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PALO ALTO FRIENDS NEWSLETTER

First Month, 2013

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ADVICES AND QUERIES FOR FIRST MONTH: MEETING FOR WORSHIP

The heart of the Religious Society of Friends is the Meeting for Worship. In direct communion with God, we offer ourselves for God's will. Our daily lives are linked with the Meeting for Worship, the Meeting for Worship with our daily lives.

Come regularly to Meeting for Worship, even when you are angry, tired, or spiritually cold. Bring your joys and your hurts, and the needs of other people. Accept and support each other in the community where God dwells among us. As you do so, you may find the grace of prayer.

At times the Spirit may prompt you to speak in Meeting. Wait patiently to know that the sense and the time are right. When you are sure, have *confidence* that the words will be given to you. Listen to the ministry of others with an open spirit. If it is not God's word for you, it may be for others. After a message has been given, allow time to ponder its meaning and to let the Meeting return to silent worship. In speech and in silence, each person contributes to the Meeting.

- Do I come to Meeting with heart and mind prepared for worship?
- In both silent and vocal ministry, do I respond to the leadings of the Holy Spirit, without pre-arrangement and in simplicity and truth?
- Am I careful not to speak at undue length or beyond personal spiritual experience?
- *Do we meet in expectant waiting for the promptings of the Divine Spirit?*¹
- *Are we drawn together in a living silence by the power of God in our midst?*

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 January 13, 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

DEC (12TH MONTH)

- 23 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 23 Sun noon Fourth First Day Provided Lunch – (see note below).
- 23 Sun After Lunch ANNUAL HOLIDAY PARTY sponsored by First Day School – (see note below).
- 26 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 27 Thurs 7:30 am Mindfulness Meditation – NMH (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.**

JAN (1ST MONTH)

- 2 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
3 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
6 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
6 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
9 Weds 6:00 pm Midweek Meeting for Worship – NMH.
10 Thurs 7:30 am Mindfulness Meditation – NMH (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).
15 Tues 5:30 pm Talk and Potluck – Friends In Ramallah – Morel-Seytoux home (see note below).
16 Weds 6:00 pm Midweek Meeting for Worship – NMH.
17 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
20 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
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. – Showing of “Salt and Light Documentary” – NMH (see note below).
20 Sun [*Deadline for submittal of Newsletter articles - if email send to moriii@yahoo.com.*]
23 Weds 6:00 pm Midweek Meeting for Worship – NMH.
24 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
24 Thurs 7:00 pm Care and Concerns Committee Meeting – Library (see note below).
25 Friday Eve (Time TBD) Meeting Service Listening Session – 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).
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.

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.

Torture: Let's keep truth alive! It typically takes a country 30 years to publically acknowledge its severe abuses (think Chile, South Africa). 2013 is the 10th year since Abu Ghraib—20 to go!. Meanwhile, it is up to us to keep putting the truth out there and demanding action, because torture continues.

We will inform ourselves on three current issues, the abominable treatment of Bradley Manning; the movie, "Zero Dark Thirty," which condones torture; and the failure to release the Senate Intelligence Committee's report on CIA interrogation practices. There is something we can do now about each, so come prepared to write letters!

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.

*** TALK AND POTLUCK – FRIENDS IN RAMALLAH: Tuesday, Jan.15th 5:30 pm - home of Chula and Hubert Morel-Seytoux (57 Selby Lane Atherton, 94027 Phone:650-366-1407). Everyone is invited to this Potluck and Talk about the Friends in Ramallah. Our guest (who currently lives in Berkeley) will be Joy Tilden whose father was the Principal of the Boys School in Ramallah for 17 years and who grew up in a family that converted to Quakerism from the Greek Orthodox Church. Joy is currently writing a book about her father.

*** 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 \$167.00 in contributions for EHP in November.

*** 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 INNVISION meal program. One Monday each month starting with Jan 21 and Feb 18, 2013. 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.

*** SHARING JOYS IN SERVICE: Nominating committee invites all members of our community to join us on one of two occasions in January (Friday evening the 25th, Sunday after lunch on the 27th) to share where we have found joy in service to Meeting and listen to where we feel called to serve in the coming years. Join us for a session of worship sharing, "speed dating" with Committees, and listening as we share with each other and listen for how we may best share our gifts.

*** 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

HOTEL DE ZINK As we have done for nearly 20 years, we welcome 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

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. Do you want to suggest a program for 2014? Now's the time! Email us at mail@quakercenter.org if you have a great program idea for Friends and fellow travelers.

Join us from **January 25-27** when Quaker author, **Brent Bill**, will lead a provocative program, ***A Modest Proposal: Participating in God's Future for Friends***. 30,000 people a day try belief.net's Belief-O-Matic and, according to Newsweek, a disproportionate number of them learn that their beliefs fit the description of a liberal Quaker. Why aren't our Quaker meetinghouses bursting with newcomers? Join us a time of spiritual reflection and idea generation around this question.

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/>

UPDATE FROM AFSC: Berkeley, CA, "Sit Lie Ban" defeated. AFSC's homeless newspaper, Street Spirit, had a significant win in the recent election when Measure S, the "sit lie ban," went down to defeat. Many Bay Area cities have criminalized sitting and lying on the sidewalk, so the fact that Berkeley refused to go along was encouraging. It was Street Spirit's publicity about the issue, with a circulation of 20,000/month, which no other local newspaper covered, over a period of many months, that let the community know about the proposed ban.

Sally Hindman of Strawberry Creek Meeting, was a major player in organizing residents in opposition and is now working hard with the City of Berkeley to provide spaces for youth, especially, to congregate during the day if they are homeless. Measure S would have blocked services to anyone who had outstanding citations for sidewalk sitting.

U.S. Drone Wars: San Francisco Bay Tour. AFSC has endorsed the upcoming U. S. Drone Wars San Francisco Bay Tour. Speakers will include Joe Lombardo, Co-National Coordinator, United National Antiwar Coalition; Leah Bolger, National President, Veterans for Peace; and Toby Blome and Dianne Budd from CodePink. All of the participants participated in the 31-member October, 2012, U.S. Delegation to Pakistan to meet with anti-drone activists and relatives of the 760 victims of U. S. drone strikes initiated by CodePink.

If I Had a Trillion Dollars: The IHTD is a video contest and film festival jointly sponsored by the National Priorities Project and the American Friends Service Committee. It was originally conceived as a contest inviting youth between the ages of 10 and 23 to submit video on the subject "If I Had a Trillion Dollars" as a way to engage youth in thinking about national revenue spending priorities that will disproportionately affect youth. Since the first contest, the IHTD has become more of a film festival inviting participants to come to Washington, D.C., to participate, to train and to lobby. Information about the IHTD may be found at ihtd.org.

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.

DIRECTORY UPDATES: Details are posted in the office.

Davis Friends Meeting	new address
Seth & Cullen Raphael	new address