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PALO ALTO FRIENDS NEWSLETTER

Third Month, 2015

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Advices and Queries for Third Month: Meeting for Worship for Business

Come to Meeting with hearts and minds prepared to be open and faithful to the leadings of the Spirit. Then the conduct of business will lead to truth, unity, and love.

When a matter is before the Meeting for Business, each person present contributes to the corporate search for a decision that accords with the will of God. Inaction is a form of action. Silent worship in the Meeting for Business contributes to the process of achieving unity.

Listen attentively to others' words and use the silence between messages to reflect carefully on what you might contribute. When you are clear, speak simply what is in your heart, without repeating what has already been offered. While making your insights clear, lay aside personal opinions and attend to what God requires.

- Do I attend Meeting for Business regularly?
- Do I speak in Meeting for Business only when I am led to speak?
- *Is the Meeting for Business held as a Meeting for Worship in which we seek divine guidance for our actions?*
- *Are we tender and considerate of different views, coming to a decision only when we have found unity?*
- *Do we give prayerful support for our clerks that they may be sensitive to the movement of the Spirit among us?*

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 March 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

FEB (2ND MONTH)

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

MAR (3RD MONTH)

- 1 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
- 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.
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.
 29 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (No session today).
29 Sun 10:30 - 11:30 am 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.

*** COLLECTION FOR ECUMENICAL HUNGER PROGRAM (EHP): Community Service Committee collects donations for 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

SAVE THE DATE: APRIL 17 – 19 RETREAT AT BEN LOMOND: "Friends Play, Friends Practice". When Friends gather, we practice. During our retreat we will play with the word "practice" and practice using "play." Activities will be for all ages,

however, child care will be provided, if needed. \$140 for adults for the weekend, \$40 for children. Financial support is available. Ray Rischpater will be organizing registration. Contact Worship and Ministry with questions (Tom Farley, Judith Bush).

STATE OF THE MEETING REPORT: We are preparing for our State of the Meeting report, and, as last year, we invite all to answer several questions about our community. Your answers can be provided on the poster sheets with the questions, by email to Judith Bush assocclerk@clerks.pafm.org, or by writing in the W&M slot in the office.

The questions are

1. What do we celebrate about our community?
2. What is changing in our community?
3. When and how do we feel the Spirit in our community?

Please provide answers promptly!

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

MARCH NEWS FROM BEN LOMOND QUAKER CENTER: Join Doug Gwyn for Conversation with Christ: Quaker Meditations on the Gospel of John from March 20th to 22nd. "Listen in" on conversations in John, learn what early Friends heard in them, and enter into your own "conversation with Christ" through guided meditations. Register online at <http://www.quakercenter.org/gospel-of-john/>

Sometimes we get so focused on world affairs that we forget what God has in store for us, individually and as a community. Jim Anderson, Marilee Eusebio, Diego Navarro, Kathy and Bob Runyan will facilitate a week of Living into Beloved Community, from April 6-11th (Mon. – Sat.).

Our days will be filled with Bible study, worship, Quaker readings, periods of writing and reflection, and shared enjoyment as we seek to know what it means to be, and bring forth, blessed community. How do we live into it, and create meetings of vital spiritual presence and power? This program has more limited capacity than most, so please register early at http://www.quakercenter.org/living_into_beloved_community/

Whether or not you even expect to be a clerk, you take part in the clerking process every time you take part in Quaker decision-making. Take advantage of this opportunity to work with Arthur Larrabee, who has served as clerk of Philadelphia Yearly Meeting and led over 150 clerking workshops. Join us from May 29 – 31 for Clerking: Serving the Community with Joy and Confidence. You will gain a stronger connection between the core of our Quaker theology and our business structures, and better understand the experience of coming to unity. We expect this workshop to fill, so please register early at <http://www.quakercenter.org/clerking-serving-the-community-with-joy-and-confidence/>

QUAKER CENTER Calendar of Programs is available at:

www.quakercenter.org/wp-content/uploads/2014/10/2015-Program-Schedule.pdf

AFSC Activities: *Hell Fire: Lockheed Martin and the Weapon Industry Go to Gaza* Saturday, February 28 at 7:30pm, 250 Oak Grove Ave. Menlo Park. A talk by Dalit Baum of AFSC. Click on above link for full info.

The Mosque of Paris: How Muslims in Paris Sheltered Jews during WWII. Thurs., Mar 25, 7pm 1924 Cedar St Berkeley.

Black Brown Unity Showcase March 27th at Met West High School Near Lake Merritt Bart. A night of poetry, short videos, art and great food. A fund raiser for the AFSC mural project.

New Priorities Global Day - Highlights military spending around the world. Wednesday, April 15th BART stations. Volunteers needed to distribute at Bart Stations. Details below.

70th anniversary of the Hiroshima/Nagasaki bombings Thursday, August 6th, 8am. Livermore laboratory's NW corner, at Vasco & Patterson Pass, Livermore..

Contact smcneil@afsc.org for more information.

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

PAFM EL SALVADOR PROJECTS: The El Salvador Committee is always grateful for donations made to this cause that grew from a leading within our own Meeting. Carmen Broz has put many years into offering higher education opportunities for El Salvadorian youth and now her son, Robert Broz, is continuing this effort with our support. If you would like to know more about the projects and how your donation is making life changes to youth in El Salvador please go to our Web Page www.pafmelsalvadorprojects.org or join our Facebook page at <https://www.facebook.com/pages/Palo-Alto-Friends-Meeting-El-Salvador-Projects/141667842557541>. We are always looking for ways of regenerating the funding so please share this information with anyone you may know who would like to support this effort. Please consider these projects are part of your gift giving to worthy causes this year as well. - The El Salvador Committee.

SAVE THE DATE! 2015 PACIFIC YEARLY MEETING ANNUAL SESSION. Walker Creek Ranch, 13 – 18 July 2015. *FRUITS OF THE SPIRIT: LOVE AND JUSTICE.*

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:! Central American workers are eager to help you! Child/elder care • cleaning • painting • Spanish lessons • personal assistance • gardening • repairs • carpentry. - Refrigerator needed by El Savloran refugee family. - Give donations for pre-school, elementary school, and community - for SBSC Delegation members to take to El Salvador in early March: children's picture books in Spanish, puzzles, soccer balls, school supplies for teachers and children and learning toys.

Call South Bay Sanctuary Covenant Information at (650) 494-8340 for: Refrigerator pick-up, to schedule a worker, and address for donations to El Salvador

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 jlmcbridemail@yahoo.com 650-384-9817.
