



THE GAZETTE

“ a news-sheet, a periodical publication giving an account of current events”

West Falmouth Religious Society of Friends **JULY-AUGUST 2017**

Larry Jordan, Clerk (508-420-1738; cell 202-253-7175; larrymjordan@gmail.com)

Quaker Birthdays

JULY

Bernie Nolan, 21
Carolyn Jordan, 22
Eric Edwards, 22
Rita O'Donnell, 22
Rod Zwirner, 22
Elli Armstrong, 23
Brenda Nolan, 27
Marilyn Brice, 29

AUGUST

Jonathan Joyal, 1
Larisa Davidson, 2
Karen Hunter, 8
Nancy Holland, 27
Marilee Wheeler, 31

*(If your birthday was not listed,
please contact Alta Mae)*

REGULAR Events

Adult Discussion Group,

Sundays at 9AM (July 2, 9, 16, 23, 30; August 6, 13, 20, 27)

Peace and Social Order, 2nd

Sunday at 12 (July 9, August 13)
Fran Lightsom, Clerk (508-548-9186)

Adult Education, 3rd Sunday at

12:00 (July 16, August 17)

Ministry and Counsel, 3rd

Monday evening (July 17, August 21) Deborah Bradley, convener, (508-564-4744)

Sunny Davidson
Carolyn Jordan
Louise Luckenbill
Marilyn Brice
Martin Fido

Upcoming Events

Events in the Quarter

Saturday, July 8, Flea Market at Smith Neck. Drop off items after July 1st. Rent a table for \$15. (Call Anne 508-994-5816 or Carole 508-994-5108)

Sunday, July 23, Quarterly Meeting for Business and Quarterly Ministry and Counsel at Smith Neck AND Apponegansett!

Saturday, August 12, New England Clambake with chowder at Smith Neck Friends Meeting

Saturday, September 9, Rummage Sale at Smith Neck

Sandwich Monthly Meeting

SMM for Business meets the first Sunday of even months:

February in East Sandwich; April in West Falmouth; June in Yarmouth
August in East Sandwich; October in West Falmouth; December in Yarmouth
The next meeting will be on August 6th in East Sandwich.

West Falmouth

Sunday, July 23rd, West Falmouth Meeting for Business following a 5:30pm pot-luck supper at the home of Deborah and Albert Bradley.

Monday, July 24th, Quaker Women at the home of Maggie Saab

Other Events at the Meetinghouse

Monday evenings, 7pm, Zen Meditation. Contact Fran Lightsom

The Meetinghouse is used for yoga by Emerson House on Mondays from 2:30-3:30 (contact is Molly Cornell); and by **Narcotics Anonymous at 7pm on Friday evenings** (contact is Sally Fritz)

Taize, monthly, usually on a Sunday or Monday. Contact: Bobbi Bailin

THE BOOK NOOK—Sally Fritz

A Language for the Inner Landscape: Spiritual Wisdom from the Quaker Movement by Brian Drayton and William P. Taber, Jr. Tract Association of

Friends, Philadelphia 2015

Empathy Practice (NVC)

Usually 1st Sat. 9:30-11:30 (July cancelled; August 5) at 24 Althea Rd. N. Falmouth) Brenda Nolan, convenor (508-274-2701)

Semi-Simulated Restorative Circle Practice,

Ad Hoc for July thru Sept (Brenda Nolan, convenor (508-274-2701)

West Falmouth Business Meeting,

4th SUN (July 23, August 27)

Clerk – Larry Jordan
(508-420-1738)

Recording Clerk Sally Fritz

Treasurer L. Kreidermacher

Auditor Nancy Holland

Directory/e-mail List
Brenda Nolan

Ministry & Counsel

Deborah Bradley

Building & Grounds

Jonathan Joyal

Quaker House Trustees

Molly Cornell

Meetinghouse Committee

Larisa Davidson

Cemetery Overseers

Sally Fritz

Library Committee

Nan Garrett-Logan

Peace and Social Order

Fran Lightsom

Archives

Carolyne Jordan

Religious Education (Youth)

508-540-7652)

Deborah Bradley



New England Yearly Meeting
online Newsletter:

<https://neym.org/newsletters>

Here comes a widely-respected New England recorded minister describing in a quiet voice, out of immersion in the thought of the spiritually gifted Bill Taber (1727-2005), the overlooked resources of our heritage.

Traditional Quaker language can be too strange to fathom – Seed? Holiness? Root? Cross of Joy? -- what makes anybody think such terms could have relevance today. And Light, the central Quaker idea, a word we use all the time. What does it mean? What do Friends DO when we promise, “I’ll hold you in the Light”? Or when we realize we’ve run amok again and resolve to try more intentionally “to live in the Light”?

How about the “Seed” -- It’s “the presence and promise of God” says Drayton, “identical with Christ who is at work in us . . . take care for the seed’s growth” because there are other seeds, also within, and not all of them are good. And “Holiness”? Whoa, too much for people like us. But Drayton says, it’s a journey towards service to God and God’s people. The first step is “making oneself available.” Reading this book makes one wonder, Am I awake enough to be available to God? Am I nurturing my Seed?

God leads gently, we are assured, laying bare only the sins we are able to bear without a sense of helplessness or despair. Our God is love, and compassion, the Guide on the path to a faithful life.

Try the book – it’s on the top shelf. It will make you happy/ Sally Fritz



Peace and Social Order

The West Falmouth Peace & Social Order Committee recommends that West Falmouth Friends Meeting offer donations to cover 50% of the rental fee for New England Quaker schools that exhibit the Respeto/Respect traveling exhibit created by the Chiapas Photography Project. This exhibit will be accompanied by educational materials that are being developed by our member Erica Adams with support of a New England Yearly Meeting Legacy Grant. The rental fee is \$300 to \$500, so each subsidy would be \$150 to \$250, and no more than three subsidized rentals is expected in a year. The Meeting would pay the subsidy directly to the Chiapas Photography Project. Some Friends might be interested in making special donations to cover these subsidies. In future years, Meeting should review this offer as part of the annual budget process.

The West Falmouth Peace & Social Order Committee recommends that West Falmouth Friends Meeting join the Massachusetts Coalition to Prevent Gun Violence. We can be more effective by working with larger organizations that are consonant with our beliefs, and the Coalition would benefit from our Quaker perspective and local connections. Engagement with the Coalition would provide useful information for West Falmouth Friends working to reduce violence. The Peace & Social Order Committee agrees to provide oversight for our membership in the Coalition. In the future we might consider adding a donation to the Coalition to our budget.

Two other items:

Our committee supports distribution of the diversity poster created by West

**357th Annual NEYM Sessions,
August 5-10, Castleton
University, Castleton,
Vermont**

“We can let life work through us,
enlisting all our strength,
wisdom, and courage, so that life
itself can continue... If the world
is to be healed...it will be
by...people whose love for this
life is even greater than their
fear.”

Joanna Macy

Falmouth Friend Bobbi Bailin. The poster can be seen in our meetinghouse window. It repeats the phrase “We embrace diversity here” in Hebrew, Arabic, Hindi, Chinese, Portuguese and Wampanoag. We encourage Friends to take the poster to suitable places. We will avoid duplication of efforts and identify places that haven’t been covered by keeping a list on the meetinghouse bulletin board of who is taking it where.

Steve Gates is volunteering to convene the Sandwich Monthly Meeting Climate Change think tank. All West Falmouth Friends are welcome to participate. The think tank is for the purpose of advising and informing Cape Cod Friends about climate change actions. It might extend its work to advise other Cape Codders, perhaps through articles in the newspaper, but that would come later.



The Environment...

The NEYM Prophetic Climate Action Working Group (Jay O'Hara and Meg Klepack are in it!) is sponsoring a Climate Pilgrimage in July. It will begin on Sunday morning, 7/9, with a Meeting for Worship outside the gates of the Schiller Station power plant in Portsmouth. On the last morning, Saturday, 7/15, a Meeting for Worship outside Merrimack Station power plant will be followed by a nonviolent direct action. More details about the route and other logistics are available on the website: www.climatepilgrimage.org.

Friends and friends may join the pilgrimage for a day or more. It will be helpful to the organizers to have a better sense of how many people to expect each day, even if they are not staying overnight. A registration form is at the website (along with some nice photos of the last pilgrimage).

Elegy for a Walnut Tree by W.S. Merwin

Old friend now there is no one alive
who remembers when you were young
it was high summer when I first saw you
in the blaze of day most of my life ago
with the dry grass whispering in your shade
and already you had lived through wars
and echoes of wars around your silence
through days of parting and seasons of absence
with the house emptying as the years went their way
until it was home to bats and swallows
and still when spring climbed toward summer
you opened once more the curled sleeping fingers
of newborn leaves as though nothing had happened
you and the seasons spoke the same language
and all these years I have looked through your limbs
to the river below and the roofs and the night
and you were the way I saw the world

APPONEGANSETT 218TH ANNUAL MEETING

In keeping with the old Quaker adage

“Let Your Lives Speak”

Sarah Martin Terrell

Presents a message about

*A modern day issue “Combating Human
Trafficking”*

*856 Russells Mills Road, Dartmouth
Sunday July 23, 2016 @ 3:00 p.m.*

3:00 PM ANNUAL MEETING

Sarah Martin Terrell, Harpist and Christian Activist

ALL WELCOME

LIGHT REFRESHMENTS FREE OF CHARGE

What Can Friends Do to Reduce Their Carbon Footprints?

This is the third of a series of occasional articles by Steve Gates about actions you might wish to consider taking to reduce your carbon footprint.

What's the most effective thing you can do to reduce your carbon footprint? The answer is: it depends. If you want to save the environment and cost is no object, then it is solar panels for your roof. But if you, like most people, care about both the environment and your own pocketbook, then the most effective action you can take is to eat a low-carbon diet.¹

So what's a low-carbon diet? Briefly put, it means a low- or no-meat diet. It especially means reducing the meat obtained from beef, sheep and goats².



Currently, livestock in general account for 18% of global greenhouse emissions, and ruminants (beef/sheep/goats) account for a substantial portion of this because they are less efficient in converting forage than other animals. Altogether, a third of world-wide agricultural land is dedicated to providing food for livestock. Reducing meat consumption therefore results in reduced direct production of greenhouse gases (especially methane), but it also frees up agricultural land for other uses (e.g., forests, which are highly effective carbon sinks).

This means an average American family can reduce its carbon footprint by 1.7 metric tons of CO₂ equivalent per year by going on a low-carbon diet. Interestingly, that same family would also save more than \$1000 per year on its food costs.³ This is why the low-carbon diet is such an important alternative: it both saves the environment and saves you money. It's so effective, in fact, that if everyone world-wide went on a low-carbon diet, it would reduce the costs of dealing with climate change by 50%!

It is important to note that Americans waste about 30% of their vegetables, so to achieve the full effect of a low-carbon diet, you would need to sharply reduce such waste. And you may want to start on such a diet gradually, with perhaps a "meatless day" each week.

You might enjoy reading a meat-eater's story about converting to vegetarianism because of the climate impact:

<http://www.audubon.org/magazine/january-february-2009/the-low-carbon-diet>. More ideas for actions you can take to reduce your carbon footprint are on this website:

<http://capecodclimatechangecollaborative.org/app/Calculators/CCCCC-Actions.html>

¹ This statement is accurate in terms of the 53 actions for which we have both cost and carbon emission data. As further data becomes available, this statement may need updating.

² See a 2009 paper in the journal *Climate Change*, available at <https://pdfs.semanticscholar.org/23ca/fc54c84e634be39c45fd52d7055ad0ff4c8b.pdf>.

³ Low-carbon diet impacts on an average American family are taken from <http://www.coolcalifornia.org/calculator-households-individuals>.

West Falmouth Preparative Meeting for Business, June 25, 2017

Friends gathered for worship with attention to business after hospitality. Attending: Carolyn Jordan, Martin Fido, Fran Lightsom, Len Kreidermacher, Nan Garrett-Logan, Gina Lyman, Molly Cornell, Eric Edwards, Louise Luckenbill, Marilee Wheeler, Steve Gates.

Opening reflection and silence

A true revolution of values will soon cause us to question the fairness and justice of many of our past and present policies. On the one hand we are called to play the Good Samaritan on life's roadside; but that will be only an initial act. One day we must come to see that the whole Jericho road must be transformed so that men and women will not be constantly beaten and robbed as they make their journey on life's highway. True compassion is more than flinging a coin to a beggar; it is not haphazard and superficial. It comes to see that an edifice which produces beggars needs restructuring. A true revolution of values will soon look uneasily on the glaring contrast of poverty and wealth. With righteous indignation, it will look across the seas and see individual capitalists of the West investing huge sums of money in Asia, Africa and South America, only to take the profits out with no concern for the social betterment of the countries, and say: "This is not just." It will look at our alliance with the landed gentry of Latin America and say: "This is not just." The Western arrogance of feeling that it has everything to teach others and nothing to learn from them is not just. A true revolution of values will lay hands on the world order and say of war: "This way of settling differences is not just." This business of burning human beings with napalm, of filling our nation's homes with orphans and widows, of injecting poisonous drugs of hate into veins of people normally humane, of sending men home from dark and bloody battlefields physically handicapped and psychologically deranged, cannot be reconciled with wisdom, justice and love. A nation that continues year after year to spend more money on military defense than on programs of social uplift is approaching spiritual death.

excerpted from: Martin Luther King, Jr. "Time to Break the Silence"
a speech delivered at the Riverside Church in April, 1967
quoted by Martha Yager, *former AFSC-SENE Program Coordinator*
in *SENE Peace and Justice News*, January 2014

Clerk's business. July dates were added to the meetinghouse calendar.

Restorative Circle Practice: will meet "ad hoc" until fall. Brenda Nolan, contact
Emerson House Yoga: Molly Cornell will ask whether this will continue
Zen Meditation: 7:00 pm Mondays. Fran Lightsom, contact
Narcotics Anonymous: 7:00 pm Fridays. Sally Fritz, contact
Quaker Women: Monday, July 24, home of Maggie Saab

357th Annual NEYM Sessions August 5-10, Castleton University, Vermont

Treasurer's Report. The treasurer noted an expenditure of \$100 for copies of the 1985 *Faith and Practice* for use in religious education, and income from Quaker House summer tenants and from Narcotics Anonymous. One of the groups we support, the Cape Cod Center for Women, has closed. Eric Edwards will learn whether and to what entity continuing donations might be appropriate. The report was accepted.

MH Checking Account = \$20,178.73
QH Checking Account = \$11,234.08

NEYM Pooled Fund = \$88,801.53

Ministry and Counsel.

The committee recommended the following as a **policy for the use of the meetinghouse**: The meetinghouse be regarded not as a convenient “community building” but rather as a place of worship; that for-profit groups not be allowed; that requests be considered on a case-by-case basis; and that such requests be referred to the clerk, who will consult with others if he/she chooses. Friends approved.

Steven Gates was welcomed into the W. Falmouth community of Friends, his application for membership having been approved at SMM for Business on June 4, 2017.

Peace and Social Order. The committee recommended that the **Meeting subsidize rental fees for the Respeto/Respect traveling exhibit** developed by Erica Adams by 50% -- i.e., \$150 to \$250 per school. Requests, possibly up to three a year, would be expected from predominantly Quaker schools, and would be addressed to the treasurer and paid to The Chiapas Photography Project. We would revisit this commitment annually. Friends approved.

The committee recommended that the Meeting join many other groups as a **member of the Massachusetts Coalition to Prevent Gun Violence**. P&SO will disburse information from our contact, Nan Garrett-Logan, and provide oversight. Friends approved.

P&SO will oversee the distribution of the “We embrace diversity here” poster created by Bobbi Bailin. A donation has been received to help cover her (unspecified) costs.

Steve Gates volunteered to convene a “SMM Climate Change think tank” to provide information and possible actions for Cape Cod Friends. He will seek Meeting approval when plans materialize.

Youth Religious Education. Martin Fido has begun to collect names and ages of children in the three preparative Meetings as a first step towards his effort to arrange joint activities.

Meeting ended in silence, proposing to meet again on July 23rd at the home of Deborah and Albert Bradley following a 5:30 pot-luck supper.

Respectfully submitted, Sally Fritz, recording clerk



The Gazette is published by West Falmouth Quaker Meeting's Peace and Social Order Committee.

Brenda Nolan, format and transmitter. Questions, corrections go to altamaestevens@gmail.com