

**FRIENDLY
CONNECTIONS**

State College Friends Meeting

**June 2016
Newsletter**



*State College Friends Meeting
611 East Prospect Ave.
State College, PA 16801
Phone (814) 237-7051*

Notes

If your gift includes words, images, or just honest thoughts, please send them to the Newsletter email address: SCFMNewsletter@gmail.com

~ Brosi

Announcements

MFW Time change: From June 12 through September 4, Meeting for Worship will be held at 10:00. Summer meetings for business will be held after meeting for worship. Join Friends for breakfast in the social room before meeting!

First Day (Sunday), **6/5/2016**

9:00 am Meeting for Worship for Business

10:45 am Junior Meeting and First Day School

10:45 am Gather for Meeting for Worship

11:00 am Meeting for Worship

12:20 pm First Day School End of Year celebration and ice cream social.

A Meeting for Worship is also held at Foxdale every first Day. All are welcome. Gather at 10:15 am in the nurses' conference room.

To find the Meeting, enter at the front of the building, turn left and walk down the hallway to Anthony House. Enter through the security door, walk ahead, and turn right at the second sign for the Health Services Administration. The nurses' conference room is ahead on your left.

► **Social Hour and Potluck:** Instead of having committees each take a month for social hour and potluck duty, Friends are encouraged to help out in the kitchen in the month of their birthday. A signup calendar will be forthcoming - if your birthday month doesn't suit, please consider finding several other First Days throughout the year for this fellowship and service opportunity

► A gathering of friends, fans and colleagues of Mercedes Richards, June 16, 6-8 pm, Happy Valley Winery. Musical guests: Overhead. All proceeds will benefit the **Mercedes T. Richards Scholarship** in Astronomy at Penn State. Come spend a summer evening at the Happy Valley Winery! Bring your own food and soft drinks. Requested donation: \$20 per person. RSVPs appreciated but not required: <mailto:sws12@psu.edu> sws12@psu.edu.

► If you marked your calendar for the next **Fiber & Handcraft Gathering**, change the date! The gathering has been rescheduled for June 11-12, Wellsboro Monthly Meeting. Come join Friends of all ages for an hour or a whole weekend of handcrafts at Lynne Graham and Bryn Hammarstrom's home in Tioga Co., PA. Knitting, crocheting, spinning, felting, quilting and more. Bring your own supplies and or just come and let us share ours. Friendly lessons will be available. See announcement for location and more details.

<<https://www.quakercloud.org/cloud/upper-susquehanna-quarterly-meeting/announcements/usqm-fiber-handcrafts-gathering-june-2016>> <https://www.quakercloud.org/cloud/upper-susquehanna-quarterly-meeting/announcements/usqm-fiber-handcrafts-gathering-june-2016>

► **Pendle Hill Online Course:**

<http://www.pendlehill.org/learn/quaker-studies-online/exploring-quaker-way-description/#.V0XMz_krK70> Exploring the Quaker Way, mid June 2016 to late August. <http://www.pendlehill.org/learn/quaker-studies-online/exploring-quaker-way-description/#.V0X3V_krK70>

Registration for the 8 week course is open until June 5. Many local meetings see the importance of religious education and spiritual dialog within the Quaker community. Yet, many meetings do not have the resources necessary to provide study with experienced educators and classmates. Our Quaker Studies Online courses are designed for seekers who want to engage in personal reflection, study, and dialog within communities of learners guided by Quaker educators.

The goals of this course are to help seekers, attenders, and interested members of Friends meetings: 1) deepen their understanding of the Quaker movement; 2) better understand the spiritual journey common among early and current Quakers; 3) reflect on their own spiritual journeys within this spiritual tradition; and 4) become more familiar with several key elements of building vibrant and caring Quaker meetings. It is designed for people who want to explore these themes through personal reflection, focused study, and deep dialog within a lively learning community gently guided by seasoned Quaker educators.

The course will be co-taught by Steve Chase and Marcelle Martin, along with a few special guest webinar presenters.

► **Upper Susquehanna Quarter Meeting for Business, June 26, Elklands Monthly Meeting.** Meeting for Worship, 11:00 am, followed by potluck and then Meeting for Business. Elklands does not have electricity or water on-site, so please plan accordingly.

► Join us for **PYM Annual Sessions 2016 - Be Transformed**. The Interim Sessions Development Committee has been hard at work, creating a schedule that includes not only worship and fellowship, but plenty of time for fun, learning about what’s happening across our yearly meeting and beyond, all kinds of recreation and, of course, relaxation. We will meet as a body for business; our corporate witness in addressing racism will continue; the children and young people will have their own age-specific space and program and we'll all have multigenerational opportunities; and then there will be Work and Witness Programs in the afternoon for all of us to pursue our interests and leadings. Saturday evening we will have a keynote presentation by tonya thames taylor. There will be something for everyone!

Information <<http://www.cvent.com/events/mproc.aspx?m=aa117d6c-786b-44ad-be45-9fd19d8c4a52&u=http%3a%2f%2fwww.pym.org%2fannual-sessions%2f&l=on+the+PYM+website>>

Calendar

July 3-9 FGC Gathering, College of St. Benedict, St. Joseph, Minn.

July 27-31 PYM Annual Sessions, Muhlenberg College.

Aug. 1-7 BYM Annual Sessions, Hood College, Frederick, MD

Sept.2-4 BYM Spiritual Formation Fall Session

Sept.17 SCFM Saturday Social, Park Forest Pre-School fundraiser

Sept.23-25 Upper Susquehanna Quarter Fall Family Gathering, Camp Crystal Lake, Hughesville PA

Right Sharing of World Resources by Sunny Rehler

The phrase “Right Sharing of World Resources” (RSWR) dates back to 1967 and was coined during the Fourth World Conference of Friends in Guilford, North Carolina. However its roots reflect values of early Friends, such as simplicity, peace, equality and community. RSWR is now a non-profit organization. Its mission statement reads:

“God calls us to the right sharing of world resources, from the burdens of materialism and poverty into the abundance of God’s love, to work for equity through partnership with our sisters and brothers throughout the world.”

To accomplish this mission, RSWR develops programs designed to stimulate economic and social development, and to release greater human potential in developing countries.” In addition RSWR provides educational programs in the US to foster understanding of how the imbalance of world wealth has long-term negative outcomes for economic development. Locally the State College Friends School has been involved in this type of education.

While all these programs and initiatives are helpful and important, there are some simple ways in which all of us can contribute in a personal way to RSWR. This is related to the fact that there is a limit to our non-renewable resources, but an increasing number of people, who are competing for these resources. Thus it is appropriate (and even essential) that we be more mindful of our choices and life-style, which determine our use of these resources. One measure of our use is referred to as our “carbon footprint”. We might pose the query to ourselves: “Are there ways in which I can personally reduce my own carbon foot-print?” Examples of more specific queries would be:

Do I look for ways to car-pool when possible and/or take public transportation? Could I ride a bike sometimes, instead of driving?

Regarding food choices: Could we reduce the amounts and frequency of animal-based foods in our diet, as opposed to plant foods?

Don Weaver who wrote the book entitled: "Regenerate The Earth" states that "Individually, eating a plant-based diet cuts each person's carbon footprint in half".

Do we take the time to look for local produce from farmers, who use sustainable farming practices or who farm organically?

To further understand the relevance of these queries, I refer you to the book "World Peace Diet" by Will Tuttle, PhD. The production of animal-based food requires a huge amount of resources, as compared with plant food. For example it requires immense quantities of petroleum to produce animal foods. Will Tuttle explains that it takes 27 times as much petroleum to supply people with hamburgers as it does to provide soy burgers! Similarly he reports that to grow one pound of California lettuce, tomatoes, potatoes, or wheat one would require about 24 gallons of water; however to produce one pound of California beef one requires 5,200 gallons of water!

In addition it is well-known that only a small fraction of the land used to produce a pound of animal protein would be needed to grow a pound of plant-based protein. According Tuttle, there are currently over a billion people suffering from chronic malnutrition and starvation, while another billion are either obese, have diabetes or cancer linked with diets high in animal foods! However everyone on earth could have enough to eat if all of the land used to grow grain for animals were used to feed people instead!

Although produce from conventional large-scale farms generally costs less than organic produce, the price that one pays for such produce does not include the significant costs of the environmental impact (not to mention costs to our health from the toxins contained in such produce or the suffering of animals). Tuttle points out that “toxic runoff from conventional agriculture poisons streams and people, kills birds, fish, insects and wildlife”. In addition, he writes: “Livestock also emit large quantities of methane gas, which is a major factor in global warming.” Those most affected by global warming and rising sea levels are people living in Third World countries, because they don’t have the resources to mitigate the effects.

Based on my own perspective (which corresponds to that of many health-care professionals) there ARE some people who do better with moderate amounts of animal foods in their diet due to their constitution, health issues and/or nutritional deficiencies. However even these people could reduce their impact on the environment (and improve their health) by obtaining their food from local (smaller) farms, using sustainable and/or organic farming practices.

Will Tuttle will be in our area in June and will present programs on June 13th in Julian, PA and on June 14th at the University Mennonite Church. Hope to see you at 6:30 PM on June 13th at the O-An Zendo or at 6:30 PM on June 14th at the University Mennonite Church! Below are links to detailed descriptions of these programs:

O-An

Zendo: https://drive.google.com/file/d/0BwhNEhrQegQ_aWZTdHk4QXlrTXM/view?usp=sharing

University

Mennonite: https://drive.google.com/file/d/0BwhNEhrQegQ_Y1RGSmh3Z0F0V0U/view?usp=sharing

THINKING ABOUT RACE (June 2016) – White Fragility

“White people in the U.S. live in the context of white supremacy. This context provides an insular, racially privileged social environment that builds our expectations for racial comfort while at the same time lowering our tolerance for racial stress. I term this lack of racial stamina ‘White Fragility.’ White Fragility is a state in which even a minimal challenge to white entitlement and the white worldview becomes intolerable, triggering a range of defensive moves including argumentation, invalidation, silence, withdrawal and claims of being ‘attacked’ and not feeling ‘safe.’ These moves function to reinstate white racial equilibrium and maintain white supremacy. In so doing, our freedom is limited and the movement we need to create racial equity and justice is blocked. This workshop will provide an overview of white fragility and the perspectives and skills needed for white people to build their racial stamina and re-imagine more equitable and just norms and practices.”

- Description of a workshop offered at the White Privilege Conference (WPC17) by Robin DiAngelo. She holds a PhD in Multicultural Education, is Director of Equity for Sound Generations in King County/Seattle, Washington, and is a consultant and trainer. See more at: <http://www.overcomingracism.org/resources/White-Fragility.pdf>. The WPC17 took place in Philadelphia, April 14-17, 2016. Eleven Quaker organizations were part of the 14-member Host Team, and five others were sponsors at various levels, including Baltimore Yearly Meeting. Friends General Conference had invited the WPC to Philadelphia. About a dozen people from BYM attended the conference, which had an attendance of 2500 people, 500 of whom were Quakers and 260 of whom were high school students.

This column is prepared by the BYM Working Group on Racism (WGR) and sent to the designated liaison at each Monthly and Preparative Meeting for publication in their newsletter or other means of dissemination. The WGR meets most months on the third Saturday from 10:00 am to 1:00 pm. Contact clerk David Etheridge, david.etheridge@verizon.net.

Baltimore Yearly Meeting

Home and Family

Do you make your home a place of affection where God's presence is felt? Do you practice family prayer? Do you share your deepest beliefs and interests with all in the family? Do you grow together through sharing prosperity and adversity? Can you keep a sense of humor and avoid taking yourself too seriously? Do you establish family standards including the mutual obligations of children and adults?



QUERIES

Are you as children learning to be accountable for your own actions? Do you as parents help your children to grow in independence and responsibility? Do you consider the needs of grandparents and older members of the family circle?

Philadelphia Yearly Meeting

Equality

How does our Meeting help to create and maintain a society whose institutions recognize and do away with the inequities rooted in patterns of prejudice and economic convenience?

Is our Meeting open to all regardless of race, ability, sexual orientation, or class?

What steps are we taking as a Meeting to assure that our Meeting and the committees and institutions under our care reflect our respect for all and are free from practices rooted in prejudice?

Philadelphia Yearly Meeting

Equality Queries continued from page 10.

Do I examine myself for aspects of prejudice that may be buried, including beliefs that seem to justify biases based on race, gender, sexual orientation, disability, class, and feelings of inferiority or superiority?

What am I doing to help overcome the contemporary effects of past and present oppression?

Am I teaching my children, and do I show through my way of living, that love of God includes affirming the equality of people, treating others with dignity and respect, and seeking to recognize and address that of God within every person?

State College Friends Meeting
Meeting for Worship for Business
Fifth Month 1st, 2016

Meeting began with silent worship and a reading of the Baltimore Yearly Meeting Query on Personal Way of Life:

Do you live in accordance with your spiritual convictions? Do you seek employment consistent with your beliefs and in service to society? Do you practice simplicity in speech, dress, and manner of living, avoiding wasteful consumption? Are you watchful that your possessions do not rule you? Do you strive to be truthful at all times, avoiding judicial oaths?

Do you strive to develop your physical, emotional, and mental capacities toward reaching your Divinely given potential? Do you cultivate healthful and moderate habits, avoiding the hazards of drugs, intoxicants, and over-indulgence generally? Do you try to direct such emotions as anger and fear in creative ways?

Responses

One Friend responded that the last question resonated with her and made her think of how she could be more creative. Other Friends agreed that that was often difficult. A Friend offered ideas from Walter Wink on how to respond creatively to aggravations, including the example of turning the other cheek and walking the extra mile not as passive responses but as creative ones.

Review of Agenda

The Clerk noted that the agenda was formatted in a different way, with topics first and committees that might address the topic after the

topic.

Worship and Ministry Report

Ann Sidone reporting.

Sixteen Friends, including three from other meetings in Upper Susquehanna Quarter, attended Arthur Larrabee's workshop on Friends Decision Making.

Gary Fosmire and Lynne Grutzeck have stepped forward to co-clerk Nominating Committee.

The ad hoc committee working on the query "How can we be a welcoming, nurturing, vibrant meeting with shared purpose" will be holding table talks during social hour on June 5 (the day of the ice cream social) to discern possibilities for service projects in the community. The desire for such projects was brought forth at the visioning session held during the Black Moshannon weekend.

Friends are reminded that meeting for worship will be held First Days at 10:00 from June 12 through September 4. Summer meeting for business will be held after meeting for worship. We would like to have some adult education opportunities available after meeting for worship as well, and are looking for volunteers to share their spiritual journeys.

A Friend raised a concern about responses to vocal ministry, and asked that those speaking in meeting for worship refrain from using names of those who have spoken earlier.

Gary Fosmire and Beth Resko met and outlined a tentative format on how to reach out to the Muslim community. Beth will write a letter to Peace Church people and invite them to a meeting at the Meeting House in mid-May. The meeting will be to brainstorm what a Meeting for Peace might look like.

Review of Committee Structure

Ann Sidone spoke for Worship and Ministry on this topic of committee structures.

There is a concern about meeting's committee structure going forward, as our smaller size makes it difficult to populate and find leadership for the current number of committees.

Responses:

Peace and Social Action as individual efforts fails to unite Meeting in a single purpose or social action. The table talks on June 5 will address this issue.

Some options for realigning committees were suggested, such as combining Worship and Ministry with Care and Concern, Advancement and Outreach with Peace and Social Action, and possibly Finance with Building and Grounds.

A Friend suggested letting each committee be responsible for its own membership.

A Friend asked how are Friends School board members appointed? Answer: Friends School creates a list of prospective Quaker board members, and asks for approval. In some cases they may consult about who is a regular attender before putting a name on the list.

Another Friend asks which are the four or five most important committees.

It was agreed that Nominating Committee would be tasked with deciding on which committees might be combined and suggesting names for the new combined committee.

Nominating Committee

Gary Fosmire and Lynne Grutzeck will convene nominating committee this week.

Friends School Report

Lisa Gamble assistant head of school.

We enjoyed two shared events with Meeting recently – bringing Arthur Larrabee here and the Friendly Folk Dancers. Both were successful events, and we were glad to pool/share resources.

The Right Sharing Dinner was successful with over 40 people attending and about \$380 raised for Right Sharing of World Resources. We had a couple of people from Meeting and a goal for next year is to get more people from Meeting involved/attending. Our Middle Schoolers did a great job helping to organize the event.

Our Admissions season was good and now we are waiting for contracts to be returned to have a better idea of enrollment for next year. We are anticipating somewhere between 115-120 students.

Summer camp enrollment is going very well with many weeks filled and with a waiting list.

We are in need of Quaker board members. Anyone with someone to recommend should contact Katy Cleary, Ann Sidone, Dan Hendey, or Lisa Gamble.

We invite everyone to our annual Fun Fair on Saturday, May 7 from 10:00-3:00. We welcome helpers and people can call the school to volunteer.

We also invite people to our 8th grade graduation on Friday, June 3 at 10:00.

Finance Committee

Kerry Wiessmann reporting

Soup sales during the primaries were very low: hot day, mostly

students who weren't going back home. Might be good to do soup sales at the cold November presidential election. Leftover soup will be sold on some Sunday.

Goods and Services sale will be at rise of Meeting on May 22nd, before school lets out and before Memorial Day weekend. Ask for donations with suggested price valued at \$10 or more. Nice quality. We will NOT be sorting before-hand. Have someone staffing the sale so that change can be given to people. Unsold donations will be given to Centre Peace or Goodwill.

We can give a receipt to the donors (not the buyers), have signed receipts and donors fill them out. For questions call Kerry, 238-1764.

Discussion of Garden Level Space

Kerry Wiessmann reporting

Visions for our Garden level space from Finance Committee reported by "Brainstormed" suggestions include:

- Lounge and eating area adjacent to the kitchen

- Large All purpose room - classroom, exercise classes, conference/workshop room, Meeting for worship space

- Workshop space with large screen TV (computer, internet and TV capability) and white board/screen for projections (theft and maintenance issues).

- Lockable closets or lockers for regular renters to store supplies

- Carpeting in the back room

- Wax the tiled floor

- One classroom space with lower tables for younger people

- One classroom space with higher tables for teens & adult

- Closet for RE stuff, Closet for Playschool stuff

- Closet for Bldg & Grounds stuff

- Small RE library space, use for teachers and students

- Place for group over-nighters (folding cots, bunk beds ?)

- Appealing walls - cork?

- Easy to clean floors - linoleum that looks like wood, or other linoleum that can withstand potential dampness. Install large area rugs.

Wall to wall carpeting might be the more economical option since floor would need to be leveled for hard floor options.

Easy to clean furniture

Nice for overnight USQ Fiber Arts gatherings

Add cabinets to bathrooms for supplies.

Out of the Cold, and place for Friends Meeting Friends to stay

Laundry room?

Buildings and Grounds Committee

Larry Greenleaf reporting

April 11, 2016 Meeting opened with a moment of silence. Attending were Larry Greenleaf, Clerk, Lance Lehman, Gary Fosmire, Michael Grutzeck and Lawrence Jones.

Spring Clean up is scheduled for April 23, 2016. Depending on the number of people who show up, we will concentrate on the parking area and branch out from there.

The committee has received a request for a more visible way to announce dinners and other fund raisers than the small signs that are currently being used. Gary will look into alternatives at the Sign Stop.

Gary also reported that the hemlocks will be sprayed soon for controlling the woolly aldehyd.

Concern has been express for the brown spots in the lawn. A small amount of fertilizer will be purchased to try to improve the lawn.

A request to evaluate the restroom signage was received. It was determined that the main floor hall signage was sufficient. The schoolhouse restrooms need signs and those in the garden level will be addressed at a later date.

Our next meeting will be May 9, 2016 at 6:30 P.M. in the social room.

Report on the Garden Level work.

1. Mold Erasers Inc. has agreed to complete the work according to Gil Morrison's (project manager) report. The work to be completed in the next few days. Larry will contact Gil and Keith Bailey (mold Erasers Inc) for final inspection.

2. Work should continue on the outside until completed. The goal is to have the work completed before the end of April.

3. The 70 pint per day dehumidifier is sufficient for the larger room.

Religious Education

Sunny Rehler reporting

On April 10th the FDS visited Foxdale and participated in word/spelling games with the residents in a lounge. Everyone present seemed to participate and enjoy the activity.

Two weeks ago a minister from the Mormon faith came to give the FDS an overview of Mormonism. Last week FDS was to visit a Mormon service, but some high-schoolers were not available, so it was postponed.

Johanna Jackson will not be continuing next year as FDS instructor. Vilmos Misangyi will be continuing, but does need people to cover for him on those Sundays when he is not available to teach in the fall. Some Friends have already come forth to offer to sub when needed and this is greatly appreciated; however a few more possible subs would be helpful. If anyone else is willing and interested, but has not yet approached me I would be delighted to hear from you!

Please note that the next RE meeting will be on Sunday, May 22 at the rise of meeting!

Peace and Social Action Individual Reports

The Unitarian Universalist Fellowship is looking into the possibility of local congregations working together to support a Syrian refugee to settle in this area. A refugee family is being supported by the congregations in Lancaster, PA. A meeting will be held on June 6 to discuss this possibility.

Shavers Creek work day is scheduled for May 15. Some First-day School students and teachers plan to attend. Joanna Jackson will not be there on that day, but others will coordinate service work for the volunteers.

Kersey Bradley reported on The 3rd Way Collective which was begun by the Mennonite Meeting when United Campus Ministry folded. The Mennonite congregation funded a campus minister, Ben Wideman, for

three years to involve Penn State students and faculty in peace and service alternatives to dogmatic and divisive religious philosophies. Kersey said he is contributing to the Mennonite effort and encourages all like-minded Friends to do the same.

Interfaith Human Services will be holding an auction at the Nittany Mall on May 6 and 7 outside Gardner's candy store. Contributions of art and other items. Lynne Grutzeck collected contributions from our Meeting.

Centre County LGBTA sponsored its first annual "Prom We Should Have Had," and one of our members, Susan Jeffreys McCormick, volunteered her time to organize it with Kerry. It was well attended and a big success. CCLGBTA also holds "Drag" Bingo nights at the UU Fellowship. The prizes are insignificant, but the social contact is supportive for the LGBTA community.

The last fund-raising dinner was for the State College Area Food Bank. A delicious Japanese meal, prepared by Yuri Plowden and Yuri Brown, was a big success, and raised \$600 for the local food bank.

Other Committee reports

There were no other committee reports.

Clerks Correspondence

We received a transfer of membership for Ollie Jones from the Friends Meeting of Washington DC.

Minutes of Meeting of April 10

The minutes of Meeting of April 10 were approved as submitted.

Our next Meeting for Worship with a Concern for Business will be on June 5, 2016 starting at 9:00 am.

Meeting was adjourned and members were invited to inspect the garden level of the Meetinghouse to better understand what the needs of that area are.

Respectively submitted, Laurie Jeffreys

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RETURN REQUESTED