

BETHESDA FRIENDS MEETING

Religious Society of Friends

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BFM Newsletter October 2016 Version for Web

Query for October: Personal Spiritual Life: Learning

How can we most effectively foster a spirit of seeking the Light? What helps us to be open to new understanding, support, and guidance? What encourages us to share our spiritual insights with others and to willingly receive from them in turn? How does Meeting nurture our spiritual growth and transformation? What efforts are we making to become better acquainted with the sources of our spiritual heritage and the contributions of other religions and philosophies?

October 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.

1	Sat	1:00 p.m.	Called Meeting re BFM's Future: Child Care is Provided
2	Sun		World Quaker Day
		9:00 a.m.	Meeting for Business (Child Care is Provided)
		11:00 a.m.	First Day School: Multi-Age Cooperative Games
		12:30 p.m.	Religious Education Open House & Lunch
		12:30 p.m.	ARE: Exploring Quakerism, Music Room
		12:30 p.m.	Nominating Committee, Teachers' Lounge
		12:30 p.m.	Environmental Sustainability Group
		6:30 p.m.	WPH Potluck & Dialogue: Roger Burns on Qkers for DC
3	Mon	8:00 p.m.	Stewardship & Finance Committee
7	Fri	3:30 p.m.	Fall Silent Retreat, Dayspring, Germantown MD

8	Sat	9:00 a.m.	WPH 50th Anniversary Service & Open House
		9:30 a.m.	Friendly Sing-Along, Frederick Friends Meeting
		10:00 a.m.	Friends Wilderness Center Family Fun & Work Day, WV
		10:00 a.m.	Family Camp Weekend, Catoctin Quaker Camp, MD
		1:00 p.m.	Called Meeting re BFM's Future: Child Care is Provided
		3:00 p.m.	Quaker Book Group at the Bethesda Library
9	Sun	9:30 a.m.	Nominating Committee, Teachers' Lounge
		11:00 a.m.	First Day School: Meetings for Worship & Learning
		12:15 p.m.	Potluck
		12:30 p.m.	ARE: Exploring Quakerism, Music Room
		1:00 p.m.	Library Committee, BFM Library
		7:30 p.m.	Experiment With Light
10	Mon	7:30 p.m.	Religious Education Committee, SFS Lower School Library
13	Thurs	8:30 p.m.	Deadline for November Newsletter
15	Sat	10:00 a.m.	BYM Interim Meeting, Friends House, Sandy Spring, MD
16	Sun	9:30 a.m.	Committee Day: Nominating, A&O, & ARE
		11:00 a.m.	First Day School: Walkathon to End Homelessness
		12:30 p.m.	ARE: Exploring Quakerism, Music Room
		12:30 p.m.	Committee Day: Pastoral Care & Ministry & Worship
		6:30 p.m.	Friendly Eights Dinners (Adults)
22	Sat	10:00 a.m.	Junior Young Friends Conference, location TBD
23	Sun	9:15 a.m.	Peace & Social Justice Committee, Teachers' Lounge
		9:15 a.m.	Nominating Committee, Teachers Lounge Annex
		10:00 a.m.	Pastoral Care Committee Retreat, Ingrams' Farm
		11:00 a.m.	First Day School: Meetings for Worship & Learning
		7:30 p.m.	Experiment With Light
29	Sat	10:00 a.m.	Friends Wilderness Center: Andy Day, Family Fun
		5:00 p.m.	Friendly Eights Dinner (Families)
30	Sun	9:30 a.m.	Experiment with Light, Music Room
		9:30 a.m.	Nominating Committee, Teachers' Lounge
		11:00 a.m.	First Day School: Multi-age: Quilt Project
		12:30 p.m.	Coordinating Gathering
		12:30 p.m.	ARE: Exploring Quakerism, Music Room
		1:00 p.m.	A White Historian Looks at Lynching, FMW

The Social Concerns Box

The Social Concerns Box for October is for the Interfaith Housing Coalition, which provides affordable housing and social services to homeless families in Montgomery County as they transition from homelessness to independence. On any given day in Montgomery County, 1,100 people are homeless. Between 2005 and 2015 childhood poverty increased from 4% to almost 10%. BFM has been one of the member organizations for more than 25 years. Our youth will host a mini-walkathon on Sunday, October 16.

In the Social Concerns Boxes for July and August, we collected a total of \$516 for the **Right Sharing of World Resources**.

Personal Notes: Being in Loving Relationship

At the September 4 Meeting for Worship, a Friend shared her version of the 100th Psalm, encouraging others to rework this and other verses of scripture so that they might more deeply resonate with one's life experience. The process has helped remind her about being in loving relationship with creation, community, others, and herself.

Make a joyful noise unto creation, all ye lands.

Rise up singing and serve life with gladness.

Open the gates of our hearts with thanksgiving

And enter life's courtyard with praise.

As we join hands in the great dance of life,

*May we be blessings to others and blessed in
return.*

Know ye that the love in our hearts comes from the Love which created us.

*As expressions of universal spirit, we are born
to care and to be cared for.*

For life is good; love is everlasting;

And truth endureth forever.

(Based on the 100th Psalm and Nan C. Merrill, *Psalms for Praying: An Invitation to Wholeness*)

Religious Education for Young People

The program begins at 11:00 a.m. when children accompany their parents to the first 15 minutes of Meeting for Worship. 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 will meet at 11:15 a.m. for large group, multi-age activities. When there is a fifth Sunday, it will also be a multi-age activity. Parents are welcome to join their children.

On the second and fourth Sundays of each month, children will meet at 11:15 a.m. in smaller groups by age/grade. The focus for 2016/2017 will be lessons from the New Testament. In 2017/2018, we will return to lessons from the Old Testament.

- On October 2, the activity will be to celebrate **World Quaker Day** and participate in cooperative games. From 12:30 to 1:30 p.m., there will be a parent/guardian meeting and family picnic/Religious Education Open House. Lunch will be provided. (Sign up in advance.)
- On October 9, meetings for learning by age/grade groups.
- On October 16, the multi-age activity will be the Walkathon to End Homelessness. For details, see the description for the Social Concerns Box. After a discussion of homelessness at 11:15 a.m., there will be a short procession through the Edgemoor neighborhood.
- On October 23, meetings for learning by age/grade groups.
- On October 30, the multi-age activity will be learning about the Children of the World Quilt Project.

[Click here for a calendar guide for RE.](#)
[Religious education program for middle and high schoolers for people at Quaker Meetings in this area \(Baltimore Yearly Meeting\)](#)

Events

1st/8th: Called Meetings re BFM's Future

In keeping with the schedule set out last October, BFM clerks are calling a Meeting for Worship with a concern for business to discern corporately how we are led to respond to the fact that Sidwell Friends plans to sell its Lower School Campus. Where will we gather after that happens? Please join other Bethesda Friends in the Meeting Room at 1:00 p.m. on Saturday, October 1, to search for God's guidance to us at this juncture. We have the room reserved until 4:00 p.m. that Saturday, and, if we need more time, the next Saturday, October 8. Child care will be provided for children ages six months to 12 years (or sixth grade).

2nd: Meeting for Business

On the agenda for Meeting for Business this month are reports from our Treasurer, Peace & Social Justice, and Friends Non-Profit Housing, and an update from Religious Education. All who attend Meeting for Worship are welcome to participate. To enable parents of young children to attend Meeting for Business, child care is available for children through age 12 (or sixth grade). Please come if you can, at 9:00 a.m. on Sunday, October 2, in the meeting room.

2nd: World Quaker Day

On Sunday, October 2, Friends World Committee on Consultation (FWCC) is inviting every Quaker Meeting to celebrate World Quaker Day. How can BFM remember the many Quakers worshipping around the world? Please reach out to Quakers in other meetings, especially those outside the US to send greetings and best wishes. For ideas and suggestions, see: <http://www.worldquakerday.org/>

2nd: First Day School Families Open House

Come join a lunch picnic hosted by the Religious Education Committee to meet parents, teachers, and children in the program. From 12:30 to 12:50, there will be playground supervision, so that parents can meet in the Groome Building K-2 classroom to hear a brief summary of the Religious Education plans for 2016-17. Then, we'll join the children for the picnic and group photo to post on the [World Quaker Day website](#). Lunch and time in the sunshine, what is better than that?! (If it rains, we'll picnic in the Groome building cafeteria.)

2nd, 9th, 16th, & 30th: 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 will be 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 dates are October 2, 9, 16, 30, and November 6 and 13. For those interested in participating, we will be handing out the workbook 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: October 2: Introductions: to one another, and to Quaker Faith and Practice; October 9: Quaker Worship; October 16: The Quaker Testimonies; October 30: Quaker Faith in Action; 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 more info here.](#)

2nd: Environmental Sustainability Group

The Environmental Sustainability Group will hold its next gathering after meeting for worship on October 2, at 12:30 in the meeting room. We will discuss revisions and additions to our website content. Our aim is that the site when completed will provide a place where members of the meeting community and others can get an overview of environmental issues, sources where more information may be found, and resources to help individuals and groups explore and clarify our relation to and responses to current environmental trends in our global home. All are welcome.

2nd: William Penn House Potluck & Dialogue

F(f)riends are invited to a potluck and Quaker dialogue at William Penn House on Sunday, October 2, at 6:30 p.m. Roger Burns, of our Meeting, will give a presentation on social justice issues facing the District of Columbia and describe his proposal to create an ongoing group of Quaker volunteers who will address these issues at DC Council hearings. Bring a dish to share; family members and friends are always welcome. WPH is at 515 East Capitol Street, SE. For details: <http://www.williampennhouse.org> or 202-543-5560.

7th to 10th: Silent Retreat for Friends

Is your spirit in need of nourishment and refreshment? Join members of Annapolis Friends Meeting for a Silent Retreat. This retreat has never been full, so please join us. We will keep the silence from Friday evening until after worship on Monday, enjoying the beauty of God’s creation in meadows and woods, reading, walking, resting, praying, finding our own rhythms, and listening for the “still, small voice” at Dayspring Retreat Center in Germantown, MD. The cost of the retreat is \$300, and the deadline for registrations is September 30. If Dayspring is new to you, check their web site (www.dayspringretreat.org) to get a sense of it. There is also a YouTube piece online created at an October BYM retreat.

8th: WPHouse 50th Anniversary Celebration

Join William Penn House for fun, food, and fellowship to celebrate its 50 years of service and activism in Washington, DC. The day will begin at 9:00 a.m. with hands-on work projects supporting Quaker Workcamps’ urban gardening program—helping promote food justice in DC neighborhoods. In the tradition of Quaker workcamps, we will honor the light in others, build community, and make love visible. Then enjoy a BBQ lunch back at William Penn House, complete

with a visit from William Penn himself! Tour the house and learn about its history of service and activism during the afternoon Open House. Families, individuals, and groups of all ages are welcome. This event is free, but [registration is required](#). Please register by September 26: Space is limited, so register early. For questions, contact: [Jessica\(at\)williampennhouse.org](mailto:Jessica(at)williampennhouse.org)

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8th: Friendly Sing-Along

Who said Quakers don't sing? Come to our next Sing-Along and see for yourself on Saturday, October 8, at Frederick Friends Meeting. Both shy and sure singers are welcome! This gathering is not about bringing strong singers together. It is about joining our voices together in a community singing with love. Doors will open at 9:30 a.m. and close at 3:00 p.m. Come for all or part of the day. Lunch will be potluck. (Easy- to-eat finger food is preferred.) Bring *Rise Up Singing* songbooks if you have them. Child care will be available if requested by September 30. Frederick Friends Meeting is at 723 North Market Street, in Frederick. For details: 301-631-1257, www.FrederickFriends.org, or Susanna Laird, SLaird4444@gmail.com

8th/29th: Events at Friends Wilderness Center

On Saturday, October 8, there will be a fun and work in the wilderness day from 10:00 a.m. until 4:00 p.m. or when you need to leave. What better way to spend a beautiful fall day than sharing the fellowship, work, and Sheila Bach's great cooking as we help with chores around the cabin and in the yard at the Friends Wilderness Center. To allow for accurate meal planning, you are requested to RSVP to Sheila to let her know you are coming for work and partake in a free lunch. There are jobs for everyone, so bring out the whole family, your neighbors who need some fresh clean air, and your co-workers who will feel better for being in the wilderness. If you have teenagers, or have one or more down the street who need hours for community service work, bring them along. Here is a list of a few of the things that need to be done: wash windows; split wood; stack wood on porch; clean up trail to tree house and area around tree house; and walk trails to clear branches.

On Saturday, October 29, Andy Day will be from 2:00 to 8:00 p.m. and fun for the whole family. Join FWC Board member, Hayden Mathews, for a hands-on outdoor event in which participants will make "nature sculptures" from available materials in the spirit of noted nature artist, Andy Goldsworthy. After creating and sharing our outdoor creations we will adjourn back to the Niles Cabin for fellowship, discussion and dinner and then watch the remarkable film about Andy, "Rivers and Tides: Working with Nature" before heading home (or turning in for the evening if you choose to book accommodations for the evening). Please RSVP and when doing so indicate whether you would like to have a home-cooked dinner (a \$10 cost).

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. Going there provides a wonderful opportunity for hiking, camping, and communing with nature, in addition to special programs such as these. The website is www.friendswilderness.org

8th/9th: BYM Fall Family Camp Catoctin Weekend

Family Camp Weekends at Baltimore Yearly Meeting camps offer us all (individuals as well as families) a chance to come and enjoy the beautiful camps at a special time of year for a day or for

the weekend. A program coordinator will plan camp-type activities for Saturday and Sunday morning, as well as Saturday afternoon and evening. These may include things like playing in the creek, a crafts project, or hiking. There will also be plenty of work projects to do! These offer people with all kinds of skills the opportunity to participate in meaningful and satisfying work. In addition, participants will enjoy meals together, time to explore, and an evening campfire. You may come for the day or spend the night on Saturday. Camp will also be open on Friday night, but there will be no dinner served on Friday. Other meals are provided. To pay for some of the supplies and staff, participants are asked to contribute \$25 to \$50 per person, according to your ability to pay. Please send an e-mail to davidhunter(at)bym-rsf.org if you plan to attend, with the names and ages of all members of your party, when you will be arriving and departing, and any dietary restrictions you may have.

8th: BFM 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!). Since the time and date can change on short notice due to the Library's scheduling practices, 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.

9th: Potluck

Please join us for potluck in the Groome Building at the rise of Meeting on Sunday, October 9. It is an opportunity for feast and fellowship. Your contribution of a dish to share adds greatly to the occasion.

9th, 23rd, & 30th: 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. All are welcome to attend. First-time participants find the process quite easy to follow and, often, richly rewarding.

This is an invitation to three such sessions, on Sunday evenings, October 9 and 23, and on Sunday morning, October 30. The two evening ones will be from 7:30 to 9:00 p.m. The one on Sunday, October 30, will be from 9:30 to 10:45 a.m. in the Music Room (basement) of the SAM Building, across the patio from the Meeting house.

15th: BYM Interim Meeting

BFM is part of a larger grouping of 52 Quaker congregations in Maryland, DC, Virginia, and parts of Pennsylvania called Baltimore Yearly Meeting. Three times a year people from the Meetings gather for fellowship, committee meetings, and a general business meeting. It is a wonderful opportunity to get to know Friends from other Meetings. You can be a part of important

decision making. Friends House, Miller Center, in Sandy Spring MD, (17340 Quaker Lane) is hosting the Tenth Month Interim Meeting on Saturday, October 15. Friends will begin gathering at 10:00 a.m. Lunch will be provided. Business Meeting in the afternoon will be followed by dinner at the rise of Meeting. Check <http://www.bym-rsf.org> for more information.

16th: Adult Friendly Eights Dinners

Adult Friendly Eights are potluck dinners for approximately eight adults in the homes of folks in the BFM community. In October, they will be on Sunday, October 16, at 6:30 p.m.

22nd: Junior Young Friends Conference

The first Junior Young Friends (for 6th to 8th graders) Conference of the year is Saturday, October 22 to Sunday, October 23. The location is still being confirmed. 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 2016-17 school year, everyone is required to complete and bring a medical form. Registration can be [completed online](#) or by sending forms via email to youthprograms@bym-rsf.org, or via fax to 301-774-7087, or via post to 17100 Quaker Lane, Sandy Spring, MD 20860.

29th: Family Friendly Eights Dinner

Family Friendly Eights are potluck dinners with children in the home of folks in the BFM community. People learn when and where through an Evite. In October, families will gather on Saturday, October 29, at 5:00 p.m.

30th: 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. There will be one on Sunday, October 30, at the rise of Meeting.

30th: A White Historian Looks at Lynching

Susan Strasser, a retired history professor at the University of Delaware, has presented her perspectives as a White Historian Confronting American Slavery to several audiences in the area. The response has been enthusiastic. Her next topic is Looking at Lynching. We have an opportunity to hear her at Friends Meeting of Washington, 2111 Florida Avenue, NW, near the Dupont Circle Metro, at 1:00 p.m., on Sunday, October 30.

Into the Future

Christmas Pageant Orchestra

If you play a musical instrument, consider playing in the Meeting's Christmas Celebration

Orchestra and letting the directory 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 meetinghouse).
- 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.

November 10th to 13th: FCNL Annual Meeting

Save the dates for the Friends Committee on National Legislation’s Annual Meeting from Thursday, November 10, to Sunday, November 13. [You can register here.](#)

The first day’s focus will be on lobbying Congress to build a pathway to peace. It is a wonderful opportunity to connect with Friends from around the country who care passionately about the issues of the day. The location will be at the Washington Court Hotel, 525 New Jersey Avenue, NW. The Lobby Day will begin at 9:00 a.m. on Thursday, November 10.

Committee Notes

Ministry & Worship

Hospitality. We wish to thank the Ministry & Worship Committee for providing hospitality at the rise of meeting and potluck this month and for being clerks of our Meetings for Worship. The committee is concerned primarily with nurturing the Meeting for Worship (including Meetings for Worship for the Conduct of Business), and with the larger spiritual state of the Meeting. Members of this committee bring closure to Meetings for Worship and make the announcements. The committee is responsible for special meetings such as weddings and memorial meetings. It drafts an annual report on the Spiritual State of the Meeting. It meets on committee night.

Nominating

Fall is nominating season—your chance to serve Bethesda Friends Meeting.

Would you like to deepen your connection to Bethesda Friends Meeting and strengthen our community at the same time? One way to do so is to join a committee.

BFM, like many Society of Friends congregations, has no paid administrators or clergy. Instead, those who value and are nourished by Meeting serve on committees as stewards of BFM.

Most committees are open to all and are eager for new faces, new ideas, and new energy. So, if you are not yet on a committee, please consider joining one! During September and October, our Nominating Committee seeks people willing to serve beginning in January 2017. It presents nominations at the November Meeting for Business, with approval in December. A term is two years long, and typically individuals serve for two terms (four years).

If you would like to learn more, you can find a list of committees, with descriptions of their responsibilities, on pages 3 to 10 in the 2016 BFM Directory. (Extra copies of the directory are available at the Book Table in the Library; or see committee information on our website: www.)

bethesdafriends.org) In addition, feel free to contact members of the Nominating Committee, whose names are listed in the Directory, by phone, e-mail, or at the rise of Meeting.

If you have served a two-year term, please let the Nominating Committee know if you wish to join a different committee. If you have served for four years, please tell us what other committees you might consider.

When we all pitch in, we enrich our BFM community!

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

Thinking About Race

“When we say that we do not see another person’s color, what we essentially are saying is that we do not see a person’s racial placement as meaningful . . . that we do not see the ways that a person of color experiences the world differently than does a white-appearing person. Worse, being colorblind usually means that since we do not see differential experiences, people of color will have to convince us that race continues to matter in their lives...

“In addition to offending people of color and denying and dismissing their experiences, choosing colorblindness also has one glaringly negative ramification for white people. Being colorblind truly keeps us blind, blind to ourselves. Our whiteness, already a rather blurry topic, moves from being uncomfortable and out of focus to being purposefully hidden from ourselves. As we refuse to see the color in someone else’s life, we refuse to see the whiteness in our own.” From *Witnessing Whiteness: The Need to Talk About Race and How to Do It*, second edition, 2010, by Shelly Tochluk, pp. 27 - 28.

Peace Note

Mother Teresa has been in the news recently and many of her quotes were shared, some of which speak beautifully to Quaker spirituality. They are a powerful reminder about the interfaith connections that exist in the work of peace and justice. Below are two examples.

“We need to find God, and He cannot be found in noise and restlessness. God is the friend of silence. See how nature—trees, flowers, grass—grows in silence; see the stars, the moon and the sun, how they move in silence. We need silence to be able to touch souls.”

“The fruit of Silence is prayer. The fruit of Prayer is faith. The fruit of Faith is love. The fruit of Love is service. The fruit of Service is peace.”

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