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PALO ALTO FRIENDS NEWSLETTER

Twelfth Month, 2010

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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?

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 Business Meeting is on December 12, 2010.

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

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

28 Sun noon Fourth First Day Lunch – (see note below).

29 Mon 3 - 6:30 pm ? PAFM / Urban Ministry Meal Preparation – (see note below).

DEC

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

2 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).

5 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (New series begins – see note below).

- 5 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 8 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 9 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).
- 12 Sun 9:15 am ? Community Service Committee Meeting – NMH.
- 12 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 12 Sun noon Light lunch provided prior to Meeting for Business - OMH.
- 12 Sun 12:15 pm Meeting for Business – NMH (see note above).
- 13 Mon 7:00 pm PAFM Women’s Group – NMH (see note below).
- 15 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 16 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).
- 16 Thurs 7:00 pm Oversight Committee meeting – Library.
- 19 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH.
- 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 11:50 am Meeting Christmas Party – School House** (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 7:15 am Mindfulness Meditation – NMH (see note below).
- 26 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 27 Mon 7:00 pm PAFM Women’s Group – NMH (see note below).
- 27 Mon 3 - 6:30 pm ? PAFM / Urban Ministry Meal Preparation – (see note below).
- 29 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 30 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).

CALENDAR EXPANSION – DETAILS

*** STANFORD QUAKER ACTIVITIES: STANFORD QUAKER ACTIVITIES: Stanford students interested in on-campus Quaker activities should contact Hannah Popick hannapopick@gmail.com , 650-644-5130.

*** 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 1655 work “The Inheritance of Jacob Discovered.” Francis Howgill was an important early Quaker, one of the “Valiant 60 and the first, along with Edward Burrough, to preach in the city of London, England. He died in prison for his Quaker beliefs. No preparation is necessary. All are welcome. Contact Henry Jason.

Adult Education: Adult Education Committee would welcome ideas and suggestions on what would tempt you to spend extra time before or after Meeting in education programs. Please help us plan a program this year that will benefit you in your condition. The theme for this year is “Living our Testimonies”. We invite you to fill out and return our survey by December 5. The online version can be submitted instantly and is available at: <http://bit.ly/AdultEdSurvey>

The paper version is attached to this newsletter and may be returned to the Adult Education Survey box in the foyer

*** PAFM WOMEN'S GROUP: Meets the second and fourth Monday in the Library at the New Meeting House 7-9 pm. The group chooses different topics, readings, or spiritual exercises as the starting point for our discussions but no prior reading is required to join and enjoy the discussion. To be added to the distribution list for this group, please send an email to kmcclellx@comcast.net.

*** 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 provides emergency food, clothing, case management, household essentials, and resource referrals to families in need in East Palo Alto, Menlo Park, and Palo Alto.

*** 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. Contact Marie Simirenko for more information - 650-961-1724.

*** WEDNESDAY WORSHIP/SHARING OR DISCUSSION GROUP: Every Wednesday following the Meeting for Worship from 7-8:30. This time is available for any individual in the Meeting community to propose a topic for sharing or discussion. Those wishing to convene a group should first contact Worship & Ministry Committee, which will help with advance preparations. Eric Sabelman is clerk of W&M <esabelman@aol.com>, 650-322-2455.

*** THURSDAY MORNING MINDFULNESS MEDITATION: The Thursday morning meditation group meets in the New Meeting House, which is opened by 7:15 am; the practice time goes from 7:30 am to 8:30 am. All are welcome, including those new to meditation or experienced. Susan Murphy and Linea Stewart share the facilitation of the meditation group and draw on their backgrounds in both Buddhist meditation and Christian contemplative practices. For more information and a schedule of the practices, contact Susan Murphy, at somurphy@earthlink.net

*** 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 collected a monthly offering of cash donations to be given to recently begun attending, as well as those who feel "new" to the Meeting, regardless of how long they have been attending.

*** CHRISTMAS PARTY: FDS will be hosting the annual Christmas Party on December the 19th in the old meeting house, immediately after meeting. We will be serving a light lunch followed by a variety of activities including; cookie decoration, ginger bread house construction and decoration. We will have carol singing and a talent show. We would love people to share their talents with us. This may include singing, playing a musical instrument, reciting a poem, telling a story or a dance item, juggling or magic tricks. Please save this day and time to share in some festive fun. Any inquiries - please contact Janet Murphy or Tom Farley.

*** WORSHIP SHARING FOR CAREGIVERS: This group is being reactivated. It is a group sponsored by Oversight and open to anyone in the position of 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. Contact Arden Pierce at 650-494-1631 or ardenhiram@aol.com or Mary Lou Moses at 650-424-4342 for info. All are welcome.

*** 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.

NEWS OF PEOPLE AND EVENTS

PAFM LIBRARY ANNOUNCEMENT: Books are available for checkout; grab a book, put your name and phone number on the borrow card, and sort it into the card in the little box by the return box.

If you're finished with books you've checked out, please be sure to return them --- just drop them in the box in the Library, and we'll reunite the book with the borrow card and get it back up on the shelf so someone else can borrow it. We don't have a clear guideline for how long a book should be out, so use your judgement. Certainly a month is reasonable for a book to remain with you; a year seems like it should probably come back.

If there are books you think should be in our collection but aren't, email me or one of the other committee members with your suggestion (or leave us a recommendation in our basket in the Library) and we'll add it to the list of possible titles we're in discernment about acquiring. Bear in mind that our primary goal is to provide Quaker-related resources, especially those that aren't likely to be available at other local community libraries, so we're especially interested in your suggestions on books with that theme.

Please don't just drop books or other media off as "donations"! All additions to the library need to go through our discernment process, and it puts us in an odd spot when things just materialize in the Library. Worse, your contribution may not make it into the collection, as someone else may think it's something they can borrow, or the item may just get lost. If you have something you'd like to donate, please talk to someone about the contribution, and we'll add the notion to our process and get back to you.

We're restarting what used to be an ongoing process of shelf review, in which we look at the state of the collection on the shelves, work extra-hard to chase down missing books, and see if there are things we should be making a concerted effort to change about the collection (culling extra copies of little-read books for other meetings, acquiring titles in a particular area, etc). During this process, the library remains open for business, of course! Feel free to check out books as you normally would, although returning them promptly is appreciated so we know what's in circulation and what may be misplaced or lost. It's an ongoing process, so ideally, all you'll notice is that there may be some expansion in some sections as we better fill out the collection, or a postcard from us asking for you to return any long-overdue items that have shifted from the Meeting's collection to yours.

If you have questions or concerns, feel free to talk to me or one of the members of the Committee. We're here to help! Ray Rischpater (clerk - Library Committee).

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 Old Meeting House. The regular staff for the preschool program, Jadranka Tanovic and Sangeta Tamang, will 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.)

OPPORTUNITY FOR MEETING SERVICE: Our Meeting has volunteered to work on one Monday each month from 3 to 6:30pm to help Palo Alto Urban Ministry prepare an evening meal. First Methodist Church - Hamilton & Webster Aves. Contact Marie Simirenko or sign up on the bulletin board.

RIDES TO/FROM MEETING: Oversight will keep 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.

NEEDS, OFFERINGS, OPPORTUNITIES, & ENTHUSIASMS

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. 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 or after Meeting for Worship on Sundays.

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

NEWS FROM SIERRA FRIENDS CENTER: Woolman students have just returned from the Douglas, Arizona and Agua Prieta, Mexico bordertowns where they looked first-hand at the issues of immigration and globalization that they had recently studied in the classroom. Please see the November issue of *Western Friend* for a moving article by Woolman teacher, Emily Zions, entitled, *PRESENTE: Lessons on the Border* about the powerful nature of this trip and service work. With graduation just a month away the students are working hard to finish up their *Youth As Peacebuilders* and Sustainability projects, and their Peace Studies documentary films. We hope you can join us on campus for the presentation of these extraordinary student projects.

Dec. 8th: 7pm: *Youth As Peacebuilders* presentations

Dec. 10th: 7:30pm: Peace Studies Documentary Films

Dec. 11th: 9am: Sustainability projects campus tour

Dec. 17th: 7pm: Baccalaureate & Dec. 18th: 9am: Graduation

You are welcome to stay overnight on campus if that is helpful. This semester two of our Quarterly Meeting teens, Keith Runyan and Marie Vastola, are graduating.

AFSC NEWS: Healing Justice I spoke last month of the hope to join the Amicus Brief supporting a lawsuit brought by prison inmates challenging the overcrowding and poor health care. The region is now part of that brief and it will be heard in the US Supreme Court on November 3rd.

Student opt-out San Francisco is the 3rd school district in the country to institute and 'opt out' provision to the privately run database [JAMRS] that supplies student information for military recruitment. AFSC Youth program worked closely with students throughout the district who organized, petitioned and appeared at the hearings.

New Study features Fresno Tamejavi Festival The National Endowment for the Arts has produced a new study "Live from Your Neighborhood – a National Study of Intercultural Festivals" and the Fresno Tamejavi Festival, in which AFSC has been centrally involved, was one of the featured events.

Well-earned Rest and Re-Creation Those of you who know the dedication and hard work of Eric Moon on the Death Penalty will be pleased to know he is taking a sabbatical, which no doubt, will have him return to the fray with renewed energy and ideas.

THE PENINSULA PEACE AND JUSTICE CENTER: The Center's Calendar is at: [http://www. peaceandjustice.org](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 has a Job Hotline (650) 494-8340.. (650) 494-8340.

BOOKS FOR STANFORD STUDENT GROUP: The group has shelf space in the Religious Groups Library of the Old Union at Stanford, and would love add your favorite Quaker book to the shelf. Here is a list of books we have already received.: http://spreadsheets.google.com/pub?key=pEJ3Q-pGqgEnf_0LgUUUVLGA

GREG KERBER OFFERS: Large screen Sharp TV – 27” Make offer. 13” TV/VCR combo - \$25. Bathroom scale and/or 100-CD changer with tuner and two speakers – free to good home. Contact Greg at (650) 853-0425.

Updates to the Directory:

We have -

- new email for Harold and Sunyoung Lee
- new email for Meg Given
- corrected phone number and cell for Amy Fox
- new cell number for Roy Rischpater
- new email and street address for Michael Gyngell in England

Note: Unless otherwise directed, we no longer print full corrections/updates in the newsletter, only the names of those whose information has changed. The full update will be posted in the office.



Join us at the Meetinghouse for Warm Winter Friday nights*

7 pm

*Let us lighten the
dark nights of
winter
with companionship
and easy activity.*



Busy? Bring light work or crafts that engage only part of your attention.

Committee clerk? Bring any light tasks – letter writing? – that the community might share.

Fancy a game? Bring it along and find others to play with.

Need something to do? Drop by for company and fun!

Join us in First month and Second
month on Fridays.

Gathering is 7 pm until at least 9 pm.

- * 2011 Jan 07: Meet at Schoolhouse
- * 2011 Feb 04: Meet at Schoolhouse



Any questions?

Contact Judith Bush, 650-962-1318 or
judith@grey-cat.com.