

Chapel Hill

# Friends Meeting Newsletter

First Month, 2018



## Monthly Query:

*Do I faithfully attend Meeting with heart and mind prepared for worship?*

## Monthly Worship Tip from the M&W Committee

~ Waiting in silent expectation and prayer for guidance from the Light Within is the basis for our Meeting for Worship

## Contents:

Page 2 – Lotsa Helping Hands Group; News From Quaker House

Page 3 – Arrival of Liam Peter Mann; Basics of Communication Workshop; 2018 FGC eRetreats

Page 4 – Ministry and Worship Grants for FGC eRetreats; Minutes from 12.2017 MFWAB

Pp 4 – 6 – Minutes of 12<sup>th</sup> Month MFWWAB

## Upcoming Forum Schedule

Jan 7, 2018: **“The Quaker Way of Reaching Decisions in the Meeting for Worship with Attention to Business.”**  
Led by Matt Drake, CHFM Clerk. A discussion of some of the opportunities and challenges in applying the Quaker decision-making process.

Jan 14: **“Making Our Voices Heard Through Letters to the Editor.”** Led by Curt Torrell. Letters to the Editor and OpEds are still proven vehicles to influence public opinion, and they influence how newspapers cover issues. This forum will provide concrete tips, handouts, and some motivators to help us put our faith into practice and effect social and political change.

Jan 21: Meeting for Worship with Attention to Business at 9:00

Jan 28: **“2017-18 Benevolences Proposal. A Listening.”** Led by Tom Munk and members of the Peace & Justice Committee. P&J will present a review of the principles and process for selecting benevolences and listen to Meeting feedback on a proposed list of benevolences and amounts.

## Join the CHFM Lotsa Helping Hands group

The Hospitality Committee is compiling a list of names of Friends who we can contact when we get a request to provide meals to a Friend in need. Being on the list does not commit you to providing assistance, but rather gives us permission to ask you if you can help. To be added to this list, please contact the Hospitality Committee via email to Annalee Harkins at [annaleeharkins@gmail.com](mailto:annaleeharkins@gmail.com)

## News from Quaker House

Quaker House received this beautiful email just before Thanksgiving. The subject line was Quaker House - Thanks for still being there

"As a civilian Dr, [I did] a medical education residency rotation on Ft Bragg, With the help of Quaker house, I was able to refer 2-3 military members to get counseling with them, 1 who also I kept in hospital with severe back injury, not ready for pending deployment. He was willing to confide in me as a civilian Dr, as were the others, questioning whether they should actually be in the military, some lured by empty promises from military recruiters, some unsure they were ready to do what soldiers do in action. I am glad you still perform that service and on the front end-to expose recruiter tactics and help people to file as conscientious objectors to prepare for any possible reinstatement of the draft. Also, for your domestic violence assistance, helping them and families."

Thank you for supporting this work.

\*\*\*Kindra, our executive director, will be spoke at Chapel Hill Friends Meeting Forum on December 10, 2017. \*\*\*

On November 30 and December 1, Quaker House attended the Public Hearings of the NC Commission of Inquiry on Torture. You can read about the relevance of these hearings to us today on the Quaker Houseblog. In July, our executive director, Kindra, will be leading one of the new "sampler" style workshops at FGC. She would love to see you if you are going to FGC this year!



Quaker House shared the free services we offer at the Homeless and Hunger Stand Down at the VFW in Fayetteville on November 17, 2017.

## New wee Baby Boy Mann has arrived!

Pat Mann and Pam Schwingl's son, Nick Mann and his wife Cara, just gave birth today, December 15, to a healthy baby boy, 7 pounds 8 ounces. He is alert and awed at what's "out here"! We are all thrilled....Sister Thea is delivering some take-out food to the famished parents at the hospital this evening! We will be traveling to Boston on Tuesday to get our first chance at holding this new guy! His Scottish grandparents have already taken to referring to him as the "Wee Little Mann"! (*All Welcome ~ Liam Peter Mann*)

## Basics of Compassionate Communications Workshop

On Saturday Jan 13, 2018 9:30 am - 2:00 pm and on a subsequent date or dates to be determined, Claire Bates, a CHFM Friend, will facilitate a workshop series on Basics of Compassionate Communication. As the start of the Peace and Justice Committee's Quaker Social Change Ministries program this year, these workshops provide instruction and practice in Marshall Rosenberg's Nonviolent Communication method for productive engagement with conflict. Learning and practicing this method may enable one to:

- Speak with clarity, compassion, and ease on behalf of one's own needs,
- Empathize with needs of others regardless of how these needs are voiced,
- Bring calm, compassion, and creativity to charged conversations,
- Develop more consistent tenderness toward oneself and all other human beings, and
- Contribute to those around one by deeply listening.

Please attend Workshop 1 (Saturday Jan 13- Introduction to Compassionate Communication) before attending subsequent workshops (Preparing for Transformative Conflict), as the subsequent workshops build on the first. We are asking that participants contribute \$20 for the cost of the series of workshops. For anyone for whom the cost is a burden, we suggest requesting assistance from the Shotts Fund, Jan Hutton, clerk at [janhutton1@gmail.com](mailto:janhutton1@gmail.com).

Please ask questions of Claire Bates and register by emailing her at [clairebates87@gmail.com](mailto:clairebates87@gmail.com).

## Spiritual Deepening eRetreats



**EXPLORE**  
THE QUAKER WAY

**DEEPEN**  
SERVICES & RESOURCES

**CONNECT**  
FIND QUAKERS & EVENTS

**SERVE**  
PARTICIPATE & CONTRIBUTE

<https://www.fgcquaker.org/deepen/spiritual-deepening/spiritual-deepening-eretreats>

## Let CHFM Ministry and Worship Support your Spiritual Deepening

The Ministry and Worship Committee would like to encourage Friends and attenders, with financial grants, who choose to participate in FGC Spiritual Deepening E-retreats. Spiritual Deepening E-retreats connect you with other curious seekers in an online exploration of Quaker thought, a deepening of your own spiritual practices, and the sharing of stories from your life and your personal journeys. Each eRetreat is facilitated by a deeply grounded Quaker. Please email [ministryandworship@chapelhillfriends.org](mailto:ministryandworship@chapelhillfriends.org) with your request for a grant.

Each week, there will be a new topic with videos, quotations, and activities, and you'll be able to engage at your own time and pace. You'll connect with other participants through private discussion boards and one optional video chat session. Participants are encouraged to explore a personal spiritual practice during the eRetreat.

The suggested fee for participating in an eRetreat varies by the session length and the number of facilitators. Ultimately, it is a "pay as you are led" e-retreat. Please contact M&W for support, if you choose; this financial support is not need-based.

### 2018 FGC Spiritual Deepening eRetreat Schedule

- January 21 - February 16, 2018: Beloved Community eRetreat (4 weeks)
- March 4 - April 13, 2018: Silence & Light eRetreat (6 weeks)
- May 6 - June 1, 2018: Becoming Patterns & Examples eRetreat (4 weeks)
- September 9 - November 2, 2018: Silence & Light eRetreat (8 weeks)
- October 14 - November 9, 2018: Understanding and Healing White Supremacy eRetreat (4 weeks)

- 4 week session = \$25
- 4 week session with two facilitators\* = \$35
- 6 week session = \$35
- 8 week session = \$45

More detail on the FGC Spiritual Deepening eRetreat is available at:

<https://www.fgcquaker.org/deepen/spiritual-deepening/spiritual-deepening-eretreats>

## Chapel Hill Friends Meeting for Worship with Attention to Business

### Minutes, First Day 12.17.2017

Present: Perry Martin, Max Drake, Deborah Gibbs, Carolyn White, James Harper, Robin Harper, Lloyd Kramer, Carolyn Stuart, Don Hopper, Emilie Condon, Gwynne Pomeroy, Curt Torrell, Ken Grogan, Richard Miller, Ann Miller, Lois Ann Hobbs, Dottie Heninger, Jan Hutton, Asta Crowe, Julia Cleaver, Tom Munk, Monteze Snyder, Tim Fogarty, Hank Elkins, John Hite, Tom Ludlow, Lynn Drake, Mark Gentry, James McDowel, Joyce Johnson, Joyce Munk, Paul Munk, Tom McQuiston, Ronie Harris, Edward Scott, Devin Brown, Wendy Michener, Jennifer Leeman (recording clerk), Matt Drake (clerk)

1. We opened with worship and the query: "Does my life embody integrity and simplicity?"
2. The minutes of the November 19, 2017 Meeting for Worship with Attention to Business were approved as written.
3. Bonnie Raphael and Dave Curtin, who are serving as the Naming Committee, have identified the first of four new members for the Nominations committee. David Curtin brought forward the recommendation of Margaret Vimmerstedt to serve on the Nominations Committee. **The Meeting approved appointing Margaret Vimmerstedt to the Nominations Committee.**

5. Matt Drake, Clerk, proposed setting the following 3-year terms for the Meeting's "officers". (Note: the Meeting "year" starts on July 1 and ends on June 30 the following year.)

Meeting Clerk - Matt Drake: July 2016 through June 2019

Recording Clerk - Jennifer Leeman: July 2016 through June 2019

Treasurer - Maura Murphy: July 2014 through June 2020 (two three-year terms)

Recorder - Carolyn White: July 2016 through June 2019

Correspondence Clerk - Emilie Condon: July 2014 through June 2018

Trustees: Emilie Condon, Asta Crowe, Bettie Flash (terms & years to be decided)

A Friend raised the concern that limited terms for trustees might result in challenges as they are the ones who serve as the Meeting's signatory on contracts with external organizations. Matt reported that he is continuing to explore the question with the trustees. Dottie Heninger, member of Nominations committee, noted that a three-year term provides an opportunity to check in with individuals to see if they still feel led and would not necessarily mean that they would only serve three years. Friends suggested that the clerk and recording clerk not turn over at the same time. In response to a Friend's question, it was noted that while we aim to have committee members serve two terms as a general rule, "officers" may serve for a longer term. Friends were encouraged to bring their recommendations to members of the Nominations Committee.

6. Gwynne Pomeroy, member of Nominations Committee, brought forward the nomination of Bonnie Raphael to join the Transition and Support Committee. **The Meeting approved Bonnie Raphael to join the Transition and Support Committee.**

7. Don Hopper, Clerk, Buildings & Grounds Committee, provided an update on renovating the lower level of the meetinghouse. He noted particular thanks to Wendy Michener for the work that she has done throughout the renovations. The inspections should be completed next week after which additional punch-list items will need to be completed, but the space should be available for use and for John Hite to move back in by January. At the request of a Friend, we spent time in worship to thank the earth for her contributions to the building and for receiving the waste it will generate.

8. Matt presented a request on behalf of Peter Malone, member, Publications and Communications Committee. Peter would like to know how many Friends want to pick up the monthly newsletter in hard copy from the foyer table each month so that we only print the number of copies needed. The clerk asked those who pick up the printed newsletters to raise their hands. About 20 individuals raised their hands, and we currently print 40 copies. Friends noted the importance of having additional newsletters available for visitors, for archives, and for possible delivery to Friends at Carol Woods, and therefore we should continue to produce 40. Meeting approved the printing of 40 copies of the newsletter.

9. Ann Miller, Co-clerk, Finance Committee, reported that we are on track with where we need to be with contributions at the half-way point of the fiscal year and thanked Friends for their contributions. Friends were encouraged to submit giving plans if they have not done so yet and also to make end-of-calendar year contributions.

10. Jan Hutton, Co-clerk, Ministry and Worship Committee, invited all Friends and their friends to the Meeting's Christmas Eve service on Sunday, December 24.

11. Friends were asked to hold Casey Webber in the Light as he awaits his trial date for charges following protests on inauguration day. Trials for other defendants have already started. Emerson Scales, who was born prematurely, has doubled his weight – a cause for celebration. Pam Schwingl and Pat Mann have a

new grandson. Bettie Flash is back at Carol Woods following surgery on her broken femur, and is in good spirits and receiving excellent care.

## 12. ANNOUNCEMENTS:

Forums:

Dec 31, 2017: "**Endings and Beginnings: the Solstice and the turning of the year.**" Led by Perry Martin, Peter White, and Carolyn White

Jan 7, 2018: "**The Quaker Way of Reaching Decisions in the Meeting for Worship with Attention to Business:**" essentials, challenges and rewards. Led by Matt Drake

Jan 14, 2018: "**Making Our Voices Heard Through Letters to the Editor.**" Led by Curt Torrell. Letters to the Editor and OpEds are still proven vehicles to influence public opinion, and they influence how newspapers cover issues. This forum will provide concrete tips, handouts, and some motivators to help us put our faith into practice and effect social and political change. Jan 28, 2018: **2017-18 Benevolences Proposal. A Listening.** Led by Tom Munk and members of the Peace and Justice Committee. P&J will present a review of the principles and process for selecting benevolences and listen to Meeting feedback on a proposed list of benevolences and amounts.

Don Hopper invites your thoughts on meeting room renovations. Send to [donald.hopper@gmail.com](mailto:donald.hopper@gmail.com) or tell a member of the Buildings and Grounds Committee.

Joanna Selim and Elizabeth Taylor invite your suggestions for renovating the foyer.

Send to [joannaselim@gmail.com](mailto:joannaselim@gmail.com) or to [etlodo@gmail.com](mailto:etlodo@gmail.com) or talk with a member of Hospitality Committee.

13. We closed with worship.

---

## 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

Clerk of the Meeting: Matt Drake (919) 968-0044

Resident: John Hite (919) 929-5377

- Newsletter. This newsletter is published every first Sunday under the care of the Publications and Communications Committee. Paper copies are available at the Meetinghouse and a PDF is posted on the Meeting website, [www.chapelhillfriends.org](http://www.chapelhillfriends.org). The deadline for submissions is 10 PM on the last Sunday of the month. Email submissions to [news@chapelhillfriends.org](mailto:news@chapelhillfriends.org) or call Peter Malone, (919) 270-4456. Please include "newsletter" in the subject line.
- E-news. To send a news or "In the Light" announcement in the Meeting's e-news, contact [news@chapelhillfriends.org](mailto:news@chapelhillfriends.org). Please include "e-news" or "in the light" in the subject line. This e-news goes to about 280 people. Do not submit personal information about someone else unless you know he/she wants to share. Subscribe to the e-news at [www.chapelhillfriends.org/contact.html](http://www.chapelhillfriends.org/contact.html).
- Website. To get items posted on our website, send them to [news@chapelhillfriends.org](mailto:news@chapelhillfriends.org).