

Friends Meeting *Weekly Bulletin*

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

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

Fourth Day (Wednesday), 12/23/2009

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

Sixth Day (Friday), 12/25/2009

- 8:45 am No Friends School Meeting for Worship

Seventh Day (Saturday), 12/26/2009

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

First Day (Sunday), 12/27/2009

- 10:00 am Worship Sharing in Foxdale's Meeting Room
- 10:45 am No First Day School
- 10:45 am Gather and settle for Worship
- 11:00 am Family Meeting for Worship
- 12:20 pm Social Time

► **Future Friendly Forums and 9:45 am Activities:**

December 20: The traditional annual **Carol Singing** will take place in the Meeting Room at the normal forum time.

Next Friendly Forum Jan. 17, 2010. See Jan. newsletter and 1/10/2010 bulletin.

► 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.

► The **Secretary** will be out of the office from Dec. 24 through Dec. 27. Please submit items for the Dec. 27th Weekly Bulletin by 6 pm, Wed. Dec. 23.

State College Friends Meeting

611 East Prospect Ave., State College, PA 16801
814-237-7051 • 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, 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 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.

► **Baltimore Yearly Meeting** is looking for workshop proposals for the 2010 Yearly Meeting in Frostburg, MD. The theme for this year is “Leadings for Today: Lessons from History.” If you or someone in your Meeting or organization will be able lead to share a workshop with us this August 2010, contact me at hansen.peg@gmail.com or through the BYM office. Peg Hansen, Workshop coordinator, BYM.

► **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. 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 gift cards, dried or canned pasta, pancake mix, dried fruit (no raisins), different canned vegetables (beets, sauerkraut, not green beans, corn, peas, carrots), jello, pudding, pie filling (not pumpkin), cereal, cream soups, laundry & dish detergent, bars of soap, granulated sugar, mayonnaise, Miracle Whip, cooking oil & spray, coffee, black tea, toothpaste, deodorant, shampoo, baby food, diapers, formula. The Food Bank will be closed Dec. 24 to Jan. 3. You can donate online at: <http://foodbank.centreconnect.org> .

► **Friends Committee on National Legislation Urges Action: Representatives to Support Easing of Gaza Suffering.** As the December 28 anniversary of the start of the Gaza war approaches, Rep. Jim McDermott (WA) and Keith Ellison (MN) are asking their House colleagues to sign on to a letter to President Obama urging him to work to improve humanitarian conditions in the Gaza Strip. Winter is arriving in Gaza, and people there face restrictions on many of the materials needed to rebuild after the destruction from last year's war. **Please ask your representative to join this letter to the president:** <http://action.fcnl.org/r/104252/74290/0>.

The Friends Committee on National Legislation's Legislative Program Assistant on Immigration, Human Rights, and Civil Liberties, Rebecca Sheff, reports the introduction in the House of a **Comprehensive Immigration Reform for America's Security and Prosperity Act of 2009**. For more details see the Peace and Social Action Committee's Bulletin Board in the social room. The posting also reports publication of a wonderful new book by FCNL supporter Helen Thorpe, **Just Like Us: The True Story of Four Mexican Girls Coming of Age in America**.

(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. 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), PYM (www.pym.org), USQM (usqm.org), SCFM (statecollegefriends.org), State College Friends School, FGC (fgcquaker.org) (www.statecollegefriendsschool.org), Pendle Hill (www.pendlehill.org) for further info.

► Evening programs, 2010 FGC Gathering, July 4–10, Bowling Green, OH.

George Lakey, “*Conflict as a Gift of the Spirit*”: George is a lifelong Quaker non-violence activist who has led workshops in conflict areas on several continents. He currently does conflict research at Swarthmore College.

Philip Gulley, “*Universalism: A Hope for Humanity*”: Phil is known for his Harmony series of novels and for books written with co-author Jim Mulholland, *If Grace Is True* and *If God Is Love*.

“*Show me the Franklins : Remembering the Ancestors, Slavery and Benjamin Franklin*”: This play is part of Quaker playwright Amanda Kemp’s ministry to heal the wounds of slavery and racism. It asks all of us, “What are the Ancestors calling you to do?”

► Upcoming State College Friends School Events

Open House – Our first Admissions Open House of the season will be held on Fri., Jan. 15 from 9:30 a.m. – noon. We’ll be inviting prospective families to visit that morning to tour the school and see the classrooms in action. We’d appreciate your help in spreading the word.

Free Winter Play Days – On Saturdays (Jan. 16, Feb. 20 and March 13) from 9:30 to 11:30 AM the Friends School is hosting Play Days for children from 3-7 years old. The school’s Community Room and a classroom will be open for supervised active and imaginative play. This is a great opportunity to bring a friend to the school and enjoy a morning out of the cold. Refreshments and snacks will be served. All are welcome.

Sing with King – I would like to invite all families and friends to participate in the King Chorus for our annual production of *King in Montgomery: Ten Years in the Non-Violent Civil Rights Movement*. This is an uplifting and moving performance that needs your voice to come alive. Previous choir experience is not necessary, only the desire to sing out in a big group. Contact the school for more information or to sign up.

► 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. 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

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