

# Portland Friends Meeting Newsletter

Eleventh Month 2021

**Meeting for Worship:** Sundays, times vary  
see below for latest schedule



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portlandfriendsmeeting.org  
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## Connections

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*“In searching together for the will of God in matters before the meeting, Friends are seeking the truth, so that all may join in its affirmation. We are not engaging in debate or trying to win an argument. Know that working together as a community of spiritual seeking is often more important than simply getting things done.”*

—New England Yearly Meeting Advice on Corporate Discernment #4

## Calendar

November 14	9:30a Meeting for Worship on zoom 11a Meeting for Worship in person at FSP
November 20	2p Anne Harwood's celebration of life service
November 21	9:30a Meeting for Worship on zoom 11a Meeting for Worship in person at FSP
November 28	9:30a Meeting for Worship on zoom 11a Meeting for Worship in person at FSP
December 4	Advent Garden
December 24	5pm Meeting for Worship with candles, readings, and singing (via zoom)

### Every Month

- Every Sunday:** times vary, see above, Meeting for Worship\*  
**First Sundays:** 9a Meeting for Worship for the Conduct of Business  
**Every Wednesday:** 7p Young Adult Friends Mid-Week Worship  
email [yaf@portlandfriendsmeeting.org](mailto:yaf@portlandfriendsmeeting.org) for location  
**Second Saturdays:** 5-8p Youngish adults potluck  
Bart Czyz, [btczyk@gmail.com](mailto:btczyk@gmail.com), 207 899 5937

\*contact Clerks for online Meeting for Worship links

### **Anne Harwood's celebration of life service, Nov. 20th, 2:00 p.m.**

The family of our dear friend, Anne Harwood, would like to hold a Memorial Service in the manner of Friends at the meetinghouse on November 20, 2021, at 2:00pm, followed by an afternoon tea.

In compliance with current Maine CDC guidelines, the family is asking that people mask for the service portion of the celebration, unless they are speaking, at which point they can remove their mask so that others can better hear and understand them. No masks are required for the tea afterwards, though we are hoping to have that portion of the event outside, provided the weather cooperates. We assume that all in-person attendees are vaccinated. If you are not vaccinated, please consider getting tested in the 24 hours prior to attending, or attend via Zoom.

For planning purposes, it would be helpful if friends would indicate their intention to attend, especially if you would like to attend in person at the meetinghouse. You can indicate this by emailing Lea Sutton at [lea47l@teach@yahoo.com](mailto:lea47l@teach@yahoo.com).

**Portland Friends Meeting**  
**Meeting for Worship for the Conduct of Business**  
**November 7, 2021**

We began in silent worship at 9:05 a.m. on November 7<sup>th</sup>, gathered remotely and connected via Zoom. There were 48 members and attenders present for this meeting.

Our presiding clerk, Lyn Ballou, read the *New England Yearly Meeting Advice on Corporate Discernment #4*: In searching together for the will of God in matters before the meeting, Friends are seeking the truth, so that all may join in its affirmation. We are not engaging in debate or trying to win an argument. Know that working together as a community of spiritual seeking is often more important than simply getting things done.

**1. Clerk's comments** - With the Treasurer's report being given in writing, except once a quarter, there are fewer opportunities for us to hear about the financial needs of the meeting. Currently, we have a \$4500 shortfall in our budget. Contributions to reduce the shortfall before the end of the year would be welcome.

**2. Minutes of October 3, 2021** - The minutes from our October Meeting for Business were accepted as printed in the newsletter.

**3. Ministry and Counsel**

Proposal for Sunday Worship and Other Communal Activities – Rob Levin - The Proposal for Sunday Worship and Other Communal Opportunities was prepared by Ministry and Council and the Co-Clerks and presented at Meeting for Business on October 3, 2021. In October we approved the Short-Term Plan for October and November. Today, we sought approval of the Longer Term, December and Rest of Winter, Plan.

The main ideas in the proposal are:

- Continue weekly Zoom meetings including the creation of pods which would be organized by individuals
- Return to worship at the meetinghouse with appropriate COVID 19 precautions in December, except 1<sup>st</sup> Sundays when Meeting for Business will be by Zoom and then followed by Meeting for Worship, also on Zoom
- Pop up meetings are encouraged, either indoor or outdoor
- Increase the opportunities for intergenerational worship
- Pop up opportunities around social activities - Encourage pop-up small group worship experimentation

Friends discussed various points of the plan and ultimately approved the worship proposal in substantially the form presented. The part of plan addressing social activities was approved with a direction that we allow the fluidity of spirit to move in their creation rather than take a structured approach. An invitation was extended to any persons who wished to volunteer with fellowship activities to contact the Clerks. Friends were asked what times would be most fitting for Zoom, at the meeting house and outdoors Meeting for Worship. There were many suggestions but a decision on specific times was not made.

Membership for Chris Beach – Christine Fletcher

Friends joyously approved the membership of Chris Beach.

Family Promise Update - Ann Dodd Collins reported that we are ending our time supporting Sandra and her family and asked the Meeting if we would approve supporting another family. The Meeting approved.

The question was raised as to what that support entails. Ann shared that it varies from family to family but can include:

- Providing culturally appropriate food items
- Bus passes
- Quarters for laundry
- Getting kids to school
- Getting people to doctor's appointments
- Providing nonfood items (such as diapers, cleaning supplies...)
- Transportation
- Fundraising for the above items

(Minutes continued from p.2)

Ann also asked if the Meeting would be interested in exploring the idea of connecting with another faith community to share the work. There was positive discussion around this question, but a decision was not reached.

Indigenous Matters Update - Wayne Cobb reported that, since the beginning of this year, 45 people from Meeting have participated in learning sessions. On November 1<sup>st</sup> nineteen of the people who participated in the REACH Decolonizing Faith program and a book group on "The Gathering" followed those programs up with a Zoom meeting focused on action that can be taken to support Indigenous people. Participants felt that they have been learning and sharing, but it is now time to take action. Wayne encouraged us to find our own leadings around Indigenous matters. There will be opportunities to join in this work and more detailed reporting of activities offered at future Meetings for Business.

#### **4. Youth Religious Education - Bart Cxyz**

Youth Religious Education Coordinator Position – Andy Grannell's term is ending on December 31<sup>st</sup>. The YRE Committee has carefully clarified the various roles on their team and produced an updated description of the YRE Coordinator position which will be shared with the meeting in the coming weeks.

Advent Garden will take place on Saturday, December 4<sup>th</sup>. Details to follow in the coming weeks. (The date for Advent Garden is a correction of what was shared during Meeting for Business and also in the YREC Report.)

Next Steps Toward a Vision for First Day School – YREC, in conversation with the Meeting, is seeking over the next months to articulate the scope and goals of First Day School. This would include an attempt to clarify what would be needed to have First Day School every Sunday for K-8 and to make an informed decision on whether or not to offer First Day School every Sunday. (The Teens currently set their own schedule.) Volunteers would need to be identified for a variety of roles.

Bart shared how intergenerational community events were a valued part of his life as a child and that he saw this repeated with his son who participated in Love Your Meeting House Day. These are opportunities for young Quakers to form intergenerational connections and receive an education and mentorship in our processes while experiencing the feeling of doing meaningful work.

#### **5. Rising Concerns –**

There was a question asked about when we would return to our consideration of budget concerns, particularly the endowment, through a threshing session. The Clerk responded that the 2022 Operating Budget will be considered at the December Meeting for Business and threshing about budget issues is expected to take place in early 2022.

**Closing Worship** - Our meeting closed in silent worship at 10:15am, purposing to meet again, God willing, at 9:00 a.m. on Sunday, December 5, 2021.

Respectfully submitted,  
Patricia Pyle, co-Recording Clerk

**Portland Friends Meeting**  
**Proposal for Sunday Worship and Other Communal Opportunities**  
**Prepared by Ministry and Council and Co Clerks**  
**Presented at Meeting for Business October 3, 2021**

Key Principles Moving Forward:

- ❖ **Maintain the Body** – We as a Meeting feel called to maintain our unity as a vibrant spiritual body. Although the pandemic has presented many challenges to us as individuals and as a community, we remain committed to journeying together in faithfulness.
- ❖ **Bubbling and Popping** – We as a Meeting invite Spirit to rise up at the individual and small-group level for worship and social opportunities in the months ahead. The Co Clerks and Ministry and Council actively encourage individuals or groups to propose creative worship and social ideas as they are led. Depending on the complexity

(cont-)

and timing of the idea, some level of check-in with the Co Clerks and/or M&C will be useful to avoid conflicts. And we will also work to improve our practices around posting events to the website calendar.

- ❖ **Embrace Flexibility and Continued Experimentation** – As much as we may take comfort in consistency and routine, we are in a different time right now. We as a Meeting recognize the value of flexibility as we experiment our way forward through the pandemic. We call for patience and faith in each other and in Quaker process as we meet the coming months.
- ❖ In designing worship opportunities in COVID times **recognize a range of zoom and risk tolerance**, and life experience and circumstances. We as a Meeting are committed to making our gatherings as safe as possible. Because there is a wide range of circumstances in our community, we will offer a variety of types of gatherings and be sensitive to the worship needs and preferences of all members and attenders of our community.
- ❖ **Recognize differences in worship preferences:** Some of us long for the larger full-meeting worship, finding that the variety and frequency of vocal ministry works best in that setting. Others experience worship in smaller groups as equally or more enriching.

#### Specific Worship Proposals:

- ❖ **Short Term** – For the rest of October and November
  - ◆ Continue outdoor Meeting for Worship at Friends School, with a separate zoom option for those who prefer or if weather is bad, or if anyone wants to go to both zoom and outdoor, when timing allows. One or two more Intergenerational Meetings for Worship as Spirit leads us, and outdoor programs for youth (First Day School Lite) during all regular Meetings for Worship. Only exceptions to this outdoor schedule would be first Sunday in November when we'll have Meeting for Business and Meeting for Worship on zoom, or if weather is really bad and Co Clerks cancel.
    - ❖ Consider later outdoor MFW start times in November, for more comfortable temps.
- ❖ **Longer Term – December and Rest of Winter... Or at least until case rates fall substantially.**
  - ◆ First Sundays –
    - ❖ All zoom Meeting for Business, followed by all zoom Meeting for Worship. Time set aside at Meeting for Business to explore the quality of our various worship experiences.
  - ◆ Other Sundays –
    - ❖ Zoom meeting at 9:30 a.m., to allow for both zoom and in-person attendance. Consider podding up with others to be on zoom together from the same room—a different kind of hybrid.
    - ❖ Worship in Meetinghouse at 11:00 a.m. time for those who are able and eager to worship there in person. Various covid protocols in place: masks, air purifiers, maybe windows partially open to increase air flow.
    - ❖ Encourage small-group worship experimentation, as individuals and groups are led. We envision these small groups as an opportunity to reach out beyond our regular social groups.
    - ❖ Outdoor or zoom Intergenerational Worship or Child-Centered Worship roughly once per month, as we are led.
- ❖ **Spring and Summer – Assuming Case Rates Stay High**
  - ◆ More of above, except for more outdoor all-meeting worship, as weather permits. At Friends School or elsewhere.
- ❖ **Even Longer Term – When case rates fall substantially**
  - ◆ To be determined. We could revisit at that time, deciding which pandemic-era experiments to keep or adapt, and which ones to jettison.

#### Other than Meeting for Worship

- ❖ **Encourage social and spiritual events over zoom or outside** (games, music, passion sharing, trivia, hikes, etc.). See *Bubbling and Popping* above. Form a temporary ad hoc Pandemic Fun Committee? 😊

## Volunteers needed to read parts of the Haudenosaunee Thanksgiving Address

Dear Friends,

The term "Thanksgiving" in the context of this Address refers not to the settler holiday on the 25th, but to the Native practice of showing appreciation for Mother Earth and all her inhabitants. It is used at the opening and closing of ceremonies and celebrations, as well as other gatherings. Its Native title translates as "the words that come before all else" or "that which we do before all things."

It is my understanding that the Address was read last year at this time in Meeting for Worship. This year, we would like to have it read at the beginning of Meeting for Worship on Sunday, November 21, and would love it if we could have a different person read each part. There are 18 sections! The total reading time is under 10 minutes, so each section is not long. Please let me know if you would like to do this.

Given that, weather permitting, we will have a zoom meeting at 9:30, and an outdoor in-person at 11:00, we will need volunteer readers for both meetings.

[https://americanindian.si.edu/environment/pdf/01\\_02\\_Thanksgiving\\_Address.pdf](https://americanindian.si.edu/environment/pdf/01_02_Thanksgiving_Address.pdf)

Many thanks,

Jennifer Frick and "Group #8" (Kathy Beach, Julie deSherbinin, Jessica Eller as referred to in Wayne Cobb's email)

### Thanksgiving Ideas:

Dear Friends,

As you may know from the recent messages from Wayne Cobb, Group #8 (Jennifer Frick, Julie deSherbinin, Jessica Eller and Kathy Beach) have been researching ways to honor the holiday on November 25th this year.

The following is a summary of "Day of Mourning" and some actions that you may want to consider. You will be receiving an email soon that contains other ideas for this November holiday. Stay tuned!

#### **NATIONAL DAY OF MOURNING**

The National Day of Mourning, the fourth Thursday in November, is observed by the Wampanoag people, the original inhabitants of what is now called New England. Other Americans who support the Wampanoag and recognize Native American perspectives also celebrate this day.

The National Day of Mourning reminds all of us that Thanksgiving is only part of the story. Native Americans, since 1970, have gathered at noon on Cole's Hill in Plymouth, Massachusetts, to commemorate this National Day of Mourning.

Pilgrims landed in Plymouth and established the first English colony in 1620. As such, it's the oldest municipality in New England. Many Native Americans, however, do not celebrate the arrival of the Pilgrims and other European settlers. Thanksgiving, to them, is a brutal reminder of the genocide of millions of Native people, the theft of Native lands, and the relentless assault on Native culture.

The Wampanoag participate in order to honor Native ancestors and to support Native peoples' struggle to survive and thrive today. It is a day of remembrance and spiritual connection as well as a protest against the racism and oppression which Native Americans continue to experience.

The United American Indians of New England (UAINE) sponsors this event. They maintain that the Pilgrims arrived in North America and claimed tribal land for their own, instead of establishing a mutually beneficial relationship with the local inhabitants.

The National Day of Mourning generally begins at noon and includes a march through the historic district of Plymouth. While the UAINE encourages people of all backgrounds to attend the protests, only Native speakers are invited to give speeches about the past, as well as about current obstacles. Guests are asked to bring non-alcoholic beverages, desserts, fresh fruits and vegetables, or pre-cooked items. The protest is open to the public.

Actions Friends might want to take:

Donate what you can to The United American Indians of New England (UAINE).

At noon on November 25th this year, remember Native Americans in your area who are still struggling due to the actions of European settlers, beginning in 1620. The National Day of Mourning can be live-streamed at 12 noon EST via [www.uaine.org](http://www.uaine.org) or at the UAINE Facebook Group.

## Portland Friends Meeting Email Lists

To send a message to either of our two “e-groups,” you must join or subscribe.\* Which list should you use for your message?

**PFM Life of the Meeting** is for items directly related to Portland Friends Meeting business, other Quaker items, *and* this list is now also for *invitations for everyone in the Meeting to gather* (think “pop-up!” like invitations for all-Meeting picnics or hikes, or worship opportunities). Occasional messages about Members or Attenders also will be shared, as needed. To send a message to this list, email: [pfm-life-of-the-meeting@googlegroups.com](mailto:pfm-life-of-the-meeting@googlegroups.com).

**PFM Wider Community**, for any items of interest from the PFM community, not necessarily *directly* related to Quakers. Of course, it will likely include Members or Attenders at Portland Friends Meeting, as most of our e-group members are Members or Attenders at PFM. Messages on this list are not officially Quaker, although they will certainly be Quaker “adjacent,” very related to work we are doing as a Meeting. To send a message to this list, email: [pfm-wider-community@googlegroups.com](mailto:pfm-wider-community@googlegroups.com). To join/subscribe to these email lists, or “e-groups,” simply email [pfm.email.list.owner@gmail.com](mailto:pfm.email.list.owner@gmail.com).



### Tree and reflection corner dedication

On October 6th, 2021, The Interfaith Clergy of Greater Portland, in collaboration with Maine Audubon, dedicated a Bur oak tree and a reflection corner at Gilsland farm of Falmouth, ME, in memory of all those Mainers who lost their lives to the CORONA virus pandemic. Thanks to the work of Fritz Weiss, PFM contributed funds for the tree and accompanying plaque. Present from the Meeting for the planting were Kathy Beach and Lyn Ballou.



Painting by Sue Calhoun

### *Touching the Spirit*

Hello, friends, art lovers and art makers,

We invite you to send a photo of something you have created, or if you write or love a piece of published writing by another author, send a poem or short text (100 words or so) to me, Mary Tracy. Together, Muriel Allen and I will select one offering each month to put in the newsletter, under the heading of **Touching the Spirit**. Kids’ art and writing welcome!

Questions? Ask Mary Tracy  
[marytracy126@gmail.com](mailto:marytracy126@gmail.com) or Muriel Allen  
[murielpfm@gmail.com](mailto:murielpfm@gmail.com).

### **Morgana Warner-Evans writes from Chicago, where she is in graduate school for social work:**

I'm really enjoying Chicago and it was a good decision for me to go to social work school, I think. I'm studying social justice and public policy and interning at a nonprofit that provides legal services to people experiencing homelessness (I do intakes for them). I feel lucky to be here. I'm not super plugged in socially, but hoping to do more socializing as I get settled in.

We miss you Morgana!

## Ready for Our Return: Update Report on Special Projects

Andy Grannell, Coordinator for YREC,

February 2019 – December 2021

Taking advantage of the opportunity presented by COVID beginning in March 2020 and running through to November 9, 2021 - with the help of several Friends - I have scanned and made searchable all of our PFM books (1,922). In addition, our children (249) and young reader books (70) are integrated into the primary collection for the first time.

### Collection Expanded by 600 Books & Rehoused

- (1) the primary library collection is now attractively housed on three IKEA bookcases and five older bookcases;
- (2) Brad built one new library bookcase, which is now dedicated to the use of teachers and parents in the first-floor classroom, and
- (3) PFM now has one bookcase dedicated to its current and archival records. In addition, every functioning committee has ready access to its three-ring binder containing key documents.

### Digitizing of Youth, Parent, & Teacher Books

Books organized under the tags of 'Religious Education,' 'Young Readers,' and 'Teacher Resources,' have been digitally scanned, cataloged, and uploaded to our under construction PFM Library website at 'LibraryThing.' The goal is to make this fully operational by the end of the year.



### Organizing & Shelving of Curricular Materials

Several of the shelves in the new YREC bookcases are dedicated to curricular materials and teaching materials. In addition, critical guides for teachers will be contained in easily accessible holders ready to be taken home.



A Vacation in Maine, by Linda Seger

I have visited all of the states in the United States except for four – Maine, Mississippi, Arkansas, and North Dakota. I had been interested in visiting Maine since I was 17 when I read an essay about this state and, around this time, I saw the movie *Carousel* which takes place in Maine. I was so drawn to the sea and the sense of a New England world. So for all these years, I thought, "Someday I want to go to Maine." Since we had not traveled for a year and a half but travel was opening up, we decided this would be a good time.

Any visit that is good is filled with wonderful surprises. I expect we all go on vacation with some presumptions and then we wait for them to be expanded upon, or contradicted, or something new comes up that we never expected. So here are some of my impressions of what has now become my second favorite state – after Colorado.

I have never seen so many perky people. The waitresses welcomed us as if we were long lost family. People greet us with a smile. Everyone we meet is so friendly and

warm. Peter and I had been zooming to a Quaker meeting in Portland, Maine for some months. After the meeting there is a Zoom talk and chat so we got to know some people via Zoom. When we said we were coming, they told us the best time to come was during the fall foliage, and they said they would throw a party for us. But they did far more than just the party. Stan from the group said he would come to pick us up at the airport. I told him we didn't arrive till 10 PM and he said that was just fine. There he was – looking just like he looked on Zoom – and dropped us off at our B&B.

The regulars from this Quaker meeting planned a Friday night dinner with eight people from the group. Part of the group planned a pizza picnic on Sunday night. We were invited to two people's homes. We attended the Quaker meeting in Portland which was lovely with big greetings from several people that we had been corresponding with. What an introduction!

(Visit this link for the rest of this lovely essay! <https://mailchi.mp/a25aa2b01c9e/october-newsletter?e=d4b2895049> )



Art by Mihku Paul

# INDIGENOUS MATTERS

Wayne Cobb (wcobb2@gmail.com)

*"Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go do that. Because what the world needs is people who have come alive."* --Howard Thurman (1799-1981), American author, philosopher, theologian, educator, and civil rights leader

*"There's a simple doctrine: outside a person's love, the most sacred thing they can give is their labor. We tend to forget that labor is a precious thing. When you can combine labor with love, you've made a holy merger."* – paraphrase of a speech by James Carville (1944-), "the ragin' Cajun," American political consultant and author, lead strategist for Bill Clinton's first presidential campaign.

A movement is happening all around us, within and beyond Quaker circles, urging us to enter into right relationship with Indigenous people. Opportunities for creative new forms of

action abound; existing movements can also use Friends' support. Many of us are called to follow Spirit and our hearts' urgings in ways that speak to our commitment to the common humanity we all share. On Monday, November 1, nineteen of the participants in our Wabanaki REACH Decolonizing Faith program, The Gatherings book group or both, attended a follow-up Zoom meeting focused on action we can take in support of Indigenous people. This was a brainstorming session which centered on folks choosing which of these eight proposed topics they wished to pursue:

Decolonizing Portland Friends Meeting (as a corporate entity): What could that mean? What stories do we tell about ourselves? Could we use Indigenous perspectives as well as our Quaker stories when teaching our children Quaker values?

1. What is our "right relationship" to the land? What is the "land-back" movement and how might we support it?
2. National legislation on behalf of Indigenous peoples, and how Quakers can support it
3. Reparations to the Tribes in Maine, by individual Friends and by our Meeting
4. Land acknowledgements: how they can be done in a good way, and how we might include them in Portland Friends meetings and practices
5. Educating ourselves: researching available resources and finding ways to convey the essence to Portland Friends and others
6. State of Maine legislation, LD 1626 (restoration of Tribal self-determination) and any other bills related to the tribes in Maine
7. An alternative look at "Thanksgiving": questioning our non-Native traditions and practices and finding alternatives

Those present chose to organize themselves into four of the eight groups, those on topics 2, 6, 7 and 8. After deliberating within those groups they reported back with some clarity about their future plans and ideas for specific action they might pursue.

Group #2 (Jay, Lyn and Sandi) expressed affinity with the reparations work of group 4. "Reparations can be tied to our perceptions of the land, and perhaps to a land-back project. We feel we have seeds of possibilities that could grow, but we need more people working and praying with us if the seeds are to bear fruit. And we need to meet in person—zoom just doesn't work for us."



Group #6 (Ann, Beth, Brad and Sally) asked "How do we engage people beyond those who are here tonight?" They talked about presenting "tidbits" of information to Portland Friends, perhaps as "Did you know ...?" on a regular basis with a focus on facts that support the need to pass LD1626, which led them to thinking they need to align with group #7. They'd also like to do something about Quaker boarding schools because that topic is currently in the news.

Group #7 (Joyce, Mary, Paula, Rob and Sarah) came up with 6 or 7 ways to reach out to legislators, Gov. Mills, and other Friends Meetings. They are thinking about hosting a zoom letter writing party. As a group they would love to meet in person, and they agree that #6 and #7 should work together. They plan to use the Wabanaki Alliance, Wayne, and Shirley Hager as resources. And Rob has already requested a meeting with Gov. Mills.

Group #8 (Jennifer, Jessica, Julie and Kathy) are researching different components of "Thanksgiving" and will be meeting together within a week. Jennifer will research Indigenous prayers of gratitude and whether using them is appropriation. Julie will focus on correcting misinformation about Thanksgiving. Kathy will research the Day of Mourning, and Jessica will research native foods. This group added a fifth component, land acknowledgements. Co-clerks Lyn and Rob offered to work on this, perhaps in collaboration with others outside the group.

When all returned to the main Zoom room, each group presented their summaries to the Friends present. There was an energy of excitement that we were about to dig into the work, and a desire to welcome others who wish to do the same.

If you wish to learn more about Indigenous issues or are ready to come forward to take on a task, please be in touch with me. Take a look at the four remaining topic areas (1, 3, 4 and 5) and see if one or more calls to you. Or, choose to join one of the existing groups. I will support anyone within PFM who wishes to embark on a labor of love in support of our Indigenous brothers and sisters. Please feel free to reach out!

### **Indigenous Peoples' Day Meeting for Worship**

On Sunday, October 10 at Friends School Portland, PFM honored this State holiday by inviting our neighbor Mihku Paul, Maliseet, to speak at a programmed Meeting for Worship. After an introduction by Jessica Eller and an inspiring land acknowledgement by Emily Troll, Mihku began by drumming and singing a song in Penobscot. Then she spoke of her upbringing in Old Town, and the pain of discrimination she felt as a young person. She shared her experience of

white people discriminating against people like her (Indigenous people) without even knowing it.



At rise of meeting Mihku told a Wabanaki story to a gathering of adults and children on the hill near the school's playground. This was the traditional story of Gluskabe, culture hero to the Wabanaki, and the supernaturally huge bird who produced the wind by flapping his huge wings. There was delight on the faces of those who witnessed this telling, followed by great applause.

Overall, it was a good day for us to renew our relationship with Mihku, who has led a number of activities with other Native women at our meeting house pre-Covid and is expected to return.

*Mihku storytelling at rise of meeting 10-10-2021*

Portland Friends Meeting  
1837 Forest Ave  
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Address Service Requested

**Next newsletter deadline:**  
Tuesday, December 7, 11:59pm

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

