

BETHESDA FRIENDS MEETING

Religious Society of Friends

P.O. Box 30152, Bethesda, Maryland 20824

301-986-8681 • e-mail: bethesdafrm@igc.org • www.bethesdafriends.org



Bethesda Friends Meeting Newsletter for September 2015

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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 of ages at all stages of the spiritual journey?

September 2015 Calendar

Meeting for Worship is at 11:00 a.m. every First Day. It is also held at 9:30 a.m. every First Day except when Meeting for Business is held at 9:15 a.m.)

13	Sun	9:15 a.m.	Meeting for Business
		11:00 a.m.	First Day School Welcome & Registration
		12:30 p.m.	Potluck & Committee Resources & Friendly Eights Tables
		1:00 p.m.	CROP Hunger Walk, B-CC High School
		6:30 p.m.	WPH Potluck: The Sanctuary Movement (202-543-5560)
		7:30 p.m.	Experiment With Light, at the Nielsen-Joneses' House
		8:30 p.m.	October Newsletter Deadline (301-320-5083)
14	Mon	8:00 p.m.	Committee Night
18 to 20			Fall Family Camp Weekend: Opequon Quaker Camp
20	Sun	9:30 a.m.	Advancement & Outreach Committee, Teachers' Lounge
		12:15 p.m.	Adult Religious Ed. Committee, Teachers' Lounge Annex
		12:30 p.m.	First Day School Parents' Meeting, Music Room
		12:30 p.m.	Getting to Know One Another Session, Meeting Room
24	Thurs	11:00 a.m.	Rally in Support of Climate Action, National Mall

26	Sat	10:00 a.m.	Friends Wilderness Center Program: Fun with Fundanas
		11:00 a.m.	BFM Service Day: A Wider Circle
		2:00 p.m.	Memorial Service for Dot Hartley's son, Rockville UU
27	Sun	9:30 a.m.	ARE: Quakerism & Human Rights, Music Room
		12:30 p.m.	Coordinating Gathering, Meeting Room
		7:30 p.m.	Experiment With Light, at Jane Coe's House
28	Mon	7:30 p.m.	Peace & Social Justice Committee, Jane Coe's House

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 and Friends Meeting of Washington. BFM plays a vital role in funding, selecting the awardees, and making decisions about the program's policies and practices. Since the scholarship fund first began, it has awarded 106 scholarships to graduates from 20 DC Public schools. The amount of each scholarship is now \$4,000, and each year the program supports about 17 students through their four years of college. Please be generous.

In the June Social Concerns box, \$139.25 was donated to Jubilee Jobs.

Events in September

13th: Meeting for Business

Meeting for Business in September will be on September 13, at 9:15 a.m. All participants in BFM are welcome, and even encouraged, to attend. Meeting for Business will include reports from the Yearly Meeting Annual Gathering, Adult Religious Education, William Penn House, and the Ad Hoc Nominating Report.

13th: First Day School Begins!

First Day School will start on Sunday, September 13. Children will be with their families in Meeting for Worship at 11:00 a.m. and leave at 11:15 a.m. to join their classes. **Please register now.** The form is at the end of this newsletter and copies will be available at Meeting. Please complete the form and leave it in the Religious Education pocket at the bottom of the stairs.

The Religious Education (RE) Committee has hired Lauren Brownlee to be the FDS coordinator. Lauren will help with communication and outreach to families and strengthen the FDS program's mission of nurturing the spiritual lives of children and fostering Quaker leadership through age-appropriate service experiences. Lauren is a BFM member and an experienced educator.

FDS classes for grades K-3, 4-6, middle school, and high school will start on Sunday, September 13. On Sunday, September 20, there will be a parents' meeting in the Music Room, SAM Building, at the rise of Meeting to talk about the FDS program and plans for the future.

By way of background, a copy of the 2014-15 RE committee report on the FDS program is at the end of the newsletter.

13th: Potluck & Committee Resources Tables

Please join us for potluck in the Groome Building at the rise of Meeting on Sunday, September 13. It is an opportunity for feast and fellowship. Please bring a dish to share.

The Nominating Committee will have a committee resources table at potluck, with representatives from as many committees as possible to answer questions about committees. At the potluck tables, members of the Friendly Eights Committee will make a special effort to talk about the Friendly Eights program, in hopes of generating ideas on how to get more participation, particularly reaching to those who never or rarely attend. What would make this program more attractive to you? (See the details under Committees.)

13th: CROP Hunger Walk

Please join the first Bethesda CROP Hunger Walk on Sunday, September 13, at 1:00 p.m. It will be at the Bethesda-Chevy Chase High School, 4301 East-West Hwy, in Bethesda. All are welcome to participate and raise money to end hunger in the US and around the world. CROP Hunger Walks are community-wide events sponsored by Church World Service and organized by religious groups, businesses, schools, and others to raise funds to end hunger in the U.S. and around the world.

13th: William Penn House Potluck & Dialogue

F(ri)ends are invited to a potluck and Quaker dialogue at William Penn House on Sunday, September 13, at 6:30 p.m. Linda Rabben from Adelphi Friends Meeting will discuss her book, *Give Refuge to the Stranger: The Past, Present, and Future of Sanctuary*. She will describe the long histories of sanctuary as a religious institution and asylum as a secular legal institution. Bring a dish to share; family members and friends are always welcome. WPH is at 515 East Capitol Street, SE. For details: 202-543-5560 or www.WilliamPennHouse.org

13th & 27th: 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 evenings sessions, September 13 and 27, from 7:30 to 9:00 p.m.

18th to 20th: BYM Fall Family Camp Weekend

Family Camp Weekends at Baltimore Yearly Meeting camps offer us all (individuals as well as families) a chance to come and enjoy the beautiful camps at a special time of year for a day or for the weekend. A program coordinator will plan camp-type activities for Saturday and Sunday morning, as well as Saturday afternoon and evening. These may include things like playing in the creek, a crafts project, or hiking. There will also be plenty of work projects to do! These offer people with all kinds of skills the opportunity to participate in meaningful and satisfying work. In addition, participants will enjoy meals together, time to explore, and an evening camp fire. You may come for

the day or spend the night on Saturday. Camp will also be open on Friday night but there will be no dinner served on Friday. Other meals are provided. To pay for some of the supplies and staff, participants are asked to contribute \$25 to \$50 per person, according to your ability to pay. Please send an e-mail to davidhunter[AT]bym-rsf.org if you plan to attend, with the names and ages of all members of your party, when you will be arriving and departing, and any dietary restrictions you may have. For details:

<http://bymcamps.org/family-camp-weekends-Fall-2015> In addition to the camp weekend at Opequon, there will be another one at Shiloh from October 9 to 11, and a third one at Catoctin from October 23 to 25.

20th: BFM Parents' Meeting

At the rise of Meeting on Sunday, September 20, there will be a parents' meeting in the Music Room of the SAM Building, across the patio from the Meetinghouse to talk about the First Day School program and plans for the future. Please plan to attend.

20th: Getting to Know One Another

Please join us at the rise of Meeting in the meeting room on Sunday, September 20, 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.

24th: Rally for Moral Action on Climate

Moral Action on Climate (MAC) is organizing a rally on the National Mall on Thursday, September 24, from 11:00 a.m. to noon. People will be gathering on the Mall between 4th and 7th Streets NW, as early as 7:00 a.m. (some may have been there overnight as part of a vigil) to hear the Pope's address at 9:20 a.m. A program of additional speakers is being planned following the Pope's address starting at approximately 11:00 a.m. All are enthusiastically invited to join members of the Peace & Social Justice Committee at the Bethesda Library parking lot at 10:00 a.m. to travel downtown together. The Pope's recent encyclical on the environment and climate change is an inspiring statement and a landmark development. We have the opportunity to support his call for urgent action to address the climate crisis and create a new future of economic equality, social justice, and environmental equity. Philip Bogdonoff of our Meeting has been involved in MAC's planning of one of the week's later events, pertaining to a statement of promising solutions. One of them is about removing emitted carbon dioxide from the air by storing it "in the ground as stable soil carbon compounds." For details: www.moralactiononclimate.org/

26th: Friends Wilderness Center Event

On Saturday, September 26, at 10:00 a.m., Carlen Emanuel, a Certified Forester with the Appalachian Trail Conservancy, will lead a guided hike from the Niles Cabin along the FWC trails using a variety of fundanas (bandanas with lots of nature lore designed in them) to get participants looking at what they pass and to take a closer look at nature. In addition to being a lovely hike, it will also have the flavor of a scavenger hunt. Carlen plans to use Discover Nature, Walk in the Woods, Tree Quest, Wild Bird Bingo, and Biodiversity Bingo Fundanas; if your family has others, feel free to

bring them along as well. If you wish (not required for this program), you can purchase a variety of fundanas from Sheila before or after the hike for \$7 each. This walk is fine for beginners and children age 6 and up with accompanying adult. Wear good closed toe shoes (i.e., no flip flops and sandals) and bring water, insect repellent, and a hiking staff or two if desired. A forecast or presence of heavy rain cancels this event, but light rain does not. Bring a sack lunch and whatever beverages you require.

The center is less than two hours from Washington on a 1,400-acre tract of land which backs up to the Appalachian Trail in West Virginia.

A \$10 donation for programs is suggested. This helps maintain the property and facilities. For details: www.friendswilderness.org It is very helpful to make reservations.

26th: 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 26, from 11:00 a.m to 1:00 p.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 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. See www.awidercircle.org

26th: Memorial Service for Dot Hartley's Son

The memorial service for Dot's son, Albert, will be on Saturday, September 26, at 2:00 p.m. at the Rockville Unitarian Church, 100 Welsh Park Drive, Rockville MD 20850. For details, see: <http://www.pumphreyfuneralhome.com/obituary/Albert-John-Hartley/Rockville-MD/1532534#obit-memories>

27th: ARE: Quakerism and Human Rights

The Adult Religious Education Committee will sponsor a program on the role of Quakers and Quakerism in the articulation and protection of human rights. From its inception, though not always consistently or successfully, the Society of Friends has used its spiritual resources to protect the rights of all people, simply by virtue of their shared humanity. That unfinished work continues into the twenty-first century, with the age-old challenge that the problems are bigger than the resources that can be brought to bear against them. On September 27 at 9:30 a.m. in the Music Room, Ralph Steinhardt will lead a conversation on the historical impact of Friends' testimonies in advancing human rights over the centuries, first seeing and then confronting what was unacceptable in once routine, everyday experience. The practical connection between continuing revelation and advocacy will be a central topic of this conversation.

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. On Sunday, September 27, at 12:30 p.m., we will meet in the Meeting room.

Into the Future

October 9th to 12th: 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 \$290, and the deadline for registrations is October 3. If Dayspring is new to you, see www.dayspringretreat.org to get a sense of it. There is also a YouTube piece online created at an October BYM retreat.

October 10th: Growing Our Meetings Workshop

Baltimore Yearly Meeting has arranged for Friends General Conference to provide a one-day "Growing Our Meetings" workshop at Valley Friends Meeting in Dayton, VA, on Saturday, October 10. According to the FGC website (<http://www.fgcquaker.org/services/grow-our-meetings-workshop>), the workshop will focus on the ways that Friends can invite Spirit into our efforts around three dimensions of meeting growth: in-reach, outreach, and inclusion.

The workshop incorporates training and experiential activities, worship sharing, discussions, discernment and planning, and opportunities for collaboration among meetings and building networks of support.

Each meeting's team will leave with a plan for adding growth and vitality. The fee for the workshop is \$100 per Meeting for a team of two to three Friends and includes a resource toolkit for each participant, lunch, and dinner. BFM has asked its Advancement & Outreach, Ministry & Worship, and Pastoral Care Committees each to name a person from the Meeting to attend. Friends are encouraged to offer food to help Valley Meeting as it hosts the event. For details: Peirce Hammond (peirceiii@ yahoo.com)

October 17th: BYM Interim Meeting

BFM is part of a larger grouping of 52 Quaker congregations in Maryland, Virginia, and parts of Pennsylvania called Baltimore Yearly Meeting. Three times a year people from the Meetings gather for fellowship, committee meetings, and a general business meeting. It is a wonderful opportunity to get to know Friends from other Meetings. You can be a part of important decision making. Goose Creek Friends Meeting, (18204 Lincoln Road, Lincoln VA 20160), is hosting the Tenth Month Interim Meeting on Saturday, October 17. Friends will begin gathering at 10:00 a.m. Lunch will be provided. Business Meeting in the afternoon will be followed by dinner at the rise of Meeting. Check www.bym-rsf.org for more information.

November 12th to 15th: FCNL Annual Meeting

Save the dates for the Friends Committee on National Legislation's Annual Meeting from Thursday, November 12, to Sunday, November 15. You can register now at:

www.fcnl.org/annualmeeting

The first day's focus will be on lobbying Congress to build a pathway to peace. It is a wonderful opportunity to connect with Friends from around the country who care passionately about the issues of the day.

January 29th to 31st: BYM Women's Retreat

The BYM Women's Retreat will be held in a new location in 2016: Pearlstone Retreat Center in Reisterstown MD. It is about an hour from Washington. The Pearlstone Center offers a number of benefits, including accessibility and safety (covered walkways, elevators, etc.), comfortable accommodations, plenty of meeting rooms, and excellent food. If you are wondering why the shift is away from the Skycroft Conference Center, where the retreat has been held since 2010, costs there increased by 35%, prompting the search for a new location. If you have never been to the Women's Retreat, ask anyone who has. It is a totally great weekend. For details, see:

<http://bymwomensretreat.org>

Committee Notes

Fellowship & Hospitality

We thank Fellowship & Hospitality for providing refreshments at the rise of Meeting in September. The committee oversees hospitality after Meetings for Worship, and potlucks on the second Sunday of most months, although direct responsibility rotates monthly among all committees. F&H also provides hospitality for special occasions, such as memorial meetings.

Religious Education

For information on the First Day School program this year, see the description under First Day School Begins (on September 13) and the Religious Education Committee's annual report of last year's program at the end of this newsletter.

Nominating

Would you like to deepen your connection to our Meeting and to enrich our Meeting at the same time? One way to do so is to serve on a committee.

The Society of Friends has no paid staff or clergy, and thus all of us who value our community at BFM and who draw nourishment from Meeting for Worship can strengthen and enrich our community by serving on a committee.

Most committees are open to all and are eager for new ideas and new energy. So, if you are not yet on a committee, please consider serving on one!

If you would like to know more about the various committees and the work they do, you can find a list of committees and their missions on pages 7 to 9 in the 2015 BFM Directory. (Extra copies of the directory are available at the Book Table in the Library at the rise of Meeting; or see committee information on our website: www.bethesdafriends.org) Another way to learn more about committees is to come to the September 13 potluck, where representatives of the Nominating Committee along with various committee clerks will be at a special table, and will be happy to answer any questions.

Committee nominations are normally for two-year terms, which begin in January, and it is common to serve for two of these terms (four years). For those of you already on committees, if you

have served two years and would like to try a different committee, please let us know. If you have served for four years, please let us know what other committees you would like to consider.

Please feel free to approach any of us at the rise of Meeting, or by phone, if you would like to ask any questions about committees or the nomination process.

Friendly Eights Fellowship Dinners

Throughout September, after Meeting for Worship, the Friendly Eights Committee will be encouraging us to sign up for potluck dinners in October and November, and January through April. The dates are listed below. The more the merrier! You can also sign up on our website, at www.bethesdafriends.org

Friendly Eights dinners are potlucks for either adults only or families with children up to the age of 13. The adult groups meet on Sundays at 6:30 p.m. To better accommodate kids, the family groups meet at 5:00 p.m. on Saturdays. We try to assign guests so that they will share dinners with as many different people as possible. This is a great way to get to know others in the BFM community.

There will be family dinners on: October 24 and November 21, 2015, and January 23, February 27, March 26, and April 23, 2016.

There will be adult dinners on: October 18 and November 15, 2015, and January 17, February 21, March 20, and April 17, 2016.

Advancement & Outreach

An ad hoc group from the Advancement & Outreach Committee has been working diligently to update the BFM website. The new content and format will be uploaded to our current web site (www.bethesdafriends.org) on or before September 1. Please check it out with the understanding that it is designed mainly for newcomers. The section most relevant to those already participating is under the tab called Our Community. The ad hoc group welcomes comments on the web site's user-friendliness and notes that the web site is a continuing work in progress; it is not written in stone.

Peace & Social Justice

Ending the Revolving Door. Nationally, a previously incarcerated person has a 65% chance of returning to prison, the former director of the Montgomery County Department of Corrections and Rehabilitation stated during a recent presentation on the county's program to lower its re-incarceration rate. For inmates participating in the pre-release program at the county jail in Boyds, the rate is 35%.

The June 21 presentation, held at Cedar Lane Unitarian/Universalist Church, was organized by Esther Delaplaine and co-sponsored by P&SJ and Cedar Lane UU. Attendees heard from two American Job Center employees who work directly with inmates at the jail as coaches and re-entry counselors. The program, called One Stop, offers inmates, who voluntarily participate, GED and ESOL education, job training skills, and how to search for a job. Through role playing they learn how to handle rejection in a job interview, and when questioned by a prospective employer, they can explain what led to their incarceration. They are taught time management and learn how to dress appropriately in the work place. This successful program is now being replicated with U.S. Department of Labor funding at 20 other local jails across country.

If you cannot volunteer at the jail, there are other ways to help recently released individuals stay out of jail or support those inside.

-- participate in a pen pal exchange with someone still incarcerated

-- contribute to a fund to help provide Metro Smartcards for those without transportation. Checks can be made out to our BFM member Barbara James, who is a teacher at the jail, with notation "One Stop Smartcards."

Meeting Notes

Peace Notes

Have you heard the Gandhi quote:
"Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny"?

One way to take control of one's thoughts at the beginning of each day is by subscribing to daily messages of peace. One such subscription service is called "This Nonviolent Life" by the group Peace e Bene (a nonprofit organization fostering justice, peace and the well being of all through education, resources, and action for nonviolent change). The other is "A Year of Being Here," which is daily mindfulness poetry (usually quite short). Each arrive by email early in the morning, and they empower the reader to begin one's day with positivity and inspiration. Could be a great way to foster peace in your life. Each should be easy to find on Google.