

# Portland Friends Meeting Newsletter

Eleventh Month, 2016

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

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

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

## Connections

### Co-Clerks

Lea Sutton 642-2327

Liz Maier 781-3009

### Treasurer, Contributions

Sue Nelson 391-6116

60 Shadagee Road, #2

Saco, ME 04072

### Treasurer, Operating Account

Kathy Beach 741-2940

14 Drew Road

South Portland 04106

### Treasurer, Special Funds

Sara Jane Elliot 749-9706

### Special Needs Funds

Chris Beach 741-2940

Elizabeth Szatkowski 772-1774

### Ministry and Counsel

Kirk Read

207 782 3524

kirkdread@gmail.com

### Pastoral Care Coordinators

Christina Davis 518-0784

### Religious Education

Adults: Arthur Fink

arthur@arthurfink.com

207 615 5722

Youth: Luke Hankins 207-200-6042

Youth Religious Education Coordinator:

Anne Payson 781-2501

### Use of the Meetinghouse

Dorothy Grannell 233-6587

dorothygrannell@maine.rr.com

### e-group Coordinator

Mary Beth Walsh 797-8414

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

### Newsletter

submissions

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

207-200-6544

*“Remember that love is a gift of the Divine, not simply a human emotion. As imperfect human beings we are not always able to feel loving toward one another, but by opening ourselves to the Light Within, we can receive and give love beyond our human capacity.”*

*New England Yearly Meeting, 2014 Interim Faith & Practice: Advices and Queries*

## Calendar

**November 13:** Rise of Meeting, Love Your Meetinghouse Day (details p. 9)

**November 18-20:** Young Friends Retreat at Portland Friends Meetinghouse

**December 1:** Deadline for Adult Religious Education Spiritual Journey Series

**December 4:** 4:15p, Advent Garden light spiral, Portland Friends Meetinghouse

## Monthly

**Every Sunday:** 10:30a Meeting for Worship

**First Sunday:** Meeting for Worship for the Conduct of Business (open for all!)

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

**2nd Saturday:** 5-8p Youngish adults potluck  
Bart Czyz, [btczyz@gmail.com](mailto:btczyz@gmail.com), 207 899 5937

## Friendly Lunches!

After Worship, Friendly Lunch somewhere in the neighborhood is fun & nourishing.

Our kindly neighbor at Tortilla Flat would like us to meet there (he lets us use his small parking lot as overflow Sunday mornings).

Or we could try a new place, like Babylon at Morrills Corner? Meet in the front hall at the Rise of Meeting - Marlee T. is the inspiration!



## Portland Friends Meeting

### Meeting for Business

November 6, 2016

We began in silent worship at 9:00 a.m. with 28 members and attenders present, during which co-clerk Lea Sutton read the Advice #15 from New England Yearly Meeting Interim Faith and Practice, which begins "Remember that love is a gift of the Divine, not simply a human emotion."

1. Minutes The October minutes were accepted without change.
2. Financial Report Treasurer Kathy Beach reported that we are 83% through our budget year. Our income is at 61% and our expenses at 71%. Our deficit is now close to \$7,000, which we need to close by the end of 2016.  
  
Our income for October was \$3,585. Our expenses were \$5,499. This gives us a negative balance of \$1914 for the month.  
  
Our income year-to-date is \$40,522 and our year-to-date expenses are \$47,353. This gives us a deficit of \$6,831.

#### Quick Summary of Income and Expenses 10 months — 83% of 2016

Year-to-date Income	\$40,522
Percent of Budget	61%
Year-to-date Expenses	\$47,353
Percent of Budget	71%
Balance	(\$6,831)

3. Nominating Committee Rob Levin reported for the Committee. He presented a slate of proposed nominations for positions and committees for 2017. These include Jennifer Frick, who will be our new Co-Clerk for 2017-2018. We approved Jennifer's nomination with gratitude. We also approved Arthur Fink as co-recording Clerk, and Jim Maier and Anna Barnet as members of Peace and Social Concerns Committee. There is a sign-up list posted in the lobby. Friends should check it to make sure the information is correct. If not, tell Nominating Committee.

There is a possibility the Earth and Spirit Committee may be laid down, as all its members have left. We will revisit this in December.

Also remaining are questions about the Communications Committees, both ongoing and ad hoc. Nominating Committee needs a clear description of a committee. See item 6 below.

Nursery Coordinator should be changed to Grace Uwinama. Ann Payson should be listed on the PFM Resource Committee for the Friends School of Portland. We also need a new Meetinghouse Coordinator.

4. Falmouth Quarter Report and Queries Falmouth Quarter will not meet again until May, but we still need to send state of society reports and memorial minutes by April 1 to Kristna Evans.
5. Ministry and Counsel Mary Tracy reported for the committee. We need to appoint a second representative to New England Yearly Meeting Ministry and Counsel. Jessica Eller is one and we need to have two. Faith and Practice defines the role as follows:

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

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

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

Jessica Eller adds that the time commitment involves quarterly meetings (usually a Saturday), one of which is a weekend-long retreat at Woolman Hill in the fall, and attendance at NEYM Sessions. At Sessions M&C has responsibility for helping plan Meeting for Worships and greeting, microphone handling and care of worship of Meeting for

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5. Business, and for crafting the State of Society report. They have also offered listening sessions and other things as needs arise. At the late spring quarterly meeting, they seek volunteers for the various duties.

Brad Bussiere-Nichols, who has been representing the Meeting, spoke to the importance of this committee in our connections to other Quakers in New England. There is often carpooling which prolongs the experience of spirituality and friendship.

If you are interested in filling this position, contact Mary Tracy.

6. Communications Committee/Adding a New Communications Review Committee.

We were asked to hear and approve the direction of an existing working document, which Mary Tracy presented, as follows.

There are three main purposes of this committee:

- 1) To review and create communications guidelines for all of our means of communications (newsletter, list-serve e-groups, web site, announcements, bulletin boards, calendar, photos of members of the meeting community, the directory. etc).
- 2) To complete an annual review of the effectiveness of meeting communications, and suggest changes that the meeting should consider.
- 3) To serve as a liaison among the individuals who carry out and maintain the different means of communication, and between these people and other committees or the meeting as a whole.

Members of this committee may include the individuals who carry out the work of communicating, but should also include at least one person who is not involved in the actual work and who can step back and look at the overall picture.

Additionally, one or two members who have expertise with computer and on-line technology and online social practice would be helpful.

The expected workload will vary depending on the needs at any given time. When all is working smoothly, three or four meetings a year [or say quarterly meetings] might suffice. When something is not working smoothly and needs to change, more time may be involved. Right now there are a number of projects underway which will need attention, so monthly meetings with some work in between may be required.

This committee is NOT the group of people who publish the newsletter, maintain the mailing list, etc. even though some members may do those things. Those people would continue to do their jobs and be part of the committee if they wish to.

A lengthy discussion followed, and included examples of the kinds of questions such a committee might answer. It was felt that the new committee ought to have at least one member who also performs the communication tasks.. Rob Levin stated he felt Nominating Committee had enough information to go ahead and include a new Communications Review Committee on the sign-up sheet. It was suggested that Nominating Committee ensure that at least one member has a seasoned overview of our community. Friends approved.

7. Other A question was asked about how much a member owed the Meeting. We no longer have pledges but many make a monthly contribution. Encouraging regular contributions has proved more effective (and pleasant) than soliciting and enforcing pledges. The pledge system did not accomplish increased giving.

We closed at 10:20 a.m., with 30 members and attenders present, purposing to meet again at 9:00 on December 4, 2016, God willing.

Respectfully submitted,

Lyn Ballou  
Co-Recording Clerk

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## ANNOUNCEMENTS

### Tier I Our meeting community

Young Friends Retreat which will be held at Portland Meeting in two weeks, November 18-20th. We've got a great crew of Young Friends from six states signed up, a wonderful volunteer staff and a powerful theme: What's Justice?

Nia Thomas is looking for:

A generous cook who can make & drop off a large pot of vegan soup so the adults volunteering for the weekend have some healthy fuel when they arrive around 5:30 on Friday.

Rides for Young Friends from the Portland train and bus stations to the retreat on Friday evening (probably around 6:00-8:30 PM) and Sunday morning/early afternoon following worship. Right now I don't know how many YFs will be taking public transit, but my guess is that one or two drivers will be enough. These drivers would need to have a cell phone so that the Young Friends and I can contact them.

Hospitality for a couple of our volunteer staff who need a place with more quiet than the meetinghouse and possible also for a couple parents of Young Friends coming from a distance to bring their teens to the retreat. If there are folks who live within 15 minutes or so of the meetinghouse and have a spare bed, futon or couch, it would be a big help.

A couple folks with room in their car to take the trash and recycling after the retreat.

If anyone is able to help in these ways, please contact Nia Thomas at [niadwynwen@gmail.com](mailto:niadwynwen@gmail.com)

### Could this be you?

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

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

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

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

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

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



NEW ENGLAND  
YEARLY MEETING  
— OF FRIENDS —  
QUAKERS

This Sunday!  
Love Your Meetinghouse Day!

It is happening on November 13th, at rise of meeting, and will include raking leaves, pruning shrubs, picking up garbage, replacing light bulbs, drinking hot cider and eating baked goods! All you need is a pair of work gloves and an hour of time to contribute!



**Maine-Wabanaki REACH**  
Reconciliation • Engagement • Advocacy • Change • Healing

## Maine-Wabanaki REACH ALLY WORKSHOPS



Maine-Wabanaki REACH and the Maine Wabanaki State Child Welfare Truth and Reconciliation Commission

### Currently Scheduled Dates and Locations

- Saturday, November 12 – Falmouth
- Sunday, November 13 – Belfast
- Saturday, November 19 – Augusta
- Saturday, February 4 – Farmington (Snow Date February 11)

This workshop is designed for non-Native people. It provides an opportunity to reflect on our shared history and future with Native people. It includes: a very brief history of US government relationships with Native people; awareness of white privilege; and ally responsibilities.

Space is limited and registration is required, so please register by emailing [Barbara@mainewabanakireach.org](mailto:Barbara@mainewabanakireach.org) or calling 951-4874. Questions are welcome.

### Juniper Ridge Landfill Old Town and Alton, Maine



As seen from Rt. 16, Old Town, 2016 (1.5 miles away)

Since 2003 when the State of Maine bought Georgia Pacific's sludge dump to 'save the mill' and turned operations over to Casella Waste Systems in a sole bidder 30 year contract, our region has become a sacrifice zone for dumping garbage from all of Maine and beyond.

**Will this monster grow to 4 times today's size?**

**YOU can help answer this question!**

The State and Casella want to increase the size of this 'landfill' to four times what you see in this picture. Now brimming with nearly 8 million cubic yards of trash, the plan is to fill it with over 30 million cubic yards, beginning with a 9 million cubic yard expansion.

A public hearing on this vast expansion is scheduled for October 18 and 19, Cross Center, Bangor. Your participation as an informed citizen is essential.

(Public Comment Sessions at 6 pm Tues. 10/18 and 1 pm Weds. 10/19)

Join others to demand:

- Zero-growth for the Juniper Ridge Landfill
  - Full accountability for the landfill's water and air pollution
  - Audit waste streams - say NO to out of state waste
- Help create a zero-waste future for Maine and our Earth

Learn more about upcoming hearings and other public events at:

**"No Juniper Ridge Megadump Expansion"**

(On Facebook)

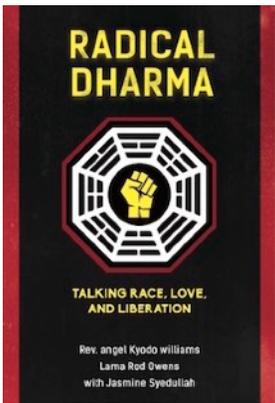
More information about the expansion permit is also available at the DEP's JRL website: <http://www.maine.gov/dep/waste/juniperridge/>



**Collective action, climate change discussion**

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

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



**Radical Dharma: Talking Race, Love, and Liberation**

After hearing one of the authors in a Dharma talk/ discussion, I feel led to bring Rev. angel Kyodo Williams to Portland. The Friends School is open to physically hosting and there are others interested

in spreading the word once the event is set. I'm looking for two or three others who may find Rev. angel's message inspirational and who might join me in making the event come to pass, including logistics of the event itself.

Her tradition is Buddhist, but I feel strongly the vision transcends spiritual paths; it fits well within the Christian (Lutheran and Quaker) worlds I've known.

For more information about "Radical Dharma:" <http://radicaldharma.org/> The podcast of the Dharma talk that gave me this idea: <http://deerpark.libsyn.com/presentation-by-rev-angel-kyodo-williams-2016-08-05>

If you find yourself moved to help me organize this — it's in the ideas stage, only tip-toeing into the action stages — please contact me (Heather Denkmire) at [radicaldharmainmaine@gmail.com](mailto:radicaldharmainmaine@gmail.com)

[radicaldharmainmaine.org](http://radicaldharmainmaine.org) will be the web page to visit as more details emerge.

This is a story about my spiritual journey (Quaker phase) in poetry form. A new and interesting poetry form called fibonacci after the Fibonacci Sequence in mathematics. Each line adds the syllables from the two lines before to determine the number of syllables in the next line. It is assumed that the number of syllables in the line before the first line equalled zero. —Muriel Allen

**What the Silence Brings to Me (experiencing Quaker Meeting)**

Some times nothing but quiet relief from cell phones, kitchen timers and alarm clocks.

Once my own thought expressed by another as if our minds had melded into one.

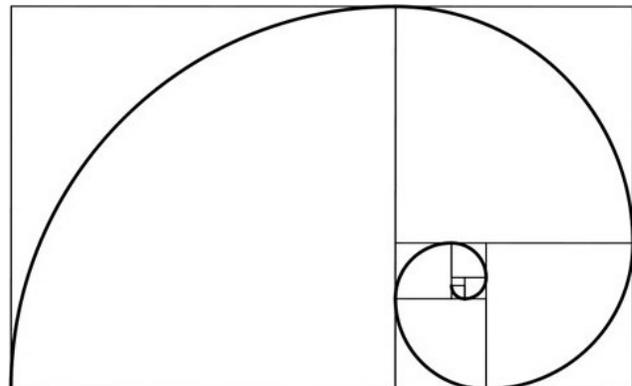
Some times a chance for more sleep-head nod, dreaded snore-loud worship of the overtired.

Once swift answer to question I was pondering offered in brilliant clarity.

Some times pulsing magenta flooding my vision, sign of spiritual presence.

Once this LOUD VOICE speaking through doubts of belonging and self-worth, "YOU ARE HERE TO LEARN."

©Muriel Allen



*ed note: only half of this beautiful poem was published in last month's issue, I'm terribly sorry for the error!*

## Member Profile: Anne Harwood



Anne was born in Boston and grew up in the Chestnut Hill area. "It was a good place to be a child," she remembers. Anne was the second of six children. Her closest sister died of cancer at the age of 13, when Anne was only 15, a very difficult experience that stayed with her for a long time.

Graduating with an English degree from college, Anne felt that she wanted "something different" and so drove across the country to California. Her first job was in the dining room of a nursing home, where her boss told her, "You have a lot of potential, if you just apply yourself." Anne tells this with a wry smile, but in fact, she did work at several jobs in nursing homes, providing recreation and programming.

Always returning to New England during the summer, Anne re-connected with a man who had formerly been

interested in her older sister. At the end of that summer, Gordon asked if she'd like a ride home - meaning all the way back to California. They had a wonderful road trip and eventually married and lived in California, raising two daughters.

Anne loved California, but after she and Gordon divorced, her girls missed New England and their cousins, and asked her to move the family to Maine. In spite of Anne's warning that Maine has a rather severe winter, the three of them did relocate and Anne continued with her plan to earn her master's degree in social work at UNE. With her license to practice, Anne spent some years, "bravely or foolishly" working in Portland with street people and drug addicts. Later she opened a mediation service with Sydney McDowell.

Anne began attending Portland Friends Meeting as an experiment. Raised as an Episcopalian, she joined a Methodist church in California and tried a Congregational church in Maine, but felt that the friendliness was superficial. She had begun studying the Course in Miracles with a group in California and feels it fundamentally changed the way she thinks. While a new attender at Portland Friends, Anne gave what she considered to be a radical message. In part, she lamented the fact that God kept his wife hidden! This message was received with no judgement whatsoever and Barbie Potter came up to her to say that there were many feminists in the meeting, so Anne felt this was a safe community that would accept her unconventional opinions. A few years later she met Tom Foote in the Meeting and they married under the care of the meeting which was a great blessing.

"The joy I feel in meeting is unique in my experience," Anne says. She values the openness to new ideas and people. She greatly enjoyed being clerk, feeling so much love from others in the room, and laughs out loud as she recounts the April Fool's Sunday when she and Muriel concocted a false crisis having to do with Tortilla Flat being replaced by a highrise and the residents wanting to use our cemetery to bury their pets. "I had such a hard time keeping a straight face!" This event should go down as an essential part of Portland Friends history. "If you saw the facial expressions of some people!"

Anne has always felt connected to God, even as a child. "God was always present and always real for me." The architecture of churches and cathedrals has meaning for her as expressions of the Divine. She also believes in angels. Many early mornings find Anne singing hymns. She loves hymns and has a collection of hymnals. Carrying the tune is not her strong suit, but she knows most of the words.

Two years ago Anne was diagnosed with Parkinson's. Now managing her friend Parkinson takes a lot of her time.

*Interview by Lea Sutton*

Portland Friends Meeting presents

# Clerking Workshop with Arthur Larrabee

Saturday, December 3

9:00am-3:30pm



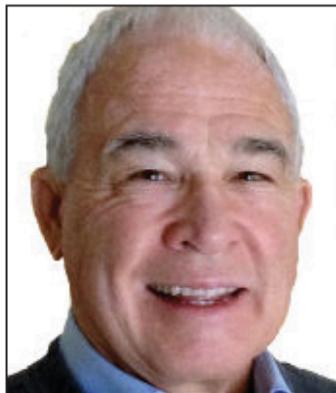
at Friends School of Portland  
11 U.S. Route One, Cumberland

**Don't miss this wonderful opportunity to see the new, net-zero Friends School of Portland and to gain valuable clerking tools!**

This is a chance for all Quakers, not just clerks, to learn the theory and practice of clerking from a well-known expert. Arthur's workshops are practical and fun, and he teaches by example.

#### Schedule

9:00am - Gather  
9:30 - Program  
12:30 - Lunch (please bring a bag lunch)  
1:30 - Program  
3:30pm - Adjourn



**Arthur Larrabee** is a lifelong Friend and member of Central Philadelphia Monthly Meeting. He has led many workshops on clerking, including annually at Pendle Hill. He has served as clerk of his meeting, the Committee in Charge of Westtown School, and Philadelphia Yearly Meeting, which he also served as General Secretary for seven years.

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Workshop Fee is \$50 per person; please make checks payable to Portland Friends Meeting.

**To register, please contact Liz Maier, Co-Clerk of Portland Friends Meeting**

**Phone:** 207-781-3009 • **Email:** jim.liz.maier@gmail.com

**Mail:** 4 Primary Lane, Falmouth, ME 04105

Benefit for Racial Justice-  
CONCERTS with a CAUSE  
with Peter Blood and Annie Patterson



# RISE UP Sing Along Concert

SATURDAY  
**NOVEMBER 19TH**  
7:00PM  
First Universalist Church

169 Pleasant Street Auburn, ME

Suggested donation Adults \$20, Children \$5: No one turned away for lack of funds

Proceeds for PEOPLE OF COLOR led organization

<https://www.riseupandsing.org>

## Family Stories Wanted!

Were your ancestors among the earliest Quakers in the Greater Portland area? Wayne Cobb is researching the history of those first families and the beginnings of the Society of Friends here. If you are related to one or more of these families and have stories or genealogies to share, please contact Wayne by email at [wcobb2@gmail.com](mailto:wcobb2@gmail.com) (preferred), or call him at 207-838-3393.

## Informational Meetings About Opportunity for Friends Mini-Community

Denis Lachman and Kiya Smith are developing a new mixed-use project in the heart of Deering Center Village, along Stevens Ave in Portland. The overarching goal is to catalyze economic and social activity. The ground floor will be commercial (2400 sf) and 2nd/3rd floors will be residential (4 2BR units). Three units will be sold as condos and one rented. We want Friends to know about this project and these units before they are open-marketed. This may present an opportunity for Friends who purposefully seek to live near each other as a mini-community in a walk-friendly environment. To learn more about the project (commercial or residential) please join us at the rise of meeting on December 4 and January 8, from 12:00 to 1:00. All are welcome.

## Faith Action Network

Preble Street is coordinating a project to organize faith communities for participation in non-partisan social justice advocacy with Preble Street and on behalf of Mainers experiencing problems with poverty, homelessness, and hunger. If you are interested in learning more, contact Elizabeth Szatkowski 207-772-1774

## Advent Garden, Sunday December 4, 4:15 PM

In the midst of the rush of the holiday season, you are invited to enter into a space of silent wonder.

All are invited to join children and families on Sunday, December 4, at 4:15 PM for the annual Advent Garden in the Meeting room. One by one children will walk along the spiral of fragrant evergreens 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.

Light refreshments to follow - finger sandwiches provided, please bring other finger food to share.



## Adult Religions Education (ARE)

During the two classes in October we used tree pruning principles to examine our lives for how well we "let the Light in". A primary goal of pruning fruit trees is to create space to let the air flow and the light reach all branches in order to increase productivity of the fruit. We first examined the principles of pruning and then looked at queries which used those principles as metaphors for our lives, with the goal of "not aiming for productivity but for being our fullest whole self, anchored and led by Spirit so that the Light may shine through everything we do." Those present were given time to choose one or two queries to consider and journal about what comes up for them. This was followed by an exercise called the "Mission Tree", also for individual discernment, which involved deciding on your most important values, roles and skills and drawing a tree which has the roots labeled as values, the roles or skills on the branches, and based on those things, deciding what your primary mission in life is at this time, which labeled the tree trunk. These values and roles may change in different seasons of one's life, so the mission may also change. But knowing what it is could be helpful in making decisions about when to say yes and when to say no to opportunities or requests you may be faced with, so your activities or actions are aligned with your mission in life. The two documents for "pruning" and for the "mission tree" are included below and on the following page, so those who couldn't attend the classes may use the concepts and tools in their own lives.

### Pruning to let the light in: Creating a "Mission Tree"

In the book, *Creating Time: Using creativity to reinvent the clock and reclaim your life* (by Marney M. Makridakis, New World Library, 2012), she offers many creative activities to help one find time when it seems one can't fit another thing in. Contributor Violette Clark said the Mission Tree activity helps her "take back control of my time and realize the I can use my time doing what is most important to me." She calls the Mission Tree an overlay because she discerns her response to requests for her time by "overlying" the request on her tree. If the request is not a good fit with her Mission Tree, she feels free to say "no, thanks." The Mission Tree Overlay (pp. 233-234) may be one way to assess what is truly important to you before you determine what might need pruning to let the light into your spiritual life.

The queries for the two "pruning" classes offer participants ideas for reflection and journaling. We hope between class one and class two you will begin (or complete) your mission tree. Note that your first mission tree may be a "draft." As you continue to reflect on your mission tree and the pruning queries, you may find that various aspects of your tree need modification. PLEASE BRING YOUR MISSION TREE TO THE 2ND CLASS ON PRUNING. WHILE SHARING IS OPTIONAL, HAVING IT AVAILABLE FOR YOUR PERSONAL CAN INFORM YOUR PARTICIPATION IN THE SECOND CLASS.

#### Materials

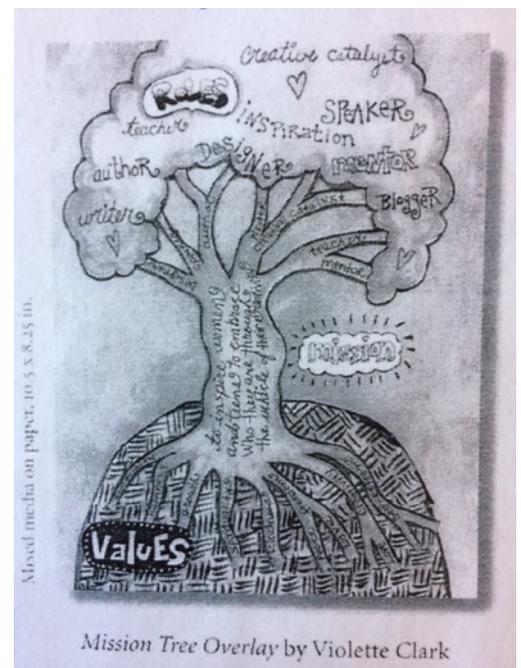
1. Blank piece of paper (extra pages if needed)
2. at minimum a pencil; if you like color have crayons, markers or other materials on hand
3. any notes or journaling on pruning you did in class

#### Instructions

1. Sketch a tree on the piece of paper
2. On each branch put the roles you play and that you want to play in your life
3. In the roots, write your top 5 to 7 values or principles (if helpful, consult the Values Clarification form distributed in class)
4. On the trunk write your mission--a statement that summarizes your purpose
5. You can decorate or add to your tree any way you like
6. Optional addition to your mission tree: if you have strengths or abilities that you love to use, you can put them in as flowers around the tree

#### Reflection

1. Using the pruning queries and your Mission Tree, consider where you have been spending your time and energy
2. Is there a fit between your mission and time and energy expenditure?
3. As you consider your Tree and your commitments, what might need modification--your Tree and Mission or the commitments you choose to make? (we realize there are roles and commitments that are not amenable to pruning!)



## Adult Religions Education (ARE)

Pruning to let the Light in - Portland Friends Meeting A.R.E. classes on 10/9 and 10/23/16

### Principles of pruning (fruit trees primarily, but also applies generally to other plants)

1. Know your tree or bush, how it grows (where does new growth occur on the tree, where and how does the fruit set on the tree), what it needs.
2. Take away dead wood or broken wood first.
3. Remove branches growing toward the inside or crossing another branch.
4. Depending on the type of tree and fruit growth, determine what shape you need to prune to provide what it needs. For example: apple trees have a central leader, with lower branches longer than upper to let light and air reach all the fruit. Peach trees require an open vase shape to allow light to reach all the branches.
5. If the tree is old and neglected, be aggressive in pruning off more than you think you should. It will result in better fruit productivity.
6. Prune when the tree is dormant to reduce infection and set-back (growth inhibition).
7. Feed the roots. Just as important as pruning is having good soil, adequate water, and continual nutrients fed by companion plants under the apple tree. Keep weeds away especially when it is young or small by using mulch. Chipped small branches from the same type of tree are excellent as mulch and food.
8. Draw in pollinators. Trust the wind and the cycle of the seasons.



We are not aiming for “productivity” but for being our fullest whole self, anchored and led by Spirit so that the Light may shine through everything we do.

### Queries: What may we consider in pruning our lives to accomplish that goal?

1. Do you know what you need to be always growing and feeling whole? Name three things.
2. What might you consider “dead wood” in your life? If you pruned one or two of these things, what would you want to do with the space?
3. Is there any activity, choice or goal in your life that is at cross-purposes with another priority? Do you limit your own wholeness with “too much”?
4. Do you see your Self or your life as having a “central leader” or an “open vase with 2-4 leaders”? Is that comfortable for you? Can you feel the Light reaching all your fruits?
5. Are you brave enough and ready to prune away the dead wood, crossed purposes and excessive growth in your life to get back to what is essential? Who might help you in that endeavor?
6. When is the best time for you to do this “pruning”?
7. What feeds your roots?
  - Where do you see the light of Spirit in the world?
  - As you are growing into your Whole Self, what will you be careful to avoid or weed out as it may interfere with, obscure or limit the Light and the growth you want most?
  - Are there any previous activities or commitments that you are no longer doing (ramial wood), but may be the building blocks, the necessary predecessors, of what you are doing now?
8. What types of activities or people will help “pollinate” your dreams and goals?
  - How can you invite them in to your life or ask for their help/participation?
  - Can you name or describe the cycles or seasons in your life?

Sandra Jensen  
Oct. 9, 2016

Portland Friends Meeting  
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Address Service Requested

**Next newsletter deadline:**  
Tuesday, December 6th, 9pm

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

