

A Guide to What's Inside!

Query: Personal Spiritual Life

Calendar

The Social Concerns Box

Religious Ed. for Children

Events

Into the Future

Committee Notes

 Nominating

 Outreach & Communications

Meeting Notes

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 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 the month, when Meeting for Business is held at 9:00 a.m. The meeting room is also available for worship on Wednesdays, at 7:30 p.m. A worship group meets in Boyds MD the second Sunday of the month at 11:00 a.m.

6	Sun	9:00 a.m.	Meeting for Business (Child Care is Provided)
		11:00 a.m.	First Day School: Worship & Celebrate World Quaker Day
7	Mon	7:00 p.m.	Adult Religious Education Committee
11	Fri	3:30 p.m.	Fall Silent Retreat, Dayspring, Germantown MD
12	Sat	1:30 p.m.	Quaker Book Group in the BFM Library
		7:00 p.m.	Pete Seeger's 100th Birthday Sing-Along, FMW
13	Sun	9:30 a.m.	ARE: Responding to a Dark Time, Music Room
		9:30 a.m.	Nominating Committee, Teachers' Lounge
		11:00 a.m.	Up-County Worship Group & Potluck, Boyds MD
		11:00 a.m.	First Day School: Worship & Classes
		12:15 p.m.	Potluck (Please Bring a Dish to Share)
		3:00 p.m.	Memorial Meeting
		7:30 p.m.	Experiment With Light
		8:30 p.m.	Deadline for November Newsletter
19	Sat	9:30 a.m.	Friends Couple Enrichment Workshop
20	Sun	9:00 a.m.	Committee Day: Pastoral Care & Ministry & Worship
		9:30 a.m.	Committee Day: Nominating, O&C & Stewardship &F
		11:00 a.m.	First Day School: Parenting in a Challenging Time
27	Sun	9:15 a.m.	Peace & Social Justice Committee, Teachers' Lounge
		9:30 a.m.	ARE: Spiritual Journey:
		9:30 a.m.	Nominating Committee, Teachers' Lounge Annex

11:00 a.m. FDS: Worship & Help the Homeless Walkathon
12:30 p.m. Coordinating Gathering
7:30 p.m. Experiment With Light

The Social Concerns Box

The Social Concerns Box for October is for the Interfaith Works housing program, 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 27.

In the Social Concerns Box for July and August, we collected a total of \$200 for Right Sharing of World Resources.

Religious Education for Young People

Families are encouraged to bring their children to the Meeting Room from 11 to 11:15 a.m., so they can experience Meeting for Worship. Teachers meet children outside the Meeting Room at 11:15 a.m. Classes are held in the Lower School Groome Building, entrance door on first level, next to the playground. Adult supervision concludes at 12:20 p.m., when children join families in the Meeting Room or in the library for hospitality.

The plans for October are as follows:

6th: Multi-age group activity, K to 8th grades, Celebrate World Quaker Day! We will take a group photo to post on Friend's World Committee for Consultation website. For details, see: <http://www.worldquakerday.org/>

13th: Lessons on New Testament stories (PK - 3rd; 4th - 8th)

20th: Parenting in a Challenging Time: This session, which will take place when the children are in First Day School, will be an opportunity for parents to share with one another their thoughts and experiences as they raise their children in a very challenging and very busy environment. Some queries we might consider together are: How do you (or do you) find energy for spiritual pursuits as you raise children? What do you hope to convey to your children about your values and spiritual life? What do you learn from your children, and from raising children, about values and spiritual life? Which of the Quaker testimonies are most relevant to you, as you raise your children? How do you talk to your children about some of the troubling things that they hear about going on in the world? Is there more you might get from BFM to support you in raising your children with a spiritual foundation? Please join us for what we hope will be a free-flowing sharing of experiences, joys, challenges, and insights. All parents (of whatever age children) are welcome.

There will be supervised play for children because of the parent program with the Adult Religious Education committee.

27th: Annual Help the Homeless Walkathon. Families are welcome to join children and teachers for the neighborhood walk, followed by cider and snack.

Looking ahead: Watch for news in up-coming weekly bulletins about this year's new, interactive Nativity play.

For the Baltimore Yearly Meeting religious education program for area Young Friends, (middle and high school-aged), see: http://yf.bym-rsf.net/?page_id=23

Events

2nd/9th/16th/23rd/30th: Mid-Week Worship

On Wednesday evenings, at 7:30 p.m., the Meeting Room is available for worship. There may

be a few others there, or maybe not. All are welcome!

6th: Meeting for Business

On Sunday, October 6, 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 our Treasurer, Peace & Social Justice, First Day School, and Friends Non-Profit Housing. 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.

11th to 14th: 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. Although the deadline for registrations has passed, there may still be space. Please register ASAP. For more information, contact facilitator Jean Christianson (410-544-1912, jschristianson@gmail.com) If Dayspring is new to you, check www.dayspringretreat.org to get a sense of it. There is a YouTube piece online showing a Baltimore Yearly Meeting retreat.

12th: Quaker Book Group

The Quaker Book Group meets monthly, in the BFM Library from 1:30 to 3:00 p.m. 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. Members have commented that the group has brought them much spiritual refreshment and growth and opportunities to know each other more deeply. There is a shelf in BFM Library dedicated to past 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 thoughts about the readings.

12th: "Pete's 100th" Singalong Concert

On Saturday, October 12 at 7:00 p.m., at Friends Meeting of Washington (2111 Florida Avenue, NW), the folk duo Magpie (Terry Leonino and Greg Atzner) along with Annie Patterson (co-creator of *Rise Up Singing* and *Rise Again*) bring their musical talents to FMW to lead a singalong in celebration of Pete Seeger's 100th birthday. No need to remember lyrics! The songbook *If I Had a Hammer*, a compilation of 50 of the best songs Seeger led at his concerts, edited by Annie and her husband Peter Blood, will be available to buy or borrow (including a large type version). The suggested donation is \$20, but no one will be turned away for lack of funds. For details: www.groupssinging.org/events

13th: ARE: Responding to a Dark Time

As we face climate change, gun violence, injustice, inequality, and threats to democracy, the Adult Religious Education Committee hopes to have a meaningful discussion on the following and other queries:

- How does my Quaker faith sustain me in these often overwhelming times? Or does it?

- How does BFM sustain me while I deal with these issues?
- How do we maintain Quaker testimonies such as simplicity, peace, and integrity when confronting their opposites?
- How can we respond with Spirit and Love?

The session will be held in the Music Room of the SAM Building starting at 9:30 a.m. on Sunday, October 13. All are invited.

13th: Up-County Worship Group

Live up-County? Our attendance would welcome our attendance 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.

13th: Potluck

Please join us for potluck in the Groome Building at the rise of Meeting on Sunday, October 13. Potluck is a good way to make connections with people you don't know so well (newcomers and others), so please bring a dish to share and be ready to make some new friends. 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 at the rise of Meeting each week and hosting potluck rotates among BFM Committees. We 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 the third First Day morning at 9:15 a.m. for its committee work.

13th: Memorial Meeting for Dalmer Hoskins

Friends and family of Dalmer Hoskins will gather at BFM on Sunday, October 13, at 3:00 p.m. to celebrate his life. They had been a part of the BFM community for only a few years, so many of us may not have known them well. Pastoral Care has been in touch with their two children, Nora and Gabe, who live in Connecticut. Irene has moved to a care facility near them. Dalmer came to Quakerism as a college student at Earlham College. Both he and Irene spent many years in Geneva, Switzerland, with the International Social Security Association (ISSA), a UN-related specialized agency. Dalmer eventually became its Secretary General. Dalmer was passionate about the need to improve the living conditions of older persons in aging societies, including their income security, health, and long-term care. He focused particularly on issues of equality and access. He was active at both regional and local levels of government to promote coordinated national aging action plans, always emphasizing the critical role of Social Security in such strategies. Memorial meetings are very special events which are often first introductions to Quakerism for many people. It would be very helpful to the overall tenor of the event to have a strong representation of the BFM community. Please come even if you did not know the Hoskins well.

13th & 27th: Experiment With Light Sessions

How do we quiet our brains enough to hear the still, small voice within us? How might we deepen our experience of meeting for worship? Experiment With Light is a meditative and centering practice based 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 such sessions, on Sunday evenings, October 13 and 27, from 7:30 to 9:00 p.m.

19th: Friends Couple Enrichment Workshop

On Saturday, October 19, from 9:30 a.m. to 4:30 p.m., our second 2019 Friends Couple Enrichment Workshop will be led by Joan and Rich Liversidge at BFM. Join other committed couples in this practice of supporting and nurturing your relationship's health and growth, to deepen understanding of ourselves and each other, and finding joy in connection. The upcoming workshop will focus on the creative use of conflict. Please bring your own lunch. The cost is \$25 per couple.

27th: ARE: Spiritual Journey

Continuing the long tradition of BFM members and attenders recounting their life's spiritual journey, a member will present his own at 9:30 a.m. in the Music Room of the SAM Building. All are invited.

27th: Coordinating Gathering

Representatives of most BFM committees meet during the week before Meeting for Business to discuss the upcoming agenda. These meetings are open to all who wish to attend. There will be one on Sunday, October 27, at the rise of Meeting.

Into the Future

Christmas Pageant Orchestra

If you play a musical instrument, consider playing in the Meeting's Christmas Celebration Orchestra. All ages are welcome to participate.

The program is Sunday, December 15, at noon, and the orchestra's last rehearsal is at 9:30 that morning. The tentative schedule for the three previous rehearsals is:

Sundays, November 17 and 24, 12:30 to 2:00 p.m.

Saturday, December 7, 9:30 to 11:00 a.m.

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>

Outreach & Communications

Friends Journal subscriptions are being sent to five people of college age who have said they would enjoy receiving copies.

Meeting Notes

Thinking About Race

“How To Be an Antiracist.” The common idea of claiming “color blindness” is akin to the notion of being “not racist.” By ostensibly failing to see race and racism, the color-blind individual falls into racist passivity. The language of color blindness, like the language of “not racist,” is a mask to hide racism. “Our Constitution is color-blind,” U.S. Supreme Court Justice John Harlan proclaimed in his dissent to *Plessy v. Ferguson*, the case that legalized Jim Crow segregation in 1896. “The White race deems itself to be the dominant race in this country,” Justice Harlan went on. “I doubt not, it will continue to be for all time, if it remains true to its great heritage.” A color-blind Constitution for a White-supremacist America. (p. 10) We know how to be racist. We know how to pretend to be not racist. Now let’s know how to be antiracist. (p. 11) From *How To Be an Antiracist* by Ibram X. Kendi, 2019.

Peace Notes

We have an opportunity to advance the rights, safety, and autonomy of Native Americans, and especially Native women, who experience disproportionately high rates of violence at the hands of non-Indians. The Friends Committee on National Legislation (FCNL) asks Friends to bear witness and support the reauthorization of the Violence Against Women Act (VAWA).

A bill to reauthorize VAWA (H.R. 1585) with strong provisions supporting Native communities recently passed in the House, but the Senate has delayed in introducing a comparable bill. Please contact your senators by calling the congressional switchboard (202-224-3121) even after office hours or write a letter (for a sample letter, see:

https://www.fcnl.org/documents/1033?utm_campaign=contacts&utm_medium=email&utm_source=ak) Please stress the following points: urge them to introduce a reauthorization of VAWA with the same strong tribal provisions as H.R. 1585 that will protect Native victims of sexual assault and related crimes and keep Native children safe from violence. Additional provisions should protect tribal law enforcement from violence as they work to keep the community safe; improve coordination across multiple jurisdictions in investigations; create an effective protocol for responding to missing person cases; and promote tribal access to federal criminal databases.