

# Friends Meeting *Weekly Bulletin*

*May the richness of our diversity strengthen our community and our love*

First Day (Sunday), 12/13/2009

- 9:45 am Friendly Forum: Robinne Gray, BYM, Friends and Giving
- 10:00 am Worship Sharing in Foxdale's Meeting Room
- 10:45 am First Day School
- 10:45 am Gather and settle for Worship
- 11:00 am Family Meeting for Worship
- 12:20 pm Social Time
- 1:00 pm A Friends School Conversation (see inside)

Fourth Day (Wednesday), 12/16/2009

- 12:00 pm Campus Meeting for Worship, Pasquerilla Center, Rm 118
- 4:30 pm Midweek Meeting for Worship, Foxdale, E-75

Sixth Day (Friday), 12/18/2009

- 8:45 am Friends School Meeting for Worship

Seventh Day (Saturday), 12/19/2009

- 1:30 pm Peace vigil Saturday, corner of College and Allen St.

First Day (Sunday), 12/20/2009

- 9:45 am Friendly Forum: Carol Singing
- 10:00 am Worship Sharing in Foxdale's Meeting Room
- 10:45 am First Day School
- 10:45 am Gather and settle for Worship
- 11:00 am Meeting for Worship

Christmas pageant at rise of Meeting

- 12:20 pm Social time
- 4:30 pm Potluck
- 6:00 pm Candlelight Worship

► **Friendly Forum, 9:45 am, Meeting Room, All Welcome**

**December 13:** **Robinne Gray** of **BYM** will discuss the topic of **Friends and Giving**. This will include a dialogue about Quakers, money, and the ways in which traditional fundraising practices do and do not apply to Friends.

**December 20:** The traditional annual **Carol Singing** will take place in the Meeting Room at the normal forum time. Bring voices and/or instruments!

**Next** Friendly Forum January 17, 2010.

► Please support the weekly **peace vigil**, every Saturday, 1:30-2:30 pm at the gates at the corner of Allen St. and College Ave.

**State College Friends Meeting**

611 East Prospect Ave., State College, PA 16801  
814-237-7051 • [www.statecollegefriends.org](http://www.statecollegefriends.org)

**Gather and settle.** The time from 10:45 to 11:00 am on Sunday is a time for Friends to gather in the meeting room to prepare and settle for worship. Enter whenever you are ready. While we expect silence in the meeting room during that time, we cannot expect silence outside of the meeting room until 11:00.

**Meeting for worship.** State College Friends Meeting welcomes you to our silent, “unprogrammed” worship, ideally led by God’s Spirit. We have no designated ministers. A period of about twenty minutes is needed to center down into inward stillness. Spoken messages come from the spiritual depth of our lives and from the leadings of the Spirit. It is wise to ask oneself these questions before rising to speak: is my message from the Spirit, or from some other place? Is the message for me or for the whole group? Is the time to give it now or at some other time? It is best to follow each message with a period of silence in order to absorb what it has to tell us. When a message speaks to the condition of those present, out of the deepest parts of ourselves, and is harmoniously developed and deepened—and not too long—a profound sense of spiritual community may occur among us that freshens and delights. We call this a “gathered” meeting.

**Closing meeting for worship.** Our time of worship does not necessarily end at noon—it ends when the appointed person, attuned to the spiritual sense of the meeting, recognizes the appropriate moment.

**Contacting Care and Concern.** We hope that Friends will contact members of the Care and Concern Committee to request prayer or to be held in the Light, to request assistance, or to make the committee aware of changes in your lives or of others that you believe should come to the Committee’s attention. Contact Lynne Grutzeck, 237-1862.

**Contributions to the Meeting** are always welcome and needed. Checks may be placed in the donation box in the entry hall or mailed to: State College Friends Meeting, 611 E. Prospect Avenue, State College, PA 16801

**The Meeting office.** Betsy Gamble, the Meeting secretary, is in the office Mon. through Fri., from 5:30 -6:30 pm. She may be reached by e-mail, [office@statecollegefriends.org](mailto:office@statecollegefriends.org), or by phone, 237-7051. Please let her know of any scheduled meetings or events in the buildings so scheduling conflicts can be avoided. Scheduling of non-standard tasks should be done through Louise Sandmeyer.

**Bulletin and Newsletter.** Bulletins and newsletters are available on the Web. Go to [www.statecollegefriends.org](http://www.statecollegefriends.org) and chose Bulletin or Newsletter. The Newsletter can be received by mail or email. To be added to the mailing list, send your name, address and zip code to the meeting office. To receive announcements, newsletter notification and bulletins by email, send a message to [office@statecollegefriends.org](mailto:office@statecollegefriends.org).

► **1A Friends School Conversation.** Friends are invited to join State College Friends School Head Dan Hendey and members of the Quaker Life Committee (Meeting members and Friends School parents and staff) for an informal conversation about the school. What do you know of the school? What are your impressions of how we are doing in providing an education that is consistent with Quaker testimonies? Do you have any questions?

We would also like to use this occasion to hear Friends' perspectives about the school and to explore ways of strengthening the Meeting-School connection. Please bring your ideas and any suggestions.

Please come for a conversation on Sunday, December 13 at 1 pm (after refreshments) in the Meeting Room of the Meetinghouse. Child care will be provided. Everyone is welcome.

► **Clearing the Closets.** Now that cold weather is here, we need room in our small closets. All of the coats, hats, gloves, umbrellas and bags that have accumulated in the closets have been moved to the rod in the closet farthest from the door and closest to the Meeting room. Please take a look for your belongings Dec. 13 or 20. Anything not claimed will be offered free to the Meeting community on Dec. 27 and Jan. 3, and then donated to a local charity.

► **State College Area Food Bank Needs List.** Grocery store gift cards, tomato products (stewed tomatoes, diced tomatoes, tomato sauce) , baking mixes (Bisquick, Jiffy, pancake and muffin), soup (mushroom, chicken, celery), dried fruit (cranberry, apricot, prune), laundry & dish detergent, bars of soap. You can donate online at: <http://foodbank.centreconnect.org> .

► **Friends Committee on National Legislation -Take Action:** Ask Senators to support Indian health care. The health insurance overhaul being debated in Congress could bring the most significant improvements to the Indian health system in decades. Write your senators to urge them to support inclusion of the Indian Health Care Improvement Act in the Senate Health Care Bill. Write today and make your voice heard in the halls of Congress:

<http://action.fcnl.org/r/103302/74290/0>.

Despite the promises made to Indian nations by the United States government, Indian health care remains inadequate and inaccessible. The Indian Health Care Improvement Act (IHCIA), the legislative foundation of the U.S.

government's trust responsibility to maintain the health of American Indians and Alaska Natives, has not been reauthorized since 1992. Native Americans and their advocates, including FCNL, have been struggling for many years to get the IHCIA passed - and now a real opportunity exists for it to make it through Congress!

The House has already included the Indian Health Care Improvement Act (IHCIA) in its health care reform bill. The Senate has introduced its health care bill, and it does not include the IHCIA. Urge your senators support an amendment including the IHCIA, and take this opportunity to reauthorize this important legislation!

**FCNL Update.** President Obama presents us with a historic opportunity to free the world of nuclear weapons. Unfortunately, our Senate stands in the way of that achievement. The president's plan includes a new strategic nuclear arms reduction treaty with Russia and the Senate ratification of the Comprehensive Test Ban Treaty. Help persuade Congress to support Obama's agenda for a world without nuclear weapons. Stop by the letter-writing table in the social room or go to [www.fcnl.org](http://www.fcnl.org) for more information on how you can ensure that Obama maintains credibility as a Nobel Peace Prize recipient.

(Peace & Social Action Committee)

**Weis Gift Cards.** To benefit SC Friends Meeting, purchase Weis gift cards in multiples of \$25 through Dean Tuttle. They can be used the same as cash at Weis Markets and Weis will contribute a percentage of your purchase total to the meeting. Checks must be made out to: **State College Friends Meeting.**

\*\*\*\*\*

### Calendar and Upcoming Events

- Dec. 6-7** Interfaith Mission bell-ringing at Meyer Dairy  
**Dec. 12** 2:30 tree-trimming at Meeting House  
3:30- leave Meeting House for Caroling at Foxdale (Anthony House)  
**Dec. 13** Rise of meeting-Christmas Pageant practice/rehearsal  
**Dec. 18-20** BYM Young Adult Friends Winter Conference, <http://bit.ly/48JtbC>  
**Dec. 20** Christmas Pageant at rise of Meeting  
Potluck, 4:30 pm; Candlelight Worship, 6:00 pm  
**Dec. 30** BYM Reflections Hike at Friends Wilderness Center, (304)728-4820  
**Jan. 2** P&SA committee sponsored activity in the Social room.  
**Jan. 10** SCFM Meeting for Worship for Business

See the websites of BYM ([www.bym-rsf.org](http://www.bym-rsf.org)), PYM ([www.pym.org](http://www.pym.org)), USQM ([usqm.org](http://usqm.org)), SCFM ([statecollegefriends.org](http://statecollegefriends.org)), State College Friends School, FGC ([fgcquaker.org](http://fgcquaker.org)) ([www.statecollegefriendsschool.org](http://www.statecollegefriendsschool.org)), Pendle Hill ([www.pendlehill.org](http://www.pendlehill.org)) for further info.

\*\*\*\*\*

Bill Torretti will be offering a **Mindfulness-Based Stress Reduction Program**. It will cover learning how to deal with stress, pain, illness and emotional distress more effectively and how to mobilize your own inner resources of mind, body & emotions to stay calm and take charge of your life.

Past participants report:

- ◆ Increased Ability to Deal with Stress and Emotional Distress
- ◆ Increased Ability to Relax
- ◆ Decrease in Physical and Psychological Symptoms/Pain
- ◆ Greater Vitality, Energy & Enthusiasm for Life

Increased Clarity in Decision-Making

*Classes (1-1/2 hours every other week) will be setup for Tues. or Wed. evenings*

*mid-Jan. to Apr. 2010, probably at the Meetinghouse. Contact: Bill Torretti 814-360-3492 or 349-224, or email [btorretti@yahoo.com](mailto:btorretti@yahoo.com)*

\*\*\*\*\*

Notices for the weekly Bulletin should be sent by Thurs., 6:00 pm to [efgamble@yahoo.com](mailto:efgamble@yahoo.com), 404-2831. Notices for the monthly *Newsletter* should be sent in writing to Cynthia Bartok ([SCFMnewsletter@gmail.com](mailto:SCFMnewsletter@gmail.com), 100 Sandy Ridge Rd., State College, 16803) by the third Sat. of the month.