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**ALO ALTO FRIENDS NEWSLETTER**

Eleventh Month, 2010

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**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?*

**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 November 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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**OCT**

- 24 Sun noon Fourth First Day Provided Lunch – (see note below).
- 24 Sun 12:45 pm Adult Ed. Readings on Quaker Eldership – (see detail below).

- 25 Mon 3 - 6:30 pm ? PAFM / Urban Ministry Meal Preparation – (see note below).  
 25 Mon 7:00 pm PAFM Women’s Group – NMH (see note below).  
 25 Mon 7:00 pm Stanford Research Project on Quaker Practice – 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).  
 30 Sat 9 am - 1pm Workday sponsored by Buildings and Grounds Committee.  
**31 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**

## NOV

- 1 Mon 7:00 pm Stanford Research Project on Quaker Practice – NMH (see note below).  
**3 Weds 6:00 pm Midweek Meeting for Worship – NMH.**  
 4 Thurs 7:15 am Mindfulness Meditation – NMH (see note below).  
 7 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (New series begins – see note below).  
**7 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**  
 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).  
 14 Sun 9:15 am ? Community Service Committee Meeting – NMH.  
**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 12:15 pm Meeting for Business – NMH (see note above).  
**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.  
 17 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH.  
**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 [Deadline for *submittal of Newsletter articles - if email send to [moriii@yahoo.com](mailto:moriii@yahoo.com).*]  
 21 Sun 12:15 pm Adult Ed. Report on QUIT Conference – (see detail below).  
 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).  
**28 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**  
 28 Sun noon Fourth First Day Provided Lunch – (see note below).  
 29 Mon 3 - 6:30 pm ? PAFM / Urban Ministry Meal Preparation – (see note below).

## 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.

STANFORD RESEARCH STUDY ON QUAKER PRACTICE - NMH. Daniel Steinbock. Daniel is a PhD student in Education and past president of the Stanford Student Quaker Group. As part of a research study on 'cultures of collaboration,' he's holding a series of four reflective discussions, in Quaker dialogue format, about Friends' group approach to worship and how Friends have carried their practices outside the Meeting. Friends are invited to participate in any number of the four sessions, which will be recorded on video for research purposes. RSVP [daniel@steinbock.org](mailto:daniel@steinbock.org) or 650-530-0703 This event happens on 4 consecutive Monday evenings between Oct. 11th - Nov. 1st, 7-8pm in the NMH.

\*\*\* 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 1655 work "The Inheritance of Jacob Discovered." Francis Howgill was an important early Quaker, one of the "Valiant 60 and the first, along with Edward Burrough, to preach in the city of London, England. He died in prison for his Quaker beliefs. No preparation is necessary. All are welcome. Contact Henry Jason.

### Adult Education Program in October:

October 24 12:45 Readings in Quaker Eldership - Worship & Ministry has assembled a book of readings on the difficult practice of eldering (also available on CD; ask Eric Sabelman for one. A few Friends have volunteered to read selected articles and will share their thoughts, others are welcome to do the same.

Adult Education Program in November: On Sunday, November 21 after meeting, Trudy Reagan will report on the recent QUIT Conference at Quaker Center in September. (The Quaker Initiative to End Torture). The November date coincides with the annual march against torture in Ft. Benning, GA. John Calvi, founder of QUIT, writes: "Friends have come together before to work for long-term goals—ending slavery, women's suffrage, ending the American war in Vietnam. Another great work awaits - the abolition of torture. Two generations of Friends may be needed to end torture as policy and practice in America. You can be a part of a great work, one of the largest efforts Friends have ever undertaken."

\*\*\* 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](mailto: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.

\*\*\* 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. Contact Marie Simirenko for more information - 650-961-1724.

\*\*\* 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](mailto:esabelman@aol.com)>, 650-322-2455.

\*\*\* 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 and 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](mailto:somurphy@earthlink.net)

\*\*\* 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.

\*\*\* 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**

**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.

## **NEEDS, OFFERINGS, OPPORTUNITIES, & ENTHUSIASMS**

**AFSC News:** AFSC in Palestine Kathy Bergen, Program Coordinator for Friends International Center in Ramallah, Occupied Palestine, will be in the Friends Church, Berkeley on Wednesday November 10th from 7-9pm. She will share her experiences as the Center works to support the Ramallah Friends Meeting and how the current political context affects their work. Of special concern are access and movement, together with land confiscation and house demolition.

Healing Justice This San Francisco based program hopes to join with other religious groups in an Amicus Brief that supports the lawsuit, brought by lawyers for the inmates, challenging the overcrowding and poor health care in our prisons. Please hold their work in the Light.

A visit from Shan Cretin The new AFSC General Secretary, Shan Cretin, will be in the area in the coming weeks to meet with staff and supporters.

**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.. (650) 494-8340.

**BOOKS FOR STANFORD STUDENT GROUP:** The group has 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.: [http://spreadsheets.google.com/pub?key=pEJ3Q-pGqqEnf\\_0LgUUVLGA](http://spreadsheets.google.com/pub?key=pEJ3Q-pGqqEnf_0LgUUVLGA)

**GREG KERBER OFFERS:** Large screen Sharp TV – 27” Make offer. 13” TV/VCR combo - \$25. Bathroom scale and/or 100-CD changer with tuner and two speakers – free to good home. Contact Greg at (650) 853-0425.

**EARTHQUAKE RELIEF IN ACTION** – from Randy Mont-Reynaud: The photo shows our resilient Haitian neighbors carrying the sewing machines - purchased with the support of some members of PAFM, up to the new mountain sweatshop, on their heads.



