

April 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



## How It Is With Us

Dear Friends,

The COVID-19 pandemic has changed lives for people all around the world.

Like others, San Antonio Quakers have cancelled face-to-face activities. We have become artists-in-residence in our own homes, physically distancing ourselves from others out of concern for our collective well-being.

Yet as we practice solidarity in solitude, we wish to avoid isolation and loneliness. Even the most introverted of us needs to know that we are cared for, even as we care for others.

**So, we continue to meet, using technology.** We have scheduled several weekly get-togethers via Zoom. Details about each can be found in the pages that follow and on the calendar page of the Quaker website (<https://sanantonioquakers.org/calendar/>).

### SUNDAYS:

- **Meeting for Worship** 10-11am  
via Zoom: Join URL: <https://zoom.us/j/598395375>
- **Post-Meeting Check-in & Discussion** 11am-12pm (*Same URL*)
  1. *Topics change each week;*  
*see website calendar page for details*
  2. March 29<sup>th</sup>: "How can we help each other?"
  3. April 19<sup>th</sup> will be Business Meeting

### TUESDAYS:

- **Course in Miracles** 7-9pm  
via Zoom: Join URL: <https://zoom.us/j/760588284>

### WEDNESDAYS:

- **Midweek Quaker Meet-Up** 6-8pm  
via Zoom: Join URL: <https://zoom.us/j/859447447>

### VARIOUS:

- **Committee Meetings**  
*Committee clerks will forward times & Zoom info to members.*

*Sign up to receive an email when this newsletter is posted at the Meeting website.*

*Write us at [newsletter@saquakers.org](mailto:newsletter@saquakers.org) if you wish a snail-mail copy.*

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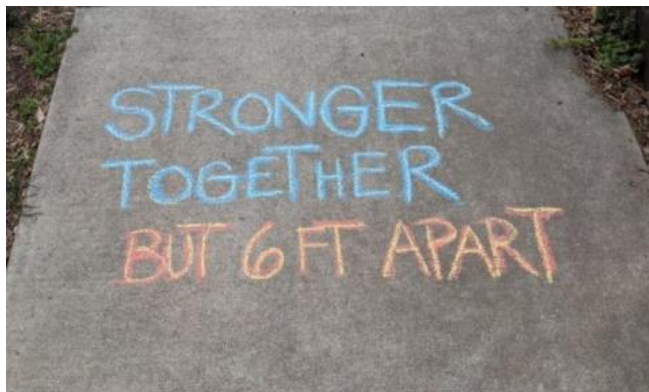
## April Query

**In difficult times, how do we let our lives speak?**

### How to Join a Zoom Meeting

It's easy to join a Zoom meeting. You can either join by computer, smartphone/tablet, or telephone. Here's how:

- **By Computer:** Your computer needs at least a microphone and ideally a video camera. (Most modern laptops have both built in.)
  1. Make sure that your microphone and video camera is turned on.
  2. Surf to the Zoom address listed for the event:
    - Meeting for Worship: <https://zoom.us/j/598395375>
    - Course in Miracles: <https://zoom.us/j/760588284>
    - Midweek Quaker Meet-Up: <https://zoom.us/j/859447447>
    - Committee Meetings: *Check with your committee clerk*
  3. Join the meeting with computer audio & video
  4. Mute your audio until you wish to speak
- **By Smartphone or Tablet:** *SAME INSTRUCTIONS*
- **By Telephone:**
  1. Call the Zoom call-in number: +1 346 248 7799 US (Houston).
  2. Enter the Zoom meeting number:
    - Meeting for Worship: [598395375](https://zoom.us/j/598395375)
    - Course in Miracles: [760588284](https://zoom.us/j/760588284)
    - Midweek Conversations: [859447447](https://zoom.us/j/859447447)
    - Committee Meetings: *Check with your committee clerk*



*photo contributed by Liz Yeats*

*The Zoom room will open at 15 minutes before each meeting to help people who might struggle with the technology. There are buttons on the screen for a microphone and another for the video. Use them.*

*You do NOT need to have an account with Zoom to join a Zoom meeting, but a basic account is free if you want to try the application ahead of time.*

*You can open the Settings to test your video and microphone.*

## Cancelled and Postponed Events

### *Spring Quaker Orientation -- postponed*

We had a great send off for the first Quaker Orientation session with Gary exploring how the first Friends came to worship in expectant waiting, and how we can learn from them. Then the health crisis shut us down. So we will put the series on hold for the time being. Friends who want to continue delving into Quakerism may join the more general conversations being offered on Wednesdays in Mid-Week Meet-Ups in the evenings. It's not perfect, but better than nothing.

### *South Central Yearly Meeting – postponed to Sept 24-27, 2020*

With sadness, South Central Yearly Meeting has decided to postpone its annual gathering until Fall. Those making the decision agreed that we would miss the fellowship, learning and spiritual deepening we experience when we gather face to face. However, in the face of the present COVID19 (Coronavirus) situation which places so many of our usual attenders and guests at risk, we felt the safety of all, and those in our broader communities, called for such action. Next September's meeting will be held at Green Family Camp, as usual.

**In the meantime, SCYM is holding virtual Meetings for Worship. You can find details at <https://bit.ly/2yboeC8>, along with links to other constituent SCYM Meetings' virtual worship sessions.**

### *FGC Gathering – cancelled for this year*

Friends General Conference has decided to cancel its in-person week-long Gathering this year. It was to have taken place at Radford University in Radford, Virginia. Instead, an FGC committee is exploring ways to have a Virtual Gathering. News will be posted on the FGC website: [www.fgcquaker.org](http://www.fgcquaker.org)

The next in-person gathering will be in summer, 2021.

### *Happy April Birthdays - in Absentia.*

We won't be slicing the cake or signing the cards, but we can still wish this month's celebrants a Happy Day: Oliver, Gretchen, and Freya.



*Photo by Jim Spickard*

## How We Can Help Each Other

To listen another's soul into a condition of disclosure and discovery may be almost the greatest service that any human being ever performs for another.

-- Douglas Steere

By Val Liveoak

We cannot hold in-person worship or get-togethers now, but we still hope to meet the needs of Friends and of our community. This newsletter lists some of the ways we are doing so.

Starting this week (March 29), we hope to organize a way to match people's needs with volunteers. Many of us probably have needs:

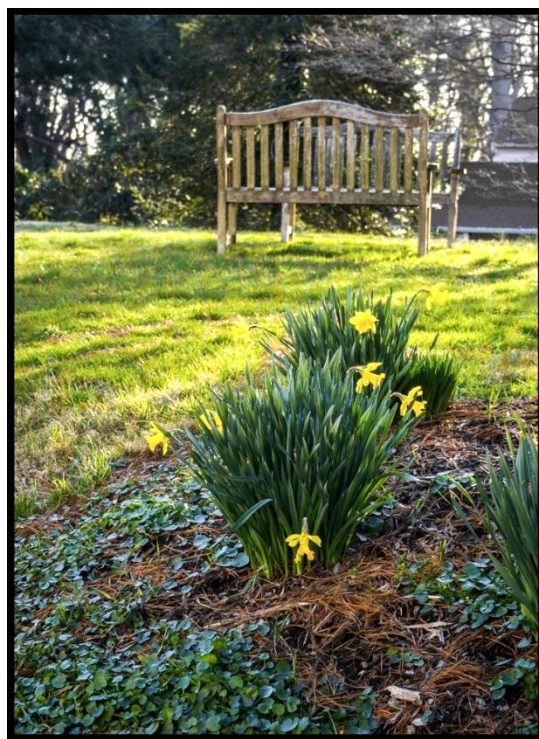
- You might need someone to run an errand for you.
- You might need a listening ear.
- You might need a tutorial on how to use Zoom or other technology.
- You might need a friendly person to check on you on a regular basis.
- You might need a loan or help affording food or rent.

Whatever you need, we'll try to match you with someone who can help. For that, we need you to tell us both what you need and what you can contribute. We expect many will be on both lists – having some needs and also some skills to offer. For example, I could use a personal grocery shopper, but I can also help you interpret the latest medical news, and I can show you how to use some types of technology.

To make this work, we need 1 to 3 people to maintain the lists and help match volunteers with requests. For the time being, Jim S. is willing to begin this process. Please write him at [clerk@saguakers.org](mailto:clerk@saguakers.org) with what you need and what you can provide. Please use the same email to volunteer to help coordinate this work.

## Accurate Information on COVID-19

Debbie Passey is a PhD Public Health professional who attended San Antonio Meeting for a couple of years with her husband, Colin Malone. They both recently took jobs in Salt Lake City. Debbie has been posting newsletters full of accurate information on COVID-19. She has access to cutting-edge research, which she summarizes in a way that ordinary people can understand. She sends them to a mailing list, but she also posts them online at <https://aitiaresearch.com/covid-19-newsletters/> Check them out. The newsletter editor has been thoroughly impressed.





## Other Meeting News:

### Workday Transformed:

Seven people turned up for a spontaneous workday on March 27, panting several trees and many smaller plants. Working at a distance from each other, they conferred on the day's activities and planned for the future. Without breaking the recommended ban, these Friends got the job done, for now. More workdays are expected to be announced.

### A Note from the Treasurer:

"The times are a-changing". Bob Dylan didn't know the half of it, I suspect. I hope all are healthy and successfully practicing physical distancing – which is what the media really means by “social distancing”, though that's an inaccurate term.

However, even with efforts to minimize expenses, expenses continue, and so must contributions. You may continue to mail checks to the Meeting (7052 N Vandiver, SAT 78209). I will pick them up as often as once a week. To save yourself the 55¢ stamp plus envelope and a trip to a mailbox, if you have a computer/cell phone and your financial institution participates, Zelle is an app that electronically transfers funds. Install Zelle through your on-line account at the bank, and send your contribution to [treasurer@saquakers.org](mailto:treasurer@saquakers.org). Banks also can set up electronic funds transfer (ETF), mostly for recurrent payments. Thanks!

## A Letter from Suzanne:

My continuum community of somatic teachers and movement teachers recently posted the Peace Prayer and invited us to do this simple movement sequence at the beginning and ending of whatever our "Practice" is. I found myself adding movement into our Friends Meeting this morning and since it was on Zoom and I knew my picture was tiny, I allowed my open awareness to include expression through micro-movements and sounding, in addition to being for long periods of stillness. This is not what I typically do in Meeting for Worship. It took trust, like Val Liveoak brought in this morning in her witness sharing.

*Here is a link to the Peace Prayer video of my teacher,  
Emilie Conrad showing how to do this movement preparation.  
([https://www.youtube.com/watch?v=cEJFo\\_3ZwAA](https://www.youtube.com/watch?v=cEJFo_3ZwAA))*

You hold your wrist at your naval and hum then slowly raise your arms bringing awareness to your scapulas imagining them to be fins or wings. It brings me into resonance with our brothers and sisters in the water, the bees drawing spirals through the alive air; the mycelium under the surface of the soil connecting all the trees and us with them.

I dreamt recently my daughter painted my face and body and through this we became butterflies. I could feel myself flying and experiencing my life as this hybrid being living my life in this other ...5th dimension and also here in 3D land. So timeless and with time. A video was filming in my dream where I put down a dollop of blue paint and next to it Red paint. "It doesn't matter if you consider yourself a Red person or a Blue Person, we all need to learn to rise up a level and become purple people who can open our hearts and help hold the Field, for others. Imagining and manifesting useful tender outreach in all the ways



our various and amazing gifts allow us to. Each of us has so much potential for change and personal growth and health.

Hildegard von Bingen composed music describing the eros-filled fecundity of the Earth burgeoning with the desire to create life, she called it the Viriditas.

At the end of the Peace Prayer you eventually let go of your grasp wrist and allow the arms to move, maybe into the original expression of Christen Prayer with the eyes looking up and the arms open and reaching out, allowing your heart energy to be shared to help hold the field, the container of energy that we are held in for a little while, when we have a Gathered Meeting. Even on-line.

Everyone who attended the Zoom gathering, thank you. And for everyone that wasn't on Thank you as well, your presence was felt and matters.

How lovely to have my mother, Martha in Meeting today. She enjoyed it. I am aware of how many Friends are separated from their loved ones due to restrictions visiting hospitals and assisted living centers.., Having visited the grandchildren and grandmothers in San Antonio recently, I feel fortunate to be back home on the farm and I am grateful for my community to witness this.

Lastly, I am sewing masks for my friend who works security at the VA hospital in Lexington, KY he doesn't have PPI equipment, Some Balinese artist weave cloth with the intension "Where this cloth exists illness cannot." I am activating the energy in this cloth and using threads from it in the masks I sew for first responders. I have asked other groups I belong to sew as well. If you are interested in this kind of contribution email me privately. I love, love, love my Quaker Community wherever I find myself geographically.

Suzanne Wright Crain Studios, LLC  
(210) 363-3455 [www.thecosmicbody.com](http://www.thecosmicbody.com)

## Perspective:

By Maria Popova

"Meanwhile, someplace in the world, somebody is making love and another a poem. Elsewhere in the universe, a star manyfold the mass of our third-rate sun is living out its final moments in a wild spin before collapsing into a black hole, its exhale bending spacetime itself into a well of nothingness that can swallow every atom that ever touched us and every datum we ever produced, every poem and statue and symphony we've ever known — an entropic spectacle insentient to questions of blame and mercy, devoid of why.

"In four billion years, our own star will follow its fate, collapsing into a white dwarf. We exist only by chance, after all. The Voyager will still be sailing into the interstellar shorelessness on the wings of the "heavenly breezes" Kepler had once imagined, carrying Beethoven on a golden disc crafted by a symphonic civilization that long ago made love and war and mathematics on a distant blue dot.

"But until that day comes, nothing once created ever fully leaves us. Seeds are planted and come abloom generations, centuries, civilizations later, migrating across coteries and countries and continents. Meanwhile, people live and people die — in peace as war rages on, in poverty and disrepute as latent fame awaits, with much that never meets its more, in shipwrecked love.

"I will die.

"You will die.

"The atoms that huddled for a cosmic blink around the shadow of a self will return to the seas that made us.

"What will survive of us are shoreless seeds and stardust."

-- Maria Popova, *Figuring*. New York: Pantheon, p 545

## Miscellany:

### News from Pendle Hill



Jim S. spent two weeks at Pendle Hill Quaker Retreat Center outside of Philadelphia. His daughter and son-in-law live nearby, and he was helping them welcome their new baby. He found it very peaceful.

The photo at left is of the Pendle Hill main building. All but one of the other photos in this issue are from there as well.

You can see more photos online at: <https://bit.ly/2QC0oWG>

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