



## PALO ALTO FRIENDS NEWSLETTER

Tenth Month, 2012

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### Advices and Queries for Tenth Month: **Home and Personal Relationships**

The Meeting plays an important role in nurturing and supporting personal relationships, including families. In our homes, our lives as Friends speak immediately and lastingly.

Every member of the Meeting is responsible in some measure for the care of the children. When this spirit of common concern is present, our children gain a sense of belonging and commitment to the larger community and to their heritage.

Our first concern for our children and our households is to live in the awareness that we are all children of God. Trust and love and a constant search for truth strengthen the light that leads us to the love of God. Parents should provide for the healthy development of their children's minds, bodies, and spirits. The time and attentive energy needed for this central task should be shielded from less important activities.

Human sexuality is a divine gift, forming part of the complex union of body, mind and spirit that is our humanity. In a loving relationship, sexuality brings delight, fulfillment and celebration.

Sexual conduct can be exploitative or violent. Sexual contact between an adult and a child is exploitative of the child. Meetings should prepare themselves to deal sensitively, promptly, and effectively with incidents of physical or sexual abuse in the Meeting community.

- Do I make my home a place of friendliness, joy, and peace, where residents and visitors feel God's presence?
- Are my sexual practices consistent with my spiritual beliefs and free of manipulation and exploitation?
- *Do we open our thoughts, beliefs, and deep understandings to our children and others who share our lives and our hospitality?*
- *Do we provide our children and young adults with a framework for active, ongoing participation in Meeting?*
- How are single people, members of non-traditional families, and sexual minorities welcomed and valued in our homes and in the life of the Meeting?

### 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 will be on October 14, 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

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### SEP

### CALENDAR

- 23 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**  
 23 Sun noon Fourth First Day Provided Lunch this month – (see note below).  
**26 Weds 6:00 pm Midweek Meeting for Worship – NMH.**  
 27 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).  
 29 Sat 9 AM – 4PM Harvest Festival – Meetinghouses and grounds (see note below).

**30 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**

**OCT**

- 3 Weds 6:00 pm Midweek Meeting for Worship – NMH.**  
4 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).  
7 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).  
**7 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**  
**10 Weds 6:00 pm Midweek Meeting for Worship – NMH.**  
11 Thurs 7:30 am Mindfulness Meditation – NMH (see note below).  
**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 7:30 am Mindfulness Meditation – NMH (see note below).  
18 Thurs 7:00 pm Care and Concerns Committee Meeting – Library (see note below).  
**19-21 Fri-Sun College Park Quarterly Meeting – Sierra Friends Center.**  
**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 12:15 pm Adult Ed. – Discussion “The Light and Politics” – NMH (see note below).  
21 Sun [Deadline for submittal of Newsletter articles - if email send to [moriii@yahoo.com](mailto:moriii@yahoo.com).]  
**24 Weds 6:00 pm Midweek Meeting for Worship – NMH.**  
25 Thurs 7:30 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 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).

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**CALENDAR EXPANSION – DETAILS**

\*\*\* STANFORD QUAKER ACTIVITIES: Stanford students interested in on-campus activities may contact Talley Kenyon at [talleykenyon@gmail.org](mailto: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 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> 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.

**The Light and Politics** What does it mean in practical terms to be "in the world, but not of he world?" How do we maintain our integrity while making common cause with people who do not share our faith, but who share our desire to care for life on Earth? When does compromise become cooptation? When does conviction become rigidity? Please join your Peace and Social Action Committee for an interactive exploration of these questions and more on October 21st at 12:15 p.m. in the Main Meeting room. Contact is Mary Klein. This sessions is sponsored by Adult Education Committee, contact Claire Arnold ([clairea\\_2006@hotmail.com](mailto:clairea_2006@hotmail.com)) for more information on how to run a session after or before Meeting on a topic close to your heart.

\*\*\* 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 \$148.00 in contributions for EHP in September.

\*\*\* 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 (none for Sept.), 10/1, 11/5, 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 Judith Bush (650-962-1318, [judith@grey-cat.com](mailto:judith@grey-cat.com)) 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).

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## **NEWS OF PEOPLE AND EVENTS**

**HARVEST FESTIVAL:** September 29, 2012. Benefits *Friends Committee on Legislation – California* and provides a month of time to work together and have fun together and then to savor the fruits of our labors. Please mark the date on your calendar and join in.

**VOLUNTEER SIGN-UP BOARD** - Check in the lobby. Sign up early to reserve your favorite activity and time.

**PUBLICITY** - Pick one thing you can do to help out and sign up so no one duplicates efforts. Check in the lobby.

**THANK YOU!**

**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.

**OCTOBER 2012 NEWS FROM QUAKER CENTER:** As Quaker Center's busy summer season transitions toward the more moderate days of autumn, we too are shifting more toward preparations for the future. We are excited to let you know that we have been awarded \$129,000 in grants toward the total cost of the culvert replacement project, which has just begun on the road leading to Quaker Center and a detour will be in place through the rest of October. These funds have been made available to us through the Santa Cruz County Resource Conservation District as they recognize that securing the stability of a Marshall Creek culvert upstream will benefit all those living downstream. Quaker Center will be paying about one-quarter of the full cost of the project from our reserve funds. We are incredibly fortunate to be able to complete this project with this level of financial assistance.

Come and rest, relax deeply, and learn self-healing through massage, energy work, and laughter with **John Calvi** who will be leading *Healing Hands, Healing Self* from **October 26th - 28th**. *Childcare will be provided* by Friend, Neil Fullagar, from San Francisco Meeting during program sessions *at no additional cost to parents*. Find out more and register online at

<http://www.quakercenter.org/healing-hands-healing-self/>

**AFSC Dispatch :** Pacific Yearly Meeting on Proposition 34 Pacific Yearly Meeting approved a minute of support for California Proposition 34 to end the death penalty. Prop 34 will appear on the California ballot in November, 2012. As with other Quaker Meetings examining this measure, PYM had reservations because we are hesitant to promote the use of life without the possibility of parole as an alternative. The measure does not actually change the law with regard to life without the possibility of parole and it does abolish the death penalty so in the end PYM & the AFSC have been endorsing the measure.

AFSC Middle East Work AFSC staff are concentrating on urging TIAA-CREF to divest from certain companies - Veolia, Northrop Grumman, Elbit, Caterpillar, Motorola - that profit from the occupation of Palestine. Friends who have funds in TIAA-CREF are encouraged to write to ask to divest or to work with their own retirement systems to do likewise. In June, TIAA-CREF removed Caterpillar from funds that it markets as socially responsible, but the AFSC continues to work with others to get TIAA-CREF to divest entirely from all of the companies listed above. Further note: in April, Friends Fiduciary, with \$200M under management, divested its \$900K holdings in Caterpillar. If you want to become more involved see [wedivest.org](http://wedivest.org) or call Dalit Baum at the SF Office, [dbaum@afsc.org](mailto:dbaum@afsc.org).

Mural The mural that a number of our youth were working on is now completed. This is a moveable mural. Stay tuned for

plans for how display it on a wall near you. To view the mural, go to:

[oaklandquakers.org/AFSC/Mural/wideangle1.jpg](http://oaklandquakers.org/AFSC/Mural/wideangle1.jpg)

**OCTOBER NEWS FROM WOOLMAN AND SIERRA FRIENDS CENTER:** The fall always brings abundance to Woolman and SFC, and this year more than ever. Our 14 students have arrived from across the country (Michigan, Colorado, Pennsylvania...) and close to home (San Jose, Berkeley...). They are already choosing their sustainability projects and the subjects of their peace documentaries. Our eight new interns also hale from far and near and have already made themselves a part of community, harvesting early Sunday mornings for our CSA, providing that extra support for trigonometry or a college essay, and preserving ½ gallons of zucchini and cucumber pickles in seemingly every spare moment. Our new 80 ft. hoop house has just gone up which promises to make our winter garden abundant as well. We are grateful for the grant which allowed us to purchase it.

We are looking forward to our "Feast in the Fields" fundraising dinner to be held under the oaks on October 12th as a chance to make new friends and welcome old ones to a Woolman grown meal and a chance to hear about our innovative farm-to-table educational programs. You can keep up to date with what is happening at Woolman and SFC at [www.woolman.org](http://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.

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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 [jlmcbridemail@yahoo.com](mailto:jlmcbridemail@yahoo.com) 964-2869.

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