

# PALO ALTO FRIENDS NEWSLETTER

Seventh Month, 2011

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 Seventh Month: REACHING OUT

Friends fellowship begins and is nurtured within the home and Meeting. It reaches greater fulfillment as we carry our beliefs into the wider community.

Share your Quaker faith. Take time to learn about other people's experiences of the Light and, as you learn, give freely from what you have gained. Respect the experiences and opinions of others, but do not be afraid to say what you value. Welcome the diversity of culture, language, and expressions of faith in your Monthly Meeting, the Yearly Meeting, and the world community of Friends. Encourage discourse with Friends of pastoral and programmed traditions, and with members of other faiths.

Friends have a long history of involvement in public and private education, sharing our values with the world and nurturing future generations. Be mindful of the needs of children in your community and of avenues for deepening understanding between peoples.

*How does my life reflect Friends beliefs and thus encourage others to be interested in the Religious Society of Friends?*

*Do I respond openly to inquiries about Quaker experience and belief?*

*What does our Meeting do to make others aware of Friends principles and practices?*

*What are we doing to help people of various races, cultures, and backgrounds feel at home among us and we among them?*

*How do we encourage newcomers to return and participate in activities of the Meeting?*

*In what ways do we participate in the life of the interfaith community and in the wider fellowship of Friends?*

## 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 July 10, 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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## JUN

- 26 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 26 Sun noon Fourth First Day Provided Lunch – (see note below).
- 24 Tue 7:00 pm Worship Sharing for Caregivers – OMH (see note below).
- 29 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 30 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).

## JUL

- 1 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 2 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).
- 3 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH.
- 3 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 6 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 7 Thurs 7:15 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 7:15 am Mindfulness Meditation – NMH (see note below).  
 17 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH  
**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 12:15 pm Adult Ed. – Series on The Habit of Prayer and Reflection – NMH (see note below).  
 17 Sun [*Deadline for submittal of Newsletter articles - if email send to [moriii@yahoo.com](mailto:moriii@yahoo.com).*]  
**20 Weds 6:00 pm Midweek Meeting for Worship – NMH.**  
 21 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).  
 21 Thurs 7:00 pm Care and Concerns Committee meeting – Library.  
 24 Sun 9:00 am Adult Ed.– Quaker Practices & Our Meeting - End of Life Wishes & Planning – NMH (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 7:15 am Mindfulness Meditation – NMH (see note below).  
 28 Thurs 7:00 pm Worship Sharing for Caregivers – OMH (see note below).  
**31 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**

## **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. The group has shelf space in the Religious Groups Library of Old Union at Stanford. We would love to add your favorite Quaker book to the shelf. Books we have already received: [http://spreadsheets.google.com/pub?key=pEJ3Q-pGqgEnf\\_0LgUUVLGA](http://spreadsheets.google.com/pub?key=pEJ3Q-pGqgEnf_0LgUUVLGA)

\*\*\* 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 1658 work "Some of the Mysteries of God's Kingdom Declared". No preparation is necessary. All are welcome. Contact Henry Jason.

Adult Education has two other series right now. The series on **The Habit of Prayer and Reflection** continues after worship on Third Firstdays. The series on **Quaker Practices and our Meeting** is on Fourth Firstdays at 9 a.m. If you have ideas or questions on the Reflection series, talk to Claire Arnold; for the Practices series, talk to Diane Pasta.

**End-of-life wishes and planning:** July 24<sup>th</sup> - 9:00 am. Adult Ed will host Margery Bridges of Funeral Education Foundation (FEF) to speak about end-of-life planning and options. This is in conjunction with a campaign by Care and Concerns Committee to encourage Meeting members to complete their membership paperwork - the "Final Affairs" form - providing information on end-of-life wishes (A copy of the form can be obtained from any member of the Care and Concerns Committee.). The Funeral Consumers Alliance of San Mateo and Santa Clara Counties, and its affiliate, the Funeral Education Foundation (FEF), comprise the local chapter of a national nonprofit organization dedicated to protecting the right to choose meaningful, dignified, affordable death care.

\*\*\* 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 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 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 the balance of 2011 are: none in June, 7/4, 8/8, 9/12, 10/17, 11/21, and 12/26. Contact Marie Simirenko for more information - 650-961-1724.

\*\*\* THURSDAY MORNING MINDFULNESS MEDITATION: The Thursday morning meditation group meets in the New Meeting House at 7:15 am; practice time goes from 7:30 am to 8:30 am. All are welcome, including those new to meditation or experienced. Linea Stewart and the regular Thursday participants share the facilitation of the meditation group. For more info and a schedule of the practices, you may contact Trudy Reagan after meeting for worship on First days or by email, [trudymyrrh@earthlink.net](mailto:trudymyrrh@earthlink.net) contact.

\*\*\* 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 is a group sponsored by Oversight 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 is changing its meeting time from fourth Tuesdays to fourth Thursdays, starting in July. 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 Oversight committee. Be advised that the greeters you see each First Day are on the Oversight Committee. Please feel free to talk to a member of Oversight about such concerns...after meeting,...or call or email them.

\*\*\* 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).

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## **NEWS OF PEOPLE AND EVENTS**

**FWCC EVENTS: Next Quaker Youth Pilgrimage planned for 2012:** FWCC will soon begin the search for two adult leaders and fourteen young Friends ages 16-18 from the Section of the Americas to participate in the 2012 Quaker Youth Pilgrimage to the United Kingdom and the Netherlands. An equal number of leaders and young Friends from the Europe and Middle East Section will join the Section of the Americas Friends for this pilgrimage. Hosted by FWCC's Europe and Middle East Section, this month-long pilgrimage will take place from mid-July through mid-August. Details are still in the planning stage, but you can expect application forms for potential pilgrims and leaders to be available soon from our website. 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.

**Sixth World Conference of Friends:** The FWCC events website also has information about the Sixth World Conference of Friends on the theme "Being Light and Salt: Friends living the Kingdom of God in a broken world", April 17-25, 2012, Kabarak University, Nakuru, Kenya. Hulda Muaka of our Meeting is one of 4 delegates from Pacific Yearly Meeting.

**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:** Oversight 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.

**AFSC News:** A visit from Jerusalem Patricia Sellik – AFSC staff member in Jerusalem, will be visiting the Bay Area in July and attending Pacific Yearly Meeting - a great opportunity to hear from someone 'on the ground' in that troubled city! If you are unable to attend PYM there will be another opportunity to meet Patricia. The San Francisco AFSC office is working to arrange an event on **July 20<sup>th</sup>**, hopefully at San Francisco Friends School. Check this event by phoning AFSC @ 415-565-0201.

Towards a saner Budget Throughout this month there will be demonstrations all over the state to highlight the "Budget For Humanity" proposed by the coalition - Citizens United for a Responsible Budget. This proposal provides information on ways in which millions of \$\$ can be saved by using practical, sensible and safe methods to reduce California's overcrowded prison population. AFSC has been an active member of this coalition since it's beginning. To learn more and find a demonstration near you visit the web site, [www.curbprisonspending.org](http://www.curbprisonspending.org).

Immigration in the spotlight AFSC staff in the Central Valley are raising awareness and support for the Bill **AB1081**, presented by CA Assembly member Tom Ammiano. This bill will allow communities to opt out of the Federal "Secure Communities" program. 'Secure Communities' requires the police to inform ICE of possible illegal immigrants identified during a stop or arrest. AFSC has challenged "Secure Communities" since the beginning, as it is seen to create a climate of fear in immigrant communities and be very detrimental to relations between them and local law enforcement. The bill is wending its way through the system with some support at this time. Vocal public advocacy can move it even further.

**VOLUNTEERS SOUGHT FOR Ad Hoc COMMITTEE ON DONATIONS TO FRIENDS ORGANIZATIONS:** Each year the Meeting's Finance Committee appoints an Ad Hoc Committee on Donations to Friends Organizations. This committee is asked to allocate Meeting's budget for Donations to Quaker Organizations for the year. Any Friends who would like to serve on

this committee should volunteer themselves to the Finance Committee as soon as possible so that they can begin their work for this year.

**THE PENINSULA PEACE AND JUSTICE CENTER:** The Center's Calendar is at: [http://www. peaceandjustice.org](http://www.peaceandjustice.org)

**SOUTH BAY SANCTUARY COVENANT:** invites you to a lively, passionate presentation from our delegation to El Salvador with a focus on Liberation and the Struggle for Human Rights. Sunday, May 22 at 4:00 PM. Program and Salvadoran Pupusa Dinner. First Presbyterian Church. 1140 Cowper Street, Palo Alto. **Please RSVP to** [steering@southbaysanctuary.org](mailto:steering@southbaysanctuary.org). 650-494-8340

**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.

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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](mailto:newsletter@pafm.org) or [moriii@yahoo.com](mailto: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](mailto: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](mailto:pafriends@lists.stanford.edu). If you have any questions, contact Jerry McBride [jlmcbriemail@yahoo.com](mailto:jlmcbriemail@yahoo.com) 964-2869.

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