

957 Colorado Avenue  
Palo Alto, CA 94303  
(650) 856-0744

Co-Clerks: George Mills and Eric Sabelman  
clerk@pafm.org

Treasurer: **Forest Preston**  
650-839-1077 forest.preston@gmail.com

**Advices and Queries for Second Month: Spiritual Life**

The life of the spirit gains depth and vigor through devotional practices, prayer, study and meditation. Take time regularly for individual and family worship, discussions, and readings from sacred texts and other spiritual refreshment in order to live a more centered life and to bring a deeper presence to the Meeting for Worship.

Friends believe that the spiritual path is best found in community. Create opportunities in your Meetings for people of all ages to explore and express their evolving relationship with the Divine, their spiritual highs and their doubts. If different metaphors and language interfere with communication, listen more deeply, honoring the spirit in which the thought and words have their beginnings.

Do I live in thankful awareness of God's constant presence in my life?

Am I sensitive and obedient to the leadings of the Holy Spirit?

When do I take time for contemplation and spiritual refreshment?

What steps am I taking to center my life and to open myself to continuing revelation?

*Do we share our spiritual lives with others in the Meeting?*

*Does the Meeting provide religious education including study of the Bible and Friends' history and practices?*

*1. 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 is on February 13, 2011.

- 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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**JAN**

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

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

24 Mon 7:00 pm PAFM Women’s Group – NMH (see note below).

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

25 Tue 7:00 pm Worship Sharing for Caregivers –NMH library. (see note below).

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

26 Weds 7:30 pm Spiritual Formation Group – NMH Library (see note below).

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

28 Fri 7:00 pm Warm Winter Nights – (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.**

**FEB**

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

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

- 4 Fri 7:00 pm Warm Winter Nights – OMH (see note below).  
 6 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH.  
**6 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**  
 7 Mon 7:00 pm PAFM Women’s Group – NMH (see note below).  
**9 Weds 6:00 pm Midweek Meeting for Worship – NMH.**  
 9 Weds 7:30 pm Spiritual Formation Group – NMH Library (see note below).  
 10 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).  
 11 Fri 7:00 pm Warm Winter Nights – (see note below).  
**13 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**  
 13 Sun noon Light lunch provided prior to Meeting for Business - OMH.  
 13 Sun 12:15 pm Meeting for Business – NMH (see note above).  
 14 Mon 7:00 pm PAFM Women’s Group – NMH (see note below).  
**16 Weds 6:00 pm Midweek Meeting for Worship – NMH.**  
 17 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).  
 17 Thurs 7:00 pm Oversight Committee meeting – Library.  
 18 Fri 7:00 pm Warm Winter Nights – (see note below).  
 20 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH.  
**20 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**  
 20 Sun 11:45 am Collection for Ecumenical Hunger by Community Service Committee – NMH (see note below).  
 20 Sun 12:15 pm Adult Ed. – Reading & Discussion – NMH.  
 20 Sun [Deadline for submittal of Newsletter articles - if email send to [moriii@yahoo.com](mailto:moriii@yahoo.com).]  
 21 Mon 3 - 6:30 pm ? PAFM / Urban Ministry Meal Preparation – (see note below).  
 22 Tue 7:00 pm Worship Sharing for Caregivers – NMH (see note below).?  
**23 Weds 6:00 pm Midweek Meeting for Worship – NMH.**  
 23 Weds 7:30 pm Spiritual Formation Group – NMH Library (see note below).  
 24 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).  
 25 Fri 7:00 pm Warm Winter Nights – (see note below).  
 27 Sun 9:00 am Adult Ed. – Series on Quaker Practices and Our Meeting – NMH (see note below).  
**27 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**  
 27 Sun noon Fourth First Day Provided Lunch – (see note below).  
 28 Mon 7:00 pm PAFM Women’s Group – 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](mailto:hannapopick@gmail.com) , 650-644-5130.

\*\*\* 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 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.

**Feb. 20th** 12.15 pm led by Susan Murphy. "It is difficult to get the news from poems, yet men die miserably every day for lack of what is found there." -William Carlos Williams (1883-1963), physician, poet, mentor. Participants will be invited into a process of contemplative reflection with a poem, in the style/manner of Parker Palmer, as sometimes is done in Courage and Renewal retreats.

In response to the surveys that Friends filled out for us, Adult Education is sponsoring two new series of programs. One will be on the habit of prayer and reflection, meeting at 12:15pm on the third Firstday of each month. The other is a series on Quaker practices, service and our Meeting, at 9-10am on fourth Firstdays. In addition, the committee reminds Friends there is a Wednesday evening series on spiritual formation which is open to participants.

**SERIES on THE HABIT of PRAYER and REFLECTION:** 12:15pm, on third Firstdays. TBA. If you are interested in leading one of these sessions or joining a team to do so, please email Claire ([clairea\\_2006@hotmail.com](mailto:clairea_2006@hotmail.com)):

**SERIES on QUAKER PRACTICES and OUR MEETING:** 9-10am on fourth Firstdays. **Jan 23**, Donna Baranski Walker, Part 1: Nonviolence and trauma recovery as a tool for social change. Exploring the Polish Solidarity Movement and the Center for Dialogue & Prayer near Auschwitz.

**Feb 27**, Donna, Part 2: Drawing upon the Polish Solidarity movement and centers of reconciliation worldwide as possible models for conflict resolution in Israel and Palestine.

**Mar 27:** Simplicity and our Volunteer Structure: Explore with us how can a nonhierarchical structure work simply? Do we have too many committees?

**April 24:** TBA

**May 22:** Susan Murphy: Clearness Committee Process: a review and demonstration of the structure and process.

Here are additional topics under development for this series. If you are interested in leading one of these sessions or joining a team to do so, please email Diane ([dianepasta@sbcglobal.net](mailto:dianepasta@sbcglobal.net)): Retirement Community options for PAFM

Quakers (Hubert). Separation of church and state: How does this principle apply to our legislative advocacy? This will include information about Quaker lobbying (FCL-CA and FCNL) and a voice from some of us who have reservations about it. How can or should Meeting speak out publicly as a unit on political and social issues?

Structure of the two series: Many people, but not all, expressed a desire to have advanced reading, so most presenters will provide materials or recommended reading in advance. We will start promptly with worship, include a presentation of history and ideas related to the topic, and include discussion (in small groups depending on our numbers). We plan to close on time with worship.

\*\*\* **SPIRITUAL FORMATION GROUP** Wednesday Spiritual Formation Study Group. Meets alternate weeks (approximately) at the Meetinghouse in the library at 7:30 PM. We take seriously God's call in our lives, are open to Christian spiritual transformation, and desire to live out our Quaker values in our daily lives. We will explore Christian devotional works about spiritual experience, scripture, prayer, community, Quakerism, and/ or ministry. We hope to deepen our faith and support each others' journeys. Advanced reading is assumed. The format is worship sharing on the advanced reading and our daily struggles with living our Quaker spiritual values in our daily lives.

The next book, starting January 12th, is Dimensions of Prayer by Douglas Steere. For more information, talk to Jerry McBride, Susan Murphy, or Jennifer Summit.

\*\*\* 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](mailto: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 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. 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](mailto: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](mailto:somurphy@earthlink.net)

\*\*\* WARM WINTER NIGHTS: Fridays in First and Second Month from 7 PM to 9PM. Join other Friends at the Meetinghouse and lighten the dark nights of winter with light activity and companionship. Bring light work, crafts or other activities that only engage part of your attention.

\*\*\* COLLEGE PARK QUARTERLY MEETING: Winter Quarterly Meeting is coming up on January 15 at San Francisco Meetinghouse. Theme is "Speaking Truth with Love." The announcement along with other documents and forms can also be found on the quarterly meeting website: <http://collegepark.quaker.org>.

\*\*\* 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 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. We plan to have our first meeting on the fourth Tuesday in January, Jan. 25, 2011, at the Meetinghouse at 7:00 PM. Contact Arden Pierce at 650-494-1631 or [ardenhram@aol.com](mailto:ardenhram@aol.com) or Mary Lou Moses at 650-424-4342 for info. All are welcome. Arden

\*\*\* 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**

**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.

**SPRING RETREAT – SAVE THE DATE:** The Palo Alto Friends Meeting Spring Retreat will be on Saturday, March 26<sup>th</sup> at Hidden Villa in Los Altos from 8:30 a.m. to 7:00 p.m. We will be exploring how we publicly express our Quaker testimonies and beliefs - as individuals and as a Meeting. There will be many participatory and intergenerational activities in addition to worship and free time. Talley Kenyon is coordinating the day, let her know how you can help and what your interests are: 650-324-3280 or [talleykenyon@gmail.com](mailto:talleykenyon@gmail.com).

**AFSC NEWS:** Street Spirit – more than ever worth a read! Many of us have found rich reading over the years in Street Spirit. Now there is yet more to stimulate thought and reflection.

Terry Messman, AFSC staff member who edits Street Spirit, has a long friendship with James Douglas, author of “JFK and the Unspeakable – why he died and why it matters”. They have known each other as activists for many years and supported one another on many a demonstration.

James has collaborated with Street Spirit to produce a three part series [Dec., Jan., Feb.] December focused on the assassination of John F. Kennedy, January [appropriately] on Martin Luther King Jr. and Malcolm X and February will speak of Quaker involvement in those stirring times.

The first two issues have generated widespread interest in the State and elsewhere, which has resulted in large orders for the paper.

If you’ve missed the first two articles they can be obtained from the San Francisco AFSC office or on the AFSC web site [www.afsc.org](http://www.afsc.org) at the Pacific Mountain Region page.

Youth to the fore - The new AFSC nationwide Youth Initiative has resulted in Pacific Mountain Region receiving funding for interns for 3 programs. One will be working in San Francisco with Street Spirit, to develop the web site, the second will be working on the Youth and Militarism program and the third will be working in Fresno to develop youth participation in civic activities.

If you have not seen it I recommend reading the one-page “American Friends Service Committee – Highlights 2010 – Pacific Mountain Region”. PMR staff has done sterling work in 2010 and are off to a very good start for 2011. *Ruth Fraser* <[mellowstory@juno.com](mailto:mellowstory@juno.com)>

**SPIRITUAL CARE AT STANFORD HOSPITAL:** The Spiritual Care Service at Stanford Hospital and Clinics seeks volunteers to visit with patients and families. These Volunteers will be given eight training sessions – five classroom sessions and three mentoring sessions – each lasting two hours. Once the training is complete, the volunteers should be willing and able to commit two hours a week for at least a year. The next training starts March 7, 2011. Please call 650-723-5101 for an application packet.

**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 has a Job Hotline: (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](http://spreadsheets.google.com/pub?key=pEJ3Q-pGqgEnf_0LgUUUVLGA)

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## Update to the Directory:

Helen Currier has a new address.

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.

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**NOTE FROM OVERSIGHT:** Not everyone will have heard the announcement which was made following Meeting for Worship on January 16 that Tara NcHenry had passed away the previous evening. Tara was hospitalized in early November with serious liver failure. Later she was transferred to Cedar Crest Nursing and Rehabilitation Center in Sunnyvale. Her condition deteriorated fairly steadily, though with some periods of improvement. As recently as December 19 she was well enough to be brought to the Meeting Christmas Party. However the long term prospects did not improve, and she was placed under hospice care.

Several members of Oversight committee visited with Tara on a number of occasions and kept in close touch with Marilyn Larson, Tara's friend and conservator, and with other caregivers. The committee realizes in hindsight that while focusing on Tara's day-to-day status and communicating with each other by email, we failed to keep the broader Meeting community alerted to Tara's condition. So the news of her passing may have come as a shock if you hadn't heard about her illness in person or via the "grapevine." For this lapse we are profoundly sorry.

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Tara NcHenry (nee Sandra Cook) passed away in the evening of January 15, 2011. She had been in Hospice care in Sunnyvale. She was kept comfortable to the end. Many friends visited here in her last days and she was cared for and held in the light by so many more.

