



Please think Green before printing this e-mail

PALO ALTO FRIENDS NEWSLETTER

Eleventh 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 Eleventh Month: Peace

Friends oppose all war as inconsistent with God’s will. As every person is a child of God, we recognize God’s light also in our adversaries. Violence and injustice deny this reality and violate the teachings of Jesus and other prophets.

Friends challenge their governments and take personal risks in the cause of peace. We urge one another to refuse to participate in war as soldiers, or as arms manufacturers. We seek ways to support those who refrain from paying taxes that support war. We work to end violence within our own borders, our homes, our streets, and our communities. We support international order, justice, and understanding.

Become an instrument of peace. At every opportunity, be peacemakers in your homes, workplaces and communities. Steep yourself in the power of the universal Spirit. Examine your actions for the seeds of violence, degradation and destructiveness. Overcome the emotions that lie at the root of violence and nurture instead a spirit of reconciliation and love. Come to know the oneness of all creation and oppose the destruction of the natural world.

- Do I live in the virtue of that life and power that takes away the occasion of all wars?
- How do I nourish peace within myself as I work for peace in the world?
- Do I confront violence wherever it occurs, even when my personal relationships are involved?
- Where there is distrust, injustice, or hatred, how am I an instrument of reconciliation and love?
- *What are we doing to remove the causes of war and destruction of the planet, and to bring about lasting peace?*
- *Do we reach out to all parties in a conflict with courage and love?*

†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 November 10, 2013.

- 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 Thursday at 7:15 AM

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CALENDAR

OCT (10TH MONTH)

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

- 30 Weds 7:30 am Mindfulness Meditation – NMH (**note change in day of week** – also see note below).
- 30 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- NOV (11TH MONTH)**
- 2 Weds 7:30 am Mindfulness Meditation – NMH (**note change in day of week** – also see note below).
- 2 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 3 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
- 3 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 3 Sun following MfW Adult Ed. – Reading & Discussion – “Paradoxes” – NMH (see note below).
- 6 Weds 7:30 am Mindfulness Meditation – NMH (**note change in day of week** – also see note below).
- 6 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 10 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 10 Sun noon Light lunch provided prior to Meeting for Business - OMH.
- 10 Sun 12:15 pm Meeting for Business – NMH (see note above).
- 12 Tues 6:00 pm Potluck - OMH. 7pm Slide Present'n: Quaker Humanitarian Work in Vietnam (see note below).
- 13 Weds 7:30 am Mindfulness Meditation – NMH (**note change in day of week** – also see note below).
- 13 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 13 Weds 7:00 pm Care and Concerns Committee Meeting – Library (see note below).
- 17 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
- 17 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 17 Sun 11:45 am Collection for Ecumenical Hunger by Community Service Committee – NMH (see note below).
- 17 Sun following MfW Adult Ed. – Reading & Discussion – “Muslim Spirituality” – NMH (see note below).
- 17 Sun [*Deadline for submittal of Newsletter articles - if email send to moriii@yahoo.com.*]
- 20 Weds 7:30 am Mindfulness Meditation – NMH (**note change in day of week** – also see note below).
- 20 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 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.**

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 November:

"Paradoxes" Nov. 3 (following Meeting for Worship): with Diane Pasta. We will use the concept of paradox where two opposites seem to both be true. For example: how can we be both a unique and creative individual and a connected part of the whole? We will make a list of some of life's great contradictions. We will learn the technique of "polarity analysis" to help us look at the dynamic system of both/and, which will help us identify ways to return to balance when needed. We will apply this analysis to a paradox we choose and end with sharing.

" Hands in the Rice Paddy" - Nov. 12 **Tues.** 6pm Potluck in School House - 7pm Slide Presentation on 20 years of Quaker Humanitarian Work in Vietnam with Mike Boehm.

"Muslim Spirituality" - Nov. 17 (following Meeting for Worship): with Bob Chatfield. The American war in Vietnam ended 38 years ago. For more than 20 of those years the Madison Quakers have been funding and facilitating humanitarian projects in Quang Ngai province. These projects include micro-credit programs in 16 villages which has provided more than 3,000 loans to poor women to start small businesses, 4 primary schools and scholarships for My Lai children, wells, Art Penpals Project and more.

*** 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 \$135.00 in contributions for EHP in September.

*** 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.

*** 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

NOVEMBER 2013 NEWS FROM BEN LOMOND QUAKER CENTER: Back by popular demand, we are once again hosting our low-cost **Music and Dance Retreat for only \$60-\$100 per person** for a weekend filled with a variety of singing and a few dancing opportunities. Bring your kids and grandkids or just yourselves and join us from **December 6-8th** for a few days of fun making food, music, and song together with a professionally called community dance on Saturday night. Find out more and register online at <http://www.quakercenter.org/music-and-dance-retreat/>

Our annual year end retreat will focus on **John Woolman: The Place of Prayer Is a Precious Habitation from December 27th – January 1st**. Rachel Findley will facilitate our exploration of John Woolman's life, his grounding in the Bible, in the Quaker community, in the working of reason—and how he allowed the Inward Teacher to guide him through painful dilemmas. We will join Woolman as we feel for the first motion of love, look clearly into the world that stirs around us, let go and submit to the guidance of the divine Source. More information and online registration are available on the Quaker Center website at <http://www.quakercenter.org/year-end-retreat-2013/>

The **2014 Program Schedule** is now available at <http://www.quakercenter.org/wp-content/uploads/2013/08/2014-Program-Schedule.pdf>.

NOVEMBER 2013 NEWS FROM WOOLMAN SEMESTER: There are still a few spots available for spring semester '13! If you know of any amazing young people looking for a transformative experience, please spread the word and send them to semester.woolman.org.

Join the Woolman community in a celebration of the 123rd firing of Woolman's six-chambered, wood-fired climbing Kiln! This event takes place **October 25th 7:00-9:00ish PM**. We will have an intro to our step kiln from Dick Hotchkiss, Sierra College Ceramics Professor, a contra dance with live music & calling by *Rudy Darling & Barry Angel*, and a special performance by *Beyond Fire Tribe*! Please RSVP on our website! We would love to see you there!

Please join us for our Anniversary Celebration Dinner in honor of the fiftieth anniversary of the John Woolman High School and the tenth anniversary of our semester program on **November 7**, -

7:30pm. This will commemorate 50 sustainability music with Church in Grass Avenue Grass Country Church. RSVP on our



be an intimate gathering of old and new friends to years of outstanding peace, social justice, and education. After dinner, please join us for an evening of *Emma's Revolution* at the Unity in the Gold Country Valley. Dinner at 5:30, \$60 Summer Thyme's 421 Colfax Valley, CA 95945. Concert at 7:30, \$18 Unity in the Gold 180 Cambridge Court. Grass Valley, CA 95945 Please website! Submitted by Sophie Brinker (sophieb@woolman.org)



WOOLMAN BAND TO PLAY AT MICHAEL POLLAN EVENT!: Yes, it's true, Woolman students and staff will be playing at the upcoming [Evening With Michael Pollan](#) in Grass Valley! They are thrilled to be playing in celebration of a long-time Woolman campus hero, Michael Pollan. **Friday, November 8, 7 pm.**

"Johnny Woolman and The Wombats" is a collection of friends from all over the U.S. of A. We share our lives together every day at The Woolman Semester School and sometimes we share a song or two. We're an expression of the joy we discover when we gather together to share our creativity. We'll explore genres far and wide, and we hope you're excited to come along with us for the journey.

Tickets for the event can be purchased at [The Center of the Arts](#). Mention the Woolman Semester School and they will give you tickets at member prices!

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.)

NOVEMBER 2013 NEWS FROM AFSC: Criminal Justice Update. Friends may have read newspaper stories about a compromise reached between California state Senate leaders and the Governor on how to meet the federal court requirement that California reduce its prison population by another 9600 people. Unfortunately the compromise ended being almost entirely Governor Brown's original proposal, with the alternative dependant on the court giving the state an additional few years to reach the target. None of the groups proposing alternative solutions could support the final plan, and few legislators voting on it could have even read it. Regardless of what the court chooses to do, Governor Brown is already signing contracts with private prison corporations. Eventually this strategy will result in even more prisoners out of state to private prisons, away from their families and away from their attorneys. It is a sad day when the victory of limiting the number of people we can constitutionally incarcerate becomes an excuse for more private prison contracts.

Prisoner Hunger Strike Suspended: Part of the American Friends Service Committee's work for compassion and justice encompasses efforts to end solitary confinement and to put in place more just and humane practices. As you may know, inmates in California prisons were recently on hunger strike for 60 days to protest the appalling treatment they receive in the solitary confinement units of California prisons. You can find more details at: <http://afsc.org/story/hunger-strike-calif-prisoners-take-charge-nonviolent-change>

The AFSC sends speakers and resources to congregations and Meetings concerning the most recent hunger strike and the broader human rights issues surrounding California's use of solitary confinement. If you or your Meeting is interested in learning more and getting involved, please contact Syd Salsman at hmalachisalsman@gmail.com or 510-316-6087.

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.

SBSC Delegation to El Salvador will be February 15 – 23, 2014: Orientation: Saturday, October 19, 2013 3:30 – 5:00 at Our Lady of the Rosary hall, 3233 Cowper St., Palo Alto. Roddy Hughes, José Acosta and Arlene Schaupp. Phone 650-494-8340 for Information and to RSVP

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. Donations needed for Salvadoran and Kenyan families – can be picked up with truck. * a table that seats 8 with 8 dining chairs * a refrigerator, any size * a card table * one or more dining chairs * a single bed Arlene Schaupp, Schaupp@aol.com, 650-494-8340. South Bay Sanctuary Covenant, Donation Coordinator.

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

ITEMS FOR SALE: Greg Kerber has the following items for sale. Please contact him at (650)853-0425 if you are interested. LArte (25" +/-) TV, Brand new GE Microwave Oven, Full Size Mattress new in original packaging.

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 964-2869.

DIRECTORY CHANGE

Ron Sax has moved. Details posted in the Meeting office.

May we look upon our treasures, and the furniture of our houses, and the garments in which we array ourselves, and try whether the seeds of war have nourishment in these our possessions, or not. ~ John Woolman, 1720-1772

Donations to Quaker Organizations from Palo Alto Friends Meeting, 2013

Organization	Level	Major Support	Modest Support	Minor Support
American Friends Service Committee, Western Region [San Francisco Office]	A	\$1,650		
Friends Committee on National Legislation	A	\$1,650		
Friends World Committee for Consultation, Section of the Americas	A	\$1,650		
Ben Lomond Quaker Center	B		\$400	
El Salvador Project [Palo Alto Meeting]	B		\$400	
Friends Committee on Legislation - California	B		\$400	
Friends House, Santa Rosa [FASE]	B		\$400	
Quaker United Nations Office	B		\$400	
Sierra Friends Center [CPFEA]	B		\$400	
Western Friend	B		\$400	
Casa de Los Amigos	C			\$150
EarthLight	C			\$150
Friends for Lesbian, Gay, Bisexual, Transgender, & Queer Concerns	C			\$150
Friends General Conference	C			\$150
Friends House, Moscow	C			\$150
Friends Journal	C			\$150
Friends Peace Team	C			\$150
Guatemala Friends Scholarships	C			\$150
Quaker Bolivia Link	C			\$150
Pendle Hill	C			\$150
Pacific Yearly Meeting Sharing Fund	C			\$150
Pacific Yearly Meeting Unity with Nature Committee [Projects]	C			\$150
Quaker Earthcare Witness	C			\$150
Quaker House, Fayetteville, NC	C			\$150
Right Sharing of World Resources	C			\$150
Western Young Friends - New Years Gathering	C			\$150
William Penn House	C			\$150
SubTotals		\$4,950	\$2,800	\$2,550
TOTAL \$10,300				

All of these have Quaker roots and reflect Quaker values and practices. Friends are encouraged to learn more about them and consider supporting their work.

Level A organizations are larger and act or speak for Friends at the national/international level.

Level B organizations [except one] are directly connected with our monthly, quarterly, or yearly meeting.

Level C organizations are either smaller, regional, or less connected with our meeting. Most provide services that Friends in Palo Alto Meeting have used or supported.

Quaker Organizations Donations Committee: Tom Farley, Richard Willits, Ray Rischpater
Report submitted to Meeting For Business, Palo Alto Friends Meeting, 10/13/2013.