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PALO ALTO FRIENDS NEWSLETTER

First Month, 2015

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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 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 January 11, 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.

~~ In this Issue ~~

Advices and Queries for First Month	1	Calendar Expansion – Details	2
Sunday Morning Schedule	1	News of People and Events	3
Calendar.....	1	Minutes of 12.14.14 Meeting for Business.....	4

CALENDAR

DEC (12TH MONTH)

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

JAN (1ST MONTH)

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

- 11 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
 11 Sun noon Light lunch provided prior to Meeting for Business - OMH.
 11 Sun 12:15 pm Meeting for Business – NMH (see note above).
 14 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
14 Weds 6:00 pm Midweek Meeting for Worship – NMH.
 14 Weds 7:00 pm Care and Concerns Committee Meeting
 18 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
18 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
 18 Sun 11:45 am Collection for Ecumenical Hunger by Community Service Committee – NMH (see note below).
 18 Sun [*Deadline for submittal of Newsletter articles - if email send to moriii@yahoo.com.*]
 18 Sun PREPARED LUNCH AND CHRISTMAS PARTY hosted by the First Day School – (see note below).
 21 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
21 Weds 6:00 pm Midweek Meeting for Worship – NMH.
25 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
 24 Sat 6 - 8PM Potluck. Then life story sharing by two longtime members/attenders – OMH (see note below).
 28 Weds 7:30 am Mindfulness Meditation – NMH (see note below).
28 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.

*** SHARING OUR LIFE STORIES: Sat. Jan 24th from 6 to 8 pm. This is a continuation of a successful series of potlucks and story sharing which began last year. The Care and Concerns committee invites you again to this year’s 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. Please contact Janet Murphy <janeta.murphy@sbcglobal.net>; 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 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

ANTI-TRAFFICKING EVENT: Faith-based community event on the weekend, January 9-11, [2015]. to raise awareness of local human trafficking. The Sunday afternoon event is called "In Plain Sight: Modern Day Slavery in San Mateo County." <http://tinyurl.com/20150111HTinSM>. Anti-Trafficking Faith Leader Coalition of San Mateo County

CONCERT OF CHAMBER MUSIC: January 15, 2015 at 8 pm in the Meetinghouse. Music by C.P.E. Bach, performed by Katherine Heater, harpsichord; Anthony Martin, violin; and Cassandra Luckhardt, viola da gamba. Not a benefit for FCLCA, but Palo Alto Friends Meeting will receive 10% of ticket sales, so bring your friends. Watch for program details or contact Eric Sabelman.

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 JANUARY NEWS FROM BEN LOMOND QUAKER CENTER: Join David Hartsough and Kazu Haga for *Friends and Social Transformation from Jan. 30 – Feb. 1, 2015* for inspiring stories of nonviolent direct action. We'll do some role playing and training in active nonviolence, have discussions about the principles of nonviolence, and strategize to effect change. Get more information and register online at <http://www.quakercenter.org/social-transformation/>

Come engage the wild expectation of Love loose in the universe potentially transforming everyone! Yet with this love comes a painful refining process accompanying the call to ministry. **Marge Abbott and Julie Peyton** from North Pacific Yearly Meeting will lead us for ***Walk Humbly – Serve Boldly from Feb. 27 – Mar. 1, 2015***. We will share ways that we as Friends are wrestling with the reality of prophetic ministry and how that shapes our lives as we seek to be faithful. Find out more and register at <http://www.quakercenter.org/walk-humbly-serve-boldly/>.

The **2015 Calendar of Programs** is available on the Quaker Center website at www.quakercenter.org/wp-content/uploads/2014/10/2015-Program-Schedule.pdf

We hope to see you soon!

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 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 • gardening • cleaning • painting • repairs • carpentry • personal assistance • Spanish lessons. Arlene Schaupp, Job Hotline Coordinator - South Bay Sanctuary Covenant (650) 494-8340

JOIN THE SOUTH BAY SANCTUARY COVENANT DELEGATION TO EL SALVADOR, MARCH 20/21 – 29, 2015: Events commemorating Archbishop Oscar Romero on the 35th anniversary of his martyrdom. Experience great hospitality - spend 3 nights in our rural partner community. Led by Voices on the Border staff: José Acosta, El Salvador Director of VOICES. With Luz Deras from SBSC as our Interpreter! COST: \$880 for lodging, food, transportation, and leaders; plus airfare. Some scholarship help for youth is available - request from Arlene. OPTION: Go a week early to excellent SPANISH LANGUAGE SCHOOL. Contact Arlene (650) 494-8340 or Schaupp@aol.com for info & RSVP.

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.

DIRECTORY UPDATES [The actual data is posted in the office as usual.]

- ◆ Catherine Bock: new mailing address and phone.
- ◆ Mary Pat O'Connell : corrected phone number.