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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), 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 February 12, 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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JAN

- 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.**
- 25 Weds 7:30 – 9:00pm Meeting of Spiritual Formation Group – NMH.**
- 26 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).
- 29 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH.
- 29 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**

FEB

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

- 8 **Weds 6:00 pm Midweek Meeting for Worship – NMH.**
8 **Weds 7:30 – 9:00pm Meeting of Spiritual Formation Group – NMH.**
9 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).
6 Fri 12:15 pm Quakers at Stanford lunch discussion/sharing. – (see note below).
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).**
15 **Weds 6:00 pm Midweek Meeting for Worship – NMH.**
16 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).
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 12:15 pm Adult Ed. – “Quakerish Books “ – 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.**
22 **Weds 7:30 – 9:00pm Meeting of Spiritual Formation Group – NMH.**
23 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).
26 Sun 9:00 am Adult Ed. – Study Series “Salt and Light” – NMH (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).
27 Tues 7:00 pm Caregivers Group meeting – Schoolhouse (see note below).
29 **Weds 6:00 pm Midweek Meeting for Worship – NMH.**
29 **Weds 7:30 – 9:00pm Meeting of Spiritual Formation Group – NMH.**

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.

recent addition to the Defense Authorization Bill, a matter that concerns all of us. Discussion and letter writing will follow.
9am study series on fourth Firstdays – “Salt and Light: “To turn all we possess into the channel of universal love becomes the business of our lives” – John Woolman. Explore the spiritual foundation of our faith with our understanding of the basis of our work in the world with readings and queries on the World Conference theme “Being Salt and Light: Friends living the kingdom of God in a broken world.” The online version is available at <http://www.saltandlight2012.org/materials.html>. Readings are encouraged but not required for attendance. We spent two sessions on salt and light.

Our upcoming sessions will be:

- February: this Broken World
- March: Friends Diversity and Ecumenism

Quakerish Books: On February 19 after Meeting at 12:15 p.m. Tom and Sandy Farley will do a session on Quakerish Books. Tom & Sandy began reviewing books for Friends Journal in 2007, including over twenty books for children as well as books on parenting and environmental issues. Their sharing will focus on their favorite books by Quaker authors, about Quaker characters, and reflecting Quaker values.

Quakerism 101: A Basic Course Six or seven evening sessions in February and March, 2012. Night TBD, but it will be either Sundays or Wednesdays depending on signups. This study series will cover the basic history, beliefs and practices of Quakerism. It is intended for those relatively new to Quakerism or to this Meeting, but is open to anyone who wishes to deepen their understanding of the material covered. Participants in past series had this to say in their course evaluations:

- I was looking for more connection with Quaker thought, historical and present day, and with this particular meeting. It did all that and more; I had many spiritual insights from the readings and discussions.
- The readings were excellent, and the discussion and use of guests from the meeting both helped clarify the readings and broaden my exposure to people in the meeting.
- I appreciated the varieties of formats - lectures, small group discussions, the role play town hall.
- This course has meant a lot to me - having a better understanding of Quaker history, traditions and form of worship is already deepening my experience in Meeting.

The six or seven sessions, adapted from the curriculum from Philadelphia Yearly Meeting, cover The Experience of Early Friends, The Light Within, Quaker Universalism, Worship and Ministry, Quaker Witness and Community, and Getting Down to Business. A course flyer will be available soon with more information. Contact George Mills (GeorgeHMills@sbcglobal.net, 494-1606) or Seth Raphael (seth@magicseth.com) if you have questions or to indicate your interest in registering for the series and obtaining the readings. If you're thinking of registering, please contact us SOON (by January 8) to let us know if you prefer Sundays or Wednesdays.

*** WORKSHOP: "AGING AS AN ADVENTURE" with invited leader Claire Gorfinkel. Saturday, February 25 9:30-4:30pm at the Palo Friends Meeting House. The goal of this workshop is to get Friends talking about the topic of aging and planning ahead for times when one may need more support and how our Meeting might better support our seniors, especially those who do not have a partner. The workshop will include worship sharing, information, and discussion time. We will break for a potluck lunch and wrap up about 4:30 or earlier. Please register with the Care and Concerns Committee or Chula (650-366-1407/ Chula@stanfordaumni.org) and let us know what you might provide for the lunch. Our invited guest leader, sent this background information about herself: *Claire Gorfinkel has been attending Orange Grove Meeting in Pasadena since 1988. She is known to many PYM Friends through her work with the American Friends Service Committee, her service on PYM committees, and her Pendle Hill pamphlet, "I have always Wanted to be Jewish and Now, Thanks to the Religious Society of Friends, I Am". In 2011 Claire completed a master's degree in Jewish Studies with a focus on Chaplaincy at the Academy for Jewish Religion in Los Angeles. This grew out of a life-long interest in Judaism and numerous recent experiences with friends and family who were confronting profound choices in relation to their aging and dying. Thanks to a grant from Friends Foundation for the Aging, and on behalf of Friends House, Santa Rosa, she is currently offering workshops for Friends to explore the adventures of aging and age-related decision-making.*

*** 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 \$191 in contributions for EHP in January.

*** 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 1/30, (none for Feb.), 3/5, 4/9, 5/14, 6/18, 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: We welcome newcomers to Thursday morning meditation. Doors open at 7:15 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 and 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: 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,...or call or email them.

*** COLLEGE PARK QUARTERLY MEETING: Winter 2012 meeting on January 14 in Santa Rosa. The announcement is posted on the quarterly meeting website and can be accessed by clicking here: <http://collegetpark.quaker.org>.

*** 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 due to be 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, and 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

VIEWING OF MOVIE "THRIVE": Come view this important, recently available movie at my home in Los Gatos. "Thrive" gives an in-depth, independently verified summary of current national crises along with ways to address them. Many people featured in this movie I either know or have met—or know people who know them. Foster Gamble and Kimberly Carter Gamble have spent over 30 years delving into sources of suffering on the planet and whether it is possible to create thriving which addresses that. This movie expresses what they know. Movie dates: Saturday, Feb. 9th 6:45-9:30 pm.; Friday, Feb. 17th 6:45-9:30 pm. Call to RSVP and receive driving directions...at (408) 374-9419 landline or (408) 910-0036 cell. Thanks and Light, Marcia Anderson.

AFSC NEWS: Well Worth a Read - So that new and potential employees and supporters, who are not Quakers, may understand the faith basis of the work that AFSC does, a new booklet has been produced. Titled An Introduction to Quaker Testimonies, it is a beautifully produced work. The text expresses the Testimonies in simple, clear language and the illustrations and simply beautiful. I have a feeling this booklet deserves a wider audience than AFSC supporters and staff. You can see the booklet on line at www.AFSC.org/testimonies.

Changing the Conversation - With an ever-increasing focus on immigrants and immigration, as an election looms on the horizon, there is no more important time than now to engage the conversation on these issues and change the narrative in the wider community. AFSC Staff in the Central Valley, especially Stockton and Farmersville, have always been actively involved in immigration issues and the challenges migrant workers face. They recently gathered with other AFSC staff from throughout the country, who also work on these issues, to share stories of their work and experiences in their communities with the goal of sharing new and better ways to change the conversation. Already the AFSC phrase "No Human Being is Illegal" has brought concrete results. There is a signature "Drop the 'I' word" campaign circulating on the web www.colorlines/droptheiword.com that is well worth looking at. – *Ruth Fraser*

BUILDING & GROUNDS REPORT - WORKDAY 1/7/12: We took on and completed:

- Hotel de Zink refrigerator cleaned out and moved
- Redbud pruned
- Sequoia in front of Meeting: Dead branches removed, stacked
- Compost bin cleaned out, turned, hosed down
- MFW chairs sorted, some broken ones repaired
- Trimmings taken to Smart Station in S'vale w. Arden's truck
- Weeding: parking lot circle, 'Boulevard' by front sidewalk, Zen garden
- Other trimmings off-loaded to local Friendly green-bins
- Poppy seeds planted by Handicapped parking space

THANKS to Attendees: Kate M., Lynn M., Mary Klein, Nick Selby, Eric S., Bart B., Holly S., George H., Marie S., Bob C.

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.

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.

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.
