

ANNAPOLIS FRIENDS NEWSLETTER — APRIL 2015

CALENDAR

- Meeting for worship: 11 a.m. on First Days
- First Day School for children: 11 a.m. (joining Meeting for Worship from 11:45 a.m. to noon)
- Nursery care for our youngest: 11 a.m.
- Meetings for Worship with a Concern for Business: 1st First Day of month at 9 a.m.
- Adult religious education: As noted in calendar below
- Early meeting for worship (weather permitting outdoors) at 8 a.m. on 2nd, 4th, and 5th First Days
- The North County mid-week meeting: First Tuesdays from 6:30 to 7:30 p.m. Call 410-439-2319 for more information.
- Meditation study group meets at 7:30 p.m. on Wednesday evenings in the meeting room
- NOTE: The deadline for submitting newsletter items is the 20th of the month

APRIL 5: 7 a.m. [Early Meeting for Worship](#); 11 a.m. Meeting for Worship; 12:30 p.m. [Potluck lunch and talk by Muslim voice for peace and reconciliation](#)

APRIL 12: 8 a.m. Early Meeting for Worship; 9 a.m. Meeting for Worship with Attention to Business; 9:30 a.m. [Meeting for Learning](#): Quakerism 101; 11 a.m. Meeting for Worship

APRIL 19: 9 a.m. Committee Meetings; 11 a.m. Meeting for Worship

APRIL 26: 8 a.m. Early Meeting for Worship; 11 a.m. Meeting for Worship; 1 p.m. Potluck lunch

CARE OF THE MEETING HOUSE: Peace and Social Concerns

QUERIES FOR FOURTH MONTH: PERSONAL SPIRITUAL LIFE

Do you make time for meditation, prayer and worship? Do you read the Bible, the writings of Friends, and other inspirational works, seeking new light? Do you regularly seek God's guidance? Are you open to guidance and support and so you give thanks for them? Do you share your spiritual insights with others and willingly receive from them in turn? (Faith and Practice, p. 38)

EASTER

- EARLY MORNING WORSHIP

Friends,

In keeping with the AFM tradition, we will have an early morning worship on Easter Sunday. We will gather at 7 a.m. and have a 1/2 hour of Silent Worship. Phil C will lead Friends on a trail walk for those who wish to participate. Please be advised that the trail is usually a bit muddy, so where appropriate shoes. We will then have a breakfast of pancakes, link sausages, orange juice and other beverages. In the past other Friends have brought fruit and bakery goods to share.

Please let me know if you would be willing to bring any of the items listed above. I will get back to you to let you know if we have sufficient items for our breakfast. Carol B has agreed to assist Karen and me with the cooking, and will bring gluten free pancake mix and veggie sausages.

I look forward to seeing you and celebrating Easter Sunday with you.

Thank you.
Joel R

- POTLUCK LUNCH AND TALK BY MUSLIM VOICE FOR PEACE AND RECONCILIATION

Friends,

Our own Sam S will be visiting Annapolis during the first week of April, bringing with him three Saudi gentlemen who are active participants in the Muslim Voice for Peace and Reconciliation. They will be joining us for worship on Sunday (Easter) and talking with us about their work during and following potluck. Please come and join us and bring a dish to share.

Hope to see you Sunday. Bring family, friends, neighbors!

Barbara

PARTNERING FOR TREE PLANTING

When Annapolis Friends Meeting installed our solar array, we were obligated to plant eight 1 – ½ inch caliper oak trees to off-set impervious areas in the Chesapeake Bay Critical Area. With the assistance of the Severn River Association, who will provide the manpower (midshipmen) and the Alliance for the Chesapeake Bay, who purchased the trees, on April 11, 2015 between 9 a.m. and 12 p.m. the required trees will be planted at the Meetinghouse, followed by lunch for the volunteer crew. All are welcome to attend. Once these trees are planted, we will be looking for Tree Stewards to assist in the care of the trees during their important adjustment and establishment period. Contact Kim F, Meetinghouse and Lands, for additional information at kfinch1407@gmail.com.

APRIL MEETING FOR LEARNING

On April 12, 2015, Dot W will present Quaker 101 – The Basics of Quakerism. It has been several years since Dot has given this in-depth study of Quakerism. This is an excellent opportunity for new attenders to learn more about the history and fundamentals of Quakerism. This is also an opportunity for Friends and long-time attenders to learn more about our faith. As many of you know, Dot is a wealth of knowledge on Quakers and presents her material in a lively manner. The Meetings for Learning will be held at 9:15.

The Ministry and Worship Committee wishes to thank our dear Friend Dot for taking the time to present these two Meetings for Learning. I hope many of you will be able to attend.

The Ministry and Worship Committee

SPRING CLEAN-UP

Our biannual spring clean up day will occur on April 18, 2015 when a variety of tasks associated with maintaining and improving the Meetinghouse and grounds will be available for willing volunteers to complete. A hearty lunch will be available for willing workers. A sign-up sheet will be passed during announcement period over the next few First Days so we can get a sense of how many people to plan for, but all are welcome to show up spontaneously if lead. Suggestions for tasks or requests for additional information can be directed to Kim F, Meetinghouse and Lands, at kfinch1407@gmail.com.

DECONSTRUCTING RACISM DISCUSSION

Dear Friends –

Our next deconstructing racism discussion will be Saturday, April 25, from 2 to 4 p.m. in the meetinghouse library. The group is under the care of AFM Ministry and Worship Committee. Friends gather every two or three months to talk about our recent experiences related to race and diversity. We open in silent worship, update each other on events in our lives, examine our own unaware racism, discern our individual and collective leadings for furthering equality and justice, and close in silent worship. Hope you can share in this exchange!

In peace,
Jean

SPRING MARKET

Dear Friends,

Spring Market on Saturday 2 May will be here before we know it!

As is the case with all of our Quaker Markets, 75% of the proceeds will be awarded to external non-profit causes, while 25% will be awarded to an internal cause. The internal portion of the proceeds can be used to support a variety of causes, including projects being completed at AFM (e.g., construction of the solar panels) as well as projects/causes that AFM supports as a meeting community (e.g., Winter Relief). And, as usual, the first \$100 will go to our First Day School/CREC so that the children can work through their own process to determine a recipient for their portion of the proceeds.

There will be many ways you can help to make our spring fundraiser/community builder a success (e.g., donating new or gently used items you no longer need, starting seeds or potting up perennials, baking). Please stay tuned for more details. And please mark your calendars now so you can be sure to attend Spring Market on 2 May. It will definitely be more fun if you are there.

Peace,
Cairn (for the Market Committee)

ANNUAL REPORT FROM STEWARDSHIP AND FINANCE

Dear Friend,

As part of our beloved community of Annapolis Friends Meeting (AFM), we thank you for your past support and encourage your discernment on contributions for 2015. Attached, so you can see how your contributions are used, are (i) income/expenditures from 2014 plus our 2015 budget as well as (ii) the restricted funds for 2014 and that 2015 budget.

The largest percentage of our budget goes directly to the eight committees that are an essential part of AFM's vibrant life, ensuring they have the needed resources to carry out their charges. Ten percent of your contributions are donated to Quaker Causes. One third of our income goes to restricted funds, such as Adult Scholarships, Capital Expenditures, and the Peace and Justice Center (see attached list). Our Baltimore Yearly Meeting apportionment is 18% annually.

There are multiple ways to donate to Annapolis Friends Meeting, including a few new options this year:

1. The easiest way for you, and our treasurer, is setting up an automatic electronic transfer donation from your bank to ours. Send via BB&T Bank to Annapolis Friends Meeting: Routing #055003308; Acct. #0005256162395.
2. A tried and true method is writing checks and mailing them to our treasurer, Sue P, 1390 Broadneck Ct, Annapolis, MD 21409 or dropping them in the contribution box at the back of the Meeting Room.
3. A newly developed option is transferring stock to AFM. You pay no tax on profits from the sale but rather take the full amount as a tax deduction; AFM sells the stock and pays no taxes per its 501c3 church status. (Contact Jack L/Trustees--jacklahr@gmail.com)
4. And always, remembering AFM in a bequest in your will brings joy at a difficult time (inquire with Trustees).

If you have questions about these or any other matter related to AFM's finances, please feel free to talk to a member of the Stewardship and Finance Committee: Karen C, Schuyler E, Bill K, Sue P (Treasurer), Mary B, or Barbara T.

In peace,
Karen C, Clerk for Stewardship & Finance Committee

"A GIFT OF LOVE"

Pastoral Care would like to offer "A Gift of Love," a set of resources available to support Friends as they negotiate aging: mental and physical health, care for parents who often live far away, deciding where to live, facing loss etc. We have gathered informative pamphlets, and would like to run one or more educational workshops to talk about issues that Friends are interested in.

Please look over attached survey, and if you find items of interest to you, print out the survey, check off all you would like to know more about, and either give it to a member of PC, or put it in the Pastoral Care box in the AFM office.

Thank you!!

THINKING ABOUT RACE: MARYLAND ALLIANCE FOR JUSTICE REFORM

Through MAJR legislative initiatives in 2015, let's make a difference in:

- Alternatives to incarceration (mediation, restorative justice, diversion)
- Screening of low-risk offenders for more effective corrections
- Prisoners' employment and rehabilitation resources
- Pre-release support for jobs and re-entry services at detention centers
- Employer incentives for post-release job placement
- Awareness of collateral consequences re: guilty pleas
- Second Chance--shielding records for misdemeanors
- Parole Board final decisions for "lifers with parole"

The Maryland Alliance for Justice Reform, MAJR (www.ma4jr.org), is promoting 8 bills in the 2015 MD General Assembly, bringing together legislation under one umbrella from varied organizations: Annapolis Friends Peace and Justice Center, Job Opportunity Task Force, MD Restorative Justice Initiative, Uniform Laws Commission. Alliance partners include interfaith groups, churches, Quaker meetings, and criminal justice reform organizations such as: Committee of Concerned Citizens, Maryland CURE, Out for Justice, People for Change, Friend of a Friend, Interfaith Action for Human Rights, and the Community Conferencing Center.

This column is prepared by the BYM Working Group on Racism (WGR) and sent to the designated liaisons at each Monthly and Preparative Meeting for publication in their newsletter or other means of dissemination. The WGR meets most months on the third Saturday from 10 a.m. to 1 p.m., usually at Bethesda Friends Meeting or Friends Meeting of Washington. If you would like to attend, on a regular or a drop-in basis, contact clerk David E, david.etheridge@verizon.net or Pat S, pat.schenck@verizon.net.

EDUCATIONAL GRANTS AND FUNDING

- Educational Grants Applications

The Educational Grants Committee of Baltimore Yearly Meeting will be awarding a limited number of modest grants for the school year 2015-2016.

Grants will be made to enable members and regular attenders of Local Meetings associated with Baltimore Yearly Meeting (or their children) to pursue their educational goals.

Grants may be applied to expenses associated with undergraduate attendance at accredited post-secondary educational institutions such as universities, colleges, professional and vocational schools. Attendance may be either full- or part-time.

Grants will be awarded on the basis of financial need and the Committee's assessment of an applicant's statement of purpose, including consistency with Friends' testimonies.

Grants will not exceed \$2,000.00 per grantee per year. The sum of all grants to a grantee will not exceed \$8,000.00.

In determining the number and amounts of grants, the Committee will be guided by the twin goals of assisting as many applicants as possible with available funds and, insofar as possible, of assuring that amounts of individual grants are not insignificant in comparison with the grantee's needs.

Applications will be accepted until April 15, 2015.

For further information or if you have questions, please contact the Baltimore Yearly Meeting Office at 301-774-7663.

LIBRARY CORNER

"A Brief Review of Radical Acceptance," by Tara Brach

Nan E asked me to write a brief review of one of the books we've been studying in our Wednesday evening meditation study group. I've chosen the book we are currently working our way through.

Leo P

The Buddha described himself as a physician and his teachings as medicine. Tara Brach now follows that same path. She is a psychologist and founder and senior teacher of the Insight Meditation Community of Washington. As a healer, she combines the principles and techniques of contemporary clinical practice with the principles of Buddhism and Buddhist meditation practice. In this, Brach is similar to others currently integrating Buddhist meditation with contemporary medicine, such as Jon Cabot-Zinn, the founder of Mindfulness Based Stress Reduction, that is used to treat patients with chronic physical pain, and Richard C. Miller, founder of iRest Yoga Nidra, that is now being used to help treat veterans suffering from post traumatic stress disorder.

Radical Acceptance is a loving, generous—and beautifully written--offering of the wisdom of Brach's many years as a meditation teacher and psychologist. She uses stories from students and patients, and from her own life, too, to illustrate the transformative benefits that can come when we courageously and with an open heart stand honestly face to face and work through--rather than denying or running away from through the destructive habits we all know too well--such common problems as a nagging sense of unworthiness, obsessive desire and longing, chronic physical pain, fear, and the suffering we see all around us. Radical Acceptance is a very practical guide to help us reclaim our wholeness and be more fully alive.

Brach describes Radical Acceptance, and the way through our suffering, as:

"accepting absolutely everything about ourselves and our lives, by embracing with wakefulness and care our moment to moment experience. By accepting absolutely everything, what I mean is that we are aware of what is happening within our body and mind in any given moment, without trying to control or judge or pull away. I do not mean that we are putting up with harmful behavior—our own or another's. This is an inner process of accepting our actual, present-moment experience. It means feeling sorrow and pain without resisting. It means feeling desire or dislike for someone or something without judging ourselves for the feeling or being driven to act on it."

The actual process of such acceptance begins with learning to pause and be with whatever is arising in the moment through practicing mindfulness. Through this kind of meditation, which Brach describes as 'the sacred pause,' we can begin to accept life, accept each moment exactly as it is. Each chapter in

Radical Acceptance concludes with a guided meditation or two to help the reader start to get a taste of the healing fruits to be found in midst of the sacred pause.

Let me conclude by sharing comments from two other participants who have been working through Brach's book and her guided meditations during our meditation study group—

Scott Taylor writes: "Tara Brach offers guidance to assist the practitioner to find that very special and often elusive stillness in meditation."

Francis Way writes: "I'm really new to Buddhist theory and I find Brach's book useful and enlightening. Brach's approach to meditation describes suffering as a 'trance' that effects the mind and the body and we all have to live with it. In meditation, the suffering is recognized as it is felt, without all the cause images. By meditating, breathing into the areas of pain, stress, etc. the inherent quality of compassion will surface and hence one will experience compassion over suffering. This is helpful information to me because it describes a specific goal to meditation: reducing suffering and finding the compassionate self."

QUAKER QUOTES FOR APRIL

But in all these things, it is the will to pray that is the essence of prayer, and the desire to find God, and to see Him and to love Him is the one thing that matters. If you have desired to know Him and love Him you have already done what was expected of you, and it is much better to desire God without being able to think clearly of Him, than to have marvelous thoughts about Him without desiring to enter into union with His will. (T. Merton, *Seeds of Contemplation*, 1949, p. 143)

Man will come to a spiritual dead end if he does not allow time apart and in solitude for things to happen inside him. It is possible to drown children and adults in a constant flow of stimuli, forcing them to spend so much energy responding to the outside world that inward life and the creative imagination which flowers from it becomes stunted or atrophied... In homes where silence is lived, the child finds it easy and comfortable to turn to it. In a large and noisy family (like my own) the period of hush that begins every meal sweeps like a healing wind over all the cross-currents that have built up in the previous hours and leaves the household clean and sweet. Times apart of special family worship, hard to come by in the daily routine, become ours to be remembered and valued for their very scarcity, and never fail to catch us up to another level of love and awareness... Some families must work harder than others to create the physical situation in which times of solitude become possible, but when silence is treasured, the quiet place is found. (Elise Boulding, 1962)

There is a way of living in prayer at the same time that one is busy with the outward affairs of daily living... At one level we are immersed in this world of time, of daily affairs. At the same time, but at a deeper level of our minds, we are in active relation with the Eternal Life. (Thomas Kelly, *Reality of the Spiritual World*)

MEETING FOR WORSHIP WITH ATTENTION TO BUSINESS MINUTES

First Day of the Third Month, 2015

Present were: Wes J (Clerk), Phil C (Recording Clerk), Joel R, Bill K, Ruth S, Patty R, Bob B, Sky E, Will & Margaret C, Martha B, Barb T, Phil F, Mary B, Karen C, Kim F, Doug McC, Joanna T, Mardy B & Susan P.

We began with centering worship but without heat –as we have miscalculated our transition to a heat pump and our propane tank did not get a timely refill. From the silence, our Clerk welcomed Friends with an apology for our technical difficulties.

1. On an organizational topic related to a Baltimore Yearly Meeting (BYM) request for statistical information, Wes invited Friends to consider the questions of who is an "attender," an "associate member," or "sojourning Friend." One Friend asked what difference it makes? For BYM, the key factor for apportionment of dues is "contributing units," not attenders per se. For young people, however, it

could be important for selective service to have a personal history of belonging to the RSF or another peace church. Also, some Quaker schools may offer lower tuition for young Friends (although this is no longer true of BYM Quaker camps). Ministry & Worship (M&W), in the past, has prepared documents as to membership categories in the past and may review these; it also may be appropriate for Pastoral Care to contact particular attenders to discuss their status.

2. For M&W, Joel distributed a first draft of our 2014 Spiritual State of the Meeting Report and presented it orally. Joel noted that our queries were slightly changed from recent years'. Friends offered a few comments in MfB, but Joel also invited Friends to consider the draft, sending comments to him & M&W. When a final draft has been prepared, this will be published in AFM's newsletter. One Friend noted that these Reports actually serve the useful function of sharing ideas with other meetings.

3. For Meeting House and Land Committee (MHL) and its Building for the Future (BFF) subcommittee, Kim reported: a) At our specially-called MfB on 2/9/15, Friends did not come to unity on a price but did direct our attorney to hold further discussions with the next door property owner and to report back. We have not yet received any response. B) We held a Visioning Session as to possible AFM Expansion priorities with architect Evan Lippincott. Kim recommended a follow-up meeting for Evan's return to present three conceptual designs in response to the Visioning input. Friends agreed to schedule this on 3/22 before Meeting (9:15 to 10:45).

For MHL, Kim also reported that we must plant at least eight trees of 1.5" or more diameter to comply with reforestation requirements; we will acquire them with assistance of the Severn River Association. Ten midshipmen also will volunteer to help plant the trees on 4/11 between 9 and noon. This may or may not be combined with plans for our traditional "Spring clean up" day.

Finally, Kim reported that we have had difficulty with our large screen TV used for various groups' presentations. To replace it, it is suggested that we acquire a screen and digital projector as these are commonly requested by renters. Considerations may include where and at what expense these might be permanently installed and recessed, or whether such refinements should be deferred until some future renovation of the Meeting House. Friends are invited to relay other suggestions to MHL, also recalling that we have MHL members familiar with new technology that now may be available.

4. As to environmental concerns, Patty reported that the 3/8/15 BYM Quarterly Meeting at Stony Run Meeting will focus its entire morning session on "what friends are doing about climate change and stewardship of the environment" as preparation for Annual Sessions. MHL will report what AFM is doing including our adoption of an AFM minute on climate change, installation of solar panels, a heat pump, and other "green building" efforts on our property, as well as establishing the "Climate Stewards of Greater Annapolis (CSGA)," now roughly one year old.

Phil F reported CSGA now has monthly meetings with 15-20 attenders, roughly half from AFM, and occasionally has meetings as large as 100 people. CSGA's email list now includes nearly 100 and it has begun to reach out to other groups (Howard County) & to meet with government officials, including Congressman Sarbanes who may be given a CSGA award to encourage his ongoing interest.

Phil commented that one focus CSGA has discussed but not yet pursued in educational efforts is the spiritual dimension of climate change. A CSGA website now is being assembled by an AFM attender.

Our BYM unity with nature committee also invites Friends to consider a query as to whether and how Friends are called to find the resilience needed to adapt to climate change and other environmental challenges. Friends approved this as a worship sharing topic on Earth Day, 4/22/15.

5. For Trustees, Marcia reported that Jack L has prepared a practical set of guidelines on how Friends may donate stock to AFM, saving capital gains taxes in the process. These guidelines will be available in the AFM office and upon request to Trustees. S&F soon will send a letter to Friends about contributions and will include this information.

6. Wes reported that some Friends attended a Langley Hill meeting on how Friends have begun to use internet resources including websites, FaceBook, other social networks, and more web-based

resources for outreach and connections with our community. Making these work together requires time, effort and collaborative effort of knowledgeable Friends. One Friend commented that FaceBook can be especially useful as contains built-in, automatic updates & interactive qualities. Under the auspices of Outreach, we will continue to consider this topic further.

Closing: These minutes were read and approved during Meeting for Worship with Attention to Business. Meeting closed with silent worship.

Respectfully submitted,
Wes J, Clerk, and Phil C, Recording Clerk.

HOW TO SUBMIT NEWSLETTER ITEMS AND ANNOUNCEMENTS

- Please submit items for the calendar and brief descriptions of events by the 20th of the month.
- Beth M is the editor of the Annapolis Friends Newsletter. Please send any items for inclusion in the newsletter to annapolisfriendsmeeting@gmail.com.
- Friends also are asked to watch your email for announcements of meetings and to listen for announcements at the rise of meeting.
- Event and activity organizers, please also post your announcements on the bulletin board for those who do not use electronic mail!
- Announce List: announce@annapolis.quaker.org; Discuss List: discuss@annapolis.quaker.org

CONTACT INFORMATION

ANNAPOLIS FRIENDS MEETING

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