

Bethesda Friends Meeting Newsletter for September 2019

A Guide to What's Inside!

<p>Calendar Query: Fostering Community, p. 2 The Social Concerns Box, p. 2 Personal Notes <i>(Please login to see this information, which is in the full Newsletter on the secure website)</i> Religious Ed. For Children, p. 2 Events, pp. 2 - 5 Into the Future, pp. 5 - 6 Committee Notes, pp. 6 Nominating Pastoral Care Directory Changes, p. 6 <i>(Please login to see more information in the full Newsletter on the secure website)</i></p>	<p>Meeting for Business <i>(Please login to see this information, which is in the full Newsletter on the secure website)</i> Announcements Digitization Update Child Care Membership Matters Ad hoc Com. re Nominating Spring Fling BYM Interim Meeting Stewardship & Finance BFM Catoctin Weekend</p>
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September 2019 Calendar

Meeting for Worship is held at 11:00 a.m. every First Day. The meeting room is available at 9:30 a.m. for worship, except on the second First day of the month, when Meeting for Business is held at 9:00 a.m. The meeting room is available for worship on Wednesdays, at 7:30 p.m.

8	Sun	9:00 a.m.	Meeting for Business (Child Care is Provided)
		11:00 a.m.	First Day School Begins
		11:00 a.m.	Up-County Worship Group and Potluck, Boyds MD
		12:30 p.m.	Potluck
		1:30 p.m.	Interfaith Unity Walk, Massachusetts Avenue, NW
		7:30 p.m.	Experiment With Light
9	Mon	7:00 p.m.	Adult Religious Education Committee
13	Fri	6:00 p.m.	Spiritual Formation Fall Retreat, Sharpsburg MD
		8:30 p.m.	October Newsletter Deadline
14	Sat	9:00 a.m.	Quaker Bus Tour of Sandy Spring
		1:00 p.m.	Quaker Bus Tour of Sandy Spring
		1:30 p.m.	Quaker Book Group in the Teachers' Lounge
		5:00 p.m.	Souders/Medvescek Wedding
15	Sun	9:00 a.m.	Committee Day: Pastoral Care
		9:15 a.m.	Committee Day: Ministry & Worship
		9:30 a.m.	Committee Day: Outreach & Com. and Nominating
		1:00 p.m.	Library Committee
		1:00 p.m.	Quaker Bus Tour of Sandy Spring
21	Sat	9:00 a.m.	BFM Service Day at A Wider Circle
22	Sun	9:15 a.m.	ARE: The Gift of Presence, Groome Bldg.

		12:30 p.m.	Committee Day: Nominating
		12:30 p.m.	Getting to Know One Another Gathering, Meeting Room
		7:30 p.m.	Experiment With Light
27	Fri	7:00 p.m.	Young Friends Conference, Homewood Meeting, Baltimore
29	Sun	9:15 a.m.	Committee Day: Peace & Social Justice
		9:30 a.m.	Committee Day: Nominating, Stewardship & F., and RE
		12:30 p.m.	Coordinating Gathering, Meeting Room

See also www.bethesdafriends.org

Query for September: Fostering Community

What helps our Meeting build trust of one another? How do we get to know one another in community? How do we make time in our lives for our faith community? How does conflict enrich the life of our community? How do we provide for spiritual refreshment at all stages of the spiritual journey?

The Social Concerns Box

The September Social Concerns Box is for the Mary Jane Simpson Scholarship Fund, which each year awards college scholarships to DC public school seniors with high potential, who are coping with difficult backgrounds and have very low incomes. This fund is managed jointly by Bethesda Friends Meeting, Friends Meeting of Washington, and Langley Hill Friends Meeting. BFM plays a vital role in mobilizing funding, selecting the awardees, and making decisions about the program's policies and practices. Since the scholarship fund first began, it has awarded 128 scholarships to graduates from 27 DC Public schools. The amount of each scholarship is now \$6,000, and each year the program supports about 20 students through their four years of college. Please be generous.

In the June Social Concerns box, \$93 was donated to Jubilee Jobs.

Religious Education for Children

First Day School begins after a summer break on Sunday, September 8. Young people are encouraged to join Meeting for Worship with their families at 11:00 a.m. and stay for the first fifteen minutes in the Meeting Room. At 11:15 a.m., children leave the Meeting Room to meet teachers for multi-age activities or classes (K-3rd grade; 4-8th). For children, ages infant-four years old, child care is available each week in the nursery, located downstairs in the Meeting House. Parents or guardians are always welcome to come with their children, especially for the first visit.

Events

8th: Meeting for Business

On Sunday, September 8, 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. All who come to Meeting for Worship are welcome and encouraged to participate in our worship. Meeting for Business will include reports from the Yearly Meeting Annual Gathering, Adult Religious Education, and the Mary Jane Simpson Fund.

8th: Up-County Worship Group

Live up-County? Our attendance would welcome at the Up-County Meeting for Worship at Lucille Harrigan's home at Breezy Hollow Farm (19701 Bucklodge Road, Route 117) in Boyds MD at 11:00 a.m., the second Sunday of the month. Worship is followed by a potluck lunch.

8th: Potluck: Please Bring a Dish to Share

Please join us for potluck in the Groome Building at the rise of Meeting on Sunday, September 8. 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. 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.

Responsibility for providing hospitality as the rise of Meeting each week and hosting potluck rotates among BFM Committees. We thank the Outreach & Communications Committee (O&C) for doing this in September. The committee welcomes new and regular attenders, helps them connect with each other and Meeting community activities, and reaches out to make others aware of BFM. As part of keeping the community and others informed of activities and events, it manages the newsletter, the weekly bulletin, services exchanges, a listserv, and the BFM website. The O&C Committee meets on the third Sunday of the month at 9:30 a.m., in the Teachers' Lounge.

8th: Interfaith Unity Walk

On Sunday, September 8, from 1:30 to 6:00 p.m., there will be an Interfaith Unity Walk. Over a thousand people representing many different faiths will be walking together in friendship to show that we support all our neighbors, whoever they are, with no exceptions. The opening ceremony will be at the Washington Hebrew Congregation (3935 Macomb Street, NW), and the closing ceremony will be at the Islamic Center of Washington (2551 Massachusetts Avenue, NW). There will be a resource fair from 12:30 to 1:30 p.m. The walk begins at 1:30 p.m. For details, see:

<https://ifcmw.org/programs/unity-walk/>

8th & 22nd: 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 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 two Sunday evening sessions, September 8 and 22, from 7:30 to 9:00 p.m.

13th to 15th: Enriching & Deepening Our Spiritual Lives

Are you yearning for more spiritual fellowship and for deeper conversations among F(f)riends in the Meeting? Or perhaps wondering how you might enrich your spiritual life? Do you have questions, concerns, reflections about Quaker faith and practice that you would like to share with others? We know from our experience of a few years ago that by enriching and deepening our individual spiritual lives, we also enrich our Meeting as a whole.

In response to a number of people at BFM expressing interest in enriching and deepening our spiritual lives, some of us are planning to attend the retreat sponsored by Baltimore Yearly Meeting from Friday to Sunday, September 13 to 15. The retreat will be at Shepherd's Spring Outdoor Ministry & Retreat Center in Sharpsburg MD. To register, visit: www.bym-rsf.org/events/spiritform
Or contact: marilynrothstein@comcast.net

14th/15th: Historic Sandy Spring Bus Tours

Friends House is sponsoring a series of three historic bus tours in September as a fund raiser. These tours will start and end at the Sandy Spring Friends Meetinghouse at 17715 Meeting House Road, Sandy Spring, and will include stops at Woodlawn Manor Historical Park, the Sandy Spring Slave Museum, and the Sandy Spring Museum. They will be on Saturday, September 14, at 9:00 a.m. and 1:00 p.m. and on Sunday, September 15, at 1:00 p.m. If you are interested and/or want to support Friends House, tickets are \$40 apiece and are available online. The link for ordering tickets: <http://www.friendshouse.com/lifestyle/events/>

14th: Quaker Book Group

The Quaker Book Group meets monthly, 1:30 to 3:00 p.m. In September, people will gather on Saturday, September 14, in the Teachers' Lounge at the back of the Manor House, across the patio from the Meetinghouse. Newcomers are always welcome (even if you have not read the book!). The Quaker Book Group of BFM has been meeting since 2014 and will be moving forward into another season of shared readings and reflections. We read a mix of books by Quakers, books about Quakerism, and books that speak to Quaker values and concerns. Members have commented that the group has brought them much spiritual refreshment and growth and opportunities to know each other more deeply. You can get a feel for what we have explored so far by reviewing the shelf at BFM Library dedicated to past Book Group selections, which also has a binder with summaries of our discussions of each book. The group is managed through an online mailing list to share announcements, summaries, and sometimes thoughts about the readings. For details: <https://groups.google.com/forum/#!forum/bfm-book-group>

21st: BFM Service Day at A Wider Circle

The Peace & Social Justice Committee is planning a community service volunteer day for BFM participants at A Wider Circle in Silver Spring, on Saturday, September 21, from 9:00 to 11:00 a.m. A Wider Circle is a non-profit organization that assists individuals and families transitioning out of shelters to more stable living situations. Please join us to help assist clients in selecting needed household items, to help organize furniture/household items/children's items (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. For details, see www.awidercircle.org

22nd: Adult Religious Education: The Gift of Presence

Please join us in the Groome Building Multipurpose Room on Sunday, September 22, at 9:15 a.m. for a workshop on the gift of presence. It's been said that "presence" is the most important gift we give to another, especially at the end of life. True presence for another means more than physical presence. It involves "...an offering of our awareness, our willingness, and our participation," says

author Gunilla Norris. At times our calculating minds can get in the way, and we think we must “do something,” defaulting into helping or fixing mode, or getting distracted and not really seeing or hearing the other. Yet what the one with whom we sit most needs is for us to simply “be” there in self-giving service. This workshop will explore several dimensions of what it means to be present in service to another, what can get in the way, and how we might overcome those obstacles. While focusing primarily on presence at end of life, we will also explore simple practices for being present to all of life. We will draw from several sources, particularly Frank Ostaseski’s book, *The Five Invitations: Discovering What Death Can Teach Us about Living Fully*. Our time will include experiential practice and sharing of experiences and inner wisdom. The workshop will be led by a BFM member living in Rehoboth Beach DE, where he offers individual spiritual guidance and serves as Lead Volunteer Chaplain at the Delaware Hospice Center in Milford. He also teaches in the Shalem Institute's program for spiritual guidance and serves on the Board of Companionship the Dying: Opening Fully to Living, a 9-month formation and enrichment program in Montgomery County for those accompanying persons at end of life .

22nd: Getting to Know One Another

Please join us at the rise (close) of Meeting in the meeting room on Sunday, September 22, as we gather with refreshments for a conversation in which we hope to get to know one another better and help each other feel at home at BFM. The session will begin as the way opens and close at 1:00 p.m. All are welcome. This is a good chance 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.

27th to 29th: Young Friends Conference

On the weekend of September 27 to 29, there will be a Young Friends Conference for high-school-aged Quakers at Homewood Friends Meeting, in Baltimore. For more information, check the Young Friends website:

www.bym-rsf.org/what_we_do/yfs/yfcon.html Or contact Jocelyn Dowling (301-774-7663). Remember that the deadline to register at the discounted rate and be guaranteed a slot is two weeks before the conference (September 13). Any one registering after that date may be placed on a waiting list.

29th: 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, September 29, at the rise of Meeting, in preparation for the Meeting for Business on October 6.

Into the Future

October 11th to 14th: Silent Retreat for Friends

Is your spirit in need of nourishment and refreshment? Come to the Silent Retreat at Dayspring for area Friends. This retreat has never been full, so please join us. We will keep the silence from Friday evening, October 11, until after worship on Monday, October 14, 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 October 4. If Dayspring is new to you, you can get a sense of it at:

www.dayspringretreat.org There is also a You Tube piece online created at an October BYM retreat.

Committee Notes

Nominating

We are again entering our nominating season, the time of year when the Nominating Committee makes recommendations to fill the openings on the Meeting’s committees and among the Meeting’s officer and organizational liaison positions.

It is very helpful for the Nominating Committee to learn about the interests of all who participate in BFM so that we can place individuals in roles that are a good fit.

For people who have not been involved in committee work before, we strongly encourage you to join a committee. We have found that working with others on committees is one of the most rewarding ways of deepening our relationships within the Meeting community and putting our Quaker principles into practice. BFM committees are always eager to have new faces, new ideas, and new energy.

During September and October, the Nominating Committee will identify nominees to begin serving in January 2020. Nominations are presented at the November Meeting for Business and approved in December. Committee members typically serve for two two-year terms.

To learn more, please see the list of committees with descriptions of their activities and responsibilities on pages 2 to 10 in the BFM Directory or go to:

<https://www.bethesdafriends.org/Officers-&-Committees> or contact any member of the Nominating Committee by phone, e-mail, or at the rise of Meeting.

Pastoral Care

In times of stress and medical or other challenges, many people turn for solace and support to their professional clergy. At a Friends Meeting, it may not be clear that members of the Pastoral Care Committee are eager to fill that role. We are lay people, not professionals, but we can listen with love and help to make Friends’ spiritual resources available to anyone in Meeting who asks. Simply mention your concern to the Friendly Ear at the rise of Meeting or contact the co-clerks of the Pastoral Care Committee.

Directory Changes

The process for updating our BFM Directory will begin the third week of September when you will be asked to look at the current listing and make corrections and additions on pages as you go into or out of Meeting. The more people who do so, the less follow-up work will be needed. We try to reach everyone who is listed in the Directory to keep it as up-to-date as possible.

(Please login at www.bethesdafriends.org to see the full Newsletter on the secure website)