

# THE GAZETTE

*"a news-sheet, a periodical publication giving an account of current events"*

## West Falmouth Religious Society of Friends **JULY – AUGUST 2019**

Frances Lightsom, Clerk (508-548-9186; [fran.lightsom@gmail.com](mailto:fran.lightsom@gmail.com))



### Upcoming Events

#### Events in New England Yearly Meeting

**Annual Sessions**, August 3 – 8, Castleton University, Castleton, VT. This year's theme, "Provoke one another to Love," is drawn from Margaret Fell's 1656 "Epistle to Convinced but not yet Crucified Friends." Registration has opened. See <https://neym.org/sessions>. Please note: Registrations must be received by July 15 for dorm room requests to be guaranteed.

#### **Quaker Birthdays**

##### **July**

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

##### **August**

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

In the lead-up to 2019 Annual Sessions, Plenary Session speaker Lisa Graustein is conducting a "virtual plenary." See <https://neym.org/sessions/news/join-virtual-plenary>. These videos, of interest to Friends regardless of whether they are attending Sessions, will explore some of the minutes we have approved in past years, how they are moving among us, and spiritual practices we can try out as part of our shared work living into the minutes. The videos (audio-only also available) cover minutes on the Doctrine of Discovery, Challenging White Supremacy, and Climate Change.

**Nurturing Faithfulness**, a 9-month program in spiritual deepening in community, August, 2019-May, 2020, Woolman Hill. Residencies Aug 30-Sep 3, Dec 12-15; April 30-May 3, 2020. See <https://neym.org/news/nurturing-faithfulness-program-returns-2019>

#### **Contents**

**Upcoming Events** . . . . pp. 1-3  
**News of Friends** . . . . p. 4  
**Growth & Learning** . . . p. 6  
**Religious Education** . . p. 7  
**Readers Write** . . . . . pp. 8-10



## **Regular Events**

### **Adult Discussion Group**

Sundays at 9:00 a.m. (July 7, 14, 21, 28; August 4, 11, 18, 25)

### **Peace and Social Order**

2<sup>nd</sup> Sunday at 12:00 p.m. (July 14, August 11) Larry Jordan, convener

### **Growth and Learning**

3<sup>rd</sup> Sunday at 12:00 p.m. (July 21 continues Experiment with Light, led by Louise Luckenbill; August 18 The Benefits of Humor, led by Maggie Saab) Sunny Davidson, convener

### **Empathy Practice (NVC)**

Usually 1<sup>st</sup> Saturday 9:30–11:45 (No July practice; August 3) Brenda Nolan, convener 508-274-2701

### **Restorative Circle Practice**

Usually 1<sup>st</sup> Saturday 1:00-3:00 (No July practice; August 3) Brenda Nolan, convener 508-274-2701

### **Ministry & Counsel**

7:00 p.m. (July, August tbd) Deborah Bradley, convener (508-564-4744) Marilyn Brice Carolyne Jordan Jonathan Joyal Cynthia Rankin

### **West Falmouth Meeting for Worship with Attention to Business**

Usually 4<sup>th</sup> Sunday (July 28; August 25)

## **Events in the Quarter**

**Westport Friends Book Sale** – Saturday, July 13 – Sunday July 21.

**Mattapoisett Friends Yard Sale** -- Saturday, July 13, 8:30 – 12:00

**Sandwich Quarterly Meeting** -- Saturday, July 27, 9:00 a.m. – 12:45 p.m. Mattapoisett Friends Meeting in Mattapoisett, MA. Schedule (approximate): Greetings with coffee plus (9:00-9:30); Meeting for Worship (9:30-10:00); Meeting for Worship with Attention to Business (10:00-12:00); Light lunch (12:00-12:45). No program is planned because the Apponagansett Annual Meeting is the next day.

**Apponagansett Annual Meeting** -- Sunday, July 28, 3:00 p.m. Andy Pollock will speak on the Coastal Neighbors Network, a nonprofit membership organization that works to enable Dartmouth residents to live safely and independently in their own homes.

**New England Clambake** -- August 10, 1:30, at Smith Neck Friends. Contact Anne Lopoulos for tickets (508-994-5816).

**Sandwich Monthly Meeting** August 11, East Sandwich, 12 p.m.

## **Events in West Falmouth**

**Mid-Week Quaker Meeting** at Atria in Falmouth. **Wednesdays**, at 9:45 a.m., **July** (3, 10, 17, 24, 31) and **August** (7, 14, 21, 28). Contact Gina Lyman.



Oma

### **Quaker Women Potluck “Grandmothers”**

Thursday, **July 18**  
Maggie Saab’s. Supper at 6,  
sharing from 7 – 8:30 p.m.



Bibi



Savta



Abuela



Yeay



## **Other Events at the Meetinghouse**

**Mondays, 7 p.m., Zen Meditation.** Contact Fran Lightsom.

**Fridays, 7 p.m., Narcotics Anonymous.** Contact Sally Fritz.

## Wampanoag Events – Quakers Welcome!

**Blind Joe Amos Sunday Service** – Sunday, July 21 at 11 a.m.

**Richard Bourne Sunday Service** – Sunday, August 18 at 11 a.m.

Both services are held at the Old Indian Meeting House, 410 Meetinghouse Road, Mashpee 02649. Built in 1684, the Meetinghouse is the oldest Native American church in the eastern United States and the oldest church on Cape Cod. These annual services are held in partnership with the Mashpee Baptist Church and citizens of the Mashpee Wampanoag Tribe. Contact Gail Melix (508-221-0832).



Wikipedia image



## Also of Interest – Preventing Gun Violence

Nan Garrett-Logan reports that Brockton is on the move! The first annual Father's Day walk brought out more than 100 folks from a dozen groups working to stem the violence. Sharon Brown whose son Tyree was killed by a person with a gun is a firebrand and brings together groups from the YMCA, the Safe Streets 'interrupters,' Moms Demand Action, the MA Coalition to Prevent Gun Violence, and more. It's pretty exciting. You'll be hearing more.

LIPSTICK -- no Nan did not go to a spa. Operation LIPSTICK (Ladies Involved in Putting a Stop to Inner-City Killing) hosted the quarterly meeting of the MA Coalition.

Groups are coming together in what feels like a newly energized movement!

***A Message from the Hospitality Committee*** – We would like to welcome all people to share in community and refreshments each first day following Meeting for Worship. The committee provides beverages and crackers/cookies. We encourage those who are called to volunteer for refreshments to supplement with additional goodies. For some, their ministry to the meeting is soup and casseroles. For others, it may be dips and cheese. All contributions are welcome and, regardless, there will always be coffee/creamer, juice, and crackers. On the day of the business meeting for worship, all are encouraged to join in a potluck lunch.



The person who signs up for hospitality is asked to turn on the coffee (it will be ready), set-up the table with utensils, cups, plates and snacks. Additionally, we ask you to clean up at the end. If you are not able to stay, please find someone to help you out. If there is a meeting taking place after refreshments, and the committee does not want noise in the kitchen area, the committee is asked to clean up and lock the meeting house. Thank you. Cynthia

**Invitation to an Art Exhibition: "Let's Take a Trip on the Train"**

Louise Luckenbill

An exhibit of my art work will open on Sunday, July 7 in the Gallery at FCTV in the Falmouth Community Media Center, with a reception from 3 - 5 p.m. Please join us! The exhibit is intended to share some of my happy experiences traveling across the country on Amtrak Rail, and includes acrylic and mixed media paintings of life on the train, as well as watercolor landscapes, waterscapes, industrial and human habitats from views out the train windows. There are also watercolors and acrylics of Cape Cod scenes "back home."

The exhibit will be at 310 Dillingham Avenue and will run through Thursday, August 1. Note that the renovated building has a new entrance that is accessed by driving half a block down Rose Morin Lane.



Image by Marcia Huyette of FCTV Gallery

**News of Friends**

**Meg Klepak and Jay O'Hara** send news of big changes in their lives. Meg graduated in mid-May from medical school in Burlington, VT where she has lived for the past 14 years. Shortly after, they moved to Portland, Maine where Meg will spend the next three years at Maine Medical Center in a family medicine residency program while Jay continues his climate work and Quaker ministry. Their apartment is within a few blocks of eight young adult Friends and the group has started a monthly YA Friends potluck. Meg and Jay look forward to being closer to Cape Cod and coming home to West Falmouth Preparative more easily.



Congratulations to Friends **Carolyn and Larry Jordan** on 59 years of marriage!



And to our Spring 2019 Legacy Grant Awardees:

**Steve Gates** to support efforts within NEYM to achieve a 10% reduction in personal and meeting carbon footprints over the next year. Steve will work with the NEYM Earthcare Ministries Committee, to assist any NEYM meeting by offering both live and recorded tutorials and, when requested, in-person visits, covering the use of the footprint and action calculator, as well as answering general questions relating to carbon footprint reduction.

**Erica H. Adams** to continue her work to connect communities through new venues and educational materials generating dialogues about Quaker values of peace, inclusiveness and coexistence. The traveling exhibition *Respeto/Respect* presents photographs by women members of the Chiapas Photography Project, who are from different religious and ethnic groups but working together in Chiapas, Mexico.



**September QIF Conference Hosted by WFPM -- Additional Housing Needed**

West Falmouth Friends Preparative Meeting will be hosting the Quaker Institute for the Future (QIF) annual Summer Research Seminars during the week of September. QIF is an organization concerned with developing and promoting a sustainable worldwide culture of peace. The Summer Research Seminars are open to all scholars and thinkers seeking to address contemporary social issues by approaches grounded in Quaker values. QIF, whose roots date back to the 1970s, is closely allied with Quaker Earthcare Witness that seeks to address the same issues through activism.

Each year, the Summer Research Seminars are attended by participants from many parts of the United States and Central America. This year's group will gather in our own Meetinghouse each morning during the week for sessions of Quaker worship sharing on topics introduced by individual attendees. The balance of the day will be spent in small group collaborative discussions, sharing meals, and experiencing a variety of offerings ranging from visits to some of the world-renowned research institutions of Woods Hole to short presentations by local activists. Possibilities for the latter include: Nan Garret-Logan (*Reducing gun accessibility and gun violence*), Brenda Nolan (*Restorative Justice Initiatives*), Erica Adams (*Relationships with Indigenous Cultures in the Contemporary World*), Steve Gates (*Carbon Footprint Reduction Actions Calculator*), and Jay O'Hara (*Engendering Civil Disobedience Against the Fossil Fuel Industry*).

In addition to hosting the seminars, one of the main assignments undertaken by local Friends is to identify local gratis housing available to out-of-town attendees for the duration of the conference. For this purpose, a questionnaire has been prepared by which members, attendees, and friends of any of the SMM preparative meetings are invited to indicate home space they can make available. We expect a need to house about fifteen individuals. While several space offers have been received, we would like to have a few more in order have greater confidence that all needs can be met. Anyone who might consider offering sleeping space in their home can contact Sally Fritz (508-495-0851), [sallyfritz82@gmail.com](mailto:sallyfritz82@gmail.com), or Molly Cornell (508-540-7652), [mollycornell@comcast.net](mailto:mollycornell@comcast.net). Please see the housing form attached to this mailing.

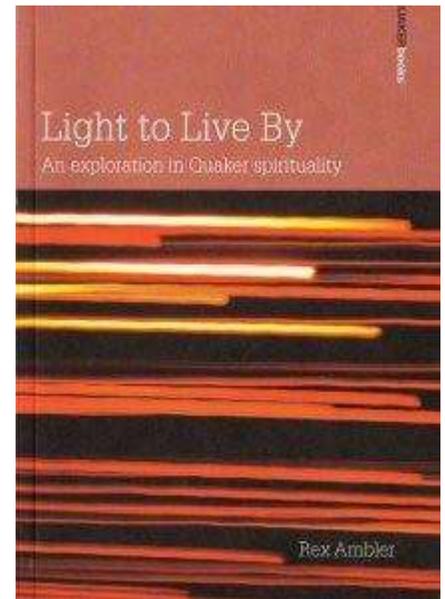
## June & July Growth and Learning – Adult

### **Experiment with Light**

Louise Luckenbill

The Light, a metaphor for the inner spirit, the soul, is a term frequently used by Quakers as in to “hold someone in the Light,” “stand in the Light,” or “mind the Light.”

What is the Light? How do we “experiment with” or “experience” it? During our Growth & Learning session in June, we tried to experience the Light as we followed a guided meditation written by Rex Ambler, a British Quaker, based on his research into the writings of 17<sup>th</sup> century Quakers. With the guided meditation, we tried to clear our minds of random, everyday thoughts and to allow deeper concerns or issues to rise up, one of which we chose to focus on. We continued by not trying to solve the issue by thinking with the brain, but to listen to what feelings arose from the inner heart, as we asked “why” the concern or issue was like it is. This “seeing” truth in the Light is a capacity for insight or awareness that comes forth as we stand aside to let the Light shine on the deeper realities of our lives. The process divorces us from our egos, what we think we want and need, and leads us to a state of inner peace as we get to the truth of a situation. The guided meditation can be practiced alone or with a group of Friends.



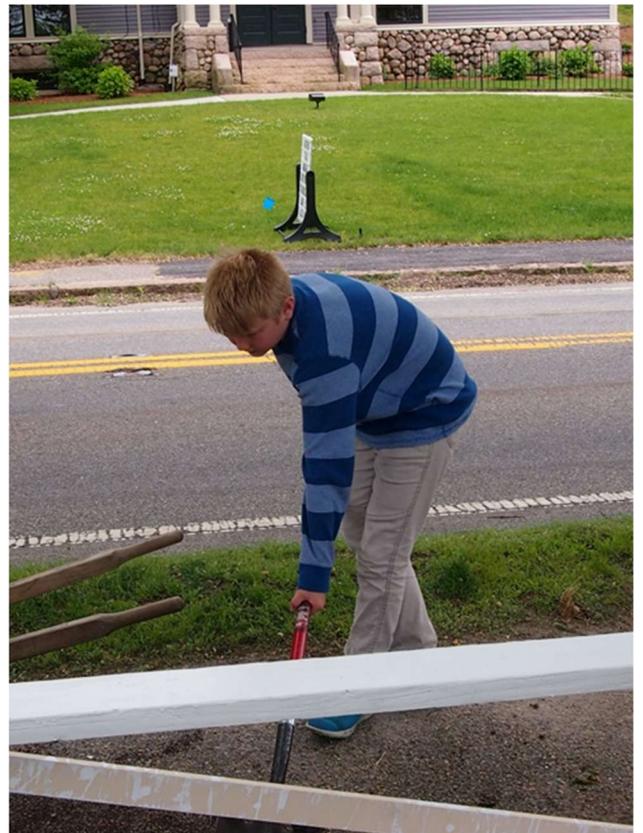
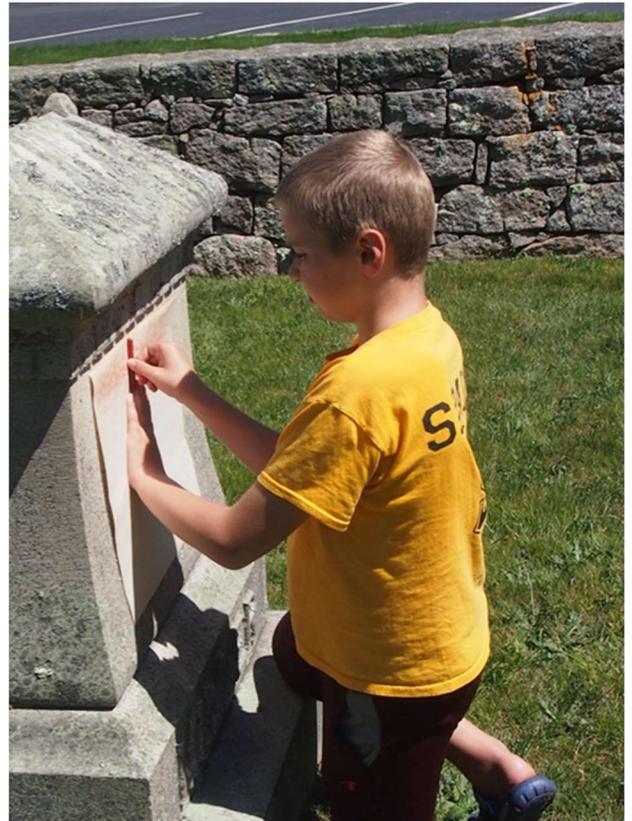
In our July session (July 21) we will learn that the 17<sup>th</sup> century approach to experiencing the Light is related to contemporary psychological practice, and that finding truth for living one’s life can reduce stress. We also will look more closely at the background information Ambler presents in his book, *Light to Live By: an exploration in Quaker spirituality* and in his Pendle Hill Pamphlet, *The Light Within, Then and Now*. The practice of standing in the Light is related to the original name for Quakers, The Religious Society of Friends of the Truth. As Rufus Jones wrote in Ambler’s pamphlet, “Friends ... have endeavoured to build their religious faith upon the inherent authority of truth. They come back for their basis to the test of experience—to the laboratory of life” (p.14).

Ambler, R. *Light to Live By: An exploration in Quaker Spirituality*. Fitchburg, MA: Quaker Books of FGC, 2002.

\_\_\_\_\_. *The Light Within: Then and Now*, Pendle Hill Pamphlet #425, Wallingford, PA: Pendle Hill Publications, 2013.

## Religious Education – Youth

As usual, our youth have been busy! In addition to tending Friend's Garden, and helping out with the fence repair, they worked recently with Molly Cornell doing rubbings of the gravestones in the cemetery.



## Readers Write

### **Observations on the Quaker Process**

Rita O'Donnell

My friend, Alta Mae, once observed that “often when people come to us [Quakers] they are like crumpled up pieces of paper, all sharp corners and rough edges. Then, slowly, the Quaker process begins working on them, smoothing them out. This takes quite a while but, eventually, they get smoothed out.”

This past summer, I went to my first NEYM sessions. I was there primarily to support my husband, Steve, and his fellow Earthcare Ministry colleagues in their climate work, but did manage to slip away for a few other sessions/presentations. One I particularly wanted to attend was the reading of the 2018 Memorial Minutes. I did not know anyone whose minute was to be read, and I had not yet attended a Memorial Meeting for Worship at my own meeting. But I wanted to know what it would be like and I wondered how any communion would be possible in an auditorium that seated hundreds.

Despite the enormity and basic characterlessness of the space, the Quaker process was alive and I experienced it firsthand. There was deep silence, deep reflection and deep communion. I left feeling at one and the same time that I *wished* I had known many of these people and that I *had* known them.

For me as a new Quaker, one of these memorialized people in particular stood out —Phyllis Fairweather Agard of Mount Toby Friends Meeting. In speaking of what drew her to Friends, she noted that the gap between faith and practice seemed to her to be narrower for Quakers than for other faiths, something she attributed to the Quaker silence. She is quoted as saying, “You can’t go to meeting week after week and sit alone with your thoughts without sooner or later coming face to face with you as you really are. And if you don’t like what you see, you don’t have very many choices. You can leave .... You can look the other way .... Or you can go to work and try to change things (i.e., yourself).”<sup>1</sup>

Environmental activist Louis Cox, a Quaker, reflects on a time when it had not yet occurred to him to turn to the Quaker faith itself as a “primary source of guidance and inspiration for living more lightly on the planet....” and that “[t]his is what had been missing in [his] earlier frantic environmental activism-- an understanding of the spiritual transformation that is essential to curbing our ecologically disruptive behavior.”<sup>2</sup>

So, some aspects of the Quaker process: it slowly works on smoothing us out and, as it does, it becomes increasingly clear that *we* are the ones who must change and that if we are able and willing to undertake this work, then, possibly, others and the world will change, too.

<sup>1</sup> Memorial Minutes – 2018 . Worcester, MA: New England Yearly Meeting of Friends, 2018.

<sup>2</sup> Cited in Chapter 1: Illustrative Experiences of Friends, *Interim Faith and Practice 2014* (2015 edition), p.43. Worcester, MA: New England Yearly Meeting, 2015.

## *John and Ella Travel Around Myanmar*

*John Davidson*

My daughter, Ella Davidson, a junior at Earlham College, recently visited me in Myanmar for two weeks from June 6 to 21. I have been living in Nay Pi Taw, the capital of the country, for the past ten months, where I have been working for the European Union on legal reform.



Ella feeding elephant

Two days after Ella's arrival, I put on a conference at the hotel where I have been living for 25 of the staff of the parliament and two of the Members of Parliament on criminal law reform. This provided an interesting two-day discussion of the need for an arrest warrant, the requirements for bail, the right to an attorney, the right of the accused to get access to the evidence against him, etc. The legal system of Myanmar is not rated highly by experts, as the World Justice Project puts it near the bottom of the chart next to Afghanistan and Venezuela, but there are good people here who are working to improve things. I told the participants that the American system used far too much plea bargaining (in 19 of 20 cases) to lock up far too many people (2.3 million) over the last twenty years, so we got as a result a system both too lenient on the insiders and too harsh on the poor, which because of its arbitrary results does not command respect. The experts on local law at the conference said that Myanmar has a similar

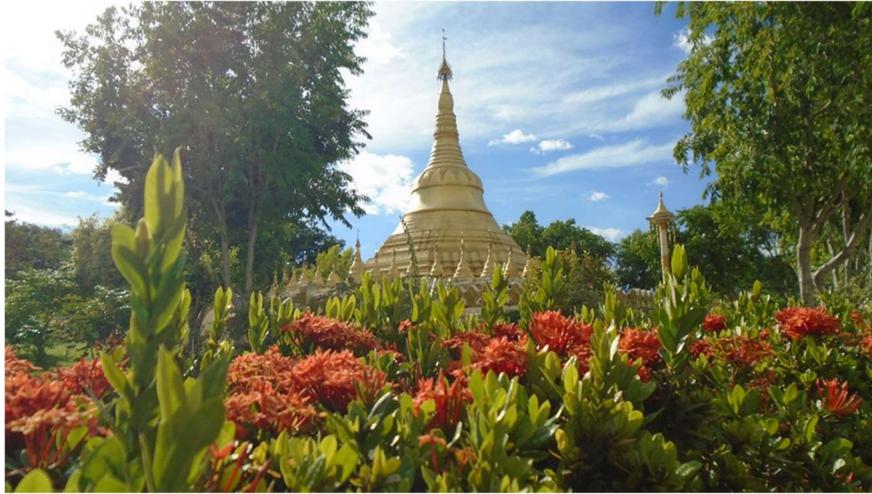
problem in that there were too many badly done trials without attention to due process, leading to locking up those too ignorant or poor to evade the system through corruption or phone calls to insiders in the power structure.

Ella went down to Yangon to visit her friend Charlie for several days, visited the Shwedagon Pagoda there, and fed elephants at the zoo. On June 16, we started our driving trip from Nay Pyi Taw to Aung Pan in Shan state, winding our way through the mountains. We visited the Pindaya Cave that afternoon (Sunday), and a cottage industry of Shan paper work and umbrella-making workshop. We then drove to Nyaung Shwe, a jetty town on Lake Inle. On Monday, we took a small (3 passengers with our guide) boat trip around Inle lake, and visited the Nga Phe monastery, as well as the Indein pagoda complex. On Tuesday, we drove from Nyaung Shwe to Mandalay, and visited the old bridge there at sunset. We spent Wednesday sightseeing in Mandalay, visiting the golden palace monastery and then the Kuthodaw pagoda. Later in the day we drove to Bagan, and went to a temple in the evening with a view point for a spectacular sunset over the Bagan plain. On Thursday, we visited Shwe Zi Gone Pagoda, and several other temples in Bagan, while in the afternoon we went to a



John and Ella at Indein pagoda complex

Lacquerware workshop. In the evening we took a private mini-river cruise on an old boat and enjoyed the sunset along the river Ayeyarwaddy. Friday we returned to Nay Pyi Taw, and Ella got on the plane to Bangkok, Moscow and Yekaterinburg.



Pagoda and flowers



View looking down into the valley from Pindaya Cave.



Inle lake, gathering seaweed

See you soon!



Taken in the parking lot, Yarmouth office  
of Ophthalmic Consultants of Boston,  
6/22/2019



---

The Gazette is published by West Falmouth Preparative Meeting's Peace and Social Order Committee  
*Rita O'Donnell, Editor; Brenda Nolan, Transmitter; Alta Mae Stevens, Editor Emerita; Stephen Gates, Photograph*