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PALO ALTO FRIENDS NEWSLETTER

Second Month, 2015

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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 Meeting for Business will be held on February 8, 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

JAN (1ST MONTH)

- 25 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 28 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
- 28 Weds 6:00 pm Midweek Meeting for Worship – NMH.**

FEB (2ND MONTH)

- 1 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (No session today).
- 1 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 4 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
- 4 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 8 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**

- 8 Sun noon Light lunch provided prior to Meeting for Business - OMH.
 8 Sun 12:15 pm Meeting for Business – NMH (see note above).
 11 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
 11 **Weds 6:00 pm Midweek Meeting for Worship – NMH.**
 11 Weds 7:00 pm Care and Concerns Committee Meeting
 15 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
 15 **Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
 15 Sun 11:45 am Collection for Ecumenical Hunger by Community Service Committee – NMH (see note below).
 15 Sun [*Deadline for submittal of Newsletter articles - if email send to moriii@yahoo.com.*]
 18 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
 18 **Weds 6:00 pm Midweek Meeting for Worship – NMH.**
 21 Sat. 6-8pm Potluck followed by two members/attenders sharing their life stories – NMH (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).
 25 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
 25 **Weds 6:00 pm Midweek Meeting for Worship – NMH.**

CALENDAR EXPANSION – DETAILS

*** SHARING OUR LIFE STORIES: Sat. Feb 21st from 6 to 8 pm. Care and Concerns committee invites you to the second of a series of potlucks this year 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 about 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 second potluck we ask those whose last name begins with A through G to bring a main dish, H through Q vegetables (hot or cold) or soup, R and S salad and T through Z dessert or bread. We will rotate these responsibilities for future potlucks. Please come!

*** 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 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. 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

INTERNSHIPS: Available at FCNL and QUNO. Young adults are encouraged to apply!

<http://fcnl.org/about/jobs/internship/> due February 15th!

http://fcnl.org/about/jobs/summer_internships/

<http://www.quno.org/opportunities> deadline is February 6th!

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

2015 BEN LOMOND QUAKER CENTER Calendar of Programs is available on the website at www.quakercenter.org/wp-content/uploads/2014/10/2015-Program-Schedule.pdf

SAVE THE DATE! 2015 QUAKER FUNDRAISERS GATHERING: September 30 - October 2, 2015 in Historic Philadelphia. Sponsored by Friends Fiduciary Corporation.

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:! Call the South Bay Sanctuary Covenant Job Hotline: (650) 494-8340 Central American workers are eager to help you! Child/elder care • cleaning • painting • Spanish lessons • personal assistance • gardening • repairs • carpentry. Arlene Schaupp, Job Hotline Coordinator - South Bay Sanctuary Covenant (650) 494-8340.

GREG KERBER OFFERS: Large screen Sharp TV – 27". 13" TV/VCR combo. Microwave. Make offer - Contact Greg at (650) 853-0425.

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.

Clerk's Call to: 2015 PACIFIC YEARLY MEETING REPRESENTATIVE COMMITTEE:
Berkeley Meeting House, 27 February – 1 March 2015
and to

2015 PACIFIC YEARLY MEETING ANNUAL SESSION
Walker Creek Ranch, 13 – 18 July 2015

FRUITS OF THE SPIRIT: LOVE AND JUSTICE

The commandment to love one another is at the heart of our Quaker faith, and centrally featured in its Christian roots. The Religious Society of Friends takes its name from a passage in the Gospel of John, in which Jesus declares, *This is my commandment, that you love one another as I have loved you . . . you are my friends if you do what I command you . . . I have called you friends, because I have made known to you everything that I have heard from my Father.* (John 15:12-15, NRSV)

Early Friends treasured a passage in St. Paul's Epistle to Galatians (5:22): *"The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control."* Echoing this passage, George Fox emphasized the spiritual centrality of love. Early in his ministry, he wrote to Friends, *"I pray that all your hearts may be knit together in love, and in one spirit to God."* (Ep. #19, 1652), and later referred frequently to "the Royal Law of Love."

Early Friends also understood that loving-kindness, joy, and other fruits of the Spirit cannot be manufactured by good intentions, but arise spontaneously when we allow ourselves to become utterly vulnerable to the searching Light within our conscience. Yielding without reservation to the truth of our condition, we awaken to a new life—and are enveloped by an astonishing, redemptive love. Through this radical self-transformation, we awaken to the fruits of the Spirit. William Penn wrote of the first generation of Quakers, "They were changed . . . themselves before they went out to change the world."

Facing urgent needs for justice, however, we easily become self-righteous, impatient, strident. Learning of the oppression of indigenous peoples, the harsh reality of racism today, the gravity of environmental decline, or violence of any kind, we may be overcome by outrage that blocks the healing power of love. Living in love is essential not only for our spiritual health, but also for effective work for justice.

Intertwined themes of love and justice are featured at the 2015 PYM Annual Session. Our keynote speaker will be **Lloyd Lee Wilson**, a member of North Carolina Yearly Meeting (Conservative), and a deeply-grounded author on Quaker spirituality. His many writings include *Essays on the Quaker Vision of Gospel Order* and a recent Pendle Hill Pamphlet, *Radical Hospitality* (#427). Wilson has written eloquently of the need to center our Quaker activism in the gestalt of Quaker practice, knit together in a faithful Quaker community by the redeeming spiritual power of loving-kindness. He writes that when that spiritual grounding is absent, "In our hasty desire for the fruit of right social order, we have neglected the Root from which all good fruit springs."

We will also hear a presentation by **Jose Aguto** of FCNL on the challenge of worldwide environmental decay, and from **Paula Palmer** of Intermountain Yearly Meeting, who will present her powerful workshop, *"Roots of Injustice, Seeds of Change: Toward Right Relationship with America's Native Peoples."*

REPCOM: The PYM Representative Committee meets Friday 27 February – Sunday 1 March at Berkeley Meeting House:

- **Fri. 27 Feb., 6 pm: PYM Reps** will hold an evening consultation.
- **Sat. 28 Feb., 8:30 am: RepCom begins**, continuing to Sun. 1 March if necessary.
- **Interest Groups at Annual Session:** Proposals for Interest Groups should be approved by a standing PYM Committee and submitted by its clerk. Please submit your proposals by Friday 27 Feb. to Amy Cooke, Assistant to the Clerk, at amyliette@gmail.com.
- **If your committee is presenting at RepCom**, written reports submitted in advance are preferable to lengthy oral explanations. Send to pacificyearlymeeting.org to be posted prior to RepCom, allowing sufficient time to be read before we meet. If possible, oral reports should be brief, conveying only essential information.
- Before coming to RepCom, please review advance documents carefully.
- If you have questions for the Clerk, contact me at clerk@pacificyearlymeeting.org or ssmith@cmc.edu.
- **Please register for RepCom no later than Friday 13 February, indicating your arrival and departure times, and your need (if any) for overnight hospitality.** (Persons registering after Friday 13 February cannot be assured of overnight hospitality.)
 - **Contact Margaret Mossman, margaretmossman@att.net, (510) 235-6245**
 - **Back-up contact: Genie Stowers, gstowers@sfsu.edu, (510) 223-3264**

Steve Smith, Presiding Clerk