

# Portland Friends Newsletter

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FIFTH MONTH 2013

## First Day schedule

### Meeting for Worship

Sundays:

10:30am thru June 16

Summer sched. from June 23,  
9am and 5pm

followed by potluck at 6:30pm

### Visit our website

[PortlandFriendsMeeting.org](http://PortlandFriendsMeeting.org)

### Friends to contact

#### Co-Clerks

Anne Harwood 666-8179

Sarah Cushman 841-7186

#### Treasurer, Contributions

Sue Nelson 780-0349

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 883-0573

#### Special Needs Funds

Chris Beach 741-2940

Elizabeth Szatkowski 772-1774

#### Ministry and Counsel

Stephanie Richards 829-4082

Lyn Ballou 865-3888

#### Pastoral Care Coordinators

Shannon O'Connor 774-2578

Morgan Grumbach 671-6872

#### Religious Education

Adults: Brad Bussiere-Nichols  
772-1774

Youth: Shuli Bonham 619-4787

#### Youth RE Coordinator

Anne Payson 781-2501

#### Use of the Meetinghouse

Jane Mullen 761-5856

#### E-group Coordinator

Mary Beth Walsh 797-8414

[mbwalsh@mainelyaccess.com](mailto:mbwalsh@mainelyaccess.com)



*"The planet does not need more 'successful' people. But it does desperately need more peacemakers, healers, restorers, storytellers, and lovers of every shape and form. It needs people who live well in their places. It needs people of moral courage willing to join the fight to make the world habitable and humane. And these needs have little to do with success as our culture has defined it." — David Orr*

### Advices & Queries

5. Are you open to the many ways Spirit may speak to you?

6. To whom or to what are you accountable?

*(From revised Ch. 11, New England Yearly Meeting Faith & Practice, preliminarily accepted)*

## Upcoming Events

**May 17-19**

Young Friends retreat, Westport

**May 19**

**Love Your Meetinghouse Day, noon**

**May 25**

Wedding of Shannon O'Connor and David Spector, 8am-noon

**May 25-27**

Friends Camp 60th Anniversary celebration

**May 28**

David Zarembka peacemaking event, First Parish Church, 7pm

**Jun 14-16**

Young Adult Friends retreat, Monadnock Meeting

**Jun 21-26**

Quaker Spring, Woolman Hill

**June 23**

**Summer worship schedule begins, 9am and 5pm**

**Aug 3-8**

New England Yearly Meeting Annual Sessions

**Oct 5-6**

Portland Friends Meeting Retreat

### Monthly Events:

**1st Sunday:** Meeting for Business, 9am

**2nd Saturday:** Youngish Adults Potluck, 5-8pm Marnie Grumbach, 749-9666

**2nd & 4th Sun:** Singing & Religious Ed: Adults 9am, singing 10am, youth 10:45am

**4th Friday:** Preble Street Soup Kitchen, 3:30-7pm. Aaiyn Foster, 766-9762

*There are members and attenders who need rides to Meeting and other support during times of difficulty. If you need or can provide rides, food, or your silent presence at home meetings for worship, please leave a message for Shannon O'Connor, 774-2578.*

## Newsletter Contributions

### Email items

to Anna Barnett

[abarnett@gmail.com](mailto:abarnett@gmail.com)

Phone: 523-0314

### Postal mail: Liz Maier

274 Black Point Rd.

Scarborough, ME

04074

### Send address change

details to Tony Scillipoti

[tscillipoti@maine.rr.com](mailto:tscillipoti@maine.rr.com)

**New address  
for mail!**

**Deadline for receiving newsletter items: THURSDAY after business meeting or sooner!**

## Portland Friends Meeting for Business

### May 5, 2013

Portland Friends Meeting for Business began in silent worship with 29 members and attenders present, during which Co-Clerk Anne Harwood read the following from New England Yearly Meeting Preliminary Revised Advices and Queries: “#5. Are you open to the many ways Spirit may speak to you?” and #6. “To whom or to what are you accountable?”

1. The minutes of our April 7<sup>th</sup> Meeting for Business. These were accepted with no amendments.

**2. Treasurer’s Report.** Treasurer Kathy Beach reported that we are 4 months into the budget year. We are still in good shape overall, with a budget balance YTD of \$4,912. Our expenses for the month were \$3,736 and our income was \$4,148. In terms of percentages, we are 33% of the way through the year and we have taken in 24% of our budgeted income. The balance for the YTD is \$4,912. We have spent 17% of our budgeted expenses.

#### Treasurer’s report at a glance

Year-to-date expenses: \$12,114

Donations and income: \$17,025

Balance: \$4,912

**3. Ministry and Counsel.** The State of Society Draft read at April Meeting for Business was approved.

Events Committee: We requested that Nominating Committee start a new committee to oversee special events at the meeting such as memorial services. After considerable effort, Nominating reports they have not been able to find people to do this, and recommend waiting until the fall when they will be working on filling all the Committee and other positions. In the meantime, Dorothy Grannell may be working with the Clerks to draft a protocol of what oversight of events entails.

The Clearness Committee for the proposed marriage of Rita Clifford and Sara Jane Elliot has found them clear for marriage under the care of the Meeting. This was warmly approved.

**4. Buildings and Grounds.** The estimate for the roof will be here on June 6<sup>th</sup>. Love your meeting house day is May 19<sup>th</sup> and Friends were urged to come to this.

**5. Recorder.** Lise Wagner reported that the year-end total of members for 2012 was 110, an increase of 2 from 2011. One addition was by application and 4 by transfer. We lost three members – 1 each by transfer, resignation and death. The average number of people attending Meeting for Worship was 71, and the average number at meeting for business was 30. The number of active attenders was estimated to be 60. The number of young people from birth to 18 in First Day School was 32.

**6. Earth & Spirit.** Barbara Rose Macintosh reported that two new attenders have expressed an interest in joining in with the work of Earth and Spirit. The Earth Rite celebration before Earth Day last month was extraordinary. The committee has planned to reinstate the plant exchange table, and later in the season the vegetable exchange table. A picnic is planned for later in the spring. They have had discussions about continuing as a group because they are small, but resolved to continue with their work because smallness of size does not mean insignificance.

**7. Nominating Committee.** Brad Bussiere Nichols reported that Kathy Beach had been nominated for the Leadings Committee to replace Lise Wagner. This was approved.

**8. Summer Worship.** Sarah Cushman reported that a fresh look had been taken at what worked best for the timing of worship during the summer months. She thanked Friends for their responses both in person and through the online survey. 55 responses were received. A significant number of people wished to continue the current method of evening worship and others wanted an early meeting. Some said they did not attend during the summer, and some others preferred to continue the usual 10:30am time. Clerks propose we continue the 5pm worship with childcare provided followed by a potluck supper, and also provide early morning worship with no childcare provided, for which the opening of the meetinghouse would be the shared responsibility of those attending. This proposal was approved. The meeting agreed that summer meeting would start on 23<sup>rd</sup> June.

**9. Summer Meeting for Business.** It was suggested that this be held on July 21<sup>st</sup>. Quarterly meeting is July 27<sup>th</sup>. Ministry and Counsel will discuss this issue and make a recommendation at the next meeting for business.

## ***Meeting for Business, continued***

**10. Legacy Gift.** Yearly Meeting used to own the New England Friends Home in Massachusetts. This was sold and just over \$1m has come back to Yearly Meeting. Three documents were circulated concerning suggestions for the best use of this gift to Yearly Meeting. One from Young Adult Friends was read out loud. Friends were asked to consider this issue and to submit our input by May 15<sup>th</sup>.

Brunswick Meeting asked that half of the money be set aside for an endowment fund to generate income, and the other half be used to pay down the mortgage on the waterfront property owned by Friends Camp and to support the new Friends School capital campaign. Money was also requested for work with prisoners and the College Guild.

We sat in silent worship to aid discernment. Gratitude was expressed for the work that went into securing this gift. If the entire amount were invested it would produce \$40-50,000 a year.

The Personnel Committee of NEYM has discerned a commitment to our youth; they have hired staff but have not had the money to support them. They also give out Equalization Funds for summer sessions; last year more was spent on this than taken in. They suggest putting the money aside for five years in order to stabilize and balance our budget and then revisiting the question of what to do with the gift. The long-term question of how to sustain staff should come out of this, plus a reconsideration of how to work with our youth long term. NEYM still owes money for last year. The view was expressed that we should meet our existing commitments before taking on any new ones.

As a meeting, the commitment we made to our First Day School in 1991 has brought a great deal of life to PFM, and this may also apply to NEYM. Already the staff of NEYM is the youngest in the world. We need new leaders of the next generation.

A suggestion was made that we think of this money as a way to get income by lending it to projects that would support the life of NEYM. This would be self-perpetuating.

The future of Friends School currently seems exciting. Fund-raising is difficult considering the age of the students and the age of the alumni, but given that this is the only Friends School in northern New England a sum of money from this legacy whether by gift or loan would allow them to move forward with their plans. Friends School is particularly important to PFM, and any request for support for Friends School needs to come directly from this meeting.

The argument was made that the use of this money to support families being able to take part in activities like Friends Camp and youth retreats enables a wider involvement for young people in the wider Quaker community in a way that will bring future benefits.

The sense of the meeting was to support youth programs that have already begun and to balance the budget to enable NEYM to continue these.

Andy Grannell, Liz Maier, Sarah Jane Elliot, Rita Clifford, Doug and Becky Steele and Anne Harwood will form a group to write a minute before May 15<sup>th</sup>, and will share their work at rise of meeting on May 12<sup>th</sup>.

We closed in silent worship, purposing to meet again on June 2<sup>nd</sup>, God willing.

*Respectfully submitted*

*Jenny Doughty, Co-recording clerk*



## Report on All Maine Gathering – South China, Maine – May 4, 2013

Fifty Friends from throughout the State of Maine gathered on Saturday, May 4<sup>th</sup> at the South China Community Church. This is the church where Rufus Jones often preached when he came to Maine in the summer. Part of our program was to recognize the 150 anniversary of Rufus Jones birth. A video about his life and contributions was shown. It showed his many varied contributions to the Society of Friends including the development of the American Friends Service Committee and his impact on helping to bring the varieties of Quaker experience, worship and theology together.

There was also an opportunity for Friends of both Falmouth and Vassalboro Quarters to have Café style explorations of various topics facing Friends in Maine. This interesting format gave people the opportunity to weigh in on at least three different topics. Vassalboro Quarter will have a booth at the Common Ground Fair this fall in the social-political section. One of the points to be covered will be the Wabanaki Truth and Reconciliation Commission and also the work of Quakers in the Maine Legislature.

Sixteen Falmouth Quarter Friends gathered for the reading of a memorial minute for Glenice Hutchins that will be sent on to New England Yearly Meeting. State of Society reports were read from Durham, Windham, Southern Maine and Lewiston meetings. The meetings of our quarter are active in a variety of efforts both spiritual and worldly. Friends appear to be letting the Living Waters flow in their lives and are actively serving God's purposes. Falmouth Quarter will meet on the fourth Saturday in July primarily for fellowship with limited business. In October our concerns will move to reviewing the quarter's policy of recording gifts in ministry and considering the future of quarter.

Minutes of the May 4<sup>th</sup> meeting will be posted in the meetinghouse foyer.

## Profile: Ruth Bowman

**From *Family Matters*, the newsletter of Ruth's resident community at Seventy-Five State Street**

Rumor has it that baby, Ruth, born at home in suburban Boston in May of 1916, was promptly whisked, in a laundry basket, to the new family cottage at Christmas Cove. Ruth says it could well be true and the start of her lifelong love affair with the Pine Tree State. But she is definitely sure her earliest memory is that she was held up on her father's shoulders to see her suffragette mother march in a June 1920 parade. It was an exciting celebration of the 19<sup>th</sup> amendment and the women's vote.

Ruth graduated from the Brimmer School in Boston and from Smith College in the class of 1938. Her first job was on the Swappers' column at *Yankee Magazine*, followed by editorial posts on *Everywoman's* and the *American Girl* magazines. When the winds of war began to blow, Ruth took the Red Cross Nurse's Aide training and was cited for volunteering many hours in a small hospital where nearly half the nurses had gone to war. She also worked on the personal staff of John D. Rockefeller III who was stationed at the Pentagon for the duration.

In 1950, Ruth and her new professor husband Richard made Rye, NY their home. There they raised their two children, Ellen and Tom. They embarked on numerous trips such as traveling around the world visiting Quaker study centers and a family year in Denmark for Dick's Fulbright Fellowship. Home safe, in 1972, Ruth pursued her library science degree at Pratt Institute in the infancy of the computer revolution.

In 1982, coming full circle, Ruth and Dick retired to Maine and settled in the Danforth Cove neighborhood of South Portland. They enjoyed "a bit of tennis and more music, art and theater than we could manage." Eventually, Seventy-Five State Street became home for each of them, where Ruth said, "We found a wonderfully caring community with comfortable space, a staff alert to every need and a city location with all its cultural offerings." Widowed in 2010, Ruth appreciates her supportive family and friends. She enjoys doodling in bright colors, visiting galleries, reading the *New York Times*, eating, taking naps, planting seeds and always trying to simplify.

A pacifist Quaker, Ruth regrets that her long life has been punctuated by so many wars. She remains concerned about climate change. But her faith is in the wisdom, imagination, and energy of the next generations. Meanwhile, Ruth believes, "Peace must be possible and starts right here, right now."



## 60th Reunion - May 26

Celebrate the 60th Anniversary of Friends Camp! If you are a future, current, or former camper or staff member, or if you are a parent, volunteer, or donor, you and your family and friends are welcome to join us for a fun day of renewed friendships. Come for the day or spend the night on Friday, Saturday or Sunday. We would love to have you with us for this fun reunion gathering.

Sign-in and housing placement for the 60th Reunion Gathering will start at 4pm on Saturday, May 25, 2013, and formal programming and events will start after breakfast on Sunday, May 26 and end after breakfast on Monday. **Register before noon on May 22.** Please consider coming up to Friends Camp earlier on May 25 for the work and clean up day.

More info: visit <http://www.friendscamp.org/>, call 207-873-3499 or e-mail [director@friendscamp.org](mailto:director@friendscamp.org)

## Peacemaking after Deadly Conflict - May 28 Healing and Reconciliation in Rwanda, Burundi, and Kenya

7:00 PM Tuesday, May 28, 2013

First Parish Church, 425 Congress Street, Portland, ME

David Zarembka, Coordinator, African Great Lakes Initiative - Friends Peace Teams

Sponsors: Allen Avenue Unitarian Universalist Church, First Parish in Portland, Unitarian Universalist,  
& Portland Friends Meeting

This event is free and open to the public.

Are revenge, hatred, and another round of violence the only possibilities after deadly conflict? Can healing and reconciliation between enemies occur? This talk will describe how the Alternatives to Violence Project (AVP) is used to bring all sides of a conflict back together. From the AVP program the Rwandans and Burundians have developed another program, Healing and Rebuilding Our Communities (HROC), to deal specifically with personal and community trauma. This program, together with listening workshops, mediation, and inter-community dialogue will also be described. What are the difficulties? How successful are they? Can they be used elsewhere? These programs are all supported by the African Great Lakes Initiative of the Friends Peace Teams.



**Short Biography** David Zarembka graduated with a Bachelors Degree *cum laude* in African History from Harvard University and obtained a Masters degree in International and Development Education from the University of Pittsburgh. He has forty-five years of involvement in the Great Lakes region as he first worked in the area in 1964 when he taught Rwandan refugees in what is now Tanzania. Since 1998, he has been the Coordinator of the African Great Lakes Initiative of the Friends Peace Teams, a Quaker organization that promotes peacemaking activities with local groups in the region. He currently lives in Kenya with his wife Gladys Kamonya. He is the author of *A Peace of Africa* which was published in 2012.

**The aftermath of violence is always bitterness; the aftermath of nonviolence is the creation of the beloved community, so that when the battle's over, a new relationship comes into being between the oppressed and the oppressor.**

-- Martin Luther King, Jr., *Sermon on Gandhi*



# Young Adult Friends Spring Retreat - June 14-16

**What is it?** A weekend-long gathering of young adult Quaker-types where we explore a theme, hang out, eat, sleep, worship, and get to know each other.

**Retreat Theme?** "Homeward Bound: Belonging Everywhere and Nowhere"

How can we build our spiritual homes when we don't know where we will be living in the next five years? Do Quakers need to live near each other to be in community together? Is meeting membership still relevant to young adults? How can we help each other throughout periods of transition? These are among the questions we hope to explore together at this retreat.

**When is it?** Friday June 14th at 7:00 PM until Sunday June 16th at noon. (If you need to arrive late or leave early, that's fine, just let Nia know when you register.)

**Where is it?** [Monadnock Quaker Meeting](#) in Jaffery, NH.

**Who can come?** Quakers, folks interested in Quakerism, spiritual seekers, and folks who like hanging out with Quakers, aged 18-35ish.

**How do I register?** Email or call YAF Coordinator Nia Thomas <[Nia@neym.org](mailto:Nia@neym.org)> or (617) 945-0373. Tell her your name, your phone number, where you will be coming from, your carpooling status (if you can offer a ride, if you are looking for a ride, if you are biking, etc.), and any dietary restrictions our cook should know about. *Registrations strongly preferred by June 1st.*

**How much is it?** We offer a sliding scale (\$0-\$100) but suggest \$60, which covers the cost of building use, food, and program supplies. Please only pay what you can (even if it is nothing) and let interest, not cost, determine your attendance! You can pay with cash or a check (made out to "NEYM") when you arrive at the retreat.

**Got program or activity ideas?** AWESOME! If you have thoughts on ways YAFs could explore this theme or a game you want to play or an interest group you'd like to lead please let the Planning Committee know! Email clerk Helen Carpenter <[helen.carpenter91@gmail.com](mailto:helen.carpenter91@gmail.com)> or coordinator Nia Thomas <[Nia@neym.org](mailto:Nia@neym.org)>

**Questions?** Don't hesitate to ask me <[Nia@neym.org](mailto:Nia@neym.org)> or (617) 945-0373.

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## Calling all Young Adult Friends! Please take our survey!

A group of Young Adult Friends in New England have been trying to better understand people ages 18-35 in or from New England with a connection to Quakerism. We'd like to learn more about who makes up this group and what their experiences with Quakers have been like, so **we made a survey that asks a lot of really helpful questions and we really hope you will take it.** We're really hoping for a wide variety of response.

Please take our survey if:

- You are roughly between the ages of 18-35 and
- You have some connection to Quakers--this could mean that you are Quaker, or you were raised Quaker, or you used to be active with Quakers or Quaker programs (like youth retreats) and
- You live or have lived in New England.

Here's the link: <https://docs.google.com/forms/d/13-OejKoz97fwy5znOq-sP4LWbT4MutT8RwI1aVUmlfg/viewform>

It takes about 10-15 minutes. You can also help us by passing along this survey to other Friends.



# QuakerSpring: Experiencing the Inward Christ Together

Woolman Hill  
Deerfield MA  
**June 21-26, 2013**

Our program will be shaped by God's leading  
as the week unfolds.

Each day will include:

**BIBLE STUDY  
WORSHIP  
QUIET TIME  
EVENING EXPLORATIONS  
FELLOWSHIP**



"The intent of all speaking [in meeting for worship] is to bring into the Life, and to walk in, and to possess the same, and to live in and enjoy [that Life], and to feel God's presence, and that is in the silence, (not the wandering whirling tempestuous part of man or woman)... There is the flock lying down at noon-day, and the feeding of the bread of life, and drinking of the springs of life, when they do not speak words. For words declared are to bring people to [the Life] and [are for] confessing God's goodness and love, as they are moved by the eternal God and his spirit...."

--from *The Works of George Fox*

(Volume IV p.174. Philadelphia: Marcus T.C.Gould. 1831)

## Welcoming to Friends of all Branches

Fees by freewill offering (no one should stay away because of limited means)

Children's program/childcare available by advanced request. Deadline June 1<sup>st</sup>

To learn more and to register go to: **[www.quakerspring.org](http://www.quakerspring.org)**

Contact planning group at [quakerspring@gmail.com](mailto:quakerspring@gmail.com)

(or c/o Deborah Haines, 2794 Fort Scott Drive, Arlington VA 22202 703-706-8176.)

Planning group includes Deborah Haines (Baltimore YM), Ann Armstrong, Noah Baker-Merrill, Peter Blood-Patterson & Susan Zeichner (New England YM), Kristin Olsen-Kennedy (North Carolina YM – Conservative), Susan Bailey, Micah Bales & Susan Smith (Ohio YM), and Ellen Deacon (Philadelphia YM)  
in cooperation with the Friends Center of Ohio Yearly Meeting

# **Friends World Committee for Consultation announces Summer 2014 Quaker youth pilgrimage to Bolivia & Peru The cradle of Andean Quakerism**

*Text taken from FWCC Section of the Americas web site with permission*

The Quaker Youth Pilgrimage Program Committee is deep in the planning of a 2014 experience to be hosted by Andean Friends in Peru and Bolivia. We are working carefully and prayerfully to construct the first QYP experience to be held entirely in evangelical yearly meetings as well as the first Quaker Youth Pilgrimage in South America.

This is what we can tell you at this time:

- The pilgrimage will begin in Southwestern Peru and end east of the Andes in Santa Cruz, Bolivia
- The exact dates are still under discussion and will be announced soon. The pilgrimage is one month long and will likely be around mid-July to mid-August of 2014
- The total number of pilgrims will be limited to the customary 28, with an expanded number of leaders (5-6) who will need to share the added responsibilities of interpretation and translation
- The age range will be the traditional ages for the FWCC pilgrimage, 16-18 years of age at the time of the program.
- The mix of pilgrims will be roughly nine from Latin American yearly meetings, nine from other yearly meetings in the US and Canada and nine from the Europe & Middle East Section.
- Spanish proficiency is recommended but not required
- We will try to hold the cost of the pilgrimage to within the norms of past experiences.

The FWCC committee of NEYM hopes that one of the nine teens from North America will be a New England Young Friend. Dorothy Grannell hopes that one of the nine will be a PORTLAND Young Friend – please see her for more information!

Please refer to this [www.fwccamericas.org](http://www.fwccamericas.org) regularly as updates and registration information will be posted here as they become available.



*Right, Peruvian Young Friends. Left, city view in Peru.*



# Morning 9am worship option for Summer

## Meetinghouse openers needed!

Friends approved of an experiment with an early morning worship service on Sundays for the summer months at the May Meeting for Business. This early morning worship will be in addition to our regular 5pm worship followed by potluck. Based on input from individuals interested in the early morning worship time following Meeting for Business, it has been decided that 9am works best for most.

The opening of the meetinghouse will be the shared responsibility of those attending, with individuals signing up to open and close the meetinghouse on particular Sundays. If you are interested in signing up to open the Meetinghouse for a week or two this summer, please let one of the Co-Clerks know or sign up via the online Doodle schedule that will be sent out this week through the e-group.

Also, while there will continue to be childcare provided for the 5pm worship, there will not be childcare available for the early morning worship.

**The 9am and 5pm worship schedule will begin on 23rd June.** Looking forward to witnessing the fruits of this latest experiment in worship!

*Sarah Cushman & Anne Harwood, Co-Clerks*

## New books in our Meeting library

*Spiritually Healthy Divorce: Navigating Disruption with Insight and Hope* by Carolyn Call. Written by a UCC minister, this book is a guide for navigating the process of divorce in a spiritually healthy way. Chapters include "Seeing Clearly: Fostering Lucid Self-Perception", "Grace: The Art of Forgiveness", and "Know Thyself: Coming Closer to God Through the Transition of Divorce."

*Where Should I stand? A Field Guide for Monthly Meeting Clerks* by Elizabeth Boardman. "Elizabeth Boardman draws on her four years as a monthly meeting clerk and the wisdom of fifteen other experienced clerks to answer questions, simple and profound, including When should I attend committee meetings? How should I relate to the children of the meeting? How do I get support for this job? How do I help sustain the faith community? Where Should I Stand? is designed to spark new questions and additional ideas among readers and to encourage continued discussions at regional gatherings." (from the FGC Quaker Books catalog)

*Truce: The Day the Soldiers Stopped Fighting* by Jim Murphy. "A book about the "Christmas Truce" in WW1 when German and English soldiers came out of their trenches talked, sang and celebrated together. Conveys the absolute horror and pointlessness of the war without being too gruesome. He tells of the war, its course till then, the commanders reactions, and of the effect the truce had on the opposing soldiers. Definitely a thoughtful anti war book and he draws lessons that he applies to the Iraq invasion." (from the FGC Quaker Books catalog)



## Beware of ticks

*Monique Crochet writes:* As a member of the Portland Friends Meeting, I want to alert everyone about the presence and the danger of deer ticks. They are not only in the woods or tall grasses. If there are squirrels or birds, like pigeons, in your neighborhood, there are ticks. Every warm-blooded animal can carry them and the ticks drop anywhere when they are engorged. I heard of someone who was bitten in Boston. The manager of the Hannaford store on Riverside in Portland found a tick on the windshield of his car parked in the Hannaford parking lot. My vet told me that now some dog ticks have been found to carry the Lyme disease.

As there is no vaccine and no treatment (except antibiotics if the bite is discovered early enough), one needs to be pro-active and check oneself from head to toe every night. I was bitten by a deer tick in mid-April, I am having the characteristic joint pains and am on my third round of antibiotics. The pains are intense at times and I can imagine what people go through when they don't catch the bite in time.

Because the disease is so dangerous (it can cause atrial fibrillation and disability) one cannot afford to be negligent about it. Children, particularly, *must* be checked every night. Please, be on the alert and tell everyone you know.

**Portland Friends Meeting**  
1837 Forest Avenue  
Portland, Maine 04103

**Address Service Requested**



Please recycle this newsletter.

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**Notices**

**Love Your  
Meetinghouse Day**  
May 19, rise of Meeting  
More info: Liz Maier, 883-5420

**Save the date for the Portland  
Friends Meeting retreat:**  
**October 5-6**  
Want to be on the retreat planning  
committee? Contact Lyn Ballou.

**Pendle Hill Guest Services job**

Pendle Hill, a Quaker retreat and education center right outside of Philadelphia, is looking for a guest services manager.

<http://www.pendlehill.org/employment/350-guest-services-manager>