

July 2019

# The Friendly News

## San Antonio Quakers

7052 N. Vandiver (at Eisenhower)

San Antonio, Texas 78209

Message Phone: 210.945.8456

Website: [www.sanantonioquakers.org](http://www.sanantonioquakers.org)

Facebook: @saquakers



## July Calendar

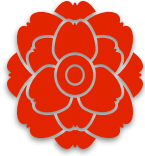
MONDAY July 1	4:30-5:30 pm—Yoga with Greg 5:30-6:30 pm—Community Engagement Comm.
TUESDAY July 2	7-8 pm—"A Course in Miracles" discussion ( <i>weekly</i> )
FRIDAY July 5	9:30 am—Tai chi in Courtyard ( <i>weekly</i> ) 8:30-9:30—Night Shift Meditation ( <i>bi-weekly</i> )
SUNDAY July 7	<b>10 am—Meeting for Worship</b> <b>11:15—Potluck Lunch and Conversation</b> 12:30pm—Quaker Reading Group in Library
TUESDAY July 9	7-8 pm—"A Course in Miracles" discussion ( <i>weekly</i> )
THURSDAY July 11	4:00 pm—Landscaping work party 5-6pm—Peace & Social Concerns Committee 6-7 pm—Soup and Conversation <b>7-8pm—Mid-Week Meeting for Worship</b>
SUNDAY July 14	<b>10 am—Meeting for Worship</b> <b>11:30—FORUM: "Stewardship in Home, Work, and Social Life"</b>
MONDAY July 15	4:30-5:30 pm—Yoga with Peggy
TUESDAY July 16	7-8 pm—"A Course in Miracles" discussion ( <i>weekly</i> )
FRIDAY July 19	10 am—Tai chi in Courtyard ( <i>weekly</i> ) 8:30-9:30—Night Shift Meditation ( <i>bi-weekly</i> )
SATURDAY July 20	9:30am-1 pm—Workday at the Meetinghouse. Come for all or part; bring a bag lunch.
SUNDAY July 21	<b>10 am—Meeting for Worship</b> <b>11:15—July Birthdays!!</b> <b>11:30—Meeting for Business</b>
TUESDAY July 23	7-8 pm—"A Course in Miracles" discussion ( <i>weekly</i> )
SUNDAY July 28	<b>10 am—Meeting for Worship</b> <b>11:30 FORUM: "Quaker &amp; Jungian Sensibilities"</b>
TUESDAY July 30	7-8 pm—"A Course in Miracles" discussion ( <i>weekly</i> )
WEDNESDAY July 31	<b>7-8pm—Mid-Week Worship, place TBA</b>

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

## July Query: Equality



**How do we create an atmosphere in our Meeting where people, especially those new to the Meeting, are not afraid to make their needs known?**

## Upcoming Events:

*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.*



1st & 3rd  
Mondays  
of the Month

4:30 - 5:30pm



6pm - 7pm  
Soup

&



7pm - 8pm  
Silent Worship

2nd Thursday of the Month

## Future Forums – June 14 & 28 11:30am

**July 14:** “A Day in My Life”: Stewardship in Home, Work, and Social Life: A facilitated conversation about the implications of the Quaker testimony of stewardship in all aspects of our lives.

**July 28:** Quaker and Jungian Sensibilities: A forum comparing Quaker teachings with insights from Jungian psychology. Led by Gary W.

## Ongoing Discussions:

**Quaker Reading Group:** Will meet on Sunday, July 7<sup>th</sup> at 12:30pm following Potluck, on the Porch or in the Library (depending on the weather). We will continue the discussion of Margery Post Abbott's *Quaker Views of Mysticism*, now available in the library. You are welcome to join the circle even if you haven't read the current pamphlet.

**Course in Miracles:** David H. facilitates a conversation about “A Course in Miracles”, open to Friends and others who are interested in the spiritual journey. Now meeting every Tuesday (July 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup>) 7-8pm. In the Library.

## Work Parties at the Meetinghouse

The Property Committee has scheduled a “Meeting for Weeding” starting at 4pm on Thursday, July 11<sup>th</sup>, immediately before our 6pm Soup and Conversation and 7pm Mid-week Worship. **Come commune with our plants!**

There will also be a work party at the Meetinghouse from 9am-3pm on Saturday, July 20<sup>th</sup>. Come whenever you want and stay as long as you like. Please bring a bag lunch.

## Fridays in July

A group will be holding Tai Chi exercises in the courtyard from 9:30 am on Fridays. This is not a class, but rather a time for those who know a bit of Tai Chi to practice together. Led by Julie L. from Plum Branch Sangha. Check with Pam S. for more information. **Weekly**

“Night Shift” is off to a great start. Fifteen people joined for a period of mindful meditation, walking meditation and ambient music, followed by tea and fellowship. This Friday night event (8:30-9:30pm) helps us make the shift from a busy work week. Michael R. facilitates. [michael@morning-shift.com](mailto:michael@morning-shift.com) **Bi-weekly, July 5 & 19**

*You are welcome to join either or both of these activities.*

## Recent Happenings:

### Homeless Visitors

Our neighbors periodically use our Meetinghouse porch as a quiet place to sit out of the sun and rain. From time to time, local homeless people have also sheltered there, sometimes at night. For the most part, they have respected the surroundings. Not all do, however, and we have recently had two groups attempt to set up encampments, fouling our grounds in the process. We met after Meeting for Worship on June 9<sup>th</sup> and again as part of Meeting for Business on June 16<sup>th</sup> to discern our boundaries, balancing the need for compassion with the need for security for all those who use our facilities.



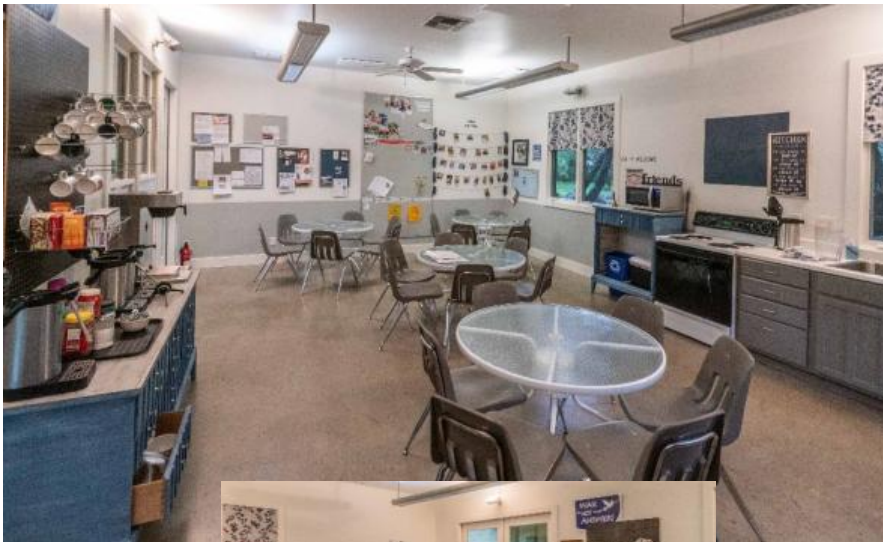
In those conversations, it became clear that we need to inform visitors of the limits of our hospitality, both directly and by erecting signs on the porch and at the entrances to our property. A Friend proposed wording for the signs that met with our approval. We will make sure that the wording meets legal requirements while also reflecting our wishes.

We welcome visitors who wish to visit our quiet space for contemplation during the daytime, so long as they respect our values, do not spread disorder, and do not bring weapons. We do not, however, welcome overnight sleeping, camping, the storage of goods, or disorder. We have posted temporary signs on the porch to inform visitors and will post permanent signs soon.

We have met with those homeless people who have been here most recently and informed them of our boundaries. We are seeking to steer them to other services as well as to provide limited direct help as we are able. We do not wish to risk people's incarceration, but we cannot house an encampment.

## The Community Room Has Been Remodeled!

The Property Committee has remodeled our Community Room to make it more pleasant and to dampen the noise. Thanks to those who donated tables and other equipment and to those who put it all together.





## June 23<sup>rd</sup>: A 2<sup>nd</sup> Forum on Long-Range Planning

*Reported by Gretchen Haynes*

We extended the process begun in May: exploration without the need to come to any conclusions. We began by finding there is no passion for starting a Friends School at this time. An alternative would be ESL and citizenship classes, and programs for neighborhood children during the summer and breaks.

The history of the present facilities was outlined, and the process of creating what we have now. One possible multipurpose building layout could contain a caretaker's apartment, a conference/classroom, and a library/office space. The possibility of finding organizations to move their offices here needs more research, re interest, and transportation. Ditto an outreach volunteer.

We were reminded that Meeting's growth and health comes from the Spirit. Whatever we do depends on listening for Spirit.

Hesitations regarding a new building included the observation that younger F/friends have different economic circumstances than our current F/friends and this may cause fiscal problems in the future. Any new building[s] lay a burden on the future.

Does growth require a physical building? Can we see transformations in our existing facilities, such as that in the Community Room? The current meeting room has a capacity of 130, per fire department regulations. The ideal number for a meeting is around 75. If our attendance grew beyond that, we could establish a second Quaker meeting in another part of town. When we have 10 or more children, we can use the Library for the older group.



One F/friend asked for more details of the financial side. What would various building plans cost? What would be the maintenance costs? What are our priorities [perhaps in list form]?

The focus shifted from the more practical to the more spiritual. We were asked to suspend our own will and practice religious forbearance. Is there a middle way – to put our resources into our passions? Leading to the question: What is the purpose of Meeting? The social mission of Friends? What is the difference between what we want and what we need?

In conclusion, two F/friends will collect data as outlined above. No one volunteered to join the Long-Range Planning committee.

We will wait in the Light for a leading and be guided by the Light.

## Coming Events:

### Quaker Orientation in September & October

8x6 @ 7-9 (9 & 10) We will offer discussion sessions in which we ask eight F/friends to commit to six week, meeting on Wednesdays from 7 to 9 pm, starting Sept 11, 18 and continuing Oct 2, 9, 16, and 23. We know that not everyone will be able to attend all six, but hope that most will.

Designed especially for those who have been attending for some time and wish to go deeper into Quaker history, faith and practice, it will include readings sent by e-mail. Members of the Religious Education committee will facilitate topics including: origins, the Light, worship, testimonies and the wider Quaker world.

### Wider Quaker Events/Resources

#### **PENDLE HILL RETREAT: LETTING GO AS A SPIRITUAL PRACTICE: JULY 26-28, 2019** **Wallingford, PA**



How many times in your life have you realized it was better to let go of something—a job, a habit, or a person—rather than keeping it in your life? Release what no longer serves you. Make room for Spirit to work more freely and deeply in your life. Whether you pull your hands off the controls or take out the trash, you arrive lighter and freer for it. Experience various practices, including guided meditation, prayer/personal reflection time, and group discussions. Led by Stephanie Gretchen. Friday evening through Sunday lunch. [Read more at the Pendle Hill website](#)

*Pendle Hill is a Quaker retreat center near Philadelphia. They have many programs that foster spiritual exploration and personal development. <https://pendlehill.org>*

#### **FCNL ANNUAL MEETING AND QUAKER PUBLIC POLICY INSTITUTE: NOVEMBER 13-17 2019** **Washington DC**

Be a part of Quaker advocacy that challenges us to [Love Thy Neighbor \(No Exceptions\)](#). Join us to:

- Lobby to advance peace and justice.
- Consider revisions and updates to FCNL's foundational policy document, The World We Seek.
- Hear from exciting and inspiring speakers – including policy experts and faith leaders – about what you can do in the year ahead.
- Worship together and be part of a community of committed people from across the country.

Quaker advocacy has never been more important.

## FCNL QUAKER WELCOME CENTER

### Washington Dc



Located across the street from the Hart Senate Office Building, the Quaker Welcome Center is a place for dialogue and the promotion of peace, justice, and environmental sustainability. The Center hosts programs and events that equip people to change policy, nurture integrity in governance, and collaborate across political differences.

The Quaker Welcome Center is a green building, the first floor of which houses a living room-style meeting space and a conference room. The top two floors are residential with one apartment reserved for the Friend in Washington program, an advocacy residency for Quakers. More information at: <https://www.fcnl.org/action/quaker-welcome-center>

## Meeting Misc:

### Friends' Travels

**Val Liveoak** is in Vietnam to meet her son's fiancée and the family. She will be participating in the engagement ceremony as well as visiting parts of the country for a month.

**Carol & Joe Redfield and Crystal** are in China for the annual visitation of adoptive families.

**Jim Spickard** has been in Münster, Germany, giving a public lecture on non-Western ways of thinking about religion. He was invited by a group of psychologists of religion who are trying to improve their understanding of non-Christian religions.

**Jillian Randles and the boys** are spending part of the summer in upstate New York, living with her parents and working on the tiny house that is going up. [Never fear, July birthdays will still be celebrated, just not with Jillian's special touch.]

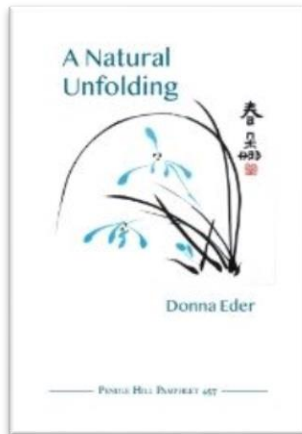
### Calls for Aid & Advice

**The Southwood Scrapbook is missing.** It was on the shelf in the community room, but it has not been seen in quite a while. If anyone has information, please contact the Clerk.

**The Newsletter Editor seeks stories, photos, and other things to publish.** He was away nearly half the month, so the newsletter is shorter than usual. You can help him fix this! Please send material to [newsletter@saquakers.org](mailto:newsletter@saquakers.org).

## Quaker Insights: New Pendle Hill Pamphlets

Friends Meeting subscribes to the Pendle Hill Pamphlet series. You can borrow them or can read them in the Library. The Quaker Reading Group (*see page 2*) often takes these as its point of discussion. **Here are the most recent additions.** ([Text from the Pendle Hill website.](#))

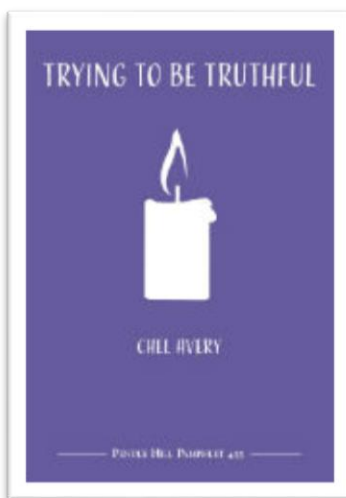
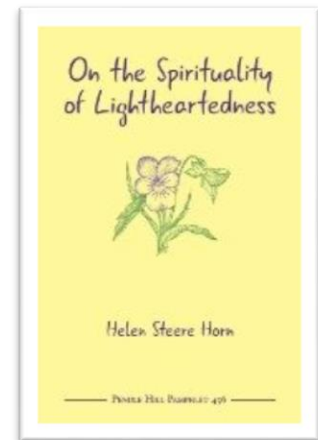


### **A Natural Unfolding, by Donna Eder**

Donna Eder recounts her spiritual awakening and the path that unfolded as a result. The illness and eventual death of her mother from ALS (Lou Gehrig's disease) brought her family closer to each other and closer to God. After her mother's death, Donna had an experience of Divine union that has reverberated throughout her life. Using dreams and journaling, she has learned to stay in touch with her inner truth. When she began to follow the leadings of her heart, she saw both her inner and outer life transform, and she was able to experience wholeness. Her story offers an illustration of how to approach our spiritual journeys and remain open to the movements of Spirit in our lives.

### **On the Spirituality of Lightheartedness, by Helen Steere Horn**

Helen Horn lays out a view of how to balance the internal refreshment of a light heart with the work needed to address suffering, hunger, and injustice in the world. She offers an invitation into living the paradox, describing her personal journey of learning how to bring practices of lightheartedness to her work, activism, and life. Calling on the Bible, poetry and creativity, her deep love of music, her Quaker community, her family, and her experience with cancer, she shares stories of brokenness and hope. The text has been adapted from the manuscript of a speech written in the 1990s. With an introduction by Rebecca Kratz Mays.



### **Trying to Be Truthful, by Chel Avery**

Truth has been a central concept to Quakers from the outset. We have been regarded by others and ourselves as a people who emphasize truth telling, and much of the very culture and belief system of Friends has fostered a practice of truth. At first, telling the truth or not telling the truth might seem simple, but Chel Avery has peeled back the layers of the human condition to explore the complexities. What is truth? Is it ever desirable to tell less than the whole truth or to lie? What about the white lie? When we avoid telling an unpleasant truth are we protecting another person or ourselves? The Quaker practices of waiting and of care with choosing words, grounded in love, guide us toward a high standard for truth that helps us grow toward wholeness.