

September 2019

The Friendly News

San Antonio Quakers

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September Calendar

FRIDAY September 2

SUNDAY Sept 1

10 am—Meeting for Worship

11:15—Potluck Lunch and Conversation

12:30pm—Quaker Reading Group on porch

MONDAY Sept 2

LABOR DAY

TUESDAY Sept 3

7-8 pm—"A Course in Miracles" discussion (**weekly**)

WEDNESDAY Sept 4

8-10am—Prepare lunches for asylum seekers

FRIDAY Sept 6

8:30-9:30pm—Night Shift Meditation (**bi-weekly**)

SUNDAY Sept 8

10 am—Meeting for Worship

11:30—FORUM: "Creating a Safe Space to Thrive"
(w/ Greg)

MONDAY Sept 9

4:30-5:30pm—Yoga with Greg

5:30-6:30—Community Engagement Committee

WEDNESDAY Sept 11

7-9pm—Quaker Orientation: Worship (w/ Gary)

THURSDAY Sept 12

5-6pm—Peace & Social Concerns Committee

6-7 pm—Soup and Conversation

7-8pm—Mid-Week Meeting for Worship

SUNDAY Sept 15

10 am—Meeting for Worship

11:15—September Birthdays!!

11:30—Meeting for Business

MONDAY Sept 16

4:30-5:30 pm—Yoga with Peggy

WEDNESDAY Sept 18

7-9pm—Quaker Orientation: Origins (w/ Gretchen)

FRIDAY Sept 20

8:30-9:30pm—Night Shift Meditation (**bi-weekly**)

SATURDAY Sept 21

7:30-10:30—Taco Breakfast & Meeting for Weeding

SUNDAY Sept 22

10 am—Meeting for Worship

11:30 FORUM: "How Quakers do Business" (M&O)

WEDNESDAY Sept 25

7-8pm—Mid-Week Worship, home of Joni & James

SATURDAY Sept 28

10am-2pm—SASA Storytelling Workshop

SUNDAY Sept 29

10 am—Meeting for Worship

11:15—Coffee & Conversation

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

September Query



As we attend to Meeting business, do we sustain prayerful consideration of all aspects of an issue? Do we address difficult problems with a search for truth that is unhurried by the pressures of time?

September 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 1st and 2nd 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

Last Wednesday Midweek at Joni & James' home this month

Future Forums – September 8th & 22nd 11:30am

September 8: Creating a Safe Space for Us to Thrive: Greg will talk about the importance of safe spaces and the joys of making sure our Meeting is a home for everyone.

September 22: How Quakers do Business: Ministry and Oversight will facilitate a discussion of Quaker business practices and how best we can follow the Light in our decision-making.

September 29: No forum, but time for fellowship and conversation. Meet new people, get to know each other better, and enjoy our time together.

Ongoing Events:

Quaker Reading Group: Will meet on Sunday, September 1st at 12:30pm following Potluck, on the Porch or in the Library (depending on the weather). We will be reading a pamphlet on *Quakers and Creeds*, now available in the library. You are welcome to join the reading group 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 (September 3rd, 10th, 17th, & 24th) 7-8pm. In the Library.

Work Parties at the Meetinghouse:

- No Thursday Meeting for Weeding this month
- Saturday Meeting for Weeding meets at 7:30am (breakfast tacos!!) to avoid the heat: Garden & other work 8-10:30.

"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. michael@morning-shift.com **September 6th & 20th, 8:30-9:30 pm**

You are welcome to join any of these activities.



Upcoming Events:

Make Lunch for Asylum Seekers

Volunteers are needed to make sandwiches, pack carrots, fruit, and desserts for 50 bag lunches that will be taken to the bus station where an Interfaith Welcome volunteer will begin distribution to asylum seekers who have been released from detention and are travelling to their families. Funds for this meeting project come from the donations to the yoga sessions. The children have been making cards of welcome to include in the bags.



If you would like to help, contact Greg at geeinsa@gmail.com. Surf to <https://interfaithwelcome-coalition.org/get-involved/> to learn about other ways to help.

Quaker Orientation Evenings Begin

It's not too late to sign up for the Quaker Orientation series. We will meet in the Library from 7-9pm on Wednesday for six sessions: two in September (11th & 18th) and the rest in October. Our first topic will be "Quaker Worship" (Sept 11); our second will be "Origins of Quakers" (Sept 18). Other topics will follow in October, ending with a free-for-all question fest on Oct. 23. It's a chance to ask questions about Quakers in a supportive setting and to get to know other F/friends.

Other Sources of Information about Quakers:

QuakerSpeak is a video series sponsored by Friends Journal. Videos are 4-7 minutes long on a wide variety of Quaker topics. We have several copies of their DVD for beginners in the Library. You can find others online at www.quakerspeak.com

Friends Journal is a monthly magazine about Friends and Friends' concerns. Its mission is to communicate Quaker experience in order to connect and deepen spiritual lives. You can read it in our library, borrow copies of back issues, or visit www.friendsjournal.org.

Pendle Hill Pamphlets are published by Pendle Hill Quaker Retreat Center. They come out six times a year on various topics pertinent to Quaker life. Our library has several years' worth of back issues for you to borrow. You can see the whole list at <http://bit.ly/30LS6yA> FMSA has two local connections with the pamphlet series: Val L. is on the editorial board and Jim S.'s daughter Janaki is the current publications staff.

The Meeting Library has an extensive collection of books on Quaker history, spirituality, testimonies, and other topics. There is even a selection of Quaker-related novels. You are welcome to borrow them.

SASA Storytelling Workshop on September 28th

The San Antonio Storytellers Association will be using the Meetinghouse for their annual fall storytelling workshop. It runs from 10am-2pm and is open to the public.

Registration is \$45 at the SASA website: www.sanantoniostorytellers.org.

This year's theme is "The Genre Wrench: Finding the Right Tools for the Tale". It will be led by master storyteller Mary Grace Ketner.



Saturday, September 28, 2019
10:00 - 2:00pm
Registration: \$45

The category of "Traditional Tales" covers a lot of territory, and a skilled storyteller knows to approach each genre of tales in its own special way. Legends, fables, fairy tales, myths, folk tales, ghost stories... each serves a different role in the lives of children and adults. Are you using the right tools to tune your tale? Examine the traditional stories you tell - and the ones you want to tell - in the light of their tale type, and consider the invitation each genre offers listeners to achieve personal transformation or community evolution.



S.A. Storytellers
Keeping Stories Alive

Notes from Recent Events:

August Forum on “Faith & Play”

by Gretchen Haynes

On August 11th, Joni introduced the “Faith & Play” program proposed by Religious Education Committee. She told us a story with objects illustrating Spirit that had the group in thrall. Piece by piece, she laid out symbols with a simple but powerful narrative. “I wonder” questions followed, drawing out our understanding of the story. This Quaker-developed program for children from three to 12 focuses on Quakers in our past and illustrates Quaker testimonies. Both give children a concrete language for understanding spiritual ideas.

“Faith & Play” is modelled on the Montessori method of children’s discovery rather than being built around lessons presented by adults. Each story time is followed by time for the children to work at art or writing or reading that helps them process the story’s ideas concepts of the story. For example, children could draw or sculpt a response, write a poem, or share a piece of literature. They could even create a labyrinth of colored stones in the courtyard for a more physical response. Annabelle, age 13, asked if she could be a storyteller. Joni assured her that she could, and that she could have other roles as well.



Many questions followed the presentation. How could we implement this at our Meeting? What changes would we need to make in the layout and furniture of the children’s room? How can children select to continue with present games and toys? How can storytellers learn the system’s specific techniques? We want to be sure that parents are involved in choosing and shaping the lessons presented.

There was unity among F/friends that we want this program. We accept that this will be a once- or twice-a-month offering for the present. The next steps include researching and purchasing low shelving that will hold the individual story units, the art supplies, and other materials, and providing the materials for each of the stories. Setting up a training program for volunteers will be led by Joni, with help from teachers and former teachers in Meeting. We will consult with Erika Mittag of Austin Meeting for her experience with Faith & Play.

A future forum was proposed for children and storytellers as the program gets under way.

There is more information posted at the Friends General Conference website: <https://www.fgc-quaker.org/faith-and-play>

On Eating

Oliver led our August 25th Forum on “Ethical Eating”. He brought lots of information about the consequences of our food choices for our health, our environment, and our society. The forum was well-attended and generated lots of questions.



Thinking about Going Vegetarian?

by Gretchen Haynes

Some good tips are in the September issue of On Health. The advantage of a plant-based diet is the decreased risk of heart disease, diabetes, and obesity. First, you don't have to give up all meat all at once. They recommend first reducing processed meat [hot dogs & deli meat that can be high in sodium and saturated fat] and substituting plant-based protein for red meat one or more days a week. Then gradually increasing plant-based foods. This will result in decreased total cholesterol and LDL [bad cholesterol]. It helps control low-level inflammation and increases fiber in the diet. Surprising [to me], replacing red meat with white meat [poultry] had no positive impact on LDL.

The key to success is finding healthy alternatives that you enjoy. Ten high-protein plant foods are: Tempeh 34 grams/cup; Tofu, 21 g/c; Edamame, 19 g/c; Lentils, 18 g/c; Almonds, 15 g/1/2 cup; Chickpeas 15 g/c; Quinoa, 8 g/c; Peanut butter, 7 g/2 Tbs; Wild Rice, 7 /g/c; Oatmeal 6 g/c. For recipe ideas that include little or no meat, see www.CR.org/easymeals.

Wider Quaker News:

Climate Strike on September 20th

by Quaker Earthcare Witness

On September 20, three days before the United Nations Climate Summit in New York City, young people and adults will strike all across the United States and world to demand transformative action be taken to address the climate crisis.

Young people around the world have been going on strike – every week, all over the planet – for months, among them Greta Thunberg from Sweden and 16-year-old Friend Kallan Benson (read about her activism in *BeFriending Creation* <http://bit.ly/30Pntli>). And for the first time, they are explicitly calling on you—adult allies—to join them.



Ways to participate as individuals:

- STRIKE WITH US! On September 20, 2019, we strike for our future! Find an event nearby.
- If there is not a strike scheduled in your area, register to host a strike.
- Post on your social media using #ClimateStrike and #StrikeWithUs.

Ways to participate with your Quaker community:

- Organize a group from your meeting to strike together.
- Write a minute in support and share it in your community and in the newspaper.
- Ask what it means to be adult allies to the youth leaders and follow-up. See 350.org's "How to stand with young climate strikers" to get started.
- Meet with your elected officials. Visit the Friends Committee on National Legislation's Environment and Energy page for tips.
- Use the strike as a launch-pad for reinvigorating your meeting's environmental concerns work.

For More Information:

- Quaker Earthcare Witness: <http://bit.ly/30NwIOB>
- Global Climate Strike: <https://globalclimatestrike.net/>
- FridaysForFuture: <https://www.fridaysforfuture.org/>
- US Youth Climate Strikes: <https://www.youthclimatestrikeus.org/>

World Quaker Day

Friends World Committee for Consultation invites us to join Quakers around the world for the 6th annual World Quaker Day.

WORLD QUAKER DAY



This year's theme is **Sustainability: Planting Seeds of Renewal for the World We Love**

This theme draws us into our shared experience of earth care and the spiritual imperative to sustain life on earth. It is a chance to celebrate our wonderful diversity of expression, whilst at the same time offering an important opportunity to learn about Friends' experiences of climate breakdown in other parts of the world.

Consider sharing a sustainability story from your meeting or church with another group of Friends elsewhere in the world and begin a dialogue.

More information at www.worldquakerday.org
tation at <http://fwcc.world/>

Read about Friends World Committee for Consul-

Notes about Friends:

Marian Carter has moved to the Village at Incarnate Word. Her new address is 4707 Broadway St, PMB 164, San Antonio, Texas 78209. Her new phone is 210.274.9998. Her new email is mariancarter30@gmail.com. Her apartment is #118.

The kittens are safe. Four adorable very young kittens were found under the vines along the pathway, apparently abandoned by their mother. Oliver took them to a vet then bottle fed them until he located an animal shelter with two nursing mothers who adopted the four without hesitation. The staff named them Star, Rainbow, Stripes, and Hank. Donations to help pay for neutering can be given to Oliver so there will be four fewer feral repeats.

But there's no collection plate going around ... how can I contribute to Friends Meeting?
You may have noticed that we don't ask for money. We welcome everyone, and we want people to decide for themselves how to contribute to the life of the Meeting. If you want to contribute money:

- We have a little box to the left of the door as you leave the Meetinghouse foyer.
- Or you can mail checks to 7052 Vandiver Rd, San Antonio, TX 78209. (Our mailbox is locked, so they'll be safe.)