



Newsletter of the
Ithaca Monthly Meeting
of the Religious Society of Friends (Quakers)

April 2013

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To email Friends and others about events in the Ithaca community, broader social causes or other non-specifically Quaker messages that may be of interest to Friends, consider sending your message through Marilyn Ray. To join or contribute, email: mlr17@cornell.edu

ARCH Training – Aging Resources Consultation Help

— Molly Ames

How did it happen that after worshipping at Ithaca Monthly Meeting only three times, I found myself riding in a car with three other wonderful Quaker women to attend almost two days of ARCH training in Syracuse? Well, I am certain that I was exactly where I belonged!

I have long been drawn to sharing time with the elderly. Maybe it goes back to my Grandmother and the summers we spent together when I was 7 and 8 years old. Her affection, her wise and gentle ways, and her window into a world some 80 years behind us felt like a precious gift to me. I feel it was a privilege to have been allowed that time with her. My children didn't get that with my parents because both parents died suddenly and fairly young. Not usually how it goes but more about that later.

Nanny B. was my elder, a wise woman, a sage. She was born in 1876. I knew she had grown up without electricity. I knew she had lived through two World Wars and the Depression. She had visited an Indian Reservation with her uncle who was an officer in the Army before the turn of the century and she had stories and beaded leather baby boots to show me. She also had stories to tell about her mother who had come from Ireland to New Orleans around the time of the famine. She had lost a sibling because of the famine.

"ARCH Training", continued on page 2

Cultivating Quakers: A Note on Why This Workshop, and This Conversation, Is for All of Us

— Gina Varrichio (on behalf of CALM)

"To watch the spirit of children, to nurture them in Gospel Love, and labour to help them against that which would mar the beauty of their minds, is a debt we owe them, and a faithful performance of our duty not only tends to their lasting benefit and our own peace, but also to render their company agreeable to us."

— John Woolman, 1758

As the recent mouthpiece for the upcoming Powell House workshop Cultivating Quakers: Discerning our Meeting's Responsibility to our Children, I have been approached by a number of people seeking clarity on what the precise subject matter of the workshop will be and whether or not any of it applies to them. It is true that my often exuberant message of "come one and all" can be lacking in details. I will do my best to lend a little more clarity on this subject.

The focus of the workshop, at least for our hand in it, is to discern in what way our Meeting is called to "deal with" its youth. Children and the Life of the Meeting (CALM) has been floundering with the desires of our Meeting regarding family activities, FDS, etc. We hope to go into this with some open questions about how we want to expend

"Cultivating Quakers", continued on page 3

Our relationship was one of mutual affection. We liked being around each other. She was interesting and kind. I had youthful energy and cute curly hair. She chided me to settle down. I begged her for more attention. She had gotten cataracts at some point and was almost completely blind those summers. She was also hard of hearing. She had a hearing aid and we listened to her "Talking Books." She introduced me to the concept of alternative abilities. She explained that though she couldn't see, her other senses had become sharper. Her memory was her sight. Her touch was her sight. I learned that I must never move anything on her dresser or desk or she would not be able to find it and I learned that not being able to find things made her speak sharply and get quite out of sorts. We laughed when I said "See Nanny?" and she said "No, Molly, I do not see." We had a game we played at night before we fell asleep. She would let me curl up next to her and put my head on her pillow so I could whisper into her good ear. She liked that she could still hear without a hearing aid that way. These memories came back to me in a flood when, in an exercise at the ARCH Training workshop, I was fitted with a snug blindfold and asked to experience blindness for one full hour including taking a meal. My teammate acted as my caretaker and I quickly became extremely grateful for her generous care. The exercise was very "eye opening," no pun intended!

When I was a grown woman and long after my grandmother had died, I found myself staring out the window of my office at Farm Credit at the nursing home across the street. I was feeling sorry for myself but I knew I had nothing to be sorry over compared to the people behind those walls. I decided I would seek out my elders there. I decided I would find out if there were any farmers or their wives that I could visit. Surely they would enjoy talking with someone who could speak their language, swap stories about farm life and catch up on neighbors. It worked! I soon had several people I visited. One I remember in particular was named "Dolly". We always laughed about our names. "Molly & Dolly. Dolly & Molly. Sound like cow names!" I always left there feeling better than when I arrived. I had a sense that I was getting more than I was giving. I liked a world where a smile,

a touch and a kind word were enough. I went on to do more with the elderly as a Deacon of my church and gathering stories was always a big part of the process.

*So I guess that is why
I perked up when I
heard Bronwyn Mohlke
announce ARCH
training after worship
at IMM.*

ARCH stands for Aging Resources Consultation Help. The idea of obtaining skills and tools that would be helpful to the elderly really appealed to me. And when I got to the training and saw what they planned on offering us I was really impressed. These were the things that I wonder about regarding my own aging process! I think that was pretty common in our group. We were all thinking about our own aging as well as about the elderly around us. This is what fellow trainee Susan Wolf said about the workshop; "I found it valuable, both for me as an aging person and for those in our Meeting Community who need help and support with the decisions that we all face as we age."

Suzanne Kates put it this way: "The training struck me as a way that I can contribute my gifts and at the same time experience joy by connecting with people in the last third of their lives. The best part of the training was sharing the depth and the warmth that all of the participants, facilitators and Elders, have experienced with seniors we know." Suzanne added, "I have been inactive with IMM for sometime now and I look forward to my involvement with ARCH as a way to reconnect." I am so excited to have met Suzanne! She and I will surely be walking together on this path we are on.

Wills, Health Care Proxies, housing issues, aging in place, and last but not least, dying, are the things I have been thinking about as I approach the last third of my life. But also, there was plenty of discussion of less technical needs and concerns, like our life stories, like forgiveness and reconciliation, like family communication. Quite frankly, these are the things that really interest me.

These are the rich and important aspects of aging.

I described ARCH to a friend as "360 degree care for the elderly"; physical, emotional, spiritual, intellectual. It is a big job! But I learned that I don't have to do it all and I don't have to do it alone. The idea is to use the skills you have, do the things you are good at. The idea is to form care teams within the Meeting. This will help with an anxiety we all shared. As Susan Wolf said "It was a bit overwhelming to realize I would be expected to sift through all these resources and recommend them to people I might be working with. That seems to be a tremendous responsibility. What if I leave something out? What if I get it wrong?" Getting to know Susan over the weekend, I am certain that her huge heart, filled with compassion, will make her a wonderful ARCH visitor. She will be able to contribute in her way and I will contribute in mine. We could make a great team!

The training was at times very intense. In one session we shared our personal hopes and fears about aging and death. Betsy Root described her experience with this observation, "Friends present at the training demonstrated great empathy and compassion toward me as I shared my grief over the recent loss of two loved ones. This speaks, I believe, to the promise of individuals led to become ARCH visitors."

Susan Ruff summarized her experience like this, "It was good to spend a weekend with Friends discussing issues that will touch us all. How we support and treasure each other as we age and how we include those who cannot always make it to Worship but who are there in Spirit speaks to the universal need we all have to belong to our community."

The reality is that many seniors will find themselves unable to travel for worship.

Only 20% of seniors die suddenly, the vast majority of seniors die after some period of illness or disability. So for most, the end of life process is protracted. Ensuring some kind of quality of life in those months or years before we die becomes a real and challenging issue. In my experience, it is possible to do this. The skills and knowledge available through programs like ARCH are important to enriching this

"ARCH Training", continued from page 2

process. They allow us to support each other with love, caring, understanding, and kindness. Without necessarily doing it all ourself, we can help to find resources available in the community for assistance with shopping, personal care or even transportation. Or we can help by offering resources like information on wills, health care proxies or advanced directives. In any number of ways, we can show honor and respect to our aging friends and relatives. (They don't have to be Quakers if they are related to us.) We can offer whatever gifts we possess; our listening skills, our willingness to be present (maybe reading a book, looking at pictures, or folding laundry).

Wrapping up, I am so grateful that Bronwyn Mohlke "just happened" to ap-

proach me at the end of meeting, after her announcement, to welcome me as a newcomer. I didn't even have to seek her out to indicate my interest in the training! And I am pleased to be able to share my excitement with you, to encourage you to think of seniors in our community or your family that might enjoy a visitor from IMM, who might like to tell their story (maybe of their faith journey) and to encourage you to consider if you are moved to help in a care team. Feel free to approach any of the women mentioned here for more information on how to get involved. We have begun to meet monthly and are planning on the best way to move forward.

I had already decided that I felt I belonged at IMM. But the ARCH Visitor program just clinched it! This is good work we are doing!

"Cultivating Quakers", continued from page 1

our collective energy as a Meeting, whether or not children's programming has a place in that calculation, what it would look like if it did, and to come out of it with some vision of how to move forward or at least to what we're moving towards. It may be that we do some talking about opportunities to work with children and ways to create intergenerational spaces, but this is not an indoctrination ceremony for next year's First Day School Teachers. This is an opportunity to worshipfully engage in an exploration of the needs of our Meeting and our Meeting's children as they are today.

From our own *New York Yearly Meeting Faith and Practice*:

A monthly meeting alive with the Spirit provides support for its children, parents, families, teachers, and caregivers. In identifying and nurturing the gifts of our children and youth, we pass our heritage on to the coming generation, and they in turn are preparing to become the future of our religious community.

Existing in community, maybe especially in a spiritual community such as the Religious Society of Friends, our needs, our successes, our failures, our families become, as our worship, a corporate expression of ourselves.

"When I speak of the relations of the generations, of the children and the elders, I mean to speak of more than just

the nuclear family. I mean the relation of anyone in the older generation to anyone in the younger. In fact, the family may not be the first place where the generations will learn to speak to one another. The family has been forced to carry so many burdens and bear so many tensions that it may not be the place where dialogue can begin. I agree with Elise Boulding who has written, 'The crying need in our world is for child-adult friendships outside the family.' So if you have no children of your own, your role may be especially important. If you do have children, then remember what you cannot do for your own children you may do for others. And if you are a grandparent, you already know there is much you can share with children which their own parents cannot. I want to speak to all of us, in all our relations, across the lines of age."

— Parker J. Palmer,

And a Little Child Shall Lead Them

It takes a village, Friends, or, in this case, a Meeting.

— Gina Varrichio, on behalf of CALM:
Ellie Rosenberg, Blair Jennings,
Fred Horan, and Heather Ruff

ARCH Training Workshop Attendees:

Susan Wolf (quakerwolf@gmail.com, 607-272-1618),

Suzanne Kates (wellness@sageworkithaca.com, 607-277-4264),

Rebekah Tanner (ratstar@foxgull.com, 315-416-1678),

Elizabeth Root (loveapoodle@yahoo.com, 607-342-1612),

Sue Ruff (applepie@hotmail.com, 607-724-2111)

Molly Ames (mollyb.molly@gmail.com, 315-323-0873)

Browyn Mohlke, ARCH Team Leader,
(bjqmohlke@gmail.com, 607-220-2219)

Notes from the Library

The new library shelves have begun to fill up with books for browsing and borrowing:

Quaker Basics. These are essentially the same books that were on the shelves in the Edwards Room and also are available at the *Quaker Basics* shelf at the Burt House.

The Gathered Meeting. This shelf was inspired by the January 2013 issue of *Spark*, publication of New York Yearly Meeting. That entire issue featured the theme of "The Gathered Meeting." At the end was a bibliography of resource materials for the gathered meeting. That provided such interesting opportunity and challenge for this librarian to set about promptly seeking out those resources we already owned in the collection. Next, a call to FGC Book Store located the rest of the list.

Earth Care. This monthly meeting committee has already been maintaining a lending collection, and now this expanded collection has a shelf.

Pamphlets and Outreach Materials. These materials will now be shelved with the library materials. They are the same materials that were previously available in the Edwards Room. You may notice that some bear a price tag. A donation in the library box will help support these materials.

Audio-Visual. These materials will circulate just like books. Please be sure to sign the card and place in the sign-out box.

— Wilma Brown, Librarian

Burt House Seeks Residents

The Burt House currently has openings available for new residents. We seek people who (1) have some background with Quakers, although membership in a Quaker Meeting is not required, and (2) have particular interest in joining a small intentional community that lives in a Quaker house and in a manner consistent with Quaker teachings. An application and an interview are required, but no lease is involved. For further information or to express interest, please contact the Burt House Caretaker, Megan Mills Novoa, at megnovoa@gmail.com or call 273-5421.

— Tom Brown,
for the Burt House Committee

Burt House Seeks Lawn Furniture, Too

The Burt House is in need of some comfortable porch or lawn furniture. The back porch of the Burt House is a delightful space to enjoy in warm weather and can be the perfect spot for committee meetings, Young Friends gatherings, GRIST (spiritual support) groups, or visits with the Burt House residents.

In recent years we have enjoyed the use of Mary Balfour's furniture which she will take with her to her new home. If you have some furniture you would be willing to donate, please contact Megan, our caretaker, or anyone on the Burt House Committee.

Please do not drop furniture off before checking with us, so we can know what is being offered and what pieces are best for the House's needs.

Thank you.

— The Burt House Committee:
Tom Brown, Mary Balfour, Fell
Cadwallader, Chris Dunham,
Melissa Travis Dunham, and
Megan Mills Novoa

Join our Spring Gathering: Farmington-Scipio Region

"Spring Gathering" is a weekend when Friends from the thirteen Monthly Meetings in central and western New York gather for worship, fellowship and fun. It is a really enjoyable way to begin to get to know Quakers beyond our own Meeting.

This year it will be held April 26-28, at Long Point Camp, on the west side of Seneca Lake, only a little more than an hour from Ithaca.

This year's theme is *Living Our Faith*, and the keynote speaker is author and Quaker pastor Philip Gulley. All ages are welcome, and there are a variety of accommodations possible, including hotel-like rooms, dormitories, and camp sites. The gathering begins with supper Friday evening, and goes through lunch on Sunday, but it is possible to attend for all or any portion of that time.

Registrations are supposed to be post-marked by April 1, but it may be possible to sign up within a few days after that. The registration form is available at <http://www.quakerwny.com/?q=node/168>

Bronwyn Mohlke and Marilyn Ray are our Meeting's liaisons with Regional Meeting, and would be glad to answer any questions you might have.

Renewal and Reconnection:

Retreat for 11-18 year olds,
April 12 through 14

YFIR stands for Young Friends in Residence, a program of New York Yearly Meeting hosted by Perry City Meeting. One of the aspects of the program is youth conferences similar to Powell house weekends. We have two coming up this spring, April 12-14, and June 7-9.

Have you missed having YFIR retreats in your life? Never been, and want to experience a community of acceptance, support, thoughtfulness, and lots of fun? Join us for a spring weekend retreat where we explore the renewal and change in nature and in ourselves, and connect or reconnect with one another. Come ready to enjoy games, discussion, outdoor time, reflection, and great food! Open to youth ages 11-18.

Registration is due April 3.

To register or for more information, please contact Bronwyn Mohlke (bjm9@cornell.edu or yfirwg@gmail.com / 277-4183).

Holding Each Other In the Light:

Quakers in Prayer, workshop
facilitated by Holly White, April 14

What does it mean to "hold someone in the Light?"

This Quaker practice of prayer connects us to each other and gives us a means to share our concern. It also is a phrase that holds a wealth of meaning and experience for Friends from different faith perspectives.

This workshop is intended to bring both those familiar and new to Friends into conversation about how we express our care that is consistent with our own faith journeys and open to others' lives in faith.

Through a range of activities associated with this practice, we will have a chance to explore this unique form as a type of silent meditation, as an ethical practice of compassion, as a type of intercessory prayer, and as a means of strengthening our bonds with each other and That Which Binds Us. When we hold each other in the Light, how is the situation changed? How are we changed? What keeps us from giving or accepting the concern of others? All are welcome. Note for attendees: the workshop will run up until the time of worship and will include a time of worship preparation.

April in Ithaca Monthly Meeting History

Compiled by Meeting Historian, Tom Brown.

10 Years Ago (April 27, 2003)

At a Called Meeting, Beth Jolles presiding as Clerk, IMM approved the incorporation of the Meeting under the Religious Corporation statutes of New York State and also approved the new bylaws of IMMRSF, Inc. Dick Crepeau, Trustee, made the presentation of the various articles of incorporation that Meeting approved. Liam Murphy served as IMM's attorney for the incorporation process. The other Trustees were Martin Jolles, Mike Simkin, Nancy Gabriel, Ginny Gartlein, and Tom Brown.

15 Years Ago (April 13, 1998)

A clearness committee approved the marriage of Lenora and Tom Schneller under the care of the Meeting and appointed a marriage oversight committee for them.

Dakota (DJ) Serviente was welcomed into membership of IMM.

25 Years Ago (April 11, 1988)

A clearness committee recommended and Meeting joyfully approved the marriage of Carol King and Chuck Mohler under the care of the Meeting. An oversight committee for the marriage was appointed.

30 Years Ago (April 11, 1983)

Caroline Pineo reported for the First Day School Committee that there is a strong class of teenagers (16 in number) and that they are going to Toronto to visit the city and the Toronto Meeting later this month. The treasurer noted that there is a line in the budget for special children's projects and funds are available from this source to assist with the trip.

60 Years Ago (April 13, 1953)

Ruth Freeman read a letter from James Walker for the Friends Fellowship Council acknowledging our notice that we have joined Scipio Quarterly Meeting and expressing the hearty approval of the Council at this action.

65 Years Ago (April 12, 1948)

The Service Committee reported that it had sent about 100 pounds of good supplies to Germany and would prepare another shipment next Second Day. George Downing reported for Young Friends that about twice as many clothes were collected as last year—over two tons for 1948. Business concerns in Ithaca and Young Friends gave excellent cooperation. The Prellwitzes were especially complimented for the diorama they created for the drive. Plans were then made for families in Meeting to help with washing and mending the clothes collected.

75 Years Ago (April 28, 1938)

The Annual Meeting of the Ithaca Association of Friends was held, preceded by a dinner, at the Forest Home Inn. The minutes and a report of the activities of the year were read by the clerk. Officers for the coming year were appointed: Alfred B. Wray, Clerk; Grace Mekeel, Treasurer; and Program Committee: Samuel Severing, Edith Cope, and Sarah Oliver.

Learning More About Quakers: Online Resources

The Program Committee has put together a list of short online videos that provide an introduction to a number of topics that newcomers may have questions about.

Watford Meeting Videos

This meeting in England created a number of 2-4 minute videos in which 6-8 members talk about their personal views on Quaker topics: What is a Quaker? What do Quakers Believe about God? Are Quakers Christian? Quaker Testimonies. The collection is assembled at <http://www.watfordquakers.org.uk/videos.html>

What is a Quaker? <http://tinyurl.com/quakerwhat>

Are Quakers Christian? <http://tinyurl.com/cywewxs>

Quaker Testimonies <http://tinyurl.com/cqf57ly>

Quaker Quest

This is a series of 20 minute presentations by one or two people who talk about their personal understanding of the topic. Two of the topics are:

Faith in Action <http://tinyurl.com/cuezrku>

Quakers and God <http://tinyurl.com/quakersandgod>

Friends are invited to share in this wonderful resources.

— Nancy Riffer

Check Out Powell House: A Quaker Retreat Center

The Meeting's Scholarship subcommittee of Ministry and Worship reminds Friends of opportunities offered by Powell House, the New York Yearly Meeting (NYYM) retreat and conference center.

Powell House offers one free workshop to anyone who becomes a member of any Meeting in NYYM. There is a discount for anyone who is a first-time attendee at a workshop, and our own Meeting also offers scholarship funds to first-timers.

Upcoming workshops include:

- Courage and Renewal
- Women's Weekend: Deepening the Spirit through Singing, Worship and Writing
- Quakers and Shamanism
- Developing a Quaker Toolbox: A Weekend for Families

To learn more about adult *and youth* programs at this place that is so dear to so many of us, go to powellhouse.org.

Please note that our Meeting's scholarship funds can be sought for participation in any activity of the wider Quaker fellowship. (For example, consider Spring Gathering, described on page 3).

To inquire about IMM scholarships, contact Barbara Ganzel, blg4@cornell.edu.

What Is U2O? Understand to Overcome

An All Community Viewing of *Race: The Power of An Illusion*

It is not easy to make sense of race. Ask ten people to define it and you're likely to get ten different answers. On few topics have there been so many assumptions, myths and misconception. And yet the consequences of race and the social meaning that is placed on how we look, continues to have very real consequences for individuals, communities, and our country.

Until we understand the myths of race and all share a common understanding of the history and social construct of its origin, and until we can see its lasting impact on society and in our community today, we cannot have the important conversations needed to undo it and move forward. First we need to understand, before we can overcome.

Understand to Overcome, An All-Community Viewing of *Race: The Power of an Illusion* is an opportunity to come together as a community to watch, listen to one another, learn, be challenged, and be inspired.

Over three months, March through May, this film will be seen by employees of the Cayuga Medical Center, City of Ithaca, Tompkins County, Ithaca Youth Bureau, Cornell Cooperative Extension, Green Star Co-op, and GIAC among others. It will also be viewed by schools, at local colleges, neighborhood groups, churches and at Kendal at Ithaca.

The powerful experience of watching the series together with others in our community and talking together will provide a new foundation for having the some times difficult conversations that will help move us forward to creating a better and stronger community. We have invited members of the Calvary Baptist Church (a well-established, predominately Black church on Albany Street), Bethlehem Tabernacle Church and Family Life Center (which meets on Sunday afternoons at our Meeting House), St. Paul's United Methodist Church (a large church on Aurora Street that has an ongoing interfaith partnership with Calvary Baptist Church) to watch with us. We hope that this will be a beginning of a relationship that will result in collective actions to address inequities in our community.

Please join us.

6:30 to 8:30pm Tuesday evenings, April 16, 30, and May 14
Ithaca Friends Meetinghouse, 120 Third Street

Childcare and light snacks will be provided.

If you have questions, contact Sue Baker-Carr sbaker-carr@tw-cny.rr.com, Karen Friedeborn karen.friedeborn@gmail.com, or Carolyn Kenyon clkenyon09@gmail.com.

Tax Time: Resources in Our Library

This is the time of year when we turn our attention to the matter of taxes.

The Library will be featuring on the shelf at Third Street some of the materials on war tax resistance for Friends who may be considering this option. Also look for more materials on the topic in the Meditation Room at the Burt House – on the shelf labeled *Peace*.

War Tax Resistance: A Guide to Withholding Your Support from the Military. Ed Hedemann. 144 pp. Comprehensive source book with detailed chapters on the hows, whys, and consequences of war tax resistance. Includes a thorough history of this resistance in U.S. from 1673 to the present and inspiring individual stories.

Some of these materials are available for borrowing. Please use the sign-out cards and return materials in a timely manner so that others can use them, too. The brochures are free.

— Wilma Brown, Librarian

Community Events

Connie Thomas invites Friends to consider the following two events:

“Eat Fried Chicken, Feel Good, Listen to Richie Stearns, and Support the Veterans’ Sanctuary,” a benefit held at Maxie’s Supper Club, April 9, 5:00-10:00pm.

Viewing “5 Broken Cameras,” a first-hand account of non-violent resistance in the West Bank, a collaborative project by filmmakers from Israel and Palestine, nominated for an Academy Award for Best Documentary Feature Film, April 6, 4:00pm, at Beverly J. Martin School, followed by music and a Palestinian dinner (5:30).

A Summary of the World

If we could, at this time, shrink the Earth’s population to a village of precisely 100 people, with all existing human ratios remaining the same, it would look like this:

There would be 57 Asians, 21 Europeans, 14 from the Western Hemisphere (North and South) and 8 Africans.

70 would be non-white; 30 white.

70 would be non-Christian; 30 Christian.

50% of the entire world wealth would be in the hands of only 6 people. All 6 would be citizens of the United States.

70 would be unable to read.

50 would suffer from malnutrition.

80 would live in sub-standard housing.

Only 1 would have a college education.

When one considers our world from such an incredibly compressed perspective, the need for both tolerance and understanding becomes glaringly apparent.

—Excerpted by Wendy Wolfe from the
Ann Arbor Friends Meeting newsletter (original source unknown)

The Two-Row Wampum Renewal Campaign

The Two-Row Wampum Campaign is a collaboration between the Onondaga Nation and Neighbors of the Onondaga Nation. This is a state-wide educational and advocacy initiative. The project is working to build networks that will address two inter-related issues: The devastation experienced by the Haudenosaunee Nations as a result of centuries-long efforts to destroy Native peoples, and the related environmental damage that has resulted as Native stewardship for the environment was dismantled.

In 1613 a treaty was crafted between Europeans (the Dutch) and the Haudenosaunee that provides a vision for peaceful co-existence. The Two-Row Treaty describes the Haudenosaunee and Europeans as traveling down the river of life in different vessels, each agreeing not to interfere in the affairs of the other or to damage our shared environment. The Haudenosaunee have worked to observe this treaty for centuries. We have not.

On July 27th of this year, there will be a symbolic “enactment” of this treaty, which will begin with a festival in Albany.

The next morning, two groups will set out on a voyage to New York City: the Haudenosaunee and other Native people traveling side-by-side with allies and supporters. The end of the voyage is timed to arrive on August 9th to participate in the United Nations International Day of the World’s Indigenous Peoples.

The New York Yearly Meeting Indian Affairs Committee and its members are participating in the building of the state-wide educational and advocacy networks.

If you are interested in supporting this effort here in Ithaca, you can contact Susan Wolf (QuakerWolf@gmail.com, 272-1618). If you are interested in paddling down the Hudson to New York City or if you would like to make a contribution, please contact the Two Row Wampum Renewal Campaign, Neighbors of the Onondaga Nation/Syracuse Peace Council, (315) 701-1592, www.honorthetworow.org. You can also email Andy Mager at towrow@peacecouncil.net. The deadline for paddling applications is April 15th.

Second Report of the Ad Hoc Piano Committee to Monthly Meeting

We were asked by February 2013 Monthly Meeting to research the possibility of storing the donated piano we are considering accepting in the unheated closet that opens off the downstairs room used for Meeting for Worship.

It is a Mendelssohn Studio piano: 56” wide, 31 1/2 “ tall and 24” deep. This is a small-sized piano with an oak casing and a matching bench. Jan Kelly bought this piano new several years ago and has had it in her home ever since. It can be easily moved by members of meeting (who have already volunteered to do so).

We had Paul Simkin of Poplar Ridge Meeting, who is a professional piano tuner, evaluate the piano. He felt that this piano is in good shape and agreed that it would be an appropriate choice for the meeting. His price for tuning it for us is \$55. He added that it would probably not have to be tuned very often, since change in humidity will be minimal.

Paul Simkin stated that storing the piano in the unheated closet would actually be better for it than keeping it in a heated room. Pianos are sensitive to humidity and heating a room lowers the humidity level. Poplar Ridge Meetinghouse is unheated during the week and their piano and organ are fine. Paul added that when the piano is moved into a heated room, it will be very slightly out of tune, since the strings are connected to a metal plate and they warm up at different rates, but it will very quickly come back into tune.

If we decide to store it in the closet, we will be moving the piano frequently. Paul suggested a more substantial caster system, that would not change the height of the piano and would extend 6” front and back on either end of the piano. The wheels on these casters would not damage our wood floor. He added that this would also make the piano more stable. The cost would be under \$150. We may want to cover the piano when it’s not in use. A commercial cover would cost under \$130, a padded cover would be about \$100 more. If someone wanted to make a cover it would be considerably less expensive.

CALM has reconsidered having a piano upstairs in the activity room and feel that it would be fine if it had a lock on it. A cover could serve the same purpose.

A piano located in the meetinghouse would have, at the least, several potential uses. It would be readily available to provide music and accompaniment for: singings and other celebrations, such as the Christmas pageant. Some Meeting members and attenders can and do play the piano, and are willing to provide this music, as appropriate. It could also be available for use by outside groups using the Meetinghouse and for whom a piano is a desirable feature.

If Ithaca Monthly Meeting decides to accept the donation of this piano, our committee would also reiterate our understanding that any use of the piano would, as our current policy states, be determined by Ministry and Worship, and if it’s upstairs by CALM.

The ad hoc piano committee would say in conclusion, that if the meeting decides that, at this point, a piano is possibly a desirable addition to the TSMH, we could always decide at a later date that it does not serve our purposes. At that point it could be donated to a family or non-profit.

Costs: Piano Tuning: \$55 as needed Casters installed: under \$150 Piano Cover: under \$130

— *Ad Hoc Piano Committee: Melody Johnson, Pat Pingel and Steven Paisley*

Friends Bike Clinic

Last year our Meeting hosted free bike repair clinics on fourth Sundays. We are coming out of hibernation soon; furthermore this year we'll be able to host the clinics *every Sunday afternoon* 1pm to 3pm starting on Sunday April 7th.

This expansion of our hours was made possible by a NYYM Witness Activities Fund Grant. Most of the grant money will go towards hiring interns to staff the clinics. Appended below is more information about these internships. Feel free to distribute.

— *Laurence Clarkberg*

Friends Bike Clinic Internships

Friends Bike Clinic is a free community bike repair workshop in Ithaca New York. Twice a week we set out a bunch of bike tools for anyone who wants work on their bike or help others fix their bike. This summer we are offering internships to high school and college students who are interested in making the world a better place. The internships are for two hours a week for a ten week period. Interns will be paid \$10/hour for a total of \$200. Interns will be responsible for setting out the tools, helping coordinate volunteer mechanics, and putting the tools away. Bike repair experience is helpful but not required. Interns will learn basic bike maintenance and beyond as their interests lead. Internships will be for the following times and locations. Positions have been filled for the spring session. Application deadline is June 16th for the summer session.

Summer Session at the Quaker Meetinghouse (120 Third St.)

Sundays 12:30pm to 2:30pm

10 weeks: June 30; July 7, 14, 21, 28; August 4, 11, 18, 25; September 1

Summer Session at the Ithaca Generator Makerspace (116 W. Green St.)

Tuesdays 4pm to 6pm

10 weeks: July 2, 9, 16, 23, 30; August 6, 13, 20, 27; September 3

To apply for the internship fill out this on-line form:

<http://tinyurl.com/d8d39jm>

If you have questions contact Laurence Clarkberg at laurence@boxybikes.com.

Ten Years: The Peace Vigil

The middle of March 2013 was filled with news stories about the 10th anniversary of the beginning of the war in Iraq. For those same 10 years, the Meeting's Peace Witness Committee has held a weekly peace vigil on Thursday afternoons. The vigil time was selected as 5:00pm (and sometimes moved to 4:30 in the dark of winter), hoping to catch passersby as they drove home at the end of the work day. The signs held included the familiar lawn sign from Friends Committee on National Legislation stating, "War Is Not the Answer." And many home-made signs were also held -- "Cultivate Peace," "Remember the commandment, Thou Shalt Not Kill" and many more.

Before the beginning of the war in March of 2003, there were marches, rallies, letter writing campaigns, and community meetings which were held all over this country and all over the world. These actions were protesting the initiation of this war. But despite this outcry, the war in Iraq started and it turned out to be a very long war, not ending until December of 2011, when all U.S. troops were removed. Most Americans were untouched by the war: the all-volunteer armed services meant that fewer families had a relative in combat, and because the war was not fought on U.S. soil we were untouched by the bombings from above, by the suicide bombers, and by IEDs (improvised explosive devices). The vigil was meant to help us all remember that the wars in Iraq and in Afghanistan were underway and taking a high toll on members of the military and on the citizenry of those countries.

The vigil did elicit responses showing both agreement and disagreement. Conversations of real substance were had with people driving up to say something, or stopping by to talk. Those conversations were with people who agreed and people who disagreed with the sentiments reflected on the signs. Most conversations seemed worthwhile, because there was a real exchange of thoughts.

As the 10th anniversary of the beginning of the war in Iraq was marked, it brought forth the numbers of casualties: almost 5,000 American soldiers killed, thousands of military members wounded, 100,000+ Iraqis killed, and an unknown number of Iraqis wounded. And persons from other countries who were part of the war were also killed and wounded. The toll is great but does not begin to tell the story of the Iraqi people and the ongoing effects of this war upon them and their country. The same is true for military members of the U.S. and other countries. Many people will carry lifetime scars of the physical, psychological and emotional wounds caused by their experiences in the war. At a recent program at the Meetinghouse, the Veterans' Sanctuary showed a film, and then U.S. veterans spoke and read poetry telling of the experiences and effects of fighting in a war. Interestingly, one of the speakers was a veteran of the Vietnam War. This was a reminder that wars may end, but for the soldiers and the civilians, who live through those wars, as well as their loved ones, the effects are dealt with for years to come.

The Weekly Peace Vigil has been a small but steady statement and reminder that truly, "War is not the answer."

— *Elizabeth Schneider*

Ithaca Monthly Meeting of the Religious Society of Friends
Monthly Meeting for Worship with Attention to Business, March 10, 2013

Clerk: Antonia Saxon
Assistant Clerk: Marilyn Ray
Recording Clerks: Nancy Gabriel, Marin Clarkberg & Susan Ruff
(*The @ signifies that the minute has been read and approved during Meeting. Please note that copies of all annual reports provided during this Meeting are on file with and available from the Clerk or Recording Clerk.*)

2013 3.01 Opening. Ithaca Monthly Meeting of the Religious Society Friends met in Monthly Meeting for Worship with Attention to Business on March 10, 2013. At 12:15 PM, fifteen Friends gathered in open worship. Clerk reviewed the agenda, and acknowledged Tom Ruscitti and Steve Mohlke who were holding this Meeting in the Light. Clerk read a passage from *The Wounded Healer*, by Henri Nouwen, which began:

“It is my growing conviction that in Jesus the mystical and the revolutionary ways are not opposites, but two sides of the same human model of experiential transcendence ... that conversion is the individual equivalent of revolution.” Open worship continued.

2013 3.02 Continuing Quaker Education. Clerk read from New York Yearly Meeting’s Consent Agenda Procedure: The consent agenda is the agenda of items that will be approved without discussion. Each item has been seasoned by a committee. Items are listed with the name of the committee and the committee’s convener so that any questions can be addressed to them. The only action on the floor is for the Clerk to ask the body for approval of the consent agenda, and for the Meeting to voice its approval. If any Friend rises with a concern, the item is removed from the consent agenda and its dispensation is left to the Clerk, who may either return it to committee or move it to the main agenda.

2013 3.02 Consent Agenda

1. Naming Committee (Marilyn Ray, convener)
Naming Committee names Elizabeth Schneider to the Nominating Committee.
2. Nominating Committee (Tom Brown, convener)
The Nominating Committee nominates Karen Friedeborn to the Publicity Committee, Wallace Watson to the Greeters, and Tom Brown to serve as CURW representative.

Friends APPROVED the Consent Agenda. @

2013 3.03 Ministry and Worship Committee (M&W). Ministry and Worship brought three items.

1. **Report from Ministry & Worship and Marilyn Ray’s Clearness Committee.** The Clearness Committee served Marilyn Ray in arriving at clarity about her Statement of Conscience. Their recommendation was to ask that IMM approve recording Marilyn’s Statement in our Minutes. Clerk explained that there are several reasons for having Friends hear, receive, and record a Statement of Conscience. One is to hear what another Friend is moved to do as wit-

ness based on their beliefs. Another is for the Meeting to have a record so that it can give care or support if or when it is needed. Finally, as with conscientious objection to war, it is important to have a documented record of long and deeply held beliefs in case the writer is ever led to take any actions which violate the law. Marilyn read her Statement of Conscience to the assembled Friends.

[Marilyn Ray’s complete Statement of Conscience is available from the Recording Clerk.]

Ithaca Monthly Meeting minutes its APPROVAL of re-cording Marilyn Ray’s Statement of Conscience, and asks the Clerk to forward the Statement to our Regional and Yearly Meetings. @

2. **The 2012 State of the Meeting Report.** Clerk Antonia Saxon read the proposed draft of our Meeting’s 2012 State of the Meeting Report, which had been published in the Agenda for today. Out of the worship that followed the reading, Clerk invited Friends to comment on anything found to be missing or perhaps misstated in the light of our community’s experience over the past year. With suggestions for small changes entrusted to the Clerk for editing, Meeting APPROVED the Report to be submitted to the Yearly Meeting. Friends expressed gratitude to the writers of the report and for our community life. @
3. **Remedying Hearing Difficulties.** Antonia Saxon brought the committee’s informal, interim report on their efforts to find appropriate means to alleviate the hearing problems experienced in the meeting room. M & W asks for our patience as different technologies may be tried in the coming months. @

2013 2.04 Third Street Meetinghouse Committee (TSMC). Marion DaGrossa, convener, reviewed the verbal agreement for regular use of the meetinghouse that exists between IMM and the Greater Bethlehem Tabernacle church. It had been understood that the agreement would be in effect through February 2013 and then presented to the Meeting for possible extension. TSMC proposed, and Meeting APPROVED, a three-month extension through the end of June 2013. @

2013 2.05 Treasurer. Mike Simkin, Treasurer, reported that IMM is in good financial health, and that he has begun sending out our annual budgeted Witness donations. The Finance Committee continues to work with outstanding pledges for our capital projects. Friends received the report. @

Sixteen Friends settled into worship at 1:20 PM before adjourning. Our next regular Meeting for Worship with Attention to Business will be held at the rise of Meeting on April 14, 2013.

Respectfully Submitted,
Nancy Gabriel, Recording Clerk

April 2013 Calendar of Ithaca Monthly Meeting

First Sunday Gentle Yoga Sunday, April 7, 9:45a

This class is generally on first Sundays, but will be on the second Sunday this month. Join us upstairs for gentle yoga led by Nick Boyar. Appropriate for all ages and levels of experience and flexibility. No mat required.

Social Justice Saturday, April 7, Rise of Meeting

All are welcome to discuss our witness in the library.

Singing Before Meeting Sunday, April 14, 9:45a

Emily Williams, guitar in hand, will continue to convene musical Quakers for singing before Worship. Look for us upstairs!

Meeting for Worship with Attention to Business Sunday, April 14, Rise of Meeting

Please provide agenda items to Clerk Antonia Saxon by the preceding Wednesday. See contact info on page 1, left column.

Peace Witness Saturday, April 15, Noon

Meeting at the Burt House (227 N Willard Way), this is an open committee and all are welcome.

Women's Fellowship Friday, April 19, 7p

Friendly fellowship at Ithaca Bakery on Meadow Street. Join for coffee, tea, dessert, or just a chance to be with Friends.

Singing Before Meeting Sunday, April 21, 9:45a

See entry for April 14, above.

Earthcare Committee Sunday, April 21, Rise of Meeting

All are welcome to join us in the library to discuss our Quaker testimony of stewardship in relation to the earth's resources.

Every Sunday

- 10:30a **Meeting for Worship** for all ages at the Third Street Meetinghouse
- 10:45a **First Day School**-aged Friends exit the meetingroom. Please be mindful of footfalls while upstairs, and consider removing your shoes.

Holding Each Other In the Light: Workshop Sunday, April 14, 9a

See page 3 for a full description of this brief workshop on the Quaker practice of "holding Friends in the Light." All are welcome. Note: the workshop will run up until the time of worship and will include a time of worship preparation.

Springtime Tea Saturday, April 20, 3-6p

Chris & Melissa Dunham invite Friends to their annual tea at their house, 105 Dunmore Place, Ithaca. No need to bring anything! Stop by for a short visit or longer. All are welcome!

Five Wishes: Your Healthcare Decisions Sunday, April 21, Rise of Meeting

In honor of National Healthcare Decisions Day, the Pastoral Care committee will have copies of "Five Wishes", a living will document, for Friends to fill out. The Five Wishes lets your family and doctors know:

- Who you want to make health care decisions for you when you can't make them
- The kind of medical treatment you want or don't want
- How comfortable you want to be
- How you want people to treat you
- What you want your loved ones to know

Five Wishes only takes effect when you are too ill to communicate your wishes directly. Five Wishes is America's most popular living will because it's written in everyday language and helps people express their wishes in areas that matter most — the personal and spiritual in addition to the medical and legal.

Newsletter submissions due Thursday, April 25, 5p

Please provide your newsletter contributions to Marin Clarkberg: 150 Giles St., 14850, 607-279-4722, clarkberg@cornell.edu.

Fourth Sunday Brunch Sunday, April 28, Rise of Meeting

Bring a dish to share. This is a wonderful opportunity for Friends folks to get to know others.

Other Weekly IMM Events

- Wed 5:30-6:30p **Meeting for worship** at the Third Street Meetinghouse
- Wed 7:30p **Midweek meeting** for worship at the Burt House (227 N. Willard Way)
- Thurs 5-5:30p **Peace Vigil** at the bottom of East State Street near the Community School for Music and Arts