

BETHESDA FRIENDS MEETING

Religious Society of Friends

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February 2018

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Bethesda Friends Meeting February, 2018 Newsletter for the web

February 2018 Calendar

Meeting for Worship is held at 11:00 a.m. every First Day. The meeting room is also available at 9:30 a.m. for those desiring a smaller, quieter Meeting for Worship, except on the first First day of the month, when Meeting for Business is held at 9:00 a.m. We have a mid-week Meeting for Worship at BFM on Wednesdays, at 7:30 p.m., and a worship group in Boyds the second Sunday of the month at 11:00 a.m.

1	Thurs	10:00 a.m.	BYM New Campers Enrollment Opens
4	Sun	9:00 a.m.	Meeting for Business (Child Care Provided)
		11:00 a.m.	First Day School: Worship & Multi-Age Activities
		12:30 p.m.	Environmental Sustainability Group
		12:30 p.m.	Adult Religious Education Committee, Teachers' L.
9	Fri	6:30 p.m.	Silent Retreat for Friends at Dayspring,
Germantown			
10	Sat	9:00 a.m.	Soul of Leadership Program, Shalem
		1:30 p.m.	BFM Book Group in the BFM Library
		7:00 p.m.	How Sweet It Is Sing-Along, Adelphi Friends Mtg.
11	Sun	9:00 a.m.	Workshop on Implicit Bias, Music Room
		11:00 a.m.	First Day School: Worship & Classes
		12:30 p.m.	Potluck: Please Bring a Dish to Share
		1:00 p.m.	Library Committee, BFM Library
		7:30 p.m.	Experiment with Light
13	Tues	8:30 p.m.	March Newsletter Deadline

16	Fri	7:00 p.m.	BYM Young Frds Conf., Sandy Spring Frds
Meeting			
18	Sun	9:00 a.m.	Committee Day: M&W and Pastoral Care
		9:30 a.m.	Committee Day: Outreach & C, S & F, Rel.
Ed.			
		11:00 a.m.	FDS: Worship & Classes
		12:30 p.m.	Getting to Know Each Other, Meeting Room
19	Mon	9:00 a.m.	Barry Morley's The Language of God Workshop
		12:00 noon	Interfaith Summit: Stand Up, Speak Out, Unite
22	Thurs	7:00 p.m.	"Ascending Afghanistan: Rising Women," SFS US
23	Fri	6:00 p.m.	Playing in the Light: Godly Play Training, SSFM
25	Sun	9:15 a.m.	Peace & Social Justice Committee, Teachers'
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		9:30 a.m.	ARE: Friends and Money: Spirit-led Finance
		11:00 a.m.	First Day School: Worship & Meal Preparation
		12:30 p.m.	Coordinating Gathering, Meeting Room
		7:30 p.m.	Experiment with Light

Query for February: Caring for One Another and Listening

How can we most effectively foster a loving and understanding attitude in our community? What helps me to listen deeply and with an open heart to others? When is it hardest for me to be ready to listen? How do we share in the diverse joys and transitions in each other's lives? In challenging or stressful times, how open am I to seeking support from the Meeting community?

The Social Concerns Box

The February Social Concerns Box is for hunger relief programs in Montgomery County (provided by Bethesda Help, Bethesda Cares, the Manna Food Center, and Shepherd's Table).

Hunger in our community comes in many forms and is probably more widespread than most of us realize. (Approximately 70,000 of our neighbors are not always sure where their next meal is coming from.) The February Social Concerns Box is for four hunger relief programs. BFM has the longest association with Bethesda Help (www.bethesdahelp.org), which offers immediate short-term food and financial assistance for rent (to prevent eviction), utility bills (to prevent service interruption), and prescription medicines (as needed) to residents in southern Montgomery County who are in financial crisis. Manna Food Center (www.mannafood.org) provides nutritious food to 3,600 families each month and 2,800 school children each week. 40% of the people served by Manna are the working poor. Bethesda Cares (www.bethesdacares.org) and Shepherd's Table (www.shepherdstable.org) serve the homeless (in Bethesda and Silver Spring respectively). Please support the range of efforts to make our County hunger-free.

Religious Education for Children

A heartfelt thanks to the parents and many others who contributed to the imaginative Christmas play, a project that brought the children closer together and taught them so much about social justice, Quaker history, Quaker testimonies, and the power of creative collaboration.

Many First Day School children have given our quilter extraordinary designs to incorporate into the quilt for the Spring Fling auction to benefit the Ramallah Friends School. This year, the

theme is trees. In February, the children who have not yet had a chance to draw a design will be invited to sketch a picture.

In terms of the program for February, children of all ages are welcome and encouraged to join their families in Meeting for Worship from 11:00 to 11:15 a.m. each Sunday.

On **Thursday, February 1**, registration for new campers at Quaker Camps begins. For details, see below under events.

On **February 4**, Worship and Multi-Age Activities; on February 11 and 18, Worship and Classes.

On the weekend of **Friday, February 23**, to Sunday, February 25, there is a Godly Play Workshop for First Day School teachers. For details, see below under events.

On **Sunday, February 25**, children and adults will cook an entree for the Bethesda Homeless Shelter supper from 11:15 a.m. to 12:30 p.m. Showing up without notice is also okay.

Events

1st: Getting Ready for Summer 2018: BYM Camps

Enrollment for the BYM camping programs (at Catoctin, Opequon, Shiloh, and Teen Adventure) began on January 15 for returning campers, and will begin on February 1, at 10:00 a.m., for new campers. The camps are residential for children ages 9 to 17. Anyone may apply online (please do!). Spaces are available first-come, first-served, so please register as soon as you can if you need a particular session. To register, go to www.bymcamps.org

Why consider a sleep-away Quaker camp for your children (9 years and older)? For most children, at first, Quakerism and Meeting for Worship is seen as a “grownup” religion and experience. At camp, however, children experience the Inner Light in a natural setting, in outdoor silent worship, and in community with their peers and well-trained, talented counselors, many of whom were once campers themselves. Campers detach from electronics and social media to have fun playing and participating in camp activities; they gain the confidence that comes from learning practical life skills through daily camp chores; they make lasting friendships with children from other parts of the area or country. In short, the Quaker camp setting and program afford opportunities for experiential, multi-sensory learning that weekly FDS and traditional school can not provide. All Quaker camps are open to children whether they come to BFM or not, so please share this information with others who might be interested.

For details about the camps, visit www.bymcamps.org For an extended list of Quaker camps, see: <http://quakersdc.org/node/912>

The value of the Quaker camp experience for children and teens is why BFM has financial support available, so we invite you to inquire about how to apply. For those who might want financial assistance for their children, please contact the co-clerk of Pastoral Care.

4th: Meeting for Business

On Sunday, February 4, at 9:00 a.m., Bethesda F(f)riends will consider various business items. How the Spirit will lead us in discernment of issues both large and small is part of the mystery that is the Religious Society of Friends. There will be reports from Friends Committee on National Legislation and the Recorder (re membership changes in the last year). Two committee reports were held over from last month: Child Care and Ministry & Worship. All who come to Meeting for Worship are welcome and encouraged to participate in our worship. Child care up to age 12 is provided. Please join us if you can.

9th to 11th: Silent Retreat for Friends at Dayspring

The purpose of silent retreat is the deepening of communion with God, with other persons, and with oneself. The point is to “make space for...a time of waiting in silence, in solitude, to hear the voice of the One Who speaks in everything that is, and who, most of all, speaks in the depths of our own being.” (Thomas Merton) The retreat is at Dayspring in Germantown MD, and sharing the warmth of spiritual community in the heart of winter, amid nature’s beauty, is a great blessing! It is a wonderful opportunity for spiritual refreshment.

10th: Soul of Leadership Program

Margaret Benefiel will be leading a [10- week program \(February 10 to April 21\) with Tony Mazurkiewicz on vocational transformation](#). It is designed for leaders from a variety of organizational backgrounds to gain inner renewal, clarity, and practical tools. The program includes two in-person gatherings from 9:00 a.m. to 4:00 p.m. on February 10 and April 21 at the Shalem Institute for Spiritual Formation (3015 4th Street, NE, Suite 22); three small group meetings (in person or via internet); and an on-going online community. There are also details on the BFM bulletin board.

10th: Quaker Book Group

The Quaker Book Group has been meeting monthly, normally on the second Saturday at 3:00 p.m. at Bethesda Public Library (not at Meeting). Because the library is undergoing renovations, the meeting place is in the BFM Library from 1:30 to 3:00 p.m. Newcomers are always welcome (even if you have not read the book!). Since the time and date can change on short notice, please join the Book Group List Serve. By joining the list serve, you can participate in the online discussions, read the post-meeting summary, and help choose the next book. For details: <https://groups.google.com/forum/#!forum/bfm-book-group>

10th: How Sweet It Is Sing-Along Concert

Annie Patterson (& friends) are coming to town on Saturday, February 10, at 7:00 p.m. Annie will be leading a sing-along concert featuring songs of the heart from many genres: from traditional folk to jazz standards, from country to Motown, from Beatles to Broadway. Annapolis swing guitarist Tom Mitchell (of the Blue Rhythm Boys) and upright bass player Ralph Gordon’ll join her. This is a great chance to celebrate love and hope in these challenging times. The event will be at Adelphi Friends Meeting, 2303 Metzert Road. For details: www.riseupandsing.org/events or admin@quakersdc.org

11th: Workshop on Implicit Bias

A few people from the BFM community were able to participate in the Yearly Meeting’s workshop on implicit bias in November and were so impressed by the learning experience that they wanted others in BFM to experience it. And it may be even more powerful the second time around! It is an opportunity to learn how we are imbued with assumptions which skew our actions in ways we may no longer even be aware of. We can become more aware of them by taking time to pause and look at them anew. Please join us at 9:00 a.m. on Sunday, February 11, in the Music Room, which is in the basement of the SAM Building, across the patio from the Meeting Room. Please come if you possibly can.

11th: Potluck: Please Bring a Dish to Share

Please join us for potluck at the rise of Meeting on Sunday, February 11. We gather in the Groome Building multi-purpose room for food and fellowship. Potluck is a good way to make

connections with people you don't know so well (newcomers and others), so bring a dish to share and be ready to make some new friends. Your contribution of a dish to share with others adds greatly to the occasion.

Members of the Outreach & Communication Committee are hosting a table for people who are newer to Meeting and may not know so many people but would like to know more. The Peace & Social Justice Committee is hosting a letter-writing table for Friends Committee on National Legislation (FCNL).

11th/25th: Experiment with Light Sessions

How do we quiet our brains enough to hear the still, small voice within us? How might we deepen our experience of meeting for worship? Experiment with Light is a meditative and centering practice based upon Rex Ambler's book *Light to Live By*, which describes early Quaker meditative habits and translates them into a highly accessible process of clearness and understanding. This is an invitation to two sessions. One will be on Sunday, February 11, from 7:30 to 9:00 p.m. The second will be on Sunday, February 25, from 7:30 to 9:00 p.m. Please come if you can.

16th to 18th: Young Friends Conference

On the weekend of February 16, there will be a Young Friends Conference for high school-aged Quakers at the Sandy Spring Meeting, 17715 Meeting House Road in Sandy Spring. Young Friends should arrive beginning at 7:00 p.m. on Friday. [Register here](#) or contact Jocelyn Dowling. The deadline to register and be guaranteed a slot is two weeks before the conference. Anyone registering after that date will be placed on a waiting list and may not be able to attend.

18th: Getting to Know Each Other Session

Please join us at the rise of Meeting in the meeting room on Sunday, February 18, as we gather with refreshments for a conversation in which we hope to get to know one another better and help each other feel at home at BFM. Sometimes, after introducing oneself two or three times, it is challenging to find ways to connect with others in Meeting at the coffee hour or potluck. This is an opportunity to make deeper connections.

19th: Barry Morley's Language of God Workshop

Sandy Spring Friends Meeting invites us to a workshop at Friends House, Miller Center, 17340 Quaker Lane, Sandy Spring MD, on Monday, February 19, from 9:00 a.m. to 4:00 p.m., on Barry Morley's Language of God. Whether from lofty tales or nursery rhymes, the great metaphors maintain a hold on us. Discover how the spirit speaks to you as we explore this concept through discussion, small group sharing, and examining of waking and sleeping dreams, beloved fairy tales, and stories. Participants will learn to recognize how God speaks to them in ways they may have previously ignored. To register: Rst.John@friendshouse.com or 301- 804-4167.

19th: Interfaith Leadership Summit: Stand Up, Speak Out, Unite

On Monday, February 19, from 12:00 noon to 5:00 pm., the Interfaith Council of Washington is sponsoring a [leadership conference for young adults](#). Join your fellow young adult friends to speak your minds about issues you care about the most! The summit will be at the Church of the Latter-Day Saints, 5460 Western Avenue, Chevy Chase MD (near the Friendship Heights Metro Station) For details: symirr@ifcmw.org

22nd: "Ascending Afghanistan"

On February 22, from 7:00 to 9:00 p.m., there will be a [showing of the documentary film on an all-female Afghan mountaineering team's first ascent of a peak in Afghanistan](#). The showing will be in the Robert L. Smith Meeting Room at the Sidwell Friends School Upper School campus, 3825 Wisconsin Avenue, NW. (One of our BFM community members has lived and worked in Afghanistan over the past seven years. In 2016, she worked in Kabul with a US-based organization which support the girls' efforts.) Please come! 100% of the sales will support the programs of Ascend.

23rd to 25th: Playing in the Light: Godly Play, Faith & Play Training for Quakers

[Playing in the Light: Godly Play](#) can transform your First Day program for children, and nurture your own spiritual life. Learn and practice skills to help children explore the existential limits of their lives through wonder, play, and core stories from the Bible and Quaker faith and practice. The program will begin at 6:00 p.m. on Friday, February 23, at the Sandy Spring Friends Meeting, 17715 Meeting House Road in Sandy Spring.

25th: Peace & Social Justice Committee

The P&SJ Committee has oversight of a portion of the BFM budget. In the current budget, it identified 23 outside groups concerned with social justice and peace issues, which will receive a total of \$16,610 from this year's BFM budget. As part of the budget process for the fiscal year that begins July 1, 2018, P&SJ invites you to attend the P&SJ Committee meeting at 9:15 a.m. on Sunday, February 25, in the Teachers' Lounge to make proposals on how the Meeting's funding of peace and social justice concerns should be allocated. Please come to join the discussion.

25th: Friends and Money; Spirit-led Finance

The Adult Religious Education Committee is offering a session called "Friends and Money; Spirit-led Finance." In 1659, George Fox said "Take heed against setting your hearts upon riches, lest they become a curse and plague to you." It seems that Quakers from the beginning have found the subject of money and its right use something to concern himself or herself with. The presenter is the current Treasurer of Sandy Spring Monthly Meeting, former Business Manager of Sandy Spring Friends School, and former clerk of Baltimore Yearly Meeting Trustees, continues to work at developing his Spirit-led decision making in financial matters. The session begins at 9:30 a.m. in the Music Room of the SAM Building, across the patio from the Meeting House, in the basement.

25th: Coordinating Gathering

Representatives of most BFM committees meet during the week before Meeting for Business to discuss the upcoming agenda and to share our reflections on the spiritual state of our community, specific tasks, and Quaker processes. These meetings are open to all who wish to attend. There will be one at the rise of Meeting on Sunday, February 25.

Committee Notes

Nominating

Clerks of committees are reminded that copies of the minutes of all committee meetings should be given to the co-clerks and the archivist.

Also, to schedule any event at Meeting, please contact our scheduler and our newsletter editor before the newsletter deadline of the 13th of every month except July.

Many of the newly constituted committees have met now, but whether you have or not (and whether you are the clerk or not), please reach out to new committee members soon, welcome them, and ask if they have any questions. Some folks are new to committee work or new to our Meeting, and will be especially appreciative of outreach and welcome.

Take time to consider how to make participation on committees a nurturing experience for all, including plans for the coming year, the committee's priorities, and what might be laid down, shared more widely with the larger meeting, or done differently in a more spirit-led way.

There are more helpful tips in the committee resource guide on page 47 of the 2017 BFM Directory.

Library & Book Table Committees

Hospitality. We wish to thank both the Library Committee and the Book Table for providing hospitality at the rise of Meeting and potluck this month. The Library Committee takes care of our library resources. It is responsible for the acquisition, care, and circulation of the Meeting's books and other information resources. If you would like to help out in any way or know more about how to use the library, please contact our librarian. The Book Table offers an engaging selection of books (for sale) to our community during coffee hours.

Ministry & Worship

Want to Hear Better at Meeting? If you have trouble hearing spoken messages in Meeting for Worship, give our hearing system a try! System users must wear an earpiece attached to a small FM receiver. Compact receivers are available each Sunday on the table outside the meeting room. Users can choose from three types of earpieces to plug into the receiver:

- an inside-the-ear earpiece for those who don't wear a hearing aid;
- an over-the-ear earpiece for use with a conventional hearing aid;
- an induction "necklace" for use with a "T-coil" hearing aid.

Since our microphones are very sensitive, users may find it helpful to keep the volume turned down when no one is speaking. Otherwise you'll hear every little cough and rustle in the room! Like most sound systems, ours is susceptible to interference from cell phones, so please make sure your cell phone is turned completely off during Meeting for Worship.

What Do We Do When It Snows? There will be Meeting for Worship for whomever comes, unless an e-mail has been sent out saying the school (and hence the Meetinghouse) is closed. The school does make every effort to clear the grounds as quickly as possible. Those without access to e-mail need to call someone with a computer or the school security office: 202-537-6991 and 202-537-8197.

Pastoral Care: Request for Drivers

The Pastoral Care Committee is looking for additional individuals who would be willing to provide rides to people from the meeting community. You would be added to an e-mail list and then occasionally receive a request such as: George Fox needs a ride to Sibley Hospital at such-and-such dates and times. If you can help, you would reply. If you can't, no reply is necessary.

Child Care

Calling for Child Care volunteers. Can you help out once in a while as a volunteer in the BFM child care room on Sundays at 11:00? If so, we need you! Please use the form on the BFM website to list any available dates and to add your name to the "Email request list" (which is sent out once a month when volunteers are needed):

http://www.bethesdafriends.org/volunteer_for_child_care.aspx

Peace Notes

February is Black History Month. In the past BFM has actively supported the Black Lives Matter movement. To learn about the guiding principles of Black Lives Matter, please read:

<https://blacklivesmatter.com/about/what-we-believe>

To learn about the platform of the Movement for Black Lives coalition, please read:

<https://policy.m4bl.org/about> For the local chapters, check out:

<http://www.blacklivesmatterdmv.org/>

<https://www.facebook.com/M4BLDC>

Friends House

Friends House Retirement Community is a continuing care retirement community in Sandy Spring, which includes cottages and moderately priced apartment homes, and health care neighborhoods. Friends House is building 33 lodge apartments and 14 duplex cottages for late-2019 occupancy. Groups of 10 to 13 lodge apartments are arranged around a common living space. There are one-bedroom (with and without den) and two-bedroom apartments. The cottages each have one or two bedrooms and a central garage. Cottages allow for more independence while positioned to still feel a part of the Friends House community. About 20 more firm contracts are needed by March 31 for construction to begin in July. For details, contact Barbara Brubeck at 301-804-4167 or bbrubeck@friendshouse.com or www.friendshouse.com

Thinking About Race

Professor and author Michael Eric Dyson, in *Tears We Cannot Stop: A Sermon to White America* (2017), in preaching mode, addresses the reader directly as “Beloved.” Here are excerpts from Chapter 5 “Our Own Worst Enemy.”

“Beloved, why is it that every time black folk talk about how poorly the cops treat us you say that we should focus instead on how we slaughter each other in the streets every day? ... You do not bring this up because you’re genuinely concerned. You want to win points in debates. You want to avoid any responsibility for how traumatized our communities are. You want to hide from the horror of cops mowing us down like we’re animals.” (p. 143)

“Beloved, what you see happening among us is not best understood as black-on-black crime. Rather it is neighbor-to-neighbor crime. You are right, however, about those proportions. Ninety-three percent of black folk who are killed are killed by other black folk. But 84 percent of white folks who are killed are killed by other white folk ... Where’s the white-on-white crime rhetoric? Where are the rants against white folk ruining white culture with their murderous ways?”

“White folk commit the bulk of the crimes in our nation. And, beloved, it might surprise you that white folk commit the most violent crimes too.... White folk consistently lead all other groups in aggravated assault, larceny, illegal weapons possession, arson, and vandalism. [Other statistics follow.] The white-on-white mayhem is profound, yet no one speaks of it in racial terms.” (pp. 148-149)

2018 Directory

The 2018 BFM Directory will be printed as soon as possible. In addition to our names, addresses, phone numbers, and e-mail addresses, the directory contains useful information about the BFM calendar, committee membership and responsibilities, hospitality guidelines, and other Quaker Meetings and organizations. Most directories will be mailed out. Copies will be available on the hall table and at the book table.

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