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**PALO ALTO FRIENDS NEWSLETTER**

**Twelfth Month, 2012**

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**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), 1<sup>st</sup> & 3<sup>rd</sup> First Days & on 4<sup>th</sup> & 5<sup>th</sup> 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 Business Meeting will be on December 9, 2012.

- 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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**NOV (11<sup>TH</sup> MONTH)**

**CALENDAR**

- 25 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 25 Sun noon Fourth First Day Provided Lunch – potluck this month – (see note below).
- 28 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 29 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).

**DEC (12<sup>TH</sup> MONTH)**

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

- 6 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
- 9 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 9 Sun noon Light lunch provided prior to Meeting for Business - OMH.
- 9 Sun 12:15 pm Meeting for Business – NMH (see note above).
- 12 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 13 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
- 16 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
- 16 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 16 Sun 11:45 am Collection for Ecumenical Hunger by Community Service Committee – NMH (see note below).
- 16 Sun 12:15 pm Adult Ed. – Showing of “Salt and Light Documentary” – NMH (see note below).
- 16 Sun [*Deadline for submittal of Newsletter articles - if email send to [moriii@yahoo.com](mailto:moriii@yahoo.com).*]
- 19 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 20 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
- 20 Thurs 7:00 pm Care and Concerns Committee Meeting – Library (see note below).
- 23 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 23 Sun noon Fourth First Day Provided Lunch – (see note below).
- 23 Sun After Lunch ANNUAL HOLIDAY PARTY sponsored by First Day School – (see note below).
- 26 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 27 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
- 30 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
- 30 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**

## **CALENDAR EXPANSION – DETAILS**

\*\*\* STANFORD QUAKER ACTIVITIES: Stanford students interested in on-campus activities may contact Talley Kenyon at [talleykenyon@gmail.org](mailto:talleykenyon@gmail.org). 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 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> 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.

The Salt and Light Documentary will be shown on Sunday December 16 at 12:15 in the Meeting House. The Documentary was shot in Kenya during the 6th Friends World Committee for Consultation earlier this year. It was produced by the four Pacific Yearly Meeting delegates to the Conference: Shayne Lightner of Santa Monica , Sarah Rose Lightner of Orange Grove , Lane Clark of Santa Barbara and Hulda Muaka of Palo Alto .

\*\*\* ANNUAL HOLIDAY PARTY: Save the date and join the fun on December 23rd immediately after Meeting for Worship. After a prepared lunch, we'll build gingerbread houses, decorate (and eat) cookies, enjoy a bit of Friends talent and sing some carols. Brought to you by the First Day School children and committee. If you have a talent to share (read a poem, play us a song, tell us a story, etc., we'd love to hear from you. We are also seeking Friends who can prepare some cookie dough that we can bake that morning and decorate during the party. Come and join in some friendly fun.

\*\*\* 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 \$167.00 in contributions for EHP in November.

\*\*\* HOMELESS MEALS - OPPORTUNITY FOR COMMUNITY 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. Monday, 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.

\*\*\* 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 Mary Pat O'Connell (650-941-8287, [mpoconnell@stanfordalumni.org](mailto:mpoconnell@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).

\*\*\* With rainy days upon us, please take into consideration your ability to move quickly relative to other members of the meeting when you are choosing a parking spot. Try to leave a few close spots for members who may not be able to dodge raindrops as well as yourself.

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## **NEWS OF PEOPLE AND EVENTS**

**HOTEL DE ZINK** As we have done for nearly 20 years, we will be welcoming Hotel de Zink to our Meeting House in the month of December. Hotel de Zink is a rotating shelter for homeless adults operated by Urban Ministry/InnVision. It is named for a police officer who worked in Palo Alto during the Great Depression who opened up the police station on cold and rainy nights to let people come in and sleep.

We provide shelter in our Meeting House for about 15 people, a warm meal each evening along with breakfast and lunch food items. Members and attenders of our Meeting share the responsibility of providing the food. Guests arrive at the Meeting House each evening at 8:00 and a member of the Hotel de Zink committee is present to open up and greet them. The Urban Ministry staff member arrives by 9:00 pm to take over responsibility and stay through the night until 7:00 am.

We need willing members and attenders to sign up to help provide food during the month. Dinner needs to arrive warm and ready to eat by 8:15 pm. Breakfast and lunch items are equally important and can be brought in the evening or earlier in the day for use on the following day. Suggestions for quantities and types of food needed can be found on the website [www.pafm.org/dezink](http://www.pafm.org/dezink). We are experimenting this year with an online option for signing up as well as the usual paper calendar available after Meeting for Worship on Sundays.

We encourage those who bring meals to stay awhile and share some conversation with our guests. We have found over the years that our guests have much in common with us and their stories are enlightening about the holes in our community's safety net. There are a couple of other ways to contribute to this effort across the month. We provide a small Christmas gift to each guest – a gift card to Target. Donations of cash make this possible. In recent years we have also collected bags of the sort that are given out at trade shows. Since guests are needing to move their belongings each month, having sturdy bags in which to organize their belongings can be helpful. Money for the gift cards and/or bags can be given to members of the Hotel de Zink Committee.

By each of us contributing in a small way, it is possible for our meeting to accomplish this month of giving to a group in need in our community. Please consider signing up to help. You can do so online at [www.pafm.org/dezink](http://www.pafm.org/dezink) or after Meeting for Worship on Sundays.

Hotel de Zink Committee members: Mary Pat O'Connell, clerk, Bart Burstein, Sandy Farley, Barry Hayes, Kate McLellan, Nick Selby

**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.

**DECEMBER 2012 NEWS FROM QUAKER CENTER:** The long-awaited culvert replacement is complete! After 5 solid weeks of construction and many, many months of negotiations with our county *Resource Conservation District*, the road to Quaker Center is now no longer at risk of washing away due to a failure of the old culvert. We now have a larger culvert in place with a more stable roadbed surrounding it. What a relief! – both to have the disruptions of construction behind us and to feel confidence in the literal road ahead.

Because we anticipated a decline in rental bookings during the culvert road construction, we made a plan to renovate the Orchard Lodge during that time. We are grateful for the generous response we received to our request for financial support of the Orchard Lodge Renovation Project, with gifts amounting to *five times greater* than we typically receive mid-year. While we have not yet reached our Project goal, we are taking advantage of the vacant lodge to utilize the gifts we've received so far. We've prioritized our list of needed renovations — and have begun by replacing the kitchen range, which was rapidly becoming unusable. We're also upgrading bathroom windows and fixtures, exchanging old water heaters with on-demand models, replacing thin bedroom curtains with insulated curtains, and resurfacing the bedroom walls. We'll pick up with the rest of the renovation plans as funds become available.

Please come see these improvements yourself and join us at the **Year End Retreat: Whole Mind, Whole Body, Holy Spirit, led by Walter and Traci Hjelt Sullivan**, which begins on **December 27th and ends on January 1, 2013**. This retreat will be an experiential exploration of the relationship between body, spirit, and the art of living into wholeness. **Please register online by Thursday, December 20th** at <http://www.quakercenter.org>. You will also find the **2013 Program Schedule** there.

If you can't attend the Year End Retreat but still want a chance to catch up with Walter, Traci, Rebecca and Grace, we're giving you another opportunity: Please join us for **"Lunch with the Sullivans, A Benefit for Quaker Center" on December 26th from 11am to 2pm**. Help us honor Traci and Walter's 14 years of service to Quaker Center by joining us and making a donation for this event on a sliding scale from \$5 to \$500. If you'd like to join us, **RSVP to mail@quakercenter.org or call our office at 831-336-8333**.

**UPDATE FROM FRIENDS COMMITTEE ON LEGISLATION OF CALIFORNIA:** In addition to celebrating six decades as a voice of conscience in Sacramento, FCLCA has enjoyed a successful and expansive year in 2012. A complete report is available at our Action Center at [www.fclca.org](http://www.fclca.org). Among the highlights: after six years of hard work, with your support we won an important victory when Senate Bill 9, which brought reform to the sentence of life without the possibility of parole for juveniles, was signed by Governor Brown. We increased our impact on legislation by dramatically expanding our grassroots outreach. In September 2012, for example, FCLCA supporters sent 2,700 messages to Governor Brown on five important bills through our series of "tell the governor" Action Alerts. Our Action Network of activists grew by over 500%.

Now we are in our Fall Fund Drive and asking for your support as contributing members. Several of our long time donors - in honor of our 60th anniversary and in recognition of our progress this year - have pledged to match every contributor's donation that is new or increased over 2011 levels on a dollar for dollar basis— up to \$60,000. This match will be in effect for Fall Fund Drive contributions from October 20, 2012 through January 15, 2013. The match applies to both FCLCA contributions (not tax-deductible) and FCL Education Fund contributions (tax-deductible). Please give online at [www.fclca.org](http://www.fclca.org), or call our office with your credit card donation at (916) 443-3734, or return a remittance envelope to our office with your donation. For more information call FCLCA at (916) 443-3734 or contact Kevan Insko, Director of Development and Outreach, at [Kevan@fclca.org](mailto:Kevan@fclca.org). [fclca.org](http://www.fclca.org). <http://www.facebook.com/fclca.org>. <http://Twitter.com/KevanInsko>.

**NOVEMBER NEWS FROM WOOLMAN AND SIERRA FRIENDS CENTER:** We are already halfway through our fall semester and the students are fully engaged. They have just finished their service week, working in the Nevada County Healthy Harvest Food Bank Farm. During their service week the students spent their days working at the farm and food bank, and then returning to Woolman to debrief their experience and place it in the larger context of social justice and peace actions. Woolman Semester students have been helping with the Farm since it began and the students this semester were told that the Farm would not exist today if it weren't for Woolman help. On a different but related note, shared work these days involves harvesting in the orchard where the bounty of several varieties of apples and pears makes us truly grateful for those who went before, planting and caring for the Woolman trees! Thanks to the hard work our interns and students, we will have abundant pear and apple sauces long after the sweet cider and fresh fruit is gone.

You can keep up to date with what is happening at Woolman and SFC at [www.woolman.org](http://www.woolman.org) and on Facebook at The Woolman Semester School.

**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.

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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](mailto:newsletter@pafm.org) or [moriii@yahoo.com](mailto: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](mailto: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](mailto:pafriends@lists.stanford.edu). If you have any questions, contact Jerry McBride [jlmcbridemail@yahoo.com](mailto:jlmcbridemail@yahoo.com) 964-2869.

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