

Friends Meeting *Weekly Bulletin*

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

First Day (Sunday), 11/8/2009

- 9:30 am Parenting Book Group
- 9:45 am Friendly Forum: Kim Morris on Iraq
- 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
- 12:20 pm Social time

Fourth Day (Wednesday), 11/11/2009

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

Sixth Day (Friday), 11/13/2009

- 8:45 am No Friends School Meeting for Worship

Seventh Day (Saturday), 11/14/2009

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

First Day (Sunday), 11/15/2009

- 9:30 am Breakfast – All Age Celebration of First Day School
- 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
- 12:20 pm Social Time

► **Friendly Forum, Nov. 8.** **Kim Morris** will share her experiences in **Iraq** with the Iraqi Legal Education Reform Law Libraries. No Friendly Forum Nov. 15.

► **Parenting Book Group:** Discussing “Peaceful Parents, Peaceful Kids”, Chapter 3 on Nov. 8, Chapter 4 on Nov. 22 and Chapter 5 on Dec. 13.

► **All Age Celebration of First Day School.** On Sunday, Nov. 15, 9:30 a.m., we're having our annual intergenerational breakfast, to provide a special opportunity for friends of all ages in the Meeting to get to know each other a little more. We'll be feasting on breads, muffins, hard-boiled eggs and fruit. Juice, coffee and tea will also be available. --Ellen, Peg & Jill

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.

► **Interfaith Mission seeks volunteers for holiday bell ringing.** As you may recall, this is the annual fundraiser when congregations that are part of Interfaith Mission staff kettles at various locations around town. As a member of Interfaith Mission, Friends Meeting has signed up for two days at Meyer Dairy. The dates are Sunday, Dec. 6 and Monday, Dec. 7. Louise Sandmeyer, our Interfaith Mission representative, has posted or will be posting signup sheets in the Social Room and those who are so inclined are encouraged to sign up for an hour slot. It does get you in the holiday spirit, as most passersby contribute. It is requested that we have two volunteers for each hour. If you have questions, please contact Louise at lesandmeyer@gmail.com.

► **The Newsletter is Now Electronic!** The newsletter is now available from the meeting website or as an email attachment. If you did not receive the November newsletter, or wish to change the format you received, contact Betsy Gamble in the meeting office. Address questions or concerns to Cynthia Bartok at 238-1323 or SCFMnewsletter@gmail.com

► **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.**

► **Friends Committee on National Legislation Action Alert: Support Indian Health Care.**

A real opportunity exists right now for long overdue, much improved health care for our Native Americans to make it through Congress.

Despite the promises made to Indian nations by the U.S. government, Indian health care remains inadequate. The Indian Health Care Improvement Act (IHCA) 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 IHCA passed:

The House of Representatives has included the IHCA in their health insurance reform bill (H.R. 3962)! This legislation would provide services long available to the rest of the country to American Indians and Alaska Natives, including mental health services, long term care, and hospice. It would also improve access to care.

Ask your representative to support Indian health and the House health insurance reform bill: See the following website for an excellent sample letter explaining this long overdue comprehensive health plan **that includes our Native Americans:** <http://action.fcnl.org/r/89969/74290/0>. PLEASE WRITE TO YOUR REPRESENTATIVE.

► **Scholastic Book Fair at Friends School:** Our annual Scholastic Book Fair will be held in the front lobby Nov. 11–14. Parents, grandparents and

members of the community are welcome to take the opportunity to do some gift shopping. Contact Friends School for hours, 237-8386.

► **Theme Week at Friends School: Food!, Nov. 16-20.** Meeting community is invited to join the activities of Friends School **Food** Theme Week. Afternoon activities that visitors may observe will include food chemistry, food rituals, edible insects, breads around the world, food and math-measuring (recipes), and wild edibles. On Wed. afternoon, Nov. 18, the students will go on one of four field trips: Tait Farm, Meyer Dairy, PSU Mushroom Barns, or a community supported agriculture project. Visitors may join students on trips.

Of particular interest to visitors (and to the teachers who welcome help) are the cooking activities on Thurs. and Fri. morning, ending in the Food Sharing and Gathering, Fri. from 1:35 to 2:20. Some extra hands would be very helpful for this culminating activity.

If you are interested in helping with food preparation or just observing some of the activities in the classrooms, please use the sheet on the White Board in the Social Room to sign up, so the teachers can plan ahead. It will be fun to have visitors join us for our study of this ever popular topic - FOOD!

► **Alternative Christmas Fair.** It's hard to believe, but thoughts of Christmas and the holiday season are already upon us. Your organization will again be participating in the Fair which will be held on Sunday, Dec, 6, 11:00 am to 2:00 pm, at the University Baptist and Brethren Church located at 411 S. Burrowes St., State College. The Fair provides holiday shoppers with an alternate means of giving by supporting any of 20 charities in honor of family and friends. Donations are made to charities of choice in the form of a gift to friends or family members and attractive gift cards are provided. A homemade lunch and baked goods are available during the Fair. There is a Children's Festival and Alternative Store from 11:00 am to 1:30 pm. Please come and support us and these worthy organizations.

► Registration is now open for the **BYM Women's Retreat 2010**. You can find all the details on our website: www.bymwomensretreat.org The retreat will be held at the Skycroft Conference Center on top of South Mountain in Middletown, MD, Jan. 29-31. The cost is \$150. Please register before Dec. 31.

Calendar and Upcoming Events

Nov.12-15 FCNL Annual Meeting, Washington, DC, see www.fcnl.org

Nov. 14 PYM Quaker College Fair, 11 am – 2 pm, contact Kori Heavner at 215-241-7116 or FAHE@quaker.org.

Nov. 16 PFLAG Thanksgiving Dinner, SCFM, 6 pm. All are invited.

Nov. 16 SCFM Peace & Social Action Committee, 3rd Mon., 7:30, E-75 Foxdale

Dec. 6 SCFM Meeting for Worship for Business

Dec. 6-7 Interfaith Mission bell-ringing at Meyer Dairy. Sign up in the Social Rm

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.

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 in writing to Cynthia Bartok (SCFMnewsletter@gmail.com, 100 Sandy Ridge Rd., State College, 16803) by the third Sat. of the month.