

BETHESDA FRIENDS MEETING

Religious Society of Friends

P. O. Box 30152, Bethesda, Maryland 20824

301-986-8681 ♦ email: bethesdafrm@igc.org ♦ www.bethesdafriends.org



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BFM Newsletter November 2016 Version for Web

Query for November: Meetings for Worship

In what ways do I prepare my heart and mind to receive the power of God's presence and love? How does worship deepen my relationship with God? How is this inspiration carried over into my daily life? Are our meetings for worship held in expectant waiting for Divine guidance? How do activities of our Meeting find their inspiration in worship? In what ways does worship uphold Meeting activities?

November 2016 Calendar

Meeting for Worship is 11:00 a.m. every First Day. It is also held at 9:30 a.m. every First Day except for the first First Day of the month, when Meeting for Business is held at 9:00 a.m. There is also a mid-week Meeting for Worship on Wednesdays from 8:00 to 9:00 p.m.

5	Sat	1:00 p.m.	Memorial Meeting to Celebrate Pat Loring's Life
		7:00 p.m.	Rise Up and Sing, Friends Meeting of Washington
6	Sun	9:00 a.m.	Meeting for Business (All invited! Child Care is Provided.)
		11:00 a.m.	First Day School: Worship & Multi-age Quilting
		12:30 p.m.	ARE: Exploring Quakerism: Quaker Process

		6:30 p.m.	WPH Potluck: Three Faiths on Inner & Outer Peace
10/13	Th/Su	9:00 a.m.	Friends Committee on National Legislation's Annual Mtg
12	Sat	9:30 a.m.	Friends Wilderness Center: Storytelling, WV
		3:00 p.m.	Quaker Book Group at the Bethesda Library
13	Sun	11:00 a.m.	First Day School: Worship & K-8 Classes: Nativity Story
		12:15 p.m.	Potluck (Please Bring a Dish to Share)
		12:15 p.m.	Book Table Holiday Sale
		12:30 p.m.	ARE: Exploring Quakerism: Our Spiritual Journey
		1:00 p.m.	Library Committee
		6:30 p.m.	FMW: Quakers & Native American Boarding Schools
		7:30 p.m.	Experiment with Light
		8:30 p.m.	December Newsletter Deadline
14	Mon	8:00 p.m.	Stewardship & Finance Committee
15	Tues	6:30 p.m.	Ending Mass Incarceration in Maryland, Rockville Library
18	Fri	7:00 p.m.	Couples Conference: Find the Spark; Create the Flame
20	Sun	9:30 a.m.	Committee Day: ARE, A&O, & Religious Education
		11:00 a.m.	FDS: Worship & Multi-age Casting for the Pageant
		12:15 p.m.	Book Table Holiday Sale
		12:30 p.m.	Committee Day: Pastoral Care & Ministry & Worship
		12:30 p.m.	Christmas Program Orchestra Rehearsal, Music Rm.,SAM
		12:30 p.m.	Environmental Sustainability Group
		6:30 p.m.	Adult Friendly Eights Dinners
22	Tues	6:00 p.m.	SFS All Community Meeting for Worship, Upper School
25	Fri	7:00 p.m.	Young Friends Conference, Friends Mtg. of Washington
26	Sat	11:00 a.m.	Friends Wilderness Center: Cold Turkey Hike
27	Sun	9:15 a.m.	Peace & Social Justice Committee, Teachers' Lounge
		11:00 a.m.	First Day School: Worship & Supervised Play
		12:15 p.m.	Book Table Holiday Sale
		12:30 p.m.	Coordinating Gathering
		7:30 p.m.	Experiment with Light

Details are also available on our website: www.bethesdafriends.org

Social Concerns Box

Action in Montgomery (AIM) is the recipient for the Social Concerns Box for November. AIM, of which BFM is a member congregation, continues its advocacy for more affordable housing in the county and has an exciting new initiative to establish after-school programs in low-income neighborhood schools, among other actions.

The September Social Concerns Box for the Mary Jane Simpson Scholarship Fund received \$3,331. More is expected (and hoped for).

Please note that if you use Paypal to contribute to the social concerns box, the BFM treasurer has no way of knowing that the contribution is other than to BFM. People using Paypal to contribute to a social concern, such as the Mary Jane Simpson Fund or the Interfaith Housing Coalition, should e-mail treasurer(at)bethesdafriends(dot)org to let them know what the contribution is intended for.

Religious Education for Children

The program begins at 11:00 a.m. with children attending the first 15 minutes of Meeting for Worship with their parents. Religious Education classes and events take place in the Lower School Groome Building.

- On the first and third Sundays of each month, children in grades K-8 meet at 11:15 a.m. for large group, multi-age activities. Parents are welcome to join their children.
- On the second and fourth Sundays of each month, after attending Meeting for Worship with their parents for the first 15 minutes, children in K through 8th grades meet at 11:15 a.m. in two smaller groups by age/grade.
- On November 6, the multi-age activity will be the quilt project.
- On November 13, two classes will meet to discuss the nativity story.
- On November 20, the multi-age activity will be casting for the pageant. The pageant will be on Sunday, December 18. All students (K-12th) are welcome to participate.
- On November 27, Thanksgiving Holiday. Supervision for K-5th will be provided; older children are encouraged to worship in Meeting
- Dec. 4: Pageant Practice
- Dec. 11: Pageant Practice (not individual classes)
- Dec. 18: Christmas Pageant
- Dec. 25: Holiday Break.
- Jan. 1: Holiday Break.

[Click here for details.](#)

For the religious education program for middle and high schoolers for people at Quaker Meetings in this area (Baltimore Yearly Meeting), [click here.](#)

Events

2nd/9th/16th/23rd/30th: Mid-week Meeting for Worship

BFM is going to experiment with holding a mid-week meeting for worship on Wednesdays from 8:00 to 9:00 p.m. in the Meetinghouse, beginning November 2. We are hoping that this will offer an opportunity for some to come for whom Sundays are just too busy. Others may appreciate the additional time for communal worship. Please come when the Spirit moves you. Childcare is not available.

5th: Memorial Meeting for Pat Loring

BFM invites Friends to a Memorial Meet-ing to honor the life and mourn the death of Patricia (Pat) Loring on Saturday, November 5, at 1:00 p.m. in our Meetinghouse. Pat was a member of our Meeting in the 1990s. We all benefited from her wisdom, insights, and loving consideration. Excerpts from the Memorial Minute from Friendship Friends Meeting in Greensboro NC are at the end of the newsletter.

5th: Rise Up and Sing

On Saturday, November 5, at 7:00 p.m., Friends Meeting of Washington invites us to a [spirited sing-along concert](#) using the new song-book *Rise Again*. Bring a copy of the songbook if you have one. Copies will be available to buy or borrow at the concert. Suggested donations are \$15 for adults and \$5 for children, but if you can give more it will help make it possible for those with less means to attend.

Friends Meeting of Washington is at 2111 Florida Avenue, NW, near the Dupont Circle Metro.

6th: Meeting for Business

On the agenda for Meeting for Business this month are reports from Nominating, Child Care, the auditors, and Yearly Meeting Interim Meeting. All who attend Meeting for Worship are welcome to participate. Child care is provided for children up to the age of 12. Please come if you can, at 9:00 a.m. on Sunday, November 6, in the meeting room.

6th/13th: ARE Exploring Quakerism

Are you a newcomer to Bethesda Friends Meeting? Or perhaps you've been coming for a while, but have some questions about Quaker faith and practice. Or you may be a long-time Friend, wishing to review and deepen your understanding of Quakerism, and share your thoughts with other seekers. The Adult Religious Education Committee is offering a six-class series called "Exploring Quakerism." These classes are held on Sundays from 12:30 to 2:00 p.m. in the Music Room. Please feel free to bring lunch, or snacks from coffee hour. The remaining dates are November 6 and 13. For those interested in participating, we are handing out the work-book called *Exploring Quakerism* by Marsha Holliday. In addition, we request that participants buy or borrow the book, *Letters to a Fellow Seeker*, by Steve Chase; copies will be available at the book table in the library after Meeting. The class topics are as follows: November 6: Quaker Process; November 13: Continuing our Spiritual Journey. Many issues will be addressed in each class, and participants are encouraged to come with their questions! See the [BFM website](#)

6th: WPH Potluck & Dialogue

F(f)riends are invited to a potluck and Quaker dialogue at William Penn House on Sunday, November 6, at 6:30 p.m. The focus will be on exploring the relationships between the quest for "Inner Peace" and the quest for "Outer Peace" through social action. Zamin Danty will moderate a panel of representatives of three spiritual traditions - Buddhist (Mindfulness), Islamic, and Quaker. The program begins at 7:30 p.m. Bring a dish to share; family members and friends are always welcome. WPH is at 515 East Capitol Street SE. WPH is an alcohol- and tobacco-free facility. For details: andrei@WilliamPennHouse.org, 202-543-5560, <http://www.williampennhouse.org/>

10th to 13th: FCNL Annual Meeting

Friends Committee on National Legislation (FCNL) has invited Friends from the Washington area to join hundreds of Quakers from around the country for [FCNL's Annual Meeting](#), November 10 to 13. It is happening two days after the election, and FCNL hopes this spirit-led event will speak to Friends, far and wide. Friends can come after dinner for the Saturday evening program, from 7:00 to 10:00 p.m. Join in the worshipful gathering of 350 Quakers from around the country, hear Executive Secretary Diane Randall, and help celebrate the life of FCNL's former Executive

Secretary, Ed Snyder. While there is no charge for the evening program, attendance requires registration with Christine Ashley at cashley@fcnl.org or call 202-903-2505.

The legislative focus this year is on prison reform and three bills now before Congress.

Friends are invited to register for the whole event or even one day by e-mailing Andrew Silva at andrew@fcnl.org. The program includes lobby training and action on the Hill on Thursday, workshops, worship, and worshipful discernment of FCNL's next legislative priorities for the 115th Congress. One-day registration is \$100. Friends can share lunch with staff lobbyists both Friday and Saturday.

The event is being held again this year at the Washington Court Hotel, 525 New Jersey Avenue, NW.

12th/26th: Friends Wilderness Center Events

The Friends Wilderness Center invites us to two events in November.

On Saturday, November 12, from 10:00 a.m. to 2:00 p.m., join Lisa Libowitz, a Towson State University professor and professional storyteller, for an experiential workshop that delves into the power of story, more specifically the power of the stories we each carry within. Through storytelling exercises and discussion, this workshop will help you understand the structure of all great stories and learn to recognize and share the dramatic stories in your life. This program will remind those who attend that each of us carries stories that when told with candor, clarity and feeling can be empowering to both the teller and the listener by reinforcing our common bonds of humanity.

On Saturday, November 26, come for a Cold Turkey Hike from 11:00 a.m. to 3:00 p.m. or longer if you want. Bring your leftovers of food and drink to share for a casual, potluck picnic. Dishes can be warmed up in the Nile's cabin oven or microwave and a moderate-sized group can be accommodated for eating indoors if pre-season weather chills our picnic idea. Please help us minimize clean-up by providing your own plates, utensils, and mugs. Also, please retain recyclable materials and take them out with you for recycling. We will provide warm cider, a welcome atmosphere, and a gorgeous environment.

Please RSVP to Sheila Bach (304- 728-4820, snbach@earthlink.net) to let her know you are coming and see www.friendswilderness.org

FWC is just 1.5 hours from Bethesda on a 1,400-acre tract of land which backs up to the Appalachian Trail in West Virginia.

Although the Friends Wilderness Center does not charge for any of its programs, we are asked to make a suggested donation of \$10 per person for the programs (\$25 for a family of 3 or more), or more if you would like, to help continue the upkeep of the facilities and the land. Donations can be made using a personal check or cash at FWC or by credit card via the [FWC website](#).

12th: Quaker Book Group

The Quaker Book Group meets monthly, normally on the second Saturday at 3:00 p.m. at Bethesda Public Library (not at Meeting). We will be in one of the two study group rooms in the rear of the Library. Newcomers are always welcome (even if you have not read the book!). By joining the list serve, you can participate in the online discussions, read the post-meeting summary, and help choose the next book. [Click here for details](#)

13th: Potluck

Please join us for feast and fellowship in the Groome Building at the rise of Meeting on Sunday, November 13. Potluck is a good way to make connections with people you don't know so well (newcomers and others), so please bring a dish to share and be ready to make some new friends.

13th & 20th: Book Table Holiday Specials

The Christmas selections for the Book Table Holiday Specials will begin on Sunday, November 13, and continue November 20, and Sundays in December. We will be offering new items, seasonal books, and selections particularly appropriate for gifts to children and adults.

13th: FMW: Quaker Boarding Schools for Native Americans

Friend Paula Palmer will speak at Friends Meeting of Washington, 2111 Florida Avenue, NW, at 6:30 p.m., on Sunday, November 13, about her research into Quaker boarding schools for Native Americans. Those schools helped implement the government policy of forced assimilation of Native children during the nineteenth and twentieth centuries. She undertook that work at the urging of the National Native American Boarding School Healing Coalition, which believes that, for healing to occur, the full truth about the boarding schools and their impact on Native people needs to come to light. An article by Paula Palmer about some of her work appears in the October 2016 issue of *Friends Journal*.

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13th/27th: 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 on 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. All are welcome to attend. First-time participants find the process quite easy to follow and, often, richly rewarding.

This is an invitation to two sessions. One will be on Sunday evening, November 13, from 7:30 to 9:00 p.m. The second will be on Sunday, November 27, from 7:30 to 9:00 p.m.

15th: Ending Mass Incarceration in Maryland

Bethesda Friends Meeting and others are sponsoring an important meeting on justice reform in Maryland on Tuesday, November 15, at 6:30 p.m., at the Rockville Library, Rockville Town Square, 21 Maryland Avenue, in Rockville. Please come if you can.

Just as drug-war/war-on-crime policies multiplied U.S. imprisonment in recent decades, the pretrial detention rates of citizens arrested but still presumed innocent before trial increased substantially around the U.S. and in Maryland. Disproportionately, African-Americans and lower-income individuals are unable to post money bail bonds, and must wait in jail, losing jobs, housing, and stressing families to the breaking point. Over 6,000 Marylanders per year, it is estimated, are "low risk" but must spend weeks in jail before trial simply due to poverty.

Phil Caroom, a recently retired Md. judge, former prosecutor, and Quaker, has joined with other Friends, and interfaith and community leaders in Maryland Alliance for Justice Reform (MAJR), to advocate for changes of state law to reduce unnecessary pretrial detention while still preserving public safety. To learn how you and other voters can persuade our legislators to fix the unfairness of Maryland's pretrial-bail system, please join us on Tuesday, November 15, at 6:30 p.m. at the Rockville Library, Rockville Town Square, 21 Maryland Avenue, in Rockville.

18th/19th: For Couples: Find the Spark; Create the Flame

The DC Chapter of Better Marriages is co-sponsoring a conference for couples on November 18 to 19, in the DC area with the Parent Encouragement Program in Kensington MD. Better Marriages, an organization founded by Quakers David and Vera Mace, is a not-for-profit, international organization whose mission is building better marriages. The DC Chapter welcomes all committed couples to its events. Several Friends Couple Enrichment Leaders participate in the DC Chapter of Better Marriages: Joan and Rich Liversidge and Dave Diller and Steph Bean. The conference will meet at the Metro Points Hotel in New Carrollton (Beltway exit 24), from Friday, November 18 for dinner at 7:00 p.m. until 5:00 p.m. Saturday, November 19. For details: dc.acme@gmail.com, or <http://www.bettermarriagesdc.org/>

20th: Christmas Pageant Orchestra Rehearsal

If you play a musical instrument, consider playing in the Meeting's Christmas Celebration Orchestra and letting us know of your interest, preferably by Tuesday, November 15. All ages are welcome to participate. Orchestra rehearsals are:

- Sunday, November 20, 12:30 to 2:00 p.m. (Music Room, in the basement of the SAM Building, across the courtyard from the meeting-house).
- Saturday, December 3, 10:30 a.m. to noon (Groome Building multipurpose room).
- Wednesday, December 14, 7:30 to 9:00 p.m. (Groome Building multipurpose room).
- Sunday, December 18, 9:30 a.m. (Groome Building basement); then 11:00 a.m. "dress rehearsal" (Groome Building multipurpose room); noon performance.

20th: Adult Friendly Eights Dinners

Adult Friendly Eights are potluck dinners for approximately eight adults in the homes of people in the BFM community. In November, the potlucks will be on Sunday, November 20, at 6:30 p.m.

22nd: All-Community Meeting for Worship

On Tuesday, November 22, at 6:00 p.m., Bethesda Friends are cordially invited to join an all-community Meeting for Worship in the Robert L. Smith Meeting Room, on the Upper School campus at 3825 Wisconsin Avenue, NW.

25th to 27th: Young Friends Conference

On the weekend of November 25 to 27, there will be a Young Friends Conference for high-school-aged Quakes at Friends Meeting of Washington, 2111 Florida Avenue, NW. For information, check the Young Friends website:

(http://yf.bym-rsf.net/page_id=23) or contact Josie Dowling (301-774-7663). Please remember that the deadline to register and be guaranteed a slot is two weeks before the conference (November 11). Any one registering after that date will be placed on a waiting list and may not be able to attend.

27th: Coordinating Gathering

Representatives of most BFM committees meet during the week before Meeting for Business to discuss the upcoming agenda. These meetings are open to all who wish to attend. On Sunday, November 27, at 12:30 p.m., we will meet in the Meeting room.

Into the Future

December 1st to 4th: Visioning & Creating a Moral Economy

Pendle Hill is hosting a conference for inspiration, education, networking, and action related to exploring and implementing alternative moral economies. It will be from Thursday, December 1, to Sunday, December 4. For details [click here](#).

December 5th: Incarcerating US

On Monday, December 5, at 7:00 p.m., the Peace & Social Justice Committee is hosting the first of what we hope will be a series of events at the Bethesda Library on Arlington Road. We will be showing the movie “Incarcerating US,” followed by a panel discussion. This is a feature-length documentary that exposes America’s prison problem and explores ways to unshackle the Land of the Free through vital criminal justice reforms. Through dramatic first-hand accounts, expert testimony, and shocking statistics, Incarcerating US asks fundamental questions about the prison system in America: What is the purpose of prison? Why did our prison population explode in the 1970s? What can make our justice system more just? Through both empirical evidence and moving personal stories, we see the failures of two major policies: The War on Drugs and mandatory minimum sentences. Incarcerating US tells the story of America’s broken criminal justice system through the eyes of those who created it, those who have suffered through it, and those who are fighting to change it.

December 10th: Community Lobby Day for Unlocking Justice

Congress needs to pass sentencing reform. What’s going to make a difference? Your meeting with your representatives in their local congressional offices. This December, the FCNL (Friends Committee on National Legislation) community is coming together for lobbying events around the country, just as Congress is making critical decisions on criminal justice reform. [Here’s how you can help](#): Join a phone call on November 16 to learn the do’s and don’ts of lobbying; bring your lobbying group together on December 1 for a guided lobby training; and lobby on the weekend of December 10. Questions? Julia Neumann, Strategy Coordinator, at julia@fcnl.org

You could also become part of the Advocacy Team, not only for this event but future ones. Liz Hofmeister is seeking out people in BFM. If you live outside the area, you can be linked up with a group near you.

Committee Notes

Stewardship & Finance

We thank the Stewardship & Finance Committee for providing refreshments at the rise of Meeting and for managing potluck in November. S&F is responsible for preparing the annual budget, raising the funds to meet the approved budget, providing guidance and support to the Treasurer, and ensuring proper care and use of Meeting investments and property. It meets on Committee Night.

From the Archivist

The Archivist has been busy this past couple of weeks organizing and printing various committee reports. Working on different reports at once makes apparent that information one might expect to find is often not there. Please make sure your committee's minutes and annual reports contain the following:

1. The date. Every report needs one!
2. When writing up minutes, please note the committee name.
3. Note all committee members who are present, those who could not make the meeting, and any guests who came.
4. Note also who was clerking the meeting, and who took the notes.
5. For "annual reports," include the name of the committee, the dates the report covers (for example: June 2015 through May 2016), and all the members of the committee. It is nice to mention those rotating off, if that is appropriate, and those who may be coming on.

As minutes of committee meetings are approved, they should be forwarded to the clerks of the Meeting and to the Archivist.

Future committee members and researchers thank you!

Library

Stop by and check out the newly re-organized library. We have something to interest and inform you! We've dedicated shelves to resources for newcomers, BFM authors, and new acquisitions. We've prominently displayed our old favorites and books related to current social concerns. Our Spiritual Journey CDs offer a way to connect with others in the meeting and share their spiritual insights.

Our goals for 2017 are to update our online catalogue, LibraryThing, and build our collection with both books and e-books. Please check your bookshelves to see if you have any books to return to the library. Many are outstanding so we will wait until December to begin up-dating LibraryThing, which can be accessed by a link on the meeting website. We'd like to hear from you if you have suggestions for new re-sources. Bethesda Friends are currently involved in the Black Lives Matter movement, global warming concerns, parenting and the nurturing of children, and economic justice, to name a few.

Pastoral Care

Are you experiencing serious illness or death of a loved one? Please notify the co-clerks of the Pastoral Care Committee. They will try to activate help for you.

Meeting Notes

Peace Notes

In October, Maryland Welcomes Refugees and the Peace Committee of Sandy Spring Friends Meeting co-sponsored the forum “Refugees In Our Midst: How Can We Help?” The BFM Peace & Social Justice Committee is inspired to continue to look for ways to help Syrian refugee families (designated at the forum as “new neighbors” rather than “refugees”). Thus far, in conjunction with Najla Drooby of Langley Hills Friends Meeting, some support has been provided to two families in Riverdale MD. They have gotten a food truck, are doing some catering, and are enrolled in ESL classes. The children’s school has been contacted and has provided much useful information for the parents, including educational websites. The P&SJ Committee is considering the possibility of inviting the two Syrian families to cater one of the BFM potluck lunches as a way of raising money for them. P&SJ is also working with the Religious Education committee to sponsor a drive to collect clothing and electronic devices for all families in the area. The need continues to grow, as more Syrian families are due to arrive soon. Check out Maryland Welcomes Refugees (<http://www.md4refugees.org>) for more information about how to get involved.

FWCC

Friends World Committee on Consultation (FWCC) is one way that BFM is connected to the wider Quaker world. FWCC has a new website which is worth checking out: <http://fwcc.world/> They also publish QuakerSpeak videos. In the third one, Gregg Koskela discusses his “Top Ten Reasons I’m a Quaker.” See: www.friendsjournal.org

Thinking About Race

The Fellowship of Friends of African Descent (FFAD) is a 25-year-old Quaker organization that supports the spiritual nurture of Quakers of African descent and provides opportunities for sharing our concerns. Some excerpts from the minute they wrote last summer are below:

“The problems of racism, militarism, and violence that we face are rooted in the deeper, less recognized sicknesses of materialism and greed. From the slave trade and plantation economy-mics of the American south to the terroristic subjugation of Jim Crow to the modern-day profits of miseducation and mass incarceration, racial stereotypes have been used to mask and justify the exploitation and denial of economic human rights to people of African descent. As a result, these communities are under-resourced, as is evidenced by the lack of jobs, healthcare, quality education, and decent housing. In the absence of real opportunities for employment and economic self-sufficiency underground economies rise up in our communities to fill the gap. People in these economies are criminalized and prosecuted even though they are only seeking to provide enough resources to support their families. We realize that we cannot have a meaningful conversation about ending racial oppression without also addressing classism, joblessness, and wealth inequality.

“In response to these realities, we, as Quakers and as people of African descent call for the following:

1. Peace Force. The training, support and employment of a peace force consisting of police officers and community-based peacekeepers, none of whom are armed. The peacekeepers will be local residents who have the community relationships and street credibility (especially with young people) to cultivate the capacity and inclination for the use of non-violent methods for de-escalating conflict. (Returning citizens are an important resource for this work.)

2. Peace Centers. The development and support of peace centers in our communities which will provide safe havens, educational, cultural, and recreational opportunities for young people in our communities. Quaker Alternatives to Violence training can be redesigned to be rooted in the cultural experience of African people. These centers can be spaces where Quaker worship and values can be modeled.

3. Community Training. Police training will be on-going and consistent, including sub-conscious bias training that is not just academic but rather is community based. Police departments need to revamp their training so its members are trained to de-escalate potentially dangerous situations and are not expected to “shoot to kill” in every situation they consider dangerous.

4. Disarmament. Promoting the disarming of our communities (including segments of the police force responsible for minor offenses) through the elimination of handguns, rifles, and automatic weapons. We realize that this goal is long term and will require a cultural shift from our current reliance on violence to solve social problems. However, we believe that we are all safer without guns than with them. [Read the Minute Regarding State-Sanctioned Violence \(pdf\).](#)

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