

#### PALO ALTO FRIENDS NEWSLETTER

First Month, 2014

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## Advices and Queries for First Month: Meeting for Worship

The heart of the Religious Society of Friends is the Meeting for Worship. In direct communion with God, we offer ourselves for God's will. Our daily lives are linked with the Meeting for Worship, the Meeting for Worship with our daily lives.

Come regularly to Meeting for Worship, even when you are angry, tired, or spiritually cold. Bring your joys and your hurts, and the needs of other people. Accept and support each other in the community where God dwells among us. As you do so, you may find the grace of prayer.

At times the Spirit may prompt you to speak in Meeting. Wait patiently to know that the sense and the time are right. When you are sure, have *confidence* that the words will be given to you. Listen to the ministry of others with an open spirit. If it is not God's word for you, it may be for others. After a message has been given, allow time to ponder its meaning and to let the Meeting return to silent worship. In speech and in silence, each person contributes to the Meeting.

- Do I come to Meeting with heart and mind prepared for worship?
- In both silent and vocal ministry, do I respond to the leadings of the Holy Spirit, without pre-arrangement and in simplicity and truth?
- Am I careful not to speak at undue length or beyond personal spiritual experience?
- Do we meet in expectant waiting for the promptings of the Divine Spirit? 1
- Are we drawn together in a living silence by the power of God in our midst?
  - 1. Some gueries are intended for individuals. Italicized gueries are intended for the Meeting collectively.

## SUNDAY MORNING SCHEDULE

9:00 to 10	):00 am	Adult Education, New Meeting House (NMH), 1°6 3° First Days & on 4° & 5° First Days by arrangement.	
10:00 to 10	0:25	Hymn Singing at NMH.	
10:30 to 1	1:30	Meeting for Worship at New Meeting House.	
10:30 to 11	1:15	First Day School for children in Old Meeting House (OMH – n.b., also now known as the "School House").	
11:15 to 11	1:30	Children join adults for Meeting for Worship in NMH	
11:30 to 11	1:45	Introductions and announcements	
MONTHLY MEETING FOR RUGINESON I II			

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 January 12, 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.

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#### **CALENDAR**

# DEC (12<sup>TH</sup> MONTH)

- 22 Sun 10:30 11:30 am Meeting for Worship NMH.
- 22 Sun noon Christmas Party?
- 25 Weds 7:30 am Mindfulness Meditation NMH (**note change in day of week** also see note below).
- 25 Weds 6:00 pm Midweek Meeting for Worship NMH.
- 29 Sun 10:30 11:30 am Meeting for Worship NMH.
- 29 Sun following MfW Adult Ed. Reading & Discussion "**Revelation and Revolution**" NMH (see note below). **Jan (1<sup>st</sup> Month)**

- 1 Weds 7:30 am Mindfulness Meditation NMH (note change in day of week also see note below).
- 1 Weds 6:00 pm Midweek Meeting for Worship NMH.
- 5 Sun 9:00 am Adult Ed. Reading & Discussion NMH (see note below).
- 5 Sun 10:30 11:30 am Meeting for Worship NMH.
- 5 Sun following MfW Adult Ed. Reading & Discussion "Spiritual Formation" NMH (see note below).
- 5 Sun 6:30 pm-8 pm "Quaker Ways for Fellow Seekers" introduction to Quaker thought & practice NMH (see note below).
- 8 Weds 7:30 am Mindfulness Meditation NMH (note change in day of week also see note below).
- 8 Weds 6:00 pm Midweek Meeting for Worship NMH.
- 11 Sat 9am noon Threshing Session Committee Structure (see note below) NMH.
- 12 Sun 10:30 11:30 am Meeting for Worship NMH.
- 12 Sun noon Light lunch provided prior to Meeting for Business OMH.
- 12 Sun 12:15 pm Meeting for Business NMH (see note above).
- 12 Sun 6:30 pm-8 pm "Quaker Ways for Fellow Seekers" introduction to Quaker thought & practice NMH (see note below).
- 15 Weds 7:30 am Mindfulness Meditation NMH (note change in day of week also see note below).
- 15 Weds 6:00 pm Midweek Meeting for Worship NMH.
- 19 Sun 9:00 am Adult Ed. Reading & Discussion NMH (see note below).
- 19 Sun 10:30 11:30 am Meeting for Worship NMH.
- 19 Sun 11:45 am Collection for Ecumenical Hunger by Community Service Committee NMH (see note below).
- 19 Sun [Deadline for submittal of Newsletter articles if email send to moriiii@yahoo.com.]
- 19 Sun 6:30 pm-8 pm "Quaker Ways for Fellow Seekers" introduction to Quaker thought & practice NMH (see note below).
- 22 Weds 7:30 am Mindfulness Meditation NMH (note change in day of week also see note below).
- 22 Weds 6:00 pm Midweek Meeting for Worship NMH.
- 23 Thurs 7:00 pm Care and Concerns Committee Meeting Library (see note below).
- 25 Sat. 6-8pm Potluck followed by two long time members or attenders sharing their life stories Library (see note below).
- 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).

## **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 and discussing a 1648 book written by Robert Wilkinson entitled <u>The Saint's Travel to the Land of Canaan</u>: 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: DECEMBER 29: 12:15 (Following Meeting for Worship) "Revelation and Revolution: The Prophetic Call To Faithful Activism". A Talk and Discussion Led By Steve Chase. "Seek first the Kingdom of God" was a core conviction of prophetic Judaism, the early Jesus movement, and the early Quaker movement. Being faithful for early Friends meant listening to the small, still voice of God and waging a nonviolent "Lamb's War" to resist the corrupt kingdoms of this world and build up what they called the "Peaceable Kingdom." Are we ready to heed this call in our own time and devote our spirit, courage, and action towards a Great Turning from the way of Empire to the way of Beloved Community? In this talk and discussion, we will focus on the inseparable relationship of revelation and revolution in Quaker faith and practice.

Biographical Info: Steve Chase is the author of Letters To A Fellow Seeker: A Short Introduction To The Quaker Way, a member of Putney Friends Meeting in Vermont, and the Director of Antioch University New England's environmental studies master's program in Advocacy for Social Justice and Sustainability in Keene, New Hampshire. He is a frequent speaker and workshop leader at Quaker and interfaith gatherings and a local community organizer and national trainer for the international Transition Movement. Steve's Mom says he imprinted on Martin Luther King as a little boy, like a duckling imprints on the first adult duck it sees.

January 5: Simplicity in time and space What do we need to let go of to prepare room in our hearts, our lives, our work and our play for Compassion? We step away from distractions and life-clutter, slowing down to an unhurried pace with an uncontrolled pattern that allows for compassionate responsiveness. Let's move together away from trying to meet expectations that come from the ego driven world. We will explore Simplicity in the context of cultural addictions to consumerism, productivity, sex, food. Those behaviors praise and honor ourselves instead of God and may serve as God-avoidance tactics. How can we replace them with a simple commitment to God and our neighbor? We'll consider

communitarian alternatives to the cultural individualism, examine when quantity dilutes quality, and learn a spiritual tool for simplifying our lives. Reading Resource: Richard Foster, <u>Freedom of Simplicity; finding harmony in a complex world</u> **January 19: Quaker Books –** Led by Tom Farley.

\*\*\* QUAKER WAYS FOR FELLOW SEEKERS: a series based on "Letters to a Fellow Seeker - A Short Introduction to the Quaker Way". Seven Sunday evening sessions, 6:30-8:00 pm January 5 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 (jlmcbridemail@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.

- \*\*\* THRESHING SESSION ON COMMITTEE STRUCTURE: How can our committee structure best serve our Meeting? Nominating, Worship and Ministry, and Care and Concerns invite all members and attenders in the Meeting community to a threshing session on 11 Jan, 9 am to noon, in the Meeting House. Nominating notes that, while the Meeting is functioning smoothly, it is at the price of overburdening some of our members. This trend has been increasing over the past years. We are open to looking at changes to our Meeting structure. Join us on 11 January to discuss how we structure our community through committees.
- \*\*\* SHARING OUR LIFE STORIES: Sat. Jan 25th from 6 to 8 pm. The 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.
- \*\*\* 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. 2013 schedule:, Dec. 23. 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).

# **NEWS OF PEOPLE AND EVENTS**

HOTEL DE ZINK: This December, as in many years past, our meeting will be host for the rotating homeless shelter called Hotel de Zink.

There is a staff person present from 9:00 pm to 7:00 am. Our Hotel de Zink committee has agreed to take turns as the "greeter" for an extra hour, 8:00 pm to 9:00 pm because winter evenings are cold and dark.

Palo Alto Friends Meeting provides for our guests as well as we can in our limited facility. We bring in a refrigerator, and two microwaves and provide foodstuff for simple breakfasts, and lunch packing supplies. We also provide a hot meal each evening at about 8:15.

This year, as an experiment, we will provide a morning shuttle at 6:55 am Monday, Wednesday, and Friday up to El Camino Real and Embarcadero, or the Cal Train station, so those without cars can connect with transit, or showers at the Opportunity Center. If you can take 10 minutes to drive 3 or 4 of our guests, it may make their day easier.

Meeting members and attenders are invited to help with these tasks. The sign-up is all done on line through Google docs. Go to: www.pafm.org/dezink.

You can sign up to:

Shuttle people to transit in the morning,

Bring hot dinner for 12-15 people [Stay and eat with our guests if you can.]

Drop off breakfast or lunch fixings

Come Christmas or New Years' morning with brunch or just to socialize.

Donate money so we can give gift cards for Target on December 24<sup>th</sup>.

**AFSC December Bulletin: Deportations** - Since the beginning of the Obama Administration, U.S. Immigration and Customs Enforcement (ICE) has deported approximately 2 million people. In Alameda County alone, ICE deports about 1,000 people every month. Many immigration activists have decided recently to build a new movement to stop the busses that ICE uses to send people away. The activists held their first action in Arizona and followed with another here in San Francisco in October. AFSC's Pablo Paredes, and his high school students participated in San Francisco. You can see video at <a href="http://www.youtube.com/watch?feature=player\_embedded&v=0alSHaPWs-1">http://www.youtube.com/watch?feature=player\_embedded&v=0alSHaPWs-1</a>

**Hunger Strike** - Following the 60 day hunger strike by prisoners, the Prisoner Hunger Strike Solidarity Coalition continues to push for policy changes. On October 9th, the Senate and Assembly Public Safety Committees held the first of several legislative hearings. The following week, the UN Rapporteur on Torture visited both Los Angeles and the Bay Area, speaking out and hearing from survivors of solitary confinement as well as their family members. Hundreds of people turned out at these events and an important new relationship has been formed.

**Socially Responsible Investing -** Socially responsible investors have historically not had access to research and reporting on abuses and violations of human rights by corporations doing business in Israel/ Palestine. In an effort to provide some of that missing information, the Middle East program of the American Friends Service Committee together with Jewish Voice for Peace have created a new quarterly newsletter. To subscribe: <a href="https://www.lnvestmentScreen.org/News">www.lnvestmentScreen.org/News</a>

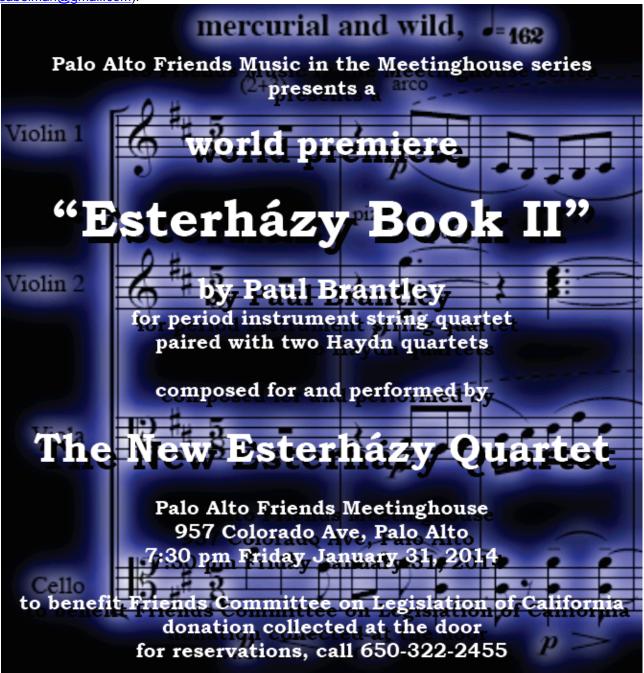
**BENEFIT CONCERT FOR FCL-CA:** Jan 31 7:30 pm. Since 1999 we have held 10 concerts in the "Music in the Meetinghouse" series to support Friends Committee on Legislation of California, usually without a great deal of advance publicity. We feel the upcoming concert is deserving of greater attention because 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 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).



**JANUARY 2014 News From Ben Lomond Quaker Center:** Join **Michael Birkel**, Quaker Studies professor at Earlham College, and author of many books including, *The Genius of the Transcendent* and *Mysticism and Activism* from January 24-26<sup>th</sup> to explore the writings of "Quakers and Other Mystics". We have already received a number of registrations for this program so register soon at <a href="http://www.quakercenter.org/quakers-and-other-mystics/">http://www.quakercenter.org/quakers-and-other-mystics/</a>.

Parent and grandparents of any and all ages of children are welcome to join us for *Parenting Supported by Friends Beliefs, Testimonies, and Practices*. We will engage with parenting at every stage with *Harriet Heath*, author and founder/coordinator of the *Quaker Parenting Initiative (quakerparenting.org)*, which supports parents by raising questions that they can use as they seek the path best suited for themselves, their children and their family. Please register early so that we have plenty of time to hire enough childcare providers and so that Harriet can adjust the weekend schedule

based on the ages of the children. <a href="http://www.quakercenter.org/parenting-supported-by-friends-beliefs-testimonies-and-practices/">http://www.quakercenter.org/parenting-supported-by-friends-beliefs-testimonies-and-practices/</a>

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

**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: <a href="http://groups.google.com/group/bayareaquakers">http://groups.google.com/group/bayareaquakers</a>

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.

FCL-CA: Friends Committee on Legislation of California would like to thank all the Friends and Friends Meetings who supported our work here in Sacramento in 2013. It was a good year – among the highlights: Senate Bill 260, a bill cosponsored by FCLCA that established a special parole process for those sentenced as juveniles to long adult terms, was passed by the Legislature and signed by the governor. FCLCA lobbied on 58 bills, including criminal justice, immigrant rights, clean elections and gun safety; FCLCA activists sent 9,179 messages to their legislators and Gov. Brown through our Action Alerts and petitions. Now we need to ask for your support in our fall fund drive. We invite you to become a contributing member of FCLCA or to renew your support. You can make a single contribution or become a monthly sustainer (we especially need sustainers) online at <a href="www.fclca.org">www.fclca.org</a>. Or you can call us at (916) 443-3734 to arrange a gift or send a gift by mail to FCLCA, 1225 8<sup>th</sup> Street, Suite 220, Sacramento, CA 95814. For more information, contact Kevan@fclca.org. Newsletter: Available on-line at: <a href="http://www.fclca.org/images/stories/pdfs/fallnewsletter2013.pdf">http://www.fclca.org/images/stories/pdfs/fallnewsletter2013.pdf</a>

To Submit Newsletter Items: See the Schedule on page 2 for the deadline for the next issue. You may *e-mail* Newsletter submissions to <a href="mailto:newsletter@pafm.org">newsletter@pafm.org</a> or <a href="mailto:moriii@yahoo.com">moriii@yahoo.com</a> If you wish to receive the newsletter by email - or wish to discontinue - please visit <a href="http://lists.pafm.org/listinfo.cgi/newsletter-pafm.org">http://lists.pafm.org/listinfo.cgi/newsletter-pafm.org</a>. [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: <a href="mailto:moriiii@yahoo.com">moriiii@yahoo.com</a>. 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 <a href="https://mailman.stanford.edu/mailman/listinfo/pafriends">https://mailman.stanford.edu/mailman/listinfo/pafriends</a>. 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.

John & Joan Arnold new address

Zoe Rodine new address

Jim Stimmell & Pat Nicholson new address

Ron Sax new address and ph David Weekly new address We walk through half our life as if it were a fever dream

barely touching the ground,

our eyes half open our heart half closed.

Not half knowing who we are we watch the ghost of us drift from room to room through friends and lovers never quite as real as advertised.

Not saying half we mean or meaning half we say we dream ourselves from birth to birth seeking some true self

Until the fever breaks and the heart cannot abide a moment longer as the rest of us awakens summoned from the dream, not half caring for anything but love.

- ANON