

QUAKER NEWSLETTER

GAINESVILLE RELIGIOUS SOCIETY OF FRIENDS

<http://www.afn.org/~quakers/>

Meeting Place: 702 NW 38th St., Gainesville, Fla. 32607

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NEWSLETTER, ELEVENTH MONTH, 2007

JEAN L, CLERK

Queries and Advice for the Tenth Month: Care of the Natural World

Queries: Do we live in harmony with nature? *Do we live in keeping with the spirit of the unity, sacredness and integrity of all creation?* Do we seek to minimize our consumption of the Earth's resources? Do we encourage equitable and sustainable use of those resources? *Do we walk gently over the earth, seeing that of God in all of Nature?* Do we seek to educate ourselves, our children, our Meeting, and our community about how our lives can be more in harmony with the Earth? *Does the Meeting strive to bring all its practices in harmony with the natural world?*

Advice: Maintain in ourselves, and encourage in others, a sense of responsibility for the environment, both for the present and for future generations. *Avoid amusements that stimulate destructive emotions, are detrimental to the health or tranquility of others, or are damaging to the natural environment.* Show a loving consideration for all creatures, cherishing the beauty and wonder of all God's creation. *Share our sense of reverence and stewardship for the earth.*

MEETING NEWS AND NOTES

First-Day School:

Older Students: The schedule so far is as follows:

November 4 Plan Christmas program

November 11 Teach younger children

November 18 Earthcare Witness Committee (includes younger children)

November 25 Thanksgiving weekend, no class

December 2 Plan Christmas program (the party might be on Saturday December 8)

December 9

December 16 Earthcare Witness Committee (includes younger children)

Younger Students: The schedule so far is as follows: First, we hope Friends will be willing to use the lesson bags that Connie R and the committee put together last year, or their own plans, to fill in at needed times.

November 4

November 11 Laura W

November 18 Earthcare Witness Committee (with older class)

November 25 Thanksgiving weekend, no class

December 9

December 16 Earthcare Witness Committee (with older class)

First-Day School Committee: Karen K, Odalis, Catherine, and Laura

Quakerism 101: This class is open to anyone who is interested in learning some more about Quakerism. Newcomers and long-time members alike are welcome. We follow the course of study from Philadelphia Yearly Meeting. We will meet again on **Sunday, Nov. 11** at 9:15 a.m. in the meetinghouse library. We will first finish discussing the effect of pseudo-universalism on Quakerism and the demanding nature of true universalism. Then we will move on to the next unit of study: "Meeting for Worship." There will be reflection questions. **So bring some note paper** to jot down ideas from your reflection. Sharing, of course, is voluntary, but helpful for discussion and hearing each other's insights. (*Connie*)

Quaker Study Program: We will meet in the home of Jeannie and Phil on **Friday, Nov. 30** at 6 p.m. for a potluck supper. Afterward we will hold a brainstorming session to plan the program for the next year. Bring your ideas. Catalogs will be available as well as a list of held-over suggestions and suggestions recently received. (*Connie*)

Library: The Meeting library committee and others interested will meet this Sunday, **Nov. 4**, from 9:30-10:30 a.m. I'll put on the coffee. We have lots of new books and need to make decisions about pamphlets and their display, and other interesting issues. (*Betty O*)

Nonviolent Communications: Everyone is invited to the Nonviolent Communication (NVC) study and practice group, which will meet at the meetinghouse on these dates from 7 to 8:30 p.m.: **Nov. 7, 14, and 28, as well as Dec. 12.** We will use Marshall Rosenberg's book, *Nonviolent Communication, a Language of Life*, which is available at Barnes and Noble, Amazon.com, and The Center for Nonviolent Communication, www.cnvc.org. We meet to learn and practice Nonviolent Communication as developed by Marshall Rosenberg, PhD. Some familiarity with his book, *Nonviolent Communication: A Language for Life*, is recommended. For questions or more information, contact Jeannie. (*Jeannie B*)

"I felt closer to my fellow men. . . even in my solitude. For it is not physical solitude that actually separates one from other men, not physical isolation, but spiritual isolation. It is not the desert island nor the stony wilderness that cuts you from the people you love. It is the wilderness in the mind, the desert wastes in the heart through which one wanders lost and a stranger. When one is a stranger to oneself then one is estranged from others too. If one is out of touch with oneself, then one cannot touch others. How often in a large city, shaking hands with my friends, I have felt the wilderness stretching between us. Both of us were wandering in arid wastes, having lost the springs that nourished us--or having found them dry. Only when one is connected to one's own core is one connected to others, I am beginning to discover. And, for me, the core, the inner spring, can best be refound through solitude."
(Anne Morrow Lindbergh, *Gift from the Sea*) – contributed by Jeannie

Meeting for Worship in Nature meets at 9:30 a.m. on Sunday, **Nov. 18.** Follow the path around the retention pond by the grassy parking area and then south into the bower. Bring something to sit on and insect repellent!

Hold in the Light: Gene B, Tak, Morrie, Diane B

Stewardship: The meeting has asked its representative to the *Faith and Practice* Committee of Southeastern Yearly Meeting to express the meeting's felt need to have "Stewardship" become a separate testimony of our yearly meeting. Presently it is subsumed under "Simplicity." The Gainesville Ministry and Nurture Committee has threshed a statement of our reasons for requesting this change. This statement was submitted to the SEYM

F&P Committee. Anyone who would like to help in the forming and writing of a draft testimony please contact Connie.

Faith Statements: Our yearly meeting's new *Faith and Practice* is going to include a section of faith statements from its current members. Most *F&P* quotations are from long-deceased Quakers. This is an effort to have a variety of faith statements reflective of Quakers today. Please consider contributing. Faith statements should be sent to Phoebe Andersen: (Get address from Connie.) Please include your name and that you are from the Gainesville Meeting. If you *really can't* write or e-mail Phoebe, you can jot down your faith statement and give it to Connie.

Fall Retreat: The meeting's day at Hart Springs was a success for everyone who found their way there. Ministry and Nurture would like to sponsor a retreat every year and will make a greater effort to help everyone participate who wants to come. Participants enjoyed a potluck lunch with a variety of dishes, walks (or more like runs in the case of the children) on the boardwalk surrounding the springs, going down to the river, and through the floodplain riverine forest. Many of us went swimming. The children particularly enjoyed playing in the sand around the spring, splashing in the water, and floating over the spring boil to watch the fish. It was a beautiful day where connections with each other were strengthened.

Friends United Meeting Triennial: The Triennial meeting of FUM will be held in High Point, N.C., **July 9-13, 2008**. John Punshon, a British Friend and author of *Encounter with Silence*, will be one of the featured speakers. Interested Friends and attenders from our yearly meeting are encouraged to be a friendly presence and witness. (Connie)

Spirit in Mind and Body: Yoga Classes at Quaker Meetinghouse: Meeting has approved further use of the space for yoga classes. The ten-week session began on Oct. 29. Classes meet on Monday from 7 to 8:30 p.m. at the Friends Meetinghouse. The extremely low cost of the class -- \$50 for the entire session -- is a suggested donation. Walk-in students are welcome for \$10 per class. Half the money will go to the meetinghouse building fund. However, our instructor, Gary A, said that anyone desiring to participate may do so at whatever amount they are able to pay because most of all, he wants to make yoga available to all. Gary Arthur is a recent graduate of the Sivananda Yoga Teacher Training Course and has been practicing yoga for 18 years. Those of us attending the class -- many of us beginners -- can attest that Gary brings a helpful and encouraging presence to his classes. Hatha yoga is the path of yoga that gives attention to the physical body. It involves practicing physical exercises which stretch, strengthen and bring flexibility to the body, while working to balance, purify and harmonize body, mind and spirit. Sivananda Yoga is a school of hatha yoga wherein special attention is given to proper alignment, full, yogic breathing and proper relaxation. For more information, please call or email Gary.

"Yoga is a life of self-discipline. Yoga balances, harmonizes, purifies and strengthens the body, mind and soul. It shows the way to perfect health, perfect mind control and perfect peace with one's own Self, the world, nature and God." - Swami Vishnu-devananda

Pendle Hill Courses: *November 16-18* a retreat with Arthur Larrabee entitled "Clerking: Serving the Community with Joy and Confidence" will be held at Pendle Hill. Details: www.pendlehill.org/programs/fall_2007_course_workshop_retreat_descriptions.php#1116. **Note: Some financial support is available from our meeting and the Pendle Hill Matching Scholarship Fund.** Details: http://pendlehill.vervemail.net/vmff/vm_link.php?id=8419&am_id=107757.

Movie Night: This month's movie will be Michael Moore's *Sicko*, which raises basic questions about our broken health care system. We will be showing it on Wednesday, Nov. 14, at 7 p.m. with refreshments and discussion following the film. For those who cannot come on the 14th, we may also organize a second showing at our regularly scheduled time on Friday, Nov. 16. (We are showing the film on the 14th, because there will be a nation-wide showing of the film that night following its release on DVD--and because so many people have

told us that Friday is not the best night for them to come.) We hope that everyone will be able to join us to see this important film. Please invite your friends. *(Jim M)*

What It Means to Be Human: Loga Springs International Academy will present an art exhibit at the Gainesville Friends Meetinghouse on **Nov. 12 and 13, 10 a.m. – 1 p.m.**. The exhibit is entitled “*What it Means to be Human.*” Works will include paintings, drawings, three-dimensional works and student work from Loga Springs International Academy and Little Turtle Tutoring Academy. *(Karen P)*

Alternatives to Public School Education: On **Nov. 13**, from 6-8 p.m., a public forum discussion, “Alternatives to Public School Education,” will take place at the Gainesville Friends Meetinghouse. The forum and discussion afterwards will be open to the public. Childcare and pizza will be provided. *(Karen P)*

Forums: On Sunday, **Nov. 4**, at 12:45 p.m., the Peace and Social Concerns Committee will sponsor a forum: “*Is the United Nations Still Relevant in the World Today? To Keep the Peace? To Deal with Global Warming?*” Loruy Campese, of the local United Nations Association, will be our guest. Please invite your friends and others who might be interested. *(Jim M)*

Dire Need for Food at Gainesville Shelters: The Gainesville Sun recently ran a message emphasizing the need for *nutritious food* at area food pantries that serve many in our community. The food situation is dire, as an email from Arupa Freeman, who runs the Home Van for homeless people who are not in shelters, attests. Her note says: “The shelves at Bread of the Mighty are almost empty, and their warehouse is empty... Gainesville Community Ministry's food pantry, Catholic Charities food pantry, and all the smaller ones as well, are empty or close to empty. This means that many, many children are going hungry. Please donate if you possibly can, to the food bank or to a food pantry. There is a box in the dining area at Meetinghouse so perhaps we can consider bringing more food and getting it where it needs to go. I do buy one/get one free at Publix and donate the free one. Others may have their own ideas. *(Susan C)*

FWCC Report: Outreach/Growth Working Group (The following report was given to SEYM’s Interim Business Meeting on 10/6/07)

The Outreach/Growth Working Group was one of the six simultaneous meeting bodies at the Ireland 2007 Triennial of Friends World Committee for Consultation. “The purpose of the Working Groups is to identify concerns that are shared among yearly meetings and to identify different ways of addressing those concerns. This is an opportunity for Divine guidance, for fresh insights, for networking.”

“Outreach,” among the almost 50 Friends that met included relationships between yearly meetings (occasional twinning of meetings), relationships with people of other faiths, relationships that brought Friend’s message(s) to the greater society and relationships that involve the growth of the Religious Society of Friends.

Thirteen yearly meetings had raised outreach/growth concerns such as living with people of other faiths (Australia), intervisitations among Friends within FUM (Baltimore, Md.), quality and connectedness of twinning relationships (Australia, New England, New Zealand), articulating our truth to ourselves and others (Britain), sending missionaries to other cultures (such as to Cambodia from El Salvador), strengthening regional communication with fellowship (Norway), and the growth and future of Friends (Jamaica).

Twinning between yearly meetings and even monthly meetings was advocated, and several people spoke of that ongoing-work. Primarily because there is so much that can be learned from one another – over time – these twinings can outlive specific individuals. Much was shared about one group doing for another, but the carefully modulated concern of knowing that such relationships must be two-way streets for open cultural exchanges, as well as for the enrichment of both religious groups, was also discussed.

Within this working group, the open form of worship and discussion set a tone for deep listening and serious personal sharing of the Outreach/Growth concerns.

Luke Freeman, from Britain Yearly Meeting, guided us through his view of “outreach.” Historically, “in the early years, Friends were engaged in vigorous outreach. They believed that they had rediscovered true Christianity and they had a duty to publish the truth in Britain and abroad. They did this with the same urgent, prophetic voice as Jesus had done.”

“And to direct people to this Spirit are we sent, that Christ may be all in all.” (James Naylor)

“Now I was sent to turn people from darkness to the light that they might receive Christ Jesus so that all might come to know their salvation nigh.” (George Fox)

Although we may not share the exact beliefs expressed above, the following may be acceptable to many Quakers. Britain Yearly Meeting sees outreach more as sharing Quaker insights and showing others a possible spiritual path. Ideas for accomplishing this goal and the outcome of possible growth followed.

The use of modern advertising techniques was presented including TV bleeps, radio announcements, news interviews, letters to the editor, and a bright yellow calling card with contact information and a statement of Quakerism! Information packets were designed to be readily available and easily read by anyone. Welcoming discussion opportunities, Quaker study group meetings, events such as dinners, speakers, plantings, and work- helping events could be advertised via email, colorful posters, leaflets, and folders, which were some of the useful ideas mentioned. Luke Freeman continued, “Quakerism has always been about seeking and it has always been about inward reflection.”

“Outreach is for me an invitation to others to join us in our way of worship and response to life which are so important to us that we wish to share them.” (Edrey Allot)

“And what are we inviting them to join?” Luke Freeman asked, and he answered his own query with a quote from Margaret Fell: “We are a people that follow after those things that make for peace, love and unity; it is our desire that other’s feet may walk in the same.”

The Outreach/Growth working group had some Friends who came in and out of the several sessions. This also brought various points of view and information to the foreground, and the sharing made it possible to leave with many ideas that were only shared there and not brought forward to the whole body. However, our Yearly Meeting (Southeastern Yearly Meeting) already works abroad and might consider another or future twinning. Also, modern advertising techniques may bring more possible future Quakers attending our monthly meetings and worship groups especially if we use the personal invitations, posters, calling cards, and colorful leaflets. Inviting a personal acquaintance or neighbor can be rewarding for each of us.

Footnote to Outreach and Growth: On several occasions the new FWCC mission statement was restated to remind us that FWCC is not an advocacy organization, but rather a consultation/communications group. Obviously, as far as sharing information is advocacy, we remain in this mission. (CEC 2006 approved)

“Answering God’s call to universal love, FWCC brings Friends of varying traditions and cultural experiences together in worship, communications and consultation, to express our common heritage and our Quaker message to the world.” (*Sybil Ann*)

In the Woods:

This month Bart brought me some plants, most of which are planted in the northeast corner of the children's yard: Deer's tongue (*Carphephorus odoratissimus*), two different *Liatris* species, Birdsfoot trefoil (*Lotus uliginosus* Schkuhr). Deer's tongue is a perennial that blooms purple in the fall with 2- to 3-foot stalks rising above a basal rosette of leaves. *Liatris* grows a pink flower plume that flowers from the top down, so you can cut the bloom without cutting the flowering tip; it starts from a corm so it will come back each year. Bird's-foot trefoil native to Eurasia and North Africa, is a butterfly host and an attractive plant that can survive mowing.

The fall Native Plant sale at Morningside Nature Center is in October, and this year I felt like a kid in a candy store. Karen A. and I went together. I picked out several flowers from Claudia Larsen's site, which was being tended by her brother: meadow beauty (*Rhexia mariana*), twin flower (*Dyschoriste oblongifolia*), goldenrod, woodland phlox (*Phlox drummondii*); it will bloom in the spring), a tropical salvia with coral and pink blooms that I know the butterflies will enjoy, since they are currently enjoying some white tropical salvia, coral bean, which has interesting triangular leaves and beautiful (poisonous) red beans. I bought a heart's a-busting with love (*Euonymus americanus*) and three ferns (2 cinnamon and 1 regal) for the front retention pond. When a dead tree was taken out prior to the building going up our earlier specimen of heart's a-busting with love died, so I am hoping the replacement will find a good home here. I also bought some *Hypericum reductum* (Atlantic St. John's wort), which is an interesting low-growing plant that should make a nice ground cover that will have yellow flowers.

The cardinal flower (*Lobelia cardinalis*) is nearly finished blooming. Ragweed has started to bloom and I took out eight large bags of it, since it has pollen to which many people are allergic. Also blooming are teaweed (*Sida rhombifolia*) with interesting petals that have a longer side and a shorter side, *Ageratina jucunda* whose lovely clusters of white flowers are good for flower arrangements, the attractive but non-native buttermint (*Hyptis mutabilis*), whose purple spikes I have brought into the social room, and horsemint (*Monarda punctata*), which Catherine pointed out is volunteering in the children's yard. She also identified ragweed, so I have been removing it to cut down on its spread and the spread of its irritating pollen.



Cardinal flower in its glory



Hogpeanut -- trifoliate leaf

The surprise this month is hogpeanut (*Amphicarpaea bracteata*), which Wunderlin lists as rare (for Florida) in his *Guide to Vascular Plants of Florida*, whose keys Bill and I used to determine the species. The online *Atlas of Florida Vascular Plants* lists it as present in eight Florida counties including Alachua. It may be more common in other states; I found a Kansas State website with nice pictures and information on the variability of the plant. It is nice to see the changes that fall is bringing to the garden. (Jean Larson)

NOVEMBER 2007 GFM CALENDAR

All 1 st -Days	11 a.m.	Meeting for Worship, Gainesville Friends Meetinghouse, 702 NW 38 th St, Gainesville, Fla.
All 1 st -Days	11:15 a.m.	First-Day School
Nov. 4	9:30 a.m.	Library and Meetinghouse Committees
Nov. 4	12:45 p.m.	Forum: <i>Is the UN Still Relevant?</i> (see newsletter)
Nov. 5	7 p.m.	Yoga with Gary
Nov. 6	11:45 a.m.	Friendly Lunch at Books, Inc., 505 NW 13 th St. (all welcome)
Nov. 7	7 – 8:30 p.m.	Nonviolent Communication Group (see newsletter)
Nov. 10	10-11:30 a.m.	Solutions to Violence: Compassionate Communication for Peace I (LoraKim J) – at Westminster Presbyterian
Nov. 11	9:15 a.m.	Quakerism 101
Nov. 11	12:45 p.m.	Meeting for Worship for Business
Nov. 12	10 a.m. – 1 p.m.	Art Exhibit (see newsletter)
Nov. 12	5 p.m.	School Committee
Nov. 12	7 p.m.	Yoga with Gary
Nov. 13	10 a.m. – 1 p.m.	Art Exhibit (see newsletter)
Nov. 13	7 – 9 p.m.	Community Forum: Alternatives to Public School (see newsletter)
Nov. 14	7 – 8:30 p.m.	Nonviolent Communication Group (see newsletter)
Nov. 14	7 p.m.	Movie Night (see newsletter)
Nov. 18	9:30 a.m.	Meeting for Worship in Nature
Nov. 18	12:30 p.m.	Meeting Potluck – please bring a dish to share
Nov. 18	After potluck	Quaker EarthCare Witness Committee meeting
Nov. 19	5 – 7 p.m.	Ministry and Nurture Committee
Nov. 19	7 p.m.	Yoga with Gary
Nov. 21	7-8:30 p.m.	Nonviolent Communications Group (see newsletter)
Nov. 22 -25	Multi-Day Event	SEYM Half-Yearly Meeting at Wekiva Springs. Please see www.seym.org for details
Nov. 24	10-11:30 a.m.	Solutions to Violence: Compassionate Communication for Peace II (LoraKim J) – at Westminster Presbyterian
Nov. 25	9:30 a.m.	Peace and Social Concerns Committee
Nov. 25	12:45 p.m.	Bible Study
Nov. 28	7-8:30 p.m.	Nonviolent Communication Group
Nov. 30	6 p.m. potluck; 7 p.m. discussion	Quaker Study Group at Jeannie and Phil's home (see newsletter and bring ideas for next year's sessions)

Unless noted, meetings are at the GF Meetinghouse.

To Keep in Mind:

Dec. 2: Potluck and 90th!!! Birthday Party for Arnold VdP

Dec. 8: Christmas Party!!

“Rejoice evermore. Pray without ceasing. Quench not the Spirit.” –
1 Thess. 5:16, 17, 19