

Adelphi Friends Newsletter

12th month, 2006

Adelphi Friends Meeting
2303 Metzert Road, Adelphi, Maryland 20783
(301) 445-1114
<http://adelphi.quaker.org>

Anne Marie Moriarty, clerk — Karen Cunnyngnam, treasurer

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| <p>WEEKLY SCHEDULE:</p> <p>Sunday: 9:00 a.m. Early Meeting for Worship (except 3rd Sunday) 9:45 a.m. Singing 10:00 a.m. Meeting for Worship</p> <p>Wednesday: 7:30 p.m. Meeting for Worship</p> | <p>MONTHLY SCHEDULE:</p> <p>Second Sunday (Third Sunday in May, July and August): Meeting for Worship for the Conduct of Business</p> <p>Third Sunday: Singing begins at 9:00 a.m.</p> <p>Fourth Sunday: Junior Meeting at 10:00 a.m.</p> <p>Fourth Sunday: Potluck at rise of Meeting</p> |
| <p>Takoma Park Friends Meeting (Preparative) under the care of Adelphi Meeting. Every Sunday: Meeting for Worship 10:30 a.m. at Sangha, 7014 Westmoreland Avenue, Takoma Park, MD 20912.</p> | |

“EXACTLY WHAT DO YOU DO IN THE SILENCE DURING MEETING FOR WORSHIP?”

British Quaker scholar Rex Ambler suggests that the early Quakers may be able to guide us at this point. In his book *Light to Live By: An Exploration of Early Quaker Spirituality* (London: Quaker Books, 2002), he presents guided meditations which are used in "Light groups" all over the world. Unfortunately, we do not have this book in the Adelphi library, but you can access the "Experiment with Light" website at <http://www.charlieblackfield.com/light/index.htm>. On this website you can find guided meditations for the individual and for the world. For example, the meditation for the individual has six steps:

1. Relax body and mind.
2. Allow the issues of life to emerge.
3. Focus on one issue.
4. Ask, "Why is it like that?"
5. Welcome the answer when it comes.
6. Notice how you feel different.

I am grateful to Marci Seitel for letting me know about Ambler's book. She said that Tom Fox had recommended it to her during the 2005 BYM Annual Session, when he was between trips to Iraq.

Pendle Hill (the Quaker study center just outside Philadelphia) will be offering a

workshop in April 2007 entitled "Experiment with Light," based on Ambler's work. You can view a description of this workshop see http://www.pendlehill.org/programs/spring_2007_course_workshop_retreat_descriptions.php#martin.

—Michael Newheart

FUNDRAISER FOR THE GREENSBORO JUSTICE FUND

On Saturday, Twelfth Month, 30th Day, at 2:00 p.m. the Duncans are hosting a fundraiser for the Greensboro Justice Fund. Their daughter, Alison Duncan, will be present to share her testimony before the Greensboro Community Truth and Reconciliation Commission. This Commission was established in 2004 to help the community learn and heal together in the aftermath of the 1979 murders of five anti-Klan demonstrators by Klansmen and Nazis. Greensboro is the first community in the U.S. to use this South African model; it has had a profound impact on life in Greensboro. The fund supports organizations in the South who are working on racial, economic and environmental justice. Come, see Alison's testimony, learn more about this innovative form of conflict resolution, and consider opportunities for transformation in the new year. Call the Duncans at (301) 277 2426 for more information.

CREATION PLANNED OF RESTORE & RENEW WELLNESS CLINIC

Crossings Healing Works has a unique opportunity in 2007. We will establish a Restore & Renew Wellness Clinic for the Walter Reed Army Medical Center (WRAMC) community in 2007. We will provide acupuncture and therapeutic bodywork; training in stress reduction techniques; and a family education and self-care support group, one day a week at WRAMC.

This stress reduction clinic, a recipient of some of the Meeting's supplemental community outreach support this fall, is patterned after the Caring for the Caregivers clinics we offered at WRAMC in 2005 and 2006 during National Nurses Week. We treated nearly 500 nurses, doctors, chaplains, social workers, administrators, and support staff as well as family members of in-patient soldiers and out-patient combat-injured soldiers. We have learned that one way to help soldiers recover from the trauma of war is to help create peace in the bodies and minds of those who love and serve them.

Crossings Healing Works is a nonprofit, 501(c)3 organization whose mission is to bring ancient healing traditions that restore and renew the body-mind-spirit of people who have been touched by trauma, creating peace for one family, one community, one world, one person at a time.

If you would like to help us create the WRAMC Restore & Renew Wellness Clinic, please send your tax deductible donation to Crossings Healing Works, 8505 Fenton Street, #202, Silver Spring, MD 20910. Call Alaine Duncan at (301) 565 4924 x101 with your questions.

MEDICAL EQUIPMENT LENDING LIBRARY

Esther Webb and Suzanne Costilo have started a medical equipment lending library. Items include wheelchairs, walkers, portable toilets, reachers, etc. For more information, e-mail Suzanne at sues4448@Aol.com, or call, (301) 585-8295.

JOANNA AXTMANN: OPEN STUDIO

If any of you have missed visiting Joanna's studio this year please feel welcome to come on Saturday Twelfth Month, 16th Day, 12:00-5:00 p.m. Joanna will participate in the Takoma Park City-wide Open Studios with paintings, mixed media works, sculptures, original cards, sponsored by: The Takoma Park Arts and Humanities Commission, in partnership with A Salon Studios.

The Axtmann Studio is located at 6903 Maple Street NW, Washington, DC 20012 (202) 723-4428, jaxart@infionline.net. Joanna's studio is the second floor lavender half of duplex with wrap around porch, two doors up from Aspen Street NW and one block from the A. Salon Studios at Willow Street, three blocks from Takoma Park downtown and Takoma station Red Line.

Please phone or e-mail Joanna for information or if you want to visit at another time. Workshops at the Axtmann Studio starting in February.



"Red Arch Boat Urban Landscape"
By Joanna Axtmann

WONDERFUL NEWS

Zoe and Maya Endleman were born on Monday, Twelfth Month, Fourth Day, at 5:30 p.m. by Cesarean section. The twin girls were healthy, and weighed in at 7 lbs., 2 oz. and 6 lbs., 15.5 oz. Jay, Kathy and Ivan plan to welcome them home to Hyattsville on Friday. Contact Martha Woods at (301) 277-8205 to offer help with meals.

APPRECIATIVE INQUIRY OF OUR EXPERIENCE ON QUAKER COMMITTEES

The Nominating and Ministry and Worship Committees of Friends Meeting of Washington invite you to join them on Saturday, First Month, 20th Day, in an Appreciative Inquiry of our experience on Quaker committees. Appreciative Inquiry is based on the premise that asking positive questions about the best of the past and presence can generate new images of the future that can lead us to inspired action. Our inquiry will

take place from 10:00 a.m. to 1:00 p.m. in the Friends Meeting of Washington Assembly Room. Facilitators will be David Etheridge and Robin Appleberry.

You will receive resource materials addressing all aspects of committee work including preparing for committee meetings, conducting meetings, getting clarity on responsibilities, implementing committee decisions, following up on work commitments made by committee members, and reporting to the Meeting. Most of our time together, however, will be devoted to hearing about our best experiences on committees and considering how we can build on those experiences so that our committee service both ministers to the larger community and aids our spiritual journey.

The workshop is for all committee members, not just clerks, first because clerks rely heavily on committee members to help them be good clerks and second because there is a constant need over time for current committee members to become clerks.

It is also for any Friends who are in the area regardless of where they worship. We are making a special effort to design the workshop so Friends from different Meetings can learn from one another.

Registration is not necessary, but if you know you are coming please call the Meeting office at (202) 483-3310 so the Nominating Committee can estimate how many sets of materials and snacks to have on hand.

PEACE & SOCIAL ACTION WORKSHOPS AT PENDLE HILL

“Friends Facing Genocide and Humanitarian Crises: What Are We to Do?”, First Month, 26th-28th Days, 2007. What are Friends called to do when faced with genocidal situations such as Darfur? When the peace testimony confronts humanitarian crises that press for action, how can Friends respond? Veteran peace activist and former Quaker UN Representative Jack Patterson has spent the last year on a special assignment with the American Friends Service Committee exploring these dilemmas. Join him and other well-known Quaker peacemakers in a conference in honor of peacebuilder Steven Cary.

“Servant Leadership: A Path in the Workplace”, Second Month, 2nd-4th Days, 2007. Are you called to leadership in your peace and social justice work? Are you seeking a leadership model that doesn’t simply replicate hierarchical or autocratic forms? Servant-Leadership focuses on serving the group and encourages collaboration, trust, foresight, listening, and the ethical use of power and empowerment. Rubye Braye, a change consultant and coach, will help you develop your personal spiritual path to Servant-Leadership.

“White Folks Working to End Racism”, Third Month, 9th-11th Days, 2007. An experimental exploration of how racism infects our society and impoverishes us by separating us from each other, and what we, as white folks, can do to end it. Using the tools of Re-evaluation Counseling, nonviolence training and worship sharing, we will support each other and deepen our understanding of our role in eliminating racism. With facilitators Chuck Esser, Pamela Haines and Ingrid Lakey.

Pendle Hill is a Quaker Conference Center for Study and Contemplation at 338 Plush Mill Road, Wallingford, PA 19086. www.pendlehill.org (800) 742-3150, ext. 3 or registrar@pendlehill.org.

“Light Streams”

Light streams from its source
through the windows and
into my soul.

As refreshing and exciting
as the streams of my childhood
wherein I attempted to catch a mess of fish
to amaze and impress my dad.

This early morning stream
an easy metaphor for God
is everything we wish to believe
about God: A life giving and restoring God
here found in warmth and admiring love

From the background chorus of the birds
to the body filling warmth of this light.
We find hope and new energy

Later come the screaming cacophony
of the sirens and air horns as first responders
race up Geranium Street to attend to urgent needs.

Here God can be found as well but minus
the sweetness and calm of early sunrise.

These angels too use flashing streams of light;
blue, red clear and yellow
as fire trucks, ambulance and police
race up the hill in dawn's early light.

My early morning silent worship
shattered by reality.
I rinse my coffee cup
and emerge into this very real day
with a silent prayer for those who needed
to summon an early morning
flashing stream of light.

“Fog”

Like a blanket the fog descends
silently but inexorably on Geranium Street.

The trees seem to shiver shaking
the last few determined leaves
into the air.

Even the cars that ply this hill
run subdued as if on a dark grey carpet.

Children scurry to school in puffy coats
like the squirrel boasting his warm weather attire
worriedly gathering the last of Fall's treasures
to bury for later discovery.

The light without diffused
its source obscured.
The light within warm
and I am thankful.

This fog announces a profound change.
No longer the Indian Summer days
blue skies contrasting with
stunning fall colors.

Anticipation
as in only one day
Nature announces her intention
to hibernate beneath another blanket
this time white and silent.

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Submitting items to the newsletter: Ann Marlowe, 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. 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 and photographs 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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FIRST CLASS MAIL

With e-mail you get

C O L O R

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