

Portland Friends Meeting Newsletter

Fourth Month, 2016

Meeting for Worship: Sundays 10:30a
Wednesdays 5:30p

Adult Education, First Day School: 2nd & 4th Sundays

Connections

Co-Clerks

Lea Sutton 642-2327
Liz Maier 883-5420

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
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Kirk Read
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kirkdread@gmail.com

Pastoral Care Coordinators

Christina Davis 518-0784

Religious Education

Adults: Arthur Fink
arthur@arthurfink.com
207 615 5722
Youth: Sarah Peterson, 504-0974
Youth Religious Education Coordinator:
Anne Payson 781-2501

Use of the Meetinghouse

Dorothy Grannell 878-8698
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e-group Coordinator

Mary Beth Walsh 797-8414
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Newsletter

submissions
Heather Denkmire
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"The word "prayer" may, it is true, be used in the restricted sense of making requests; but in that case let it be distinctly understood and kept in mind that it is but a part - the lowest and least essential part - of worship or communion with God. It is of prayer in the larger sense - not request, but communion - that we may rightly and wisely speak as the very breath of our spiritual life; as the power by which life is transfigured; as that to which all things are possible."

*Advice from Caroline Stephan's Quaker Strongholds,
first published in 1890, as quoted in Quaker Spirituality*

Calendar

Monthly

Every Sunday: 10:30a Meeting for Worship

Every Wednesday: 5:30p Meeting for Worship

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

1st Sunday: 9a Meeting for Worship for the Conduct of Business

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

2nd & 4th Sundays: Adult Religious Education, First Day School



Portland Friends gathered for an Easter breakfast, put on by the Youth Religious Education committee and youngsters of First Day School. Great fun was had by all! (More photos inside...)

Portland Friends Meeting for Business

April 3, 2016

1. Portland Friends Meeting for Business began with 29 members and attenders present, when co-clerk Lea Sutton read the Advice from Caroline Stephan's Quaker Strongholds, first published in 1890, as quoted in Quaker Spirituality that begins: "The word "prayer" may, it is true, be used in the restricted sense of making requests..." We spent a while in silent and expectant worship.
2. The minutes of March 6th 2016 Meeting for Business were accepted.
3. Kathy Beach gave the Treasurer's Report. \$796 was raised by the Easter Breakfast for causes determined by the children. We are 25% of the way through the year. Donations for the month of March were \$2,981. Rental income was \$140 and 9-year-old Cedar Cushman-Levin raised \$27 for the Meeting with sales of her beautiful bracelets. Total income was \$4148. Total expenses for March were \$7,118. This includes \$325 to Rudi the Plumber for working with Syl Doughty to figure out what might be going wrong with our heating bills. This is money well spent as it will save us money in the long run. Our \$1500 contribution to Friends School of Portland puts our budget at 31% for the year for our meeting contribution. All this gives us a negative balance of \$2,970.

Quick Summary of Income and Expenses Three months — 25% of 2016

Year-to-date Income	\$11,238
Percent of Budget	17%
Year-to-date Expenses	\$15,041
Percent of Budget	22%
Balance	(\$3,803)

For the year so far the total income is \$11,238, and total expenses \$15,041, leaving a negative balance of \$3,803.

4. Kirk Read gave a second reading of the State of Society Report for 2015 (appended below). It was agreed that the revised version as printed in the newsletter was accepted.

He also reported for Ministry and Counsel that Jennifer Frick had been joyfully recommended by her clearness committee for membership. This was enthusiastically approved.

New brochures for membership will be available in the lobby.

5. Arthur Fink reported for the Ad Hoc Communications Committee that they were gratified by the number of responses received via the questionnaire, and especially by the detailed comments that many community members offered.

A few things were immediately clear: Our community members rely on several primary sources of information — the newsletter, the e-group, announcements, and word of mouth. There was praise for the well put together newsletter, strong criticism of the technicalities of the Yahoo e-group interface as difficult to use and confusing to many, and appreciation for the work of volunteers sending out a report of announcements each week.

A more detailed report of results and suggested changes in how we communicate will follow, looking not just at formal information channels but also at ways of becoming a more connected community, while still being cognizant of preserving privacy.

There are suggestions it is hoped can be implemented immediately:

Announcements after meeting should be grouped into three categories:

- a) Announcements that directly concern the PFM community.
- b) Announcements concerning the wider Quaker world.
- c) "Headline" announcements for other things of interest These would be strictly limited to ten seconds and would simply reference a posting on the bulletin board that contains further details.

A larger bulletin board area may be made available for coming events or immediate concerns and headline announcements would alert community members to new postings on this board.

The Committee also asked members or attenders with technical and professional computer and web skills to contact Dorothy Grannell, Misty McLaughlin, Mary Tracy or Arthur Fink.

(continued from page 2)

5. (cont-) It was clear from responses to the survey that many people did find such a need to invite others to take part in things that were important in their life and which they wished to share with the wider community to facilitate knowing each other better. This discussion has taken place before, when all announcements had to go through the clerk, but the new structure enables a wider sharing and aid in discerning which announcements fit the guidelines. Heather Denkmire in her role as newsletter editor commented that it is appropriate to have such personal announcements sent for inclusion in the newsletter in a section called "Bulletin Board Announcements". It was suggested that we try this structure out for two months and see how it works. It would be helpful to have those announcements sent to the volunteer recorders at the end of meeting to facilitate recording. The committee members welcomed further communication from members and attenders on these ideas.

The meeting expressed great appreciation for the work of Mary Beth Walsh and Patricia Pyle for enabling the e-group to work as well as it does.

6. Andy Grannell presented the report of the Falmouth Quarterly Meeting held on April 2, 2016 at Windham Friends Church. Twenty-two Friends attended. They began the day with extended worship led by Janice Beattie, pastor of Windham Friends. A memorial minute for David Hall of Brunswick Friends was read, highlighting his exemplary, persistent but quiet work with the Friends Maine Public Policy Committee (FCMPP) for 17 years.

The reading of 2015 State of Society reports from 5 of our 6 meetings in the quarter followed. These minutes will be sent to New England Yearly Meeting (NEYM). As a quarter, Falmouth represents a microcosm of the Religious Society of Friends around the world, ranging from traditional Christian pastoral meeting to more liberal unprogrammed Friends. Regardless of form, we practice integrity in doing the work of Friends. The reports will be available on a bulletin board here in the meetinghouse.

In business, they approved sending the memorial minute on to NEYM with an additional statement from FCMPP. They approved a letter of recognition and gratitude for the work of a long time Maine legislator. They were unable to find a replacement to attend the Beacon Hill Friends House annual meeting in June.

They were treated to a discussion of the legislative priorities of the Maine Council of Churches by Jane Field. The main focus is on the Compact for Civil Discourse, concern for strengthening laws against human trafficking in Maine, the solar energy initiative, direct peer services for seniors and taking a public stand on universal background checks for gun purchases. The council will present a program "Stand Up for Civil Discourse" featuring former Senator George Mitchell and followed by a bi-partisan panel of legislators on October 20 in Waterville.

Leslie Manning reported on the history and work of FMPPC. An extensive report will be available in the PFM newsletter. FCMPP's priorities in this session are creating a right relationship with the Native Peoples of Maine and fair and humane treatment of prisoners in Maine, especially those subjected to extended periods of solitary confinement.

After an extended lunch with desserts provided by Windham Friends we heard a program, "Give Kids the World". This is a free program for children with life-threatening diseases and their families. It was presented by Sandy and Ron Wain of Windham.

Respectfully submitted

Jenny Doughty, Co-recording clerk

Details about upcoming events and conferences are available here: http://www.neym.org/events/list?field_event_category_tid=30



NEW ENGLAND
YEARLY MEETING
OF FRIENDS
QUAKERS

Toxic Substances in our Homes and Environment, and How to Minimize Exposure

Physicians for Social Responsibility will present a slide show and talk at PFM on Sunday, April 17th at 7:00PM. The event is open to the PFM folks and the wider community. So we might get a rough head count, please email Jim Maier at jhmaiermd@gmail.com.

Spiritual Journey Activity (From ARE class on March 13, 2016)

Materials

Poem by Mark Nepo (from The book of awakening, Conari Press, 2000, p. 34)

Being a Pilgrim

To journey without being changed

is to be a nomad.

To change without journeying

is to be a chameleon.

To journey and to be transformed

by the journey

is to be a pilgrim.

1. scratch paper and/or journal
2. scissors
3. markers
4. an old AAA or other roadmap that can be repurposed
5. the queries below

- What does your "spiritual road map" look like?
- Were you born into a Quaker family, or, what influenced you to explore the Quaker faith? Did you explore other faith traditions? And what signposts led you to Quakerism?
- Were there milestones that marked important transitions for you? What do our journeys have in common and where do they diverge?

Comments from participants

We've discussed spiritual journeys before. What was different was the opportunity to reflect and create something.

I was skeptical about using maps but this worked. It deepened my feeling of community and I felt like I got to know a few people better by way of learning more about their journeys to PFM.

I have thought about my journey--this activity helped me glean new insights.

I liked the idea of creating something.

Instructions

This outlines how we spent our hour together. Obviously one can spend more time on this activity.

Steps 1 and 2 take 10 to 15 minutes

1. Read or recite the poem followed by silence
2. Reflect on the queries and, if desired, make notes on the scratch paper or in a journal about what responses arise within you as you reflect on the queries

Step 3 takes about 15 to 20 minutes

3. Use the materials to create a "map of your journey." In our session, we had a 3 D pyramidal structure, a map with many cuts in it, and several maps with new paths, imaginal bodies of water, and spiritual milestones superimposed on some old AAA roadmaps (some of the original maps were cut in half to make the project more manageable).

Steps 4, 5 and 6 take about 10 to 25 minutes and depends on whether it is a solitary, partnered or group activity.

4. Step 4 has alternate approaches 4 a and 4 b. We used 4 b in the ARE class and took 10 minutes--each partner had 5 minutes to share what they learned. Each partner was instructed to listen deeply since they were asked to share with the group what their partner had learned.
 - 4a. If you are working on this alone or with another: Look at the map you have created and journal on its meaning, insights, and/or appreciations for your journey. Perhaps (or not) you uncovered new milestones or deepened your understanding of the spiritual path you have traveled. Consider whether the map helps you understand where you are now and whether any new directions for your path emerge.
 - 4b. If you have worked in a group or with another partner, work with one partner for 10 minutes (5 minutes each). This session, because of its brevity, started with one partner examining the other's creation and then inviting the creator to explain (Tell me about...) some aspect of the creation the viewer was curious about. Sometimes this led to the mapmaker explaining more about the journey and other times, the partner could invite another explanation.
5. (for groups) Individuals showed the maps they had made, and the listening partner shared what the mapmaker had made and what they had learned was significant about the map.
6. **Closing:** Take time in silence and gratitude to view your map or the group's maps.



Parenting for Peace presents

Not Under My Roof

Parents, Teens, and the Culture of Sex

May 4, 2016 • 7:00 pm

Many parents are unsure how to think about or talk about children's sexuality. This can lead to an absence of conversation and a "don't ask, don't tell" policy between kids and their families. Author Amy Schalet's research (www.amyschalet.com), comparing attitudes and behaviors in the Netherlands and the USA, challenges us to consider a different approach. She argues that a "Not Under My Roof" stance actually puts kids at greater risk than a culture that supports their emerging sexuality through conversation, information, and acknowledgement of their increasing maturity and capacity for healthy relationships. Come learn from Schalet and consider her "ABCD's of Talking with Teens about Sex,".

For more information, visit the <http://friendsschoolofportland.org/>.

Editor's note:

When submitting notes or announcements to be included in the newsletter, please remember to send them in "copy-paste" format. Designing or creating a graphic is okay, too. But, if you are submitting text, please send the text just as you would like it to appear. Sorting through friendly personal notes to pull relevant information and creates a new level of responsibility and time commitment I'm not able to manage. Thank you!

Submit your news! We have a section in the newsletter available for items "not *directly* related to the life of the Meeting," but related because you care about the issues or events. As a way to learn more about each other, feel free to submit one or two sentences with appropriate dates, times, and contact information about upcoming events in your "not-Meeting" life.

Submit all items Quaker! It is up to PFM members and attenders to populate our newsletter. If you see Quaker items of interest you believe others would find interesting, please submit them ("copy-paste ready!") to pfmnewsletter@grantwinners.net. Thank you!

Library and Archives Committee

Our library is an amazing collection of riches, and we encourage people to get to know it better. Many people are already familiar with it as a quiet, still place. Its shelves contain books on Quaker process and Quaker history, as well as materials to guide decisions about sustainable living, green burial, parenting, and other matters, all from a Quakerly (or Quakerish) perspective.

The library has a nearly full collection of Pendle Hill pamphlets, which are thoughtful, bite-sized glimpses into some matter of Quaker life in the 20th and 21st centuries. Also, all I Portland Friends Meeting committee and State of Society reports dating from 1974 to 2011 are available in 18 indexed binders. This collection includes four notebook binders containing Maine Quaker histories, the history of Portland Friends Meeting, and the restoration/expansion of the current Meeting House in 1994-1996.

Also, the 1974-2011 Portland Friends Meeting Newsletters are also available in four separately bound volumes. All of the materials in this collection have been digitally scanned and can be searched for names, dates, and events. To access these PDFs, please request them from Andy Grannell.

The library's catalog is continuously updated to reflect new acquisitions and donations, and is available on the computer in the library and in a hardcopy printout. This hardcopy version has been reformatted and newly printed.

If you'd like to learn more about how the library works, members of the Library Committee will be on hand after meeting for worship on April 16th to provide quick orientations on how to check out materials, how books are arranged, and what's available.

Heading Out!

Hello dear friends:

The house is rented, the guinea pigs have a foster home for the next six months, and we're all packed. Well, at least the first two are true.

And now we're finally getting around to sharing our online journal. Check it out at <http://www.crazyguyonabike.com/doc/sixmonthssixwheels>.

We leave on Thursday, March 31st for Delaware, where we'll start pedaling.

Thank you, thank you for all your encouragement and support – we've had offers of lodging and other help all the way from our very first night in Lewes, DE to our hopeful ending point in Seattle. We feel accompanied on this journey already.

Yours in spirit,
Rob, Sarah, and Cedar

Easter breakfast 2016



If you serve your Meeting or Quarter
on Ministry & Counsel, Ministry & Worship, Worship & Oversight
or Pastoral Care Committee
or you work on outreach
or adult religious education or spiritual formation
or clearness, support, or oversight/accountability committees
That's part of the multi-faceted work that is Ministry & Counsel!

So, you're invited to a

DayTreat

provided by your Yearly Meeting Ministry & Counsel Committee
at Smithfield Friends Meeting, Smithfield, Rhode Island
Saturday, May 7 from 9:30 to 3:00

What's a DayTreat?

- This may seem obvious, but it's one day away from your worldly life when we, from YM M&C, take care of you. We'll bring the food and drink. We'll provide childcare. We'll do the cleanup. Be our guests!
- It's a chance to get together because we do the work of caring for our meetings' spiritual lives. We'll share our hopes and joys as well as our challenges and problems.
- It'll be a time for learning from and supporting one another – finding community in our work and recharging our spiritual batteries.

So –

No need to RSVP. If you have questions, or there's some topic you'd like to have us try to include, contact Sarah Spencer, 617-965-7042, spencertaber@verizon.net

And –

We'll provide **childcare**. **No need to call ahead**, but if you can let us know how many children of what ages to expect that's a real help. Contact Allison Randall, 603-654-2179 allisonjoyful1@netzero.com

Unless you need a special diet (other than vegan or vegetarian) there's no need to pack a lunch. We're bringing soup, munchies and drinks.



Friends of Kakamega invites you to meet



**Pastor Ida,
Administrator of the
Kakamega Orphans
Care Centre Project**

***The Joys and Challenges of an AIDS Orphan Project
Healing thru Community and Purpose***

Pastor Ida is a Quaker pastor who has lived and worked at the Kakamega Orphans Care Centre since 2008. He brings deep thoughtfulness, spiritual insights, energy and a loving perspective to his work with the children and Project. **The Kakamega Orphan Project** is run by Kenyan Quaker Women. It is a highly successful project that helps children in need of love, care, food and education. Friends of Kakamega is the non-profit US partner of the Orphan Project.



Sunday, April 10: Durham Friends Meeting

12:00 Pot-luck lunch 1:00 Presentation
(532 Quaker Meetinghouse Road, corner of 125, Durham)

Monday, April 11: Friends School of Portland

6:45 Refreshments (bake sale be the middle school)
7:00 pm Presentation
(11 US Route 1 Cumberland Foreside)

Tuesday, April 12: Waynflete School

7:00 Presentation
360 Spring Street, Portland (in the arts building)

Wednesday, April 13: Woodfords Congregational Church

2:30 Tea and Presentation (especially for sponsors)
(202 Woodford Street, Woodford's Corner, Portland)

Thursday, April 14: Freeport Library

7:00 Presentation
(11 Library Drive, off Route 1, going north out of Freeport)

Saturday, May 14: Maine Gala Celebration and Fundraiser

6:30 at the Brunswick Golf Club
(165 River Road, Brunswick. In the McEvoy's On the Green restaurant)

Contact: Sukie Rice (207) 318-8531 sukierice@comcast.net

Portland Friends Meeting
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Address Service Requested

Next newsletter deadline:
Thursday, May 5th, 9am

submissions: pfmnewsletter@grantwinners.net

