

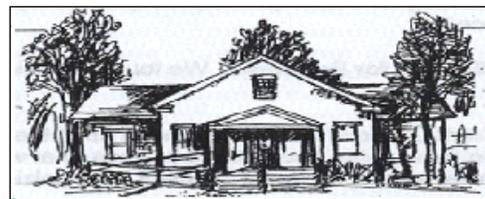
# Portland Friends Meeting Newsletter

Summer 2018

**Meeting for Worship:** 5pm August and September 2  
10:30a Sundays resumes Sept 9

**Adult Education:** Resumes in September

**First Day School:** Resumes in September



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207-200-6544

## Connections

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*“They that love beyond the world cannot be separated by it.”*

—quoted in Catherine Whitmire’s Plain Living, p. 91, section on Grief

## Calendar

**September 9** 9:00a Meeting for Worship for the Conduct of Business

10:30a Meeting for Worship regular schedule resumes

**September 16** 10:30a Meeting for Worship at Portland Friends Meeting

10:30a shared Meeting for Worship at *Friends School of Portland*

Potluck following Worship at Friends School of Portland

**Every Sunday (summer):** 5p Meeting for Worship

Rise of Meeting, potluck dinner

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

Bart Czyz, [bczyz@gmail.com](mailto:bczyz@gmail.com), 207 899 5937



**First Day  
School end-  
of-year  
celebration's  
“Tug-of-  
Peace!”**



**Portland Friends Meeting**  
**Meeting for Business**  
**July 29, 2018**

We began in silent worship at 7 p.m. with 16 members and attenders present, during which co-clerk Jennifer Frick read from a 1693 passage of William Penn, which begins:

They that love beyond the world cannot be separated by it.

(quoted in Catherine Whitmire's Plain Living, p. 91, section on Grief)

1. **Minutes** The June 2018 minutes were accepted, with the correction in #5 of the spelling of Mary Ellen Rollins the second time it appears.

2. **Treasurer's Report** Sue Nelson presented the June-July Treasurer's report 58% through the year. Here is the summary for the months of June and most of July as well as the Year-to-Date:

<b>June:</b>	<b>July:</b>
Income: \$3,447	Income: \$2,522
Expenses: \$6,715	Expenses: \$4,671
Balance: (\$3,268)	Balance: (\$2,149)

**Quick Summary of Income and Expenses**  
**7 months — 58% of 2018**

Year-to-date Income	\$33,976
Percent of Budget	51%
Year-to-date Expenses	\$37,401
Percent of Budget	57%
Balance	(\$3,425)

The monthly cost of our new wifi (\$65) has been added into line 12 (with phone).

Friends accepted the Treasurer's report.

3. **Recognition of the life of John Radebaugh** John died on July 3 at the age of 93.

Dorothy Grannell has talked with his widow Dorothy about the family's wishes. There will be a memorial service but the children live far and wide in the U.S. and Canada, so they are working on scheduling a service at a later time. Burial will be at a family plot on Little Sebago. At the moment, we are waiting to hear from them.

The Clerk will post a copy of the obituary from the Maine Sunday Telegram.

4. **Family Promise** Ann Dodd-Collins reported as follows:

Portland Friends Meeting Greater Portland Family Promise, Round 4  
24 June to 1 July 2018

"In looking at previous reports, I noticed that I always begin 'this round was quite different'. Well, this round really WAS different. We had three families from Angola, a total of 11 people, six adults and five children. Although they did not know each other before they arrived in Portland, they had become friends and worked together to care for their children, pack lunches, and play cards. Unlike our previous families who were usually in their rooms by the time our overnight hosts arrived at 8 p.m., these families played cards until 10:00 or 10:30. The two toddlers did not eat much supper, preferring to play, but they got hungry around 9:00 and ate cereal or bread and peanut butter. The 10-year-old played cards with the adults, and the four-year-old loved to be read to. And unlike previous families who ate breakfast with us, these families wandered into the kitchen about 10 minutes before the van arrived and packed breakfast foods as well as their lunches. And on Sunday, when we went into the bedrooms, we found all the bedding folded and neatly stacked and the beds deflated and back in their cases.

As always I am incredibly grateful to all who volunteered and especially to Tom, Dorothy, and Jenna who shared the meal organizer responsibilities. It truly takes all of us to make this work.

This round we spent \$208.59 on food for breakfasts and lunches and \$37.74 on supplies. Our meal preparers fixed and donated some amazing meals, and our guests thoroughly enjoyed their special Saturday morning breakfast. Yes, there was food left at the end of the week, but all the leftovers from dinners went to the day center."

Ann then read from the following Greater Portland Family Promise report: "July 9 marked one full year since Greater Portland Family Promise opened its doors to welcome the very first GPF guest family. In the first year, GPF has served 18 families or 68 individuals. Three families are currently in the program.; 10 families have graduated into housing.

(cont-)

(minutes continued from page 2)

#### 4. **Family Promise** (continued)

Of the families served thus far,

- 83% of families are newly arrived immigrants
- 54% of individuals are children under 18
- 51% of children are ages 5 and under
- Families served have identified as coming from the following countries: Angola, Burkina Faso, Zambia, Morocco, DR Congo, and the United States.

As we reflect back on the past year and look forward to the years ahead, our hearts are filled with deep gratitude. We recognize the guest families who exhibit such love and strength and courage in the face of struggle. We acknowledge our small but mighty team of staff who work tirelessly so that this program can thrive and our families can flourish. We are thankful for our dedicated volunteer coordinators who put time and energy and care into organizing all the details that it takes to host families each week with intentional hospitality. Last but certainly not least, we are grateful for the hundreds of volunteers who have chosen to make Family Promise a part of their lives--the volunteers who cook food, make beds, play with children, stay overnight, donate furniture and clothing, serve on our board and committees, help families move into apartments, and so much more.

Together, we are building community and strengthening lives. Thank you."

Ann has been working at other congregations who have not been able to fill their slots. She is grateful that we have been able to fill ours.

Our year commitment to Family Promise is up. Do we want to renew our commitment? We recognize that our performance to date has depended heavily on Ann and Tom Tracy. Ann indicates that she is committed to continuing her work. There is a question of our responsibility to contribute to the financial support of the organization itself, which we have not yet done. We have contributed money for food and supplies and have a budget line for that. We have been spending between \$250 to \$300 each time we have hosted. It was pointed out that our building rental income is increasing, which could help support the costs of Family Promise.

We approved recommitting to Family Promise for another year, and asked Ann to continue tracking costs and communicating our needs to Financial Oversight Committee as they begin the budget process for 2019. We thanked Ann, Tom and all the other volunteers for their work this past year.

5. **2018 New England Yearly Meeting Session representatives.** We appointed Jessica Eller and Chris Fitze as our representatives to Sessions this year.
6. **Peace and Social Concerns.** Jim Maier reported for the committee in regard to a call from the Maine Physicians for Social Responsibility on the United States to lead a global effort to prevent nuclear war. The document is titled "Back from the Brink." A copy appears at the end of the minutes. Are we willing to become an endorsing organization? The committee recommends that we do so.

We approved bringing this forward at September Meeting for Business after more Friends have had an opportunity to review the document, which will appear in the newsletter.

7. **Report to New England Yearly Meeting on involvement of Portland Friends Meeting with Immigrants.** Jessica Eller summarized a report from Ministry and Counsel Committee to New England Yearly Meeting in response to queries from them. The queries are as follows:

*Has your Meeting, or some of its membership, felt led to engage with immigrant neighbors, or with questions of immigration? Did such a leading reach you as a whole meeting? As a committee or interest group? As individuals? What have you been led to undertake?*

The 5-page written report contains recent anecdotal experience of members and attenders. It also contains reflections

(cont-)

(minutes continued from page 3)

7. **Report to New England Yearly Meeting (cont-)** and some recommendations. The report is posted and has been sent to the e-group. Dorothy Grannell will check with Heather to see if it could be added to the newsletter.
8. **Rental Income.** Lise Wagner reports that our "pay as led" policy is working. Wifi has enhanced our appeal to renters. Rentals are increasing. She would like an ad hoc committee to focus on rental issues which are coming up as we use the building more. Dorothy Grannell, Christina Davis, Lyn Ballou and Ann Dodd-Collins volunteered to serve. Lise will request someone from Buildings and Grounds.

We closed at 8:15 p.m., with 18 members and attenders present, purposing to meet again at 9:00 on September 9, 2018, God willing.

Respectfully submitted,

Lyn Ballou  
Co-Recording Clerk

## "Middles" Spice-y Tips for Summer!

We in the MIDDLES First Day School Class talked this year about how to SPICE up our lives with the Friends S.P.I.C.E.S. values of (Simplicity, Peace, Integrity, Community, Equality and Stewardship). For our last class, we decided to share a few "spice-y tips" with you for the summer! We hope you enjoy our ideas.

**SIMPLICITY:** To make your life more simple try to take time to enjoy the simple things in life such as: your family, nature, things normally taken for granted, new people, silence. We tried a guided meditation. Our favorite quote was: "Do what you can in the place that you are and be kind."

**PEACE:** We did a skit about "peace" and our favorite quote was: "You are stronger, kinder than you think you are." by Winnie the Pooh. Spicy tips to live by: Live like a pioneer, by using less electricity, watching less tv, hugging a stuffed animal, watching more sunsets, and doing something kind for another person every day. Our favorite quote about peace: "Peace is like a winter day in Florida playing at the beach, swimming in the ocean, and relaxing in the warm sun on a deck."

**INTEGRITY:** In Middles class we learned integrity is a lot like community, meaning you need everyone to make the group whole. We made an "Integrity Quilt" with each of us making a square and put them together to make a piece of art. Tips: "Tell the kindest truth you can" and "stay true to yourself."

**COMMUNITY:** Cooperate in Meeting activities like Easter Breakfast and talking to new people before and after Meeting. Invite people you know to Meeting. Volunteer somewhere or help with a community garden! To be in community is to feel bigger than yourself.

**EQUALITY:** Everyone's voice is equal in the Meeting. We can all share and learn from each other's stories without judgments. We talked in class about MLK's dream for equality and what it means today. What you can do to exercise your equality muscles: Try to put yourself in other people's shoes and not make as many judgments. Our favorite quote is: "To find equality, you just have to walk in the Meeting room."

**STEWARDSHIP:** Try to leave every place you go better than you found it. Think as if you were a community, not as if it were just yourself. Our favorite quote (attributed to Chief Seattle): "We do not inherit the earth from our ancestors, we borrow it from our children."





About a dozen Friends worshipped with the Eller-Fitzes on Eastern Prom the morning of July 8. Martin took these photos after a delightful hour of sea, lawn and sea breeze.

**SAVE THE DATE!!** Join Sea Change Chorale on Sunday, Sept. 23 from 2-4 p.m. at Congress Square Park for the Concert Across America Against Gun Violence. Several musical acts and teen participation are being planned. Stand up with us!

**Falmouth ~ Furnished Home for Rent ~ Weekly or Monthly.**

Airy, light home in Falmouth, minutes to Portland with water views of Casco Bay & the mouth of the Presumpscot river. Two options: the whole 3BR, 2BA house, or only the two upstairs bedrooms [king & double] bath, kitchen, open living area. Owner retains the first floor bedroom and may use during occupancy. Available August 15. Contact Sydney McDowell @ 207-415-0442 or mcdowell.sydney@gmail.com for photos & cost.

*No clear impressions, either from above or from without, can be received by a mind turbid with excitement and agitated by a crowd of distractions. The stillness needed for the clear shining of light within is incompatible with hurry.*

—Caroline Stephen, 1834-1909

**Families who need childcare during summer worship, please contact Susan Grannell at 401-413-5951 by Thursday evening prior to Sunday's Meeting for Worship.**

**Portland Friends Meeting Email Lists**

Our Meeting has two email lists, sometimes referred to as "google groups." The first list is "PFM Life of the Meeting," for items directly related to Portland Friends Meeting or the wider Quaker world. The second is "PFM Wider Community," for any items of interest from the PFM community to share.

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

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

Some guidelines:

- make the subject line of your email the subject line that will go out to the list;
- only include text to be sent to the list, do not include notes to the moderator; messages should be sent exactly as you want them to appear on the list.

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

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

## Special Event to be Scheduled!



October 7, 2018

# World Quaker Day

FWCC invites you to join Quakers around the world for the  
5th Annual World Quaker Day.

Church to church, meeting to meeting, country to country, and section to  
section, we feel the power of God collecting us into a faithful family.

We celebrate all expressions of Quaker worship!



[www.worldquakerday.org](http://www.worldquakerday.org)



painting by Mihku Paul-Anderson, Maliseet Artist/  
Writer/Poet, Portland, ME mihkupaul@gmail.com

### Contemplative Writing Prompts from Adult Religious Education: Quotes on Racial Justice

*quotes shared during ARE classes will be  
shared over the next few issues of our  
newsletter*

"It is clear that the way to heal society of  
its violence . . . and lack of love is to  
replace the pyramid of domination with  
the circle of equality and respect."  
Manitquat

"It is from numberless diverse acts of  
courage and belief that human history is  
shaped. Each time a man stands up for  
an ideal, or acts to improve the lot of  
others, or strikes out against injustice, he  
sends forth a tiny ripple of hope, and  
crossing each other from a million  
different centers of energy and daring,  
those ripples build a current that can  
sweep down the mightiest walls of  
oppression and resistance." Robert F.  
Kennedy

"It is never too late to give up your  
prejudices." Henry David Thoreau

"Justice is truth in action." Benjamin  
Disraeli

"Let us all hope that the dark clouds of  
racial prejudice will soon pass away, and  
that in some not too distant tomorrow  
the radiant stars of love and brotherhood  
will shine over our great nation with all  
their scintillating beauty." Martin Luther  
King, Jr.

"Man is the only creature that refuses to  
be what he is." Albert Camus

"Never doubt that a small group of  
thoughtful committed citizens can  
change the world: Indeed it's the only  
thing that ever has." Margaret Mead

"No future without forgiveness." Bishop  
Desmond Tutu

"No man is an island, entire of itself;  
every man is a piece of the continent."  
John Donne



## Invitation to Join a Virtual Quaker Parent Discussion Group

As Quakers have you ever wondered:

*How your Quaker faith can give support and guidance to your parenting?*

*How your parenting is part of your spiritual journey?*

*What guidance does Quakerism give to knowing how to deal with behavior challenges, from toddlers to teens?*

The **Quaker Parenting Initiative**, with support from the New England, New York and Philadelphia Yearly Meetings, is offering an opportunity to explore these questions.

### **Who?**

Parents and household caregivers of children 0-18, drawing from our Quaker faith, can find our deepest hopes and identify our values. A set of seasoned queries will give us a bridge between our dreams and everyday life. We can share with like-minded, like-hearted parents and feel the warmth and encouragement of community. A seasoned facilitator and Friend will serve as guide on our parenting trail.

### **How?**

Using a virtual conferencing platform, parents and household caregivers of children 0-18 can sit at home in the evening after kids are tucked into bed and explore with others Quakerism and its meaning in their lives with their children.

### **When?**

Three 5-week series will meet beginning in the fall. One series will start September 18th and continue through October 16th. The second group will start September 19th and go through October 17th. The third from October 23rd through November 20th. Groups will meet at 7:30 EDT. During the first sessions we present the queries and how parents use them. The topics of each session and the discussions build on what was covered earlier. Attending each session, though not required, best supports both the group sharing and the Individual's understanding.

### **One parent wrote:**

Online makes it accessible. It was amazing to connect to the community this way!! It has been so lovely to feel part of something with like-minded people, each with their own challenges. It is difficult to commit to a weekly time slot for a number of consecutive weeks, but I am so glad that I did. Ann Pettigrew Nunes

### **Cost?**

Fifty dollars per family for the five week series to be paid to the facilitator of the group.

### **For more information or to enroll contact**

Harriet Heath, *Coordinator of the Quaker Parenting Initiative*

[harriet.e.heath@gmail.com](mailto:harriet.e.heath@gmail.com); 413 238 6568; visit [www.quakerparenting.org](http://www.quakerparenting.org)



# Back from the Brink: The Call to Prevent Nuclear War

***We call on the United States to lead a global effort to prevent nuclear war by:***

- 1. renouncing the option of using nuclear weapons first;***
- 2. ending the sole, unchecked authority of any president to launch a nuclear attack;***
- 3. taking US nuclear weapons off hair-trigger alert;***
- 4. cancelling the plan to replace its entire arsenal with enhanced weapons; and***
- 5. actively pursuing a verifiable agreement among nuclear armed states to eliminate their nuclear arsenals.***

## **Endorsing organizations to date**

### Health

American Academy of Pediatrics Maine Chapter  
Maine AllCare  
Maine Medical Association  
Maine Nurse Practitioners Association  
Physicians for Social Responsibility Maine Chapter

### Faith

Allen Avenue Unitarian Universalist Church  
Congregation Bet Ha'am  
Pax Christi Maine  
The Church of Universal Fellowship

### Peace

Global Network against Nuclear Power & Weapons  
in Space

Maine Peace Action Committee

Maine Peace Fund  
Peace Action Maine  
Peace & Justice Center of Eastern Maine  
PeaceWorks  
Resources for Organizing and Social Change  
Veterans for Peace Tom Sturtevant Chapter

### Environmental

Maine Rivers  
Toxics Action Center

### Business

Gaia Consulting

## **What is Back from the Brink**

In 2017, 122 nations completed negotiations and adopted the Treaty on the Prohibition of Nuclear Weapons which calls for the elimination of all nuclear weapons. The US is not one of them.

PSR Maine, in collaboration with PSR National, Union of Concerned Scientists, and organizations all over the country, is using the Back from the Brink statement as a tool to educate the public about the urgent humanitarian consequences of nuclear weapons and to urge elected officials to prevent nuclear war through policy changes and diplomacy.

Endorsing organizations and individuals support this effort and have agreed to have their names included in communications to policy makers and in educating the public. **For more information or to endorse, please go to <http://bit.ly/BackfromtheBrink> or contact PSR Maine directly [karen@psrmaine.org](mailto:karen@psrmaine.org) or 207-210-0084**

## **Statement details**

We call on the United States to lead a global effort to prevent nuclear war by:

### **1. renouncing the option of using nuclear weapons first;**

The United States should renounce its current first use policy. A “no first use” declaration would reduce the incentive for an adversary to decide to use its nuclear arsenal first for fear that it might otherwise be destroyed by the United States.

### **2. ending the sole, unchecked authority of any president to launch a nuclear attack;**

Presidential sole authority is an artifact of the Cold War, but this system is risky and unjustified; no single individual should be able to make such a momentous decision. The process can be changed to include multiple decision-makers in authorizing the use of nuclear weapons.

### **3. taking U.S. nuclear weapons off hair-trigger alert;**

Several hundred missiles (of the U.S. stockpile) in underground silos, are ready to be launched in minutes. Hair-trigger alert or launch on warning allows the US to launch these missiles quickly in response to warning of an incoming attack and can be launched within minutes after a presidential order. This practice increases the risk of a nuclear war starting in response to false alarm, and there have been numerous close calls over the past 40 years as a result of human errors and system failures.

### **4. cancelling the plan to replace its entire arsenal with enhanced weapons; and**

Over the next 30 years, the United States plans to spend more than a trillion dollars to replace its entire nuclear arsenal and the bombers, missiles, and submarines that deliver them. Such a tremendous investment of money and effort sends the wrong message to the rest of the world by making it clear that the United States continues to see its nuclear arsenal as central to its security and intends to keep it so for the foreseeable future.

### **5. actively pursuing a verifiable agreement among nuclear-armed states to eliminate their nuclear arsenals.**

The United States—like Britain, China, France, and Russia—is already obligated under the Nuclear Non-Proliferation Treaty (NPT) to take concrete steps toward eliminating its nuclear arsenal. Most recently, the creation of the Treaty on the Prohibition of Nuclear Weapons was approved in July 2017 by 122 countries and has so far been signed by more than 50 countries. The United States refused to even participate in the negotiating process, exhibiting blatant disregard for most of the world—as well as its own long-standing treaty obligations under the NPT.

Portland Friends Meeting  
1837 Forest Ave  
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Address Service Requested

**Next newsletter deadline:**  
Tuesday, September 11, 11:59pm

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

