

Portland Friends Meeting Newsletter

Eleventh Month, 2018

Meeting for Worship: 10:30a Sundays

Adult Religious Education: 8:45a 2nd and 4th Sundays

First Day School: 10:45a 2nd and 4th Sundays



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“Whether one believes in a religion or not, and whether one believes in rebirth or not, there isn't anyone who doesn't appreciate kindness and compassion.”

— Dalai Lama

Calendar

November 16-18 Young Friends Retreat, “Identity,” Portland Friends Meeting

December 2 4:15p Portland Friends Meeting Advent Garden

December 9 Rise of Meeting, shared lunch prepared by the PFM Teen Group

Monthly

First Sunday of the month: 9a Meeting for Worship for the Conduct of Business

Every Sunday: 10:30a Meeting for Worship

2nd and 4th Sundays: 8:45a Adult Religious Education
10:45a First Day School

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

The Portland Friends Meeting Teen Group would like to invite you to lunch on Sunday, December 9th!

At Rise of Meeting,
continue downstairs to
enjoy dumplings and
other goodies prepared
with love. Vegan and
gluten free options will
be available, just bring
yourselves!



Photo by [Abhishek Sanwa Limbu](https://www.unsplash.com/photo/Abhishek-Sanwa-Limbu) on Unsplash

Portland Friends Meeting
Meeting for Worship for the Conduct of Business
November 4, 2018

We began in silent worship at 9:02 a.m, with 24 members and attenders present.

Co-clerk Lea Sutton read a quote from the Dalai Lama:

“Whether one believes in a religion or not, and whether one believes in rebirth or not, there isn't anyone who doesn't appreciate kindness and compassion.”

1. Minutes. The October minutes were accepted as printed in the newsletter.

2. Treasurer: Kathy Beach reported that because many of us are giving on an monthly basis through automatic payment from our banks, we are steadily closing the budget deficit this year, Now through ten months of the year, or 83%, our income is at 70% of budget, and expenses at 71% of budget.

Here is the financial summary Kathy presented, which we accepted with gratitude for her careful work:

Financial summary for Portland Friends Meeting – October 2018 10 months = 83%

	Year to date	% of budget
Income		
Donations	34,945	64%
Rent	2,983	149%
Endowment	8,330	83%
Total **	46,258	70%
Expenses		
Meeting house	12,403	68%
Meeting community	17,840	64%
PFM contributions to other organizations	16,880	85%
Total **	47,123	71%
Balance ****	- 865	

3. Ministry and Counsel: Dorothy Grannell shared the following report:

a. Ministry and Counsel received a letter of transfer from Brunswick Meeting for Marcia Cleveland to our meeting, and recommends that we accept her into membership. The meeting approved, and was glad to hear her brief introduction about her life and her connections with the Society of Friends.

b. Ministry and Counsel is working on a plan for Young Friends transitioning to adult membership. No action is requested at this time. Dorothy noted that junior members cannot transfer membership, but that they can request membership at their new meeting

c. Jessica Pyle-Carter, our former junior member will become a member at North London Monthly Meeting in November. (No further action from us is required).

d. The Ministry and Counsel Ad Hoc Committee on Outreach presented two reports:

Tom Tracy presented this report regarding snacks after meeting for worship:

To foster more socializing and interaction the Welcoming Committee proposes that the Meeting have hearty snacks provided by PFM volunteers each Sunday after Meeting for Worship. As a first step we propose to ask people to "sign up to be assigned" a Sunday(s) when they would help supply snacks and clean up afterwards. We would assign teams of 3-4 people per week for the next several months. These team members would be asked to coordinate with each other. If an individual volunteer can't do this on an assigned Sunday, they are to find a replacement by swapping with someone else or simply finding someone else to do for them.

(cont-)

(minutes continued from page 2)

3. Ministry and Counsel Ad Hoc Committee on Outreach (cont-): Snack volunteers will be emailed the schedule for a few months and will be sent a reminder email along with their team members by Wednesday of the week before they are assigned to bring snacks. These will include suggested items.

The meeting approved this proposal, expecting to review how it is working after a few months. It was suggested that we allocate a small budget so that people who are without free funds can still take part without stress. There should be ways for everyone to participate.

Dorothy noted that Heidi Johnson has graciously provided snacks several times a month for at least ten years. Her ministry of fellowship to our convivial community has been much appreciated.

Sara Cushman presented this proposal for a "Welcoming Friend Project":

As part of their work on welcome and outreach, the ad hoc committee is recommending that Portland Friends Meeting participate in a Friends General Conference project designed to help us improve our welcoming and engagement of newcomers.

The Project is founded on the belief that meetings need people who understand the needs of newcomers, are focused on welcome, are knowledgeable about Quaker faith and practice and able to share in a way that is accessible to newcomers, are comfortable with and embracing of diversity in all its forms, are willing and able to accompany the newcomer, helping them to find connection in the meeting community and, support the entry of newcomers and help them to understand why and whether or not they should stay

Participation in the Welcoming Friend Project involves two or more Portland Friends who attend a video conference on, report back quantitative and anecdotal results to the group, and, in some cases, continue this work into the summer of 2019. There is no cost to participate in this project. Sarah Cushman, Dennis Redfield and Lyn Ballou have volunteered to represent PFM if the meeting approves. (The Welcoming Friend Project requires strong support from the Meeting, usually evidenced by a minute).

We approved the following minute: Portland Friends Meeting supports participation of this Meeting in the Friends General Conference Welcoming Friend Project for 2018-19. We appoint Sarah Cushman, Dennis Redfield and Lyn Ballou as our representatives, as our "Welcoming Friends". We further agree to support the Welcoming Friends as they recommend new ideas and practices gained from the Project.

Concern was raised about how changes might best be introduced in our meeting. Sara suggested they they consult with FCG and our own Ministry and Counsel about how this should best work, so they we all feel appropriately involved. It was suggested that we seek a high school member of this ad hoc committee.

4. Building & Grounds Committee – Proposal for entrance ramp repair: Karin Wagner presented a report regarding the condition of our handicap ramp. It was built more than 20 years ago, and now has serious metal corrosion and concrete cracking. Without proper attention more serious damage can be expected, requiring more extensive repairs or replacement.

After detailed investigation, the committee recommends that we hire Hascall & Hall for a comprehensive repair at a contract cost of \$8,375. The meeting approved.

5. Communications Review Committee: [As the meeting agreed to let the presiding and recording clerks for this session revise and approve this minute this text was completed and approved after the meeting was finished.]

Edd Burns reported on two topics – Our experience with two email lists, and the possibility of having an on-line directory;

Email lists: The Google E-Group lists have been used for almost a year now. The two lists are the *Life of the Meeting* the *PFM Community*. Initially, there was some concern within the meeting that if everyone was allowed to send non-Quaker emails to members and attenders that many people would be overwhelmed with the volume of traffic. This over abundance of emails has not occurred. Noting that the mailing lists for each group are almost identical, the Communications Review Committee asked whether we really need two lists, and if most users really understand the differences between the two lists. The committee sought clarity about whether the second email group be eliminated, and, if it is kept, how should the moderator determine the appropriate list for a submitted email.

(cont-)

(minutes continued from page 2)

5. Communications Review Committee (cont-) The discussion that followed was helpful, and suggested a desire to keep both lists, with clarity about what content belongs on each. Although no decisions were made, the thoughts and concerns expressed will be helpful to the Communications Review Committee in its work. The committee will welcome additional thoughts from members and attenders. It's clear that official meeting announcements, such as a called Meeting for Worship, a weather cancellation, etc, belong on the *Life of the Meeting* list, while announcements such as invitations to a personal event or to attend activities that might be of interest to Quakers, but are not directly promoted by the meeting, would go to the *PFM Community* email list. It's the gray areas, inbetween these, that need more clarity.

The committee is developing guidelines for posting on both groups, to keep both lists civil, not political, and to keep the postings announcements rather than parts of a discussion.

Possible on-line directory: As Dennis Redfield is updating the directory of people in Portland Friends Meeting, the committee wonders whether to post the directory on-line. The primary reason for not posting was that the list contains information about children. Might we capture date of birth, and use that to filter out children, who should not be shown on-line? What about people of any age who would prefer that their information not be on-line? Should we be putting any name information on-line? Again, we had some helpful discussion, but no unity was reached.

6. Nominating Committee progress report, Rob Levin presented this report: We're very pleased to announced that Liz Maier will be coming on for a one-year term as one of the Co-Clerks. (The one-year term is due to Lea Sutton heroically staying on for a third year in 2018.) We are still continuing our search for a Two-Year Co-Clerk. This has been the second year in a row that we've had difficulty finding a Co-Clerk. Several people are interested, but the timing hasn't been right for them.

Ministry and Council is fully stocked, with some wonderful new additions. Jane Mullen has stepped up to serve as the Contributions Treasurer, a very important position, and Financial Oversight appears to be very strong, with two new members. Several committees could use an additional member or two, in particular the Friends School Resource Committee and Peace and Social Concerns. Meanwhile, we are exploring whether to recommend that the Meeting committees change to a June to May cycle, rather than the existing calendar year cycle. We hope to have a recommendation by December's business meeting.

Our meeting closed in silent workshop at 10:17 a.m., with 42 members and attenders present, purposing to process one item of business after meeting for worship, and then to meet again, God willing, on December 2, 2018, at 9:00 am.

Respectfully submitted,

Arthur Fink,
Co-Recording Clerk

We then convened Meeting for Business again, after Meeting for Worship, for this one item:

7. Letter of support to Pittsburgh Tree of Life Synagogue: Patricia Pyle presented this draft text as a possible letter that we might send to the Pittsburgh Tree of Life Synagogue:

It was with deep sorrow that we learned of your loss. As we sat in prayer the next morning, many voices spoke of that sorrow and how our hearts ached for the people of your synagogue and for your community in the aftermath of the violence. Rather than just voicing those thoughts and prayers in our meeting for worship, we came to feel that it was important for you to know as well that we grieve with you. We go to places of worship to connect with the Divine, to step out of our daily lives, to find a place of sanctuary. To have violence enter there touches the core of who we are and to lose loved ones in that way is a devastating loss.

This is a time in our country when anger, hate, and violence are coming to the fore and many people are afraid. Please know that, as strong as that darkness seems, we and many more across the country, stand with you. We believe that there is that of God in all people and that the light is stronger than the dark. We also believe that prejudice, hate, intolerance, and the use of violence are morally wrong. We will continue to speak out against them.

As you recite the Mourner's Kaddish, may you find God's peace, and may the world find peace as well.

The meeting approved the text of this letter, and asked that it be sent to the Tree of Life Synagogue in Pittsburgh.

Respectfully submitted by Arthur Fink, although he was not physically present at this part of the meeting.

Resources for a Spiritual Life

Online:

1. OnBeing — <https://onbeing.org>
Interviews by Krista Tippett with well-known authors and activists—a pursuit of the ancient and enduring human questions that gave rise to our spiritual traditions and resonate through every institution anew in this century: what does it mean to be human, how do we want to live, and who will we be to each other? This website also has essays, poetry, “movies that move me” and other things besides the interviews with Krista Tippett.
2. The Growing Edge, with Parker Palmer and Carrie Newcomer <https://www.newcomerpalmer.com/>
Life forever invites us to grow into new challenges, new adventures, new opportunities to learn and to serve. What’s your growing edge? Maybe it’s a quest for meaning or purpose. Or for a vocation where your deep gladness meets the world’s deep need. Or for ways to join others in working for the common good. Whatever it may be, you’re invited to join us in this online and in-person gathering of people who seek to grow toward the light, even in times of darkness. Through online conversations, podcasts, and face-to-face retreats—supported by prose, poetry, and music—together we’ll explore where life is calling us next.
3. Center for Action and Contemplation—Richard Rohr's Daily Meditation — <https://cac.org/>
A free daily meditation to your email “exploring how we can incarnate love by unveiling the image and likeness of God in all that we see and do”.
4. NEYM Sessions for those who couldn't attend:
recordings of Bible Half Hours available at <https://neym.org/recordings>
print copies of interim Faith and Practice at <https://neym.org/faith-practice>
5. Quaker Speak videos (a new 5 minute video online every Thursday), created by Friends Journal
6. Sojourner's daily Bible verse and prayer <https://sojo.net/daily-wisdom>
7. Rick Hanson (a buddhist neurobiologist)'s free weekly e-newsletter, "Just One Thing" (<https://www.rickhanson.net/writings/just-one-thing/>)
8. Rob Bell's podcast, The RobCast: <https://robbell.com/portfolio/robcast/>

Books/Magazines/Print Materials:

1. The Bible – many versions available
2. Love Without Conditions: Reflections of the Christ Mind, by Paul Ferrini
3. Prayers of the Cosmos: Reflections on the Original Meaning of Jesus's Words, by Neil Douglas-Klotz
4. Glimmers of God Everywhere: Catching Sight of the Daily Divine, by Gloria Hutchinson
A collection of essays by a Maine author. From the back cover: “By sharing the author's experiences of recognizing God's presence, [this book] encourages you to discern and value all the ways in the which we are enveloped in the divine presence. These 42 reflections 'find God out' in nature, literature, movies, music, human encounters and relationships, the ordinary stuff of our common lives”.
5. Many books or writings by these authors:
Marcus Borg
John Dominic Crossan
John Shelby Spong
Deepak Chopra
Thich Nhat Hanh (one is Living Buddha, Living Christ)
Howard Thurman
Rufus Jones
Parker Palmer
6. Catherine Whitmire—Plain Living: A Quaker Path to Simplicity

Resources for a Spiritual Life (cont-)

Books/Magazines/Print Materials (cont-):

7. Practicing Peace: A Devotional Walk Through Quaker Tradition
8. The Wisdom of the Enneagram, by Riso and Hudson
9. The Power of Now, by Eckhart Tolle
10. Braiding Sweetgrass, by Robyn Wall Kimmerer
11. Celtic Benediction, by J. Philip Newell
12. Love Poems from God and The Gift, both translated by Danial Ladinsky
13. Pray Without Ceasing: Bible Verses Weekly, Daily, Monthly Planner for 2019, by Jenny Child
14. To Bless the Space Between Us, by John O'Donohue
15. Celtic Nature Prayers: Prayers from an Ancient Well, by Kenneth McIntosh
16. Friends Journal-- a way to be connected, inspired, and challenged by Friends beyond PFM. It is a monthly, independent Quaker subscription magazine and is available in our library and online.
17. Faith & Practice
18. Pendle Hill pamphlets
19. Writings of Jewish mystics, Martin Buber
20. Writings from the Kabbalah
21. Lots of books by women theologians

Other sources of spiritual enrichment and growth:

Where I find spirituality--it's mostly in nature. I ride my bike almost daily in a meditative way. I love being outside, and being on a bike gives me the double pleasure of moving along, doing a repetitive and soothing motion, and observing all that is around me.

I find this same satisfaction in the garden, but in a different way. I lose all track of time out there...

Another love is doing yoga. Again, very meditative, but stretching my body in a way that feels excellent and spiritual all at the same time.

Worship, when it is mostly silent, is also excellent for my soul.

One of my main sources of spiritual strength & stimulation are Music (Bach choral masses) and ancient myths (such as Job's ordeals [studied in Carl Jung's book Answer to Job]). Plus Nature of course, the miracle of Birth, both human and animal...

Prayerful Quotes

Wonderful quote from Howard Zinn (radical historian) re how to live in bad times

"To be hopeful in bad times is based on the fact that human history is not only of cruelty, but also of compassion, sacrifice, courage and kindness.

If we see only the worst, it destroys our capacity to do something. (However) if we remember those times and places where people have behaved magnificently, this gives us the energy to act.

And if we do act, in however small a way, we don't have to wait for some grand Utopian future.

The future is an infinite succession of presents (moments), and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory."

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And what **Rabbi Harold Kushner had said after 9/11**: When asked, "Where was God, in the midst of that event?" his ultimate answer (in paraphrase) was, "In the people who ran towards the tragedy, in order to be of assistance to others." I just love that. The true face of America can be seen in those who have good intentions towards their neighbors. We shall overcome!

Keep a stout heart! Be kind to your neighbors, and yield to someone in traffic, as the Dalai Lama suggested. When asked by an individual, "What can I do to promote world peace." his answer was simply, "Yield to somebody, in traffic." These are complicated, perplexing, and difficult times, but our connection with one another will help us to get through it.

*quotes submitted by Karyl Sylken*

## Falmouth Quarter: We Will Continue!

Eighteen Friends from the five monthly meetings of Falmouth Quarter met for discernment and business on Saturday, October 27 at Windham Friends Church. Our meeting was clerked by the Presiding Clerk of New England Yearly Meeting. Janet Hough, Clerk of Vassalboro Quarter was also in attendance.

After worship and discernment those gathered were in unity to continue as Falmouth Quarter with a small planning committee who will determine meeting dates and a process through which we can move forward. The committee members are Sarah Sproggell of Durham, Ann Dodd-Collins of Portland, Marian Dalton of Brunswick and Christine Holden of Lewiston. Sarah and Ann will serve as co-conveners. Each meeting is asked to have named contact persons who can be reached electronically. Louise Sandemeyer of Southern Maine and Julie Moore of Windham will serve for their meetings along with the named planning committee members. Distances, differing meeting needs, history and ability to meet electronically moved our decision. NEYM will make the Zoom program available to the committee for their meetings. We were asked to call on Yearly Meeting and Vassalboro Quarter for assistance as we move forward.

Falmouth Quarter has a history of over 220 years and has gone through many cycles of birth, decline and renewal. The planning committee will meet electronically. Some of their tasks are to establish meeting dates for essential in person meetings; determine which functions meetings can use to meet yearly meeting requirements via e-mail (statistics and state of society reports); develop a way that in-person meetings may be clerked, recorded and how meetings could provide programs if desired. The planning committee will not do all of the work but call on the interests and talents of others in our meetings for planning of programs when they meet in person. Interested individuals from meetings may join the planning group by contacting the co-conveners.

There is strong support for continuing the All Maine Gathering in May of 2019 hosted in Southern Maine and offer overnight hospitality for interested attenders. The Planning committee will work on priorities first and see if hosting All Maine is feasible in 2019. The committee will be in touch with our meetings shortly after they meet with more details.

At our business meeting we confirmed our ongoing commitments:

- Ramallah Scholarship through Jones Fund of VQ \$100
- Friends Peace Teams \$100
- Maine Council of Churches \$50
- Friends Camp \$50
- Clerk's Fund (now planning committee) \$100
- All Maine Meeting (if feasible) \$300

Total: \$700

Funds currently in savings and checking on hand before 2018 funds dispersed totals \$1,142.14. Leslie Manning agreed to continue as treasurer and we accepted this offer.

We added an addendum to the memorial minute for Ramona Moore recounting her work with the wider world of Friends over her lifetime.

It was announced that there is a potential meeting space available for Lewiston Friends to meet. Calls are being made to interested Lewiston Friends to find a potential meeting date and time. Direction is being sought from NEYM to see how they might devolve from a monthly meeting to a worship group and also to manage the meeting's existing funds. When a meeting place and time for the worship group is announced Friends from all of the Falmouth Meetings will be invited to join the worship as lead to help create a worshipful presence.



## Advent Garden Light Spiral

**Sunday, December 2, 4:15 PM**

All are invited to join the First Day School children and families on Sunday, Dec. 2, at 4:15 PM for the annual Advent Garden in the Meeting room. One by one the children will walk along the spiral of fragrant evergreen boughs, light their candle at the center, and place it next to the boughs. Listen and watch as the glow spreads during this wonderfully peaceful ritual.

Afterward, meet downstairs for food and fellowship. Please bring finger food to share.



## Let Your Life Speak

"Let your life speak." I have heard this sentence so many times over the years. "Let your life speak." I used to think it meant that I had to strive to be someone really important, someone who changed the world, someone like Martin Luther King Jr. or Mahatma Gandhi or Eleanor Roosevelt.

Unfortunately, I didn't, and still don't think I have the focus or the ambition to change the world. I am never going to win the Nobel Peace Prize, and I'm not going to win a Pulitzer for my writing. Does this mean my life has no value, or that my faith is lacking? No.

Last year during Meeting I had a vision of my mother, and I realized that she was a perfect example of a person who let her life speak. We are not all called to do great and glorious things. Not all of us are given grand talents. Some of us are called to live lives that seem quite ordinary. But how we live those lives makes all the difference.

My mother was a schoolteacher in an all white town in northern Indiana. I remember getting very worried when she told me she was going to have a black child as a student. How foolish and arrogant I was! My mother may have been raised in the segregated South, but as a teacher she gave her full care and attention to every child, regardless of color or creed. As one of her students said at her funeral, "She was the first person who believed in me."

When my mother saw a need, she did something about it. Because of my mother, our church had a Sunday School class for preschoolers. Because of my mother, our town had a Girl Scout troop. Because of my mother, the retired teachers got together to celebrate their birthdays.

My mother lived a quiet life, but it was a life based on faith in God and service to others. She let her life speak.

And how do I let my life speak? I let it speak when I stop wishing I could change the world, accept that God has called me to do the very job I am doing, love my family and friends as they are and not as I wish them to be, and remain open to the still small voice.

Ann Dodd-Collins

*Written for the May 2004 Winthrop Center Friends newsletter*

## Portland Friends Meeting Email Lists

Our Meeting has two email lists, sometimes referred to as "google groups." The first list is "PFM Life of the Meeting," for items directly related to Portland Friends Meeting business and/or the wider Quaker world. The second is "PFM Wider Community," for any items of interest from the PFM community to share, not necessarily *directly* related to Quakers, *including personal requests or invitations*.

To send an announcement to PFM Life of the Meeting, email [pfm-life-of-the-meeting@googlegroups.com](mailto:pfm-life-of-the-meeting@googlegroups.com).

To send an announcement to PFM Wider Community, email [pfm-wider-community@googlegroups.com](mailto:pfm-wider-community@googlegroups.com).

*Please note:* the sender of a message will not receive a copy of the message after it has been approved and sent to the list. Most messages are approved within 1-2 hours, all are addressed (usually approved) within 24 hours.

For technical support or for any questions related to the lists please feel free to email [pfm.email.list.owner@gmail.com](mailto:pfm.email.list.owner@gmail.com).



### Mini Thanksgiving Do You Have a Seat at a Table?

Kate Potter has suggested that those who may have family far away or who might be alone on Thanksgiving join her in a potluck at her home and that others in the meeting might also have room at their tables for other guests. Recognizing that it is easier and cozy to gather in small groups than as a large group at the meetinghouse Kate suggested that interested folks sign up over the next few weeks at the meeting house to either offer places at their tables or to sign up to participate in one of the potluck Thanksgiving Dinners by helping to set up/clean up or to bring part of the meal and join in the fellowship.

There will be a poster in the foyer of the meetinghouse where you can offer a place or two at your table or sign up to fill a seat at a table. Hosts are asked to list their names, address and phone number along with the number of places there are at their tables.. Guest are asked to sign up saying what they can do or bring, how many would be coming and what location works best for you.

Thanksgiving is on November 22 so matches must be made by Sunday, November 18th.



**Young Friends Retreat**  
on the theme "Identity"  
November 16-18th at  
Portland Friends  
Meeting.

All Quaker and Quaker-curious high school age youth welcome! For more information or to sign up, visit <https://bit.ly/2Pqd58j> or <https://neym.org/events/8151>.



NEW ENGLAND  
YEARLY MEETING  
OF FRIENDS  
QUAKERS

*John Radebaugh, passed away this summer. We are waiting to hear from his family as to their wishes for a memorial service. Below is the obituary as it appeared in the Portland Press Herald in July.*



#### **Dr. John F. Radebaugh, 93**

FALMOUTH - Dr. John F. Radebaugh, 93, of Falmouth, departed this world on July 3, 2018. He was an amazing human being. With a sharp intelligence, keen sense of humor, and heart full of compassion, John pursued "The path of heart" in his life. Deeply beloved by his family, friends, patients, and students, John leaves behind a legacy of love and service.

During his long career in pediatrics, family medicine, and teaching, John dedicated his life to providing quality health care to the poor and underserved. After serving as a surgical technician in the U.S. Army during World War II, John studied at Bates College and then Harvard Medical School. During this time, he married his high school sweetheart.

He often made house calls to families in need and played his harmonica to put his patients at ease. John spent his life in community service, and volunteered his services to Biafran refugee camps in Cote D'Ivoire, West Africa. Upon returning to the states, he helped develop migrant farm worker health care clinics and moved to California to work with the United Farm Workers'

Union and Cesar Chavez. He was inducted into the Farm Worker Advocate Hall of Fame for his many years of service helping to improve living and working conditions for migrant farm workers. John worked in other community health care clinics before teaching and mentoring medical students at both Stanford and Dartmouth Medical Schools. He was recognized for his excellence in teaching and selfless loving service and received a Lifetime Achievement Award from the Maine Health Care Association. His book 'House Calls With John' tells the story of his life's work caring for the poor.

After a long career practicing and teaching medicine, John continued to advocate for human rights, universal health care, environmental protection, and nuclear disarmament. He lived with integrity holdings to his convictions, with a vision that embraced nonviolence and respect for all life. He was an avid reader, writer, and gardener, and loved playing harmonica. He had an adventuresome spirit and deep appreciation for nature. John told many hilarious stories of his fly-fishing experiences.

He is survived by his beloved wife of 71 years; two sons and a daughter; and two granddaughters. John's life is an inspiration to all of us.

A celebration of life will be held at a future date.

In lieu of flowers, donations in his memory can be made to the:

United Farm Workers of America, La Paz, PO Box 62, Keene, CA 93531, or

The American Friends Service Committee, 1501 Cherry Street, Philadelphia, PA 19102

Portland Friends Meeting  
1837 Forest Ave  
Portland, ME 04103

Address Service Requested

**Next newsletter deadline:**  
Tuesday, December 4, 11:59pm

submissions: [pfmnewsletter@grantwinners.net](mailto:pfmnewsletter@grantwinners.net)

