Friends are reminded that there are those among us who have allergies, often severe. We must avoid certain food products especially in the School House because of the allergies of children attending Friends Nursery School. Some among us are also allergic to artificial fragrances (perfumes, colognes, after-shaves).

---

## **NEWS OF PEOPLE AND EVENTS**

**HARVEST FESTIVAL:** Book donations are now accepted. Put books outside the main Meeting House front door by the

bench. Kate will transport them to the book sorters at San Jose Friends Meeting. Please put them in boxes or double bagged grocery bags for easy, safe transport to the sorting spot at the San Jose Meeting. San Jose Meeting also would appreciate any medium sized boxes they can cut down for display of the sorted books. If you have a lot of books, Kate can pick them up. Thanks!

**PALO ALTO FRIENDS NURSERY SCHOOL:** If you are looking for a nurturing, loving and magical preschool for your 3 or 4 year old child, consider the Palo Alto Friends Nursery School. Our(Grace Cheng) Palo Alto Friends Nursery School family has grown up here, and I can't imagine any better place for kids. Openings for fall of 2015 for children turning 3 or 4 by November 1, 2015. Feel free to call and schedule a tour: 650-856-6152, email [pafns@sbcglobal.net](mailto:pafns@sbcglobal.net). website: [www.pafns.org](http://www.pafns.org). If you have any questions about the school that I can answer from a parent's perspective, send me an email or call me ([grace\\_cheng\\_md@yahoo.com](mailto:grace_cheng_md@yahoo.com), 650-575-3290).

**ACTIVITIES FOR YOUTH IN THE WIDER QUAKER COMMUNITY:** Alyssa Nelson - Youth Programs Coordinator, Pacific Yearly Meeting (530) 563-6369 <http://www.pacificyearlymeeting.org/youth/>

**AUGUST NEWS FROM BEN LOMOND QUAKER CENTER:** Join us for *Growing into Paradox: Discovering the Dynamic Center of Quakerism* from October 2<sup>nd</sup> – 4<sup>th</sup> with Tom Gates. Explore the spectrum of Quaker belief and practice ranging from the practical to the theological to the controversial. Register early at <http://www.quakercenter.org/the-dynamic-center-of-quakerism/>.

Wondering how can you live more fully into your spiritual gifts and next steps in service or ministry? Come to **Roots of Contemplation-Roots of Action** to explore how Quakers witness to the dynamic integration of prayer and leading with Christine Betz-Hall from October. 30 – November 1, 2015. Learn more and register at <http://www.quakercenter.org/roots-of-contemplation/>.

**New mattresses?** What do mattresses have to do with the mission of Ben Lomond Quaker Center? Many of the mattresses currently in use were manufactured and purchased in 1970! The condition of these mattresses has reached the point of compromising the experience of guests and the standards of the Center. And so, we are faced with a big, expensive task: the replacement of these mattresses.

We have found a California company, *August Mattress*, that will take our old mattresses and donate those that are still serviceable to a homeless shelter, and dismantle the rest and recycle the materials. Because **Ben Lomond Quaker Center operates with a commitment to Quaker beliefs and values, this requires that we:**

- *recycle, rather than dump, our old mattresses in a way that respects our fragile environment;*
- *buy new mattresses for the Center that comply with county health department requirements;*
- *purchase mattresses that will last a long time, so that we invest our precious resources prudently and well.*

This takes money. And so, we are asking you to become part of **Rest Assured Mattress Renewal Project**. We need your help to buy new mattresses and recycle the old ones. Your dollars will make a difference to each overnight Quaker Center guest. **Contribute online at** <http://www.quakercenter.org/gifts-and-donations/>

**FCL-CA:** In this first year of the two-year 2015-16 session, FCLCA is honored to advocate as your voice of conscience – with your lobbyist Jim Lindburg at the Capitol and FCLCA activists bringing their voice with 3,008 emails and letters to legislators so far this year.

Our co-sponsored bill, SB 759 (Anderson/Hancock) passed the Senate 29-7 and now faces an Assembly vote. After amendments, its focus is to restore opportunity for prisoners housed in the Security Housing Units to earn goodtime credits for good behavior and for completing programs such as education, substance abuse, life skills and the Alternatives to Violence Project.

Two key efforts to reduce poverty: the Earned Income Tax Credit and the increased minimum wage are moving forward! Jim is testifying in support of both this week. A repeal of the Maximum Family Grant rule, which denies benefits to children born into families receiving state aid, is also moving forward. Along with our allies, we've been organizing support for this important bill.

Another bill to help people living in poverty has passed the full Senate: SB 405 (Hertzberg) creates an amnesty program for paying traffic fines and allows people to get back their driver's license while they are making payments.

A bill to link drivers' licenses to Selective Service registration, AB 82, has passed the Assembly and moves to the Senate. With your support we will continue to oppose AB 82.

On the environmental side, FCLCA's lobbyist and activists advocated for SB 334, which requires schools to provide safe drinking water. That bill is now advancing. We are also participating in the SB 535 Coalition, which is lobbying the Legislature to increase funding for low-income energy efficiency, public transit, urban forestry, cleaner trucks and buses and affordable housing in sustainable communities.

Our supporters also sent thousands of messages in response to FCLCA Action Alerts for bills to increase transparency in officer-involved shootings; to expand Medi-Cal to undocumented children; and to establish parole programs for elderly prisoners.

**These are just a few highlights of the over one hundred bills FCLCA will take action on this session. And we can do it all because of you! Thank you. FCLCA; 1225 8<sup>th</sup> Street, Suite 220 Sacramento, CA 95814; (916) 443-3734. [www.fclca.org](http://www.fclca.org) [fcladmin@fclca.org](mailto:fcladmin@fclca.org)**

**SIERRA FRIENDS CENTER:** Several dozen Friendly people shared work (in the mornings) and fellowship (all the time) at Family Work Camp. Stefan Lorenzato returned again as Family Work Camp Director. Stefan and Red Feola had prioritized and organized, and we painted the Stone House and the Arbor House, weeded Mel's Pond and finished a round-the-pond trail, weeded the garden, and picked berries. The 'free store' also got organized, and several serendipitous treasures were discovered and matched with the right person. And Lori Crockett came back and cooked for us to give us the energy for work and play.

Camp Woolman and Teen Leadership Camp staff arrived on the heels of family work campers, for their week of orientation and preparation for a summer of youth in the woods, now already well underway.

There are just 5 spaces left overall, in either the last session (July 26-Aug 1) of Camp Woolman (9-14) or July 12-18 for Teen Leadership Camp (15-16), so sign up before they are all gone. (There is a wait list in case of cancellations.) The Teen Camp offers a 2-week Hiking camp and a 1-week Farm-to-Fork camp. See <http://camp.woolman.org/> for info.

Already the Woolman Fall 2015 Semester admissions process is well underway, and there is room for more teens (juniors, seniors, and gap year) who are looking for a place where they can feel at home in a community and intellectually challenged by our teachers and curriculum. The admissions process takes 2 weeks after receipt of an application, and more info is available at: <http://semester.woolman.org/admissions/apply>.

This video highlights what some recent grads had to say - <http://woolman.org/woolman-dance> - and the blessing song of Amelia Nebenzahl, Woolman's Global Thinking Teacher. Joining Amelia and Lisa Putkey, Peace Studies Teacher, will be our new Environmental Science Teacher, Chris Morales. His academic background in Biology and Peace and Justice was followed by several stints teaching in and about the out-of-doors.

Lastly, if you know anyone who went to John Woolman School during 1973-78, there is a weekend reunion coming up in September: <http://woolman.org/events/2015/mid-seventies-jws-alumni-reunion>

**QUAKER BOLIVIA LINK:** PAFM supports QBL, an organization devoted to helping indigenous people in Bolivia, many of them Quakers, wrest a living from poor soil. Google qbl.org for more.

**AFSC:** Upcoming events sponsored/supported by the AFSC. *70<sup>th</sup> anniversary of the Hiroshima/Nagasaki bombings* Thursday, August 6th, 8am. Livermore laboratory's NW corner, at Vasco & Patterson Pass, Livermore. Join other Friends to say NO to Nuclear Weapons and more preparations for nuclear war which could end up killing hundreds of millions of people - or even most human life on our planet. Our silence condones our government continuing to develop further weapons of mass destruction. This insanity must STOP! Contact [smcneil@afsc.org](mailto:smcneil@afsc.org) for more information.

**PAFM EL SALVADOR PROJECTS:** If you would like to know more about the projects and how your donation is making life changes to youth in El Salvador please go to our Web Page [www.pafmelsalvadorprojects.org](http://www.pafmelsalvadorprojects.org) or join our Facebook page at <https://www.facebook.com/pages/Palo-Alto-Friends-Meeting-El-Salvador-Projects/141667842557541>.

**SAVE THE DATES!** September 30 - October 2, 2015 – Quaker Fundraisers Gathering. Wyndham Philadelphia Historic District, Philadelphia, Pennsylvania. For more information call us at 215-241-7272 or email at [info@friendsfiduciary.org](mailto:info@friendsfiduciary.org).

**THE PEACE AND JUSTICE CALENDAR:** A service of the Peace, Earthcare, and Social Witness Committee of Strawberry Creek Friends Meeting. <http://groups.google.com/group/bayareaquakers>

**CHILDCARE DURING MEETING FOR BUSINESS:** During monthly Meeting for Worship on the Occasion of Business, childcare will be provided for all age children from 12:15 to 1:45 pm in the School House. The regular staff for the preschool program, Jadranka Tanovic and Sangeta Tamang, provide the childcare. Advance sign-up is not required, but children should be in the program by 12:30. (If no children show up, the staff will leave at 12:45.)

**RIDES TO/FROM MEETING:** Care and Concerns Committee keeps a list of people seeking rides and a list of people who are willing to offer rides to and/or from Meeting on either a regularly or occasionally. Contact anyone on the committee if you or someone you know would like to be on either list.

**HELP YOURSELF WHILE HELPING A WONDERFUL WORKER!:** Central American workers are eager to help you! Child/elder care • cleaning • painting • Spanish lessons • personal assistance • gardening • repairs • carpentry. Call South Bay Sanctuary Covenant Information at (650) 494-8340.

---

To Submit Newsletter Items: See the Schedule on page 2 for the deadline for the next issue. You may *e-mail* Newsletter submissions to [newsletter@pafm.org](mailto:newsletter@pafm.org) or [moriii@yahoo.com](mailto:moriii@yahoo.com) If you wish to receive the newsletter by email - or wish to discontinue - please visit <http://lists.pafm.org/listinfo.cgi/newsletter-pafm.org>. [Ed.'s note: If you sign up to receive the Newsletter by email, make sure to put the following address in your email address book: [moriii@yahoo.com](mailto:moriii@yahoo.com). The NL is sent out from that address. Some email "Spam" filters may reject such a message if the sender address is unknown.]

If you have an e-mail address, please join our Meeting's e-mail discussion list. To subscribe - visit <https://mailman.stanford.edu/mailman/listinfo/pafriends>. To post a message to all on the list, send the message to [pafriends@lists.stanford.edu](mailto:pafriends@lists.stanford.edu). If you have any questions, contact Jerry McBride [jlmcbriemail@yahoo.com](mailto:jlmcbriemail@yahoo.com) 650-384-9817.

To do evil that good may come of it is contrary to the doctrine of  
Christianity; that when times are so cloudy that we cannot go  
forward in the way of clearness and purity, it behooves us in the  
depth of humility to wait on the Lord to know his mind concerning us  
and our children.

~ John Woolman, 1720-1772