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PALO ALTO FRIENDS NEWSLETTER

Eleventh Month, 2012

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Advices and Queries for Eleventh Month: Peace

Friends oppose all war as inconsistent with God’s will. As every person is a child of God, we recognize God’s light also in our adversaries. Violence and injustice deny this reality and violate the teachings of Jesus and other prophets.

Friends challenge their governments and take personal risks in the cause of peace. We urge one another to refuse to participate in war as soldiers, or as arms manufacturers. We seek ways to support those who refrain from paying taxes that support war. We work to end violence within our own borders, our homes, our streets, and our communities. We support international order, justice, and understanding.

Become an instrument of peace. At every opportunity, be peacemakers in your homes, workplaces and communities. Steep yourself in the power of the universal Spirit. Examine your actions for the seeds of violence, degradation and destructiveness. Overcome the emotions that lie at the root of violence and nurture instead a spirit of reconciliation and love. Come to know the oneness of all creation and oppose the destruction of the natural world.

- Do I live in the virtue of that life and power that takes away the occasion of all wars?
- How do I nourish peace within myself as I work for peace in the world?
- Do I confront violence wherever it occurs, even when my personal relationships are involved?
- Where there is distrust, injustice, or hatred, how am I an instrument of reconciliation and love?
- *What are we doing to remove the causes of war and destruction of the planet, and to bring about lasting peace?*
- *Do we reach out to all parties in a conflict with courage and love?*

†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 November 11, 2012.

- 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

~~ In this Issue ~~

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|--|---|------------------------------------|---|
| Advices and Queries for Eleventh Month | 1 | Calendar Expansion — Details | 2 |
| Sunday Morning Schedule | 1 | News of People and Events | 3 |
| Calendar..... | 2 | | |

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CALENDAR

- 28 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 28 Sun noon Fourth First Day Provided Lunch this month – (see note below).
- 26 Weds 6:00 pm Midweek Meeting for Worship – NMH.**

31 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).

Nov

1 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
4 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
4 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
7 Weds 6:00 pm Midweek Meeting for Worship – NMH.
8 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
11 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
11 Sun noon Light lunch provided prior to Meeting for Business - OMH.
11 Sun 12:15 pm Meeting for Business – NMH (see note above).
14 Weds 6:00 pm Midweek Meeting for Worship – NMH.
15 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
15 Thurs 7:00 pm Care and Concerns Committee Meeting – Library (see note below).
18 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
18 Sun 11:45 am Collection for Ecumenical Hunger by Community Service Committee – NMH (see note below).
18 Sun 12:15 pm Adult Ed. – Discussion “The Light and Politics” – NMH (see note below).
18 Sun [*Deadline for submittal of Newsletter articles - if email send to moriiii@yahoo.com.*]
21 Weds 6:00 pm Midweek Meeting for Worship – NMH.
22 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).
25 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
25 Sun noon Fourth First Day Provided Lunch this month – (see note below).
28 Weds 6:00 pm Midweek Meeting for Worship – NMH.
29 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.

*** 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 \$175.50 in contributions for EHP in October.

*** 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 Urban Ministry meal program. Scheduled dates for 2012 are 11/5 and 12/10. 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).

NEWS OF PEOPLE AND EVENTS

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.

NOVEMBER 2012 NEWS FROM QUAKER CENTER: The remains of a large wooden bridge were discovered under the culvert that was just removed from beneath Hubbard Gulch Road! The bridge was probably the original bridge used by Lucille and Clyde Manley when they first moved to this land in 1920. (Read more about Quaker Center's history <http://www.quakercenter.org/history-before-1949/>.) A new culvert will be put in place to carry Marshall Creek water under the road, along with a newly graded road above it, which you'll drive over the next time you visit.

Our annual **Music and Dance Retreat** will be held from **Nov. 30th - Dec. 2nd** with the traditional community dance on Saturday night called by Kalia Kilban. Kalia is well known for her ability to make folk dancing fun for even the novice, so don't let your lack of dance experience hold you back from this delightful weekend. In order to keep our costs low, we invite participants to share in the leadership of singing, playing, and dancing sessions as well as helping with meal preparation throughout the weekend. The program fee for this weekend is on a low sliding scale of **just \$60 - \$140** to make it more accessible to all, including families with children.

The **Year End Retreat: Whole Mind, Whole Body, Holy Spirit, lead by Walter and Traci Hjelt Sullivan**, will begin on December 27th and end on January 1. This retreat will be an experiential exploration of the relationship between body, spirit, and the art of living into wholeness. Please register online by Thursday, December 20th at <http://www.quakercenter.org/year-end-retreat-2012/>. We will also be hosting a benefit **"Lunch with the Sullivans"** for donations on a sliding scale from \$5 to \$500 to honor Traci and Walter's 14 years of service to Quaker Center. Those who cannot come to the Year End Retreat will have a chance to catch up with Walter, Traci, Rebecca and Grace on December 26th from 11am to 2pm. Please save the date if you'd like to join us.

AFSC Dispatch : First annual OYFBA awards Oakland Youth Friendly Business Association (OYFBN) named AFSC's own Pablo Paredes one of four winners of the first annual OYFBA Award from among 80 nominations. This was a result of nominations submitted Pablo's mentees at Met West High School. Pablo mentors a group of students, some of whom are undocumented, who participate in various civic engagement projects on militarism and immigration. Congratulations Pablo!

California Proposition 34 AFSC has taken a position in favor of California Prop 34 despite hesitations that the removal of the death penalty will result in substituting life without the possibility of parole instead.

California Proposition 36 AFSC also formally endorsed Prop 36 which narrows the California three-strikes law and would permit sentence reduction hearings for close to 4,000 existing prisoners. It would also result in sentence reductions for future cases, if the third offense was not a specified "violent or serious" crime.

"Right to Healthcare Tour" at San Francisco Monthly Meeting In conjunction with Global Exchange, Jewish Voice for Peace and the San Francisco Friends Meeting, AFSC is sponsoring a presentation by Dr.s Allam Jarrar and Ruchama Marton as part of the "Right to Healthcare Tour." Dr. Jarrar works with the Palestinian Medical Relief Society maintaining health centers, clinics, and rehabilitation programs and training women as health workers. He was instrumental in launching the Palestinian call for Boycott/Divestment/Sanctions. Dr. Marton is the founder and president of Physicians for Human Rights-Israel, focusing on health in Occupied Palestine and in Israel. The presentation will take place on October 28th, from 5 - 8PM at the San Francisco Friends Meeting House, 65 9th Street in San Francisco. Contact Dalit Baum at the office for more information, dbaum@asfsc.org.

NOVEMBER NEWS FROM WOOLMAN AND SIERRA FRIENDS CENTER: We are already halfway through our fall semester and the students are fully engaged. They have just finished their service week, working in the Nevada County Healthy Harvest Food Bank Farm. During their service week the students spent their days working at the farm and food bank, and then returning to Woolman to debrief their experience and place it in the larger context of social justice and peace actions.

Woolman Semester students have been helping with the Farm since it began and the students this semester were told that the Farm would not exist today if it weren't for Woolman help. On a different but related note, shared work these days involves harvesting in the orchard where the bounty of several varieties of apples and pears makes us truly grateful for those who went before, planting and caring for the Woolman trees! Thanks to the hard work our interns and students, we will have abundant pear and apple sauces long after the sweet cider and fresh fruit is gone.

You can keep up to date with what is happening at Woolman and SFC at www.woolman.org and on Facebook at The Woolman Semester School.

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.

GREG KERBER HAS A COUPLE OF REQUESTS:

1. Greg needs to rent or purchase a car.
2. He has a large (25" or 27") Sharp TV for sale.

Contact Greg at (650) 853-0425 if you can help.

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.

DIRECTORY UPDATES: Details are posted in the office.

Vinetta Suzettis and Steven Allison have a new address and phone no.

Ed and Janet Hale have a new address and phone no.