

► Every Wednesday, **A Course in Miracles** study group meets from 7-8:30 pm at the Meetinghouse. For more information contact Laura Collado at lmcollado@comcast.net

► **Interfaith Coffee Hour**, Jan. 15, 6:30-8 pm, Websters Bookstore. How do you spread love and kindness? Most people who have a faith tradition include prayer as one way of doing this.

► Due to Centre House kitchen renovation, they are seeking volunteers to donate & deliver prepared food for shelter residents Jan. 21-25. They need healthy snacks and meals and estimate there will be 10 residents. Contact: ginger.c@housingtransitions.org

► 3rd Way Collective Highlights

On Monday night there will be a group meeting for the Spring Break trip to the USA/Mexico border. Also consider joining the Standing at the Gates vigil at the Allen Street Gates every Monday at 4pm. Visit 3rdWayCollective.org.

CALENDAR

- Jan.19 BYM Change Group Meeting "[Hold Space for Transformation](#)", Frederick Friends Meeting
- Jan.25-27 PYM Middle School Friends Winter Gathering, Medford (NJ) Meeting. Information and registration: <https://www.pym.org/event/middle-school-friends-winter-gathering-2019/>
- Jan.25-27 BYM Women's Retreat. Registration closes Jan. 7: <https://www.bym-rsf.org/events/yevents/women19.html>
- Feb.1-3 SCFM Winter Camping Retreat**
- Feb.8-10 PYM Young Friends Winter Gathering, Green St. Meeting, Philadelphia.
- Feb.10 SCFM Meeting for Worship for Business, 9 am**
- Feb.17 SCFM program: Gathered Meeting: What is it and how do we get it? & Potluck at rise of Meeting**
- Feb.22-24 BYM Young Friends, Sandy Spring Friends Meeting
- Mar.2 BYM Change Group Meeting "[Reflect on Yourself to Stop Implicit Bias](#)"
- Mar.23 Creative Hands Gathering, State College Meeting**
- Mar.24 SCFM program: Quaker Decision Making**
- Mar.24 Upper Susquehanna Quarterly Meeting at State College Meeting**

More Information: Baltimore Yearly Meeting (www.bym-rsf.org), Philadelphia Yearly Meeting (www.pym.org/calendar), Upper Susquehanna Quarterly Meeting (<https://www.quakercloud.org/cloud/upper-susquehanna-quarterly-meeting>), Friends General Conference (fgcquaker.org), Pendle Hill (www.pendlehill.org); Friends Committee on National Legislation (<https://www.fcni.org>)

Notices for the **Bulletin** or the **email list** should be sent to: scfmeeting@gmail.com. Notices for the **monthly Newsletter** should be sent by the third Sat. of the month to scfmnewsletter@gmail.com
If you run across a quote that you would like to share in the bulletin, email it to scfmeeting@gmail.com.

State College Friends Meeting Weekly Bulletin

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

	First Day (Sunday), 1/13/2019
10:45 am	Gather for Meeting for Worship (Childcare available)
11 am	Family Meeting for Worship
11:15 am	First Day School
12:20 pm	Pot Luck
1-2 pm	Program: "Everything You Have Always Wanted to Ask a Quaker"
	First Day (Sunday), 1/20/2019
10:45 am	Gather for Meeting for Worship (Childcare available)
11 am	Family Meeting for Worship
11:15 am	First Day School
12:20 pm	Social Time
4-6 pm	Rise Up Singing

When you speak in Meeting for Worship, please use a voice loud enough to be heard in the far corner of the meeting room

A Meeting for Worship is held at **Foxdale** every First Day. All are welcome. Gather at 10:15 am in the Meeting room.

A brief meeting for worship is held most Fridays at **State College Friends School** at 8:45 am in their Community Room. Everyone is welcome.

► **Beginning Quakerism at State College Friends Meeting:**
"Everything You have Always Wanted to Ask a Quaker"
Panel: Johanna Jackson, Selden Smith, Laurie Jeffreys
January 13, 1-2 pm, First Day (Sunday). Childcare provided

► There will be a Mexican dinner at the Meetinghouse, on Thurs., Jan. 17, 5:30-7 pm to raise funds for **Out of the Cold**, a program run by local religious congregations to provide overnight shelter for the homeless in the Centre Region. The dinner is free, but contributions to Out of the Cold are welcome. There will be ingredients to make your own meat, vegetarian, or vegan burrito. Beverages and dessert are provided.

► The next **Rise Up Singing** will be held January 20, 4-6 pm. Bring your voice and your friends. Instruments are welcome.

State College Friends Meeting
611 East Prospect Ave., State College, PA 16801
814-237-7051 • www.statecollegefriends.org
scfmeeting@gmail.com

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. Please enter during this time. While we expect silence in the meeting room during that time, we cannot expect silence outside the meeting room until 11:00. However, Friends are reminded that meeting begins at 11:00 and we ask Friends to endeavor to be on time and to please enter the meeting room by 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.

The **Worship and Ministry Committee** is responsible for pastoral care for the Meeting. Please contact us:

To request prayer or to be held in the Light

To request assistance

To make us aware of changes in your lives, or the lives of others you believe should come to the committee’s attention

To request a clearness committee for consideration of membership, marriage or other decision points along your spiritual journey.

Please contact: Lynne Grutzeck (814) 237-1862 or Martin Melville (814) 280-3526

email: lynnebabs@gmail.com or worshipandministrystatecollege@gmail.com

Contributions to the Meeting are always welcome and needed. Checks may be put in the donation box in the entry hall or mailed to the address on page 1. Donations may also be made through our website: www.statecollegefriends.org

The Meeting office. Office hours are Mon., Tues. Thurs. and Friday., 5-6:30 pm. Contact by phone: 237-7051 or by e-mail scfmmeeting@gmail.com. Please contact Polly Dunn, dunnolly@gmail.com about scheduling any scheduled meetings or events in the buildings so conflicts can be avoided.

Bulletin, Newsletter and Directory. Bulletins and newsletters are available on the Web at www.statecollegefriends.org with password **Friend**. To receive the newsletter by mail or by email, or to receive other announcements and bulletins by email contact the Meeting office. **To be added to, or make changes in a Directory entry**, fill out a form available in the foyer or contact the Meeting office.

Submissions for the monthly newsletter should be sent to: Brosi Bradley, scfmnewsletter@gmail.com.

Contact the Treasurer by email at treasure.friends.meeting@gmail.com.

► Please sign up for **refreshments and potluck**:
<https://www.signupgenius.com/go/10C0B4AABAE29A6FA7-state/76478042>

► The second **Healing Circle** meeting is Monday, Jan. 13, 6-8 pm. We will continue to meet as it works out for the group, for quiet time and discussion together. For more information and to join, email Johanna at jmjacks44@gmail.com.

► The **Winter Family Gathering** will be February 1-3 at Black Moshannon State Park. We're focusing on hiking, with a long hike on Saturday for older children, and crafts and exploration for younger kids. If you are a "family of one," please consider joining us as a Friendly Adult Presence! FAPs help in leading activities, cleaning up, and modeling Quaker values to our young people.

Please note that the last day to RSVP is Sunday, January 20th. To RSVP, email Johanna at jmjacks44@gmail.com.

► **Centre County United Nations Association Annual Membership Meeting and Social**, 6-7:45 pm, Jan. 16, Foxdale Village Auditorium. Featured Speaker: Ms. Carmen Frost. Carmen’s presentation is entitled "Uruguay: a Cultural Journey" and will be an overview of Uruguay, a country that has been a democracy since 1986, after many years of being ruled by dictators. Please RSVP to Frank Ahern at f4a@psu.edu to help us plan for refreshments
For more information about Center County United Nations Association visit: www.unacentrecountypa.org

► Upcoming Pendle Hill programs:
February 10-14 – [Aiming for Justice: Race, Reparations, and Right Path](#), a short course with **Melchor Hall** considering how individuals can pursue race-based economic justice to help repair the racial wealth gap.

March 2-3 - [Compassionate Communication](#) provides a grounding in an embodied spirit-led practice of Nonviolent Communication based on the work of Marshall Rosenberg.

Saturday and Sunday, led by **Stephen Michael Tumolo** with **Geraldine Scott**.

March 15-17 – [Couple Enrichment Retreat](#) with **Mike and Marsha Green**.

March 22-24 – Join Spirit-led Quaker activist and author **Eileen Flanagan** in a weekend dedicated to [Upping Your Change Game: Building Skills and Confidence in Nonviolent Direct Action](#).