

February 2019

# The Friendly News

## San Antonio Quakers

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## February Calendar

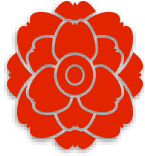
SUNDAY Feb 3	10 am—Meeting for Worship 11:15—Potluck Lunch with <b>Welcome new members!</b> and “Getting to Know You” discussions
MONDAY Feb 4	4:30-5:30 pm—Yoga with Peggy
TUESDAY Feb 5	7-8 pm—“A Course in Miracles” discussion
SATURDAY Feb 9	9 am-1pm—Work party at the Meetinghouse (with tacos) Time TBA —Memorial Service for Lori Segura
SUNDAY Feb 10	10 am—Meeting for Worship 11:30 <b>FORUM: “San Antonio’s Climate Action Plan” with Bill S.</b>
THURSDAY Feb 14	4 pm—Meeting for Weeding 6 pm—Soup and Conversation 7 pm—Mid-Week Meeting for Worship
SATURDAY Feb 16	12 pm—Clerks’ Meeting, Gretchen’s home
SUNDAY Feb 17	10 am—Meeting for Worship 11:15— <b>February Birthdays!!</b> 11:30—Meeting for Business
MONDAY Feb 18	4:30-5:30 pm—Yoga with Greg
TUESDAY Feb 19	7-8 pm—“A Course in Miracles” discussion
SUNDAY Feb 24	10 am—Meeting for Worship 11:30 <b>FORUM: “End of Life Concerns” with Joni</b>
WEDNESDAY Feb 27	7-8pm—Mid-Week Worship at Gary & Vivian’s home

*Note: Children may join in worship for the first 10 minutes then go to the children’s program*

## Inside

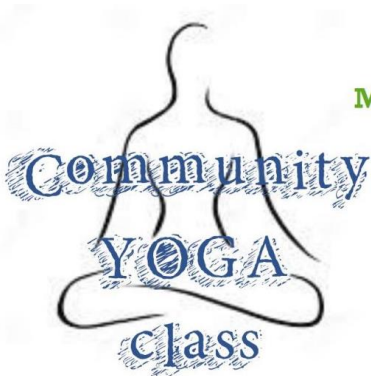
- p 2: February Query  
pp 2-3: Upcoming Events
- Yoga & Midweek Soup & Worship
  - February Forums
  - A Course in Miracles
  - Meetinghouse work party with tacos
  - Memorial Service for Lori Segura
  - A May Wedding!
- pp 3-4: Recent Events:
- New Members!!
  - State of the Meeting Forum
  - Marches for Social Justice
- p 5: February Book Shelf  
pp 6-9: From Friends:
- A Note from Ken S.
  - Thanks from Margarita
  - A letter from Fabian J.
  - A reflection on Meeting for Worship with Attention to Business
- pp 9-10: Other News
- Oreo has found a home!
  - Reflections on stewardship

## February Query:



**Are you open and alert for how the Spirit may be speaking to you in fresh ways, leading you in new directions??**

## Upcoming Events:



### **1st & 3rd Mondays of the Month**

~  
4:30 - 5:30pm  
~

September 3rd & 17th  
October 1st & 15th  
November 5th & 19th  
December 3rd & 17th  
January 7th  
February 4th & 18th



6pm - 7pm  
Soup

&



7pm - 8pm  
Silent Worship

### **2nd Thursday of the Month**

October 11th  
November 8th  
December 13th  
January 10th  
February 14th

## **Future Forums – Feb 10 & 24, 11:30am**

**Feb 10:** Bill S. will lead a discussion of San Antonio's recently released Climate Action Plan. Bill has served on the CASA advisory group to that plan. He will help Friends as they decide how to submit their citizen comments about the plan's adequacy.

**Feb 24:** Joni will lead forum on "End of Life Concerns", including advance directives and other issues that one must consider as one prepares for life's end.

## **"Course in Miracles" Discussion – Every Other Tuesday starting Feb 5**

David H. will be facilitating a conversation about "A Course in Miracles", open to Friends and others who are interested in the spiritual journey. He writes:

"A Course in Miracles is not a religion, there is no doctrine and there is no dogma. The course is based on universal spiritual themes and is a unique self-study program with a practical purpose: to awaken us to the truth of our oneness with God and love through the practice of forgiveness. The practical goal of the course is the attainment of inner peace."

David has been studying the course for 7 years. He has found this course very meaningful and is excited to share it with others. **The group will meet in the Library from 7-8pm.**

## Work Party at the Meetinghouse (with Tacos)

The Property Committee has scheduled a work party at the Meetinghouse from 9am-1pm on Saturday, February 9<sup>th</sup>. It will end in time to clean up for Lori Segura's memorial service (*next item*). The Committee will provide a taco lunch for workers.

There will also be a "Meeting for Weeding" starting at 4pm on Thursday, February 14<sup>th</sup>, immediately before our 6pm Soup and Conversation and 7pm Midweek Worship.

## Memorial Service for Lori Segura

Long-time attender Lori Segura died suddenly in late January. Besides attending worship, she had been a member of our Peace and Social Concerns Committee and was involved in our work with asylum seekers at the Karnes facility through the Interfaith Welcome Committee. We will have a memorial service for her at the Meetinghouse on Saturday, February 9<sup>th</sup>, in the afternoon. The exact time is still to be determined. We will send out an announcement.

***Subscribe to our Announcements list at our website. This is a separate list from our Newsletter list. You can subscribe to both on the website: the 1<sup>st</sup> and 2<sup>nd</sup> items in the right-hand column of any page.***

## A May Wedding!

Kathleen F. and Ben H. requested that Friends take their marriage under its care. Their Clearness Committee affirms that they are clear about their devotion to each other and Business Meeting agreed to sponsor their May 25<sup>th</sup> wedding. Watch this space for more news!

## Recent Meeting Events:

### New Members!

Two more Friends have joined FMSA! Meeting welcomed Kellie Price and Greg Casillas to membership. Their Clearness Committees report that they are each true Friends. They understand Quaker ways, and both say that they have found a spiritual home.

### State of the Meeting Discussion

Each year, we send a report on the state of our Meeting to South Central Yearly Meeting – the Quaker group that covers Texas, Oklahoma, Arkansas, and part of Louisiana. Twenty of us met after Meeting for Worship on January 27<sup>th</sup> to explore where we are on our collective spiritual journey. We wrote our strengths, opportunities, weaknesses, and concerns on poster paper mounted around the meeting room. Then we talked about what we saw. Members of the Ministry and Oversight Committee will pull these reflections into a report, which will be brought to Business Meeting for seasoning and revision. Once it is done, we will publish it in a future newsletter.

## Two Marches for Social Justice

Friends participated in the January 19<sup>th</sup> Women's March and the January 21<sup>st</sup> Martin Luther King Day march, both in support of social equality and justice. The first was too windy to use our new banner. The second was just right. Here are some photos from these events. You can find more photos on our website: [www.sanantonioquakers.org/marches-for-social-justice/](http://www.sanantonioquakers.org/marches-for-social-justice/)

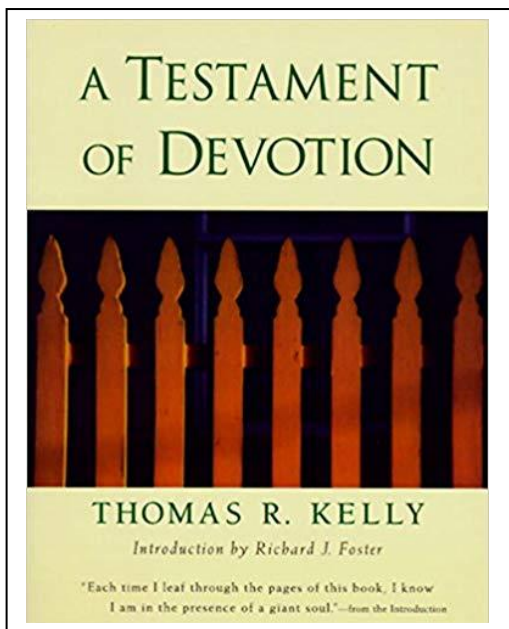
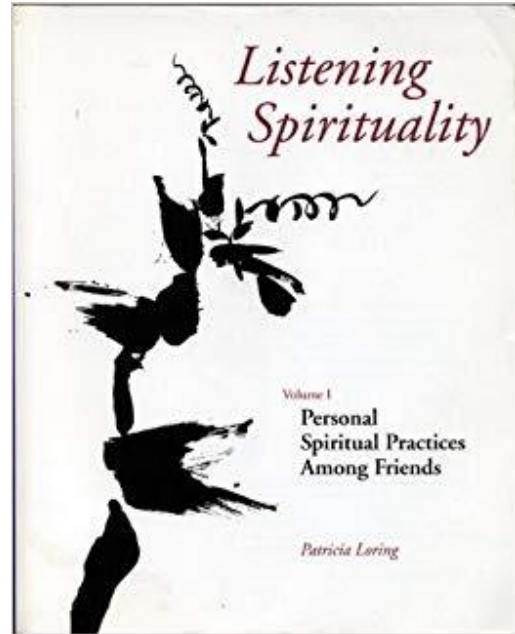


**A note about the Women's March, by Gretchen:** The Women's March for Justice, Jan 19, was actually a rally to raise consciousness and conscience about a variety of issues. Gathering in Plaza de la Cruz, at the Cathedral, several hundred women, men and children heard appeals for health care for all, living wage for domestic and other workers, respect for rights of all people, including Palestinians, honor for Native Americans and justice for immigrants. A poem was particularly moving. Friends Meeting was represented, in our bright tee-shirts and bold voices.

## The February Book Shelf

by Colin M.

The first book is *Listening Spirituality, Part 1: Personal Spiritual Practices Among Friends*, by Patricia Loring. The book provides a valuable overview of the different ways Friends seek the divine spirit in their lives. It describes spiritual practices that are familiar to many Quakers, such as centering prayer and mindfulness, but goes further into devotionals, prayers, and meditation techniques from a variety of Christian and other faith traditions. Each summary includes recommended readings and tips for integrating these practices into your daily life. Availability: Currently one copy in the library under the Spiritual Life and Community section, available for purchase at [quakerbooks.org](http://quakerbooks.org) and elsewhere.



The next book is a 20th century Quaker classic that many of you have likely read already: Thomas R. Kelly's *A Testament of Devotion*. A warm-hearted yet uncompromising call toward finding and following God's will, *Devotion* is a bracing, challenging and inspiring little book of essays. Note that much of the book was written in the years immediately before America's entry into World War II, and Kelly's recommendations for simplifying our busy lives to find purpose and peace in a highly tumultuous world will strike first-time readers as quite applicable to the present day. Availability: Several copies in the library under the Spiritual Life and Community section, available for purchase online at [quakerbooks.org](http://quakerbooks.org) and elsewhere.

## From Friends

### A Note from Ken

*Ken & Janet moved to Minnesota last summer to be with their daughter. We appreciate their news. (See pictures from the going-away party at [www.sanantonioquakers.org/southwood-send-off/](http://www.sanantonioquakers.org/southwood-send-off/))*

Minnesotisms: "I'll do it for ya!" with the emphasis in the "a" in you. "Perfect!" when something is done in a way which pleases them. "You're we'come," in response to a thank you, with the tongue not quite reaching the gum to enunciate the "l."

On a heavier note, you may remember that 2-3 years ago I was in a parking lot and when I thought I was walking my legs thought they were riding a bike. I fell down and spent five hours in ER, then sent home because they couldn't find what was wrong. On Tuesday I got up from the couch and my legs and arms jerked crazily. I fell down. Next morning I was fine but in the afternoon it happened again. This time I spent 24 hours in hospital before being discharged with no conclusion. They prescribed a walker, so now Janet and I both have one.

We can say with reasonable assurance that Minnesota is colder than Texas at this time of year.

### Thanks

by Margarita McA.

I graduated from the University of the Incarnate Word in December 2018, with a PhD in organizational leadership, specializing in adult learning. My dissertation is a qualitative multi-case study of the ways in which police violence impacts the citizens against whom it is used, and how it impacts the victims' loved ones. I also investigated the availability of resources for victims of officer excessive force.

Folks are eager to know "what's next" for me. I have some ideas but no concrete plan, so it appears a time of seasoning is what's next; I will proceed as way opens.

My sincere thanks to Carol Balliet and other San Antonio Friends who have shown support and offered me encouragement in this endeavor ever since I began attending Meeting in 2011. You've all been an important part of this journey.

### A Letter from Fabian J.

*Fabian is a member of San Antonio Meeting, who has been living in New Mexico for two years. He works as a hospital and hospice chaplain in the Quaker tradition.*

Dear Bill: How nice to hear from you! I was saddened by the loss of Doug and Ruth. He was always checking with me how was I doing specifically about my job. I'm sure they left a hole. Many times, their smile lifted me up.

I'm so glad to hear of the new people attending! You are right all things always change. You may wonder about me. Well I have been here for 2 years and have been working as a hospice chaplain. Yes, it is heavy but rewarding.

I attended last year the Santa Fe Meeting. It is easier for me since I have family over there to attend and visit relatives. I have been practicing a lot of self-care and as much as possible renew myself for my hospice patients.

I wish you a great and happy new year also and I hope to see the FMSA again during this new year. Blessings my friend!.

## Reflection on Attending Meeting for Business

by Oliver G.

*As many of you know, my attendance at Meetings for Worship only began a few short months ago. I only this past month attended my very first Meeting with Attention to Business. During that Meeting, I shared that I'd experienced some hesitation as to whether or not I should attend, given that I was so new. Gretchen asked me to share a written version of that perspective in our newsletter, and that is what follows.*

Dear Friends,

For several months after I began attending Meeting, I watched "Meetings with Attention to Business" come and go on the calendar, giving the agenda item a respectful internal nod as it passed.

Through no fault of the Meeting's, I had, for whatever reason, arrived at the conclusion that these Meetings with Attention to Business were not for the newcomer. Instead, I assumed they were for Meeting elders and those who had been attending for a long time. I thought it would be presumptuous of me to show up. After all, what did I know about Quaker business?

Answer: absolutely nothing.

I was worried that if I showed up, I'd come across as a young buck with too much gumption—especially since I know myself to be hopelessly assertive when it comes to offering up my own perspective (more simply put, I find it hard to keep my mouth shut). I didn't want to get ahead of myself and commit a faux pas.

Thankfully, my thoughts on this changed one Sunday when a Friend offered some testimony after worship. Regretfully, I can't remember who said what specifically, but the gist of the Friend's message was that Meetings with Attention to Business were where the real work of

being a Quaker was done, that they were the place where our worship was put to action, and that everyone should go.

Well, I thought, I'm included in "everyone," aren't I? Of course. So, I committed to attending the next Meeting with Attention to Business.

My first experience could not have been more positive.

Instead of feeling like my newness was a hindrance to my participation, I felt it was an asset. It's a shame that I ever hesitated in going, because there was no reason for concern.

My message here is for the newcomer:

You should never avoid Meetings with Attention to Business because you are new to Meeting. Just the opposite. Let your newness drive you right through those doors and onto a bench.

Your newness is of high value in Meetings with Attention to Business. With your wide-open eyes and fresh perspective, you have the opportunity to share with Members and longtime Attenders how the Meeting appears from the vantage point of a newcomer. The Friends mean what they say when they tell you "All are welcome."

Quakers make space for everyone to speak, and you'll be given that same consideration. Personally, my experience was that my thoughts and ideas were met with a warm reception. I left feeling that I'd contributed something valuable to the Meeting while also having been given something valuable in return. The Meeting with Attention to Business was a lesson in Quaker stewardship, and though I still have a great deal to learn, I feel much more a part of the Meeting than I ever did before attending.

I strongly encourage every newcomer to make attending Meetings with Attention to Business a top priority.

As a brief note to Members and long-time attenders:

You are all so warm and so welcoming that perhaps it seems silly that anyone new to Meeting would feel too intimidated to attend a Meeting with Attention to Business, but I was. While I have used up many words here encouraging new attendees to be bold in presenting themselves at those Meetings, I need to spend a few more charging you (and now myself) with being gregarious in our invitations.

I propose that we let other newcomers know that not only are they welcome at Meetings with Attention to Business, they are encouraged to attend. Going out of our way to invite individuals who we've never seen at Meetings with Attention to Business might also be in order. I think doing so would demonstrate personal care and show that we are paying attention to who is present at Meeting.



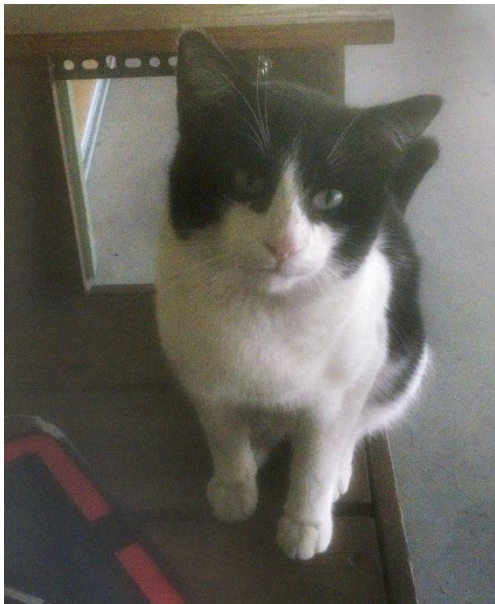
More than anything, I encourage us to take regular advantage of announcements after Meeting for Worship to emphasize that Meetings with Attention to Business are central to our practice of Stewardship, and integral to our expression of Community. This

Gratefully yours, Oliver

## Other News

### Oreo the Cat Has Found a Home

I am happy to report that our resident Quaker kitty Oreo has settled into his new forever home. On Monday evening of January 21st, 2019, my wife and I stopped by the Meeting House with treats and a crate to collect Oreo and bring him to my brother-in-law Andres' apartment near the Medical Center. Oreo, food motivated as always, hopped



right into the crate and was happy to eat the treats we fed him on the way to his new home.

Within moments of arriving at the apartment, Oreo was out his crate exploring his new surroundings. He quickly claimed the couch, stretching out luxuriously and purring like mad. He



showed no sign of anxiety or concern at having been moved from his usual territory and was curled up sleeping in Andres' lap within the hour. Andres reports that Oreo is eating well (this will surprise no one), using his lit-

terbox responsibly, and is generally acting as if he owns the place. He continues to use his outdoor voice when asking for food.

Thank you to everyone who showed Oreo love and care during his time as a Quaker kitty. A special thanks to Stephen S who took the time to get Oreo neutered and vaccinated. -- Oliver G.

### Reflections on Stewardship, January 2019

Bill W., our out-going treasurer, brought to our attention that last year, 85.8% of the contributions to Meeting came from 14 individuals and families. This number is down from 2017, with the loss of several long-time members. Friends asked about making automatic electronic deductions as a way to simplify the process, and perhaps increase the number of contributors.

These instructions will be published in the newsletter and posted on the Contribution Box for easy reference.

A major concern was voiced by the Finance Committee regarding replacing Bill after his long and faithful service. They are actively seeking a bookkeeper who would take over the day-to-day logging of receipts and disbursements, with a Treasurer to oversee the big picture. A job description would emerge from conversations with those involved. Any suggestions can be sent to [clerk@saquakers.org](mailto:clerk@saquakers.org) . Thank you.