

Adelphi Friends Meeting  
2303 Metzert Road, Adelphi, Maryland 20783  
**301-445-1114**

Anne Marie Moriarty, clerk – Karen Cunnyngnam, treasurer

**Weekly Schedule:**

Sunday:

Early Meeting for Worship 9:00 AM (except 3rd Sunday)  
Singing 9:45 AM  
Meeting for Worship 10:00 AM

Wednesday:

Meeting for Worship 7:30 PM

**Monthly Schedule:**

Second Sunday (Third Sunday in May, July and August):

Meeting for Worship for the Conduct of Business

Third Sunday: Singing begins at 9 AM

Fourth Sunday: Junior Meeting 10 AM

Fourth Sunday: Potluck at rise of meeting

Last Sunday: Newsletter submission deadline

**Takoma Park Friends Meeting** (Preparative) under the care of Adelphi Meeting

Every Sunday: Meeting for Worship 10:30 AM, at *Sangha*, 7014 Westmoreland Avenue, Takoma Park, MD 20912

**Harold Confer receives Outreach Funds for Ufufuo  
from Peace & Social Concerns Committee  
Member Martha Wenger.**

In the past year Ufufuo -

1. asked Mumia Shimaka to serve on our Board and he agreed.
2. acknowledged over 100 donations with personal thank you letters.
3. negotiated a new workcamp for the summer of 2006 in Kenya.
4. Two of our former Israeli leaders volunteered to lead that workcamp. They also promised to help with fundraising.
5. Ms. Anne Sedda, a Kenyan business woman and a hostess of our last workcampers, agreed to serve as the Ufufuo in-country representative.

**Counter Military Recruitment HS Volunteers Sought**

The Peace & Social Concerns Committee is looking for high school students who would like to help in organizing counter-military-recruitment efforts at their schools. If you'd be interested in acting as a liaison with your school, or just providing the Committee with information about when would be a good time for us to come to your school, please contact Alexander <Barnes@alumni.Amherst.edu> or give him a call at 301.474.5310, or contact any member of the Committee.

**An Interim General Secretary**

This is an important time of transition for Baltimore Yearly Meeting. As we announced last month, Frank Massey is leaving his position as General Secretary of Baltimore Yearly Meeting after seventeen years of service. Frank's last day as General Secretary will be October 28, 2005.

It may be several months before a new General Secretary is hired. We have foreseen the urgent need to select someone to serve on an interim basis as General Secretary in the coming months -- to assure continuity in the YM office and to provide continued support for the BYM staff.

At its meeting October 6, 2005, BYM's Supervisory Committee discussed criteria for selecting an interim General Secretary. On Monday October 10, BYM's Presiding Clerk Lauri Perman and Interim Meeting Clerk Michael Cronin met with Howard Fullerton to discuss Howard's serving as an interim General Secretary. Supervisory Committee was informed of the discussions during a lengthy teleconference held Wednesday October 12. On Thursday, October 13, Howard agreed to serve as interim General Secretary; his first day in the office will be Wednesday October 19. Further details will be forthcoming.

## **November Potluck and Dialogue**

You are invited to a potluck & Quaker dialogue at William Penn House, Sunday, November 6, 2005 (note this is 1 week later) at 6:30 PM.

Our Program this First Day is presented by  
Andrei Israel and other BYM/YAF participants

They will give a presentation on the World Gathering of Young Friends Held August 2005 in Lancaster, England  
226 Friends aged 18-35 gathered together in Lancaster University, United Kingdom, from 16th – 24th August  
2005. The theme for the Gathering was 'I am the vine, you are the branches. Now, what fruit shall we bear?' taken from  
John 15; and William Penn's challenge 'Let us then try what love will do'. Friends at the Gathering represented 58 Yearly  
Meetings and 9 monthly meetings and regional groups, with speakers of more than twenty different languages.

William Penn House, A Quaker Center on Capitol Hill, 515 East Capitol Street SE, Washington, DC 20003, Tel: (202)  
543-5560 Fax: (202) 543-3814 e-mail: Office@WmPennHouse.org, www.WmPennHouse.org

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## **Workshops on Creating Peace to be held at Bethesda Friends Meeting**

Nonviolent Communication Workshops at Bethesda Friends Meeting, November/December 2005, (Sponsored by the  
Peace & Social Justice Committee)

### **Creating World Peace...One Life at a Time**

**Saturday, November 12, 9:00 a.m. to 5:00 p.m.**, Groome Building Jake Birnberg, visiting NVC leader from  
California, will help us soak up the ins and outs of mediation. Can we create peace with ourselves, in our own families,  
neighborhoods, workplaces, and in the world? You will have the chance to learn five crucial NVC skills and when to use  
them, how to adjust use of NC for four types of conflicts, step-by-step guidelines to make mediation decisions more  
easily, and common traps and mistakes to avoid. Contribution requested: \$40. To register: visit [www.capitolnvc.org](http://www.capitolnvc.org), e-mail  
Jake@verbaltaichi.com, or call 510-654-5833.

### **Still Clowning Around? Me, Too!**

**Sunday, November 13, 2:00 to 6:00 p.m.**, Groome Building

Jake Birnberg, visiting NVC leader from California, will lead us in fun and games while getting lots of NVC practice:  
Jackal Tag, Phantom Need, Say it for \$10 or Bust, and maybe we will create a whole new game. Contribution requested:  
\$25. To register: visit [www.capitolnvc.org](http://www.capitolnvc.org), e-mail Jake@verbaltaichi.com.

### **Connecting Compassionately with Ourselves & Our World**

A six-session "drop-in" series for those who have attended an intro, have read the basic book, and want to explore it  
more deeply. Come to one or two, or all of the sessions. These will be led by Lynd Morris of Capitol NVC and held in the  
meeting room from 6:45 to 9:00 p.m. Details are on the web site at [www.capitolnvc.org](http://www.capitolnvc.org)

**Wednesday, November 2**, The Heart of NVC: What is most precious to us and how do we communicate it?

**Wednesday, November 9**, How We Talk to Ourselves Determines How We Will Talk to Others

**Wednesday, November 16**, Saying (and Hearing) "Thank You" in NVC: How expressing and receiving gratitude  
enriches our lives.

**Wednesday, November 30**, Couples Communication & Mediating Differences

**Wednesday, December 7**, Communicating Nonviolently with Children: hearing and saying "no" nonviolently and  
recognizing the beauty of what each of us holds dear.

**Wednesday, December 14**, Finding Joy in the Present: Unwrapping NVC in the Holiday Season - what is  
authentically meaningful to us about the holidays?

Background materials are available on the BFM Literature Table. For questions, contact Jane Meleney Coe at 301-  
320-5083 or [bethesdafrm@igc.org](mailto:bethesdafrm@igc.org)

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## **National "Not Your Soldier" Youth and Student Day of Action**

**Thursday, November 17th at a high school or college campus near you....**

On November 17th young people all over the country will be participating in the "Not Your Soldier" day of action for youth  
and students sponsored by the National Youth and Student Peace Coalition. The "Not Your Soldier" day of action is  
intended to be a day when young people will speak for ourselves and demand an end to the militarization of our schools  
and positive alternatives to the military and war. We encourage you to pass on this information to youth and students in  
your networks and organizations. This is also a great opportunity for you to reach out and support local youth organizing in  
your area. For more info on the day of action or ways that you can support "Not Your Soldier"  
organizing email us at [info@nyspc.net](mailto:info@nyspc.net).

The National Youth and Student Peace Coalition wants to amplify your voice and your demands. Tell us your story,  
announce your event, and we'll help get the word out to the media and other youth and students. We've found the website  
[www.campusactivism.org](http://www.campusactivism.org) to be a great tool for activists.

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## **Baltimore Yearly Meeting, Women's Retreat, January 20 - 22, 2006, "Living from the Center"**

### **A Testament of Devotion**

BYM women have been gathering for an annual retreat for over 10 years. We invite the women of BYM to join us.

- An opportunity to relax, connect with each other and ourselves
- Explore our theme... "Living from the Center"
- Worship and worship-sharing / Song and Dance
- Workshops
- A Quiet Room for reflection / An Arts Room for playful creation
- A chance to do as much or as little as we please

**Location:** We will gather at Summit Lake Retreat Center near Emmitsburg, Maryland., This is a NEW LOCATION; see [www.summitlake.org](http://www.summitlake.org), **Cost:** Fee: \$125 (lodge or cabin accommodations). We have reserved the entire camp! **Schedule:** Friday, January 20 Registration begins at 4:30 pm, Dinner: 7:30 pm (Snack Shack available beforehand), Opening Program: 8:30 pm, Sunday, January 22 Check-out by 2:00 pm, **Registration:** o register, mail your registration form and payment to: Karie Firoozmand, 133 Greenmeadow Drive, Timonium, MD 21093. Make checks payable to BYM (memo "Women's Retreat").

For other information contact Meg Meyer, 410-367-6319 or [meg.meyer@verizon.net](mailto:meg.meyer@verizon.net), Registration due date: December 16, 2005. Space is limited and early registration is encouraged. **Baltimore Yearly Meeting Women's Retreat - January 20-22, 2006**

## **Changes in Camping Program**

The Camping Program Committee is making many significant changes to the schedule for paying fees this year. We would like to enlist your support in disseminating the new schedule of payment of camp fees to parents of campers and in getting word out to the appropriate committee at your meeting that handles camp scholarships. The major change is that all fees for camp will be paid by May 15<sup>th</sup> in order to relieve the burden on the camp staff of collecting and handling so much money at camp. This will also allow the camp staff to focus on greeting the parents and campers instead of focusing on the money! It will simplify the bookkeeping in a program that has grown over the years to serve over 500 campers at four different locations. In order to make this change possible, deadlines for applications for BYM camp scholarship will now be February 1<sup>st</sup> (along with the initial application for camp). The camping program committee will decide BYM scholarship awards by April 1<sup>st</sup>. We urge Monthly Meetings to also make decisions on camp scholarship earlier (by April 15<sup>th</sup> if possible) in order for camp families and myself to know how much the campers need to pay by May 15<sup>th</sup>. Thank you in advance for your help in this matter. The schedule of payments, fees for 2006, and camp dates follow:

### **Schedule of Important Deadlines:**

12/10/2005 – camp applications mailed out

2/1/06 – **Applications DUE with \$25 administrative fee and \$250 Deposit (for a total of \$275); also Scholarship Applications Due**

3/1 – Acceptances sent out, Work Grant applicants will be contacted to schedule work grant during March

4/1 – Scholarships awarded, letter goes out;

4/15 - **Work Grants Scheduled and letter sent**

5/1 – Cancel by this date and \$250 deposit will be refunded

5/15 – **Balance due for camp**

### **Fees:**

	<b>1-week (Opequon)</b>	<b>2-weeks</b>	<b>4-week</b>	<b>TA</b>
BYM Quakers	\$450	\$800	\$1600	\$1350
All Others	\$550	\$1000	\$2000	\$1650

### **DATES**

#### **Catocin, Shiloh & Opequon Quaker Camps:**

1st Two-week session: Saturday, July 1 – Saturday, July 15

2nd Two-week session: Sunday, July 16 – Saturday, July 29

3rd Two-week Session: Sunday, July 30 – Sunday, August 12

#### **Opequon Quaker Camp 1 week sessions:**

1st 1 week session: Sunday, July 30 - Saturday, August 5

2nd 1 week session: Sunday, August 6 - Sunday, August 12

**Teen Adventure:** Saturday, July 1<sup>st</sup> – Sunday, July 23<sup>rd</sup>

# Poet's Page

## Sing!

Sing!  
If not forever through the night,  
If not together then alone,  
If not in tune, with a hearty sound  
But sing.

Or hum.  
If all the words can't be recalled,  
Syllables will do.

Or pluck an instrument.  
The meter matters too:  
Enliven it with pulse  
And hum.

Then dance  
If you can find it in your heart to.  
Use a step you've used before  
Or learn a new one --

More's the better.  
Abandon comes in handy.  
Prance!  
It's Life-Time.

-- Maury Merkin

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### Dalai Lama will be giving a public talk

The Dalai Lama will be giving a public talk, "Global Peace through Compassion," at the MCI Center in Washington, D.C. on Sunday, November 13 at 3:00 p.m. Doors open at 1:00 p.m. Tickets sell for \$15 (student with ID), \$25, \$40, \$60, and \$100 and are available online at FHYPERLINK "<http://www.dalailamadc.org>"

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**Submitting to the newsletter:** Phillip Payette, the Newsletter Editor, welcomes any material of interest to the Adelphi Friends Meeting community. The best way to submit material is by e-mail to [afm-newsletter@earthlink.net](mailto:afm-newsletter@earthlink.net). Either attach a Word file to the e-mail or type the information directly into the e-mail. You may also submit clean, typed copy to the newsletter box in the meetinghouse. No handwritten material please. Deadline for submissions is noon of the last Sunday of each month.

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2303 Metzert Road  
Adelphi, MD 20783

### FIRST CLASS MAIL

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(The E-mail version of the AFM newsletter includes color photos and art work. And, it cost the meeting nothing to send and print.)

To arrange E-mail delivery of the AFM newsletter contact  
Carol Beigel at [adelphifriendsmailist@comcast.net](mailto:adelphifriendsmailist@comcast.net)