

Jane Meleney Coe, Editor

A Guide to What's Inside!

Calendar

Query: Outreach, p. 2

Social Concerns Box, p. 2

Personal Notes, p. 2

Events, pp. 3 - 7

Into the Future, p. 6-7

Committee Notes, pp. 7 - 8

Adult Religious Education

Fellowship & Hospitality

Stewardship & Finance

Pastoral Care

Ministry & Worship

Child Care

Meeting Notes, pp. 9

May 2019 Calendar

Meeting for Worship is held at 11:00 a.m. every First Day. The meeting room is also available for worship at 9:30 a.m., except on the first First day of each month, when Meeting for Business is held at 9:00 a.m. The meeting room is available for worship at BFM on Wednesdays, at 7:30 p.m. There is a worship group in Boyds the second Sunday of the month at 11:00 a.m.

3	Fri	7:00 p.m.	BYM Jr Young Frds Conference at Shiloh Quaker Camp
4	Sat	10:00 a.m.	BFM Service Day: A Wider Circle
5	Sun	9:00 a.m.	Meeting for Business: Child Care is Provided
		9:30 a.m.	Memorial Meeting for Rich Lodish, SFS Upper School
		11:00 a.m.	First Day School: Worship & Multi-Age Activity
		12:30 p.m.	Getting to Know One Another
6	Mon	7:30 p.m.	Committee Meeting: Adult Religious Education
7 to 17			A Pilgrimage to Assisi with Margaret Benefiel
11	Sat	1:30 p.m.	Quaker Book Group in the BFM Library
12	Sun	11:00 a.m.	First Day School: Worship & Classes
		7:30 p.m.	Experiment with Light at Jane Coe's House
13	Mon	8:30 p.m.	June Newsletter Deadline
15	Wed	7:00 p.m.	ARE: A Presentation on Soul Support
17	Fri		BYM Spiritual Formation Retreat, Sharpsburg MD
18	Sat	10:00 a.m.	Capital Pride DC: Trans Festival
19	Sun	9:00 a.m.	Committee Day: Pastoral Care
		9:15 a.m.	Committee Day: Ministry & Worship
		9:30 a.m.	Committee Day: Outreach & Stewardship & Finance
		11:00 a.m.	First Day School: Worship & Multi-Age Activity
		12:30 p.m.	Potluck: Please Bring a Dish to Share
24	Fri	6:00 p.m.	Frds. Conf. on Religion & Psychology, Pendle Hill PA
		7:00 p.m.	BYM Young Friends Conference, Sandy Spring Frds. Mtg.
25	Sat	10:00 a.m.	Black Pride Festival, Washington DC
26	Sun	9:15 a.m.	Peace & Social Justice Committee, Teachers' Lounge
		11:00 a.m.	First Day School: Worship & Supervised Play
		12:30 p.m.	Coordinating Gathering
		7:30 p.m.	Experiment with Light at the Nielsen-Jones's house
31	Fri	4:00 p.m.	BFM Camp Catocin Weekend

Query for May: Outreach

As the way opens, how do I share Friends' principles with others? In what ways do I make everyone, including newcomers, feel welcome in meetings for worship? How can I find ways to encourage a sense of community within the Meeting?

Social Concerns Box

The May Social Concerns box is for the Literacy Council of Montgomery County, an adult literacy organization that has been serving Montgomery County for 52 years. The Literacy Council teaches functional literacy skills to 1,500 adults through one-on-one tutoring and classroom instruction. Each year, over 700 trained volunteer tutors provide basic literacy and ESL instruction to approximately 900 adult learners, and 600 additional learners participate in intensive ESL classes. There are typically over 100 adults on the waiting list for services. Contributions to help support LCMC's free and low-cost programs, and enable program expansion so that more Montgomery County residents can improve their English literacy and, thus, their lives. For details: 301-610- 0030 or www.literacycouncilmcmd.org S. FitzSimmons (see Directory), an LCMC volunteer and former Board member, can tell you more.

In March, we raised \$720 to sponsor two women in Women for Women International programs, in addition to the one sponsorship in the BFM budget.

Personal Notes

Do You Have a Graduate in Your Family?

Do you have a graduate in your family? Each year at this time we like to celebrate the graduates from high school and college and those receiving advanced degrees. Please let us know by sending an email to bethesdafrm@igc.org by no later than May 10 for recognition in the June newsletter.

For those graduating from high school, BFM would like to give them a student subscription to the *Friends Journal* for the next four years. Please send their new mailing and e-mail address for the subscription by no later than July 15, 2019, to T. Roby (see Directory).

Please Hold the Moody Family in the Light

Jim Moody died on March 22 at the age of 83. We perhaps knew him best as someone who was eager to give guided tours of the US Congress as part of the silent auction offerings at Spring Fling. He delighted in the history of the place and, because he had been a member of the House of Representatives from Wisconsin from 1983 to 1993, he was very familiar with it. Please hold him and his family in the Light.

Congratulations to Ramallah Friends School

On Tuesday, April 23, Ramallah Friends School on the West Bank in Palestine celebrated its 150th year with the planting of a time capsule and the inauguration of the RFS Museum and new classroom floor. It is an amazing milestone.

Events

3rd to 5th: Junior Young Friends Weekend

The next Junior Young Friends (6th to 8th grade) conference will be May 3 to 5 at Shiloh Quaker Camp. JYFs should arrive on Friday evening, and leave at 12 noon on Sunday. JYFs are

encouraged to bring a sleeping bag, cushion, pillow, clothes (including a bathing suit), flashlight, toiletries, and games, music, or sports equipment. Personal electronics are discouraged.

Pre-registration is required one week in advance of the conference or until the 35-person maximum is met. After that, JYFs will be placed on a waiting list and registered as space permits. For details, youthprograms@bym-rsf.org

4th: BFM Service Day at A Wider Circle

The Peace & Social Justice Committee invites your participation in a community service volunteer day at A Wider Circle in Silver Spring, on Saturday, May 4, from 10:00 a.m. to 12 noon. A Wider Circle is a non-profit organization that assists people moving out of shelters to more stable living situations. Please join us to assist clients in selecting needed household items, to help organize furniture, household items, and children's toys and furniture in the warehouse, or to assist with administrative tasks. Individuals and families (children must be at least 5 years old to volunteer) are welcome! A Wider Circle is located at 9159-C Brookeville Road, Silver Spring. To learn more, see www.awidercircle.org Please RSVP by April 29 to M. Merideth (see Directory).

5th: Meeting for Business

On Sunday, May 5 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. On the agenda this month are these reports: the final budget for the next year, and reports from Pastoral Care and the Library Committee. All who come to Meeting for Worship are welcome and encouraged to participate in our worship. Child care up to age 12 is provided.

5th: Memorial Meeting for Rich Lodish

The Sidwell Friends School Community is hosting a memorial Meeting for Worship to celebrate the life of Rich Lodish, who died in December. It will be in the Robert L. Smith Meeting Room on the Upper School campus, 3825 Wisconsin Avenue, NW. To RSVP and share a memory: <https://www.sidwell.edu/lodishmemorial>

5th: Getting to Know Each Other

Please join us after Meeting on Sunday, May 5, for this session from 12:20 to 1:00 p.m. This is an opportunity for new folks to share about their background and what brought them to BFM, and to ask questions. Even long-time members often don't know each other, so all can share, learn, and build community. A key goal is to help everyone feel at home at BFM. For details: T. Gallagher or G. Thompson (see Directory).

7th to 17th: A Pilgrimage to Assisi: In the Footsteps of St. Francis and St. Clare

M. Benefiel of BFM is leading a pilgrimage to Assisi from May 7 to 17, which she describes as follows: Can you imagine entering a sacred space of beauty and deep spiritual inspiration? How would it feel to step away from the fast-paced life and immerse yourself in a timeless world of rolling hills, cobblestone streets, and inspirational art? Come with us to the awe-inspiring town of Assisi where pilgrims have sought wisdom for centuries. Experience the culturally-rich birthplace of the thirteenth-century saints Francis and Clare, and walk in their foot-steps through the beautiful landscapes of Umbria and Tuscany. As you journey to the sacred sites where the saints sought clarity and spiritual sustenance, you may find your connection to the divine grow stronger and see your own

life with renewed vision. Open yourself to the possibilities of transformation as you draw on the natural beauty of this land and the spiritual imprint left by the saints. Following the example of St. Francis at San Damiano, we will also explore the use of art in our own contemplative practice. The pilgrimage pace will be relaxed, allowing for spacious moments of solitude and contemplative silence, as pilgrims draw from a deep well of spiritual nourishment. Each day we will ground ourselves in prayer and reflection. We encourage pilgrims to bring a musical instrument, art supplies, a journal, or anything else that nurtures the soul. Contemplative practices will help us reach inward, so that we might be more deeply touched by the beauty and inspiration of this sacred land and its culture. Pilgrims will stay in a convent of Franciscan sisters in the historic center of Assisi. For details:

<https://shalem.org/programs/pilgrimages/assisi/>

11th: Quaker Book Group

The Quaker Book Group meets monthly, in the BFM Library from 1:30 to 3:00 p.m. on the second Saturday of the month. Newcomers are always welcome (even if you have not read the book!). We read a mix of books by Quakers, books about Quakerism, and books that speak to Quaker values and concerns. The group is managed through an online mailing list to share announcements, summaries, and thoughts about the readings. To join the group: L. Sussan (see Directory).

12th: Up-County Worship Group

Live up-County? L. Harrigan and L. Christy would welcome our attendance at the Up-County Meeting for Worship at L. Harrigan's home (see Directory) in Boyds MD at 11:00 a.m., the second Sunday of the month. Worship is followed by a potluck lunch, so please RSVP to: L. Harrigan (see Directory).

12th/26th: Experiment with Light

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. There will be two sessions in May, on Sundays, from 7:30 to 9:00 p.m. One will be on May 12, at J. Coe's house. The second will be on May 26, at the home of P. and R. Nielsen-Jones. (See Directory).

15th: A Presentation on Soul Support

The Adult Religious Education Committee invites you to a special evening program on Wednesday, May 15, in the Meeting Room from 7:00 to 9:00 p.m. with author Joan Paddock Maxwell. Her talk "Soul Support: Providing Emotional and Spiritual Support to the Dying," is based on her book *Soul Support: Spiritual Encounters at Life's End: Memoir of a Hospital Chaplain*. Joan's powerful and practical presentation provides helpful information for those facing the life-threatening illness of a loved one. Q and A will follow. Copies of her book will be available for purchase and signing. For details: S. Koenig (see Directory). To learn more about the author: <https://joanpmaxwell.com/>

17th to 19th: Spiritual Formation Retreat

Mark your calendars! The Spring Spiritual Formation Retreat will be held on May 17 to 19 at the beautiful Shepherd's Spring Retreat Center in Sharpsburg, Maryland. The retreat offers time for personal reflection, sharing in spiritual friendship, singing, woodland walks, and wonderful meals. Join

with Friends from across the Yearly Meeting as we journey together in our seeking and our friendship. More information will be shared via email and the BYM website, but in the meantime, mark your calendar. Registration is now open at www.bym-rsf.org/events/spiritform/ Please consider joining them. Funds are available, via the Friendly Ear or the Pastoral Care Committee, for BFM F(f)riends who may wish help with the expenses. The cost is \$260. For details:

<https://www.bym-rsf.org/events/spiritform/spiritform.html>.

18th and 25th of May, Capital Pride in DC

Local Friends Meetings are sponsoring a table at some of the Capital Pride events this year. Can you join us? Capital Pride (and under its umbrella: Trans Pride and Black Pride) events provide an opportunity to connect with populations that are underrepresented in Friends meetings (LGBTQ and people of color). Participating in these events is a direct outgrowth of BYM's strong commitment to growing diverse leadership within our Yearly Meeting. Some (but not all!) of these events will have other faith communities represented. We need one to two BFM volunteers for each event.

TO VOLUNTEER, contact T. Gallagher or G. Thompson (see Directory) of the BFM Outreach & Communications Committee.

1. On Saturday, May 18, from 10:00 a.m. to 4:00 p.m., the Trans Pride Festival (vendor tables) will be in downtown DC (location to be decided. Sign up for a 2-4 hour block to sit at the table between 10:00 a.m to 4:00 p.m. <https://www.capitalpride.org/events/trans-pride-2019>

2. On Saturday, May 25, from 10:00 a.m. to 6:00 p.m., the Black Pride Festival (Vendor tables) will be at the Vendor Exhibit Hall, Renaissance Hotel, 999 9th Street, NW. Sign up for a 2-4 hour block. <https://dcblackpride.org/2019/>

3. On Saturday, June 8, from 4:30 to 8:00 p.m., the Capital Pride Parade. Meet at Friends Meeting of Washington, 2111 Florida Avenue, at 3:00 p.m. to go from Dupont Circle to U Street. Walk in the parade with other Friends, the more the merrier. Banner and signs will be provided. <https://www.capitalpride.org/events/parade-2019/>

4. On Sunday, June 9, from 12:00 noon to 10:00 p.m., the Capital Pride Festival will take place at Pennsylvania Avenue and 3rd Street, NW (Metro: Green Line: Archives/Navy Memorial) Sign up for a two-hour block. <https://www.capitalpride.org/events/festival-2019/>

19th: Potluck: Please Bring a Dish to Share

Please join us for potluck at the rise of Meeting on Sunday, May 19. (This is a week later than usual because we do not have access to the kitchen on Mother's Day.) 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. We gather in the Groome Building multi-purpose room for feast and fellowship. Your contribution of a dish to share with others adds greatly to the occasion.

Members of the Outreach & Communications 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. For more details, contact T. Gallagher (see Directory). The Peace & Social Justice Committee will have FCNL postcards and a theme for us to write to members of Congress.

24th to 27th: Friends Conference on Religion & Psychology

Please feel welcome to attend the Friends Conference on Religion & Psychology, at Pendle Hill, in Wallingford PA, from Friday, May 24, 6:00 p.m., through lunch on Monday, May 27. FCRP is

dedicated to individual spiritual exploration with a focus on in-depth psychology, specifically Jungian psychology. The conference is open to all; you need not be a Quaker, a Jungian, or a psychologist.

In this 77th year of the conference, Donald Kalsched, Ph.D., a Jungian analyst, will be the plenary speaker on the topic of the Mystical and Spiritual Dimensions of Trauma and Healing. Dr. Kalsched will present on Restoring the Lost Soul to the Body, Opening the Closed Heart and Recovering the Orphaned Child, Entering the Crypt of Defenses and Trauma, Synchronicity and Paranormal Experiences in Therapy. There will be interest groups that meet four times during the weekend. The interest groups center on a wide range of topics including Creative Writing and Mindful Movement, Tai Chi, Death & Dying, the Joy of Movement, and Poetry Discussion among other themes. Please visit: <http://fcrp.quaker.org/> for more information and/or to register. Space is limited. More details are on the BFM library bulletin board. If you would like assistance in covering the cost, please contact D. Whitford (see Directory).

24th to 26th: Young Friends Conference

Calling all high schoolers! From Friday through Sunday, May 24 to 26, there will be a Young Friends Conference sponsored by BYM. The location will be Sandy Spring Friends Meeting, 17715 Meetinghouse Road in Sandy Spring MD. The conference will begin at 7:00 p.m. on Friday and will include a workshop, time for some exercise outside, a service project, worship shar-ing, Meeting for Business, community-building activities, free time, meal preparation, and lunch, dinner, and First Day breakfast. The conference will conclude at 11:00 a.m. on Sunday. For details, contact youthprograms@bym-rsf.org or 301- 774-7663.

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. There will be one at 12:30 p.m. in the meeting room on Sunday, May 26. For more details: L. Ingram or R. Steinhardt (see Directory).

31st to June 2nd: BFM Camp Catoctin Weekend

Our weekend at Camp Catoctin this year will be from Friday, May 31 at 4:00 p.m. through Sunday, June 2 at 3:00 p.m. Come for part of a day or the whole weekend—or whatever works for you! There will be plenty of opportunity for relaxation, water play, and fellowship. The weekend this year will be potluck, so bring something to share for the meals you will attend. S'mores on Saturday evening will be provided; we'll enjoy them by the fireplace in the lodge.

Catoctin Quaker Camp has 385 acres of beautiful wooded hills and a grassy meadow with a small lake for canoeing and a lovely rocky stream. An old stone lodge attached to a large camp kitchen and dining room provides a cozy place to gather. There are four cabins with electricity and 12 screened houses with bunks. There are places for tents as well. A new highlight is the recently renovated bathhouse! This is an unstructured weekend for all ages, so come prepared to enjoy the outdoors with family and friends. There will be a sign-up sheet on the bulletin board in the Library. Friends are asked to contribute as they are able toward our rental and food expenses. The suggested contribution is \$20/adult. For details: R. or L. Capon or Judy Sangillo (see Directory) Catoctin Quaker Camp is at 12611 Tower Road, Thurmont MD 21788. See:

<http://bymcamps.org/camp-rentals/calendar-of-catoctin/>

Into the Future

June 14th to 16th: Silent Retreat for Friends at Dayspring

True silence is to the spirit what sleep is to the body: nourishment and refreshment. (William Penn, 1699) Is your spirit in need of nourishment and refreshment? Come to the Dayspring Silent Retreat from the evening of Friday, June 14 to Sunday afternoon, June 16. We will keep the silence from Friday evening through worship on Sunday, enjoying the beauty of God's creation, reading, walking, resting, finding our own rhythms, listening for the Still Small Voice. The Dayspring Retreat Center is located at 11301 Neelsville Church Road, Germantown MD 20876. You can arrive any time between 3:30 and 7:00 p.m. Friday. (Dinner at 7:00 p.m.) The cost of the retreat is \$225. The registration deadline is June 7. For details: J.Christianson (jschristianson [at] gmail.com).

June 30th to July 6th: Friends General Conference (FGC) Gathering

The FGC Gathering this year will be at Grinnell College in Grinnell, Iowa. The theme is "Peace in our Hearts, Justice in the World." The Gathering is a chance to be together with over 1,200 Friends. There are many opportunities to address spirit, mind, and body. Look up the program for this year at www.FGCCathering.org You can enjoy lots of activities: singing, dancing, good food, and good conversation. You really ought to go to a Gathering at least once. Early registration for the Gathering opens April 1. There are both half-gathering and part-time attender options for adults. Financial aid is available. Due to a generous donation, there are no program fees for children and high school students and more scholarships for families.

By way of background, Friends General Conference nurtures the spiritual vitality of the Religious Society of Friends by providing programs and services for Friends, meetings, and seekers. The work of FGC can be summarized into three areas of endeavor:

- Help meetings deepen Quaker worship and practice
- Support a loving Quaker community
- Support Quaker outreach

FGC is a volunteer-led association of regional Quaker organizations, primarily in the United States and Canada. Founded in 1900, FGC has grown from a voluntary organization of seven yearly meetings, created to hold a "general conference" every other year, to an association of fourteen yearly meetings, supplemented with regional groups and individual meetings. ~~FGC continues to sponsor an annual Gathering of Friends. FGC seeks to use resources effectively with a concern for simplicity and openness. It is funded through the support of Quaker meetings, individuals, and foundations. FGC is a 501(c)3 organization. For details, see: www.fgcquaker.org If you would like assistance with expenses, please contact D. Whitford (see Directory) of the Pastoral Care Committee.~~

Committee Notes

Adult Religious Education

We thank the Adult Religious Education Committee for providing hospitality at the rise of Meeting in May. ARE's mission is to foster spiritual growth and development in the Meeting. It arranges programs for both newcomers and seasoned Friends on Quaker faith and practice, Quaker history and testimonies, Bible study, prayer and meditation, and shared reflections on our spiritual experience.

Fellowship & Hospitality

The Fellowship and Hospitality Committee is developing a list of people willing to occasionally help bring food and set up for coffee hours. Each committee is assigned to one month of covering coffee hours and a potluck, but sometimes small committees, such as the Adult Religious Education Committee, which is hosting in the month of May, need an extra helper or a last minute fill-in in case of emergency. Contact P. Hirschhoff (see Directory) to put your name on the list of those willing to provide occasional back-up assistance.

Stewardship & Finance

Contributions to BFM, which constitute 97% of our income, are well below required levels. We need to raise \$45,000 in the last quarter (April, May, and June) in order to cover our approved operating and philanthropic outlays for this fiscal year. We were in a similar situation at this time last year, and donors responded with over \$40,000 of contributions, a record we now need to exceed.

If you have already made your contribution to BFM for 2018-2019, we thank you again. If you have not yet made your contribution, we look forward to thanking you soon. You may deposit your check in the contribution box at the meetinghouse or mail it to the Ass't Treasurer. For details, go to http://www.bethesdafriends.org/support_the_meeting.aspx#2

You can also give online at: www.bethesdafriends.org or through your own bank. If you have any question about your contribution, you may contact BFM Treasurer Greg Ingram at treasurer@bethesdafriends.org in complete confidence. Thanks for considering this concern for the financial state of the Meeting.

Pastoral Care

Thanks to the efforts of several BFM members and couples who have recently asked to be married under the care of the Meeting, we have a brand new version of our marriage brochure laying out the process from the initial request through the wedding day itself. Copies are on the hall table. Take a look next time you are at Meeting.

Ministry & Worship

The Ministry & Worship Committee encourages everyone to wear a name tag to Meeting for Worship, hospitality, potluck, and other events. A name tag is an invitation to conversation. Even if you believe you have been around so long that everyone knows your name, wearing a name tag is very helpful for those of us for whom the forgetting of familiar names is an embarrassing disability. We know you would hold a door open for someone who needs assistance. Wearing a name tag is equally polite.

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 add your name to the "Email request list" (which is sent out monthly as a call for volunteers). Or you can email D. Jarman (see Directory). Website form: http://www.bethesdafriends.org/volunteer_for_child_care.aspx

Meeting Notes

Peace Notes

As we appreciate the beauty of spring, let us reflect on how we can be good stewards of the natural world by taking action on climate change. Young people are leading the way! If you want to feel inspired, watch this TED talk from climate activist Greta Thunberg:

https://www.ted.com/talks/greta_thunberg_the_disarming_case_to_act_right_now_on_climate and the student climate strike that she inspired:

<https://www.nytimes.com/2019/03/15/climate/climate-school-strikes.html> Let's each ask ourselves how we can be a part of the solution.

Thinking about Race

Daveed Diggs, actor, rapper, and singer, originated the roles of Thomas Jefferson and the Marquis de Lafayette in "Hamilton" in 2015. "Daveed thinks that seeing a black man play Jefferson or Madison or Washington when he was a kid in Oakland might have changed his life. 'A whole lot of things I just never thought were for me would have seemed possible,' he says. Even now, the show is changing him, making him feel more American. 'I always felt at odds with this country,' he says 'You only get pulled over by the police for no reason so many times before you say, 'F*** this.'"

"Don't be too quick to count a kid out. There are plenty of debatable lessons to be drawn from Alexander Hamilton's life, but that one is clear. The poor bastard orphan from the islands ought to have died a dozen times but somehow lived to help to found the nation. As a leader of the new republic, he fought to make it easier for people like him to travel as far as their talent would take them." (From *Hamilton – The Revolution – Being the complete libretto of the Broadway musical, with a true account of its creation, and concise remarks on hip-hop, the power of stories, and the new America*, by Lin-Manuel Miranda and Jeremy McCarter, 2016, p. 197.)

