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PALO ALTO FRIENDS NEWSLETTER

Third Month, 2013

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Advices and Queries for Third Month: Meeting for Worship for Business

Come to Meeting with hearts and minds prepared to be open and faithful to the leadings of the Spirit. Then the conduct of business will lead to truth, unity, and love.

When a matter is before the Meeting for Business, each person present contributes to the corporate search for a decision that accords with the will of God. Inaction is a form of action. Silent worship in the Meeting for Business contributes to the process of achieving unity.

Listen attentively to others' words and use the silence between messages to reflect carefully on what you might contribute. When you are clear, speak simply what is in your heart, without repeating what has already been offered. While making your insights clear, lay aside personal opinions and attend to what God requires.

- Do I attend Meeting for Business regularly?
- Do I speak in Meeting for Business only when I am led to speak?
- *Is the Meeting for Business held as a Meeting for Worship in which we seek divine guidance for our actions?*
- *Are we tender and considerate of different views, coming to a decision only when we have found unity?*
- *Do we give prayerful support for our clerks that they may be sensitive to the movement of the Spirit among us?*

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 March 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

FEB (2ND MONTH)

- 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).

MAR (3RD MONTH)

- 2 Sat 9:00 am Buildings and Grounds Work Day. – (Cancelled).
- 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 moriii@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).
31 Sun 10:30 - 11:30 am 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.

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 - 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 \$227 in contributions for EHP in January and \$137 in February.

*** VOLUNTEER MEAL PREPARATION FOR HOMELESS - OPPORTUNITY FOR COMMUNITY SERVICE: We help prepare the food and serve it to the Homeless at the First Methodist Church in Palo Alto (corner of Hamilton & Webster) one Monday a month from 3:00 to 6:30 p.m. 2013 schedule: Mar. 18, April 29, May none, June 3, July 8, Aug. 12, Sept. 16, Oct. 21, Nov. 18, Dec. 23. Please contact Marie Simirenko at (650) 961-1724 if you wish to volunteer. Thanks!

*** 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, mpaceconnell@stanfordalumni.org) to confirm that there are no meeting changes and ensure time on the agenda.

*** BUILDINGS AND GROUNDS - PAFM WORKDAY: Saturday, March 2. CANCELLED

Y'ALL COME for Work & Fellowship! 9 a.m. to 1 p.m.

Weeding

Cleaning up

Pruning

Planning/doing Quaker Quest goals.

*** 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

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.

MARCH 2013 NEWS FROM BEN LOMOND QUAKER CENTER: Looking for spiritual inspiration? Visit <http://www.quakercenter.org/> to read a new quote from a weighty Friend every week and click on the link that will take you to the original text. Or, if you want these messages to come to you each week, "like" Ben Lomond Quaker Center on Facebook where these quotes will also be posted with their original context.

Back by popular demand, Come As You Are: Reading the Bible with Friends from March 15-17. Stephen Matchett will lead us in Bible reading and discussion that creates a spiritual synergy facilitating new understandings and inspiration of these words about the Word. Even if you have struggled with biblical text in the past, you are more than welcome to join us with an open heart to hearing these words in a different light. Register at <http://www.quakercenter.org/programs/reading-the-bible-with-friends/> by March 11th.

Couples Enrichment will be offered by Kathy and Jeff Richman from April 19-21. This workshop will offer committed couples the opportunity to celebrate their journey together and to deepen and improve their communication in an environment of trust and support. Spaces are limited. Please register at <http://www.quakercenter.org/programs/couplesenrichment/> by April 15th.

AFSC NEWS: Restoring Livelihoods - Since 2008, AFSC has been working with the residents of Hatcliffe Extension, a shantytown of 1,200 households on the outskirts of Harare. Most of the residents live in temporary shelters made from plastic sheeting, scrap wood, cardboard, and other salvaged material without running water, health care, schools, electricity, or proper roads. The Mugabe government demolished their previous communities when it displaced nearly a million people nationwide (mostly from areas that supported the opposition) in an operation called "Clean Out the Trash." Through our Restoring Livelihoods Program, AFSC teaches basic life skills to the most vulnerable residents: women, people with disabilities, adults with HIV/AIDS, and those caring for orphaned children. The program offers them hands-on training in trades like carpentry, leatherwork, blacksmithing, welding, dress-making, tie-dyeing fabrics, hairdressing, and peanut butter production, and in small business management, so that they can become financially independent, send their children to school, and build permanent housing for their families. We have also helped the community set up its own community savings and loan program to support members' new ventures. For more information you can go to <http://afsc.org/story/hungry-success-zimbabweans-start-build-community-workspace>.

Occupy the Auctions - In the January issues of AFSC's newspaper, *Street Spirit*, we highlight the efforts of "Occupy the Auctions," a group of activists protesting foreclosure auctions conducted by Wells Fargo. Apparently their efforts resulted in the cancellation of an auction scheduled during the holiday. We know this will not be the end of foreclosures, but it is important for the public to know these auctions are taking place, making it very difficult for former owners to reorganize their loans and recover their property.

2013 Sacred Peace Walk - AFSC West Region Office encourages Meetings and Worship Groups to consider

participating in the 2013 Sacred Peace Walk from Las Vegas, Nevada, to Creech Air Force Base and the Nevada Test Site. The Walk begins on March 23, 2013 with an Orientation and Passover Seder. On March 24, there will be a Palm Sunday Service and walk through Las Vegas. On March 26 and 27, there will be Vigils at Creech and Sojourn at the Temple of Goddess Spirituality. Finally, on March 29, 2013, Good Friday, there will be civil disobedience at the Test Site.

More information is available from the Nevada Desert Experience office at (702) 464-4814 or by emailing Jim Haber at jim@NevadaDesertExperience.org. The suggested donation for the entire week is \$200. Contributions to support those unable to pay the full amount and to support the Nevada Desert Experience are welcome.

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 jlmcbridemail@yahoo.com 964-2869.

DIRECTORYCHANGES

The details are posted in the office.

Trudy Reagan	new new email
Rosemary Mann	new address and phone number
Erin Cizina	new phone number

KATOKO SAX

Our dear Friend Katoko Sax died Saturday, February 23, 2013. There will be a Memorial Meeting on Saturday, March 2, 2013 at 2:00 PM in the New Meeting House.

“EYES WIDE OPEN”

On the 10th anniversary of the start of the Iraq War, you are invited to a time for reflection on the cost of war, the lost opportunities for making peace, the sacrifices of those who fought, the devastation wrought upon the land and people of Iraq and Afghanistan and our eternal hope for an end to war.

Experience the American Friends Service Committee’s exhibit:

“Eyes Wide Open”

**Martin Luther King Plaza, Palo Alto City Hall, Hamilton & Ramona,
Saturday, March 16, 10am-8pm**

Empty boots bearing the names of American military dead from California are placed in rows for silent meditation. Unnamed shoes represent civilian casualties young and old.

Information, a discussion circle and counsel for those who wish to share their grief will be available all day. There will be speakers and music at 10:00 am and after Muslim prayers at 1:30 pm, with reading of names of the fallen at 3:30 pm. A closing program of memorial words, prayers and songs will begin at 6:30 pm, ending at sundown with the playing of “Taps.”

Sponsored by Multifaith Voices for Peace and Justice

< www.multifaithpeace.org >

Co-sponsors include: ... Peace and Social Action Committee of Palo Alto Friends Meeting (Quakers)