

# THE GAZETTE

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

**West Falmouth Religious Society of Friends**

**JANUARY 2020**

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## **From Martin Luther King's April 1963 Letter from Birmingham Jail\***

"... Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly....

But though I was initially disappointed at being categorized as an extremist, as I continued to think about the matter I gradually gained a measure of satisfaction from the label. Was not Jesus an extremist for love: 'Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you.' ... So the question is not whether we will be extremists, but what kind of extremists we will be. Will we be extremists for hate or for love? Will we be extremists for the preservation of injustice or for the extension of justice?"

\*At the time various publications printed some or all of King's letter. The Atlantic published the letter in its August 1963 issue under the headline "The Negro is Your Brother." For the full text and interesting related photographs including one of a telegram from Muhammad Ali see <https://www.theatlantic.com/magazine/archive/2018/02/letter-from-birmingham-jail/552461/> -ed.



## **Quaker Birthdays**

### **January**

Joyce Johnson, 6

John Davidson, 7

Heidi Blocher, 14



## **Regular Events**

### **Adult Discussion Group**

Sundays at 9:00 a.m. (January 5, 12, 19, 26; February 2, 9, 16, 23)

### **Peace and Social Order**

2<sup>nd</sup> Sunday at 12:00 p.m.  
(January 12, February 9)  
Larry Jordan, convener

### **Growth and Learning**

3<sup>rd</sup> Sunday at 12:00 p.m.  
(January 19, February 16)  
Sunny Davidson, convener

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

Usually 1<sup>st</sup> Saturday 9:30–11:45  
(January 4, February 1)  
Brenda Nolan, convener

### **Restorative Circle Practice**

Usually 1<sup>st</sup> Saturday 1:00–3:00  
(January 4, February 1)  
Brenda Nolan, convener

### **Ministry & Counsel**

Carolyne Jordan, convener  
(508-420-1738)  
Deborah Bradley  
Marilyn Brice  
Sunny Davidson,  
Jonathan Joyal  
Abigail Young

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

Usually 4<sup>th</sup> Sunday (January 26,  
February 23)

## **Upcoming Events**

### **New England Yearly Meeting**

#### **Youth Events – Contact Cynthia Rankin**

#### **JHYM retreat (grades**

**6-8)** Retreat theme is

“Outbursts of the  
Soul: Our Annual  
Music Retreat,”

Westport Friends  
Meeting, Westport,  
MA, Friday, **January**

**10**, 7:00 p.m. -- Sunday **January 12**, 12:30 p.m. We will share music that speaks of our hearts, souls, and connections to the divine. See

<https://neym.org/events-calendar/2020/01/junior-high-yearly-meeting-january-retreat>



#### **JYM retreat (grades 2-6)** “With My Own Two

Hands: A Bread Retreat,” Wellesley Friends Meeting, Wellesley, MA, Friday, **January 24**, 5:00 p.m. -- to Sunday **January 26**, 12:30 p.m. Each person will go home on Sunday with their own loaf of bread and a collection of

recipes. [https://neym.org/events-](https://neym.org/events-calendar/2020/01/junior-yearly-meeting-january-retreat)

[calendar/2020/01/junior-yearly-meeting-january-retreat](https://neym.org/events-calendar/2020/01/junior-yearly-meeting-january-retreat)



### **Events in the Quarter**

**Sandwich Quarterly Meeting—Saturday, January 25, all day.** Gather at 9:00 a.m. Schedule will include refreshments (9:30 – 10:30), meeting for worship (10:30-11:45), business meeting (12-12:45), and panel discussion on immigration (1 – 2). Susan Czernicka (Allen's Neck Meeting) will talk about a program in which volunteers accompany immigrants to appointments. Diego Low (Framingham Meeting), director of the Metrowest Worker Center-Casa will also speak. Potluck lunch will be provided. New Bedford Friends Meeting House, 83 Spring Street, New Bedford, MA.

### **Sandwich Monthly Meeting**

**Sandwich Monthly Meeting—Sunday, February 2**, 12:00 noon, East Sandwich Meeting House, East Sandwich, MA.

**Seekers' Day--** at East Sandwich Meeting Community House, **January 11**. Program 9 a.m. – noonish. Theme: “What do we do with our anger, frustration and fear in a world rife with conflict?” Coffee available before program at 8:30 a.m., with SMM M&C-hosted luncheon following program. Back-up weather date is January 25.

**Yarmouth Forum, February 5.** Second discussion of “*Beyond Consensus: Salvaging Sense of the Meeting*,” Pendle Hill Pamphlet #307 by Barry Morley. Gather at 5:30 in the schoolhouse to eat together. Bring your own meal or sandwich. Discussion from 6:30 – 8:30 p.m. in the meetinghouse (schoolhouse if our numbers are small). Contact Lee Hamilton. This 1993 PH Pamphlet is available in WFPM library.



## Events in West Falmouth

**Mid-Week Quaker Meeting** at Atria in Falmouth. **Wednesdays**, at 9:45 a.m., **January (not 1, 8, 15, 22, 29)** and **February (5, 12, 19, 26)**. Contact Gina Lyman.

**Peace and Social Order Committee** will meet **Sunday, January 12** at 11:30 a.m. The topic will be what Friends can do about the climate crisis. Steve Gates will share the full workshop that he has been presenting to other meetings as part of his Legacy Gift. This will include the movies of our youth that NEYM’s Earthcare Ministry Committee showed at 2019 Sessions in August. The message of the workshop is that there is hope ... the hope that comes from taking action. Because our youth have been learning about regenerative gardening and climate change more generally this year, **P&SO extends a special invitation to our youth to attend this meeting.** Please note that we will start early, at 11:30, in order to encourage our youth to attend. The meeting is open to the public, so feel free to encourage your friends and neighbors to attend as well.



**Quaker Women Potluck** -- Topic is “Hope.” **Tuesday, January 14** at Quaker House. Gather at 5:30 p.m., supper at 6:00, discussion at 7:00.

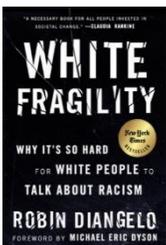
## Other Events at the Meetinghouse

**Mondays, 7 p.m., Zen Meditation.** Contact Fran Lightsom.  
**Fridays, 7 p.m., Narcotics Anonymous.** Contact Sally Fritz.

## Also of Interest

**No Place for Hate – Falmouth** is hosting **Active Bystander Training, Saturday, January 11, 2:00 – 4:30 p.m.** at Falmouth Public Library. The training is free of charge and will focus on how bystanders can interrupt harm doing and generate positive actions by others. For further information and registration see <http://www.npfhfalmouth.org/events.html>.

Falmouth’s Annual **Martin Luther King National Holiday Community Breakfast, Monday, January 20, 9:30-11:30 a.m.** at the Sea Crest Resort, North Falmouth. Donique R. McIntosh, Ed.D. will speak on “A Restless Determination.” Advance tickets are \$22 for adults and \$12 for students; \$3 more at the door. For reservations see <http://www.npfhfalmouth.org/events.html>.



The Unitarian Universalist Fellowship of Falmouth is sponsoring a **community read and discussion** of *White Fragility* by Robin DiAngelo. Meet at the UUFF on **Wednesday, January 29, at 7:00 p.m.** for a discussion of insights and questions, facilitated by UUFF’s Rev. David Kohlmeier. Discussion is open to all interested persons. Books are available at UUFF and may be acquired for a modest donation.

**Committee News**

**New in 2020** we will have a **Finance Committee** consisting of the officers of the meeting, the bookkeeper (also new) and the auditor. There will also be a new **Long-Range Planning Committee** which will consist of representatives from each committee along with other interested persons. If you might be interested in serving on this committee, please contact Steve Gates, the initial convener.

**Youth committee assignments:** We are also very pleased to note that, in another first, several of our youth have accepted committee assignments. On **Building & Grounds**, Allison Diana, Angela Diana and Andrew Diana will join Marilyn Brice, Molly Cornell, Jonathan Joyal and Clyde Tyndale. Angela Diana will also serve on the **Library Committee**.



**Sandwich Monthly Meeting 2019**

***We welcomed these Friends into membership.***

*Barbie Gail  
Yarmouth Preparative Meeting*



*Barbara Parker  
East Sandwich Preparative Meeting*



***We mourn the passing of these Friends and we remember them with gratitude.***

*Martin Fido 1939 – 2019*  
*West Falmouth Preparative Meeting*



*Rudolf Scheltema 1926 – 2019*  
*West Falmouth Preparative Meeting*



*Margot Koch Ruthe 1919 – 2019*  
*Yarmouth Preparative Meeting*



**SMM New Year's Eve Gathering 2019 at East Sandwich Meetinghouse**







## **Religious Education – Youth**

### ***Restorative Justice***

*(Hans) Esteban Hernández*



A few weeks ago, Brenda came to talk to the children’s meeting about the idea of restorative justice. I really enjoyed this topic. I didn’t know what restorative justice was before this meeting, so I learned a lot. Brenda told us she had experienced restorative justice before she knew it had a name. She gave the example of when she was a school bus driver and she had to enforce rules that didn’t make sense to her, about things like not chewing gum on the bus. So, she took away the rules that didn’t make sense to her and only kept the ones about safety, such as staying in your seat while the bus was moving. And she found that the kids on her bus were the most well behaved. I thought this was because she didn’t enforce rules by insisting, but rather by helping the kids and using kindness.

In general, I learned that this is a way to resolve conflicts where both people try to understand the other’s point of view. Instead of focusing on hatred, the person who is harmed explains how he or she got harmed. The person who did something to hurt another person explains why he or she did it. Overall Brenda gave an amazing presentation and I hope she comes again.

### **Readers Write**

#### ***Approved Budget for 2020***

*Steve Gates*

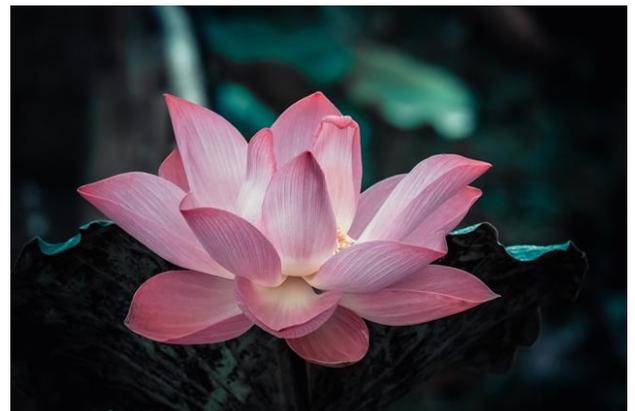
December’s Meeting for Business approved the West Falmouth Friends 2020 budget, which is attached to this mailing of the Gazette.

The major change from last year is the addition of a \$4500 line item for mowing and snow removal for the entire property. This will be paid for with a \$4500 transfer of funds from Quaker House. The meeting thanks the Quaker House Trustees for providing this funding. Meeting for Business also approved \$250 in funding for music, including piano tuning (see the attached MfB minutes for details).

On the personal side, I wish to thank the meeting for the opportunity to be treasurer these last two years. It has been a joy for me. And I especially appreciate Clyde Tyndale and David Young being willing to pick the responsibilities I had so that I can pursue my leading on the climate crisis.

#### **Special Section on Readers’ Meditations**

In the next pages, several Friends share meditations they have written. As we turn to the new year, 2020, we are offered several different perspectives on faith and practice.



## ***Meditation on Gun Violence***

*Nan Garrett-Logan*

Read here the names and ages of some of the people killed in Massachusetts with guns in 2019.<sup>1</sup> Read them aloud to yourself, mindful that each of those named awoke that morning in the full belief that they would awaken again the following morning.

Emmanuel Moulin 32  
Karina Nieves 24  
Godfrey Jenkins 28  
Alexis Martinez 29  
Carl Reynolds 28  
Jaden C. Salois 18  
Jeudy Romero 29  
John T. Boyer 68  
Juan Morales 32  
Vannark Chourb 29

Timothy Redmond 38  
Jimmy Iem 30  
Kendric Price 32  
Jeury Batista 23  
Eric Daniels 37  
Haki Sanders 33  
Kelvin Frias 30  
Jordan Rodriguez 25  
Marco Rodrigues 31  
Tyrel Wheeler 16

Eleanor Maloney 74  
Anthony Betancourt 32  
Kevin Boyd 53  
Michael Dukes 53  
Christopher Puntin 44  
Kevin Brewington 33  
Donell Davis 24  
Roberto Hernandez Gil 34  
Aribertic Rodriguez 20  
Earl Thomas 32

Zachariah Ramsey 29  
Luckinson Oruma 60  
Charles White Jr 27  
Isaiah Ramos 19  
Arnold Woodrum 59  
Joshua Hines 23  
Jose Martinez 34  
Christian Green 32  
Ellis J. Wright 48  
Brandi Berg 37

Corey Thompson 25  
Tafar Lewis 18  
Kahsir Thompson 22  
Adilson Barbosa 22  
Daniel Vo 24  
John Brooks 35  
William Fernandez-Martinez 28  
Christian Nunes 20  
Freddy Centeio 30  
Aquil Muhammad 18

Johnathan Rodriguez 28  
Andrew Musgrave 31  
Ramon Guerra 23  
Jared Brown 24  
Brandon Jesurum 34  
Heriberto Hernandez 55  
Juan Mendez 37  
Eric Voshell 39  
Marcus Dunn-Gordon 25  
Jarod Harris 42



Deirdre Alia Zaccardi 49  
Alexis Zaccardi 11  
Nathaniel Zaccardi 9  
Kathryn Zaccardi 9  
Joseph Zaccardi 43

Hamza Warsame 25  
Pasqual Casiano 44  
Aderito Barbosa 35  
Gabriel Irizarry 31  
Shanike Roldan 34  
Tamara Davidson 49  
Marvin Nay 62  
Dhimani Rivera-Therrien 18  
Nathaniel Olivo 19  
Gary Gaudette Jr. 39

Stephanie Olivieri 32  
Rob Hinkley 26  
Israel Heredia 24  
Darrell Russ 33  
Paul Collazo-Ruiz 17  
Fouad Baghdad 25  
Fabio Vega-Nunes 21

<sup>1</sup> This list is not comprehensive. It does not include gun suicides, for example. For further information on how the list was compiled see <https://www.gunviolencearchive.org/>

## ***Meditation on the Climate Crisis***

*Barbara Lambdin  
Yarmouth Preparative Meeting*

Most of us know that there is a climate crisis and that huge changes must be made to avoid the devastation of the planet and of the future generations who will attempt to live here, so it may be well to consider a New Year's Resolution for the planet. Here are a few quotes and queries to start your thinking and prayerful contemplation.

Psalm 24:1-2 Entrance into the Temple  
Of David. A Psalm.

- <sup>1</sup> The earth is the LORD's and all that is in it,  
the world, and those who live in it;  
<sup>2</sup> For he has founded it on the seas,  
and established it on the rivers.

*(New Revised Standard Version)*

Do I revere all life and the splendor of God's creation by protecting it from abuse and exploitation? *(see Faith and Practice, New England Yearly Meeting of Friends: Worcester, MA, 1986, p. 213)*

In what ways do I participate in exploiting the earth?

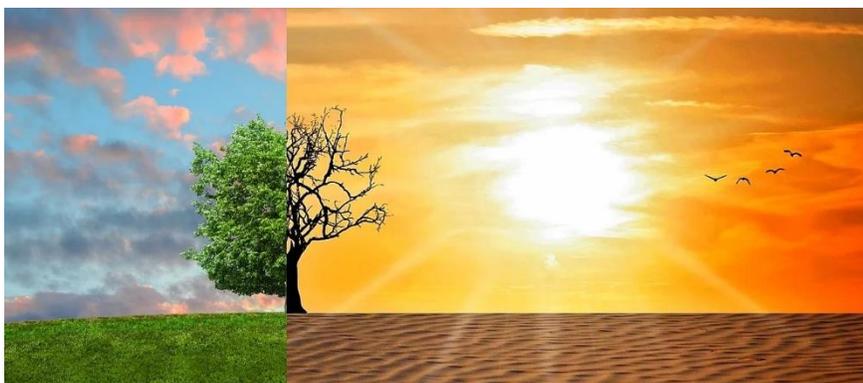
Scientists have known for decades that the climate is changing rapidly and will soon result in a planet that is uninhabitable.

When my grandchildren come to me and ask, "What did you do to protect the earth from devastation?" what will my excuses be? "I didn't know." "I thought there was enough time." "The forces against us were too great."

What do I really stand for and what have I done to prove it?

Are there things I need to learn more about, actions I can take now, sacrifices I must make?

Silence and inaction are complicity.



***Into the Light of Grandmother Moon--  
A Spiritual Meditation for 2020***

*Gail Melix  
East Sandwich Preparative Meeting*

Wampanoag women get together every full moon and have a ceremony for Grandmother Moon. The ceremony includes prayer, drumming, a tobacco offering in the fire, and heartfelt conversation. Sometimes there is singing. In good weather months we gather in women's' lodge- a wetu made of bark in the woods behind tribal center. In the winter we gather at the Indian Meetinghouse.

I wrote this meditation with guidance from the Creator. I find that it works best if you close your eyes and have someone read it to you, or to a group, slowly and mindfully. Take a measure of time between each paragraph below to experience the silence.

“Close your eyes and take a deep breath, and slowly release that breath, and with the exhale of breath ask all the tension in your body to leave.

Imagine a beautiful brilliance of light above your head in the dark night sky. This Light is as white as the new-fallen snow, brighter than the noonday sun, and more brilliant than the sun reflecting on snow. This is the Light and Spirit of Grandmother Moon.

Imagine this beautiful White Light of Grandmother Moon encircling your head and coming to rest on the crown of your head in the shape of a wreath. Know that you are completely safe, that you are loved... that you are in sacred space.... and that you belong to this place. With every breath you take in and let out you become more present in this sacred circle place, and this is pleasing to Grandmother Moon.

Invite this white Light of Spirit to fill your head completely, and awaken your innermost thoughts. Let all distractions and fleeting thoughts be stilled. Feel the joy of each thought being given you, each passing moment as a blessing. Fill your mind with the sound of gentle stillness and listen in quiet invitation to the promptings of Grandmother Moon. Mindful thinking awakens imagination, foresight and healing, opening us up to divine leadings and guidance from Creator. Trust that what you are being given is Truth.

Pull this beautiful bright Light of Spirit from Grandmother Moon down into your throat and let it bathe and heal your vocal cords, for this is a center of power giving you courage to speak truth. Let your words ring clear and true, promoting equality, simplicity, integrity, peace and community. Make yourself ready to receive the language of true Spirit, which stirs the heart and releases the mind and speaks to the condition of the soul. Use your voice to speak your truth.

Imagine this brilliance of Spirit-Light flowing down into shoulders, arms, hands, all ten fingers, and bringing with it a rush of warmth. From this place come acts of compassion and love and creativity... Use your arms and hands for all that is kind and good, for works of art, and for deeds that speak to the power of Spirit's love of all living things. Trust that your hand is being held by Grandmother. Comfort, support and inspire those around you. Outreach born of spiritual leadings is evidence of your inner self-manifesting your best self.

Feel the vibrant flow of Grandmother Moon as her Light fills your chest. With each breath and heartbeat gather up your aspirations through prayer. Let Spirit speak to the condition of your soul through worship, for worship is deeper than words.

And let your heart dance with an exaltation of gratitude, your lungs open for nourishment from Grandmother's everlasting reservoir of love.

Know that all parts of your being, your body, mind and soul are adored by Spirit. For Spirit's love is endless and eternal and surpasses all human understanding.

Treat all of yourself with tenderness and care, that you will know how Spirit intends for you to treat others.

Pull this beautiful white Light of Spirit from your chest down into your abdomen and groin. This is a place of awakenings, your center of balance and stability, a place where instinct is born. Know that your hunger for revelation is heard by Spirit. Know that all is as it should be, right now in this moment of time. Your leadings and purpose WILL be revealed. Those gifts that you were born with will enlighten those you meet and create a more beautiful and loving world. Let Spirit nourish your hunger for revelation. Have courage.

Imagine the Light of Spirit from Grandmother Moon filling both legs with purpose and power. Let the bright light of Spirit flow down into your ankles, your heels, and insteps, bathing the whole of both feet in a warm sensation of surrender to Spirit, infusing each toe with light... and know that even the smallest of your toes is blessed and cherished by Spirit, a miracle of creation.

Take a deep breath.... and release that breath. Let all the tension you hold in your body escape. With the release of each breath, feel the muscles in your body soften and relax.

Imagine your feet at ocean's edge, in the ebb and flow of the tide, salt water washing over each foot, each toe... and flowing back into the sea in a rhythm with your breath. Witness divine communion as Spirit greets Sea, as spiritual currents bathe you in eternal love. There is an infinite ocean of light surrounding you. Pull the presence of Grandmother Moon into each footstep and breath that you take, and Creator will guide your legs as they journey their path. Wondrous things are within your grasp.



**Something to Remember**  
**A Meditation on Homelessness**

*Alan Burt*  
*East Sandwich Preparative Meeting*

December 21<sup>st</sup>, the longest night of the year, has been recognized as National Homeless Persons' Memorial Day. Each year on this day, hundreds of cities across America hold memorial services and various events to draw attention to those who suffered and died homeless in their communities.

On December 21st of this year, the Quaker-supported organization, Belonging To Each Other held a memorial service at the First Congregational Church in Falmouth. Like last year, it was attended by many caring hearts who prayed, spoke words and sang songs to memorialize the 31 men and women, who had suffered in the state of homelessness on the shores of Cape Cod over the years, and who had died in 2019.

After the service, several of us walked across the street to the St. Barnabas lawn to experience homelessness for this one long night as a way to demonstrate, "We Understand, We Care."

It is again my new year's prayer that more of our Cape Cod community members will come out of the shadows and into the light of loving those suffering in our midst. To quote Mother Teresa, "In the face of the poor, the sick, the lost, the wretched and homeless, you will see and experience the distressed disguise of God looking at you, looking for your love."

Here are the names of the 31 men and women who died homeless on Cape Cod in 2019.



|          |                       |
|----------|-----------------------|
| February | Paul Edwards 50       |
|          | Peter Cozzi 67        |
| March    | Daniel Hughes 63      |
| April    | Terry Dunbar 55       |
|          | Kim Weatherwax 58     |
|          | Kathleen Krakowski 60 |
|          | Kevin Luddy 63        |
| May      | Dewey Green 58        |
|          | Brenden Flynn 23      |
|          | Jana Grauer 38        |
|          | Robin Zwart 65        |
| June     | Michael Costa 62      |
|          | Jerry White 53        |
|          | Jaimon Burt 40        |

|           |                       |
|-----------|-----------------------|
| July      | Kelley Durling 50     |
|           | Carrie Guenard 59     |
| August    | Jane Sweet 54         |
|           | Russell St. Pierre 60 |
|           | Bobby Simens 56       |
| September | Steven Gray 70        |
|           | Bobby Webb 29         |
| October   | Craig Johnson 70      |
|           | Jessica Hanlon 39     |
| November  | Glenn Bois 32         |
|           | Richard Zielinski 70  |
|           | Robert McGillveary 68 |
|           | Matthew Conway 65     |
|           | Larry Ford 66         |
|           | Jonathan Drew 72      |
|           | Eric Gustafson 47     |
| December  | Daniel Demao 65       |

## What We're Reading

### Quaker Practice for Transformation and Prophecy

Fran Lightsom

I have often thought that, compared to the old days, we Quakers today are less transformed and emboldened by our communion with the Inward Light. Recently I read a book that suggests what our Quaker ancestors did differently to receive the Light's guidance and power, something that is still possible for us today.

The book is *Presence and Process: A Path Toward Transformative Faith and Inclusive Community*, by Daniel P. Coleman. The author is a Quaker and a scholar of religion. Reading the book is in some ways like reading a mystery novel: Coleman offers insights from 2000 years of Christian experience, with additional insights from sociology, Buddhism, and other world religions, and only in the last few pages gives a sketch of how he makes sense of it all. I am not sure that my conclusion agrees with Coleman's, but reading the book has caused me to take more seriously the traditional Quaker advice to maintain a strong daily spiritual practice.

A fundamental concept in the book is the distinction between esoteric and exoteric approaches to religion. Exoteric aspects of a religion emphasize doctrines and written statements of truth. Esoteric aspects emphasize mysticism and direct personal experience of truth. All of the world religions contain both approaches, but the exoteric, doctrine-like elements tend to emphasize the differences between religions, while the esoteric, mystical experiences produce universal descriptions of an absolute truth that is called by many names but defined by none of them. Quaker recognition of that of God within all, whether they are Christian, Muslim, or whatever, is a statement of esoteric experience – although it can become an exoteric form of words that is used to draw our boundaries.

Related to the esoteric/exoteric difference is the distinction between apophatic and kataphatic worship. Kataphatic practices use images, concepts, writings, and even feelings that define the object of worship. Apophatic practices enable us to open our minds and hearts to connect with an absolute that is beyond human definition. This is the distinction between the liturgical Presbyterian worship of my childhood church and the waiting worship in our unprogrammed Quaker meeting.

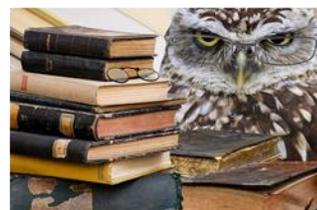
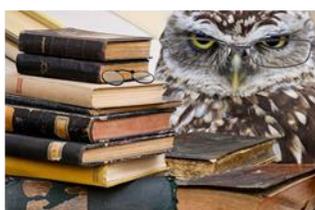
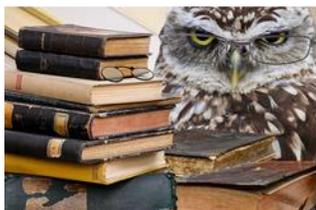
Apophatic contemplation and meditation are widespread among world religions. The details vary with culture and language, but some methods and consequences are universal. Daily practice is recommended, at least half an hour. A common initial step is called re-collection, which is what we are doing when we close our eyes and collect our attention inward. Apophatic contemplation typically includes a stage of self-emptying, setting aside our everyday identity, as a step toward the goal of uniting with that Great Self that has so many names. A result of apophatic contemplation is realizing the partial truth (or even untruth) of the opinions and mental models that we use to make sense of our lives, as a result of seeing them from the perspective of unity with the Great Self. Other common results are increases in morality, serenity, and self-control: transformation! Coleman's book goes into detail about different techniques of apophatic Christian contemplation and Buddhist meditation. Reading this section, I realized that my Zen practice is compatible with millennia of esoteric Christian practice, but if I want to be exoteric about it, I can use a mantra from Aramaic rather than Sanskrit.



The book also has a chapter about process theology, which is a twentieth century way of conceptualizing the ineffable Great Self that is experienced in esoteric worship. Process theology offers an explanation of the importance of apophatic contemplation that is meaningful to my 21<sup>st</sup> century rationality. In brief, the God of process theology is present with every momentary event that happens in the whole universe. When reality has not yet settled on which of the available possibilities will be (momentarily) realized, God is present to offer a preference. But when the event involves a human brain, our conscious pre-occupations can easily determine which possibility is realized without considering our unconscious awareness of God's preference. Apophatic practice is a way of developing the habit of being open to God's preference, moment to moment.

What does all this mean for Quakers today? I suggest that, if individual Friends learn apophatic contemplation practices and regularly practice them, we will be open to receive transformation and empowerment by the Inward Light. Our corporate worship will be strong when we are aware of the importance of providing space for Friends to re-collect: to let go of our baggage of opinions, pre-conceived notions, to-do lists, and emotional reactions, so that we can find our way to unity with the Inward Light in its roles of Comforter, Shepherd, Priest, and Prophet. Finally, as we more frequently are aware of and realize the moment-to-moment possibilities that God prefers, way will open to include others in the Quaker Path.

Coleman, D. P. *Presence and Process: A Path Toward Transformative Faith and Inclusive Community*. Newberg, OR: Barclay Press, Inc., 2017.



**Next Gazette Deadline: Friday, January 24**



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The Gazette is a publication of West Falmouth Preparative Meeting  
*Rita O'Donnell, Editor; Alta Mae Stevens, Editor Emerita; Stephen Gates, Photographer; Brenda Nolan, Transmitter*