

Portland Friends Meeting Newsletter

Twelfth Month, 2016

Meeting for Worship: Sundays 10:30a

Adult Education: 9am, 2nd & 4th Sundays

First Day School: 10:45am following 15 minutes in Meeting
for Worship, 2nd & 4th Sundays

Connections

Co-Clerks

Lea Sutton 642-2327

Liz Maier 781-3009

Treasurer, Contributions

Sue Nelson 391-6116

60 Shadagee Road, #2

Saco, ME 04072

Treasurer, Operating Account

Kathy Beach 741-2940

14 Drew Road

South Portland 04106

Treasurer, Special Funds

Sara Jane Elliot 749-9706

Special Needs Funds

Chris Beach 741-2940

Elizabeth Szatkowski 772-1774

Ministry and Counsel

Kirk Read

207 782 3524

kirkread@gmail.com

Pastoral Care Coordinators

Christina Davis 518-0784

Religious Education

Adults: Arthur Fink

arthur@arthurfink.com

207 615 5722

Youth: Luke Hankins 207-200-6042

Youth Religious Education Coordinator:

Anne Payson 781-2501

Use of the Meetinghouse

Dorothy Grannell 233-6587

dorothygrannell@maine.rr.com

e-group Coordinator

Mary Beth Walsh 797-8414

mbwalsh@mainelyaccess.com

Newsletter

submissions

Heather Denkmire

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portlandfriendsmeeting.org

207-200-6544

“As it is written, eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him. But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.”

First Corinthians, 2:9-10, King James Version

Calendar

December 11: Rise of Meeting, Physicians for Social Responsibility, climate change discussion

December 24: Meeting for Worship? (see inside)

December 25: Meeting for Worship

January 1: 9am Meeting for Worship for the Conduct of Business

Monthly

Every Sunday: 10:30a Meeting for Worship

First Sunday: 9a Meeting for Worship for the Conduct of Business (open for all)

2nd-5th Sundays: 10-10:20a Intergenerational singing

1st Thursday: 4-7p Preble Street Soup Kitchen
Aaiyn Foster 766-9762

2nd Saturday: 5-8p Youngish adults potluck
Bart Czyz, btczyk@gmail.com, 207 899 5937

2nd & 4th Sundays: 9a Adult Religious Education
10:30a Children in Meeting for Worship
10:45a First Day School



Portland Friends Meeting
Meeting for Business
December 4, 2016

We began in silent worship at 9:00 a.m. with 24 members and attenders present, during which co-clerk Liz Maier read from the Bible, First Corinthians Chapter 2 verses 9-10: *As it is written, eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him. But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.* (King James Version)

1. **Minutes** The November minutes were accepted with clarification that we now affirm we had approved the creation of a new Communications Review Committee.
2. **Financial Oversight**

Current Operating Budget Treasurer Kathy Beach reported that we are 92% through our budget year and closing the gap between our expenses and our income. Our year-to-date budget deficit now stands at \$4,863, down from almost \$7,000 in October

Our income for November was \$5,906. Our expenses were \$3,938. This gives us a positive balance of \$1,968 for the month. Our income year-to-date is \$46,428 and our year-to-date expenses are \$51,291. This gives us a deficit of \$4,863.

Quick Summary of Income and Expenses	
11 months — 92% of 2016	

Year-to-date Income	\$46,428
Percent of Budget	69%
Year-to-date Expenses	\$51,291
Percent of Budget	77%
Balance	(\$4,863)

Friends approved the Treasurer's report.

Proposed Budget for 2017 Jo Linder presented the Committee's proposed budget for 2017. They are recommending a budget increase of a little less than \$1000. This would come from donations. Rent, Fundraising and Endowment would remain the same.

There was no income realized by fundraising last year. Financial Oversight decided that asking for donations has been more effective.

Meetinghouse expenses will be increased slightly, based on actual experience over the past few years. The increase in water and sewage occurred because of a new city charge for storm water runoff of \$66 per month. This may decrease if we are able to get credit for our rain garden. Fuel expense decreased due to the replacement of the defective meter accomplished by Building and Grounds, so that our heating load is now under control.

Meeting Community expenses are up primarily due to the committee's decision to include employee taxes estimated at \$900 as a line item in the budget.

Meeting contributions have been kept the same as in 2016, except that the NAACP contribution has been rounded off to reflect that we no longer purchase a table at the Martin Luther King breakfast. It was suggested that we ask Peace and Social Concerns committee to reach out to the NAACP to indicate our continued support and that we would like to hear from them about their work. A suggestion was made that we round up our contribution to \$400.

It was also suggested that we increase our contribution to New England Yearly Meeting which has been operating at a deficit for several years. There was considerable discussion of these two issues. The Committee will consider the concerns expressed about our contributions and reconsider these two items before its January proposal.

3. **Ministry and Counsel** Sue Nelson reported the following for the committee.

To help with conflicts in room and time for Adult Religious Ed and singing,

The Committee proposes the following schedule and room assignments to be tried for 2017, with a review at the end of one year:

9:00 - 10:10 Adult Religious Education in first floor classroom on the second and fourth Sundays of the month. If there are more participants than will fit, move the class to the basement for that day.

(cont-)

(continued from page 2)

3. (cont-)

10:00 - 10:20 - Singing will take place in the meeting room every Sunday of the month but the first. It will stop promptly at 10:20 so those who wish to settle in before worship can do so in a quiet room.

A question was raised about having singing work better. It was reported that a group is forming to do just that. The group will also work to make the singing truly intergenerational by involving the children more.

We will consider this further in January.

Because there have been fewer and fewer people signing up for Greeter duties, Ministry and Counsel has asked that Nominating Committee try to find at least 10 people who would agree to serve as regular greeters. The duties are listed in the front hallway.

4. **Nominating Committee** Rob Levin reported for the Committee. We are asked to approve Jenny Rowe as a member of Ministry and Counsel. Friends approved.

There is now a sign-up sheet for Greeters in the hall. There are also still other positions to fill. Please sign up.

There have still been no sign-ups for Earth and Spirit Committee. The question arises should we consider laying that committee down, especially since Peace and Social Concerns has been carrying the issue of climate change and has been collaborating with Earth and Spirit. We were asked to consider folding Earth and Spirit into Peace and Social Concerns. No action was taken today.

We closed at 10:25 a.m., with 33 members and attenders present, purposing to meet again at 9:00 on January 1, 2017, God willing.

Respectfully submitted,
Lyn Ballou
Co-Recording Clerk



Opportunity to help out with Friends Camp

The Friends Camp Committee has its own nominating committee (as separate from NEYM nominating committee). We need at least one more person to fulfill the minimum of 3 people on that committee. Has Friends Camp been important to you, your family, or those you know? This may be an opportunity to help out in an important way, yet one that ought not be too demanding of time. My understanding that the nominating committee meets mostly by phone and e-mail. For more information, please contact Leslie Manning (leslieam55@gmail.com) 207-319-0342 or Anna Hopkins (director@friendscamp.org) 207-877-4302.

**Family Open House--
Saturday, January 7, 10am-
noon**

Tour our school, meet the teachers, spend time in classrooms, and talk to current parents and students. Learn more about Quaker education and get a feel for our *culture of joyful learning*. Have a conversation with our Head of School and Director of Studies. This event is for families with children entering preschool through grade 8. Prospective students and their siblings are welcome! If you would like to attend, RSVP here <https://friendsschool.wufoo.com/forms/rsvp-form/> or email Jen McNally, Admissions Director, at jen@friendsschoolofportland.org.



Portland Friends Meeting—2017 Budget Proposal

	<u>2017</u>	<u>2016</u>	<u>Change</u>
Income			
Donations	54,660	52,640	2020
Rent	1500	1500	
Fundraising	0	750	(750)
Endowment	12,000	12,000	
Other			
Total Income	<u>68,160</u>	<u>66,890</u>	<u>1270</u>

Meetinghouse Expenses			
Fuel	3000	3500	(500)
Electricity	800	800	
Water & Sewage	1400	600	800
Phone	300	300	
Insurance/Worker's Compensation	2500	1900	(worker's comp 2016 = 450) 600
Snow Removal	2100	2100	
Building & Grounds	5000	5000	
Custodial Care of Meeting	2500	2500	
Endowment Replenishment	4500	4500	
Subtotal Meetinghouse Expenses	<u>22,100</u>	<u>21,200</u>	<u>900</u>

Meeting Community			
Religious Ed Coordinator	7500	7500	0
Nursery Coordinator	4160	4,160	
Employee Taxes	900	Not in budget	900
Workers Comp	(see insurance)	450	(included above) (450)
First Day Program	1000	750	250
Childcare Providers	2400	2000	400
Camperships/Youth Scholarships	4500	5000	(500)
Adult Religious Ed	100	100	
Adult Scholarships for Friends Activities	1500	1500	
FO/Payroll/Audit	750	750	
Communications	1000	850	150
Peace & Social Concerns	150	150	Will Include E & S concerns
Library & Records	400	300	100

Ministry & Counsel	200	150	50
Earth & Spirit	0	120	Folding into P & SC (120)
Clerk's Enrichment	500	500	0
Pastoral Care	100	100	0
Events Committee	150	150	0
Special Needs Fund	1500	2000	(500)
Clerk's Fund	0	100	(100)
FSP Resource Committee	0	50	(50)
Miscellaneous	250	250	0
<u>Subtotal Meeting Community</u>	<u>27,060</u>	<u>26,930</u>	<u>130</u>

Meeting Contributions			
NE Yearly Meeting	13,300	13,000	300
Equalization Funds	1000	1,000	
Friends School of Portland	1500	1500	0
Friends Camp	300	300	0
AFSC	400	400	0
FCNL	400	400	0
Falmouth Quarterly Meeting	200	200	0
City of Portland—in lieu of taxes	200	200	0
Maine Council of Churches	150	150	0
Quaker Ridge Building Fund	80	80	0
Preble Street	400	400	0
NAACP	400	380	20
FLGBTQC	500	500	0
Ramallah Friends School	150	150	0
FWCC	100	100	0
<u>Subtotal Meeting Contributions</u>	<u>19,080</u>	<u>18,760</u>	<u>320</u>
Total Expenses	<u>68,160</u>	<u>66,890</u>	<u>1270</u>
Balance	<u>0</u>	<u>0</u>	<u>0</u>

Could this be you?

PFM needs to appoint a second representative to Ministry & Counsel of NEYM. Currently Jessica Eller is one and we need to have two. Here's how Faith and Practice defines the role:

Ministry & Counsel fosters the spiritual growth and strengthens the religious life of Friends in New England by:

- *nurturing local meetings and individuals*
- *promoting intervisitation and communication among meetings*
- *supporting Friends traveling in the ministry and others in public ministry*
- *overseeing meetings for worship and nurturing worship at Annual Sessions*
- *receiving State of Society reports from local and quarterly meetings and crafting a yearly meeting State of Society report*
- *caring and praying for the spiritual condition of Friends in New England.*

Ministry & Counsel is a resource on spiritual matters and ministry. With an emphasis on waiting worship and prayer, it seeks to embody Spirit-led action as it responds to leadings and concerns from monthly and quarterly meetings.

Jessica adds: "The time commitment involves quarterly meetings (usually a Saturday), one of which is a weekend-long retreat at Woolman hill in the fall, and attendance at NEYM Sessions. At Sessions M&C has responsibility for helping plan Meeting for Worships and greeting, microphone handling and care of worship of Meeting for Business, and for crafting the State of Society report. They have also offered listening sessions and other things as needs arise. At the late spring quarterly meeting, they seek volunteers for the various duties."

Please contact Mary Tracy marytracy126@gmail.com or 749-8712, or any other member of PFM's Ministry and Counsel committee if you are interested in this opportunity.



NEW ENGLAND
YEARLY MEETING
OF FRIENDS
QUAKERS



Collective action, climate change discussion

On Sunday Dec. 11th at rise of Meeting, Dr. Paul Perkins will lead a discussion at PFM about climate change with a focus on collective actions/witness as a next important step beyond our individual efforts. Paul is a psychiatrist member of Physicians for Social Responsibility who has attended workshops and talks by Al Gore, Bill McKibben and other recognized local and national leaders.

Plenty of "finger food" will be available prior to the 12 :15 start in the Meeting Room for perhaps a 45 min. discussion which can hopefully include the work of FCNL, CCL and of other climate activist groups. All are invited to attend!



Member Profile: Lea Estes Sutton

Where were you born?

I was born in Stamford, Connecticut, where my dad designed wooden sailing boats for a boatbuilding firm. He died when I was three years old and my mom took my younger brother and me back to Indiana where her family lived. I have a romantic love of sailing boats, but have done very little actual sailing since I was a toddler.

Where have you lived? Where would you return; where would you go next?

I've lived in Indiana, Iowa, Ohio, and Massachusetts as well as Maine. I returned to the Midwest to attend Earlham College, but Maine is where I feel most at home. I would like to travel to the British Isles, and the Canadian Maritime Provinces, and I want to see the Grand Canyon. A coast to coast road trip would be great.

What have you learned; how did you learn it; what do you want to learn?

My father left us a set of children's books about the Swallows and Amazons by Arthur Ransome. They were his legacy to us and I adopted their values as a way of being close to my father.

As the "new girl" in school four different times, I realize, looking back, that I was always met with curiosity and kindness. That taught me that new acquaintances can become friends, and that I should be curious and kind myself.

My stepfather was steeped in Quaker history, and he taught me the things he valued. He also had a reverence for wood and worked with hand tools to make lovely things, thus teaching the value of excellent craftsmanship and natural materials.

My mom loved parties and people and theater and athletics. She always said "It's just more fun to be happy." After my father's death, she stayed calm and coped with the situation without a lot of outward emotion, and I can't say I learned to do that in a crisis, but I did learn to value it. The Boston Red Sox are a family tradition passed on by her and by my aunt.

We always lived very simply but I never felt "poor" because we had education and books and ideas and conversation. I think I was taught a reverse snobbery that said only ignorant people thought money was a measure of a person's value. That may explain why most of my work has been with non-profits - government, libraries and schools - except for an unhappy year in the private practice of law. Determined not to follow in my parents footsteps, I avoided teaching and thus missed a great deal of happiness until late in life.

As a young adult, I read a lot about the different world religions, testing them one by one against what I understood about Quakerism. The result is a deep belief that all true spirituality comes from the same universal source, acknowledged the world over, and that it is Love.

I'm still trying to learn how to live that belief, as those closest to me will attest!



What joys have you had; what ones do you anticipate?

Being away from home for the first time at college was pure joy. The freedom to be myself, away from expectations and rules was a giddy feeling. Fortunately I'm an introvert and it didn't hurt me any. (This may be a quote from Hal Burnham.) The joy of books as the opportunity to share the experiences of thousands of real and imaginary people is a lifelong joy, as is spending time with children and quiet hours alone outside, walking with my grandmother as she taught me the names of wildflowers, dancing and singing (strictly private), sharing ideas in conversations with friends and family. Joy comes daily and isn't predictable. I find retirement to be almost as much giddy fun as college.

How did you come to Quakerism; how has that made a difference?

Since I've been attending Quaker meeting since before I was born, it's hard to know how things would have been without it. So many people live as Quakers without knowing it. I was fortunate to be born into a religion that I could finally embrace and that requires an individual to engage in real seeking. Continuing revelation is important to me in Quakerism, along with the concept that every single person has that spark of Divine and is entitled to love and respect because of it.



Adult Religions Education (ARE)

Committee Members: Judy Spross, Sandi Jensen, Arthur Fink and Muriel Allen

INFORMATION FROM NOVEMBER 13, 2016 ARE CLASS.

On Sunday, November 13, the topic for the ARE class was NAMI's (National Alliance on Mental Illness) Bridges of Hope program, a brief historical overview of Quakers' involvement and contributions to mental illness treatment, followed by a discussion of participants' personal experiences with mental illness and spiritual concerns whether from the perspective of one who lives with mental illness or those who support loved ones living with mental illness. Below is the brief historical overview and the resources that were shared (Bridges of Hope slide program can be found on NAMI's FaithNet site. Attendance and participation for this class was high and ARE Committee members are wondering whether there is need for further conversation or support? Please provide one of the ARE Committee members with input.

Historical Overview: The Quaker Community and Mental Illness

Patients with mental illness (brain disorders) and their loved ones often find that spiritual resources and support are limited or nonexistent during their journeys in the MH system and during recovery. Quakers have a long history of being involved with moral and humane treatment of those with mental illness, for example, the York Retreat begun by William Tuke in 18th Century England and The Friends Asylum in Philadelphia. Moral and humane treatment was based on the premise that the Light of God is in everyone. Treatment was aimed at "cherishing" that Light through three main approaches: community, spiritual practices (worship, Bible readings, attending meetings), and occupational therapy (often with the standard medical treatment of the day).

RESOURCES

NAMI programs (see brochures)

www.nami.org, NAMI HelpLine (800) 950-NAMI

NAMI MAINE 1-800-464-5767

www.namimaine.org info@namimaine.org

www.nami.org/namifaithnet

NAMI Portland Affiliate, President Mike DuBose, (703) 966-8875



Adult Religions Education (continued)

Other resources

Family Hope <http://familyhopeme.org/> (focus is supporting family members of a person with mental illness including making a navigator available to help families learn what they need to know to support their loved one)

www.mentalhealthamerica.net

www.nimh.nih.gov

www.congregationalresources.org

www.Pathways2Promise.org

www.mentalhealthministries.net



Crisis help in Maine

If you or your loved one's in a crisis and need help NOW, call any of these numbers:

Maine Mental Health Crisis Hotline, 1-888-568-1112

Suicide Prevention Hotline, 1-800-273-TALK (8255)

911 (local Maine emergency services)

Other ARE information

Classes held 2nd and 4th Sundays from 9 am to 10 am: January topic (two classes) spiritual eldering and February continues with Quaker 101

Two Spiritual Journey Submissions have been received. Look for announcements regarding their presentations in January newsletter

ARE Members: Judy Spross and Sandi Jensen (co-clerks), Arthur Fink and Muriel Allen (members). Please send recommendations for topics/feedback/input for ARE to Judy Spross at jaspross@gmail.com or call 207-775-2570 (home) who will share with committee (or speak to any committee member)

We would particularly like feedback on whether sharing class content via the newsletter is useful/valuable/meaningful!

Intergenerational "Odd Sundays"

The Youth Religious Education Committee is seeking volunteers to be available to spend time with our younger members and attenders, those older than nursery age, on Sundays when First Day School isn't in session. Greet the kiddos, show them the shelf of crafts and games, and help keep the volume low as appropriate. Interested? sign up in the parlor or talk to Anne Payson annepayson10@gmail.com 781-2501



As of this writing, we have no Christmas Eve Meeting for Worship scheduled. If you are interested organizing Meeting for Worship on Christmas Eve we welcome your efforts! For more information, please call Co-Clerk Lea Sutton 642-2327

Portland Friends Meeting
1837 Forest Ave
Portland, ME 04103

Address Service Requested

Next newsletter deadline:
Tuesday, January 3rd, 9pm

submissions: pfmnewsletter@grantwinners.net

