

Friends Meeting *Weekly Bulletin*

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

First Day (Sunday), 12/27/2009

10:00 am Worship Sharing in Foxdale's Meeting Room

No First Day School

10:45 am Gather and settle for Worship

11:00 am Family Meeting for Worship

12:20 pm Social Time

Fourth Day (Wednesday), 12/30/2009

12:00 pm Campus Meeting for Worship, Pasquerilla Center, Rm 118

4:30 pm Midweek Meeting for Worship, Foxdale, E-75

Sixth Day (Friday), 1/1/2010

8:45 am No Friends School Meeting for Worship

Seventh Day (Saturday), 1/2/2010

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

First Day (Sunday), 1/3/2010

10:00 am Worship Sharing in Foxdale's Meeting Room

No First Day School

10:45 am Gather and settle for Worship

11:00 am Meeting for Worship

12:20 pm Social time

► **Meeting for Worship for Business** is scheduled for Jan. 10, 2010.

Future Friendly Forums and 9:45 am Activities:

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.

► **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. Anything not claimed will be offered free to the Meeting community on Jan. 3 and 10, and the remainder donated to a local charity.

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 to 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.

► **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> .

► A single **Toyota key** was found at the Meetinghouse on Dec. 21, presumably lost last weekend. Please contact the office if you believe it might be yours.

► **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 (rescheduled) conversation on Sunday, January 24 at 1 pm (after refreshments) in the Meeting Room of the Meetinghouse. Child care will be provided. Everyone is welcome.

► **Friends Committee on National Legislation: Immigration Reform: The Key to Economic Recovery.** A growing body of evidence indicates that comprehensive immigration reform would promote economic recovery. Creating an earned pathway to legal status and eventual citizenship for undocumented immigrants would strengthen the U.S. economy and help put us back on track toward stability and growth. Find out more in this new resource from FCNL on immigration and the economy: <http://action.fcnl.org/r/104255/74290/0>. (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. 9 P&SA committee sponsored activity in the Social room (date change)
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.statecollegefriendschool.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).