



Please think Green before printing this e-mail

PALO ALTO FRIENDS NEWSLETTER

Second Month, 2010

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

Clerk: **Diane Pasta**
clerk@pafm.org

Treasurer: **Bill Bauriedel**
650-493-1364 bill.bauriedel@stanfordalumni.org

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 Meeting for Business will be February 14, 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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MEETING LIBRARY: Members, attenders, and visitors are welcome to check out materials from the library. Record your check-out on the card provided in the book and leave it in the file on the cabinet just inside the door. If you are not listed in the directory, we ask that you leave your phone number on the card, as well.

JAN

- 24 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 24 Sun noon Fourth First Day Provided Lunch – (see note below).
- 24 Sun 12:50 pm Adult Ed.: Lecture and Discussion – NMH (see note below).
- 25 Mon 7:00 pm PAFM Women’s Group – NMH (see note below).
- 27 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 28 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).
- 31 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 31 Sun noon Fifth First Day Informal Lunch for "Newcomers"– (see note below).

FEB

- 3 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
4 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).
5 Fri 7:00 pm Warm Winter Nights – Schoolhouse (see note below).
7 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
7 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
7 Sun 12:15 pm “Death and Taxes” – a film – NMH (see note below).
8 Mon 7:00 pm PAFM Women’s Group – NMH (see note below).
10 Weds 6:00 pm Midweek Meeting for Worship – NMH.
11 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).
12 Fri 7:00 pm Warm Winter Nights – NMH (see note below).
14 Sun 9:15 am Community Service Committee Meeting – NMH (see note below).
14 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
14 Sun noon Light lunch provided prior to Meeting for Business - OMH.
14 Sun 12:20 pm Meeting for Business – NMH (see note above); child care provided (see note below).
15 Mon 3 - 6:30 pm PAFM / Urban Ministry Meal Preparation – (see note below).
15 Mon 7:00 pm PAFM Women’s Group – NMH (see note below).
17 Weds 6:00 pm Midweek Meeting for Worship – NMH.
18 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).
18 Thurs 7:00 pm Oversight Committee meeting – Library.
19 Fri 7:00 pm Warm Winter Nights – NMH (see note below).
21 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
21 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
21 Sun 11:45 am Collection for Ecumenical Hunger by Community Service Committee – NMH (see note below).
21 Sun 12:20 pm Adult Ed.: Lecture and Discussion – NMH (see note below).
21 Sun [Deadline for *submittal of Newsletter articles - if email send to moriii@yahoo.com.*]
22 Mon 7:00 pm PAFM Women’s Group – NMH (see note below).
24 Weds 6:00 pm Midweek Meeting for Worship – NMH.
25 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).
26 Fri 7:00 pm Warm Winter Nights – NMH (see note below).
28 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
28 Sun noon Fourth First Day Provided Lunch – (see note below).
28 Sun 12:50 pm Adult Ed.: Lecture and Discussion – NMH (see note below).

CALENDAR EXPANSION – DETAILS

*** STANFORD QUAKER ACTIVITIES: Stanford students interested in on-campus Quaker activities should contact Hannah Muenke, hmuenke@stanford.edu, 650-644-5130.

*** WARM WINTER NIGHTS: An opportunity for Friends to work on small projects, light committee work, crafts, and games together during dark February Friday evenings. At 7 pm. First Friday in the schoolhouse, all others in the meeting house.

*** Death and Taxes” - a film. Tax season is here! On Sunday, February 7 at 12:15 PM in the New Meeting House Meeting Room the PSA Committee will show the new film “Death and Taxes.” The film is 30 minutes and tells the stories of 28 war tax resisters, their motivation, methods, goals and choices. Free popcorn will be served!

*** ADULT EDUCATION DISCUSSION: **Reading and Discussion** led by Henry Jason each 1st, 3rd, and 5th Sunday at 9 am – NMH. We are reading Robert Barclay’s Quaker “Catechism and Confession of Faith.” No preparation is necessary. All are welcome. Contact Henry Jason.

Adult Education Programs in February

Feb 21, 12:15 in the NMH: Presentation and Discussion. American Friends Service Committee. Laura Magnani. Details of Laura’s presentation on the work of AFSC were not available at press time. But you can be sure it will be interesting and current. Laura works on criminal justice issues for AFSC out of their Oakland office. She is co-author, along with Harmon L. Wray, of the book **Beyond Prisons: A New Interfaith Paradigm for Our Failed Prison System** which addresses our responsibilities as citizens and as a nation to provide remediation rather than mere retributive incarceration, so as to answer to the common good and the justice of God.

Feb 28, 12:50 PM in the NMH, following Lunch. Sharing Session on 2010 State of the Meeting. Worship & Ministry Committee. What is a Quaker Meeting? Just as individual Friends have different answers to the question “What is a Quaker?” so each Meeting has a different answer. This question is asked annually, and the answers comprise the “State of

the Meeting Report". When it is completed, our Report will be sent to Quarterly and Yearly Meetings for reading along with all other Meetings' reports.

We begin the writing of the report by asking you - members and attenders - to speak out and to listen to one another regarding our strengths and weaknesses and our efforts to foster growth as a spiritual community. Insights from this meeting will form the basis for the ongoing work of the Worship & Ministry and Oversight committees throughout the coming year, as well as for our State of the Meeting report. Please join in the annual exercise of examining the health of our spiritual community.

*** 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 collects a monthly offering of cash donations to be given to 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.

*** 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. Susan and Linea will 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

*** 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.

*** 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.

*** NEWCOMERS LUNCH ON THE FIFTH FIRST DAY OF MARCH - All newcomers to the meeting are cordially invited to an informal lunch on Sunday, January 31, in the Front Meeting House following Meeting for Worship. 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. This is an opportunity to learn more about the Meeting, its members and activities, as well as an opportunity for us to know you better. The lunch is sponsored by the Oversight Committee; if you are a "regular" attender or a member and would like to help with the lunch, please contact Chula Morel-Seytoux or any member of Oversight.

*** 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). Flu season is here - Use of hand disinfectant (provided in restrooms) is recommended before shaking hands. If you find yourself contagious with the flu or a cold, please consider carefully the impact on others if you come to Meeting. For cheerful and humorous instructions in preventing spread of disease by coughing, see <http://www.coughsafe.com/media.html>. ***

You're in here too

Behind the shapes and appearances of things,
behind the unexpected turnings of events
When love arrives, suddenly, in my life
and when those I love depart from this Earth --
I see You,
moving

In days of heartache and confusion,
experience cuts at me
When disaster strikes or dawn breaks,
I am broken open

This is good
and as it should be

because You're in here too

- Daniel Steinbock

NEWS OF PEOPLE AND EVENTS

FIRST DAY SCHOOL: FDS is always looking for second adult helpers each First-day. We do have lead teachers with planned curricula through 6th month. However, it is good practice to have a second adult. This is a great way to get to know the kids a little better and to support FDS and all you need to do is be present from 10:25-11:15 in the schoolhouse and help the lead teacher. To sign up please contact Tom Farley, clerk, <farley@spont.com> 650-366-1818.

SAVE THE DATE: 3/19 to 3/21. Weekend Retreat for 5th to 9th grade Friends at Palo Alto Friends Meetinghouse. See registration form on page 7 of this newsletter.

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.

MILITARY/DRAFT COUNSELING: Contact CCCO – West 405 14th Street, #205 Oakland, CA, 94612.

GREEN THOUGHT OF THE MONTH - *from Unity with Nature Committee*

A SMALL CHANGE WITH BIG IMPACT:

It is all about paper and trees. The average American consumes more than 700 pounds of paper a year, the world's highest per capita figure. According to The State of the Paper Industry, a report by the Environmental Paper Network, the paper industry is the **4th largest** contributor to greenhouse gas emissions among United States manufacturing industries, and contributes **9%** of the manufacturing sector's carbon emissions, accounts for **25%** of landfill waste (and **one third** of municipal landfill waste), whereas paper made with 100% recycled content uses **44%** less energy, produces **38%** less greenhouse gas emissions, **41%** less particulate emissions, **50%** less wastewater, **49%** less solid waste and -- of course -- **100%** less wood. According to Greenpeace, Americans could save more than 400,000 trees if each family bought a roll of recycled toilet paper — just once. Since advocates say the demand for recycled paper from consumers and other users of paper will yield the fastest reforms of the industry, it seems like an easy step to take. Here is my invitation: use recycled toilet paper instead of Charmin, Kleenex Cottonelle, Quilted Northern and Scott (the toilet papers and tissues that do the most harm to forests and the environment, according to a [new report by Greenpeace](#)). Just changing the toilet paper used in your home is a significant and easy step, though if already do and want another step to take, you could pay more attention to using cloth handkerchiefs, napkins, and towels instead of paper.

NEEDS, OFFERINGS, OPPORTUNITIES, & ENTHUSIASMS

2010 MIDWINTER GATHERING OF FRIENDS FOR LESBIAN, GAY, BISEXUAL, TRANSGENDER, AND QUEER CONCERNS: All Friends are warmly invited to the 2010 Midwinter Gathering of Friends for Lesbian, Gay, Bisexual, Transgender, and Queer Concerns at the Graymoor Spiritual Life Center in the Hudson Valley of New York State. Friday, February 12 to Monday, February 15, 2010 with the theme "Stitching our quilts - Waving our banners". Join us!

Details available at <http://sites.google.com/site/midwinter2010> or by contacting us at nymidwinter@gmail.com, 410-236-3372. Registration materials are also available at that website. Register early to ensure on-site housing! Within PAFM you can contact Judith Bush (see the directory).

Worship and Potluck Brunch with Friends from FLGBTQC (Friends for Lesbian, Gay, Bisexual, Transgender and Queer Concerns): February 6th, 11 a.m., location TBD. With FLGBTQC Midwinter Gathering on the east coast this year (see separate newsletter item), several of us from PAFM who are unable to attend will gather locally to enjoy some fellowship, worship and a potluck brunch. All are welcome to attend, whether you have attended an FLGBTQC Gathering or not. We may write a letter sending our greetings to those at Midwinter Gathering and discuss ways to gather locally with the LGBTQ community. Contact Catherine Vanderwaart for more information (see directory).

NEED FOR TEMPORARY HOUSING: Katt Jones, Lee Knutsen's cousin, is a graduate student at Cal State LA in the Special Education Program working with people with Visual Impairments. For the final quarter of her Masters program (March 29 to June 11), she will

be interning at the VA Medical Center in Palo Alto. She would like to rent a room that is close enough to walk/bike/bus to the Center. She is willing to live in a small space to get the rent as low as possible (\$500/month or less). Contact Katt at kjones5@calstatela.edu 626.590.4781.

PENDLE HILL PAMPHLETS NEEDED: The Library Committee is looking to complete our collection of Pendle Hill Pamphlets. If you have Pendle Hill Pamphlets numbered 350 and above and want to see them on their way to a good home, please contact a member of the Library Committee and we'll happily see them on their way to our collection for all to use.

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. Workers can do: child care • elder care • gardening • window washing • moving • professional painting • cleaning of homes and offices • errands • carpentry • roof repair • gutter cleaning. (650) 494-8340. **DONATIONS NEEDED:** washing machine • single bed • vacuum cleaner • dresser clothes• toys and books for 8-year-old girl.

BOOKS FOR STANFORD STUDENT GROUP: The group has a couple feet of 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. This list is currently very short, but will be updated as more books are donated.: http://spreadsheets.google.com/pub?key=pEJ3Q-pGqqEnf_0LgUUVLGA

AFSC EVENT: January 30, 2010 - 8:00 pm - Bay Area pianist, writer, and producer Sarah Cahill will perform a benefit multimedia concert for AFSC's Pacific Mountain Region at the San Francisco Conservatory of Music Concert Hall.

Sarah will perform "A Sweeter Music," a collection of works she commissioned by prominent modern composers, with inspiration from Martin Luther King, Jr.'s Nobel Peace Prize acceptance speech quote: "We must see that peace represents a sweeter music, a cosmic melody, that is far superior to the discords of war."

Tickets: \$25 per person (general admission) or \$50 (reserved seats and post-performance reception with the artist). For reserved seats, please call Julia Parish at AFSC 415-565-0201 x 16.

Purchase tickets online (\$25 plus small service charge) at: <http://www.afsc.org/pacificmtn/ht/d/Events/pid/82363>
Stephen McNeil AFSC Assistant Regional Director for Peacebuilding. 415-565-0201 x 12. www.afsc.org

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.

Corrections to the Directory

Dear friends, We have decided that the newsletter will be posted on our new website. Therefore, we will no longer print full corrections in the newsletter, only the names of those whose information has changed. The full corrections will be posted in the office or you can get the information from Arden at ardenhram@aol.com, or by phone at 650-494-1631 or through regular mail ; Arden Pierce, 3498 South Ct., Palo Alto, CA 94306.

This month:

Jim Avera and Barbara Babin have a new address

Helen Currier has a new address

Birgit Aquilonius visited over the holidays. Her contact info is posted in the office.

Alice Burks died Jan 2, 2010

Summary Minutes for First Month 2010, Palo Alto Friends Meeting

Clerk (& summarizer this month): Diane Pasta, Recording Clerk: Sandy Farley. **Note:** Reports are attached to the full minutes, available on the web site, by e-mail, at the meetinghouse, and by mail if you so request.

Meeting opened in worship at 12:15 pm with 34 persons in attendance (list, attachment #1). Clerk Diane Pasta read the queries for first month on Meeting for Worship. We had a rich sharing time in response to the queries, with five spoken messages. Meeting is a time to pull back from the stimulation of the world to connect with the Divine and with our community. Silent worshippers as well as those who speak are important to Meeting.

Minute 1-10-10 #1 Minutes were accepted as amended

Official notice: The Corporation Meeting will occur next month.

Worship and Ministry—Eric Sabelman. Eric reported that the committee is open for topic suggestions on the spring retreat in April. W&M is working with Oversight committee to add a reference to the newcomer's brochure in the handout given to visitors. Worship and Ministry Committee asked about the programming of including the queries in Meeting for worship. A variety of responses and ideas arose from the ensuing worship. Friends generally like the queries and returned the matter to the committee for discernment and implementation. Proposed upcoming events: The committee considered the issue of authority among Friends proposing a discussion in a Saturday workshop, possibly with an outside facilitator. The date is being reconsidered. We would like to invite the Moravians to the Oversight committee's Newcomer's lunch in order to build a stronger relationship with this group that uses our facilities. The State of the Meeting Report first discussion is planned for February 28. May 31 a Meeting for Remembering (a general memorial meeting) will be held. We are reviving the committee on public meetings for worship. An event is being planned regarding the war in Afghanistan in conjunction with Multi-faith Voices for Peace, with a focus on children who are victims of war.

Nominating Committee: Brian Vura-Weis. Brian made some corrections to the nominations slate that appears on the clerk's resource's web site. Minute 1-10-10 #2 Meeting accepted these adjustments. Minute 1-10-10 #3 These nominations were approved: Additions to Hospitality Committee: Donna Baranski-Walker, Ed Boling, Nancy Brink, Henry Jason, and Linda Kamas. Addition to Visiting and Caring Committee: Mary Lou Moses. Harvest Festival Steering Committee, which serves for the calendar year: Catherine Vanderwaart and Amy Fox, co-clerks, and Megan Stokes Holt, Brian Vura-Weis, Sandy Farley, Cara Arcuni, and Diana Egly. Robin Severns was nominated to serve Harvest Festival steering committee.

Visiting and Caring Committee has asked to revert to simply Visiting Committee; the written charge may also need revision. The name change and the charge revision were returned for more careful discernment of the Visiting Committee's charge by Nominating Committee in consultation with Oversight, Visiting, and First Day School committees. Contact Stratton Jaquette if you are interested or think of others who might benefit from further connection and service to Pacific Yearly Meeting.

Nominating Committee discussed the role of the Associate Clerk, currently unfilled, and they plan a meeting with former clerks and associate clerks to consider the responsibilities and reconfiguration of that role.

PYM Representative report: Hubert Morel-Seytoux Our representative read his report which is attachment #2.

Discussion of possible changes in Pacific Yearly Meeting's structure and annual session is planned in one week.

Finances: Treasurer's report -- Bill Bauriedel The treasurer reported the good news that contributions were about 25% above the budgeted amount. The clerk clarified that the fundraising letter incorrectly stated that we had already reached unity on the way to handle the Youth Coordinator funding in the budget. We will review the budget next month for possible approval.

Friends Committee on National Legislation:—Donna Baranski-Walker was our delegate to the annual meeting. **Carin Pacifico** read her report. It is attachment #3.

Peace and Social Action Committee, Carin Pacifico The P&SA Committee can go forward and take action on the part of the committee but has asked Meeting's direction on whether to send a minute of support of marriage in face of the court case challenging California's ban on same gender marriages. Meeting discussed its leadings and unity on this topic. We have minuted our willingness to take same gender couples under our clearness committee process, but this may be different. We may not be able to rise to this occasion in the tight time frame. The topic will be on Peace and Social Action committee's next agenda.

Clerk's business and announcements The clerk is establishing an Ad Hoc Committee on Building Use. Members are Bart Burstein, Amy Fox, Kate McClellan, and one other. Their charge is to review and clarify the building use policy and look at the relationship with the Friends Nursery School.

Newsletters from other Meetings come to us; would a volunteer like to review these and pass information on, or should we ask meetings to stop sending us their newsletters?

We were reminded about how e-mail can draw us together as a community and to check out our new web site. Clerks are responsible for adding meetings or other events to the calendar that appears there; this is separate from the building use process, which goes through our calendar clerk.

We've received thank you letters from many organizations to whom we gave money. [A list is in the complete minutes.]

We contribute to PIA but are not members. The clerk will follow through on this concern.

Concerns "Our changing selves" was a phrase used by a pre-teen this morning, but all of us may have changing selves. We all need caring concern as we change.

Meeting closed with a brief moment of silence at 2:35

Weekend Retreat for 5th to 9th grade Friends

3/19 to 3/21, 2010 at Palo Alto Friends Meetinghouse

The gathering begins with supper Friday, 3/19 and ends mid-day Sunday, 3/21. Activities will include crafts, games, stories, ice skating, worship, and service. Sleeping space will be the floor of Friends Nursery School classrooms. Cost is \$50.00 – scholarships are available. Sponsored by the Middle School Group, Palo Alto Friends First-Day School. For registration and information contact Retreat Coordinator Janet Murphy, 52 Exeter Avenue, San Carlos, CA 94070 650-594-1088 <davidp.murphy@sbcglobal.net> or FDS clerk Tom Farley, 650-366-1818 <farley@spont.com>.

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Name(s): \_\_\_\_\_

Parent/guardian: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

Grade(s) in school: \_\_\_\_\_ Birth date(s): \_\_\_\_\_ Meeting: \_\_\_\_\_

I plan to pay \$ \_\_\_\_\_ Scholarship requested \$ \_\_\_\_\_

I can offer a ride \_\_\_\_\_ I need a ride \_\_\_\_\_ I need a map \_\_\_\_\_

Special Diets and other needs: \_\_\_\_\_