

# Portland Friends Meeting Newsletter

Third Month, 2015

**Meeting for Worship:** Sundays 10:30a

**Adult Education:** 2nd and 4th Sundays 9a

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



1837 Forest Ave Portland, ME 04103

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

## Connections

### Co-Clerks

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Liz Maier 883-5420

### Treasurer, Contributions

Sue Nelson 391-6116

60 Shadagee Road, #2

Saco, ME 04072

### Treasurer, Operating Account

Kathy Beach 741-2940

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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

Lyn Ballou 865-3888

Lea Sutton 642-2327

### Pastoral Care Coordinators

Christina Davis 518-0784

Al Norton 899-3001

### Religious Education

Adults: Sandra Jensen, 839-2372

Youth: Susan Lavigne, 775-0626

Youth Religious Education Coordinator:

Anne Payson 781-2501

### Use of the Meetinghouse

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“Take heed, dear Friends, to the promptings of love and truth in your hearts. Seek to love in affection as true Friends in your meetings, in your families, in all your dealings with others, and in your relationship with outward society.”

*NEYM Faith and Practice, III: Advices and Queries*

## Calendar

**March 15:** Rise of Meeting, “Climate Disobedience and lessons from the Lobster Boat Blockade,” a discussion with Jay O’Hara

**March 20-21:** Falmouth Corner Women’s Retreat at PFM

**March 29:** Rise of Meeting, Voyage of Discovery, the sequel (details inside)

**April 5:** 9-10:15a, Easter Breakfast

**April 17-19:** Young Adult Friends retreat, Hartford Meeting

## Monthly Events

**Every Sunday:** 10:30a Meeting for worship (for all ages, childcare provided)

**Every Wednesday:** 5:30p Meeting for worship

**2nd & 4th Sundays:** 9a Adult Education

10:30a children in Meeting for Worship

10:45a First Day School

**2nd, 3rd, 4th, & 5th Sundays:** 10:00a all ages singing before worship

**2nd Saturday:** 5-8p Youngish adults potluck

Bart Cxyz, [btcxyz@gmail.com](mailto:btcxyz@gmail.com), 207 899 5937

**4th Friday:** 3:30-7p Preble Street Soup Kitchen

Aaiyn Foster 766-9762

## Come to the Annual Easter Breakfast

**Sunday April 5, 9:00 – 10:15 AM**

Please join the First Day School children and families for a delicious brunch in celebration of Easter.

Donations collected will provide continued support of Bradley, a student at Kakamega in Kenya (through Friends of Kakamega), and other organizations the children will select.



**Portland Friends Meeting for Business**  
**March 1, 2015**

Portland Friends Meeting for Business began in silent worship with 19 members and attenders present. During worship, Co-Clerk Andy Grannell read Advice #1 from the *NEYM Faith and Practice Preliminary Revised Advices and Queries*: “Take heed, dear Friends, to the promptings of love and truth in your hearts. Seek to love in affection as true Friends in your meetings, in your families, in all your dealings with others, and in your relationship with outward society.”

HD Wagener’s poem, “John Woolman Walked Among My Predecessors in Virginia, 1757.”

1. Minutes of February 1st, 2015, Meeting for Business were accepted with no changes.

2. Treasurer’s Report – Sue Nelson reported that at 17% through the year, our total expenses for February were \$5,482, which is 14% of budget. Donations were \$2,057, with total income of \$2,940. This leaves us with a negative balance of \$2,542 for February. This situation is not uncommon for February, but making donations throughout the year is helpful and welcome. Our year-to date income is \$7,009. The report was approved.

**Quick Summary of Income and Expenses**  
**Two months — 17% of 2015**

Year-to-date Income	\$7,009
Percent of Budget	10%
Year-to-date Expenses	\$9,321
Percent of Budget	17%
Balance	(\$2,312)

A request was made for people who give regularly to the meeting to write a brief testimonial for the newsletter explaining their reasons and how they do this.

3. Ministry and Counsel - Lea Sutton read the draft State of Society report, which will be printed in the newsletter to allow Friends time to comment on any errors or omissions before final approval next month.

Friends Camp was noted to be in South China, Maine.

Our children made a decision to sponsor a child from Kakamega orphanage though his time in school, and it was suggested that this be included in the section on our support for their work.

Ministry and Counsel is asking the monthly meeting for a hiatus on the annual fall retreat. They would like greater clarity on the purpose, location, structure and planning responsibility and find little enthusiasm in the committee for planning one for this fall, while fully recognizing the value of retreats in general and of this particular retreat in the past.

It is was commented that a retreat held at the meeting house might attract a wider attendance and cost less. There is enthusiasm among the youth of the meeting for time spent together, but it is difficult to find a whole weekend. A shorter retreat nearer to home might be easier to fill. The enthusiasm of people to organize it and be members of an ad hoc Retreat Committee are essential and are currently in doubt. It was suggested that we let it rest before pursuing the matter further, and possibly move it to a winter session, though there are practical objections to that.

The feeling of the meeting was that we will not plan a fall retreat at the same location we had it last year, and that whether we have any form of retreat is an open question, though there was some positive support for a retreat at the meeting house that integrated the whole meeting community.

4. Other Business:

Heather Denkmire requested help in dealing with the physical aspects of mailing out paper newsletters.

The question was raised about the date of Meeting for Business for April as the first Sunday in April is Easter and clashes with the Easter Breakfast. It was suggested that a brief Meeting for Business be held at the rise of meeting that day, to facilitate the delivery of the financial State of Society report and the Treasurer’s report. Friends approved this suggestion.

(cont-)

minutes (continued)

## 5. Updates/Reminders

March 8th - first day school members will conduct their meeting for business.

March 12th - 15th FWCC Section of the Americas gathering at Mexico City.

March 14th - Youngish Adults potluck; contact Bart Czyn.

March 15th - at rise of meeting, Jay O'Hara will speak to us on Climate Disobedience with reference to the lobster boat blockade.

March 20th-21st - Falmouth Quarter have a Women's Retreat at PFM

March 22nd - the Friends School families and faculty are invited to PFM for meeting for worship and First Day School. The invitation comes from the Resource Committee for PFM. This is also a double retreat weekend for the Junior High and High Schoolers so there is no First Day School for them.

There were 30 applications for pre-school at the Friends School for next fall despite the fact that people don't know what the new school will look like.

Respectfully submitted

Jenny Doughty, Co-recording clerk

### Newsletter needs:

I'm eager to find someone who is comfortable using Pages in case I'm in a bind and need help preparing an issue. There would be no time commitment beyond being available if desperately needed.

Please also remember to send pictures of the Meeting life! We should see more of our faces in the newsletter, and you can help! Thank you! —Heather Denkmire

### Phoenix Chorale – Free Concert

Portland's own Social Justice Choir, the Phoenix Chorale, will present a free fundraising concert for homelessness on March 29, 2015 at St. Luke's, 143 State Street in Portland, ME at 2 PM. All donations go to the Preble Street Resource Center.

The concert features selections that directly address the topic of homelessness and some that fuel the spirit in the midst of this serious crisis in Portland, in Maine, and in the rest of the United States.

For More Information, go to the Phoenix Chorale's website at [www.phoenixchoraleportland.org](http://www.phoenixchoraleportland.org)

### Voyage of Discovery, Sequel

March 29th, Sunday, at rise of Meeting

Members of the Events Committee would like to invite all interested adults and children to this information session. This is a chance to get to know the inner workings of the Meetinghouse such as how to run the dishwasher, how to operate the chair elevator/lift, how to leave the Meetinghouse if you're the last one out, etc.

Please join us, whether you're new to the Meeting or have been coming for years. There's always something new to learn about our beloved Meetinghouse!



## Quaker Prison Ministry at the Maine State Prison, Warren ME.

An exploratory meeting to discuss Quaker Prison Ministry at the Maine State Prison in Warren will be held Saturday March 21 at 1:30 pm at the Midcoast Friends Meetinghouse in Damariscotta, ME. This gathering of interested persons will discuss the possibility of a meeting for worship in Warren, how to implement it and what would be involved. All Friends/friends are invited to participate. Please call Deborah Haviland (593-7823) for more information.

### Empowering the Climate Movement: Lessons from the Lobster Boat Blockade

A Spiritual Discussion with Jay O'Hara

**March 15** – Rise of Meeting at the Meetinghouse (BYO Lunch)

Here's an article from The Nation that was published after the action:

<http://www.thenation.com/article/175316/new-climate-radicals>

And here's a video of Jay presenting at the Connecting For Change conference this fall after the trial:

<http://youtu.be/OHxwzo7BOMk>

### Other opportunities to hear from Jay O'Hara:

Friday, 3/13, 7pm Curtis Memorial Library, Brunswick. Sponsored by Durham Friends meeting Peace & Social Concerns Committee and the Freeport Climate Action Team.

Saturday, 3/14, 7pm, Talbot Hall, University of Southern Maine, Portland (350 Greater Portland and 350 Tar Sands Team going planning group).

## First Day School News

### Scholarships Available!

Looking for fun summer Quaker activities for your child? Do you need financial support?

Families are encouraged to consider Friends Camp in South China, Maine, and New England Yearly Meeting Sessions. Please take a scholarship form from the bulletin board downstairs or contact Anne Payson

[annepayson10@gmail.com](mailto:annepayson10@gmail.com).

Return applications to Sarah Peterson, Clerk, Youth Religious Education Committee.



Sarah Cushman and Rob Levin and Cedar visited Westtown Monthly Meeting (PA) in February. They got to catch up with one of Portland's Young Friends, Zack Wright (son of Stefanie Fairchild and Jed Wright), who is a sophomore in his first year at the Westtown School - and part of the Quaker Leadership Program there. Zack had just returned from a weekend with Quaker youth from Friends schools across the Mid-Atlantic, hosted at the Tandem Friends School in Charlottesville, VA. (Zack is pictured here also with Rob's best friend, Elson Oshman Blunt, who teaches at the school and was Zack's cross-country coach this past fall.) He was happy to see folks from home and reported things are going well; Sarah and Rob heard great things about Zack's thoughtful presence from the Clerk of the Quaker Leadership Program and Zack's student advisor, too. Go Zack - it's a big thing to be away from home for high school and attend Westtown!





## NEW ENGLAND YEARLY MEETING OF FRIENDS QUAKERS

### Registration for the spring YAF retreat is now open!

A YAF Retreat is a weekend-long gathering for young adults who are Quaker or Quaker-curious and between the ages of 18 and 35. We sleep on the floor of a meetinghouse, enjoy simple meals together, worship,

hang out, explore the retreat theme, and strengthen our connections with each other and the Divine.

**Retreat Theme: *"Daily Stories of Our Faith and Practice"*.** Each of us has our own story to bring to the conversation; all of us hold a piece of the Truth. At this retreat, we'll share and listen to each other's stories. We'll explore how our beliefs impact the big and little decisions we make every day; we'll reflect on the ways that personal discernment & spiritual practice have shaped our journeys so far. Come to the retreat and learn from other YAFs as we connect our daily experiences to the bigger picture of who we are. "

**When:** 7:00 PM Friday April 17th-noon Sunday April 19th. (Yes, its OK if you can't come for the whole thing- just indicate that when you register)

**Where:** Hartford Meeting in West Hartford, Connecticut.

**Who:** Quakers, Quaker-types, and folks interested in hanging out with Quakers aged 18 (post high school) - 35 ish years old

**How much:** The suggested fee for adults is \$60 which covers our use of the meetinghouse, food, and supplies. The suggested fee for children attending with their parent is \$0. We gladly offer a sliding scale \$0-\$100+. Please pay as much of the full cost as you can. If you are affiliated with a Meeting, please consider asking your Meeting for additional funds. *No one will be turned away for lack of money.*

**To register:** Please fill out the registration form found at: <http://neym.org/young-adult-friends/register>



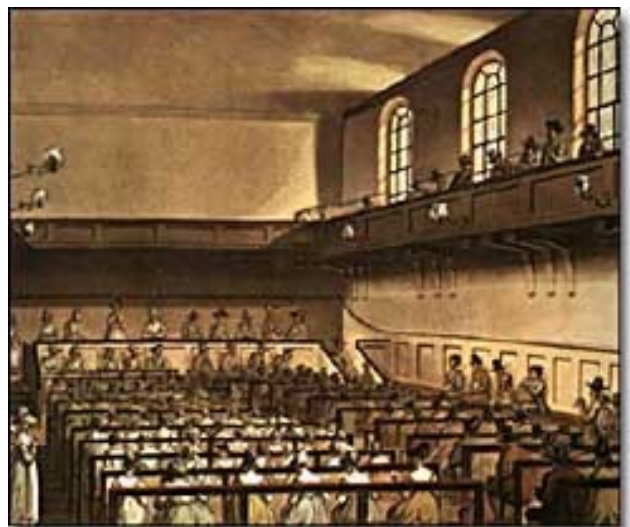
### A Durham Friends Note: Quaker Faith and Practice Study Series

Doug Gwyn will lead a series on the basics of Quaker faith and practice in six sessions during March, April and May. We will use Michael Birkel's very good introduction, *Silence and Witness* (\$18) and we should have copies for sale by the beginning of March.

These will be Wednesday evenings, starting with a simple supper at 5:30 for those who can make it, followed by the class session from 6:30 to 8:00. This is along the lines of Jim Douglas' Seekers and Sojourners series some years back. These are the dates:

March 11 and 25; April 8 and 22; May 13 and 27

The series will be geared particularly for newcomers and those wishing to learn more, but we also welcome long-time Friends.



## Quaker Guilt

The theme of Adult Religious Education on February 22 was Quaker Guilt. Although it's not discussed in Faith and Practice, or in many other Quaker sources, we all agreed that it exists, and tended to think that it was destructive, corrosive, and not helpful. Yet we were challenged by these words:

"Guilt is good. Yes! Guilt actually encourages people to have more empathy for others, to take corrective action, and to improve themselves. Self-forgiveness following guilt is essential to esteem, which is key to enjoyment of life and relationships. Yet, for many, self-acceptance remains elusive because of unhealthy guilt – sometimes for decades or a lifetime.

Guilt may be an unrelenting source of pain. You might hold a belief that you should feel guilty and condemn yourself – not once, but over and over – or guilt may simmer in your unconscious. Either way, this kind of guilt is insidious and self-destructive and can sabotage your goals. Guilt causes anger and resentment, not only at yourself, but toward others in order to justify your actions. Anger, resentment, and guilt sap your energy, cause depression and illness, and stop you from having success, pleasure, and fulfilling relationships. It keeps you stuck in the past and prevents you from moving forward.?

These words, and the heart image below are from <http://www.whatiscodependency.com/ho-to-overcome-guilt-and-forgive-yourself/>

As we ended, we agreed to try and draft a paragraph each about Quaker Guilt. Following is what I have received so far:

"Religion is that which binds us together in one body, as ligaments bind all our bones into one; the Latin root of both English words is the same. One kind of guilt shuts us away from each other, and even from ourselves, in shame; it can be seen to be an indulged self-centeredness. We could choose to welcome another kind of guilt, one that calls us to repair the bonds with others that we've torn, whether by our own bad action, or by some lack of action, from laziness or lack of courage." — Glenn Picher

"In dealing with guilt best, we need to be quick in forgiving ourselves and others and slow in judging - especially forming harsh judgements. If we can practice this then our present will (likely) be more comfortable and our future much more promising." — Andy Grannell

"I remember thinking immediately when I first heard of the topic that Quakers set themselves up for more guilt than many other sects by their greater acceptance that theirs is a faith to be followed 365 days a year not just on Sunday until 1 PM. By trying earnestly to follow all their principles in all their associations both personal and professional as well as spiritual they set a very high (perhaps impossible) standard. I remember that in an earlier Adult Ed session someone mentioned that they have a personal testimony of Forgiveness. A good one to have on hand when others or we ourselves fall a bit short of that high standard." — Muriel Allen

"In allowing myself to be open to the noticing of what, how and where I was carrying guilt, I actually found it rather comedic watching the amount of guilt which appeared to be materializing and seeping out the seams as it were ! And to get to the core splinter - : I felt I did not fit the mold of whatever an historically quintessential Quaker was. (still great progress from being a recovering Catholic and Buddhist) ( honor the core wisdom of Christ and Buddha) And that is true, I do not fit the mold,as I came to see / admit ~ I am actually genetically linked to an utter passion for beauty, art, sound,and yes that utterly great exquisite femininity in the beauty and art of the natural world / our Mother, Earth - as equally as I am genetically linked to that same utter pure curiosity about wellness, health, anatomy, physiology,psychology, nutrition and how the heart, yes the great feminine again is THE pivotal leader for all of it - Life. (my Grand Father, Cardiologist, says he is learning from me now !) (cont-)



## **Quaker Guilt** (continued-)

Alongside this clarity I also came to see / admit that I LOVE business, seeing every single part of it as an incredible sacred process. To my observation we are here to actually revel / celebrate this GIFT/blessing of Life which we each are - as beauty-full as any other part of nature. We are souls; we have bodies as a gift/as a teacher. Life is based on absolute sacred abundance ~ rather than the concepts of fear, lack of connection/insecurity in all its myriad shades, shapes, and forms which have been employed to keep individuals and whole cultures controlled/in bondage for ye those thousands upon thousands of years. Well come to reality. . . ode /Ode to ye George Fox, my hero;my inspiration ! Lovely, lovely class Religious Ed; Arthur Fink leading us in the finale to consciously get where in fact we were actually holding the guilt in our bodies. \* Simple brilliance - lovely !" — Aaiyn Foster

# **Maine-based Opportunity for Extended Worship**

Saturday, 14 March 2014  
9 a.m. to 3 p.m.

Continuing the tradition of a mid-year gathering in Maine, **Winthrop Center Friends Church**, Winthrop Center, Maine, is providing space for a day of extended worship. All are welcome, and we are especially encouraging Maine Friends to attend.

Morning snacks and beverages will be provided. Lunch will be a potluck. There is no registration fee, and there will be no child care.

We are asking that people register as space is limited. Please email Ann Dodd-Collins at [doddco@gmail.com](mailto:doddco@gmail.com). Put "Extended Worship" in the subject line and include

- ☐ your name
- ☐ your monthly meeting
- ☐ what you will bring for the potluck
- ☐ your phone number
- ☐ your email address

You may also call Ann at 207-832-6103.

More details will follow for those who register.

## MEMBER PROFILE: LISE WAGNER



*Where did you grow up?* I was born in Michigan, lived for a year or so in Chile, moved to Pennsylvania, and when I was 8 years old, my family moved to Maine. (My dad was a professor at Bates College.)

*Go to school?* I went to Swarthmore College and later the UMaine School of Law

*What do you do for work?* I am an Assistant Attorney General; I handle child protective cases (for the last 18 years).

*What are your favorite things to do?* I like to knit, read, watch movies, be with friends, and sing!

*Are there people close to you you'd like to tell us about? Pets?* Well, there's Doug, my 14 y.o. son, my sister, Karin, who lives around the corner, and we have a dog and three cats.

*Tell us about the spiritual journey that brought you to Portland Friends Meeting.* I began attending meeting when I was 10 years old, when my parents were part of a group starting the Lewiston meeting. It was exactly the right place for me. I felt like I became an adult Quaker when I attended Arch St. Meeting in Philadelphia after college. I began attending Portland meeting in 1988.

*What kinds of things would you like to do in our community?* I've done a number of things in the community, especially in youth religious education, and I love helping lead the teen group.

*Is there something about you which might surprise us?* I love roller derby—thanks to my sister!

## **FSP's 9th Annual AUCTION will take place on Saturday, April 11th, 10am-1pm!**

The auction will be split this year into two fundraising efforts:

- 1) An online auction, which we are running through the auction website, [www.biddingforgood.com](http://www.biddingforgood.com). This auction will be open for bidding from March 30th - April 10th. You will also be able to preview the auction before it opens, starting on March 23rd.
- 2) A Pancake Brunch and Live Auction, which will be held on April 11th, from 10:00am - 1:00pm in the Baxter School cafeteria.

Volunteer positions are available for any level of time investment, so check in with FSP's Development Coordinator, Rose Splint, to find out what fits best for you! Email: [rose@friendsschoolofportland.org](mailto:rose@friendsschoolofportland.org); office phone: (207) 781-6281.

The donation deadline is Friday, March 27th. Despite the change in format, we welcome the same types of donations as in the past. Get creative and have fun with it! And please encourage everyone you know to bid online (beginning March 30th) and to attend the Live Auction and Pancake Breakfast on April 11th!





At Meeting for Business, we reviewed the State of Society Report from Ministry and Counsel. It is included here with invitation to make suggestions to either Lyn Ballou or Lea Sutton. The report will be given final approval at the next Meeting for Business.

## **2014 State of Society Report for Portland Friends Meeting — DRAFT**

Portland, Maine

Portland Friends Meeting remains a thriving spiritual home for a deeply committed, nurturing and very active Quaker community. What does this look like?

- We have had thoughtful and consistent leadership through smooth transitions in clerking roles and through the active and caring attention of all our committees, as well as through the good work of many individuals.
- We have had loving stewardship of the spiritual life of the meeting.
  - Welcoming six new members and celebrating them and several others at Rise of Meeting
  - Abiding through illness and the deaths of very dear members of our PFM family
  - Establishing an Events Committee for memorial services and other events
  - Establishing Wednesday evening meeting for worship in addition to Sunday
  - Managing tensions and challenges to members' full participation and comfort in meeting
  - Considering whether to make a corporate witness on an issue such as climate change
- We have cultivated and extended our spiritual learning outside of meeting for worship.
  - Robust, welcoming, and creative First Day School programs led by enthusiastic, hard-working teachers and coordinator
  - Thought-provoking Adult Education classes throughout part of the year
  - The continued work of Peace and Social Concerns Committee and Earth and Spirit Committee to bring issues and potential actions to our collective attention
  - Third annual all-Meeting weekend retreat
- We maintain in good condition the physical building, the cemetery and other outdoor spaces. The library is well-organized and growing.
- We are on firm ground, financially, and are considering ways to make it easier to contribute to the meeting.
- We welcomed and participated in wider Quaker communities, including the following:
  - Hosting the Executive Committee of Friends World Committee for Consultations Section of the Americas, which met in our meetinghouse to develop their strategic plan
  - Hosting Theoneste Bizimana, the program coordinator for Healing and Rebuilding our Communities in Rwanda
  - Hosting Marion Baker of United Society of Friends Women
  - Multiple NEYM committees and retreats
  - Strong youth attendance at Friends Camp in South China, Maine, some with scholarships from the Meeting
  - Strong relationship with Friends School of Portland, including substantial financial support for construction of the school's new building in the form of two loans of \$100,000 each
  - Support of Friends of Kakamega's work in Kenya, including the sponsorship of a student by our First Day School.
  - Continued financial support for scholarship aid for the Ramallah Friends School
  - In addition to furthering the progress we have made, we hope next year to offer education around membership and vocal ministry, and to continue re-evaluation of committee functions. We end the year grateful for the gifts, opportunities and challenges that have come our way.

*Respectfully submitted by Ministry and Counsel Committee, February 2015*

Portland Friends Meeting  
1837 Forest Ave  
Portland, ME 04103

Address Service Requested

Next newsletter deadline:  
Wednesday, April 8th, 9pm

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

