

BETHESDA FRIENDS MEETING

Religious Society of Friends

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BFM Newsletter November 2017, Web Version

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 2017 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	Wed	6:30 p.m.	Reception for the Head of Ramallah Friends School, BFM
2 to 3			FCNL Public Policy Lobby Days
3 to 5			Fall Gathering for Friends of Color, Stony Point NY
4/5			Junior Young Friends Conference, Adelphi Friends Meeting
5	Sun		Non-Perishable Food Collection for Refugee Family
		9:00 a.m.	Meeting for Business (All invited! Child Care is Provided.)
		11:00 a.m.	First Day School: Worship & Quilting
		12:30 p.m.	Environmental Sustainability Group
		1:00 p.m.	A White Historian Looks at Black Voting Rights, FMW
		7:30 p.m.	Experiment with Light

7	Tues	6:30 p.m.	Grief Support Groups, FMW
11	Sat	1:00 p.m.	BYM Called Interim Meeting, Sandy Spring Friends Mtg.
		1:30 p.m.	Quaker Book Group in the BFM Library
		1:30 p.m.	Friends Historical Association Panel on Lucretia Mott
12	Sun	9:30 a.m.	ARE: Exploring Quaker Faith & Practice
		11:00 a.m.	First Day School: Worship & K-2, 3-8th Grade Classes
		12:15 p.m.	Potluck (Please Bring a Dish to Share)
		12:15 p.m.	Book Table Holiday Sale
		12:45 p.m.	ARE & HRG: Living in Afghanistan & Hope for Women
13	Mon	6:30 p.m.	Reception for Nurturing Minds/SEGA Students
		7:30 p.m.	Committee Meeting: Adult Religious Education
		8:30 p.m.	December Newsletter Deadline (301-320-5083)
16	Thurs	7:00 p.m.	Helping Refugees Group, Meeting Room
17 to 19			Pendle Hill Clerking Workshop, Wallingford PA
19	Sun	9:00 a.m.	Committee Day: Pastoral Care & Ministry & Worship
		9:30 a.m.	ARE: Exploring Quaker Faith & Practice
		9:30 a.m.	Committee Day: A&O, S&F, & 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.	Christmas Program Orchestra Rehearsal, Music Rm.,
SAM			
		7:30 p.m.	Experiment with Light
24/26			Young Friends Conference, Stony Run Friends Meeting
26	Sun	9:15 a.m.	Peace & Social Justice Committee, Teachers' Lounge
		11:00 a.m.	No First Day School: Worship & Supervised Play
		12:30 p.m.	Coordinating Gathering
29	Wed	6:30 p.m.	Detention Visitor Training, FMW

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 is an organization that empowers us to put our faith into action through an interfaith coalition. AIM (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 \$6,487. More is expected (and hoped for).

Please note that if you use Paypal to make a contribution to the social concerns box, the BFM treasurer has no way of knowing that the contribution is for something other than BFM. So 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.org to let them know what the contribution is intended for.

A Poem about Quaker Meeting

Quaker Meeting
is like you are
in an Ocean
of nice thoughts and actions

Quaker Meeting
is like you are
floating in
the Sky of silence

Quaker Meeting
When you sit down
you think
I'm going to be quiet
and think what I need
to think

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 5, the multi-age activity will be the quilt project.

On November 12, two classes will meet to learn about Quaker leaders and there will be singing.

On November 19, the multi-age activity will be casting for the pageant on December 17 and singing. All students (K-12th) are welcome to participate.

On November 26, Thanksgiving Holiday. Supervision for K-5th will be provided; older children are encouraged to worship in Meeting.

Highlights from the first weeks of FDS: the children read *There Are Seven Houses on My Street: A Child's View on Religions* and discussed the differences and similarities between Christianity, Judaism, and Islam. On World Quaker Day, we discussed key Quaker tenets, including: there is that of God in everyone; commitment to nonviolence, to work for peace and social justice; direct experience of the Inner Light; and shared decision-making through seeking unity. Along with the favorite game, "winds are blowing" and outdoor play.

We have new books to give PK-2nd grade children, *Quaker Meeting and Me*. [First Day School info and photos are online](#).

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

Events

1st: Reception for the New Head of Ramallah Friends School

Bethesda Friends Meeting has been asked to host a reception for the new head of Ramallah Friends School, Adrian Moody, on Wednesday, November 1, from 6:30 to 8:30 p.m. in the Meetingroom. There will be no mid-week Meeting for Worship that day. Please come if you can for the opportunity to learn more about the beneficiary of our annual Spring Fling and to meet area residents who are alums of the school. Refreshments will be served.

2nd & 3rd: FCNL Quaker Public Policy Institute and Lobby Day

Friends Committee on National Legislation (FCNL) offers Quakers a [toolbox for our advocacy](#), including guidelines for visiting members of Congress, calling our representatives, building an advocacy team, and more.

For direct training on how to utilize that toolbox, consider going to [FCNL's Quaker Public Policy Institute](#) (QPPI) on Thursday and Friday, November 2 and 3.

As their website reminds us, *"Friends, we are radical actors in our persistent and powerful insistence that change can and will be done. We are determinedly hope-centered, working alongside one another even when the way forward seems murky. We are in this for the long haul."* The QPPI will be at the Washington Court Hotel, 525 New Jersey Avenue, NW. First-time attendees as well returning Friends can register at a reduced cost from \$50-\$125, with most meals included. Do not let funding get in your way of attending this [transformative Quaker gathering](#).

2nd to 5th: Retreat for Friends of Color

Friends General Conference's Ministry on Racism Program is sponsoring [a fall gathering for Friends of Color](#) and their immediate family members from November 2 to 5 at the Stony Point Center (Stony Point, NY). This is an opportunity for Friends of Color and their families to come together to build multi-generational community through:

- Mutual support and sharing
- Worship & exploring our faith
- Sharing ways to heal ourselves in these turbulent times
- Spend time tightening our bonds

Friends of European descent are welcome if they attend with a family member (e.g. spouse, child) who is a Person of Color.

4th/5th: Junior Young Friends Conference

The first Junior Young Friends (for 6th to 8th graders) Conference of the year is Saturday, November 4, to Sunday, November 5, at Adelphi Friends Meeting. The conference begins at 10:00 a.m. on Saturday and goes until 12 noon on Sunday. Bring a sleeping bag, pad, changes of clothes, toiletries, a mess kit (utensils for eating), and things for fun (games, sports equipment, or musical instruments). JYF conferences cost \$40 to attend.

For the first conference during the 2017-18 school year, everyone is required to complete and bring a medical form. [You can find the registration form online here.](#)

by sending forms via email to youthprograms(at)bym-rsf.org, or via fax to 301-774-7087, or via post to 17100 Quaker Lane, Sandy Spring, MD 20860. For details: Jocelyn Dowling, Youth Programs Manager.

5th: Please Bring Non-Perishable Food for our Refugee Family

The Helping Refugees Group is launching the next stage in our meeting-wide effort to help resettle an Afghan refugee family under the sponsorship of Lutheran Social Services. A list of non-perishable food items has been sent to the BFM community. Please sign up to bring an item to meeting on Sunday, November 5. If you know of an Afghan shop, it would be nice to provide items that are familiar to our family. However, introducing them to American products will also be helpful.

5th: Meeting for Business

On Sunday, November 5, 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. All who come to Meeting for Worship are welcome and encouraged to participate in our worship. Child care is provided for children up to the age of 12. Meeting for Business will include reports from Nominating, Child Care, the auditors, and Yearly Meeting Interim Meeting. Please come if you can.

5th: A White Historian Explores Black Voting Rights

Susan Strasser, a retired history professor at the University of Delaware, has presented her perspectives as a White Historian Confronting American Slavery and Looking at Lynching to several audiences in the area. The response has been enthusiastic. Her next topic is on African American Voting Rights. She will be giving her talk at Friends Meeting of Washington on Sunday, November 5, at 1:00 p.m. FMW is at 2111 Florida Avenue, NW, near the Dupont Circle Metro.

5th/19th: 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 5, from 7:30 to 9:00 p.m. The second will be on Sunday, November 19, from 7:30 to 9:00 p.m.

7th/14th/21st/28th: FMW Grief Support Groups

Friends Meeting of Washington (2111 Florida Avenue, NW, near the Dupont Circle Metro) is hosting small Grief Support Groups on Tuesday evenings (6:30 to 8:00 p.m.) from November 7 to December 12, in the Parlor Room on the second floor. Although grief is the natural, healthy response to any significant loss, the grief process can be isolating and confusing. The evenings will provide a safe, nurturing space for working one's way through the process. To register: 202-483-3310, admin(at)quakersdc.org

8th/15th/22rd/29th: Mid-week Meeting for Worship

On Wednesday evenings, at 7:30 p.m., there is a mid-week Meeting for Worship. All are welcome! This is 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. *Please note that the usual meeting on Wednesday, November 1, will not be happening because of the reception for Ramallah Friends School.*

11th: BYM Called Interim Meeting

There will be a special Yearly Meeting Interim Meeting on Saturday, November 11, from 1:00 to 4:00 p.m. at Sandy Spring Monthly Meeting, 17715 Meeting House Road, to consider two items: the budget and the Growing a Diverse Leadership Committee.

11th: BFM 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, 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.

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11th: Friends Historical Society Panel on Lucretia Mott

Friends Historical Association invites us to its annual meeting on Saturday, November 11, at Arch Street Meeting, 4th and Arch Streets, in Philadelphia to hear a panel discussion of Lucretia Mott: Taking a Stand. The panel will be at 1:30 p.m., but you may enjoy lunch beforehand, if you register as soon as possible: fha(at)haverford.edu The presentation is free and open to the public; free parking is available on the Meeting House grounds.

12th/19th: Exploring Quaker Faith & Practice

Are you a newcomer to Bethesda Friends Meeting? Or perhaps you've been with us a while, but have some questions about Quaker faith and practice. Or you may be a long-time Friend, wishing to refresh and deepen your understanding of Quakerism, and share your thoughts with other seekers. The Adult Religious Education Committee is offering a 6-week session, called "Exploring Quaker Faith and Practice." The last three classes will be held on Sundays at 9:30 a.m. in the Music Room of the SAM Building, across the patio from the Meetinghouse, in the basement. The dates are: November 12 and 19; and December 10. For those interested, we suggest buying or borrowing the book, *Letters to a Fellow Seeker*, by Steve Chase. The class topics are as follows:

- November 12: Quaker Christianity and Universalism;
- November 19: Quaker Testimonies and Living our Faith;

December 10: Quaker Process and Decision-Making/Meeting for Business. For details, [see our website](#).

12th: Up-County Worship Group

Live up-County? Your attendance at the Up-County Meeting for Worship at 11:00 a.m., the second Sunday of the month would be appreciated. Worship is followed by a potluck lunch.

12th: Potluck

Please join us for feast and fellowship in the Groome Building at the rise of Meeting on Sunday, November 12. 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.

12th & 19th: Book Table Holiday Specials

The Christmas selections for the Book Table Holiday Specials will begin on Sunday, November 12, and continue on November 19, and Sundays in December. We will be offering new items, seasonal books, and selections particularly appropriate for gifts to children and adults.

12th: Living in Afghanistan & Hope for Women

On Sunday, November 12, at 12:45 p.m., in the music room (basement of the SAM Building), please join us to hear about the experience of living and working in Afghanistan. We will see "Weep Like the Waterwheel," a short documentary film about Afghan women, and looks forward to sharing her observations about life in Afghanistan. Many of us at BFM are involved in the effort to sponsor, welcome, and help settle an Afghan refugee family to Maryland in the near future. This is a wonderful opportunity to educate ourselves about the culture of a family with whom we expect to be very involved, and will help us interact with them with greater sensitivity. The time of this film and discussion will allow participants to get something to eat at potluck, but please arrange to be in the music room by 12:45 p.m.

13th: Reception for SEGA Students

On Monday, November 13, from 6:30 to 8:30 p.m., please come to an evening in honor of Nurturing Minds and the SEGA Girls School in Tanzania. Meet SEGA students Esther and Jacqueline, who traveled to the US for an English immersion program and cultural exchange. Hear Esther and Jacqueline share their stories and chat about their experiences. Enjoy food and drinks while you learn more about SEGA from Laura DeDominicis, Executive Director of Nurturing Minds. Please RSVP by November 6 to [info\(at\)nurturingmindsinafrica.org](mailto:info(at)nurturingmindsinafrica.org)

17th to 19th: Clerking Workshop at Pendle Hill

Pendle Hill's annual Clerking Workshop with Arthur Larrabee is just around the corner, November 17-19. The title says it all: Clerking: Serving the Community with Joy and Confidence. For many years, Arthur has led incoming and seasoned clerks of monthly meetings and Quaker organizations in the art of clerking -- listening and guiding Quaker meetings for worship with attention

to business toward a sense of the meeting. In addition to Arthur's excellent modeling of clerking skills, participants will gain insights from each other in this nuts-and-bolts workshop, as well as walk away with a volume of Arthur's accumulated written work on clerking. The cost is \$455 for a shared room at Pendle Hill, or \$320 for a commuter. For details about the program, 800-742-3150 or www.pendlehill.org or John Meyer, [jmeyer\(at\)pendlehill.org](mailto:jmeyer@pendlehill.org)

19th: Christmas Orchestra Rehearsal

If you play a musical instrument, consider playing in the Meeting's Christmas Celebration Orchestra and letting the conductor know of your interest, preferably by Tuesday, November 14. All ages are welcome to participate. Orchestra rehearsals are:

- Sunday, November 19, 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 2, 10:00 to 11:30 a.m. (Groome Building multipurpose room).
- Wednesday, December 13, 7:30 to 9:00 p.m. (Groome Building multipurpose room).
- Sunday, December 17, from 9:30 a.m. (Groome Building basement); then 11:00 a.m. "dress rehearsal" (Groome Building multipurpose room); noon performance.

24th to 26th: Young Friends Conference

On the weekend of November 25 to 27, there will be a Young Friends Conference for high-school-aged Quakes at Stony Run Friends Meeting, 5116 North Charles Street, in Baltimore. For information, check the [Young Friends website](#).

Or contact Jossie 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.

26th: 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 26, at 12:30 p.m., we will meet in the Meeting room.

29th: Detention Visitor Training

You are invited to an orientation/training session at Friends Meeting of Washington (2111 Florida Avenue, NW, near the Dupont Circle Metro) on Wednesday, November 29, from 6:30 to 9:00 p.m. The session will be facilitated by Erin Hustings, network coordinator for the DC Detention Visitation Network (DCDVN). Refreshments and snacks will be offered. Jim Bell is a member of the organization, which describes itself as members of DC, Maryland, and Virginia communities who are concerned about the welfare of people affected by immigration detention. We make social visits to people who are detained by US Immigration and Customs Enforcement (ICE) in Maryland and Virginia. On any given night as many as 1,000 or more people may be held in ICE custody in at least three detention facilities in these two states. Many immigrants in detention do not have family or friends who can visit them. It is common for people in immigration custody to be held in a location distant from where they lived or worked. Visits from community members give detainees a "break,"

boost their morale, and help individuals refocus their emotions on positive relationships while in detention.

Into the Future

End of Year Giving

In this season of sharing and giving thanks, let us all remember Bethesda Friends Meeting with our tax deductible contributions. Our community and work depend on our combined financial support. You can slip your check in the collection box outside the meeting room or mail it to our assistant treasurer. If you prefer online credit card transactions, go to our website at:

<http://www.bethesdafriends.org> Or consider setting up automatic transfers from your bank or as payroll deductions. Automatic contributions offer some advantages, including convenience for the giver and a degree of income predictability for the Meeting.

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 the third Sunday of the month.

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

Quaker Books at Friends General Conference

Quaker Books is moving from Pendle Hill to relying on a publishing service to warehouse and ship the books. The hope is that this will mean quicker and easier service for customers. The transition will take some time, so as of October 9th, they are no longer taking telephone orders. One can still order books through <https://quakerbooks.org/> The new system will be fully in place by January 2, 2018.

Thinking About Race

The one-year mark of the presidential election is a good time to recall words from 2015 that may help us feel inspired and, perhaps, even hopeful: Remarks by President Barack Obama at the 50th Anniversary of the Selma to Montgomery Marches, Edmund Pettus Bridge, March 7, 2015.

“What greater expression of faith in the American experiment than this, what greater form of patriotism is there than the belief that America is not yet finished, that we are strong enough to be self-

critical, that each successive generation can look upon our imperfections and decide that it is in our power to remake this nation to more closely align with our highest ideals?....

“It’s the idea held by generations of citizens who believed that America is a constant work in progress; who believed that loving this country requires more than singing its praises or avoiding uncomfortable truths. It requires the occasional disruption, the willingness to speak out for what is right, to shake up the status quo. That’s America.....

“Because Selma shows us that America is not the project of any one person. Because the single-most powerful word in our democracy is the word “We.” “We The People.” “We Shall Overcome.” “Yes We Can.” That word is owned by no one. It belongs to everyone. Oh, what a glorious task we are given, to continually try to improve this great nation of ours.”