

Chapel Hill Friends Meeting Newsletter

November, 2015



Monthly Query:

Do I live in thankful awareness of God's constant presence in my life? Am I sensitive and obedient to the leadings of the Holy Spirit?

Contents:

Upcoming Forum Schedule	2
IFC News	2
Letter from Ryan Jarrell	3
Welcome Eloise Grathwohl.....	3
What Are The Kids Up To?	4
Piedmont Friends Fellowship Fall Retreat	5
Informational Meeting on Quaker-Focusing Project	5
Pecans / Brunswick Stew Sale	6
Americans Who Tell the Truth	6
Upcoming Couple Enrichment Events	6
Quaker House	7
Fall Selections Reading List 2015	8
BYO Plate	10
Reminder: Hillsborough Worship Group	10
Calling for Book Reviews.....	10
Minutes from Meeting for Worship with Attention to Business	11
(M&W Report, Joanna Selim membership, letter from Carolyn Stuart/Richard Miller, John Hite CO letter, C&C statement, Eloise Grathwohl welcome, Bill Flash memorial, Quaker-Focusing Supportive Community Group)	
Calendar	19

Monthly Worship Tip from the M&W Committee

Come to Meeting with neither a resolve to speak, nor a determination not to speak, but rather with an attitude of expectant waiting and openness.

Upcoming Forum Schedule

November 1 – “Reflections on the Roles that Money and Investing Play in Our Lives”

Mark Hulbert will present and lead a discussion on the roles of money and money-related activities in our lives, goals and ideals. Mark will speak from his four-decade perspective monitoring the performance of investment advisers. Moderator: Max Drake

November 8 – “Shining Our Lights” Catherine Alguire will describe her experiences in sharing professional skills and Quaker principles during a volunteer trip to an orphanage in Haiti last summer. She will encourage Friends present to reflect and share how participation in the Religious Society of Friends has influenced their interactions in broader communities. Moderator: Matt Drake

November 22 – “Exploring the Power of Clearness Committees” Members of the Ministry and Worship and Care and Counsel Committees will share about the purposes of clearness committees, procedures for requesting them, and experiences with them. Moderator: Catherine Alguire

November 29 – “First Day School Alumni” Friends who participated in the Meeting’s First Day School program will share remembrances of First Day School and observations about its effects on their lives. Coordinated by John Hite and Tom Munk. Moderator: Wendy Michener

IFC News

RSVVP Day

The 27th annual RSVVP Day is Tuesday, November 10. "RSVVP" stands for Restaurants Sharing Ten Percent. Participating restaurants contribute 10% of their total proceeds on RSVVP Day (from breakfast, lunch, dinner and in-between snacks) to benefit the IFC's FoodFirst food programs. The 26th annual RSVVP Day raised a record amount for IFC hunger-relief programs: 112 restaurants contributed a total of \$26,004.62! Eat out early and often on RSVVP Day! Dine out and make a difference!

<http://www.ifcweb.org/events/rsvvp>

The Post Turkey Day Benefit Jam

The annual Post Turkey Day Benefit Jam is November 28 from 8 to 11 pm at The Cary Theater (122 E. Chatham Street in Cary). It featuring The Parsons, Dave Burney of Johnny Folsom 4, Jon Shain featuring FJ Ventre, and The Gravy Boys. ALL proceeds benefit the Relief for Recreation Fund and the Interfaith Council for Social Service. Tickets are \$15 and are available online or at the door on the night of the show. This is the 15th year that Jon Shain has organized this event for IFC. IFC will receive half of the proceeds, which will help fund the holiday dinners program.

<http://www.ifcweb.org/events/post-turkey-day-jam>

Donate Holiday Meals

For Thanksgiving, Christmas, Hanukkah, or Kwanzaa, please consider sharing a dinner with someone who might not otherwise get one. A gift of \$25 helps the IFC offer a family a holiday dinner--a turkey or ham, mashed potatoes, stuffing, vegetables, bread, and dessert

This year, the IFC will provide holiday dinners to at least 700 families. Bags of non-perishables (e.g., instant potatoes, gravy mix, cranberry sauce) are assembled in advance. As the clients arrive to pick up their dinners, frozen turkeys or hams and other perishables (e.g. fresh produce thanks to a special collaboration with Farmer Foodshare) are added. Special arrangements are made to provide meals to shut-ins. If you would like to help, please send your check made out to the IFC for \$25 to:

Inter-Faith Council for Social Service
110 W. Main St.
Carrboro, NC 27510
<http://www.ifcweb.org/events/holiday>

Stewards Fund Challenge

The trustees of The Stewards Fund issued a \$92,625 challenge grant to the IFC Board of Directors. This grant is designed to help raise funds from new donors, increased gifts from existing donors, and funds from lapsed donors. The challenge period ends December 31. If by December 31st the IFC has raised \$92,625 in gifts from new and lapsed donors, or increased gifts from existing donors, The Stewards Fund will match that amount dollar for dollar.

Here's how it works:

- If you've never given to IFC, any donation you make from now until the end of the year will be matched, effectively doubling the impact of your gift.
- Increased donation is defined as the difference between the total of this year's gifts and last year's gifts. So, if you gave \$100 last year and you give \$150 this year, \$50 will be matched.
- Funds from lapsed donors are defined as funds received during the challenge period from a donor who has not given within the past eighteen months.

Letter from Ryan Jarrell

We received a letter from Ryan Jarrell letting us know that he and his partner Sophie are now living in Miami where he is attending Meeting. He is well and holding the Chapel Hill Friends Meeting community in the Light. The full letter is posted on the bulletin board in the foyer.

Welcome Eloise Grathwohl

Please join Friends in the school building at the rise of meeting on Sunday, November 15, to welcome Eloise Grathwohl into membership. Eloise has long been a treasured Friend and we are delighted that she is now a member. Finger food will be served. This is not a potluck. Bring only your happy and celebratory selves.

What Are The Kids Up To?

Sunday, November 1: Potluck and Teens close MFW

High school teens should meet in the multipurpose room at 11 AM to set up for the monthly potluck, then retire to the Meetinghouse and enter Meeting for Worship (MFW) when the younger children exit. Teens will close MFW, and make the announcements. Everybody else: don't forget to bring your own plates and flatware, in addition to a dish to share.

November 6-8: SAYF Retreat, Asheville Friends Meeting

November's Southern Appalachian Young Friends (SAYF) retreat is in Asheville, with a program organized by the teens from CHFM and Durham Friends Meeting. Teens in 7th through 12th grade are eligible to participate, and scholarship funds are available. Interested? For more info contact CHFM's SAYF coordinator, Margot Stern at margot@mstern.com. For more info about SAYF, visit their website www.awesomesayfers.org.

Sunday, November 8: Annual FDS-wide field trip

As part of our unit on Quakerism, we'll be carpooling to Quaker House in Fayetteville. We plan to meet up at CHFM parking lot at 9 AM and arrive at our destination around 11. Stephen and Lynn Newsome will give us a tour, and tell us about the work and history of this special place. Families are more than welcome. Plan to bring a picnic lunch. More details to come!

November 13-15: Middle Schooler's retreat at Hyco Lake

We have a date for our fall retreat! Our retreat is open to middle schoolers (grades 6-8). This has become a cherished tradition at our meeting, and is a wonderful way to build community among our kids. We will carpool to the cabin late Friday afternoon, returning Sunday morning by the end of late meeting. Chaperones this trip will be Sean Chen, Maura Murphy and Leslie Rountree.

For those whose children haven't been before, the cabin at Hyco Lake is a little over an hour's drive north of here, near the VA border. The cabin has two private bedrooms, 1 bath, a kitchen, living area with fireplace, and a huge loft (the kids bring sleeping bags and spread out in the common areas, while the chaperones get the private rooms). There is also a nice deck and canoes at the cabin, with hiking available nearby. Weekend plans include great fun, food, fellowship, games, hiking/canoeing and of course, s'mores! No electronic games are permitted. There is no cost to attend (expenses are covered by the football parking money).

Questions? Comments? Please email lesrountree@nc.rr.com or call 919-932-7308.

Piedmont Friends Fellowship Fall Retreat

Piedmont Friends Fellowship Fall Retreat will be held Saturday November 7th at the Winston-Salem Friends Meeting. Lori Fernald Khamala, AFSC, along with a panel of immigrants sharing their experiences, will conduct an interactive program on current issues impacting immigrants and the Quaker role in seeking justice for our newest neighbors. Registration on November 7th will start at 9:00 at the Winston-Salem Meeting along with light refreshments. Lunch will be provided with plenty of time for socialization and getting to know Friends from across the Piedmont. A \$10 donation is asked for the program and lunch. A children's program will be available for children up through grade school. Older children are invited to participate in the program. Contact Jeff Brown or Margot Stern for more information. More information is available at the PFF website: <http://piedmontfriendsfellowship.org/pff-fall-retreat/>

Informational Meeting on Quaker-Focusing Project

A Quaker-Focusing Supportive Community group is forming at Chapel Hill Meeting. Robert Lee will lead a final information/experiential session at the rise of meeting (12:15) on November 1. Friend Robert is a long time focusing teacher. We would love to have interested faculty and staff from CFS join us.

Rex Ambler, British Friend, in his book *Light to Live By*, described the similarity between the focusing of Philosopher-Psychologist, Eugene Gendlin, and early Friends process. Several years before Ambler's book, Lee started a Quaker-Focusing Supportive Community group at Cambridge Friends Meeting, suggesting that Quaker process and focusing process had a great deal in common, and much to offer each other. That group met weekly for 3 years and was well regarded by the meeting.

At Cambridge Meeting, many members of the group reported a deepening in their Quaker process coming from the study of focusing and of the felt sense (body sense, whole of a situation, felt meaning, experiencing—all broad synonyms for felt sense.) The eventual weekly Quaker-focusing groups will use queries from *Light to Live By* and focusing process for inner deepening and then divide into dyads and triads for focusing and listening exchange. We think the process will strengthen community and build bonds.

Quaker-Focusing Project Essential Path:

- Informational Sessions at CHFM and other area Quaker institutions (dates not yet established) toward establishing a large group for a 12 hour training
- 12 hour Quaker-focusing supportive community training.
- Weekly Quaker-focusing supportive community sessions.
- Target date: mid-February.

Sponsored by Ministry and Worship, Care and Counsel, and Mental Health Concerns—Chapel Hill Friends Meeting. Contact: Robert Lee, Robert@focusingnow.com, 919 869 7487.

Pecans / Brunswick Stew Sale

Pecans \$13/lb; Brunswick Stew \$8/qt.

Julia Cleaver has kindly stepped up to handle orders for pecans and Brunswick stew for the OCC prison ministry fundraiser. Pick up day for items is November 14 and they will be available at Meeting on Sunday, November 15. **DEADLINE FOR GETTING YOUR ORDERS TO JULIA CLEAVER IS NOVEMBER 3.** Please email orders to Julia at cleaverjul@gmail.com and be sure to get a check to her by the deadline date, made out to Alamance Orange Prison Ministry (AOPM) for amount of order (plus donation if you wish to make one). For those who have already ordered through Asta and sent a check to her, ignore this message.

Americans Who Tell the Truth

From November 14 to February 14, 2016, fifty-two paintings (out of 200) from the nationally acclaimed “Americans Who Tell the Truth” (AWTT) collection will be on display at the International Civil Rights Center & Museum in downtown Greensboro. The AWTT is an extraordinarily powerful and inspiring civic/traveling art exhibition featuring a diverse cross-section of portraits of courageous Americans painted by artist Robert Shetterly. The portraits contain quotes which have inspired viewers to become more socially and politically active in their communities. There will be an Activity Kiosk at the end of the exhibit which will have literature from local peace and justice organizations. To view the paintings and get more information about AWTT, go to their website: www.americanswhotellthetruth.org. The website has all the portraits, the quotes, and a longer description of each person pictured.

Upcoming Couple Enrichment Events

Dip Your Toes, Spend a Day, or Retreat for an Entire Weekend

Couple Enrichment is a program of Friends General Conference that has been nurturing couples, families, and meetings for over 45 years. There are several opportunities in the near future to get involved:

1. Sunday, Nov. 8 and Wednesday, Nov. 11, 6:30 – 9:00 pm

Two “Toe-dipping” opportunities – a two-hour introduction of Couple Enrichment for those who want to learn more and get a taste of what a day-long retreat might include. Couples are encouraged to attend together, but individuals are welcome to attend. Held at the Durham Friends meetinghouse.

2. Saturday, Dec. 5, 8:30 am – 4 pm

Day-long workshop - open to any couples in a committed relationship, regardless of legal status or religious affiliation. Donation encouraged (suggested \$25/couple). Held at the Durham Friends meetinghouse.

3. Friday – Sunday, May 6 – 8, 2016

Annual Contemplative Retreat for Couples - for those who are eager to step away from the world for a contemplative weekend focusing on relationships. Now in its 3rd year. Participation is limited to 9 couples. Cost tbd (around \$275/couple). Held in Hickory, NC.

Couple Enrichment ministers to and supports the rich emotional and spiritual life of committed couples. It is proactive and gives substance to a meeting's intention to "take a marriage under its care." During these events, couples practice new ways of communicating, creative ways of handling conflict, and nurturing ways to grow in love and intimacy.

One of the pillars of Couple Enrichment is the opportunity to experience these ways of being within a loving circle of other couples. This is an opportunity to witness and learn from the journey of others while being supported on your own journey – a way to proactively nurture couples' growth toward peace and integrity. Mike and Marsha Green, who have led Couple Enrichment events for 18 years, will be offering the opportunities listed above. For more information or to sign up for any of these events, contact mikequaker@gmail.com or marshaquaker@gmail.com or call 919.929.2339.

Quaker House Counselors' Report

Regarding the GI Rights Hotline, September 2015

Our call volume continues to increase. This week we were swamped with calls. Monday morning when Steve started, the inbox had 31 messages from over the weekend. Throughout the day Steve connected with 27 calls in addition to leaving quite a few messages for people who were out. At 5 pm the inbox which should have been nearly empty now had 35 new messages from people who couldn't get through while we were on the phone. Between Monday and Thursday Steve fielded 97 calls, many of them from people desperately looking for help with problems they have being in the military.

There was family of a farmer whose recent decline in health requires his son to get out of the Army and return to the farm. There was a crying spouse almost too distressed to explain that her husband was being forced out unfairly with no time to transition, which would leave them unable to meet their financial burdens. I could hear her children in the background. There were conscientious objectors at various stages of trying to get out based on their unwillingness to harm others. There were people who had recently joined and discovered they didn't belong in military life. There were people who hadn't even reported for duty yet, but already realized they wanted to get out and were having to deal with threats and misinformation from recruiters. There was a sometimes suicidal rape victim whose new command blamed her for showing symptoms of the military sexual trauma she experienced. There was a soldier who thinks about wrecking his car in order to damage his body enough that they will have to discharge him. There were a lot of other calls too.

There is a serious demand for our services. The chart below helps illustrate the steady rise in the number of cases we handle. If we were a marketing team results like this would probably mean raises and promotions. For our non-profit it means a lot of hard work trying

to make sure we can give good help to as many people as possible. We appreciate your support which enables us to be there for so many people in need. We need all the help we can get. Thank you for your support in helping these people in need.

month	2015	2014
Jan	258	219
Feb	273	257
Mar	312	211
Apr	296	251
May	262	203
June	282	165
July	322	246

From Lenore Yarger and Steve Woolford
Quaker House GI Rights Hotline counselors

Postscript: The Quaker House Board approved \$3000 to pay a part time person to listen to weekend messages, prioritize them, and refer callers to other resources if the GI Rights Hotline cannot help them. Quaker House thanks Durham Monthly Meeting and individual Friends for their continuing support.

Fall Selections Reading List 2015

This fall, QuakerBooks of the FGC is offering resources to nurture the life of a meeting, stories about fearless women making a difference in their communities for readers of all ages, and perspectives that will help facilitate a new dialogue around defeating racism and promoting a more just system.

One Plastic Bag
ISATOU CEESAY AND THE RECYCLING WOMEN OF THE GAMBIA
by Miranda Paul

Rad American Women A - Z
REBELS, TRAILBLAZERS, AND VISIONARIES WHO SHAPED OUR HISTORY . . . AND
OUR FUTURE!
by Katie Schatz, Illustrator Miriam Klein Stahl

The Impossible Knife of Memory
by Laurie Halse Anderson

Case for loving
THE FIGHT FOR INTERRACIAL MARRIAGE
by Selina Alko

In our Mothers House
by Patricia Polacco

Malala Yousafzai: Warrior with Words
by Karen Leggett Abouraya

I Am Malala:
THE GIRL WHO STOOD UP FOR EDUCATION AND WAS SHOT BY THE TALIBAN
by Malala Yousafzai

Grandfather Gandhi
by Arun Gandhi

With a Tender hand
A RESOURCE BOOK FOR ELDERSHIP AND OVERSIGHT
by Zelig Grosz

Living Eldership
A JOURNEY OF DISCOVERY. INCLUDES PRACTICAL COURSE GUIDE
by Jenny Routledge

Quaker Process for Friends on the Benches
by Mathilda Navias

Sacred Compass
THE WAY OF SPIRITUAL DISCERNMENT
by J. Brent Bill

The Book of Forgiving
by Desmond Tutu

Let Your Life Speak
LISTENING FOR THE VOICE OF VOCATION
by Parker J. Palmer

Building a Movement to End the New Jim Crow
AN ORGANIZING GUIDE

The New Jim Crow
MASS INCARCERATION IN AN AGE OF COLORBLINDNESS
by Michelle Alexander

Just Mercy
A STORY OF JUSTICE AND REDEMPTION
by Bryan Stevenson

Black Fire
AFRICAN AMERICAN QUAKERS ON SPIRITUALITY AND HUMAN RIGHTS

Editor Harold D. Weaver Jr., Editor Paul Kriese, Editor Stephen W. Angell

Fit for Freedom, Not for Friendship
QUAKERS, AFRICAN AMERICANS, AND THE MYTH OF RACIAL JUSTICE
by Donna McDaniel, Vanessa Julye

Fit for Freedom Study Guide
by Wren Almitra FGC Committee for Ministry on Racism

Waking Up White
AND FINDING MYSELF IN THE STORY OF RACE
by Debby Irving

Brown Girl Dreaming
by Jacqueline Woodson

<https://www.quakerbooks.org/list/fall-selections-reading-list-2015>

BYO Plate

We celebrate the often large attendance at potluck and we thank the meeting for continued help with potluck cleanup. However, large attendance does create a lot of dishes to wash. Therefore, we request that Friends bring their own plates, cutlery, and glasses to potluck and take them home to wash. We know of other groups that use this practice successfully and we propose it as another way to be environmentally friendly. We recognize not everyone will remember to do so. Those who do will be allowed to be first in line for potluck. Thank you.

Reminder: Hillsborough Worship Group

The Hillsborough Worship Group meets on Sundays at 11am at the Hillsborough Yoga Downtown studio at 121 West Margaret Lane. There is parking next door at the library. This group is under the care of the Durham Meeting and has a minute of support from our meeting.

Calling for Book Reviews

Have you read an inspiring book from the Meeting library lately? Or have you read a book we don't have in the library that you feel would be worthwhile to have in the collection? The Library committee would like to invite members and attenders to consider writing brief book reviews for the newsletter. Share the insight or inspiration you received from your readings. Please send a copy of your review to the library committee as well at library@chapelhillfriends.org. We are always looking for suggestions for new books to add to our library. Thank you. The Library Committee

Chapel Hill Monthly Meeting of the Religious Society of Friends
Meeting for Worship with Attention to Business
18 October 2015
Minutes
Matt Drake, Clerk Pro Tem; Robin Harper, Recording Clerk

Worship and query: *Are we appreciative of all our world provides us and learning to be accountable for our own actions?*

Friends shared their appreciations of health, home, and life—hard to be in this world but not of this world. Wake up every day appreciative and work so that others around the world have something to be thankful for, too.

1. Welcome, recognition of first time attenders, review of agenda—Clerk

There were no first-time attenders.

2. Approval of September minutes—Clerk

Approved.

Thanks were expressed to the recording clerk for her accurate and essential minutes.

3. Annual Report, Ministry and Worship Committee—Jan Hutton (ATTACHED)

Thanks were expressed for all the work that has been done to bring new attenders into our Meeting, in particular the repeated offerings of Quakerism 101 to accommodate various schedules.

The report was accepted with gratitude.

We returned to worship.

4. M&W recommendation for membership for Joanna Selim—Lynn Drake

Lynn brought a happy recommendation from the committee for membership for Joanna. She was raised as a Quaker and has been a long-time attender of our Meeting. She has faithfully served on the Hospitality Committee, and opened her home to Friends. Her clearness committee was a joyful experience. Faye Stanley, Marilyn Dyer, Kitty Bergel, and Lynn Drake served on the committee.

Friends expressed appreciation for her work both in front of and behind the scenes on Hospitality Committee.

We united in receiving Joanna into membership of the Chapel Hill Meeting of the Religious Society of Friends.

The clerk asked for Friends to serve on Joanna's welcoming committee. Alice Carlton, Carolyn Stuart, and Lynn and Matt Drake volunteered, with Alice agreeing to convene.

We returned to worship.

5. Letter from Carolyn Stuart and Richard Miller—Carolyn Stuart (ATTACHED)

Carolyn and Richard were members of the clearness committee for the marriage of Judy Purvis and John Schoonover. Carolyn and Richard were invited to serve by Friendship Meeting, where Judy and John are now members. The wedding will be under the care of Friendship Meeting in Greensboro, NC and will take place on March 5, 2016. Carolyn reported on the village-like atmosphere of the location of their home, which is within walking distance of the Meeting. She recounted the story of Judy and John's meeting again, after many years, at a Bryn Mawr reunion. She reflected on Judy's immediate acceptance and welcome into Friendship Meeting as a valuable member, and how we miss her here. Carolyn read the letter from herself and Richard to the clerk of the Friendship Meeting clearness committee, Sydney Kitchens.

Thanks were expressed to Carolyn and Richard for writing this letter, and for serving on the clearness committee. A request was made for our Meeting to send a note to Friendship Meeting thanking them for including us in this process, and our joy at the upcoming marriage. Matt, as clerk pro-tem, will send the note to this effect.

6. Conscientious Objector Letter—John Hite (ATTACHED)

Before reading his letter, John remarked on being inspired early in his work with the CHFYM youth by the teens who were writing their own letters, in particular Anna Young. As a young woman, Anna didn't need to register for the draft, but wrote a letter to express her own beliefs and to be in solidarity with the young men.

Appreciation was expressed for the clarity of John's letter, and hope that he will share it with the young people of our Meeting. It shows that we continue to think and rethink about these issues throughout life, and demonstrates how we can continue to walk the peace trail. Friends were grateful to John for adding this to all the other ways he models for our teens.

One Friend recounted his experience in Korea, sitting with a dying comrade. After this experience, he realized the wrongness of taking a life and tried for many years to get out of the military. He added that John's experiences in Ireland and Croatia demonstrate that he has experienced the results of this kind of violence first-hand.

Friends accepted this letter with gratitude and humility.

We also took the opportunity to thank John and Curt Torell and other Friends who have supported our youth in their contemplation of conscientious objection. A suggestion was made that other Friends consider writing their own letters of conscientious objection, as further leadership and modeling for our teens.

Ruth Zalph asked if anyone would like to meet and explore the non-payment of taxes to as resistance to the support of war. The Clerk asked interested Friends to be in contact with Ruth about this.

We returned to worship.

7. Care & Counsel Committee's proposed statement—Jeff Brown (ATTACHED)

The Care & Counsel committee was led to propose a statement based on personal experiences in the last couple of years. People have made requests for assistance either through verbal ministry or as requests in the lobby. These are generally not people who are connected to the Meeting. It is awkward for many of us. We may feel "put on the spot" as to how we and/or the Meeting should respond. The committee suggests a statement that may be posted in the meeting house or communicated to the Meeting community so that a Meeting member or attender may point to the statement or use it for guidance when a request for assistance is made. It is intended to be brief and explanatory, for guidance, not a rule or constraint.

Friends offered suggestions to the statement, among them moving the bottom two paragraphs in the statement to the top, and clarifying what those requesting *can* do, not just what they *can't*.

We were reminded that this situation was part of the impetus to establish the RCFAC, so there could be an actual mechanism whereby a particular set of individuals, returning citizens, could make requests, receive assistance, and the assistance kept track of. C&C's recommendation addresses other people who make such requests. John Hite, our meetinghouse resident, reported that he answers the phone and talks with strangers making requests for money. The proposed statement would help him respond to such calls. Another Friend noted that even if we were to adopt this statement, individual Friends are still free to respond to requests as they choose.

The statement could be made available via a brochure, the website, the newsletter, or other ways.

The clerk noted that this is only our initial consideration of the statement, and our decision about it will be held over until next month. Contact Jeff in the meantime if you have further suggestions or questions. Thanks were expressed to Jeff and C&C for bringing this to us.

We returned to worship.

8. Special gathering to welcome Eloise Grathwohl to membership

Dottie Heninger, Carolyn Stuart, and Kitty Bergel will host a special gathering to welcome Eloise Grathwohl into membership of the Religious Society of Friends on Sunday, Nov. 15, at the rise of meeting.

9. Celebration of Life Memorial Meeting for long-time member, Bill Flash

The meeting took place on Sunday afternoon, October 11, 2015. Friends shared that it was a wonderful worship experience, attended by many family members, Friends, and friends and led beautifully by Chris Stanley. Bill led such a long, rich life, and the fullness of his life was represented by the variety of statements by those who spoke. The element of joy was present. Friends remembered the sweetness of Bill's personality.

We returned to worship.

10. Quaker-Focusing Supportive Community Group—Robert Lee (ATTACHED)

Robert is offering to form this group as the result of his experience leading a similar group a few years ago at Cambridge Friends Meeting and his recent study of the writings of British Friend, Rex Ambler. This process strengthened fellowship at that Meeting, and he hopes to have it happen here. Robert feels that more one-to-one connection would help welcome more new people to our Meeting.

Contact Robert if you have questions or to sign up.

11. Events coming up in the next three weeks—Clerk

- Saturday, Oct. 24—Invitation to an Intergenerational Game Night & Family Potluck at the Rountree-Schneider home in Carrboro. Games starting at 4:00, potluck at 5:30, and games starting again at 7:00.
- Sunday, Oct. 25 Forum—"IFC's Support Circles Program." Shannon Gigliotti, Support Circles Program Coordinator, will speak on this partnership of teams of volunteers who work with individuals and families who are experiencing - or at risk of - homelessness and who are transitioning into permanent housing.
- Sunday, Nov. 1 Forum—"Reflections on the Roles that Money and Investing Play in Our Lives." Mark Hulbert will present and lead a discussion on the roles of money and money-related activities in our lives, goals and ideals. Mark will speak from his four-decade perspective monitoring the performance of investment advisors.
- Tuesday, Nov. 3—Deadline to order Pecans/Brunswick-Stew. This sale is a fundraiser for OCC Prison Ministry. Contact Julia Cleaver to register your order.
- Tuesday, Nov. 3—Vote in Chapel Hill's local election. Early voting begins Oct. 22.
- Saturday, Nov. 7—Piedmont Friends Fellowship Fall Retreat at the Winston-Salem Friends Meeting.
- Thursday, Nov. 25—Two possibilities for Thanksgiving: Thanksgiving potluck at the Meetinghouse. A signup sheet is posted if you want to participate. Or, if you already have plans for Thanksgiving dinner, could you invite one or two who don't have a place to go?
- Directories are almost here. For large print directories contact Emily Buehler (919 475-5756, twobluestarz@yahoo.com). Friends who prefer an electronic version can download one now by emailing directory@chapelhillfriends.org. You will receive instructions on how to download the PDF. If you have trouble, please contact news@chapelhillfriends.org. Downloadable newsletters are password protected.

- Go to the Meeting's website (chapelhillfriends.org) for the October newsletter, the Forum schedule, and other important information.

We closed with worship and the Monthly Worship Tip: *Friends who set aside time each day for meditation, personal prayer, or reflection often find it strengthens and deepens their experience with the living silence of meeting for worship. Such preparation readies the mind and opens one's heart and spirit to engage in deep communion with others.*

Attending: James Harper, Max Drake, Joanna Selim, Marilyn Dyer, Ruth Zalph, Richard Miller, Emilie Condon, Alice Carlton, David Curtin, Robert Lee, Ken Grogan, Carolyn Stuart, Tom Ludlow, Jeff Brown, Jan Hutton, Lynn Drake, Dieanil Long, James Taylor, Joyce Munk, Paul Munk, William Elmore, John Hite, Ann Miller, Barbara Williamson, Matt Drake, Robin Harper

MINISTRY AND WORSHIP ANNUAL REPORT OCTOBER 2015

Since the last annual report of the Ministry and worship Committee in October 2014, we have enjoyed a busy year filled with expected activities and new initiatives. We continue to prepare monthly queries and worship tips, plan the annual Clerks' retreat, take responsibility for the Christmas Eve Meeting for Worship, the spiritual state of the Meeting gathering and report, and serve as a safe haven for Friends to share concerns and suggestions in regard to the quality of Meeting for Worship. We convened three clearness committees for membership, welcomed Eloise Grathwohl as a member of the Chapel Hill Friends Meeting, with two committees still in process. The teens continue to close late meeting on those months that have 5 Sundays. We continue to support, and attend monthly, the worship group at Carol Woods.

New activities undertaken this year to support spiritual education include: the offering of "Advices for Participation in Meeting for Worship," drawn from the collective wisdom of the larger Quaker world, and a 4-session Quakerism 101, convening 2 sessions a week over the course of 2 months and attended by up to 60 members and attenders. Thanks to the Publication and Records Committee for creating a special website page for all the documents and videos used in Quakerism 101. Additionally, in our Committee's continued efforts to offer ongoing Quaker education in small bites and in different venues, the Adult Religious Education Committee has been kind enough to schedule two forums: one in February on "Vocal Ministry" and in October on "Silence and Speech in Meeting for Worship." Our committee organized and convened a Clerk's retreat on Oct. 3, which was a rich experience for the eighteen Friends who attended. And, thanks to Robin Harper for initiating, under the care of Ministry and Worship, a wonderful "Meeting for Worship with Attention to Animals" held May 3rd on the playground – many animals/critters attended with their humans.

The discernment committee, convened by Ministry and Worship in 2014 to consider membership in Piedmont Friends Yearly Meeting, and consisting of Friends from other committees as well, held an experiential and informational half-day retreat in January 2015. Soon thereafter, Meeting for Worship with Attention to Business approved our meeting's membership in PFYM.

Thanks to Linda Graham's graphic skills for help in creating a "Welcome to the Chapel Hill Friends Meeting" ad that was placed in the Daily Tar Heel, inviting new students to visit us. And thanks to Lynn Drake for the idea.

In a long-overdue effort (20 years!), Ministry and Worship is editing the "Membership" page on the CHFM website, bringing it up to date. We are also revising the CHFM welcoming brochure, which is given to newcomers. An inclusivity minute is being added that explicitly reflects the Meeting's commitment to welcoming all who come to worship with us.

Thanks to the Archives Committee for working with Ministry and Worship in exploring all facets of the query, "How best to preserve letters requesting clearness committees?"

We had the pleasure of welcoming Faye Stanley as a new committee member and offered thanks to Naveed Moeed for his service.

Submitted with gratitude for our vibrant Meeting: Lynn Drake and Jan Hutton, co-clerks; Marilyn Dyer; Susan Inglis; Lloyd Kramer; Leslie Rountree; Pam Schwingl; Faye Stanley; and Tom Munk, ex officio

LETTER FROM CAROLYN STUART AND RICHARD MILLER

Mr. Sidney Kitchens
Friendship Monthly Meeting
1103 New Garden Road
Greensboro, NC 27410

Dear Friend Sidney Kitchens:

Richard Miller and I wish to express our gratitude to Friendship Monthly Meeting for the kind invitation to join the clearness committee for the marriage of Judy Purvis and John Schoonover. Our meeting with the committee on October 7, in which we found clearness for their marriage, was filled with love and Spirit. The reflection on the meaning of marriage and opportunities for spiritual enrichment and growth it provides is one we will long remember.

As you know, Judy was a cherished member of Chapel Hill Friends Meeting for many years. We are pleased to have gotten to know and love John too during the time they worshipped with us in Chapel Hill. We are delighted that their love and commitment have led to the upcoming marriage under the care of Friendship Meeting. Our love and support for Judy and John go with them as they continue their journey

With joy,
Carolyn Stuart and Richard Miller

CONSCIENTIOUS OBJECTOR LETTER
JOHN HITE

2005

Dear Friends,

I am not required at this point to re-register with selective service. Nor do I ever expect to ever be called up in a draft if it were reinstated due to a war that the U.S. was involved in or chose to become involved in or started on its own volition. Nonetheless, one never knows what future legal requirements might be instated in the future. Thus, I desire that my present thoughts are documented so that they might serve as a record of my beliefs.

I want it known that I would not engage in or fight in any war for any country, nor for that matter for any entity, group, or so called noble idea. My experiences as a full-time volunteer in Belfast and Croatia during times of civil unrest only served to solidify my belief that contributing to a cycle of violence is counterproductive. I saw whole societies torn apart by conflict and generations that only knew retaliation and bitterness that would not easily dissipate. One side's violence in a conflict is consistently justified by the violence inflicted on it by the other. Very few sides in a conflict (whether its an individual, group, ethnic group or country) ever analyze what they have done beyond blanket statements of justification. No country or group has been above this. None.

Would I perhaps be willing to serve in a non-combat role in the military if that was an option? In short: No, I would not. Doing so, in my belief, legitimizes the military action that a country is engaging in and I am not willing to do that. Whether I was working in a position that supplied materials or arms to those on the front line or had some job that appeared non-militaristic in nature, it would still represent the first step that reinforces the soldier firing the weapon. My working in such a position would free up someone else to go fight and potentially kill in the place of me. Thus, although I may not be the one who committed the act, the result would be the same.

One can argue the concept of a "Just War" to me to no avail, because even if one feels he/she can pinpoint a "Just War" in history through well-constructed arguments, it does not follow that any individual need be compelled to fight in that war. I was not put on this earth to take another person's life. Taking another person's life, even if deemed an enemy by the country that I am a citizen of, would be something that I could not morally live with. It is as simple as that.

NOTE: The 1970 Welsh vs. U.S. Supreme Court decision, which defined objectors as "all those whose consciences, spurred by deeply held moral, ethical or religious beliefs, would give them no rest or peace if they allowed themselves to become part of an instrument of war" does a great job of encapsulating my thoughts.

Sincerely,
John Hite

CHAPEL HILL FRIENDS MEETING:
FINANCIAL CONTRIBUTIONS TO ORGANIZATIONS AND INDIVIDUALS,
A STATEMENT FROM CARE & COUNSEL COMMITTEE

Chapel Hill Friends Meeting manages financial contributions to organizations and individuals carefully and lovingly. For consistency, fairness, clarity, and integrity, the members and attenders of the Meeting trust and abide by formal processes that:

- accept financial contributions from members and attenders in support of the Meeting community,
- identify needs in an annual budget process,
- discern how much money to commit to internal operations, Quaker organizations, other organizations involved in peace, justice, and social well-being, and categories of assistance available to Meeting members and attenders including leadership development, and support for returning citizens,
- make contributions according to the Meeting budget, guidelines, and testimonies (peace, integrity, simplicity, equality, and community) in processes overseen by various Meeting committees.

Like many places of worship and faith based organizations, CHFM does not give cash contributions to organizations or individuals directly on request. Because the Meeting has limited resources, there are no funds set aside for needs not identified by a careful process.

Chapel Hill Friends Meeting provides financial support to the Interfaith Council (IFC) and encourages individuals in urgent need to seek assistance from IFC as a first contact. Interfaith Council 110 W. Main Street, Carrboro, NC 27510, 919 929-6380, info@ifcmailbox.org, <http://www.ifcweb.org/>. As always, Friends may offer information, encouraging words, or prayer to people who seek assistance.

QUAKER-FOCUSING SUPPORTIVE COMMUNITY GROUP

A Quaker-Focusing Supportive Community group is forming at Chapel Hill Friends Meeting. Robert Lee will lead information/experiential sessions at the rise of meeting (12:15) on October 18, 25, and November 1. Friend Robert is a long time focusing teacher. We would love to have interested faculty and staff from CFS join us.

Rex Ambler, British Friend, in his book *Light to Live By*, described the similarity between the focusing of Philosopher-Psychologist, Eugene Gendlin, and early Friends process. Several years before Ambler's book, Lee started a Quaker-Focusing Supportive Community group at Cambridge Friends Meeting, suggesting that Quaker process and focusing process had a great deal in common, and much to offer each other. That group met weekly for 3 years and was well regarded by the meeting.

At Cambridge Meeting, many members of the group reported a deepening in their Quaker process coming from the study of focusing and of the felt sense (body sense, whole of a situation, felt meaning, experiencing—all broad synonyms for felt sense). The eventual weekly Quaker-focusing groups will use queries from *Light to Live By* and focusing process for inner deepening and then divide into dyads and triads for focusing and listening exchange. We think the whole process will strengthen community and build bonds.

Quaker-Focusing Project Essential Path:

1. Informational Sessions at CHFM (Oct. 18, 25, and Nov.1) and other area Quaker institutions (dates not yet established) toward establishing a large group for a 12 hour training
2. 12 hour Quaker-focusing supportive community training
3. Weekly Quaker-focusing supportive community sessions
4. Target date: mid-February

Sponsored by Ministry and Worship, Care and Counsel, and Mental Health Concerns—Chapel Hill Friends Meeting. Contact: Robert Lee, Robert@focusingnow.com, 919 869 7487.

Calendar

(All events at Meetinghouse unless otherwise indicated.)

- Sun. 11/1** 8:30am Meeting for Worship (Early)
9:45am Forum: Reflections on Roles that Money, Investing Play...
11am Meeting for Worship (Late)
11am Meeting for Worship—Carol Woods
12:15 pm Informational Meeting on Quaker-Focusing Project (see page 5)
12:30pm Potluck
- Tue. 11/3 7–8pm Yoke Fellows Prison Visitation—Call Hank Elkins
Fri. 11/6 4:30-5:30pm Vigil for Peace & Justice—E. Franklin & Elliot Rd
Sat. 11/7 PFF Fall Retreat (see page 5)
- Sun. 11/8** 8:30am Meeting for Worship (Early)
9:45am Forum: Shining Our Lights
11am Meeting for Worship (Late)
11am Meeting for Worship—Carol Woods
- Tue. 11/10 7–8pm Yoke Fellows Prison Visitation—Call Hank Elkins
Fri. 11/14 4:30-5:30pm Vigil for Peace & Justice—E. Franklin & Elliot Rd
- Sun. 11/15** 8am Meetinghouse open for worship
8:30am Meeting for Worship (Early)
9:00am Meeting for Worship w/Attention to Business
11am Meeting for Worship (Late)
11am Meeting for Worship—Carol Woods
noon Welcome, Eloise Grathwohl (see page 3)
- Tue. 11//17 7–8pm Yoke Fellows Prison Visitation—Call Hank Elkins
Fri. 11/20 4:30-5:30pm Vigil for Peace & Justice—E. Franklin & Elliot Rd
- Sun. 11/22** 8:30am Meeting for Worship (Early)
9:45am Forum: Exploring the Power of Clearness Committees
11am Meeting for Worship (Late)
11am Meeting for Worship—Carol Woods
noon Families and Friends Affected by Mental Illness—Schoolhouse
10pm Deadline To Turn In Items For Newsletter!
- Fri. 11/27 4:30-5:30pm Vigil for Peace & Justice—E. Franklin & Elliot Rd
7pm Intergenerational Games—Schoolhouse
- Sun. 11/29** 8:30am Meeting for Worship (Early)
9:45am Forum: First Day School Alumni
11am Meeting for Worship (Late)
11am Meeting for Worship—Carol Woods
12:30pm Potluck—Schoolhouse
- Tue. 12/1 7–8pm Yoke Fellows Prison Visitation—Call Hank Elkins
Thur. 12/3 9am–1pm CHFM Serves Lunch at Interfaith Shelter
Fri. 12/4 4:30-5:30pm Vigil for Peace & Justice—E. Franklin & Elliot Rd

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 at 8:30 and 11:00am
Forum at 9:45am; Child Care from 9:30am–12:15pm
First Day School from 11:15am-12:00pm
Clerk of the Meeting: Tom Munk (919) 537-9203
Resident: John Hite (919) 929-5377

- **Newsletter.** This newsletter is published every first Sunday under the care of the Publications and Records Committee. Paper copies are available at the Meetinghouse and a PDF is posted on the Meeting website, www.chapelhillfriends.org. The deadline for submissions is 10pm on the last Sunday of the month. Email submissions to news@chapelhillfriends.org or call Emily Buehler, (919) 475-5756. Please include “newsletter” in the subject line.

- **Listserv.** To send a news or "In the Light" announcement on the Meeting listserv, contact news@chapelhillfriends.org. Please include “listserv” or “in the light” in the subject line. This listserv goes to about 280 people. Do not submit personal information about someone else unless you know he/she wants to share. Subscribe to the listserv at www.chapelhillfriends.org/contact.html.

- **Website.** To get items posted on our website, send them to news@chapelhillfriends.org.