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PALO ALTO FRIENDS NEWSLETTER

Eighth Month, 2011

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Advices and Queries for Eighth Month: Simplicity.

Life is meant to be lived from a Center, a divine Center... a life of unhurried peace and power. It is simple. It is serene. It takes no time, but it occupies all our time. Thomas R. Kelly, *Testament of Devotion*, 1941

A life centered in God will be directed toward keeping communication with God open and unencumbered. Simplicity is best achieved through a right ordering of priorities, maintaining humility of spirit, avoiding self-indulgence, resisting the accumulation of unnecessary possessions, and avoiding over-busy lives.

Elise Boulding writes in My Part in the Quaker Adventure, "Simplicity, beauty, and happiness go together if they are a by-product of a concern for something more important than ourselves."

- Do I center my life in an awareness of God's presence so that all things take their rightful place?
- Do I live simply, and promote the right sharing of the world's bounty?
- Do I keep my life uncluttered with things and activities, avoiding commitments beyond my strength and light?
- How do I maintain simplicity, moderation, and honesty in my speech, my manner of living, and my daily work?
- Do I recognize when I have enough?
- Is the life of our Meeting so ordered that it helps us to simplify our lives?

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. There is no Business Meeting in August.

- 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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JUL

- 24 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 24 Sun noon Fourth First Day Provided Lunch – (see note below).
- 27 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 28 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).
- 28 Thurs 7:00 pm Worship Sharing for Caregivers – OMH (see note below).
- 31 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**

AUG (Editor's note – many committees do not meet in August. Check with committee clerks to be sure.)

- 3 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 4 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).
- 7 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH.
- 7 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 10 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 11 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).

- 14 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
17 Weds 6:00 pm Midweek Meeting for Worship – NMH.
 18 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).
 21 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH
21 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
 21 Sun 11:45 am Collection for Ecumenical Hunger by Community Service Committee – NMH (see note below).
 21 Sun 12:15 pm Adult Ed. – Report on *Service Learning Trip* to El Salvador – NMH (see note below).
 21 Sun [*Deadline for submittal of Newsletter articles - if email send to moriii@yahoo.com.*]
24 Weds 6:00 pm Midweek Meeting for Worship – NMH.
 25 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).
 26 – 28 Meeting Retreat at Ben Lomond Quaker Center – (see note below).
28 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
 28 Sun noon Fourth First Day Provided Lunch – (see note below).
31 Weds 6:00 pm Midweek Meeting for Worship – NMH.

SEP

(SAVE THE DATE.) 4 Sun 12:30 - 2:30 pm Threshing Session on Donations to Quaker Orgs. See note below.

CALENDAR EXPANSION – DETAILS

*** RETREAT AT BEN LOMOND QUAKER CENTER: Palo Alto Meeting would like to invite members and attenders of Palo Alto and San Jose Meetings to join us at Ben Lomond Quaker Center for a retreat the weekend of August 26 - 28. We've rented the Orchard Lodge and the Casa de Luz. Fresh Prep Kitchens in Santa Cruz will provide meals for omnivores and ovo-lacto-vegetarians. (Those with special diets would need to bring their own food.) Activities center on worship, fellowship, and the outdoors. Part-time attendance is welcomed. Fees will be \$130 per adult and \$30 per child under eighteen except for those present for under 24 hours, who will be charged \$65 per adult and \$15 per child under eighteen. Scholarships are available. Interested parties may talk with Meg Given or Ray Rischpater after Meeting, e-mail them at kf6gpe@gmail.com, or call them at (831) 338-8407 details. Registration forms are being sent to the meeting's e-mail list and paper forms are available at the Meetinghouse.

*** STANFORD QUAKER ACTIVITIES: STANFORD QUAKER ACTIVITIES: Stanford students interested in on-campus Quaker activities should contact Hannah Popick hannapopick@gmail.com , 650-644-5130. The group has shelf space in the Religious Groups Library of Old Union at Stanford. We would love to add your favorite Quaker book to the shelf. Books we have already received: http://spreadsheets.google.com/pub?key=pEJ3Q-pGqgEnf_0LgUUUVLGA

*** 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 Francis Howgill's 1658 work "Some of the Mysteries of God's Kingdom Declared". No preparation is necessary. All are welcome. Contact Henry Jason.

Adult Education has two other series right now. The series on **The Habit of Prayer and Reflection** continues after worship on Third Firstdays. The series on **Quaker Practices and our Meeting** is on Fourth Firstdays at 9 a.m. If you have ideas or questions on the Reflection series, talk to Claire Arnold; for the Practices series, talk to Diane Pasta.

The Palo Alto Friends Meeting teen service trip participants will share their El Salvador experiences with the Meeting on August 21st at 12:15 pm in the New Meeting House. The two-week trip was led by Barbara Babin who co-ordinated with Robert Broz in the host country. The founder of the projects, Carmen Broz was a member of our Meeting and now resides in Santa Rosa. Her vision to assist her home country while in a foreign land has seen many students from poor families get an education and improve the living conditions of their families and the country at large. To learn more, save the date and come hear from Robin Severns, Nathan Walker, Rose Hinson, Agidza Muaka and Thea Rodine .

*** SPIRITUAL FORMATION GROUP: There is a spiritual formation group that meets on Wednesdays about twice a month. For more information talk to Jerry McBride, Susan Murphy, or Jennifer Summit.

*** 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, on the first Tuesday. Meeting collected \$143 in contributions for EHP in July.

*** HOMELESS MEALS - OPPORTUNITY FOR COMM-UNITY SERVICE – We help prepare the food and serve it to the Homeless at the First Methodist Church in Palo Alto as part of the Urban Ministry meal program. Scheduled dates for the balance of 2011 are: 8/8, 9/12, 10/17, 11/21, and 12/26. Contact Marie Simirenko for more information - 650-961-1724.

*** THURSDAY MORNING MINDFULNESS MEDITATION: The Thursday morning meditation group meets in the New Meeting House at 7:15 am; practice time goes from 7:30 am to 8:30 am. All are welcome, including those new to meditation or experienced. Linea Stewart and the regular Thursday participants share the facilitation of the meditation group. For more

info and a schedule of the practices, you may contact Trudy Reagan after meeting for worship on First days or by email, trudymyrrh@earthlink.net contact.

*** **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 Oversight 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.

*** **WORSHIP SHARING FOR CAREGIVERS:** This is a group sponsored by Oversight and open to anyone caring for a loved one of any age – infant to adult – who would like to explore how our Quaker beliefs and experiences can be a part of this loving undertaking. The group is changing its meeting time from fourth Tuesdays to fourth Thursdays, starting in July. The group meets in the Schoolhouse. Contact Arden Pierce at 650-494-1631 or ardenhram@aol.com or Mary Lou Moses at 650-424-4342 for info. All are welcome.

*** **SUPPORT:** 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 Oversight committee. Be advised that the greeters you see each First Day are on the Oversight Committee. Please feel free to talk to a member of Oversight about such concerns...after meeting,...or call or email them.

*** **DISCERNMENT ON DONATIONS TO QUAKER ORGANIZATIONS:** There will be a "Threshing Session" on Sunday, Sept 4, from 12:30 to 2:30 to consider our stewardship of the Meeting's resources in relation to donations that Meeting makes to outside Quaker organizations. Peace & Social Action committee has proposed that we double the amount in our budget for this item, citing John Woolman's counsel that "to turn all the treasures we possess into the channel of universal love becomes the business of our lives." We have already spent considerable time as a Meeting discussing aspects of this proposal and in this Threshing Session will continue to seek clarity in discerning God's will and our way forward.

We'll begin with an overview of what a Threshing Session is and how it differs from other Quaker formats such as Meeting for Business or worship/sharing. We will then have some brief "informational" presentations to summarize issues raised in past discussions, refresh our understanding of the current structure of Meeting's funds and budgeting process, and hear some thoughts from Finance Committee about possible changes being considered for the future. This will build on a packet of background materials that will be available in advance by 3rd Sunday of August.

The bulk of our time together will be devoted to sharing and listening to one another. No decisions will be made at the meeting; rather it is a time for seeking to understand one another's views, values, anxieties and wishes. We hope to avoid being overly distracted by details of proposals so that we can more clearly discern the "real meat" of the issue. If we all go away with a better understanding and appreciation of views at odds with our own, the meeting will have served its purpose. Perhaps new ideas will emerge afterwards as we seek, in the Light, to reconcile what we have heard.

The session is being planned by a committee consisting of your two co-Clerks, Eric Sabelman and George Mills, plus Talley Kenyon, Diana Egly, Carin Pacifico and Nick Selby. Feel free to talk to any of us if you have questions or ideas about the session.

*** 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

2011 WESTERN FRIEND SUBSCRIPTION UPDATE: The Meeting provides an annual subscription to Western Friend for its members and regular attenders. Please indicate on the clipboard in the Meetinghouse or by email to esabelman@aol.com if you want to be added or removed from the list of subscribers, or if your address has changed. If you already receive Western Friend and want to remain a subscriber, you need do nothing.

FWCC EVENTS: Next Quaker Youth Pilgrimage planned for 2012: The Pilgrimage is an opportunity to promote loving understanding within the Quaker worldwide family. Please encourage young Friends to consider this life-changing opportunity for spiritual growth. Check <http://fwccamericas.org/events/index.shtml> for application forms and other important information soon.

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.

AFSC News: It All Begins. AFSC, in collaboration with San Francisco Friends Meeting, is producing a mural on the blank wall facing the open space next to the Meeting House. It will highlight the role, contributions and challenges that immigrants face in our society. The project will start on 1st August and run through August 26th. On August 11th there will be a painting party and the unveiling will take place on August 26th. If you or anyone you know would like to be involved in the project contact Pablo Paredes by email pparedes@afsc.org or by cell phone – 510-967-1357

VOLUNTEERS SOUGHT FOR AD HOC COMMITTEE ON DONATIONS TO FRIENDS ORGANIZATIONS: Each year the Meeting's Finance Committee appoints an Ad Hoc Committee on Donations to Friends Organizations. This committee is asked to allocate Meeting's budget for Donations to Quaker Organizations for the year. Any Friends who would like to serve on this committee should volunteer themselves to the Finance Committee as soon as possible so that they can begin their work for this year.

THE PENINSULA PEACE AND JUSTICE CENTER: The Center's Calendar is at: [http://www. peaceandjustice.org](http://www.peaceandjustice.org)

SOUTH BAY SANCTUARY COVENANT: invites you to a lively, passionate presentation from our delegation to El Salvador with a focus on Liberation and the Struggle for Human Rights. Sunday, May 22 at 4:00 PM. Program and Salvadoran Pupusa Dinner. First Presbyterian Church. 1140 Cowper Street, Palo Alto. **Please RSVP to** steering@southbaysanctuary.org. 650-494-8340

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.

BECOME A BOOK FRIEND! 10 Books A Home is a 501(c)(3) nonprofit that prepares in-need preschoolers living in East Palo Alto to be confident and advanced readers by the time they enter 1st grade. Volunteers read with children once a week for half an hour in the comforts of the child's home. A parent must be present and books and a bookcase are given to the child to stimulate literacy and encourage family involvement. All training and materials are provided and the scheduling depends on the free time of the volunteer. All volunteers must be at least 18 years old and be willing to submit to a livescan and background check.

A ½ hour a week of home reading lessons has 4 big benefits:

- 1.Children fall in love with reading and learning
2. Children learn how to read
3. Parents learn the value of reading
4. Parents read with their children more often.

Interviews with parents who have had their children enrolled in our program for 2 months confirm these facts. Our programming is very powerful. Please volunteer with 10 Books A Home today. Contact Us: Email: tina@10booksahome.org Phone: (650) 271-0738. www.10booksahome.org

Directory Changes (details to be posted in the office)

- New email for Marie Simirenko

Former attender Dalyn Wells passed away on Sat 7/16. There will be a memorial at the First United Methodist church in Palo Alto, 625 Hamilton on Sat. Aug 13 at 11:00am. For more information, contact Aaron Wells <garboils@gmail.com>.

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.

Harvest Festival Needs, Ideas, and Opportunities

BRING US YOUR TREASURES!

The Rummage/Treasure sale is the single biggest money-raiser in the Harvest Festival. We particularly encourage donations of **fine glass and china, silver, jewelry, and children's items**, such as **toys, clothes, and Halloween costumes**. We also like to receive extra **housewares, sports equipment, and tools**. We do not accept appliances, computers or anything else that plugs in. We also do not accept large items such as furniture unless you leave it with your name and phone number and are willing to pick it up and dispose of it, if it doesn't sell. And remember: we want **top-quality!** We operate entirely with volunteers and it takes just as long to price, store and sell a \$1 item as it does a \$25 item.

BOOKS: Still big sellers! Bring books either here or to San Jose Meeting. Last day is September 4!

HOW TO DONATE: Bring your items to Friends Meeting and leave them in the container. The container combination is written on the fence next to the dumpster. Or leave them around the side. Questions? Call **Julie Anderson 650-493-5822** or email **Julie at jrandel@cwo.com** or email **HarvestFestFriends@gmail.com**

BRING IT SOONER, NOT LATER! Donations begin **August 20** and end **September 17**.

Would you like to help price? We price every Seventh (Saturday) and First (Sunday) Days in the mornings. On Seventh Days, there will be pricing parties, with **food**, organized especially for those who are new to pricing.

RUMMAGE/ TREASURES/
JEWELRY/ BOOKS

HAVE YOU BEEN ON VACATION?

Do you have charming or interesting items from overseas that clearly reflect their national origin? Have you brought back **souvenirs, stamps, vases, scarves or jewelry**? If so, the International Table wants to hear from you. If there is anything particularly special about your item (made from the teeth of a blue Tongan sea turtle, for example), leave a note attached to it so we can tell the buyer. If it is a Treasure, note it as such, so it does not go with the trinkets.

HOW TO DONATE: Give to Trudy Reagan or **Hulda Muaka, 650-799-3565** or **huldamuaka@hotmail.com** or leave in the container with a clear label as to its identity and an idea of its value.

INTERNATIONAL
TABLE

FOR THOSE OF US WHO LIKE TO COOK, BAKE AND EAT!

The Bake Sale does a rousing business every year. Do you have a favorite recipe? Bake up a batch and let **Carol Chatfield know: 650-493-9032** or **carol.chatfield@gmail.com**. In the past, sweets have sold well, but the big sellers have been savory items, such as quiches and casseroles.

HOW TO: Since our storage space is limited, plan to sign up on the Bake Sale list so we know it is coming and bring the goody the day before the Festival.

BAKE SALE

WE ARE CREATIVE FOLK!

If you have a hobby or a craft, we would love to sell your wares. In past years we have had candles, jewelry, soap, origami, and - of course - our famous **jams and jellies**.

HOW TO HELP: Make something and leave it in the container with a clear label as to its identity. Questions can be called in to **Megan Holt, 650-408-996-0614** or **megansholt@sbcglobal.net**.

MADE BY THE
MEETING