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PALO ALTO FRIENDS NEWSLETTER

Second Month, 2013

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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, seeking to know one another in that which is eternal?

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 will be on February 10, 2013.

- 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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CALENDAR

JAN (1ST MONTH)

- 27 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 27 Sun noon Fourth First Day Provided Lunch – (see note below).
- 27 Sun After Lunch Meeting Service Listening Session – NMH (see note below).
- 30 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 31 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
- 27 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
- 27 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 30 Weds 6:00 pm Midweek Meeting for Worship – NMH.**

FEB (2ND MONTH)

- 3 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
3 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
6 Weds 6:00 pm Midweek Meeting for Worship – NMH.
 7 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
10 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
 10 Sun noon Light lunch provided prior to Meeting for Business - OMH.
 10 Sun 12:15 pm Meeting for Business – NMH (see note above).
13 Weds 6:00 pm Midweek Meeting for Worship – NMH.
 14 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
 17 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
17 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
 17 Sun 11:45 am Collection for Ecumenical Hunger by Community Service Committee – NMH (see note below).
 17 Sun [*Deadline for submittal of Newsletter articles - if email send to moriiii@yahoo.com.*]
20 Weds 6:00 pm Midweek Meeting for Worship – NMH.
 21 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
 21 Thurs 7:00 pm Care and Concerns Committee Meeting – Library (see note below).
24 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
 24 Sun noon Fourth First Day Provided Lunch – (see note below).
27 Weds 6:00 pm Midweek Meeting for Worship – NMH.
 28 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).

CALENDAR EXPANSION – DETAILS

*** STANFORD QUAKER ACTIVITIES: Stanford students interested in on-campus activities may contact Talley Kenyon at 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 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.

Open Dates: The Adult Education Committee has the following dates open for anyone who would like to run a session from 9-10:00 a.m. in the morning before Meeting on the Fourth First Day. These are the dates that are free, February 24th, March 24th, April 28th, May 26th, June 23. If you would like to present a topic on this date please contact me, Claire Arnold, clairea_2006@hotmail.com and I will schedule it for you. In Peace, Claire.

*** 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 \$164.00 in contributions for EHP in December.

*** 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 "INVISION" program Breaking Bread one Monday evening of each month. Please mark the following dates on your calendar if you are free to help from 3 PM to help prepare, or at 4:15 PM if you can help us serve the meal on any of these dates ; Feb.18, Mar. 18, Apr. 29, none in May, June 3, July 8, Aug. 12, Sept. 16, Oct.21, Nov.18, Dec 23. 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) 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.

NEWS OF PEOPLE AND EVENTS

BUILDINGS & GROUNDS - WORKDAY 1/12/13 REPORT:

TASKS ACCOMPLISHED:

HOTEL DE ZINK REFRIGERATOR MOVED OUT

LOBBY SWEEP

LOBBY PREPPED FOR CONCRETE RE-SURFACING OF FLOOR

LOBBY TABLE CLEANED UP AND ORGANIZED

WEEDING/CLEAN UP OF FRONT BED BY SIGN

QUAKER-MADE MULCH SPREAD ON FRONT BEDS TO DISCOURAGE WEEDS

PRIVETS REMOVED FROM NATIVE GARDEN BEHIND ZEN GARDEN

PRUNING OF TREES AND SHRUBS

TRASH, BROKEN LADDER, OLD WOOD REMOVED FROM WOODPILE AREA

MANY THANKS TO VOLUNTEERS: RICHARD, KATE, NICK, MARIE S., LYNN, GEORGE HEATON, JUDITH BUSH, DEIRDRE, CAROL C., DIANE PASTA.

NEXT B&G WORKDAY : SATURDAY, FEB 2. LET'S WORK TOGETHER TO ENHANCE OUR 'ENTRANCE APPEAL' RE QUAKER QUEST.

NETWORK IN SOLIDARITY WITH THE PEOPLE OF GUATEMALA (NISGUA): Sunday, Feb. 10, about 12:30 at San Jose Friends Meeting. Hear about the Network in Solidarity with the People of Guatemala (NISGUA). Jenne Ristau will talk about NISGUA, and Anna Koster is supporting her niece's work with NISGUA by selling her collection of Guatemala textiles that afternoon. NISGUA "links people in the U.S. and Guatemala in the grassroots global struggle for justice, human dignity and respect for the Earth. Formed at the height of Guatemala's war in 1981, NISGUA's network today is comprised of thousands of people across the U.S. who demand justice for genocidal crimes of the past, push to change current U.S. policies, challenge corporate-led development in Guatemala, and advocate for grassroots alternatives." <http://www.nisgua.org>

MULTIFAITH VOICES FOR PEACE & JUSTICE (MVPJ) STEERING COMMITTEE MEETING: Wednesday, February 20, 6:00 PM in schoolhouse. The MVPJ steering committee will have a working meeting combined with a potluck dinner (soup provided by Eric Sabelman). The *Silicon Valley Chapter of the Nuclear Age Peace Foundation* has been invited to join us. Please RSVP to Eric if you want to join MVPJ for potluck dinner. 7:00 PM: Keryn Breiterman-Loader will talk about her experience at Paul Chappell's Peace Leadership Workshop last July, for which MVPJ and Nuclear Age Peace Foundation helped provide a scholarship; all are welcome to this presentation.

EL SALVADOR SERVICE LEARNING TRIP: Plans for this summer's El Salvador trip (sponsored by PAFM) are well underway. Information packets are available by email request to: quakeryouthtrips@yahoo.com Rough details: July 3-18, \$1200 for ground costs, airfare extra; early bird discount of \$100 if fully registered and paid by April 1. Open to teens, college students, young at heart adults.

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.

JANUARY 2013 NEWS FROM QUAKER CENTER: Our full 2013 program schedule is now available as a downloadable PDF file at www.quakercenter.org. During the weekend of **February 15-17**, we'll have a close look at a critical time in Quaker history when *Elias Hicks* was at the center of the controversies that resulted in the Quaker schisms of the 1820's. Hicks' ideas are still challenging today. We will explore his advice on how to live a faithful life as we face the world's temptations and consider the significance of his views to the Society of Friends (both then and now) and to ourselves. Join us and

author, theologian and historian **Paul Buckley** for *Elias Hicks and the Quaker Separations of the 1820s*. For more information and registration visit: <http://www.quakercenter.org/programs/register/>

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.

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 jlmcbriemail@yahoo.com 964-2869.
