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PALO ALTO FRIENDS NEWSLETTER

Twelfth Month, 2013

957 Colorado Avenue
Palo Alto, CA 94303
(650) 856-0744

Co-Clerks: George Mills and Eric Sabelman
clerk@pafm.org

Treasurer: **Forest Preston**
650-839-1077 forest.preston@gmail.com

Advices and Queries for Twelfth Month: THE MEETING COMMUNITY

Meetings for Worship and Business are the center of our spiritual community. There, as we come to know each other in the Spirit, we build the “beloved community.”

Mutual respect and care in the Meeting form the foundation from which we can test, support, and exercise leadings of the Spirit. At its best, the Meeting community provides a framework for us to learn and practice mutual care, which strengthens us as we act in the world.

All members of the Meeting community should share in the care of one another. While respecting privacy, we must be aware of and sensitive to each other’s needs. We must also be willing to ask for assistance when we are in need.

Do I strive to be inclusive in my relationships within the Meeting?

Do I care for the reputation of others, refraining from gossip or disparaging remarks?

Am I committed to the difficult work of forgiveness, and affirming God’s love for the whole community?

How are love and unity maintained among us?

Do we practice the art of listening, even beyond words?

How have we been sensitive to the personal needs and difficulties of members and attenders, young & old?

Do we visit one another in our homes and keep in touch with distant members?

† 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 regular Business Meeting will be on December 8, 2013.

- 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

Nov (11th MONTH)

- 23 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 23 Sun noon Fourth First Day Provided Lunch – (see note below).
- 26 Weds 7:30 am Mindfulness Meditation – NMH (**note change in day of week** – also see note below).
- 26 Weds 6:00 pm Midweek Meeting for Worship – NMH.**

DEC (12TH MONTH)

- 1 Sun 9 am and after M4W - Russian craft sale to benefit Friends House Moscow (see note below)
- 1 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
- 1 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 1 Sun after M4W Talk: Political/social situation in Russia & Work of Friends House Moscow – NMH (see note below).
- 4 Weds 7:30 am Mindfulness Meditation – NMH (**note change in day of week** – also 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 (**note change in day of week** – also see note below).
- 11 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 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).
- 17 Sun following MfW Adult Ed. – Reading & Discussion – "Spiritual Formation" – NMH (see note below).
- 15 Sun [*Deadline for submittal of Newsletter articles - if email send to moriini@yahoo.com.*]
- 18 Weds 7:30 am Mindfulness Meditation – NMH (**note change in day of week** – also see note below).
- 18 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 19 Thurs 7:00 pm Care and Concerns Committee Meeting – Library (see note below).
- 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).

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 and discussing a 1648 book written by Robert Wilkinson entitled The Saint's Travel to the Land of Canaan: 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 in December: Dec 15: Compassion and bridge building - a spiritual formation series for adult education. This adult ed five session series on compassion begins after meeting for worship. It continues on First Sundays in January through April. ... The greatness of a community is most accurately measured by the compassionate actions of its members, a heart of grace and a soul generated by love. ~*Coretta Scott King* "Compassion and caring call us beyond ourselves, to a bigger experience of the world, whereas worry and distraction squeeze us into smaller and smaller circles." ~*Kayla McClurg*. "The task for Friends becomes the work of knowing what is while keeping the sacred hope and knowledge of what can be/is." ~*John Calvi*

Let us move together from distressed worry to creative compassion. In this adult education series, we aim at expanding our comfort zones, looking at brokenness in the world, practicing bridge-building, and envisioning what can be/is (a more just peaceful world...). While we will approach each session with gentle tenderness, we may find something radically transformed in us. Each session will be self-contained so that you may come to any or all of them. Our approach will include both worship sharing (Faith) and skills or activities (Practice).

December 15: **Compassion and Generosity founded on Abundance, Gratitude and Wonder**; January 5: **Simplicity in time and space**, February 2: **Wakefulness in a broken world**, March 2: **Humility and Fear**, and April 6: **New Life, new hope: engage more fully in the diversity of God's family**

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.

*** RUSSIAN CRAFT SALE - DECEMBER 1ST: Affordable Russian gifts ranging from Christmas decorations, dolls, toys, jewelry, scarfs, lacquer boxes, paintings and other Russian gifts will be on sale before and after Meeting for Worship on December First. Come prepared to help support Friends House Moscow and pick up special treasures to keep for yourself or give to friends and relatives at Christmas time.

*** FRIENDS HOUSE MOSCOW TALK - DECEMBER 1ST: Bill Bauriedel and Julie Harlow will present the current political and social situation in Russia and how the work of Friends House Moscow is helping expand alternative service opportunities for conscientious objectors, translating and publishing more Quaker texts and making them available online, and offering Alternatives to Violence workshops and training sessions in various locations throughout Russia and other former Soviet Union countries.

*** 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. Meeting collected \$152 in contributions for EHP in September and \$135 in October.

*** 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: Nov. 18, 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 (650-493-1364, bill.bauriedel@stanfordalumni.org) to confirm that there are no meeting changes and ensure time on the agenda.

Save the Date: *The committees of Nominating, Worship & Ministry, and Care & Concerns are meeting to discuss the structure of our committees. There will be a called threshing meeting on January 11. We are considering how best our committee structure can support our community and individual's ability to participate in our community. Please hold the date: we expect that a time will be announced soon.*

*** 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. [Named after a police chief who would arrest vagrants, jail them over night in a warm cell with a bed, feed them breakfast, and release them in the morning, no charge.]

The men and women who will be our guests this month have been screened by InnVision and must abide by fairly strict rules, such as no alcohol or recreational drugs, and be working, actively looking for work, applying for SSI, or permanent housing. There is a 90 day limit in the program.

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 24th.

HARVEST FESTIVAL BRAINSTORMING: There will be a meeting on Tuesday, Dec 3 at 7 PM at the Schoolhouse to brainstorm ideas around how/whether Harvest Festival can be improved. Please join us if you would like to participate in this brainstorming session – the more, the merrier! If we can improve on it, now is the time to consider all ideas so we have time to act on them! Thanks to all! -- Linda, HF co-clerk

DECEMBER 2013 NEWS FROM BEN LOMOND QUAKER CENTER: It's not too late! You can still register for the *Music and Dance Retreat* for only \$60-\$140 per person taking place from **December 6-8th** and have a weekend filled with a variety of singing and dancing opportunities. Bring your kids and grandkids, or just yourself, and join us for a few days of fun making music together and dancing with a professionally called contra dance on Saturday night with live music. Find out more and register online at <http://www.quakercenter.org/music-and-dance-retreat/>

"Ring it in, ring in the new year" as you watch the sunrise on January 1st from the Casa de Luz. During Quaker Center's tradition of greeting the dawn of the new year with meeting for worship we experience the pitch darkness of the redwood forest and what is revealed and transformed as the sun rises. This is the culmination of our annual Year End Retreat. This year **Rachel Findley** will facilitate an exploration of the transformation of **John Woolman: The Place of Prayer Is a Precious Habitation** from **Dec. 27th – January 1st**. More information and online registration are available on the Quaker Center website at <http://www.quakercenter.org/year-end-retreat-2013/>

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 departs 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 http://www.youtube.com/watch?feature=player_embedded&v=0aISHaPWs-l

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: www.InvestmentScreen.org/News

NEWS FROM WOOLMAN CENTER: This fall, The Woolman Semester School has been exploring our relationship with truth, play, and what consensus looks like in community. We are a 4-month Quaker high school semester program dedicated to hearing one another's voices, valuing each other as equals, and finding ways to play and celebrate all the while. High school students come to our 230-acres in the Sierra Nevada Foothills from from Maine to Hawaii, searching for something different in their lives, searching for a soul changing experience. We ask ourselves about our relationship to peace, justice and sustainability during our worship sharing circles every week, with queries such as, "What are your preferred gender pronouns, and how does gender effect your life?" and "What does home mean to you?" As this semester is coming to a close, we look back on the trials and joy we've experienced together: asking ourselves in what ways we have honored one another, the land here, and the global community. If you would like to be part of this journey, please visit or find out more by contacting Estrella Acosta at estrellaa@woolman.org. Take a look at our

upcoming

events!

Global Issues Project Presentation December 6, 2013 - 7:30pm - 9:00pm The final project for the Global Issues class is a project that each student will bring home to implement in their community. Students have been working on this project all semester. Come hear the students talk about this journey and their visions for the change they aim to bring about after Woolman.

Sustainability Project Presentation December 7, 2013 - 2:00pm - 4:00pm Come join us at Woolman to learn about this semester's student's Sustainability Projects! For a tantalizing taste, here are the titles of the projects: Geomapping, Composting Toilet, Hammocks, Solar Grant, Herb Garden, Outdoor Classroom, Outreach, Vintage Photos, & Student Lounge.

Peace Studies Documentary Screening December 7, 2013 - 7:00pm - 9:00pm at the Unitarian Universalist Community of the Mountains! Students have spent every Friday afternoon in documentary class gaining an expanded understanding of documentary film, the role it plays in society, and the relationship between art and activism. In teams, they design, produce, direct, and edit a ten minute film exploring an issue impacting self, community, and society. Documentary topics this semester include gender identity and expression, drug use and abuse, the role social media plays in beauty norms, history of the John Woolman School, and more!

Baccalaureate Celebration December 13, 2013 - 7:30pm Join us for a night of presentations from our Fall 2013 Woolman Semester students who present their favorite piece of work they have completed this semester. And Finally....

Woolman Graduation! December 14, 2013 - 9:00am Attend a graduation like no other! The Woolman Semester graduations are uniquely authentic and moving--with the students acting as commencement speakers. This event has been called "a bi-annual dose of hope" for those who regularly come to hear our youth eloquently speak of the ways in which their hearts and minds have been changed through this community and education. Love and Light, Sophie Brinker, Quaker Life Apprentice (sophieb@woolman.org)

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.

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 NEWSLETTER: Available on-line at: <http://www.fclca.org/images/stories/pdfs/fallnewsletter2013.pdf>

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 964-2869.

DIRECTORY CHANGES

Details posted in the Meeting office.

Brian and Dottie Vura-Weis	new address
Ron Sax	new email
Greg Kerber	new address
Lois MacDonald	new address

The moral man is he who is opposed to injustice per se, opposed to injustice wherever he finds it; the moral man looks for injustice first of all in himself.

~ Bayard Rustin, 1912-1987

Palo Alto Friends Meeting

Winter 2013

957 Colorado Avenue

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:

- 1) **Introduction to Our Quaker Meeting (1/5)**
- 2) **Very Brief History of Quakers: Are Quakers Christian? (1/12)**
- 3) **Silent Worship and the Inward Teacher (1/19)**
- 4) **Ministry: Ministering to One Another (1/26)**
- 5) **Quaker Faith and Social Action (2/2)**
- 6) **Faith and the Quaker Way (2/9)**
- 7) **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 (jlmcbriedemail@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.