

# BETHESDA FRIENDS MEETING

*Religious Society of Friends*

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*February 2016*

*Volume 49, Number 2*

## February 2016 Calendar

Meeting for Worship is at 9:30 a.m. and 11:00 a.m. every First Day (except for the first First Day of each month, when Meeting for Business is held at 9:15 a.m.).

1	Mon	10:00 a.m.	BYM New Campers Enrollment Opens
5	Fri	6:30 p.m.	Silent Retreat for Friends at Dayspring, Germantown
7	Sun	9:15 a.m.	Meeting for Business (Child Care Provided)
		11:00 a.m.	Qkr Values & Leadership: Worship & AFSC
12	Fri	7:00 p.m.	SFS Black Student Union Production, SFS Upper Sch.
		7:00 p.m.	BYM Young Frds Conf., Sandy Spring Frds School
13	Sat	10:00 a.m.	Frds Wilderness Ctr: Poetry & Stargazing
		3:00 p.m.	BFM Book Group at the Bethesda Library
		8:30 p.m.	March Newsletter Deadline
14	Sun	9:30 a.m.	ARE: Friends & Climate Change, Music Rm
		9:30 a.m.	Advancement & Outreach, Teachers' Lounge Annex

		11:00 a.m.	<b>Qkr Values &amp; Leadership: Worship &amp; Classes</b>
		12:30 p.m.	<b>Potluck: Please Bring a Dish to Share</b>
		7:30 p.m.	<b>Experiment with Light at the Nielsen-Joneses'</b>
15	Mon		<b>Deadline: Workshop Proposals for BYM Gathering</b>
		8:00 p.m.	<b>Committee Night for M&amp;W and S&amp;F</b>
18	Thurs	7:30 p.m.	<b>Ad hoc Com. on Discerning Our Future, G. Kohanek's</b>
20	Sat	10:00 a.m.	<b>BYM Working Group on Racism at BFM</b>
21	Sun	9:15 a.m.	<b>Worship Sharing on Discerning Our Future</b>
		9:30 a.m.	<b>Meeting for Worship, Teachers' Lounge</b>
		11:00 a.m.	<b>Qkr Values &amp; Leadership: Worship &amp; Meal Prep</b>
		12:30 p.m.	<b>Getting to Know One Another, Meeting Room</b>
		12:30 p.m.	<b>Committee Day: ARE &amp; Pastoral Care</b>
		6:30 p.m.	<b>Friendly Eights: Adults</b>
27	Sat	5:00 p.m.	<b>Friendly Eights: Families</b>
28	Sun	9:15 a.m.	<b>Peace &amp; Social Justice Committee, Teachers' L.</b>
		9:30 a.m.	<b>ARE: Deborah Haines, Music Room</b>
		11:00 a.m.	<b>Qkr Values &amp; Leadership: Worship &amp; Classes</b>
		12:30 p.m.	<b>Coordinating Gathering, Meeting Room</b>
		7:30 p.m.	<b>Experiment with Light at Jane Coe's</b>

**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?**

**The Social Concerns Box**

The February Social Concerns Box is for hunger relief programs in Montgomery County (provided by Bethesda Help, Bethesda Cares, the Manna Food Center, and Shepherd's Table).

Hunger in our community comes in many forms and is probably more widespread than most of us realize. (One in four residents of Montgomery County faces food insecurity.) The February Social Concerns Box is for four hunger relief programs. BFM has the longest association with Bethesda Help ([www.bethesdahelp.org](http://www.bethesdahelp.org)) It provides emergency food boxes, financial assistance for rent and utilities, transportation to medical and other appointments, and referrals for neighbors in crisis. Manna Food Center ([www.mannafood.org](http://www.mannafood.org)) provides nutritious food to 3,600 families and thousands of school children each month. Bethesda Cares ([www.bethesdacares.org](http://www.bethesdacares.org)) and Shepherd's Table ([www.shepherdstable.org](http://www.shepherdstable.org)) serve the homeless (in Bethesda and Silver Spring respectively). Please support the range of efforts to make our County hunger-free.

In December, we raised \$337 through the Social Concerns Box for A Wider Circle. And the final total in November for Action in Montgomery was \$321.

**Religious Education for Children Events**

7th: Quaker Values & Leadership Multi-Age Activity: Peter Nielsen-Jones on the American Friends Service Committee. All are welcome to learn about an organization that helps put Quaker

values in action. Peter will discuss both the history of AFSC and its current topics and how they relate to us at Bethesda Friends Meeting.

14th: Quaker Values & Leadership Classes. 11:00 a.m. Children K-8 attend Meeting for Worship in the Meetinghouse with their parents for the first 15 minutes.

21st: Quaker Values & Leadership Multi- Age Activity: Bethesda Men's Shelter Meal Preparation. Children and adults will cook an entree for the Bethesda Homeless Shelter supper from 11:15 a.m. to 12:30 p.m. Showing up without notice is okay.

28th: Quaker Values & Leadership Classes

## **Events in February**

### **1st: BYM Camp New Campers Enrollment**

Enrollment for the BYM camping programs (at Catoctin, Opequon, Shiloh, and Teen Adventure) began on January 15 for returning campers, and will begin on February 1, at 10:00 a.m., for new campers. The camps are residential for children ages 9 to 17. Anyone may apply online (please do!). Spaces are available first-come, first-served, so please register as soon as you can if you need a particular session. For details: [www.bymcamps.org](http://www.bymcamps.org) For those who might want financial assistance for their children, please contact the clerks of Pastoral Care.

### **5th to 7th: Silent Retreat for Friends at Dayspring**

Is your spirit in need of nourishment and refreshment? Come to the Silent Retreat at Dayspring for Friends. 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 \$210. Please register as soon as possible.

### **7th: Meeting for Business**

Meeting for Business will take place at 9:15 a.m. on Sunday, February 7. It is open to all who attend BFM. It is an opportunity to meet worshipfully and for business in a special way. There will be reports from Friends Committee on National Legislation, Child Care, and the Recorder.

### **12th: Sidwell Friends School Black Student Union Production**

Please consider attending the Sidwell Friends School annual Black Student Union Black History Month production on Friday, February 12, at 7:00 p.m, at the Kogod Arts Center Theater on the upper school campus. The BSU production has a long and rich history that spans two decades and includes participants from all three divisions (children from Pre-K through grade 12). Upper School faculty advisors Hayes Davis and Susannah Parker will guide the production along with production director Pilar Lynch. Many BFM members have participated in the performance in the past and several junior members of BFM will be participating in this year's show. This year's show will continue addressing police brutality, the killing of black people by police officers, and the general lack of indictments following those deaths. It will also address the ways in which race factors into the experiences of many black students (and other students of color) in the Sidwell Friends School community.

### **12th to 14th: Young Friends Conference**

On the weekend of February 12, there will be a Young Friends Conference for high school-aged Quakers at the Sandy Spring School, 16923 Norwood Road in Sandy Spring. Young Friends should arrive beginning at 7:00 p.m. on Friday. For more information: youthsec@bym-rsf.org, 301- 774-7663, or yf.bym-rsf.net The deadline to register and be guaranteed a slot is two weeks before the conference (January 30). Anyone registering after that date will be placed on a waiting list and may not be able to attend. Future dates of YF conferences are: April 23 to 25, May 27 to 29 (Memorial Day weekend), and August 1 to 7 at Frostburg State College, MD.

### **13th: Friends Wilderness Center: Poetry and Stargazing**

On Saturday, February 13, the Friends Wilderness Center will be the venue for sharing poetry around the fire, followed later in the day by stargazing, both led by more experienced people who will make the events interesting and fun. Details are still being worked out. The website is [www.friendswilderness.org](http://www.friendswilderness.org)

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.

### **13th: 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). This month's meeting is scheduled for Saturday, February 13. Newcomers are always welcome!

### **14th: ARE & P&SJ: Friends & Climate Change**

How are Friends called to respond to the threat of global climate change? What guidance do Friends' testimonies provide? Please join us for a forum on Friends & Climate Change, Sunday, February 14 at 9:30 in the Music Room in the SAM Building. Natural resource economist Phil Favero of Annapolis Friends Meeting will lead us in an exploration that joins science and spirituality through an interactive presentation/ discussion. This timely forum is sponsored by the Peace & Social Justice Committee's Environmental Sustainability Group, in conjunction with the Adult Religious Education Committee.

### **14th: Potluck: Please Bring a Dish to Share**

Please join us for potluck at the rise of Meeting on Sunday, February 14. We gather in the Groome Building multi-purpose room for feast 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.

### **14th/28th: 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 14, from 7:30 to 9:00 p.m. The second will be on Sunday, February 28, from 7:30 to 9:00 p.m.

### **15th: Deadline for Workshop Proposals for BYM Annual Sessions**

It may seem early to be thinking of a workshop you might lead at the BYM Annual Sessions, from Monday, August 3, to Sunday, August 9, at Frostburg State University in Frostburg MD. But the deadline for proposals is Sunday, February 15. The time between now and then can go by very quickly.

The BYM Program Committee is looking for inspiring leaders for topical workshops to attract new attendees and to keep our community involved. The 2016 theme is "Living into Right Relationship," focusing on the need to live in harmony and balance with ourselves, our community, and the natural world. Of course, workshops on other topics of interest to Friends are also accepted. Workshop sessions are held during three time slots at Annual Session, Thursday, Friday, and Saturday from 2:00 to 4:00 p.m., with 10 to 15 workshops during each time slot. To submit proposals, see [www.bym-rsf.org](http://www.bym-rsf.org)

### **18th: Ad Hoc Committee on Opportunities for Our Future**

The Ad Hoc Committee on Opportunities for Our Future will meet at Gail Kohanek's home, 4713 DeRussey Parkway, Chevy Chase MD, on Thursday, February 18, at 7:30 p.m. All are welcome.

### **20th: Working Group on Racism**

On Saturday, February 20, BYM's Working Group on Racism will meet in the BFM library from 10:00 a.m. to 1:00 p.m. One goal of this group is to deepen our understanding of what white anti-racism means and how to put our knowledge into practice. We will be looking specifically at what Meetings can do to become more welcoming and open.

### **21st: Opportunities for Our Future Worship Sharing**

On Sunday, February 21, at 9:15 a.m., in the Meeting Room, the Ad Hoc Committee on Opportunities for Our Future will host a worship sharing session on choices for the Meeting in light of Sidwell Friends School's plan to sell the Lower School campus. All are welcome and encouraged to participate. Information on these issues is posted on the BFM Website at [www.bethesdafriends.org](http://www.bethesdafriends.org).

The ad hoc committee welcomes thoughts from Friends in whatever form is easiest for you. Questions to consider include: What are the most important aspects of a physical home for our spiritual community? What do you value most about our current meeting venue? What energy and resources do we have and where do we want to direct them? What else should be considered? The 9:30 Meeting for Worship on February 21 will be held in the Teachers' Lounge.

### **21st: Getting to Know One Another**

Please join us at the rise of Meeting in the meeting room on Sunday, February 21, 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. Sometimes after introducing oneself two or three times,

it is challenging to find ways to connect with others in Meeting at the coffee hour or potluck. This is an opportunity to make deeper connections.

### **21st: Adult Friendly Eights Dinners**

Adult Friendly Eights are potluck dinners for approximately eight adults in the homes of folks in the BFM community. In February, they will be on Sunday, February 21, at 6:30 p.m. If you wish to join a group, a sign-up sheet is available at [www.bethesdafriends.org](http://www.bethesdafriends.org) To request one, e-mail [friendly8s@bethesdafriends.org](mailto:friendly8s@bethesdafriends.org)

### **27th: Family Friendly Eights Dinner**

Family Friendly Eights are a potluck dinner with children in the home of folks in the BFM community. People learn when and where through an Evite. In February, families will gather on Saturday, February 27, at 5:00 p.m. To be added to the Evite list: [friendly8s@bethesdafriends.org](mailto:friendly8s@bethesdafriends.org)

### **28th: Peace & Social Justice Committee**

The P&SJ Committee has oversight of a portion of the BFM budget. In the current budget it identified 20 outside groups concerned with social justice and peace issues, which will receive a total of \$14,310 from this year's BFM budget. As part of the budget process for the fiscal year that begins July 1, P&SJ invites you to attend the P&SJ meeting at 9:15 a.m. on Sunday, February 28, in the Teachers' Lounge to make proposals on how the Meeting's funding of peace and social justice concerns should be allocated.

### **28th: ARE: Listening to Creation**

George Fox and other early Friends often drew on images of the natural world to communicate their spiritual insights. Their appreciation of creation as a doorway to the divine was an integral part of their message to the world. This session will be an opportunity to explore just how nature fit into the theology and world view of early Friends, foreshadowing the environmental concerns of the present day. Come join a discussion on this topic with Deborah Haines from Alexandria Friends Meeting on Sunday, February 28 at 9:30 a.m., in the Music Room in the SAM Building.

### **28th: 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 28.

## **Into the Future**

### **March 6th: Creating the Peaceable Kingdom Dinner**

Join the William Penn House as they honor the Peacemakers in our midst. These are the people who do their work out of the limelight, simply following their own leading and proceeding as the way opens. This year the honoree will be Rob Farley, who helps provide breakfast and companionship to the homeless people who gather on his church doorstep each morning. The dinner will begin at 6:00 p.m. on Sunday, March 6, at William Penn House (515 East Capitol Street, SE), and RSVPs to 202-543-5560 or [info@williampennhouse.org](mailto:info@williampennhouse.org) The cost is \$50.

### **April 14th to 17th: 2016 White Privilege Conference**

All Friends are encouraged to join FGC's Ministry on Racism and the Quaker group at WPC17, April 14 to 17, 2016, in Philadelphia, PA at the Philadelphia Marriott Downtown. Registration opened Martin Luther King, Jr. Day, January 18.

WPC was established and is organized by African American professor Dr. Eddie Moore. The conference strives to empower and equip a variety of attenders to work for equity and justice through self and social transformation.

FGC is sponsoring a group discount for the White Privilege Conference for a fifth year. FGC has supported nearly 200 Quakers over five years in attending WPC. These Friends took advantage of a 55% discount on registration. Baltimore Yearly Meeting is also a sponsor this year. Friends interested in attending the White Privilege Conference and receiving the FGC group discount can sign up to receive further instructions and reminders here:

<https://www.fgcquaker.org/interested-2016-white-privilege-conference> In order to receive the FGC discount friends MUST complete pre-registration with FGC prior to registering for the conference. Folks with questions can e-mail: [richies@fgcquaker.org](mailto:richies@fgcquaker.org) or [ministryonracismsupportspecialist@fgcquaker.org](mailto:ministryonracismsupportspecialist@fgcquaker.org)

### **Save the Dates for the Plant Sale & Spring Fling**

We may be getting a little ahead of ourselves, but please save the dates of Sunday, April 17, for the annual Plant Sale event, and of Sunday, April 24, for delicious Middle Eastern food, our silent auction, and white camel sale. This is all for the purpose of raising scholarship funds for Ramallah Friends School in Palestine. The Girls' School was established in 1869; the Boys' School in 1901.

Spring Fling, the Meeting's annual festival that builds community and raises scholarship funds for Ramallah Friends School, needs some help. Its main organizers would like to find deputies to help them with the 2016 events. Deputies, it's hoped, would succeed one or more principals in the future. Since Spring Fling requires both experience and new ideas, phased turnover is natural and necessary. Note that Spring Fling roles can be adjusted and divided. No experience is necessary. It's a labor of love in many ways, and there's no better way to make friends among Friends than by working together.

## Committee Notes

### Nominating: BFM 2016 Committee Clerks:

Since the approval of the slate of people to serve on BFM committees in December, clerks have been chosen by each committee to serve for the coming year.

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

Also, to schedule any event at Meeting, please contact our scheduler. Please list events on the calendar on the bulletin board of the Meetinghouse library when you have confirmation; and let the newsletter editor know before the newsletter deadline of the 13th of every month except July. Events are then posted at: [www.bethesdafriends.org](http://www.bethesdafriends.org)

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 a resource guide prepared a year or two ago, which will be sent to the clerks and will be in the 2016 BFM Directory.

### Library

Hospitality. We wish to thank the Library Committee for providing hospitality at the rise of Meeting and potluck this month and for taking care of our library resources. The committee is responsible for the acquisition, care, and circulation of the Meeting's books and videos.

### Ministry & Worship

Parking at BFM. The parking lot filled up for the January 3 Meeting for Worship. Friends are reminded that there is also parking in the garage under the gymnasium. There is also the possibility of parking on the basketball court behind the SAM Building. Energetic Friends are reminded that parking in the Bethesda Library lot is another alternative.

Please be mindful of hearing-impaired Friends. Ministry & Worship would like to encourage all Friends to please be mindful during Meetings for Worship of those Friends who are hearing impaired by (1) speaking clearly and with full voice when delivering messages, and (2) turning off cellphones.

A Friendly Reminder. The Ministry & Worship Committee has a friendly reminder about remembering that the library is a Meeting for Worship space between 11:00 a.m. and noon. After noon the library is for socializing and talking. Please remember if you arrive later than 11:05 a.m., begin your worship silently in the library.

What Do We Do When It Snows? There will be Meeting for Worship for whomever comes, unless an e-mail has been sent out saying the school (and hence the Meetinghouse) is closed. The school does make every effort to clear the grounds as quickly as possible. Those



without access to e-mail need to call someone with a computer or the school security office: 202-537-6991 and 202-537-8197.

### **Religious Education**

Rosa Greenberg led a lively discussion with BFM children and parents last month on the role of labor unions in promoting improved work conditions, wages, and social justice. Rosa, who grew up in the BFM community, graduated from Pomona College, and moved to Boston where she is an organizer for Local 26 UniteHere union. She posed questions and wrote the children's answers on a white board listing workers' needs. She illustrated company owners as big fish and workers as little fish. The children learned that when workers unite to press their demands owners are more likely to respond positively. Also they learned how a labor organizer helps workers determine what they want from management and how to go about achieving it. The hour ended with crafting a colorful art presentation of the role of unions, now posted on the library wall.

## **Meeting Notes**

### **Peace Notes**

Let us enter into this election year inspired by love and not fear. President Obama closed his final State of the Union address with the following encouragement, which beautifully echoed that sentiment:

“Our brand of democracy is hard. But I can promise that a year from now, when I no longer hold this office, I'll be right there with you as a citizen —inspired by those voices of fairness and vision, of grit and good humor and kindness that have helped America travel so far. Voices that help us see ourselves not first and foremost as black or white or Asian or Latino, not as gay or straight, immigrant or native born; not as Democrats or Republicans, but as Americans first, bound by a common creed. Voices Dr. King believed would have the final word—voices of unarmed truth and unconditional love.

They're out there, those voices. They don't get a lot of attention, nor do they seek it, but they are busy doing the work this country needs doing. . . .

That's the America I know. That's the country we love. Clear-eyed. Big-hearted. Optimistic that unarmed truth and unconditional love will have the final word. That's what makes me so hopeful about our future.”

### **William Penn House**

William Penn House is a hospitality center on Capitol Hill grounded in Quaker faith, which many of us have enjoyed for potlucks, fellowship with Quakers in this area, workshops, and workcamps. WPH provides a place to stay, worship, and organize. Byron Sanford retired as Executive Director after 16 years and Andrei Israel has been selected as his replacement. Many of us know Andrei from his visits to BFM and his involvement in many Quaker activities in the area. He is completing his PhD and is moving to DC with his wife for this position.

### **Thinking About Race**

Research “shows subconscious connections in people's minds between black faces and crime, and how those links may pervert justice; law enforcement officers across the country are

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taking note.” “A Hard Look at How We See Race” describes research by Jennifer Eberhardt, PhD, a professor at Stanford University (and an African-American), reactions to it, and its impact on providing training within law enforcement. Lorie Fridell, who was head of research for a law enforcement policy group in Washington, D.C., stated: “Key to the training’s appeal is that it treats bias as a common human condition to be recognized and managed, rather than as a deeply offensive personal sin, an approach that makes cops less defensive. ‘They understand that it is a real issue with which they need to deal, but not because the profession is made up of ill-intentioned individuals with explicit biases (e.g., racists), but because the profession is comprised of humans.’” From “A Hard Look at How We See Race,” by Sam Scott, published in *Utne Reader*, Winter 2015. For the complete article, see : <http://www.utne.com/politics/social-psychology-racial-disparity-zm0z15wzdeh.aspx?PageId=8#ArticleContent>

### **2016 Directory**

The 2016 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. Copies will be available on the hall table and at the Book Table.