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PALO ALTO FRIENDS NEWSLETTER

Second Month, 2014

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Advices and Queries for Second Month: Spiritual Life

The life of the spirit gains depth and vigor through devotional practices, prayer, study and meditation. Take time regularly for individual and family worship, discussions, and readings from sacred texts and other spiritual refreshment in order to live a more centered life and to bring a deeper presence to the Meeting for Worship.

Friends believe that the spiritual path is best found in community. Create opportunities in your Meetings for people of all ages to explore and express their evolving relationship with the Divine, their spiritual highs and their doubts. If different metaphors and language interfere with communication, listen more deeply, honoring the spirit in which the thought and words have their beginnings.

Do I live in thankful awareness of God's constant presence in my life?

Am I sensitive and obedient to the leadings of the Holy Spirit?

When do I take time for contemplation and spiritual refreshment?

What steps am I taking to center my life and to open myself to continuing revelation?

Do we share our spiritual lives with others in the Meeting, seeking to know one another in that which is eternal?

Does the Meeting provide religious education including study of the Bible and Friends' history and practices?

1. 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), 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 regular Business Meeting will be on February 9, 2014.

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

~~ In this Issue ~~

Advices and Queries for Second Month	1	News of People and Events	3
Sunday Morning Schedule	1	Directory Changes	5
Calendar Expansion — Details	2	Minutes of MfB 1.12.14.....	5

CALENDAR

JAN (1ST MONTH)

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

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

26 Sun 6:30 pm-8 pm “Quaker Ways for Fellow Seekers” - introduction to Quaker thought & practice – NMH (see note below).

29 Weds 7:30 am Mindfulness Meditation – NMH (**note change in day of week** – also see note below).

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

29 Sun following MfW Adult Ed. – Reading & Discussion – “**Revelation and Revolution**” – NMH (see note below).

31 Fri 7:30 pm New Esterházy Quartet Concert – Benefit FCL-CA. – NMH (see note below).

FEB (2ND MONTH)

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

- 2 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
 2 Sun following MfW Adult Ed. – Reading & Discussion – "Spiritual Formation" – NMH (see note below).
 2 Sun 6:30 pm-8 pm "Quaker Ways for Fellow Seekers" - introduction to Quaker thought & practice – NMH (see note below).
 5 Weds 7:30 am Mindfulness Meditation – NMH (**note change in day of week** – also see note below).
5 Weds 6:00 pm Midweek Meeting for Worship – NMH.
9 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
 9 Sun noon Light lunch provided prior to Meeting for Business - OMH.
 9 Sun 12:15 pm Meeting for Business – NMH (see note above).
 9 Sun 6:30 pm-8 pm "Quaker Ways for Fellow Seekers" - introduction to Quaker thought & practice – NMH (see note below).
 12 Weds 7:30 am Mindfulness Meditation – NMH (**note change in day of week** – also see note below).
12 Weds 6:00 pm Midweek Meeting for Worship – NMH.
 16 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
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 moriini@yahoo.com.*]
 16 Sun 6:30 pm-8 pm "Quaker Ways for Fellow Seekers" - introduction to Quaker thought & practice – NMH (see note below).
 19 Weds 7:30 am Mindfulness Meditation – NMH (**note change in day of week** – also see note below).
19 Weds 6:00 pm Midweek Meeting for Worship – NMH.
 22 Sat. 6-8pm Potluck followed by two long time members or attenders sharing their life stories – Library (see note below).
22 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
 22 Sun noon Fourth First Day Provided Lunch – (see note below).
 26 Weds 7:30 am Mindfulness Meditation – NMH (**note change in day of week** – also see note below).
26 Weds 6:00 pm Midweek Meeting for Worship – NMH.
 27 Thurs 7:00 pm Care and Concerns Committee Meeting – Library (see note below).

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 and discussing a 1648 book written by Robert Wilkinson entitled The Saint's Travel to the Land of Canaan: Wherein are Discovered Seventeen False Rests Short of the Spiritual Coming of Christ in the Saints: Together with a Brief Discovery of What the Spiritual Coming of Christ is. Who is the Alone Rest and Centre of Spirits. All are welcome No preparation is necessary. A pdf of the work is available; please inquire if interested in acquiring a copy. Contact Henry Jason.
Additional Adult Ed sessions: Feb. 2: after Worship: "Compassion" with Diane Pasta. Feb.16: after Worship: Report on "Nonviolent Peaceforce" work with Gilda Bettencourt from San Francisco Friends Meeting.

*** QUAKER WAYS FOR FELLOW SEEKERS: a series based on "Letters to a Fellow Seeker - A Short Introduction to the Quaker Way". Sunday evening sessions, 6:30-8:00 pm through February 16, 2013. This study series is an introduction to Quaker thought and practice and to Palo Alto Friends Meeting in particular. Meetings will be a combination of lecture and discussion in both large and small groups, with the assistance of various resource people from the Meeting. It is intended for those relatively new to Quakerism or to Palo Alto Meeting, but is open to anyone who wishes to deepen their understanding of the material covered and to get to know others in the Meeting. Repeat attenders welcome.

The basic outline for the course is based on the book, Letters to a Fellow Seeker: A Short Introduction to the Quaker Way by Steve Chase. The seven sessions are:

- Introduction to Our Quaker Meeting (1/5)
- Very Brief History of Quakers: Are Quakers Christian? (1/12)
- Silent Worship and the Inward Teacher (1/19)
- Ministry: Ministering to One Another (1/26)
- Quaker Faith and Social Action (2/2)
- Faith and the Quaker Way (2/9)
- Invitation to Community (2/16)

Readings for each session average about 12 pages and are essential to get the most out of the series. Additional readings will be recommended for those who wish to study a topic in greater depth.

Please contact Jerry McBride (jlmcbriemail@yahoo.com or 650-384-9817) if you have questions or to indicate your interest in taking the course and to order the book which costs \$12-13.

*** SHARING OUR LIFE STORIES: Sat. Jan 25th, Feb 22nd, and Mar 22nd from 6 to 8 pm. Care and Concerns committee invites you to the first of a series of potlucks followed by two long time members or attenders who will share with us some of their life journey in an interview style presentation. We will gather at 6pm for a potluck dinner and fellowship in the schoolhouse and begin the two presentations at 7pm. Each interview will be 30 minutes and we will finish by 8pm. The

names of the two people presenting will not be announced prior to the potluck so don't ask! Be prepared to be surprised! Children are encouraged to come. Childcare will be provided for any child who is too young or does not wish to listen to the interviews. For this first potluck we ask those whose last name begins with A through G to bring bread and/or dessert, H through Q a main dish, R and S vegetables (hot or cold) and T through Z salad. We will rotate these responsibilities for future potlucks. Please come!

*** COLLECTION FOR ECUMENICAL HUNGER PROGRAM (EHP): Community Service Committee the 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. Meeting collected \$183.00 in contributions for EHP in January.

*** 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 Marie Simirenko at (650) 961-1724 if you wish 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 third Thursday of the month at 7 pm in the Meetinghouse Library. Please contact the clerk Bill Bauriedel (bill.bauriedel@stanfordalumni.org, 650-493-1364,) 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).

*** Just in case rainy days come upon us one day - when they do please take into consideration your ability to move quickly relative to other members of the Meeting when you are choosing a parking spot. Try to leave a few close spots for members who may not be able to dodge raindrops as well as yourself.

NEWS OF PEOPLE AND EVENTS

BENEFIT CONCERT FOR FCL-CA: Jan 31 7:30 pm. Since 1999 we have held 10 concerts in the "Music in the Meetinghouse" series to support Friends Committee on Legislation of California, usually without a great deal of advance publicity. We feel the upcoming concert is deserving of greater attention because the program includes the world premier of a new work for period instruments composed by Paul Brantley for the New Esterházy Quartet. A companion piece for modern instruments is to be premiered by the Flux Quartet in New York City.

The new piece, "Esterházy-Book II" will be performed with two Haydn quartets in the Meetinghouse, which has acoustics ideal for small chamber ensembles. The concert will be 7:30 pm Friday January 31, 2014.

A silent auction of musical goods will take place at the concert; the items to be auctioned will be published about January 10 and early bids will be accepted by email. Winning bids will be announced at the end of

mercurial and wild, ♩ = 162
Palo Alto Friends Music in the Meetinghouse series
presents a
Violin 1 world premiere
"Esterházy Book II"
Violin 2 by Paul Brantley
for period instrument string quartet
paired with two Haydn quartets
composed for and performed by
The New Esterházy Quartet
Palo Alto Friends Meetinghouse
957 Colorado Ave, Palo Alto
7:30 pm Friday January 31, 2014
Cello to benefit Friends Committee on Legislation of California
donation collected at the door
for reservations, call 650-322-2455

the concert. In addition to tickets for future concerts by groups such as New Century Chamber Orchestra, Peninsula Symphony Orchestra and, of course, New Esterházy Quartet, we expect to have some collections of classical CDs, LPs and 78s ...and maybe antique musical instruments as well.

Donations (\$25 suggested) are accepted at the door. Reservations may be made in advance through Eric Sabelman (650-322-2455, eesabelman@gmail.com).

SAVE THE DATE: The Kaleidoscope of Community: PAFM Annual Retreat at BLQC, March 14-16th at Ben Lomond Quaker Center. You are invited to join the meeting in its annual retreat at BLQC sponsored by the W&M committee. We will be gathering around and building ties to our faith and community through worship, play, and just spending time together. Contact Ray Rischpater, kf6gpe@gmail.com, for registration information, or pick up a registration form after meeting at the meeting house.

FCL-CA NEWS: How did your legislators vote in 2013? - We invite you to take a look at our Winter 2013 FCLCA Newsletter now online at www.fclca.org. In our Legislative Scorecard on pages 4-7 we report on Assembly and Senate members' votes on 10 key issues, including important bills on criminal justice, juvenile justice, minimum wage, immigration issues, gun violence and the rights of transgender students.

FEBRUARY 2014 NEWS FROM BEN LOMOND QUAKER CENTER: Join us for *Parenting Supported by Friends Beliefs, Testimonies, and Practices from February 14-16th*. We will engage with parenting at every stage (even grandparenting) with **Harriet Heath**, author and founder/coordinator of the *Quaker Parenting Initiative* (quakerparenting.org), which supports parents in seeking the path best suited for their individual children and families as a whole. **Please register early so that we have plenty of time to hire enough childcare providers.** For more information and registration see <http://www.quakercenter.org/parenting-supported-by-friends-beliefs-testimonies-and-practices/>.

Treasurers, accountants, bookkeepers, and finance committee members: this workshop is for you! Please join us for an open conversation about how finances can better express our Quaker values. This program, *Friends Finances through the Lens of Spirit* will be similar to the financial management program Quaker Center offered in 2010 and **Jill Hoyenga is returning to co-lead it with Jeff Perkins**, Executive Director of Friends Fiduciary. Anyone who is interested in Friends' finances is welcome to come and engage with the financial concerns of Friends groups of all sizes. **We encourage meetings, churches, and organizations to support those involved in financial decision-making to attend from March 21st-23rd. Find out more and register online at:** <http://www.quakercenter.org/friends-finances/>.

Seed and Soil: Growing the Beloved Community, begins **Sunday, April 13th – Friday, April 18th**.

Jim Anderson, will return with **Marilee Eusebio**, and **Diego Navarro** to co-facilitate another weeklong program, which will be grounded in daily expectant worship, group study, and Friends practices. We hope that our week together, with time for individual reflection, will be a time of spiritual refreshment and help us to return to meeting and daily life as instruments of renewal, as both seed and soil. Please join us and register online at <http://www.quakercenter.org/seed-and-soil-growing-the-beloved-community/>.

Childcare will be available for all Quaker Center programs with at least one week advance notice.

AFSC NEWS: Privatization vs. Labor Rights, Human Rights and The Environment - the case of the Veolia Group. Saturday, February 8th, 2014. 1:00pm - 9:00pm. A unique one-day conference bringing together activists from all around the world involved in union organizing, Environmental protection and Palestine solidarity to confront the French multinational Veolia/Transdev and build community resistance to privatization, union busting and corporate profiteering form human rights violation. Evening show and film screening. **Winning Divestment: Student Struggles for Peace.**

Wednesday, February 12th, 2014. 6:00pm - 9:00pm. Dedicated to the memory of Nelson Mandela. A panel discussion will bring activists to address the power, controversy and effectiveness of divestment as a tool for economic activism in different movements: the movement against apartheid in South Africa, the struggle for Palestinian rights, the global movement to avert the climate crisis. Film clips and movement posters, followed by an open conversation. All events are free or sliding scale, no one turned away. Contact us: AFSC Middle East Program, MEPeaceSF@AFSC.org, (415) 565-0201 ext. #30 **Solitary Confinement Healing.** Join AFSC and many other groups in Sacramento, Tuesday, February 11, 2014, for a hearing on new policies related to solitary confinement in California. The hearing is a joint hearing of the Senate and Assembly Public Safety Committees, and will be held in room 4202, starting at 9:30 a.m. We hope people who attend will visit some legislative offices in the afternoon. If you are interested, contact Laura Magnani at lmagnani@afsc.org.

THE PEACE AND JUSTICE CALENDAR: A service of the Peace, Earthcare, and Social Witness Committee of Strawberry Creek Friends Meeting, this calendar is posted for easy reference: <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 regular or occasional basis. Contact anyone on the committee if you or someone you would like to be on either list.

JOIN THE SOUTH BAY SANCTUARY COVENANT DELEGATION TO EL SALVADOR! - FEBRUARY 15 – 23, 2014: An ecumenical and interfaith transforming experience for those committed to peace with justice with a preferential option for the poor and oppressed. COST: \$825 for lodging, food, transportation, and leaders; plus airfare. Scholarships for youth and young adults. Contact Arlene Schaupp (650) 494-8340 for information and for delegation packet by email. Orientation: Saturday, January 18, 2014, 2 – 4 pm, Schaupp home.

HELP CENTRAL AMERICAN REFUGEES WHILE YOU HELP YOURSELF: Reliable, hard-working men and women need jobs while they rebuild their lives. SBSC Job Hotline: (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 jlmcbridemail@yahoo.com 964-2869.

DIRECTORY CHANGES

Details posted in the Meeting office.

Ron Sax

Jeff Bailey & Angela Doerksen

Steve and Deirdre Samuelsson

updated address

address, phone and email

address, phone and email
