

October 2019

The Friendly News

San Antonio Quakers

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October Calendar

TUESDAY Oct 1	7-8 pm—"A Course in Miracles" discussion (weekly)
WEDNESDAY Oct 2	7-9pm—Quaker Orientation: "The Light"
FRIDAY Oct 4	7:30-8:30pm—Night Shift Meditation (bi-weekly)
SUNDAY Oct 6	10 am—Meeting for Worship 11:15—Potluck Lunch and Conversation 12:30pm—Quaker Reading Group on porch 4:30-5:30 pm—Yoga with Greg 5:30-6:30—Community Engagement Committee
MONDAY Oct 7	No Course in Miracles meeting this week
TUESDAY Oct 8	7-9pm—Quaker Orientation: "Testimonies"
WEDNESDAY Oct 9	4-6pm—Meeting for Weeding
THURSDAY Oct 10	5-6pm—Peace & Social Concerns Committee 6-7 pm—Soup and Conversation 7-8pm—Mid-Week Meeting for Worship
SUNDAY Oct 13	10 am—Meeting for Worship 11:30—FORUM: "Letting Our Lives Speak"
TUESDAY Oct 15	7-8 pm—"A Course in Miracles" discussion (weekly)
WEDNESDAY Oct 16	7-9pm—Quaker Orientation: "Making Decisions"
FRIDAY Oct 18	7:30-8:30pm—Night Shift Meditation (bi-weekly)
SATURDAY Oct 19	9am-2pm—Fall Yard Sale!!
SUNDAY Oct 20	10 am—Meeting for Worship 11:15—October Birthdays!! 11:30—Meeting for Business 4:30-5:30pm—Yoga with Peggy
MONDAY Oct 21	7-8 pm—"A Course in Miracles" discussion (weekly)
TUESDAY Oct 22	7-9pm—Quaker Orientation: "Wider Quaker World"
WEDNESDAY Oct 23	10 am—Meeting for Worship 11:30 FORUM: "Being Quaker" with Val
SUNDAY Oct 27	7-8 pm—"A Course in Miracles" discussion (weekly)
TUESDAY Oct 29	7-8pm—Mid-Week Worship, home of Joni & James
WEDNESDAY Oct 30	

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- "Silence in the Noise"

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

October Query



What are we doing to educate ourselves and others about the causes of conflict in our own lives, our families and our meetings?

October Events:



1st & 3rd
Mondays
of the Month

4:30 - 5:30pm



6pm - 7pm
Soup

&



7pm - 8pm
Silent Worship

2nd Thursday of the Month

Forums – October 13th & 27th 11:30am

October 13: Forum topic: “Letting Our Lives Speak”

Quakers seek to live with integrity. We do not proselytize, but instead attempt to live as peacefully, simply, and honestly as we can, doing good in the world and, in the words of George Fox, “walk[ing] cheerfully over the world, answering that of God in everyone”. We will discuss what this effort means to us and for our lives.

October 27: Val L. will lead a forum on “Being Quaker”

In this forum, we will share what “being a Quaker” means to us: its dimensions, its difficulties, and its consequences.

Quaker Reading Group

Will meet on Sunday, October 6th at 12:30pm following Potluck, on the Porch or in the Library (depending on the weather). We will be reading the Pendle Hill Pamphlet *The Mind of Christ: Bill Taber on Meeting for Business*, now available in the library. You are welcome to join the reading group even if you haven’t read the current pamphlet.

Last Wednesday Midweek at Joni & James’ home – Oct 30th



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 (October 1st, 15th, 22nd, & 27th) 7-8pm. In the Library. **No meeting on October 8th.**

“Night Shift” Mindful Meditation: Join us on two Friday evenings for a period of mindful meditation, walking meditation and ambient music, followed by tea and fellowship. This event helps us make the shift from a busy work week. Michael R. facilitates. *mi-chael@morning-shift.com* **October 4th & 18th, 7:30-8:30 pm**

Meetings for Weeding:

- Thursday, October 10th, 4-6pm
- **NO WORK DAY Oct 19th: Enjoy the Yard Sale!**

You are welcome to join any of these activities.

Quaker Orientation Classes

The six sessions got off to a grand start with more than the eight people who signed up. No worries, we moved from the Library to the Community Room.

- Week one considered Quaker worship – in the 1650’s lords of the manor sat with their kitchen maids and both were able to bring their messages, with Gary. What revolution brought such changes to a strict hierarchical society? How is that reflected in our worship today?
- Week two looked at the historical context out of which Quakerism arose, with Colin, and deeper into the Origins of insights, “openings,” of those early Friends and their impact now.
- The next four sessions will be:
 - Oct 2: The Light, with Joni and Greg;
 - Oct 9: Testimonies: outward manifestation of inward transformation, with Ben;
 - Oct 16, Making Decisions: Quaker business practices, with Colin;
 - Oct 23: The Wider Quaker World and tidying up loose ends, with Oliver and Liam.



All sessions are from 7 to 9 pm, and short readings are sent to those on the email list. While we hope that participants attend all sessions, we know that Life can intervene.

2nd Annual Yard Sale on October 19th

It was such a success that we're doing it again. Neighborhood and Meeting sellers can rent a space in the parking lot for \$10 from 9 am to 1 pm. The balance of the sales goes to the seller. There will be two spaces for goods donated to Meeting – including many kitchen items and wonderful toys and children's games.



The proceeds will go to the Faith & Play children's program. Reserve your space now with Danielle; a table and chair will be included.

More Upcoming Events:

Migration Month

Meeting attendee Sara Ramey runs the Migrant Center for Human Rights – a non-profit legal firm that helps asylum seekers get permission to stay in the U.S.



MIGRATION MONTH!

Please join us this October as the Migrant Center and Cherrity Bar raise funds for refugees:

- **Immigration through Art:** an exhibition by the NYFA Immigrant Artist Mentoring Program, Patrick Bresnan, Cristina Sosa Noriega, and more **All Month**
- **Kickoff Reception and Artist Talk** Oct. 3rd, 5:30pm
- **How to Win an Asylum Case: Legal Lunch N' Learns** Thursdays, noon:
 - Litigating an Asylum Merits Hearing **Oct. 3rd**
 - Writing Strong Asylum Applications and Declarations with Trauma Survivors **Oct. 17th**
 - Preparing Asylum Evidence to Avoid Objections **Oct. 24th**
 - Developing Legal Strategies in Light of Matter of A-B- and Matter of L-E-A- **Oct. 31st**
- **Post-IWC Meeting Immigration Q&A Luncheon** Thursday 10th, noon
- **Film Screening and Discussion: The River and the Wall** a documentary on the environmental and human impact of the border wall in Texas **Oct. 10th 7:00pm**
- **Migration Talk at Trinity University** Thursday 17th, 6:00pm Chapman Center Auditorium
- ...and more!

Cherrity Bar is located in Dignowty Hill at 302 Montana St, San Antonio, TX 78203. For updates and more, sign up for our newsletter at migrantcenter.org. For inquiries, contact admin@migrantcenter.org.

The Center is holding several events this month to raise awareness about asylum seekers, train legal advocates, and raise funds.

All are welcome to attend.



<https://migrantcenter.org/>

Silent Retreat at Lebh Shomea, November 14-17

F/friends will gather for the annual retreat under certain different arrangements this year. We will be bringing and preparing our meals and consequently the costs will be lower than past years.

For first time retreaters, Lebh Shomea is the former Kenedy ranch near Sarita on the coast. There are a few rooms in the big house and many single and double cabins scattered around the extensive campus. Deer wander unafraid, wild turkeys congregate, smaller animals are everywhere, and it is a bird-watcher's paradise. Many marked trails lead to contemplative spots.

There will be Catholic worship daily and Quaker worship sharing every evening. Beyond those times, we are silent. We can use the extensive library, read and meditate in the big house sunroom or our cabins or the benches on the trails. There may be a trip to the Gulf shore, 20 minutes away and sun rise and set views from the tower.

We will set up a group to take the responsibility for meals at lunch and dinner on Friday and Saturday. Bring whatever you would like to eat on Thursday evening and for breakfast on Friday, Saturday, and Sunday. The dates are the 14, 15 and 16, leaving on the 17th of November. This is a Thursday, Friday, Saturday, leaving on Sunday. The gate closes at 4pm now so you must arrive before the gate closes. We will carpool down on Thursday or Friday. *The drive takes about 3 hours, but allow 4: leave SA by noon.*

For more information or to register please contact David Bristol at deardavid14@hotmail.com or by phone at 210 831 3169. For now, we need a head count of those who think that they might be going. This initial head count in no way obligates you to go; it simply allows Lebh Shomea to set aside enough lodging.

Here are some photos from last year's retreat. For more photos and for Pam S.'s reflection on her experience, please see last January's Friendly News, available at:

<https://sanantonioquakers.org/news-letters/>

Sights around Lebh Shomea



Notes from Recent Events:

Redecorating the Children's Room

Stop by the children's room to see the transformation. Gone are the industrial racks for games and materials, gone the neutral colored walls. Instead well-proportioned shelves line sunny pale-yellow walls with trim to match the outside green and a blue-sky mural.

It's all to welcome Faith and Play, the Quaker-developed program based on Montessori principles of child-entered learning. Single lessons, complete with all the materials needed, will inhabit the new shelves and be available to adult volunteers and children. Stay tuned for more developments

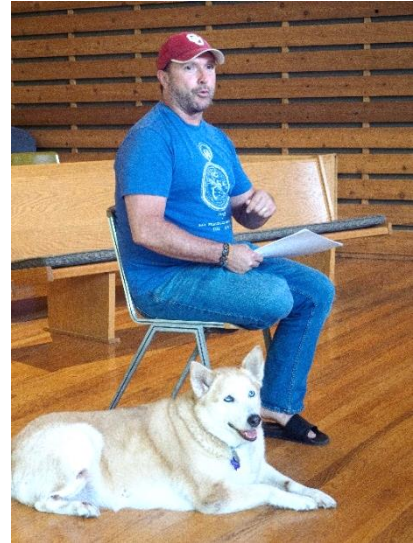


Forum on “How Quakers Do Business”

Jim S. led a September 22nd forum discussion on Quaker business practices, focusing on Meeting for Worship with Attention to Business. He opened with two short QuakerSpeak videos: “The Quaker Practice of Discernment” <https://quakerspeak.com/quaker-practice-discernment/> (5' 34”) and the first 2' 10” of “How to Clerk a Quaker Business Meeting” <https://quakerspeak.com/how-to-clerk-a-quaker-business-meeting/>. Friends shared their own experiences of Business Meeting, including what has worked for them and what has not.

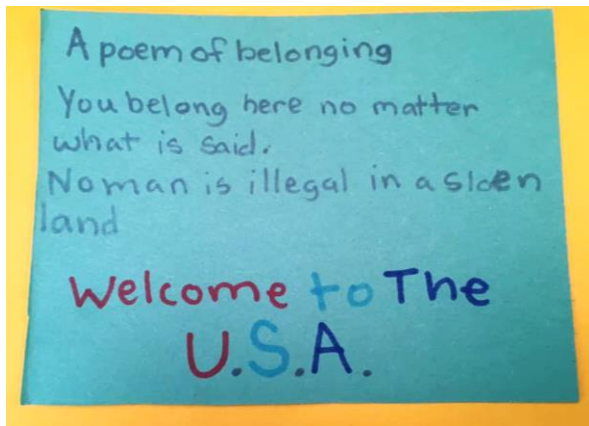
Forum on “Safe Spaces”

Greg C. led a workshop on creating safe spaces in which people can relax and thrive. He emphasized the importance of understanding people’s differences. One person may take a comment or remark in a quite different way than another. He gave practical examples of this, and Friends spoke about their own experiences and asked questions.



Making Lunch for Refugees

Volunteers gathered early to make sandwiches, pack carrots, add bags of chips, fruit and cookies for 30 bags delivered to the



Bus Station for asylum seekers as part of the Interfaith Welcome Coalition project. Funds for the supplies came from donations to the bi-monthly Yoga sessions.

The Meeting children made cards, which we included in the lunches. Here is one with a notable message.

Fewer refugees are arriving lately, so we may not be called upon again until November. Watch this space for more details.

Climate Strike

Several Friends took part in the September 20th & 21st Climate Strike demonstrations. They joined others from many groups in Main Plaza, then marched to Hemisphere Plaza to show their support for San Antonio’s Climate Action Plan and for the more radical measures needed to avert climate catastrophe. Val L. made this banner, which she carried at the rally.



Solar Panels

Last month, Friends Meeting bought 45 solar panels that will offset 85% of our energy use for the next 25 years. The panels are part of a roofed parking structure on Austin Highway near IH 410. BigSun Solar's Jason



Pittman came to Meeting on September 21st to thank us for joining the project. He gave us yard signs,

modeled here by Bill S. and Val L.



Quaker Organizations Need Help

Friends Journal and the **American Friends Service Committee** are two pillars of the wider Quaker world. Both need our help to close gaps in their budgets for 2019. Any amount you can spare is appreciated. You can send donations by mail or online:

- **Friends Journal**, 1216 Arch Street, #2D Philadelphia, PA 19107 <https://www.friendsjournal.org/donate/>
- **American Friends Service Committee**, 1501 Cherry Street, Philadelphia, PA, 19102 <https://www.afsc.org/>

Food for Thought:

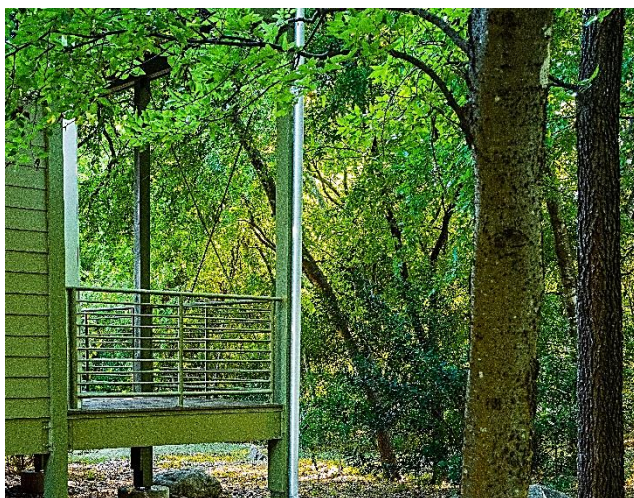
1. **Two passages from “A Community Formed for Faithfulness”, by Marcelle Martin, Friends Journal, September 2017**

Editor's Note: Especially in the second passage, Martin uses traditional 'God-language'. Not all Quakers are comfortable with this means of expression, but others find that it leads them deeper. You are welcome to reframe this message in a vocabulary that most contributes to your growth.

- We often hide from ourselves both the best and the worst within us: our experiences of divine reality; our impulses toward creative innovation, radical truth, and self-sacrificing love; our petty grudges and meanness; our unhealed wounds and sense of alienation; our deep and persistent fears and the projection of them onto others. Intimate, truthful, and loving spiritual companionship is needed to help us see what is actually going on inside. We need communal spaces where we feel safe to reveal, look at, and explore the ways that our fearful ego controls so much of our thinking and behavior. All of us need to

wrestle with difficult questions, issues, resistances, and false ideas of limitation and separation. We can and must do a lot of this on our own, but we also need encouragement and support in this difficult work. We need individuals and groups that can hold and nurture us enough that we allow ourselves to be vulnerable and speak our hidden truths. This helps us open to God's healing, and enables us to allow divine love to be expressed and manifested through us in humble, courageous ways

- In order for Friends to be fully faithful, we need to know ourselves better and become more deeply intimate with God. As a religious society, we have been gradually drifting toward functional atheism. Although we may still speak about God or Jesus and the Inner Light, we have been losing our ability to recognize and trust in the divine reality that is present and active within us and in the world. A single hour of meeting for worship on a Sunday morning, along with committee service, a weekly forum, some fellowship, and a monthly business meeting are not enough to be the Spirit-filled, faithful people we would like to be. More is required. We all need to make regular space in our lives for quiet receptivity to divine love and guidance. Each of us must take time to look within and wrestle with our tendencies toward fear and unfaithful conformity. In order to respond to God's call, we also need to create spiritual friendships or participate in small groups designed to support growth in intimacy with God and courageous responses to the leadings of the Spirit. As Quakers we have rich resources and many communal structures designed to support faithfulness. Let's make good use of them and participate more wholeheartedly in God's loving, healing work in the world.



2. From **"Silence in the Noise"**, by Mary Braden, Friends Journal, February 2017

- The still, small voice doesn't clamor for our attention very often; its ways are subtler and more nuanced and easy to overlook. We know we are drifting from the Light when we feel our spiritual lenses darkening, when despair and anger and frustration drive our thoughts, when we find ourselves unable to dislodge the claws of fear in our guts. Although instinct drives us to push harder, to run and fight or curl up and hide, this is the time to simply stop. Listen. Trust. Our task is not to fight like soldiers, aspiring to victory through brute physical or mental force. Our task is to obey the still, small voice that speaks love and wisdom into our hearts, to recognize the humanity we share with all our fellow travelers regardless of their opinions, and to answer the call of justice, equality, and peace. For me, this is impossible without returning to the silence whenever I can.