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PALO ALTO FRIENDS NEWSLETTER

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Tenth Month, 2015

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Advices and Queries for Tenth Month: Home and Personal Relationships

The Meeting plays an important role in nurturing and supporting personal relationships, including families. In our homes, our lives as Friends speak immediately and lastingly.

Every member of the Meeting is responsible in some measure for the care of the children. When this spirit of common concern is present, our children gain a sense of belonging and commitment to the larger community and to their heritage.

Our first concern for our children and our households is to live in the awareness that we are all children of God. Trust and love and a constant search for truth strengthen the light that leads us to the love of God. Parents should provide for the healthy development of their children's minds, bodies, and spirits. The time and attentive energy needed for this central task should be shielded from less important activities.

Human sexuality is a divine gift, forming part of the complex union of body, mind and spirit that is our humanity. In a loving relationship, sexuality brings delight, fulfillment and celebration.

Sexual conduct can be exploitative or violent. Sexual contact between an adult and a child is exploitative of the child. Meetings should prepare themselves to deal sensitively, promptly, and effectively with incidents of physical or sexual abuse in the Meeting community.

- Do I make my home a place of friendliness, joy, and peace, where residents and visitors feel God's presence?
- Are my sexual practices consistent with my spiritual beliefs and free of manipulation and exploitation?
- *Do we open our thoughts, beliefs, and deep understandings to our children and others who share our lives and our hospitality?*
- *Do we provide our children and young adults with a framework for active, ongoing participation in Meeting?*
- How are single people, members of non-traditional families, and sexual minorities welcomed and valued in our homes and in the life of the Meeting?

SUNDAY MORNING SCHEDULE
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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 on October 11.

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

SEP(9TH 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 (see note below).

30 Sun 10:30 - 11:30 am Meeting for Worship – NMH.

OCT(10TH MONTH)

2 Weds 7:30 am Mindfulness Meditation – NMH (see note below).

2 Weds 6:00 pm Midweek Meeting for Worship – NMH.

4 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH.

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.

18 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (***No Adult Ed meeting today.***)

20 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.]*

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.

25 Sun noon Fourth First Day Provided Lunch – (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

*** Quakers at Stanford: There is presently no formal organization of Quaker students at Stanford. Stanford students with Quaker leanings are invited to participate in activities of Progressive Christians at Stanford (formerly United Campus Christian Ministry <<http://uccm/standord.edu>>). PC@S works closely with Students for Alternatives to Militarism and a new Peace and Justice Studies initiative. The PC@S campus minister, Geoff Browning, welcomes Quakers to any PC@S event; he can help with arranging for Friends to resume meeting for silent worship in the *Circle*, Stanford's center for religious practice in the Old Union. For background on past Quaker student groups and assistance with starting anew, see Eric Sabelman <eesabelman@gmail.com>.

*** 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 "A Few Reasons for Leaving the National Established Mode of Worship". In this work John Spalding describes his reasons for converting from Anglicanism to Quakerism. This work continues from his other work (The Convincement and Religious Progress of John Spalding) and 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. Ecumenical Hunger Program will benefit from the wonderful generosity of Friends on Third First Day, Sixth Month. Hearing of the recent vandalism, we came up with over \$200, about double our average. 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. EHP takes clothing donations, especially stuff that would be suitable to wear to a job interview. They give them away. Since Harvest Festival doesn't do clothes, this is a good outlet for things that no longer fit. They also recycle furniture.

*** 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

PALO ALTO FRIENDS NURSERY SCHOOL: If you are looking for a nurturing, loving and magical preschool for your 3 or 4 year old child, consider the Palo Alto Friends Nursery School. Our (Grace Cheng) Palo Alto Friends Nursery School family has grown up here, and I can't imagine any better place for kids. Openings for fall of 2015 for children turning 3 or 4 by November 1, 2015. Feel free to call and schedule a tour: 650-856-6152, email pafns@sbcglobal.net. www.pafns.org. If you have any questions about the school that I can answer from a parent's perspective, send me an email or call me (grace_cheng_md@yahoo.com, 650-575-3290).

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

OCTOBER NEWS FROM BEN LOMOND QUAKER CENTER: Wondering how can you live more fully into your spiritual gifts and next steps in service or ministry? Come to ***Roots of Contemplation-Roots of Action*** to explore how Quakers witness to the dynamic integration of prayer and leading with **Christine Betz-Hall from October 30th – November 1st**. Learn more and register at <http://www.quakercenter.org/roots-of-contemplation/>.

We are once again holding our ***Music and Dance Retreat*** co-facilitated by participant leaders and a professional caller for our community dance on Saturday night. **This is low-cost program with a sliding scale of only \$60-\$100 per person** for a weekend filled with a variety of singing and playing punctuated by a few dancing opportunities. Bring your kids and grandkids or just yourselves and join us from **December 4th - 6th** for a few days of fun making food, music, and song together. Find out more and register online at <http://www.quakercenter.org/music-and-dance-retreat/>.

Meetings are invited to designate two members to come to our complimentary ***Quaker Centering Consultation, co-facilitated by Kathy and Bob Runyan from December 11th -13th***. We are offering this Consultation as a follow-up to our Quaker Center on the Road project, which travels to Friends meetings in the west, to support and share the work being done in meetings to center on and deepen our understanding, experience, and practice of Quakerism. We would like each meeting to consider sending two Friends who are active in, or are eager to be active in, this work. Find out more at <http://www.quakercenter.org/a-complimentary-quaker-centering-consultation/>. **Those Friends each meeting designates by November 15th, can register online at <http://www.quakercenter.org/programs/register/>.** Please contact Kathy Runyan at 831-336-8333 with questions.

FCL-CA: FCLCA is honored to advocate as your voice of conscience – with your lobbyist Jim Lindburg at the Capitol and FCLCA activists bringing their voice with 3,008 emails and letters to legislators so far this year. FCLCA; 1225 8th Street, Suite 220 Sacramento, CA 95814; (916) 443-3734. www.fclca.org fcladmin@fclca.org

QUAKER BOLIVIA LINK: PAFM supports QBL, an organization devoted to helping indigenous people in Bolivia, many of them Quakers, wrest a living from poor soil. Google qbl.org for more.

PAFM EL SALVADOR PROJECTS: 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>.

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. Call South Bay Sanctuary Covenant Information at (650) 494-8340.

Our dear friend, Member George Heaton, died peacefully on Friday Morning, July 10 at Stanford in the home he had shared with Sita de Leeuw for 35 years. A Memorial Meeting will be held on October 24 at 2:00 PM.

Follow steadfastly after all that is pure and lovely and of good report. Be prayerful. Be watchful. Be humble. Let no failure discourage you. When temptation comes, make it an opportunity to gain new strength by standing fast, that you may enter into that life of gladness and victory to which all are called.
~ Ohio Yearly Meeting Book of Discipline, 1992

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.