



Please think Green before printing this e-mail

PALO ALTO FRIENDS NEWSLETTER

Tenth Month, 2014

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Advices and Queries for Tenth Month: Home and Personal Relationships

The Meeting plays an important role in nurturing and supporting personal relationships, including families. In our homes, our lives as Friends speak immediately and lastingly.

Every member of the Meeting is responsible in some measure for the care of the children. When this spirit of common concern is present, our children gain a sense of belonging and commitment to the larger community and to their heritage.

Our first concern for our children and our households is to live in the awareness that we are all children of God. Trust and love and a constant search for truth strengthen the light that leads us to the love of God. Parents should provide for the healthy development of their children's minds, bodies, and spirits. The time and attentive energy needed for this central task should be shielded from less important activities.

Human sexuality is a divine gift, forming part of the complex union of body, mind and spirit that is our humanity. In a loving relationship, sexuality brings delight, fulfillment and celebration.

Sexual conduct can be exploitative or violent. Sexual contact between an adult and a child is exploitative of the child. Meetings should prepare themselves to deal sensitively, promptly, and effectively with incidents of physical or sexual abuse in the Meeting community.

- Do I make my home a place of friendliness, joy, and peace, where residents and visitors feel God's presence?
- Are my sexual practices consistent with my spiritual beliefs and free of manipulation and exploitation?
- *Do we open our thoughts, beliefs, and deep understandings to our children and others who share our lives and our hospitality?*
- *Do we provide our children and young adults with a framework for active, ongoing participation in Meeting?*
- How are single people, members of non-traditional families, and sexual minorities welcomed and valued in our homes and in the life of the Meeting?

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 October 12, 2014.

- 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

SEP (9TH MONTH)

- 28 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
- 28 Sun noon Fourth First Day Provided Lunch – (see note below).

OCT (10TH MONTH)

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

- 1 **Weds 6:00 pm Midweek Meeting for Worship – NMH.**
 4 Sat 9 am - 1 pm Adult Ed. –Discussion Series on Race – NMH (see note below).
 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 1:00 pm Adult Ed. –Discussion Series on Race – NMH (see note below).
 8 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
 8 **Weds 6:00 pm Midweek Meeting for Worship – 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).
 15 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
 15 **Weds 6:00 pm Midweek Meeting for Worship – NMH.**
 16 Thurs 7:00 pm Care and Concerns Committee Meeting ?????
 17-19 Fri-Sun College Park Quarterly Meeting – Sierra Friends Center. (see note below).
 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 moriii@yahoo.com.*]
 22 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
 22 **Weds 6:00 pm Midweek Meeting for Worship – NMH.**
 26 **Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
 26 Sun noon Fourth First Day Provided Lunch – (see note below).
 29 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
 29 **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.

Series on Race led by Diane Pasta consists of two sessions after Meeting (September 21, and Oct 5) and a Saturday session October 4, 9am-1pm (there will be some food but we are not taking a lunch break). We will be viewing the Cracking The Codes film that so many expressed interest in, plus discussion and response.

The first session was about cultural competence and skills for courageous conversations about race. The second is the film and responses. The third session, Oct 5 will be an application of what we notice about Quakers and PAFM in particular. For that session, reading the (long) book “Fit for Freedom Not for Friendship” would be a great preparation. There is a copy in the library.

You are welcome to come to any or all of the sessions, and it is ok to come late or leave early—better some than none. The third session will be in the schoolhouse because of the preparations for the Memorial service in the Meetinghouse.

*** 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. on 11/3, and 12/8/14. Please contact Catherine Bock at tinki-bock@gmail.com 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

COLLEGE PARK QUARTERLY MEETING - FALL QUARTERLY MEETING: October 17-19, 2014, at Sierra Friends Center.

"Being Searched, Being Led, Being Guided". We welcome you to College Park Quarterly Meeting and hope to discover with you, more of the Light that searches us and guides us on our path. We hope to learn about Leadings and Being Led. We look forward to joining with you in this adventure that includes Friends of all ages. REGISTER EARLY: Your registration needs to reach the registrar by Monday, October 6. If you have not registered by the deadline, you are still welcome to come but will need to be prepared to camp and provide your own food. Registrations received after the deadline will incur a \$20 late fee per family. Please let us know of any special needs, including financial assistance, before the registration deadline. Registration forms and information at collegepark.quaker.org .

ARTIST TRUDY MYRRH REAGAN HAS A WEBSITE: Friends, My website displays my art on social issues: "Through Recent History with Myrrh" <http://www.myrrh-art.com/through-recent-history-with-myrrh/> and the life of the spirit: "Metaphysics—A Personal Journey". <http://www.myrrh-art.com/metaphysics/> Both are an outgrowth of my Quaker practice. The mental state I was in while painting large, complex works felt devotional. Much else here to enjoy, from my almost 50 years as an artist. Go to Galleries and Writing.



THE SCHOOL OF THE AMERICAS PROTEST: will take place November 21-23 in Fort Benning, GA.

For help with travel arrangements: 202-234-3440; FB/schooloftheamericaswatch; [Twitter@SOAWatch](https://twitter.com/SOAWatch); #CloseTheSOA

The march supports legislation to close School of the Americas, which several times came close to passage. The original protest was held on this date in 1989 to protest the assassination of six Jesuit priests and their housekeeper in San Salvador by a battalion trained at the School of the Americas.

When I [Trudy Reagan] attended in 2007, 20,000 attended! Many workshops were held on subjects like nonviolence training, reforming criminal justice in the US, and Central American/American history. Events were the march, honoring each person slain because of US intervention (vivid protest theatrics), and second, a "vendor fair" of all the participating organizations. Some took side trips to Montgomery, AL, to visit civil rights shrines.

CAN YOU BELIEVE IT? The police are trying to stop us from holding the 25th annual November Vigil to Close the School of the Americas at the gates of Fort Benning, Georgia. Join me in signing this petition to the Columbus Police Chief and urge them to protect our First Amendment rights: <http://SOAW.org/petition>

OCTOBER 2014 NEWS FROM BEN LOMOND QUAKER: Quaker Center and Western Friend share a vision to employ an energetic Friend who is all fired up to help rekindle Quakerism in the west. This new Administrative Assistant will live among the redwoods at Quaker Center and support our two organizations with online presence and other work behind-the-scenes. Help us build a stronger foundation for supporting the spiritual lives of western Friends and meetings. Find out more and how to apply at <http://www.quakercenter.org/about-us/employment-opportunities/>

Join Laura Magnani and her American Friends Service Committee colleague, Jerry Elster from October 3rd – 5th, for "The Violence of Mass Incarceration: Our Prison System as the New Jim Crow". We'll explore the dynamics of mass incarceration spiritually and socially, focusing on the advocacy work being done, and yet to be done, by Friends. Laura and Jerry will facilitate conversations and exercises examining the system as it is, our attitudes about it, and directions that are opening up for significant change. Get more information and register online at <http://www.quakercenter.org/the-violence-of-incarceration/>.

Come and explore the relevance of early Friends' experiences of personal transformation with Diego Navarro as we look at "Leadings and Holy Obedience" from November 14th – 16th. We will also consider the link between the inner

growth of the Spirit and the external witnessing of Friends, and comprehending what is meant by turning one's life over to the Spirit: from "my will" to "thy will", and leading what Thomas Kelly calls a "God-intoxicated" life. Find out more at <http://www.quakercenter.org/leadings-and-holy-obedience/> and register early.

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.

FCL-CA : A REPORT FROM FCLCA IN SACRAMENTO: Time is running out... The governor has 14 more days to sign or veto the many bills on his desk. We've created action alerts on six bills I think you'll be interested in. Bills on racial justice in sentencing; helping pregnant women; protecting the innocent from wrongful conviction; cleaning up our oceans - If you haven't yet taken action, please click ask Gov. Brown to sign these bills.

By the numbers...

2 - Number of bills FCLCA co-sponsored this session (one is on the governor's desk!)

70 - Number of bills FCLCA has lobbied on this session (testifying at committee hearings; lobbying legislators and their staff; writing letters of opposition or support; organizing grassroots action through Action Alerts)

8,450 - Number of email messages and letters sent by constituents to their legislators and the governor through FCLCA Action Alerts and petitions in 2014.

Stopping the bad bills...

FCLCA played a key role in stopping AB 2201, which would have made it mandatory for boys and young men ages 16-25 to sign up for Selective Service in order to get a California driver's license.

What's next...

The November 4, 2014 ballot propositions: FCLCA's recommendations on the six ballot measures are published here. We will have more in-depth analysis posted next week at www.fclca.org.

As September closes and before the next session starts in January, we enter our fall fund drive - our next big challenge is fundraising to keep our work going. Our goal this year is to raise at least \$60,000. We also hope to add more monthly sustainers who give at least \$10 a month. One-time and monthly donations can be made on line.

Your impact...

Because you cared - because you contributed the money, time and effort that allowed FCLCA to be an effective advocate -new laws have been passed that will make California a more just and compassionate society. We are so grateful for your support. Thank you! Contact: Kevan Insko, Kevan@fclca.org.

SOUTH BAY SANCTUARY COVENANT PRESENTS: El Salvador, Meeting the Challenges: Adults & Children Fleeing, Gang Violence, & Exploitation - with Roddy Hughes and José Acosta, partners with Voices on the Border. SUNDAY, OCTOBER 19, 4:00 PM. St. Albert the Great Church Center. 1095 Channing Avenue, Palo Alto.

Pupusa and Enchilada Dinner included! Suggested Donation \$20 adults, \$5 students. Please RSVP to schaupp@aol.com or 650 494-8340

Next SBSC El Salvador Delegation - March 21-29, 2015! Come to Orientation on Saturday, **Oct.18**, 3:30-5:30 p.m. with Roddy Hughes and José Acosta at the home of Arlene Schaupp, Palo Alto. To RSVP or questions contact Arlene at schaupp@aol.com, or 650 494-8340.

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 650-384-9817.

Wherefore, brethren, let us be careful neither to out-go our guide, nor yet loiter behind him; since he that makes haste, may miss his way, and he that stays behind, lose his guide.

~ William Penn, 1644-1718