

A Guide to What's Inside!**Calendar****Query: Caring for One Another****The Social Concerns Box****Religious Education****Events****Into the Future****Committee Notes****Nominating****Library & Book Table****Ministry & Worship****Meeting Notes****2020 Directory****Query for February: Caring for One Another and Listening**

How can we most effectively foster a loving and understanding attitude in our community? What helps me to listen deeply and with an open heart to others? When is it hardest for me to be ready to listen? How do we share in the diverse joys and transitions in each other's lives? In challenging or stressful times, how open am I to seeking support from the Meeting community?

February 2020 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 opportunity for worship, except on the first First day of the 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., and there is a worship group in Boyds the second Sunday of the month at 11:00 a.m.

2	Sun	9:00 a.m.	Meeting for Business (Child Care Provided)
		11:00 a.m.	First Day School: Worship & Multi-Age Activities
7	Fri	6:30 p.m.	Women's Retreat at the Pearlstone Retreat Center
		6:30 p.m.	Seed Time: A Contemplative Retreat
8	Sat	1:30 p.m.	BFM Book Group in the BFM Library
9	Sun	9:15 a.m.	Pastoral Care: End of Life Care: Five Wishes
		11:00 a.m.	First Day School: Worship & Classes
		11:00 a.m.	Worship Group in Boyds MD
		12:30 p.m.	Potluck: Please Bring a Dish to Share
		2:00 p.m.	Library Committee, BFM Library
		7:30 p.m.	Experiment with Light at the Nielsen-Joneses' House
13	Thurs	8:30 p.m.	March Newsletter Deadline (301-320-5083)
14	Fri	7:00 p.m.	BYM Young Frds Conf., Adelphi Friends Mtg.
		7:30 p.m.	Washington Friends Conf. on Religion & Psychology

16	Sun	9:00 a.m.	Committee Day: Pastoral Care
		9:15 a.m.	Committee Day: Ministry & Worship, Stewardship
		9:30 a.m.	Committee Day: Outreach & Communications
		11:00 a.m.	FDS: Worship & Cooking for the Men's Shelter
		12:30 p.m.	Getting to Know One Another
22	Sat	12:30 p.m.	Environmental Sustainability Group, Teachers' L.
		5:30 p.m.	Deadline for Applications for BYM Workshops
23	Sun	9:15 a.m.	Peace & Social Justice Committee, Teachers' L.
		11:00 a.m.	First Day School: Worship & Classes
		12:30 p.m.	Coordinating Gathering, Meeting Room
		12:30 p.m.	Spring Fling Coordinating Meeting
29	Sat	7:30 p.m.	Experiment with Light at Jane Coe's house
		10:00 a.m.	Religious Education Retreat, Frederick Meeting

The Social Concerns Box

The Social Concerns Box for February is for the Torture Abolition & Survivors Support Coalition (TASSC). TASSC is was founded by and for torture survivors to end the practice of torture wherever it occurs (in some 150 countries) and to empower survivors, their families, and communities wherever they may be. Given the fact that people in US prisons are tortured (solitary confinement is classified as torture), it is all the more important that we support such efforts. For details, see www.tassc.org

In December, A Wider Circle received \$181 via the Social Concerns Box.

Religious Education for Children

Christmas Pageant. This December, FDS children had an opportunity to write their own lines in an original, creative version of the Nativity story. With the help of parents, children imagined how their characters might have experienced the birth of Jesus. In the second act, set in a Quaker Meeting, the children spoke out of the silence from their character's point of view. Though they found the process more difficult than memorizing a script, they enjoyed the success of their efforts and are already talking about next year's Christmas pageant.

February Program. First Day School lessons and community service include: New Testament stories, an opportunity to draw a design for a Spring Fling Auction quilt to benefit Ramallah Friends School scholarships, cooking for the Bethesda Men's Shelter, and stitching a panel for the international 25 million Stitches Project, one stitch for each of the estimated 25 million refugees in the world.

Earth Day. Stay tuned for information about the ways FDS will join in honoring the 50th anniversary of Earth Day on April 22 with the help of BFM member and director of Dream Catcher's Meadows: www.7thgenerationfoundationinc.org/index.html

Summer Camping Program. Enrollment for the BYM camping programs (at Catocin, Opequon, Shiloh, and Teen Adventure) began on January 15. The camps are residential for children ages 9 to 17. Anyone may apply on-line (please do!). Spaces are available first-come, first-served, so please register as soon as you can if you need a particular session. To register, go to: www.bymcamps.org

Why consider a sleep-away Quaker camp for your children (9 years and older)? For most children, at first, Quakerism and Meeting for Worship are seen as a "grownup" religion and experience. At camp, however, children experience the Inner Light in a natural setting, in outdoor silent worship,

and in community with their peers and well-trained, talented counselors, many of whom were once campers themselves. Campers detach from electronics and social media to have fun playing and participating in camp activities; they gain the confidence that comes from learning practical life skills through daily camp chores; they make lasting friendships with children from other parts of the area or country. The Quaker camp setting and program afford opportunities for experiential, multi-sensory learning that weekly FDS and traditional school cannot provide. All Quaker camps are open to children whether they come to BFM or not, so please share this information with others who might be interested.

For details about the camps, visit www.bymcamps.org or contact Jane Megginson (717- 481-4870). For an extended list of Quaker camps, see: <http://quakersdc.org/node/912>

BFM offers financial support for these valuable camp experiences, so we invite you to inquire about how to apply. For those who might want financial assistance for their children, please contact the co-clerks of Pastoral Care.

Events

2nd: Meeting for Business

On Sunday, February 2, 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. There will be reports from Friends Committee on National Legislation, the American Friends Service Committee, and the Recorder (re membership changes in the last year) and a community report. All who come to Meeting for Worship are welcome and encouraged to participate in our worship. Child care up to age 12 is provided. Please join us if you can.

7th to 9th: BYM Women's Retreat

The 2020 Baltimore Yearly Meeting Women's Retreat will be held the weekend of February 7 through February 9 at the Pearlstone Conference Center in Reisterstown MD. The theme is Diligence in Love, Overcoming Isolation. Spend time relaxing, reconnecting, and restoring your joy with workshops, chanting, worship, long walks, and delicious meals. It may be too late to participate this year, but you can check and learn about next year at: <https://womensretreat.bym-rsf.net/>

7th to 9th: Seed Time: A Contemplative Retreat in the Manner of Friends

This contemplative retreat in the manner of Friends will be from Friday, February 7, to Sunday, February 9. During this retreat at Holy Cross Abbey in Berryville VA, participants will experience the distinctly Quaker way of knowing solitude in community. There will be individual time for prayer, reflection, rest, and walks in the rolling fields and woods of the Abbey and opportunities to share in small reflection groups. Space is limited to 13 registrants, so register early. For details: www.schoolofthespirit.org or 717-203-1642.

8th: 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. The group is managed through an online mailing list to share announcements, summaries, and thoughts about the readings.

9th: End of Life Care: Five Wishes

Following up on earlier presentations on Living in the Gift of Presence and In the Light of Death in September and November, the Pastoral Care Committee will be hosting a session on making our end of life care wishes known well ahead of the time they might be needed. Five Wishes is a very helpful way to alert medical professionals and loved ones about what is important to you in your care. Please come to the common area behind the Multi-purpose Room of the Groome Building on Sunday, February 9, at 9:15 a.m. to learn more about Five Wishes. Copies of the Five Wishes booklet are available in the BFM Library (southwest corner, near the Pendle Hill pamphlets) or see: <https://fivewishes.org/#>

9th: Up-County Worship Group

Live up-County? We are invited to attend the Up-County Meeting for Worship 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.

9th: Potluck: Please Bring a Dish to Share

Please join us for potluck at the rise of Meeting on Sunday, February 9. We gather in the Groome Building multi-purpose room for food and fellowship. 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. Your contribution of a dish to share with others adds greatly to the occasion.

Members of the Outreach & Communication Committee are hosting a table for people who are newer to Meeting and may not know many people. The Peace & Social Justice Committee is hosting a letter-writing table for Friends Committee on National Legislation (FCNL).

9th/23rd: 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. This is an invitation to two sessions. One will be on Sunday, February 9, from 7:30 to 9:00 p.m.; the second will be on Sunday, February 23, from 7:30 to 9:00 p.m. Please come if you can.

14th to 16th: Young Friends Conference

On the weekend of February 14 to 16, there will be a Young Friends Conference for high school- aged Quakers at the Adelphi Friends Meeting, 2303 Metzert Road in Adelphi MD. Young Friends should arrive at 7:00 p.m. on Friday. To register for the conference: www.bym-rsf.org/what_we_do/yfs/yfcon.html or contact Jocelyn Dowling (301-774-7663). The deadline to register and be guaranteed a slot is two weeks before the conference.

14th to 16th: Washington Friends Conference on Religion & Psychology

The Washington Friends Conference on Religion & Psychology will gather at the Claggett Center in Adamstown MD on the weekend of February 14 to 16. Lisa Marchiano, LCSW and Jungian Analyst, will be the speaker for WFCRP. She is one of the conveners for the Philadelphia Association of Jungian Analysts (PAJA) Seminar. Lisa is a mythologist and is a recognized authority on fairy tales. She is a fun and dynamic speaker and will provide an interactive environment in which to reflect on the Negative Father Complex. Fees: Single: \$380; Double: \$345; Commuter: \$175; Student: \$175. Make all checks payable to FCRP.

16th: Getting to Know One Another

All are welcome in the Meeting Room, after Meeting on Sunday, February 16, for this session with refreshments from 12:20 to 1pm. This is a good chance for new folks to share their backgrounds 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.

22nd: Deadline for BYM Workshop Proposals

The deadline for submitting workshop proposals for Baltimore Yearly Meeting annual sessions is Friday, February 22. During the 2020 annual sessions (July 27 to August 2), workshops will be held for two hours on Thursday, Friday, and Saturday afternoons, from 2:00 to 4:00 p.m. The theme for the year is Courage, Faith, and Hope to Love Across Our Differences. Workshops which address this theme, or on other topics of interest to Friends, are welcome.

What ideas are currently bubbling up? It may seem early to be thinking about an August workshop, but preliminary coordination happens in mid-March; the deadline for the catalogue of workshops is the first week of April.

Please submit your proposal online at:

<http://www.bym-rsf.org/events/annualsession/workshopprop.html> Please note that any description that exceeds 50 words will be sent back to you for editing. Workshop titles are limited to 13 words. Interest group times are also available for those who want to converse with others on a topic, without the preparation needed for a full workshop.

23rd: Coordinating Gathering

Representatives of most BFM committees meet during the week before Meeting for Business to discuss the upcoming agenda and to share our reflections on the spiritual state of our community, specific tasks, and Quaker processes. These meetings are open to all who wish to attend. There will be one at the rise of Meeting on Sunday, February 24.

29th: Religious Education Retreat

Please join other F(f)riends for a day focused on how we welcome young people of diverse spiritual journeys with joy, nurturing their growth rather than asking them to fit into molds. The retreat will be held at Frederick Friends Meeting, 723 North Market Street in Frederick, on Saturday, February 29, from 10:00 a.m. to 3:00 p.m. There will be a speaker and panel in the morning with three afternoon

workshops: exploring the morning's theme, teaching history through storytelling, and nurturing individual spirituality within a group. Lunch and child care (by request) will be provided.

Into the Future

March 13 & 14: Fanning the Eternal Flame

Sandy Spring Monthly Meeting Ministry & Counsel Committee is bringing Marcelle Martin, author of *Our Life is Love*, to Sandy Spring on March 13 and 14. She led the opening retreat at Baltimore Yearly Meeting annual sessions last August. Marcelle's workshop is designed to assist us on our own spiritual journeys today with early Friends as our guides and elders. Bethesda F(f)riends are invited to register for the workshop with Marcelle. There will be an evening session on Friday, March 13, from 7:00 to 9:30 p.m., followed by a Saturday session from 9:30 a.m. to 4:30 p.m. Please register by February 29.

March 15th to April 10th: Living into Wholeness eRetreat

The Living into Wholeness eRetreat invites you to explore and practice what it means to live into Beloved Community, the ways we are called to recognize patterns of marginalization and exclusion and to act toward justice, and tools for transforming and vitalizing our meetings and communities.

Week 1: Living into Wholeness

Week 2: Community Calls Us to Justice

Week 3: Patterns of Exclusion and Marginalization

Week 4: Tools for Transformation & Vitality

This eRetreat has been previously offered under the name Beloved Community. The Living into Wholeness eRetreat will be offered from March 15 to April 10, 2020. By signing up for the Spiritual Deepening email list, you will get an email advising you about the opening of registrations: www.fgcquaker.org/sdinterest

April 26th: Spring Fling for Ramallah Friends School

Spring Fling is BFM's celebration of our community and the season. It's also our Meeting's biggest fund raiser. Proceeds go to the scholarship fund for Ramallah Friends School in Palestine. Founded in 1869, its mission is to provide "educational excellence based upon the Quaker values of equality, simplicity and peace." The school is a beacon of hope in a troubled land, and is immensely grateful for our support. Spring Fling, which engages scores of us, is built around four main activities, all of which welcome volunteers, donations, and customers.

The activities are:

- Silent Auction: This wide array of donated goods and services includes many kinds of items, such as household goods, jewelry, art work, photography, gift certificates to restaurants or theaters; services such as gardening consultations, handyman services, music lessons, homemade food or baked items; social events such as a dinner and/or discussion in your home, a wine and cheese gathering, or a film and discussion in your home. Donation of time at someone's vacation home can result in a major contribution. Be imaginative, and think about what you have in your home and no longer need, and about the talents and gifts you offer that could be helpful to others. We need to know about your

contributions or donations for the silent auction as soon as possible. We would like your donations by April 1 to prepare them for the online Buy It Now Sale from April 16 to 22.

- Middle Eastern Buffet.
- “Bazaar” Rummage Sale. This is a chance for you to declutter your house of items you no longer use. We help you find someone else who can put them to good use. Note: any child attending Spring Fling receives a \$5 gift certificate to the sale. Donations of items for sale should be brought to BFM on Saturday, April 27, between 10:00 a.m. and 2:00 p.m. so we have a chance to price them. Please only donate items valued at \$5 or more.

- Perennial Plant Sale.
- Ramallah Friends tee-shirts and Palestinian olive oil will be sold as well.
- If you are willing to work but don’t have a strong preference where, check with various coordinators to see where the need is greatest.

- If you can’t come to the event, donate via the Social Concerns Box for April. See: www.bethesdafriends.org/spring_fling.aspx

Committee Notes

Nominating: BFM 2020 Committee Clerks:

Tips for Clerks. Clerks of committees are reminded that copies of the minutes of all committee meetings should be given to the co-clerks and the archivist.

To schedule an event at Meeting, contact our scheduler and then let the newsletter editor know before the newsletter deadline of the 13th of every month except July.

Many of the newly constituted committees have met now, but whether you have or not (and whether you are the clerk or not), please reach out to new committee members soon, welcome them, and ask if they have any questions. Some folks are new to committee work or new to our Meeting, and will be especially appreciative of outreach and welcome.

Take time to consider how to make participation on committees a nurturing experience for all, including plans for the coming year, the committee’s priorities, and what might be laid down, shared more widely with the larger meeting, or done differently in a more spirit-led way.

There are more helpful tips in the committee resource guide beginning on page 47 of the 2019 BFM Directory.

Library & Book Table Committees

Hospitality. We thank both the Library Committee and the Book Table for providing hospitality at the rise of Meeting and potluck this month. The Library Committee takes care of our library resources. It is responsible for the acquisition, care, and circulation of the Meeting’s books and other information resources. If you would like to help out or know more about how to use the library, please contact our librarian. The Book Table offers an engaging selection of books (for sale) to our community during coffee hours.

Ministry & Worship

What Do We Do When It Snows? There will be Meeting for Worship for whomever comes, unless the school (and hence the Meetinghouse) is closed. The school does make every effort to clear the grounds as quickly as possible. They close the gates if there are two to four inches of snow. The

school posts that information on its website: <https://www.sidwell.edu/> The same information can be obtained by calling the school's Security Office (202-537-8197).

Meeting Notes

Pendle Hill Events

Pendle Hill, the Quaker retreat center near Philadelphia, hosts many interesting programs and retreats which members of the BFM community might want to join. Below is a list of upcoming events. For details: www.pendlehill.org

February 2 to 6: Aiming for Justice: Race, Reparations, and Right Paths, a program led by Melchor Hall for white people to consider and commit to ways of using inherited wealth in concrete ways in the service of economic justice.

February 3: Creating Beloved Community by Supporting Faithfulness. Marcelle Martin, Quaker educator and author most recently of *A Guide to Faithfulness Groups* will discuss how small faithfulness groups in which Friends come to know each other more intimately deepens and strengthens the Beloved Community of our meetings. 7:30 to 9:00 p.m. in the Barn Meeting Room. Register to view via livestreaming.

February 21 to 23: A Quaker personal coach leads a weekend workshop, Embracing Our Inner Critics: A Pathway to Inner Strength and Peace.

February 28 to March 1: Mindfulness and White Privilege, a weekend seminar blending mindfulness practices with an engaged exploration of racial conditioning to help white people practice anti-racism with intention and self-understanding.

February 29: Lectio Divina: Contemplative Arts Practice, a Saturday Arts & Spirituality workshop inviting participants to experience a depth of process through poetry, contemplation, art, and music. In the Art Studio from 9:30 a.m. to 4:00 p.m.

March 6 to 8: Journey Toward Wholeness Homecoming Retreat for those who have participated in Courage & Renewal Retreats or the Journey Toward Wholeness Retreats.

March 14: Prayer Weaving, a Saturday Arts & Spirituality workshop. Learn to warp an embroidery hoop for circular weaving and how to chant inwardly or outwardly your prayer as you complete each pass. 9:30 a.m. to 4:00 p.m. in the Art Studio.

March 20 to 22: Facing Transitions Together: A Couple Enrichment Retreat.

March 22 to 29: The Perfection of the Present Moment, a seven-day mindfulness retreat. A silent retreat with periods of sitting and walking meditation, opportunities to talk with a teacher, and formal presentations.

March 27 to 29: The Sankofa Path: Healing from the Traumas of Racism, a weekend retreat designed for those who self-identify as U.S.-born African-American/ Black Women.

March 29: Pendle Hill Peace Quilt Unveiling Ceremony. Join the PeaceMaking Quilters for the unveiling of the Pendle Hill Peace Quilt celebrating Pendle Hill's enduring vision during its 90th anniversary year. 2:00 to 3:30 p.m. in the Firbank Art Studio.

Baltimore Yearly Meeting: Growing Diverse Leadership Program Final Report to the Shoemaker Fund

In 2015, Baltimore Yearly Meeting received a three-year grant from the Shoemaker Fund to increase the diversity in the camping program, in local meetings, and throughout BYM; to increase

attendance at local meetings by people who have developed a Quaker identity at BYM camps; and to increase participation and leadership in local meetings by young people and people of color. Most of the grant supported the STRIDE Program (Strengthening Transformative Relationships in Diverse Environments) which recruits families of color for the camping program, and which BYM will continue to fund using its own resources. Many young adults have been encouraged to take leadership positions in this program and other facets of BYM. For details: www.bym-rsf.org/what_we_do/gdli/

Alternatives to Violence Project in Maryland

The Alternatives to Violence Project (AVP) is alive and thriving in Maryland. Through conflict resolution workshops in five different prisons, AVP is helping to manifest Dr. Martin Luther King's "beloved community." If this speaks to you, please visit www.avpmd.org to see if a Basic workshop date fits your schedule.

Thinking About Race

Seneca Village was "Manhattan's first significant settlement of black property owners and the epicenter of black political power in Manhattan during the mid-19th century. The village occupied land along what is now Central Park's western edge, between roughly 83rd and 89th Streets.

"New Yorkers who grew up with the fiction that slavery was limited to the South learned otherwise in 1991, when construction in Lower Manhattan unearthed hundreds of skeletons from a forgotten colonial-era cemetery that had served as the resting place of 15,000 Africans. The burial site, known since 2006 as the African Burial Ground National Monument, underscored the fact that New York City in the late 18th century was an epicenter of the slave trade, holding more Africans in chains than any other city in the country, with the possible exception of Charleston SC.

"New York City's addiction to the immediate fruits of slave labor — and to the profits that it reaped from servicing the business needs of the South — made for a slow and tortured path to emancipation there.... New York [was] one of the last Northern states to abolish slavery.

"By this time [1817], white New York had taken steps to cripple African-Americans politically and economically. Black men had largely been banished from lucrative skill trades and relegated to subsistence jobs. To short-circuit black political empowerment, the State Legislature made voting rights for black men contingent upon ownership of property valued at \$250 or more — even as it rolled back the property ownership requirement for white men. As a result, only 16 black men in Manhattan had the right to vote." From a *New York Times* Opinion piece by Brent Staples, a member of the NYT Editorial Board: www.nytimes.com/2019/11/28/opinion/seneca-central-park-nyc.html

2020 Directory

The 2020 BFM Directory will be printed as soon as possible. In addition to our names, addresses, phone numbers, and e-mail addresses, the directory contains useful information about the BFM calendar, committee membership and responsibilities, hospitality guidelines, and other Quaker Meetings and organizations. Most directories will be mailed out.