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PALO ALTO FRIENDS NEWSLETTER

Fifth Month, 2015

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Advices and Queries for Fifth Month: Harmony with Creation

It would go a long way to caution and direct people in their use of the world, that they were better studied and knowing in the Creation of it. For how could [they] find the confidence to abuse it, while they should see the Great Creator stare them in the face, in all and every part thereof? - William Penn, *Some Fruits of Solitude*, 1693

God is revealed in all Creation. We humans belong to the whole interdependent community of life on earth. Rejoice in the beauty, complexity, and mystery of creation, with gratitude to be part of its unfolding. Take time to learn how this community of life is organized and how it interacts. Live according to principles of right relationship and right action within this larger whole.

Be aware of the influence humans have on the health and viability of life on earth. Call attention to what fosters or harms earth's exquisite beauty, balances and interdependencies. Guided by Spirit, work to translate this understanding into ways of living that reflect our responsibility to one another, to the greater community of life, and to future generations.

In what ways do I express gratitude for the wondrous expressions of life on Earth?

Do I consider the damage I might do to the Earth's vulnerable systems in choices I make of what I do, what I buy, and how I spend my time?

In our witness for the global environment, are we careful to consider justice and the well-being of the world's poorest people?

Does our way of life threaten the viability of life on Earth?

SUNDAY MORNING SCHEDULE

- 9:00 to 10:00 am Adult Education, New Meeting House (NMH), 1st & 3rd First Days & on 4th & 5th 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. The next Meeting for Business will be held on May 10, 2011.

- 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.

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CALENDAR

APR (4TH MONTH)

- 25 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
- 25 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 29 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH. (no morning session today)
- 29 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 29 Sun 12:15:pm Adult Ed. – Reading & Discussion – NMH (see note below).

MAY (4TH MONTH)

- 3 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
- 3 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**

- 6 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
6 Weds 6:00 pm Midweek Meeting for Worship – NMH.
10 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
 10 Sun noon Light lunch provided prior to Meeting for Business - OMH.
 10 Sun 12:15 pm Meeting for Business – NMH (see note above).
 13 Weds 7:00 pm Care and Concerns Committee Meeting
 13 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
13 Weds 6:00 pm Midweek Meeting for Worship – NMH.
 17 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
19 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
 17 Sun 11:45 am Collection for Ecumenical Hunger by Community Service Committee – NMH (see note below).
 17 Sun 12:15:pm Adult Ed. – Reading & Discussion – NMH (see note below).
 17 Sun [*Deadline for submittal of Newsletter articles - if email send to moriii@yahoo.com.*]
 20 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
20 Weds 6:00 pm Midweek Meeting for Worship – NMH.
24 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
 24 Sun noon Fourth First Day Provided Lunch – (see note below).
 27 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
27 Weds 6:00 pm Midweek Meeting for Worship – NMH.

CALENDAR EXPANSION – DETAILS

*** ADULT EDUCATION DISCUSSION: **Reading and Discussion** led by Henry Jason each 1st, 3rd, and 5th Sunday at 9 am – NMH. We are reading a 1794 work entitled “Some Account of the Convincement and Religious Progress of John Spalding, Late of Reading”. In this work Spalding describes his conversion from Anglicanism to Quakerism and his reasons for doing so. The work 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. 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.

*** 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>; 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, 650-493-1364,) or Hulda Muaka 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

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. This is a warm and loving place with an optional co-op program where you can also learn hands-on about understanding and supporting your child's social and emotional development.

Openings for fall of 2015 for children turning 3 or 4 by November 1, 2015.

If you can't make it, feel free to call and schedule a tour at 650-856-6152 or email pafns@sbcglobal.net. The website is www.pafns.org if you want to read more information online.

Also, if you have any questions about the school that I can answer from a parent's perspective, feel free to send me an email or call me (grace_cheng_md@yahoo.com, 650-575-3290). I have co-op'd at the school every other week for the past three years with my children, and we have also participated in the non-co-op school class as well. We have felt so loved and at home at this school, and I'm happy to share our experiences with you!"

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.

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

FCL-CA: The Spring FCLCA Newsletter is now online with a feature article about one of the leading environmental justice organizations in California, the Community Water Center out of Visalia in Tulare County.

And we have another inspiring story about a workshop on grassroots lobbying recently presented to a great group of eighth-graders visiting the Capitol from the San Francisco Friends School (thanks, FCL Ed. Fund donors).

Our [Spring FCLCA Newsletter](#) also features a comprehensive article about current bills in the Legislature from your FCLCA lobbyist, Jim Lindburg. Some highlights:

- **AB 512**, a bill we are co-sponsoring to reduce prison recidivism, passed the Assembly Public Safety Committee!
- We're advocating for several bills that address the **issue of excessive force by police and racial profiling**.
- We're working hard to win **three proven ways of reducing poverty**: increased childcare slots, a higher minimum wage and an earned income tax credit.
- We're supporting the **strong environmental legislation** that has been introduced this session.
- We're taking a leading role in organizing **opposition** to a bill that ties driver's licenses to Selective Service registration.

<http://www.fclca.org/images/stories/pdfs/finalspring2015newsletter.pdf>

MAY NEWS FROM BEN LOMOND QUAKER CENTER: *Quaker Center Summer Youth Camps* are right around the corner this summer with Camps Director, Anna Lisa Chacon for the younger kids' camps and with Stephen Myers and Mary Klein for Peace Action Camp. For more information visit <http://www.quakercenter.org/summer-youth-camps/> or call Bob or Kathy Runyan, Co-Directors at Quaker Center at 831-336-8333 with questions.

Family Work Camp is the best family vacation deal around at only \$50 for the full week, which includes meals and lodging. All ages are welcome! We'll work on improvements to Quaker Center facilities while building community among us. This week of July 27th – August 1st will include working, cooking, eating and playing together. Please register online at: <http://www.quakercenter.org/family-work-camp/>.

Join us for *Rise Again: A Weekend of Joyous Song*, with the authors of Rise Up Singing, Annie Patterson and Peter Blood, Sept. 4-6th. Annie & Peter will teach & lead songs out of their long-awaited just-released songbook Rise Again, which includes 1200 new songs in the same format as Rise Up Singing. We have reserved both lodges for this workshop and still we expect it to fill, so please register early at <http://www.quakercenter.org/rise-again-a-weekend-of-joyous-song/>.

AFSC: Upcoming events sponsored/supported by the AFSC.

San Francisco Wage Peace Program. Thurs, April 30th. San Francisco. 30+ Japanese anti-nuclear activists speak about their experiences fresh back from the New York UN NonProliferation Treaty Review NGO conference and rally.

67 Suenos Hella UndocuRun. Sat, May 2nd. Lake Merritt 5K Run and Fundraiser for Migrant Justice

Faith Community Briefing Call Confronting Solitary Confinement in California Wed, May 6 at 6pm – 7pm Pacific Time.

The call in number will be 855-392-2520 and enter code 5471845# [Link here.](#)

70th anniversary of the Hiroshima/Nagasaki bombings Thursday, August 6th, 8am. Livermore laboratory's NW corner, at Vasco & Patterson Pass, Livermore.

Contact 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 or join our Facebook page at <https://www.facebook.com/pages/Palo-Alto-Friends-Meeting-El-Salvador-Projects/141667842557541>.

SAVE THE DATE! 2015 PACIFIC YEARLY MEETING ANNUAL SESSION. Walker Creek Ranch, 13 – 18 July 2015. *FRUITS OF THE SPIRIT: LOVE AND JUSTICE.*

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 or 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. 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. If you have any questions, contact Jerry McBride jlmcbriemail@yahoo.com 650-384-9817.

DIRECTORY UPDATE:

The actual data will be posted in the office.

Carol Lustenader: new address and email
Catherine Vanderwaart: new address