

# Chapel Hill Friends Meeting

## Newsletter

### Second Month, 2020

**Monthly Query:** How do I face my differences with others and reaffirm in action and attitude my love for those with whom I am in conflict?

**Monthly Worship Tip from the M&W Committee:** Is the hour of meeting for worship the only time in the week you seek to nourish your spiritual life?



#### Upcoming Forum Schedule –

**Feb 2: Complicating Legacies: Slavery, Equity, & Inclusion on a Southern Quaker Campus.** Guilford College's Associate Vice President of Diversity, Equity, and Inclusion, Krishauna Hines-Gaither; and Quaker Librarian and Archivist, Gwen Gosney Erickson; complicate the dominant Quaker narrative as it relates to slavery and anti-slavery with specific focus on our own local history. Their work reevaluates dominant narratives to center the African American experience and sheds light on the fact that Quakers are historically as divided on issues of slavery, racial equity, and inclusion as other predominantly white groups.

**Feb 9: Opportunities to be engaged in the wider Quaker world.** Meeting members will share their involvement and experiences with Friends General Conference, Piedmont Friends Yearly Meeting, School of the Spirit and Pendle Hill.

**Feb 23: Quakerism, the foundation of Carolina Friends School,** Joanna Sisk Purvis. CFS staff, students, and board members will discuss how Quakerism informs school life.

#### Free CPR and Defibrillator Training, Feb 1, Feb 15

The Ministry and Worship Committee is offering CPR (child and adult) and Defibrillator trainings to both members and attenders. (Our meeting now has a Defibrillator.) A certified, clinically-experienced, instructor will provide 90 minutes of CPR and 30 minutes of defibrillator training for 10-12 people in each class. Also briefly covered are signs of heart attack, cardiac arrest, stroke, and the Heimlich maneuver. This training is not for certification. The cost for each participant will be covered by funding from the Shotts Memorial/Leadership Development Fund. Two classes are currently scheduled for Saturdays, February 1 and February 15, 10am-Noon, in the meeting multipurpose room. If you'd like to attend one or the other, email: [ministryandworship@chapelhillfriends.org](mailto:ministryandworship@chapelhillfriends.org) or speak with Jan Hutton

#### Songs for Social Justice and Emotional and Spiritual Health, now to mid-Feb

Claire Bates, who attended CHFM while completing her master's in community-focused social work in 2015-2018, writes:

Nourished by the care and hopes of CHFM and other Friends, I am using song in my work for social change. I organize concerts to bring people together around issues that matter to them, and I sing and play (mostly acoustic folk) to raise awareness and contribute to the texture of life I hope can exist in the world. I do this throughout the country and am here in NC from early January to mid-February. If you are interested in attending a concert, please visit <https://clairebatesmusic.com/events/>. To learn about my monthly program of sending out songs, please visit <https://clairebatesmusic.com/song-csa/>. You can write me at [clairebatesmusic@gmail.com](mailto:clairebatesmusic@gmail.com)

## **Organizing Against Racism, Feb. 14-15**

Emilie Condon shares with Friends:

Phase I Racial Equity Workshop  
February 14-15 (Friday/Saturday) 9am-5pm  
First Baptist Church  
106 North Roberson Street  
Chapel Hill, NC 27516

We are partnering with the Chapel Hill-Carrboro Branch of the NAACP, the Orange County Health Equity Council, and First Baptist Church to bring the next REI Phase I workshop to Orange County!

Moving the focus from individual bigotry and bias, the REI Phase I workshop presents a historical, cultural, structural, and institutional analysis. REI believes that organizations often work for equity with multiple understandings of racism that rely more on personal feelings and popular opinion.

Please share with your networks. Register [here](#).

## **Piedmont Friends Fellowship and Yearly Meeting Annual Retreat, Mar 27-29**

The retreat takes place March 27-29, 2020 at Carolina Friends School in Durham. The theme of the weekend is Quaker history and the challenge of living our lives as Quaker witnesses. Friday, March 27, will feature presentations by Quaker organizations, a potluck dinner and ice breaking activities. Saturday, March 28, will feature a panel of historians on "Learning from the Past and Facing the Present," plus two sessions of the Yearly Meeting. Saturday evening will be informal with fellowship, games and singing. Information on registration will be available soon.

As before, the Shotts/Leadership Development Fund stands ready to pay for registration fees for all who register from Chapel Hill Friends Meeting. Contacts are PFF Representatives Jasmine McKewen and Jeff Brown

## **Study Tour to Bolivia, July**

Pam Schwingl shares with Friends:

The Bolivia Quaker Education Fund (BQEF) is sponsoring a study tour to Bolivia in July of 2020 to promote cross-cultural and trans-continental Quaker exchange with an emphasis on studying climate change from a South American perspective. It's exciting to us that some former graduates of our scholarship program will be among those presenting and helping with the tour.

For more information and details about the 2020 Quaker Study Tour, please visit the BQEF [website](#), which includes information about dates, a provisional itinerary, information about tour leaders, registration information and an application form. While we are very concerned about the ongoing political unrest in Bolivia which has impacted life for most everyone in the El Alto and La Paz areas, at this time we are moving forward with our plans for the trip as we are hoping that the situation may be more settled by July.

Please contact Pam Schwingl for more information - 919-943-0961 or [pschwingl82@gmail.com](mailto:pschwingl82@gmail.com).

## **Shotts Memorial and Leadership Funds Are Available**

What are your self-improvement plans for 2020? The new year and new decade bring the opportunity for each of us to take stock and consider how we want to be our best selves in 2020.

Would you like to participate in a Racial Equity Institute training in Durham? Or attend a Pendle Hill workshop? Get active in the Friends Committee for North Carolina Legislation with others in the North Carolina Yearly Meeting? Attend North Carolina Yearly Meeting's annual meeting in March and/or Friends General Conference Gathering in July? Participate in a contemplative retreat with the School of the Spirit or

a webcast on *Bridging Differences: A Day of Dialogue and Understanding* from the Greater Good Science Center in Berkeley?

As you consider your options for this new year, please remember that the Meeting's Shotts Memorial/Leadership Development Funds are available to help support you with financial obligations that might be associated with these activities. This financial support is not need based. Check the Meeting's website for information on how to request funding. Contact the committee at: [shotts-leadershipfunds@chapelhillfriends.org](mailto:shotts-leadershipfunds@chapelhillfriends.org).

**Meeting for Worship with Attention to Business – Minutes**  
**9:00 am, January 19, 2020**  
**Chris Stanley, Clerk; Alice Carlton, Recording Clerk**

Attendance: Alice Carlton, Chris Stanley, Dave Curtin, Tom Ludlow, Lynn Drake, Matt Drake, Julia Cleaver, Ann Miller, Buffie Webber, Emilie Condon, Lois Ann Hobbs, Dottie Heninger, Ric Shepherd, Kitty Bergel, Carolyn Stuart, Wendy Michener, Pat Mann, Pam Schwingl, Betsy Brinson, Annalee Harkins, Ruth Zalph, Hart Pillow, Richard Miller, Gordon Davies, Ken Grogan, Gwynne Pomeroy, John Hite, Curt Torell, Faye Stanley, Kurt Hein, Gwyn Hein, Cecily Hein, Jasmine McKewen, Buzz Borschardt, Hank Elkins, Jeff Brown, Joyce Munk, Paul Munk, Madelyn Ashley.

1. Opening worship and query – Chris Stanley, Clerk.

Query: How do we help each other face conflicts with patience, forbearance and openness to healing?

2. The Clerk welcomed all. There were no first-time attenders. We reviewed the agenda.

3. Minutes of the December 2019 Meeting for Worship with Attention to Business (MWAB) were approved as written.

4. Jeff Brown, representative to Piedmont Friends Fellowship (PFF), presented our response to a request from Friends General Conference about how we address anti-racism in our meeting. We discussed at length our involvement and the need for ongoing anti-racist activities. The report will be revised and presented again next month.

5. Pat Mann, one of our four representatives to the Carolina Friends School (CFS) Board, presented the CFS annual report. (See attached.) We accepted this report with gratitude.

6. Benevolences: the Peace & Justice subcommittee on benevolences is still working on a plan for our benevolences and will report next month. We reviewed Quaker unity and the discernment process. Our goal is unity, not unanimity or consensus. We do not vote and no one has a veto. We are all invited to participate in the discernment process, to listen deeply to each other and share our leadings in search of common ground. When a proposal is presented, we can accept it, share concerns, oppose and stand aside, or oppose and not stand aside. A question: what is the meeting saying and what does the meeting need? We need to come from worship and from love. One who disagrees needs to be heard and may then find it easier to modify their position. We must listen for divine guidance and be open to receiving it. We need to trust the discernment process, trust each other and our Clerk. To find a greater love for each other in this process. One Friend recalled a quote from Aristotle: "Educating the mind without educating the heart is no education at all." The greatest gifts may lie in listening to those whose views we might once have dismissed. What is most important is keeping ourselves together as a community. The Finance Committee once chose benevolences and then created our budget in that order. To make up any shortfall, at the end of the fiscal year, a few members wrote big checks. That process has been reversed now as those generous benefactors are no longer with us. This conversation we are now having is long overdue. We need to have compassion for each other.

7. Betsy Brinson, Quaker House (QH) Board representative, presented the QH annual report. (See attached.) We approved this report with gratitude.

8. Dottie Heninger presented a proposed memorial minute for Mack Ivey. (See attached.) We accepted this minute with gratitude.

9. Maura Murphy, Treasurer, presented the financial report for the first half of this fiscal year as no report was given for the first quarter. (See attached.) We accepted this report with gratitude.

10. Our next MWAB will be 9 am, Sunday, Feb. 16, 2020.

#### 11. ANNOUNCEMENTS

Friends were referred to the weekly eNews for the latest announcements. To send items for the eNews, email [news@chapelhillfriends.org](mailto:news@chapelhillfriends.org) with “for eNews” in the subject line. For the monthly print newsletter, email [news@chapelhillfriends.org](mailto:news@chapelhillfriends.org) and put “for Newsletter” in the subject line. Deadline for the print newsletter is the last Sunday of the month.

12. We closed with worship and a circle.

### APPENDICES

#### Appendix 1

#### **Carolina Friends School Trustee Annual Report**

To the January 20, 2019 Meeting for Worship with Attention to Business.

Carolina Friends School’s stated mission is:

*Carolina Friends School is a vibrant and inclusive learning community empowering students to think critically, creatively, and independently. We foster active exploration and quiet reflection, individual endeavor and collaborative engagement. Inspired by Quaker values — pursuit of truth, respect for all, peaceful resolution of conflict, simplicity, the call to service — we teach our children that it is possible to change the world.*

One of the charges of a Quaker school, and of its trustees, is to constantly ask, “Are we living our Quaker values? How do we do this each day?” This is a question encountered working on, and with, the board, teachers, administrators, staff and students. An example of how this happens is seen in the Peaceful Schools initiative. Led by CFS staff, the mission of Peaceful Schools NC is to empower other schools to create and sustain their own healthy learning environments. The aim is to support and nurture schools as they create and sustain healthy school climates, incorporating their unique needs as well as Quaker values. Presently CFS is working with the Carter Community Charter School and Central Park School both in Durham, Exploris School in Raleigh, Experiential School of Greensboro, Hawbridge School in Saxapaw and the Susie King Taylor Community School in Savannah Georgia. This past year CFS hosted the third *School to Peace Pipeline Conference* for approximately 200 educators. Undergraduate student teachers from UNC and Appalachian State also participate in this program.

It has been noted by the Friends Council on Education (FCE) that the reserve of seasoned Quaker educators and mentors is diminishing due to age and retirement. In response FCE, along with CFS and other Quaker schools, offers training in Quaker education to new teachers. The goal is to build understanding of Quaker pedagogy, decision making, and other fundamentals of Quaker Education. This training is becoming mandatory in some schools. It has also been noted by an FCE leader visiting CFS, that CFS is an example of a school that truly lives its Quaker values.

CFS maintains ties with schools Quaker and non-Quaker in China, Bolivia and Australia. As you know we were a host to a Friends teacher from Bolivia last fall.

The opening of awareness and understanding of Quaker Education and Quakerism does not stop at the educators and students but rather extends to the greater school community. A constant query and challenge for the board and staff is: “How do we provide forums for parents to learn about Quaker Education and Quakerism? Last year there were information sessions, and mini-Quakerism courses were provided. But do not discount the everyday encounters with teachers, and all staff, that demonstrate Quaker values in action. As we know, no one solution fits all. The truth is an alive, ever-revealing experience at CFS, as in our lives.

One evening last week, CFS Head of School, Karen Cumberbatch, presented the next five-year strategic vision to the members of the school community. Her presentation of [The Dream that Drives Us](#) received a warm welcome, evidenced by long applause from the room. The school, with help from the board and the wider school community, has been crafting this vision for several years. Details are given below and on the school website.

During the question and answer period after the presentation, a father stood up and asked how he, and other parents, could learn more of what their children are learning at the school. He stated that he believes that this knowledge is what our world needs now in this time of political and environmental crisis. Is this a request which the school, the Board, and also our Meetings, should rise to answer?

The three pillars of the strategic vision are for CFS to be:

### **A Beacon of Inclusion and Equity**

In continuing our work toward becoming more representative of the racial, ethnic, and socioeconomic realities of our greater community, we aim to set a new standard for inclusion and equity in independent schools.

We will build on the successful outcomes of our [adjusted tuition program](#) (currently serving 171 students, 33%) by expanding our endowment support, further increasing the socio-economic diversity of our enrollment pool. Develop a set of specific, achievable goals in recruitment and retention of staff and students of diverse backgrounds

- Support and fund additional professional development in equity education
- Increasing staffing to support Diversity, Equity, and Inclusion work
- Increase endowment support for our adjusted tuition program
- Create plans for enhanced revenue streams
- Build community connections and partnerships to increase visibility and provide opportunity for revenue generation

### **An Enriched Learning Environment for Now and for the Future**

We will examine staffing, space, and resource needs to meet current and future opportunities in providing access to our education to families while ensuring our ability to create and nurture the relationships at the heart of our educational experience.

Reflecting a greater need to serve our academically diverse students and provide support for increasing levels of anxiety and depression in today's children, we will pursue additional training and staffing.

- Engage in a self-study with Upper School staff, supported by research on effective learning spaces
- Develop new campus master plan and assess demand
- Complete a compensation study
- Expand student support resources in technology, learning needs, and counseling

### **A Global Resource and Exemplar for Child-Centered Education**

For five decades, Carolina Friends has pioneered and modeled educational practices that honor the authentic voice of children in their own learning, including supporting teaching professionals in honing their craft.

This will make elements of our extraordinary educational approach more visible and accessible to other schools and organizations, provide new and deeper experiences for inquiry and leadership for our students and staff, and enhance revenue for the School.

- Enhance staff support for existing Extended Learning, Peaceful Schools NC, and professional development programs
- Research and explore existing models for teaching and learning centers
- Create a business and communications plan and launch a timeline for an institute for teaching and learning

## Appendix 2

### **Annual Report on Quaker House to CHFM (January 19, 2020)**

**Mission Statement: Quaker House is a manifestation of the Religious Society of Friends Peace Testimony. Based in Fayetteville, NC, the home of Ft. Bragg, Quaker House provides counseling and support to service members and families, who are questioning their role in the military; educates them, their families and the larger public about military issues; and advocates for a more peaceful world.**

**Background:** Chapel Hill Friends Meeting is a founding member, legacy, of Quaker House since 1969 when Dean Holland, a Vietnam era soldier, who wanted to be a CO (conscientious objector) and came to our meeting requesting help for himself but also for others like himself in the Fort Bragg area. CHFM offered financial support to establish a physical space where soldiers could come for information, support and community. When the first house burned mysteriously in the middle of the night, CHFM arranged for a second home on Hillside Avenue, which is where QH has since resided.

**50<sup>th</sup> Anniversary Celebration:** 2019 was the 50<sup>th</sup> anniversary of Quaker House. In September, a special luncheon event in Fayetteville, brought over 200 guests and speakers to celebrate and hear the words of

former clients, past directors and staff. Some 25 CHFM members traveled the 75 mile distance to attend the luncheon celebration, followed by the QH Open House. Some guests even traveled from the West Coast and other faraway places to attend.

In addition, two short DVD videos were premiered at the September 21<sup>st</sup> celebration. "Conscientious Peacemaking Since 1969" and "Stories of Gratitude " were produced for showing in Quaker meetings and other educational forums. Viewers found the films to be inspirational and moving documents of the history and the Quaker House mission.

**GI Rights Hotline:** Steve Woolford and Lenore Yarger, who now have been on board with QH for 18 years, continue in their direct counseling through calls received from American soldiers stationed around the world. Approximately 3,121 unique calls (roughly 260 per month) were received in 2019. These calls frequently required multiple contacts as clients processed information and made decisions.

In addition, Steve, Lenore and Kindra Bradley, QH director, have all played active leadership and educational roles with the GI Rights Network nationally. An annual three day gathering of representatives from all these centers is designed to build hotline organizational support but also to educate other ally organizations like Vets for Peace, Courage to Resist, Civilian Medical Resource Network as well as attorneys, who represent soldiers who are involved in legal challenges against the military

**Domestic Violence, Sexual Assault, and Moral Injury Counseling:** Since the beginning of our program, 2,159 hours of free one-to-one counseling with Joanna, our licensed clinical social worker, have been provided to active duty and veteran service members and their families who are dealing with the effects of domestic violence, sexual assault, and/or moral injury. Joanna has also been instrumental in providing supervision for several social work students, who are completing internships from local university social work programs. In addition to counseling, the interns have been able to represent QH at the VA Community Mental Health Summit as well help in connecting QH with Ft. Bragg channels of communication.

**Emergency Deployment Counseling for Families:** In early January, over 3,500 Fort Bragg soldiers were deployed quite unexpectedly to the Middle East in anticipation of war with Iran. With only several hours notice, many families were left feeling traumatized. In response, Quaker House began on Monday, January 13, a single Monday slot each week in the regular counseling schedule for support; a bi-weekly support group and counseling for spouses/partners; a support group once a month for children ages 7 to 14; and a support group once a month for community members at large.

**Executive Directorship:** Kindra Bradley completed two years in her role as executive director. As a voice for peace, conscientious objection and concerns about military recruiting, she has increased the QH social media communications to reach new audiences. In 2019 she presented educational forums with Quaker Meetings and other groups within the region, and networked with local, state and national Quaker and social advocacy groups. In addition, Kindra offered a weeklong workshop at Friends General Conference in July. She has monitored the hearing of the National Commission for Military, National and Public Service in order to share information about the Commission's mandate to update the Selective Service and Draft system, including the consideration of a mandatory service requirement. Finally, she is developing new educational program on the topic of the environment and the role of the military. This latest program will be launched in early 2020 and CHFM will hear Kindra present at a First Day Forum in March of this year.

**Board and Volunteer Leadership:** The Quaker House board is comprised of 19 members, selected by local meetings in North Carolina, Virginia, South Carolina and Kentucky. Baltimore Yearly Meeting, NC Yearly Meeting-Conservative and the Southern Appalachian Yearly Meeting ( SAYMA)are also represented. Meetings are held quarterly in person but this year Zoom has been introduced in order to allow participation for members who live some distance away. Several Executive Committee meetings have also been held using Zoom teleconference calls.

While new board members have been recruited, several have stepped down for family and other pressing duties. Regrettably, our treasurer Curt Torell, from CHFM, and who served as board treasurer for 14 years, also left the board this fall. We are saddened by his loss. Curt has made a major contribution to the life of QH financial management, program and board development during his tenure.

**Administrative Re-Structuring:** In late 2019 we were pleased to welcome a new treasurer from the Raleigh Meeting. In a major re-structuring, QH contracted with a local Fayetteville accounting firm, specializing in non- profit organizations, to take over bookkeeping, financial accounting, payroll and tax obligations. Board leadership and executive staff believe that the re-structuring will allow for smooth financial management as well as the opportunity to develop new educational programs, service and outreach.

**QH Building Management:** Built in 1930, Quaker House is 90 years old now. Located in a historic district neighborhood, this building requires maintenance and care. In 2019 we replaced the old roof at a cost of \$13,170.00. (The entire roof had to first be covered with plywood before the architectural shingles could be

put on.) We also had to take down a large tree that was dangerously situated over the house for a cost of \$975. A thermostat to provide heat was replaced along with some minor bathroom fixtures.

In early January 2020, the heating system failed and will require a new system at an estimated cost of \$16,000 to \$18,000. The current system was installed in the winter of 2004 and so is approximately 16 years old.

In addition to QH operations and program, the building also hosts the Fayetteville Friends Meeting and the Quaker House Advocacy Team, which is associated with FCNL, along with several community groups that meet there.

**Operation and Budget:** The 2019 budget is \$185,906. Presently the staff consists of the executive director; the two hotline counselors who share a single salary; and the family violence counselor. Health benefits cost \$5,157 and staff has standard vacation and sick leave. While QH has no endowment, we were fortunate until this month to maintain a reserve balance currently of \$26,000. This “rainy day” fund covers major capital expenses, such as replacing the roof. Now this fund will need to cover the estimated costs of \$16,000-\$18,000 for a new heating system, leaving only an estimated \$6,000-\$8,000 in reserve.

**Chapel Hill Meeting Representation to QH Board:** Betsy Brinson and John Hite are the current Chapel Hill Meeting representatives to the Quaker House board. QH by-laws allow for 5 members. CHFM Nominations Committee is looking to make additional appointments. For questions and/or more information about board member responsibilities, please contact Betsy Brinson, brinson422@comcast.net.

January, 2020

### Appendix 3

#### **Michael “Mack” Hamilton Ivey** January 24, 1930 – November 24, 2019

Michael (Mack) Hamilton Ivey and Mahla, his wife of 67 years, came to Chapel Hill Friends Meeting in the late 1980's, and they were faithful attenders at meeting for worship. Mack also participated in Meeting committees including Adult Religious Education, Publications and the Interfaith Council.

Mack grew up in Auburn, Alabama, arriving in Chapel Hill to pursue his graduate degrees, a MSPH and a PhD. Mack went on to teach and conduct research in parasitology and microbiology at the University of Missouri. In 1964, Mack assumed a position in the Health Sciences Center of the University of Oklahoma. Mack's research yielded foundational discoveries in an early understanding of an opportunistic HIV infection. Later, he did research in Central America, taught in India, and consulted on the development of the department of parasitology in the Saigon Medical School. While in Oklahoma, he and Mahla were pleased to welcome the births of their two children Virginia and Paul.

In 1990, Mack and Mahla returned to Chapel Hill to retire. Mack's gentle nature and acute observational sympathies led him to write poetry. He became active in the North Carolina Poetry Society and developed a reputation as a North Carolina poet. His specialty was writing witty insights into the human condition. On at least one occasion, he turned his talents to writing about the experience of attending meeting for worship at Chapel Hill Friends Meeting. In 2001, the Iveys moved to Carol Woods where Mack joined the Poetry Reading Group. His poems were featured in annual presentations to residents and were published occasionally in the Carol Woods News.

Mack walked gently over the face of the Earth. For many years he lived with Parkinson's Disease. The physical ravages of this disease did not bend his spirit; he always expressed his care for others and his pleasure at being among friends. Mahla and Mack attended CHFM as long as they were able, and attended Quaker Meeting at Carol Woods on occasion.

One of Mack's last poems, “I Imagine,” reflects his view of approaching death: “...When my last day looks me squarely in the eye, I imagine a breeze will stir my heart, tell me not to fret, not to fear. Whatever fate comes my way, peace waits for me, and me for it, free to float, free to fly or rest, at last.”

Mack's life was a gift he gave in full measure.

Chapel Hill Friends Meeting  
Balance Sheet  
As of December 31, 2019

	<u>Dec 31, 19</u>
<b>ASSETS</b>	
Current Assets	
Checking/Savings	
BB&T-2699 Community Checking	33,510.52
BB&T-3430 Refac (Return Citz)	1,017.57
BB&T-3597 Youth Service Trip	3,115.76
BB&T-4039 Building Renovat Fund	17,360.39
BB&T-4071 Care and Counsel	8,386.22
BB&T-4593 Shotts Leadership	2,334.54
BB&T-9737 Money Rate Savings	35,032.00
Total Checking/Savings	100,757.00
Accounts Receivable	
Bounced checks	600.00
Total Accounts Receivable	600.00
Other Current Assets	
FF- Bequest Fund	1,619.34
FF- General Fund	25,197.41
FF- Physical Plant Reserve Fund	29,255.99
Total Other Current Assets	56,072.74
Total Current Assets	157,429.74
Other Assets	
FF- Shotts Endowment	37,284.51
Total Other Assets	37,284.51
<b>TOTAL ASSETS</b>	<b><u>194,714.25</u></b>
<b>LIABILITIES &amp; EQUITY</b>	
Liabilities	
Current Liabilities	
Other Current Liabilities	
Payroll Liabilities	954.39
Total Other Current Liabilities	954.39
Total Current Liabilities	954.39
Total Liabilities	954.39
Equity	
FF Unrealized Gain/Loss	25,610.47
Opening Balance Equity	134,376.03
Unrestricted Net Assets	11,683.91
Net Income	22,089.45
Total Equity	193,759.86
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b><u>194,714.25</u></b>

**Chapel Hill Friends Meeting**  
**Budget v. Actuals**  
 July through December 2019

	Jul - Dec 19	Budget	% of Budget
<b>Ordinary Income/Expense</b>			
<b>Income</b>			
Building Rental	524.50	300.00	174.8%
Contributions	34,985.50	67,935.00	51.5%
Parking space rental	4,570.00	4,800.00	95.2%
<b>Total Income</b>	<b>40,080.00</b>	<b>73,035.00</b>	<b>54.9%</b>
<b>Gross Profit</b>	<b>40,080.00</b>	<b>73,035.00</b>	<b>54.9%</b>
<b>Expense</b>			
<b>A-Obligations</b>			
Bank Fee	0.00	50.00	0.0%
FDS Coordinator/Childcare	3,484.95	6,000.00	58.1%
Insurance	350.00	5,900.00	5.9%
Software License Fee	299.00	1,000.00	29.9%
UBIT, Storm Fees	736.49	1,240.00	59.4%
Utilities	2,114.85	5,000.00	42.3%
<b>Total A-Obligations</b>	<b>6,985.29</b>	<b>19,190.00</b>	<b>36.4%</b>
<b>B-Committees</b>			
Adult Religious Ed	0.00	100.00	0.0%
Building and Grounds	5,818.15	13,000.00	44.8%
Care and Counsel			
Meeting for Suffering	0.00	110.00	0.0%
Care and Counsel - Other	100.00	200.00	50.0%
<b>Total Care and Counsel</b>	<b>100.00</b>	<b>310.00</b>	<b>32.3%</b>
Children's/Youth Religious Ed	0.00	1,000.00	0.0%
Finance			
Contingency Fund	0.00	350.00	0.0%
Finance - Other	185.70	1,000.00	18.6%
<b>Total Finance</b>	<b>185.70</b>	<b>1,350.00</b>	<b>13.8%</b>
Friends Transition & Suppt-Yoke	490.10	1,700.00	28.8%
Hospitality	162.86	400.00	40.7%
IFC	125.00	200.00	62.5%
Library	0.00	450.00	0.0%
Ministry and Worship	91.01	900.00	10.1%
Nominations	0.00	10.00	0.0%
Peace and Justice			
National Quaker Service	1,109.93	1,500.00	74.0%
Peace and Justice - Other	0.00	500.00	0.0%
<b>Total Peace and Justice</b>	<b>1,109.93</b>	<b>2,000.00</b>	<b>55.5%</b>
Publications and Communications	113.27	1,750.00	6.5%
<b>Total B-Committees</b>	<b>8,196.02</b>	<b>23,170.00</b>	<b>35.4%</b>
<b>C-Transfers to other accounts</b>			
Care and Counsel	0.00	500.00	0.0%
Leadership Development	0.00	200.00	0.0%
Physical Plant Fund	0.00	2,000.00	0.0%
Returning Citizens	0.00	1,000.00	0.0%
Youth Service Trip	0.00	800.00	0.0%
<b>Total C-Transfers to other accounts</b>	<b>0.00</b>	<b>4,500.00</b>	<b>0.0%</b>
<b>D-Benevolences</b>			
Archives Benevolences	0.00	150.00	0.0%
M&W Benevolences	0.00	1,400.00	0.0%
Other benevolence	250.00		
P&J Benevolences	0.00	24,625.00	0.0%

**Chapel Hill Friends Meeting**  
**Budget v. Actuals**  
 July through December 2019

	<u>Jul - Dec 19</u>	<u>Budget</u>	<u>% of Budget</u>
Total D-Benevolences	250.00	26,175.00	1.0%
Total Expense	15,431.31	73,035.00	21.1%
Net Ordinary Income	24,648.69	0.00	100.0%
Other Income/Expense			
Other Income			
Misc Income			
Building Renovation Donation	13,719.96	0.00	100.0%
Interest income	2.87	0.00	100.0%
Misc Income - Other	823.74	0.00	100.0%
Total Misc Income	14,546.57	0.00	100.0%
Total Other Income	14,546.57	0.00	100.0%
Other Expense			
Building Renovation			
Upstairs renovation	6,417.13		
Total Building Renovation	6,417.13		
Capital expense	8,650.00		
Credit Card Fee	98.96		
Returning Citizens (ReFac)	1,094.72		
Shotts Leadership	845.00	0.00	100.0%
Total Other Expense	17,105.81	0.00	100.0%
Net Other Income	-2,559.24	0.00	100.0%
Net Income	<b>22,089.45</b>	<b>0.00</b>	<b>100.0%</b>

## GUIDED MEDITATION FOR CHILDREN

The guided meditations below are from my **Inner Kids** classes and are designed for children ages 6-10. They are available here to listen to and download for free.

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### Mindful Hearing

In this exercise, children are guided through an experience of paying attention to sounds. After some practice, children may find this exercise to be helpful in their daily lives – before doing homework, when they are having difficulty settling down at bedtime, or at other any other time when it would be useful to settle the mind.



### Mindful Breathing

In this exercise, children are guided through a process of paying attention to the breath.



### Mindful Seeing

In this exercise, children pay close attention to the experience of seeing. Before sitting down to listen to the meditation, find a small rock or stone for children to use as a "focus rock."





## Friendly Wishes

Friendly Wishes are guided visualizations that focus specifically on developing compassion, in addition to concentration and awareness.



## Mindfulness Lesson #1



<https://annakaharris.com/mindfulness-for-children/>

## Intergenerational Games

Please join us on the First Sunday of each month for Intergenerational Games following potluck, after the rise of Meeting.

### Chapel Hill Friends Meeting

### Chapel Hill Monthly Meeting of the Religious Society of Friends

531 Raleigh Road, Chapel Hill, NC 27514 (919) 929-5377

Meetings for Worship on First Days at 8:30 and 11:00 AM

Forum at 9:45am; Child Care from 9:30 AM–12:15 PM

First Day School from 11:15 AM–12:00 PM

Resident: John Hite (919) 929-5377 Newsletter.