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PALO ALTO FRIENDS NEWSLETTER

Eighth Month, 2012

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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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JULY

- 22 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 22 Sun noon Fourth First Day Provided Lunch this month – (see note below).
- 24 Tues 7:00 pm Caregivers Group meeting – Schoolhouse (see note below).
- 25 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 26 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
- 28 Sat 9 am -1 pm Buildings and Grounds Workday.
- 29 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**

AUG

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

- 5 Sun 12:15 pm Adult Ed. Series on "To Be Broken and Tender" – NMH (see note below).
- 8 **Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 9 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
- 12 **Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 15 **Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 16 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
- 19 **Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 19 Sun 11:45 am Collection for Ecumenical Hunger by Community Service Committee – NMH (see note below).
- 19 Sun [Deadline for submittal of Newsletter articles - if email send to moriii@yahoo.com.]
- 22 **Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 23 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
- 24 Thurs 7:00 pm Care and Concerns Committee Meeting – Library (see note below).
- 26 **Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 26 Sun noon Fourth First Day Provided Lunch this month – (see note below).
- 28 Tues 7:00 pm Caregivers Group meeting – Schoolhouse (see note below).
- 29 **Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 30 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).

CALENDAR EXPANSION – DETAILS

*** STANFORD QUAKER ACTIVITIES: Stanford students interested in on-campus Quaker activities should contact Daniel Steinbock <daniel@steinbock.org>. Meetings are held in the CIRCLE sanctuary on the 3rd floor of Old Union. Contact Daniel for current schedule. The group has shelf space in the CIRCLE Library and we would love to add your favorite Quaker book to the shelf. Books we have already received: <http://bit.ly/qbooklist>.

*** 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.

Series on "To be Broken and Tender": The series will be held 12:15- 1:45 (though you can leave early if you need to) on the first First Day of each month. There will be two more sessions: Aug. 5 and Sep. 2. Reading will be Margery Post Abbott's book, To Be Broken and Tender: A Quaker Theology for Today, available in the office for \$20 (ask Diane Pasta or Tom Farley). If you want the book, but cannot afford it, talk to Diane or inquire at Care and Concerns for a subsidy.

*** 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 \$266.01 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 2012 are 7/23, 8/27, (none for Sept.), 10/1, 11/5, 12/10. Contact Marie Simirenko for more info - 650-961-1724.

*** THURSDAY MORNING MINDFULNESS MEDITATION: Thursday morning meditation - 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.

*** WORSHIP SHARING FOR CAREGIVERS: This is a group sponsored by Care and Concerns 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 has changed its meeting time back to fourth Tuesdays. 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 & 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 Judith Bush (650-962-1318, judith@grey-cat.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

PACIFIC YEARLY MEETING: Annual Session at Walker Creek Ranch begins Monday, 8/13 at 1pm and ends Saturday, 8/18 at 1pm. Early registration ends Sunday, June 25th. To register, go to <http://www.pacificyearlymeeting.org/> then click on registration for all the information relative to the Annual Session. Details of the schedule are being developed at this time. John Calvi will address the session. He is a healer, has done extensive work on torture, founding Quaker Initiative to End Torture (QUIT), and works from a position of humility, that is, he accepts whatever remuneration a group can provide. His writings include a pamphlet, *The Dance Between Hope and Fear*, an address that he gave to Southeastern Yearly Meeting in 1992. It is also called the Annual Walton Lecture and was reprinted in 2001. He is a member of Putney Monthly Meeting in Vermont and lives with his partner of many years, Marshall Brewer. For more information about Calvi's ministry, see his website: <http://www.johncalvi.com>

HARVEST FESTIVAL: SAVE THE DATE: Saturday, Sept. 29, 2012. 46 years for a LOCAL tradition – WOW! Consider:

- The larger-than-community cause (Friends' Committee on Legislation in CA)
- The sense of community that only a festival can provide
- Fun while working

With thanks to the many volunteers already committed to leading an area, we are off to a fine start! Please add your support:

- Sign up to connect with ONE organization every year for PUBLICITY (see HF bulletin board for lots of specific ideas — Many hands make light work!)

- Save items in good condition to donate:
 - Books (no magazines, no outdated textbooks)
 - Happy health plants
 - Neckties (special sale!)
 - Attic treasures
 - Children's items & clothing (no adult clothing)
 - CDs, DVDs, records, etc.
 - Seasonal items
 - Costumes
 - Jewelry
- HF bulletin board with more info is behind the nametag holder

Suggestions welcomed by clerk newbies: Marie (650-961-1724) or Linda (650-493-2352). THANK YOU!

PASS FOR BEN LOMOND CENTER'S QUAKER WORKSHOPS: Care and Concerns has bought an annual pass to Ben Lomond Center's Quaker workshops out of the Education Fund. The intent of this pass purchase is to support attendance at Ben Lomond Center's Quaker events for those who would not be able to attend due to cost. While the pass supports just one registration per event, the fund may be used as well for these events. We will review your requests for assistance up to thirty days in advance, ideally at our regular meeting. If no one requests financial assistance, we will use the pass for those in our community who have let the committee know of their intent to register, splitting the pass with up to two registrations.

AUGUST 2012 NEWS FROM QUAKER CENTER: We've been having a great summer full of youthful energy here at Quaker Center with more to come! Please bring your family and join us for our annual **Family Work Camp**, from **July 29th - August 5th**. Enjoy a week of life in intergenerational community as we learn, work, eat, worship, play, and take hikes together in the beautiful redwoods, all in exchange for just your labor and the cost of your food. Discover more about work camp and register online at <http://www.quakercenter.org/family-work-camp>.

Join us for another family program from **August 10th -12th** when Alyssa Nelson and Nate Secrest will be co-leading, **Seeking Spirit All Together**. This program offers another opportunity for intergenerational play and learning as well as a service project and an optional additional overnight to bridge the gap between this program and PYM's annual session,

which begins the next day. **Childcare will be offered by San Francisco Friend Neil Fullagar for this and all future Quaker Center programs!** Learn more about the plans for this weekend and register online at <http://www.quakercenter.org/seeking-spirit-all-together>.

As summer comes to a close we will be offering **Clerking Among Friends**, co-led by Barbara Babin and Shayne Lightner from **August 31 - September 2nd**. Delve into the many facets of clerking, including service and leadership as spiritual practices and the role of the clerk in shaping Meetings for Business that are truly meetings for worship. Find out more about the focus of this program and register online at <http://www.quakercenter.org/clerking-among-friends>.

FRIENDS COMMITTEE ON LEGISLATION OF CALIFORNIA (FCLCA) – UPDATE: FCLCA invites all Friends to become contributing members of FCLCA during our Spring Fund Appeal Drive. Friends can join by donating online at www.fclca.org. This year marks 60 years of advocacy by FCLCA in Sacramento. Thanks to all of you who have helped us reach this milestone. At the Capitol, FCLCA and the legislators have been very busy.

- War on Drugs Reform – delayed but not defeated. Senate Bill 1506, by Senator Mark Leno (D-San Francisco), would change the penalty for simple drug possession from a felony to a misdemeanor. The bill passed the Senate Public Safety Committee but failed on the Senate Floor last week following intensive lobbying by law enforcement. FCLCA is part of a broad and growing coalition that brought attention to this issue and obtained favorable media coverage and editorial support. FCLCA supporters wrote 285 messages to legislators in support of the bill through our Action Network.

- Legislation to improve media access to prisoners passed the Senate Public Safety Committee by a vote of 4-2. Assembly Bill 1270, by Tom Ammiano (D-San Francisco) would allow media representatives to request interviews with prisoners. FCLCA is a co-sponsor of the bill and active organizer of support.

- The Senate Public Safety Committee also passed Assembly Bill 1081, the Transparency, Responsibility Using State Tools (TRUST) Act, also by Tom Ammiano. This bill addresses the harmful consequences presented by California's participation in the federal government's "Secure Communities" (S-Comm) program. FCLCA supports this bill and testified in favor of it.

- FCLCA helped to defeat Assembly Bill 2261 by David Valadao (R-Hanford) on June 13 in the Senate. This bill would have raised medical co-pays for local prisoners from \$3 to \$5.

AFSC DISPATCH : **AB 1081** by Assemblymember Tom Ammiano passed through a crucial Senate committee this week, on its way to the Senate floor. The bill is supported by both AFSC and Friends Committee on Legislation of California (FCLCA) and would limit local law enforcement involvement in so-called "*Secure Communities*" practices. *Secure Communities* has been an open invitation for police to stop suspected undocumented immigrants, for virtually any reason, and if their identification can't be verified, to detain them for possible deportation. It is very similar to the Arizona law on a national scale. However, many law enforcement agencies realize that *Secure Communities* makes it very hard for them to serve the communities who might be vulnerable to these practices by driving a wedge between the communities and the police. *Secure Communities* also institutionalizes forms of racial profiling by encouraging police stops of people suspected of being undocumented. Often the color of someone's skin is the factor that inspires suspicion. AFSC offices around the country have been very involved trying to protect immigrants from these practices. * Contact your Senator urging him/her to vote "yes" on AB 1081. *

Media Access to Prisoners (AB 1270) Another positive legislative action taken this week was that AB 1270 (also by Ammiano) passed its Senate policy committee. This bill will give the media greater access to prisoners for interviews, a practice that was dramatically curtailed 16 years ago and has hampered the public's ability to know what is happening inside. When AFSC staffer Laura Magnani testified about torture in solitary confinement at hearings held by Ammiano's committee in 2011, she specifically recommended repealing the media ban. Testifying on behalf of the bill, a spokesperson for the California Newspaper Publishers Association said: "With the scrutiny and limited resources now being directed to prison facilities, this bill could not be any more timely ... Most newspapers have forgone these beats ... because there are so many limitations. It's very difficult for reporters to get in and do their jobs." A steady stream of supporters from dozens of organizations throughout the state added their support for the bill. "Independent media access to prisoners is critical for ensuring transparency and accountability," said Ammiano. "Despite the thousands of prisoners who participated in a statewide hunger strike last year over conditions in the prisons, it was near impossible to get unbiased information about what was happening due to these restrictions. Today's vote is an important step towards providing the public with balanced and necessary information about our prisons." Opportunities for action should probably be directed at Governor Jerry Brown who understands civil liberties but is also very close to the guards' union. Contact Governor Brown to encourage him to sign AB 1270 when it reaches his desk. *

NEWS FROM WOOLMAN SCHOOL: As we head into an action-packed summer-camp season, we are looking ahead to another amazing group of students joining us for the Fall 2012 semester. We still have a few spots available and would love your help in spreading the word. As friends and family, you are aware of the transformative work that is being done here at The Woolman Semester School. If you know any young people (ages 15-19) that might be interested in getting their passions fueled this fall, please send them our way!

As you may know, our students complete final projects in each of their core classes—our peace documentaries are the culminating work for the Peace Studies class. We have included one of our Spring 2012 student documentaries here

<http://semester.woolman.org/projects/documentary/occupy-perspectives-99-percent> for you to enjoy just a taste of the incredible work our students do every semester. Occupy was made by students Gregory Terry, Maria Doerr and Savannah Henderson. - Estrella Acosta, Admissions Director. 530-273-3183x16 estrellaa@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.

THE PENINSULA PEACE AND JUSTICE CENTER: The Center's Calendar is at: <http://www.peaceandjustice.org>

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.

REAL-WORLD PEACEMAKING - A series of opportunities to share an informal meal and hear first-hand about the work of peacemakers from around the world. Most guest speakers will have names unknown to the mass media, but they do the hard job of bringing together factions in conflict and healing the wounds of war. Your presence will aid this work essential to a humane future, by connecting us locally with those who suffer and those who try to help them, wherever in the world they may be. **Each event in the series begins followed by a presentation & discussion from 7 - 9 pm at Meetinghouse, 957 Colorado Ave. August 12, 2012 - Secretary of American Friends Service Committee.**

Santa Monica Monthly Meeting. Before taking her current AFSC Pacific Southwest Region and clerk of Pacific Yearly Society of Friends. She



Korea and Indonesia. After Middle East and Africa, Shan **war-weary communities, Building lasting peace merely stopping the restoration, truth and reconciliation must be part of the process.**



with a potluck meal at 6 pm, the Palo Alto Friends Shan Cretin, General Shan Cretin is a member of position, she was director of Meeting of the Religious recently returned from North visiting AFSC's programs in the Cretin says, **"In all of these one message was clear: requires much more than violence. Healing and**

<http://www.afsc.org/story/message-shan-cretin-october-2011>. **August 26, 2012 - Tim Nafziger, Outreach Coordinator for Christian Peacemaker Teams.** Christian Peacemaker Teams (CPT) <<http://www.cpt.org/>> places teams at the invitation of local peacemaking communities that are confronting situations of lethal conflict. These teams seek to follow

God's Spirit as it works through local peacemakers who risk injury and death by waging nonviolent direct action to confront systems of violence and oppression. Tim Nafziger is an activist, writer, organizer and web developer. He is the administrator for the Young Anabaptist Radicals blog and has served as Outreach Coordinator for CPT since 2008. He has also been involved with organizing young people in the Mennonite church in the US. Tim recently spent a month in Colombia with the CPT project there. He will be sharing stories from Las Pavas, a CPT partner community struggling to remain on their land in the face of pressure from multinational agribusiness. <<http://www.cpt.org/work/colombia/>> .

GREG KERBER HAS A FEW REQUESTS:

1. He needs to find a place to stay while work is done on his apartment. He is available to housesit from 8/6 to 8/20.
 2. Greg needs to rent or purchase a car.
 3. He has a large (25" or 27") Sharp TV for sale.
- Contact Greg at (650) 853-0425 if you can help with any of these.

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 morriiii@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: morriiii@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.
