



Newsletter of the

# Ithaca Monthly Meeting

of the Religious Society of Friends (Quakers)

April 2014

## IMM CONTACTS

[ithacamonthlymeeting.org](http://ithacamonthlymeeting.org)

### Meetinghouse:

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### Listserv:

To join our email list for solely for meeting-related announcements, send an email message addressed to:

[IMMRSF-L-request@cornell.edu](mailto:IMMRSF-L-request@cornell.edu)  
with message body as simply: join

### Marilyn's List:

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](mailto:mlr17@cornell.edu)

## Forest Preschools

— *Melissa Blake*

You may have seen me get up at Meeting and announce various events of Ithaca Forest Preschool, which I helped found a year ago and which my son Benjamin has attended since the beginning. But what is a forest preschool?

There are many outdoor or “forest” preschools and kindergartens around the world, and the number is growing as people realize the benefits to young children of time spent outside. A 2005 American Medical Association article synthesized previous research to conclude that free play in nature improves physical health, creativity, problem-solving, focus, self-discipline, cooperation, flexibility, self-awareness, and happiness (see “Resurrecting Free Play in Young Children: Looking Beyond Fitness and Fatness to Attention, Affiliation and Affect”). Many forest preschools combine free play in nature with nature study, interpersonal skills, and community bonding activities (singing, stories, celebrations).

At Ithaca Forest Preschool, the first entirely outdoor preschool in the Ithaca area, we do all of that and more. Our instructors are trained in a technique called “coyote mentoring” which involves sparking curiosity by asking good questions, and invisibly guiding participants through an experience that feels almost entirely spontaneous and outside of time but is actually rich with intentionality and culture. A program of Primitive Pursuits, the Tompkins County youth program that has been teaching naturalist and primitive skills for 14 years, we follow the same curriculum, adapted for 3 to 5 year-olds. One of our guide books is *Coyote's Guide to Connecting with Nature*, by Jon Young, Ellen Haas, and Evan McGown (2010). While the technique has mainly been used with elementary through secondary-aged youth, we are having fun experimenting with applying it to preschool and it is working very well!

Preschoolers have incredible imaginations. In his book *Enriching the Brain*, Eric Jensen says children up to about age 5 have a dominant brain wave pattern similar to the one adults use when they dream. For young children, the line between reality and fantasy is

*“Forest Preschools”, continued on page 2*

## Afghan Activist Fahima Gaheez (Vorgetts) to Visit May 3rd

We are very pleased to announce the visit of Fahima Gaheez (Vorgetts) on Saturday, May 3. Fahima will be presenting a program of information and slides about her work in Afghanistan at 1pm. The doors of the Meeting House will open at 11am and stay open through 5pm for her fundraiser. Fahima sells beautiful rugs (some of her rugs grace the upstairs of the Meeting House), scarves, jewelry, etc. With Mother's Day coming, this is a wonderful opportunity to shop for your Mom while also learning about Afghan mothers and their families in this war torn part of the world. Please see the article on page 3 for more information about Fahima's work and please plan to come to the Third Street Meeting House on May 3.

— *Social Justice Committee*

very blurry. I have observed that preschoolers who spend significant time being mentored in nature populate their fantasy world with plants and animals, predators and prey, fairies and little woodland people. My son's favorite imaginative play, at school or at home, involves him being a baby animal. Today in the woods he climbed up a muddy slope on all fours, informing me he was a black bear cub.

Cognitive scientists say imaginative play with few or no props builds a skill called "executive function", which is a better predictor of school success than IQ (from an NPR report titled "Old Fashioned Play Builds Serious Skills", February 20, 2008). I say my son (the black bear cub) by exercising his imagination through identifying and empathizing with animals, may well gain not only strong cognitive skills but an ethic of caring for the Earth and all its inhabitants. Indeed, Louise Chawla has found in her research that significant childhood experiences of nature do lead to adult environmental behavior, and that adult mentoring and role-modeling are important for creating that behavior (see "Learning to Love the Natural World Enough to Protect It"). Direct experience of nature, mentoring, and role-modeling: these are all things the children at Ithaca Forest Preschool get in spades. David Sobel, education professor at Antioch University New England and author of the book *Childhood and Nature* said in a recent article in *Yes! Magazine* that schools like this "...might be able to rescue childhood."

These children might someday be able to rescue the planet.



## April in IMM History

A look back at our history through the minutes of our monthly Meeting for Worship with Attention to Business.

### 5 Years Ago (April 5, 2009)

The charge for the new IMM Earthcare Committee was approved.

### 15 Years Ago (April 12, 1999)

Bronwyn Mohlke was welcomed into membership of IMM.

Because New York State had reinstated capital punishment, IMM approved asking NYYM to reaffirm Friends' steadfast opposition to the death penalty; Friends' faith that "there is that of God or the Light in everyone", not just in most or in some people; and Friends' belief that all taking of human life is wrong, including legally-sanctioned killing performed by any government.

Following committee charges approved in February 1999, IMM approved the formation of an information-gathering coordinating team and a threshing committee to proceed with work concerning the building of a new meetinghouse on the Route 79 property. [Historian's note: These committees worked actively for about seven years with the Meeting and with architects chosen by IMM for the project. By the end of 2006, it became apparent that there was both a lack of financial feasibility and a clear sense of the Meeting to continue with the project and it became inactive. Meeting instructed the Trustees to sell the Route 79 property in 2010; the sale to the City of Ithaca was completed in 2011. Funds from the sale were used for renovation of the Third Street Meetinghouse, which was purchased in 2010.]

### 30 Years Ago (April 9, 1984)

IMM declared its willingness to offer sanctuary to Central American refugees and sought to join with other groups in this act of conscience. The Peace and Social Action Committee was designated to pursue this matter. Friends were asked to let Chuck Mohler of P&SA know how they can contribute to and participate in the eventual receiving of refugees in Ithaca.

### 65 Years Ago (April 11, 1949)

The Clerk asked if enough was being done to assist Orlow and Natalie Kent with their work for children in Germany, where they have recently been assigned by the AFSC. Henry Pommer agreed to write and ask if the Kents had needs the Meeting could supply. Joshua Cope asked Meeting to reconsider taking up the concern of Francis and Alice Dart for a German student, as so many members of Meeting are actively supporting this concern. It was decided that Meeting should bring a German student to the U.S. for a year of college education.

— Tom Brown, IMM historian

## Fahima Gaheez (Vorgetts): Resisting the 1% in Afghanistan, With One Women's Cooperative at a Time

— Kathy Kelly, co-coordinator of Voices for Creative Nonviolence, lived in Kabul in May 2013 as a guest of the Afghan Peace Volunteers. This article was written during that period.

When she was 24 years old, in 1979, Fahima Vorgetts left Afghanistan. By reputation, she had been outspoken, even rebellious, in her opposition to injustice and oppression; and family and friends, concerned for her safety, had urged her to go abroad. Twenty-three years later, returning for the first time to her homeland, she barely recognized war-torn streets in urban areas where she had once lived. She saw and felt the anguish of villagers who couldn't feed or shelter their families, and no more able to accept such unjust suffering than she'd been half her life before, Fahima decided to make it her task to help alleviate the abysmal conditions faced by ordinary Afghans living at or below the poverty line—by helping to build independent women's enterprises wherever she could. She trusted in the old adage that if a person is hungry it's an even greater gift to teach the person how to fish than to only give the person fish.

Last week, our small delegation here in Kabul traveled around the city with her to visit several clinics and “shuras,” or women's councils, that she has opened.

The first clinic we visited has been here since 2006. Two women, a doctor and a midwife, told us that they are part of a staff who work in three shifts to keep the clinic open “24-7.” Not one of their patients has died while being treated at the clinic.

Next we visited two villages, one Pashtun and the other Tajik, on the outskirts of Kabul.

“Why did you pick this village?” asked Jake Donaldson, an M.D. from Ventura, CA who joined us here in Kabul about a week ago. “I didn't pick them,” Fahima exclaimed. “They picked me.”

A year previously, the villagers had asked her to build a clinic and a literacy center. She had told them that, if they would agree to organize a women's cooperative and pool their resources to hire teachers, midwives, and nurses, she herself would build the physical building and help with supplies.

In each village, we visited a newly constructed building which will house a clinic, a women's cooperative for jewelry-making, tailoring, and canning, a set of literacy classes for children and adults, and even a public shower which families can sign up to use. A young teacher invited us to step inside his classroom where about fifty children, girls and boys, were learning their alphabet in the first week of a literacy class. Several villagers proudly showed us the well they had dug, powered by a generator. The well will help them irrigate their land as well as supply clean drinking water for the village.

Before we left, a male village elder described to Fahima how valuable her work has been for his village. Fahima seemed to blush a bit as she gratefully acknowledged his compliment.

Such appreciative words, along with the children's eager expressions, seem to be the main compensation for her tireless work. “I and the board members of the Afghan Women's Fund are 100% volunteers,” Fahima assures me. “Our board members are people of tremendous integrity.”

On the day before our tour, Fahima had come to the Afghan Peace Volunteer home to speak to the seamstresses who run a sewing cooperative here and encourage them to hold on at all costs to their dignity. She urged them never to prefer handouts to hard work in self-sustaining projects. Fahima had helped the seamstresses begin their cooperative effort at the Volunteer house when she purchased sewing machines for them a little over a year ago.

“Not all of the projects I've tried to start have worked out,” said Fahima. “Sometimes people are hampered by conservative values and some families don't want to allow women to leave their homes. Most often, it is war or the security situation that prevents success.”

She firmly believes that war will never solve problems in her country—or anywhere else, for that matter.

Fahima is outspoken, even blunt, as she speaks about warlords and war profiteers. She has good reason to be bitter over the cruelties inflicted on ordinary Afghans by all those interested in filling their own pockets and expanding control of Afghanistan's resources. She advises the Afghan Peace Volunteers with the voice and love of a mother. “The world is gripped by a class war in which the 1% elite, irrespective of nationality or ethnicity and including the Afghan and U.S./NATO elite, have been ganging up to control, divide, oppress, and profit from us, the ordinary 99%. Resist these ‘dark times,’ resist war and weapons, educate yourselves, and work together in friendship.”

Fahima's spirit of youthful rebellion clearly hasn't been snuffed out by age or experience. Her practical compassion is like a compass for all of us who learn about her work.

For more about the Afghan Women Fund, go to [www.AfghanWomensFund.org](http://www.AfghanWomensFund.org).



Fahima at a women's council and clinic.

## Spring Gathering of Farmington-Scipio Regional Meeting: Register by April 15

May 16-18 at Watson Homestead, Painted Post, NY

Spring Gathering is the weekend when Friends from our Regional Meeting (all the Quaker Meetings from Syracuse down to Elmira, and west from there) get together for fellowship, worship, and discussions. It is a great way to get to know other Friends in our region.

This year Lloyd Lee Wilson will be with us. He is the author of the book *Essays on the Quaker Vision of Gospel Order* with which many Friends are familiar. Lloyd will lead conversations on Radical Hospitality, Covenant Community, and Sharing Our Spiritual Journeys.

Marilyn Ray and Bronwyn Mohlke are our Meeting's representatives to Regional Meeting. They, and many other Friends who have attended in the past, would be glad to answer questions you might have about Spring Gathering.

Registrations are due by April 15. Registration forms will be available at Meeting, and our also posted on the Regional website: [www.quakerwny.com](http://www.quakerwny.com)

## FCNL 2014-2016 Priorities Setting Discussion

The Friends National Committee for Legislation (FCNL) seeks to provide a voice for Quaker advocacy in Washington DC. A distinctive feature of FCNL is their practice of asking Quakers around the country to help shape their work.

Right now, FCNL would like our help with this task: Focusing FCNL's 2015-2016 legislative work during the 114th Congress. They ask that we join in helping to select issues that most need close attention from Friends around the county and from FCNL's staff over the next couple of years.

We hope that Friends will join us to meet together to discern and record the issues that are most important to them after the rise of meeting April 6th. Many Friends' gatherings have joyously reported on the spiritual depth and sense of engagement they have found through this dialogue.

More information about the FCNL priorities setting process can be found at their web site at: [fcnl.org/about/govern/priorities/114documents/](http://fcnl.org/about/govern/priorities/114documents/).

— Will White, IMM representative to FCNL

## Queries offered by New York Yearly Meeting's Ministry Coordinating Committee

In following up to the Apology to Afro-Descendants approved by New York Yearly Meeting at Fall Sessions 2013, Ministry Coordinating Committee (MCC) proposed that a series of statements and queries related to next steps toward racial healing be sent to Friends to help us focus our attention on possible next steps.

*What does "justice and reconciliation mean to you"?*

The Apology to Afro-Descendants states that we will "strive with Divine assistance to discern what we as Quakers are called to do to bring about justice and reconciliation in our beloved community."

*What steps do we need to take to be open to racial healing?*

The Apology to Afro-Descendants states that our work will include "challenging existing racist assumptions."

*How do we crack this seed?*

Some Friends of Color have said that they are not really seen in our Yearly Meeting.

*Are we open to seeing all Friends as they are and not as we want them to be?*

Note: New York Yearly Meeting is comprised of monthly meetings in New York State, parts of Connecticut and parts of New Jersey. NYYM's Spring Sessions are held in Farmington Scipio Regional Meeting—this year in Rochester, April 4-6. Register with Bronwyn Mohlke.

## IMM's Friends Bike Clinic Wins Sustainable Tompkins Grant, Re-Opens Sunday April 13th

— *Laurence Clarkberg*

For the past few years Ithaca Monthly Meeting's Earthcare Committee has hosted free weekly bike repair gatherings on the meetinghouse deck April to September. This year we are starting up the weekly bike clinics on Sunday April 13th 1pm to 3pm. A bike clinic is an event where *you* bring your bicycle and a willingness to get your hands dirty. *We* bring air pumps, chain oil, tools and expertise to help you. This year we are proud to announce that we won a \$350 Sustainable Tompkins Neighborhood Mini-grant. The grant will mainly go towards providing people with free brake shoes and brake cables. If you bike in hilly Ithaca, you know that it's very important to have your brakes in good working order!

If you want to get more involved with the bike clinic, a good place to start is to take the free bike repair workshop I am offering next month at Ithaca Generator. First we will cover basic maintenance such as fixing flats, brake adjustments, derailleur adjustments, cable replacement, and brake pad replacement. Then we'll cover more advanced maintenance such as replacing ball bearings, chains, and other parts. Participants can work on their own bike or fix up one of the bike clinic's donated bikes.

The training is free and no experience is necessary; the only requirement is that participants sign up to volunteer at the bike clinic this spring and summer. The class times are Thursday April 3rd, 10th, 17th and 24th 6:30pm to 8:30pm at Ithaca Generator. You can sign up here: [ithacagenerator.org/events/basic-bike-repair](http://ithacagenerator.org/events/basic-bike-repair).

If you have more questions about the bike clinic contact Laurence Clarkberg or email [info@friendsbikeclinic.org](mailto:info@friendsbikeclinic.org).



## Amplifying Sound during Meeting for Worship: Seeking Better Technology

At the March Meeting for Worship with Attention to Business, we again took up the question of how best to assist people with hearing loss in Meeting for Worship and during Business Meeting. We sought a way to amplify people's voices that was not disruptive to worship.

We have been using a microphone during Meeting for Worship with Attention to Business pretty successfully. It has taken some getting used to, but it amplifies the sound adequately and we find that in that setting, passing the microphone from speaker to speaker does not interfere with the flow of spoken remarks.

Ministry and Worship had decided to try using a microphone and speakers during Meeting for Worship and announcements afterward as well. But we found that the Meeting as a body was not clear to move ahead this way.

The sense emerged that we had not thoroughly investigated all possible technologies available to amplify sound in the meeting room. Two people—Susan Ruff and Alexa Yesukevich—volunteered to form a small ad hoc committee to do more research. Sue has spoken to a sound engineer who is open to working with the committee. We are also in touch with Beacon Hill Friends Meeting; they have started to search for a sound system, too.

We are now looking for one or two more people to join this committee and to do more of this research. If this sounds like a task you might be able to take up—and it promises to be a short-term project—please contact Antonia at [tonia@iecc.com](mailto:tonia@iecc.com).

## Women's Chair Yoga, Mondays and Fridays

Consider joining us Mondays and Fridays at Third St Meetinghouse, 11a.m. to noon. For more information, please contact Nancy Gabriel at 277-8930 or [ntg2@cornell.edu](mailto:ntg2@cornell.edu).

## Concert: "A Mother's Love," an oratorio from Moses from the Qur'an

This VOICES Multicultural Chorus concert will be an opportunity to appreciate and better understand Muslim culture in a multicultural context. Look for IMM Friends in the Chorus.

This will be the premier of the world's first Islamic oratorio, a work for western and Middle Eastern instruments, chorus and soloist. It will be performed Sunday, May 11, 7pm in Ford Hall at Ithaca College, under the direction of Dr. Baruch Whitehead and Lorrene Adams.

"A Mother's Love" is the first in a series of oratorios from *Moses From the Qur'an*, and focuses primarily on the mother of Moses and the infant Moses. written by local composer Sora Jederan-Shpack. The piece blends elements from classical and Middle Eastern music and American blues.

Come learn about the Islam that shares with us its love of God and appreciation for the prophets of old. Leave with a sense that these great stories of the past hold truths and teachings relevant today and provide insight into peace within ourselves, our communities and across nations. Tickets are available at: [amotherslove.brownpapertickets.com](http://amotherslove.brownpapertickets.com)

## Come Sing With Us, April 5

The Richie Sing will be Saturday, April 5 at the Third Street Meetinghouse, 130 Third St. Dish to pass at 6:30, singing at 7:30. All are welcome. Bring a song, and/or an instrument, if you like.

## Ithaca Monthly Meeting of the Religious Society of Friends

### Monthly Meeting for Worship with Attention to Business, March 9, 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.*)

2014 3 .01 Opening. Ithaca Monthly Meeting of the Religious Society of Friends met in Monthly Meeting for Worship with Attention to Business on March 9, 2014. At 12:15pm, 21 Friends gathered in open worship.

Nancy Gabriel and Kathleen Gale held the Meeting in the Light.

Reading: "The first of these five gut feelings [that characterize Quakerism] is joy, the joy of coming together and of being with these familiar faces. It is the joy of being again with the blessed fellowship and the community of the redeemed. Or if the word "redeemed" sounds too evangelical for you, it is joy and being with the community of the freed ones, freed by the power of the Light..."

## Concert: Joe Crookston CD Release

Joe Crookston is giving a CD Release concert at the Hangar Theatre on Saturday April 26th at 8:00 pm.

Every time Joe plays, there are Quakers in the audience who really connect with Joe's music and are so glad they came. Two weeks ago, Joe gave a concert near Boston and two vanloads of Quakers came! Those Friends really loved the music.

From Ithaca, Joe Crookston and his longtime DUO partner Peter Glanville will pick and twist their way through his much-anticipated fourth recording, "Georgia I'm Here."

The concert will be preceded at 6:30 pm by an art reception showcasing Crookston's paintings, as well as local wine and refreshments.

Concert info & tickets: 607-273-8588; [publicity@joecrookston.com](mailto:publicity@joecrookston.com); The Hangar Theatre Business Office in Center Ithaca; or [www.hangartheatre.org/events/Joe\\_Crookston\\_CD\\_Release.html](http://www.hangartheatre.org/events/Joe_Crookston_CD_Release.html) For more information about Joe Crookston and his music please visit: [www.joecrookston.com](http://www.joecrookston.com).

## Drumming

Free Afro-Cuban Drum Workshop every weekend: come and join us in learning the complex rhythms of Afro-Cuban drumming. Drum not necessary (we'll share) but bring a conga if you have one. The workshop lasts 2 hours and is held at Ecovillage in the Song Common House. Contact Dennis Anello at [jur71@hampshire.edu](mailto:jur71@hampshire.edu) for more information or call him at 277-0162.

freed in some measure from prejudice and fear and loneliness, freed from slavery to the unthinking assumptions and drives of whatever temporal culture surrounds us. It is joy at being with other people who have experienced some measure of spiritual transformation, people for whom the universe has come to have a new smell, people who share our vision of reality. In a way it is like returning to one's beloved family or returning to one's native land and language. For some friends, this joy of being in the fellowship, this *koinonia*\*, releases a stream of inward wordless prayer, which quickly opens the mind to a wider level of consciousness, even as one goes to one's seat. It is joy at feeling our organic connection with these people, joy at feeling our linkage with them through the Spirit and through our common work."

— *The Mind of Christ: Bill Taber on Meeting for Business*

\**Koinonia* is used in the New Testament to describe the relationship between the early apostles; for them it meant not merely being members of the same community, but sharing everything, belonging one to another.

Minutes continued on page 7

### 2014 3 .02 Consent Agenda.

The following items on the Consent Agenda were considered and approved.

- a) Nominations for two vacant seats on Ministry and Worship will be filled by Alexa Yesukevich for a term through 2016, and Nancy Riffer for a term through 2015. @
- b) Ministry and Worship requested approval for a Clearness committee for Membership for Christopher Church which will include Chuck Mohler, Convener; Sue Baker-Carr, Ellie Rosenberg, and Melody Johnson. @

### 2014 3 .03 Ministry and Worship Report

- a) Meeting received Shirley Way's transfer of membership from Central Finger Lakes Meeting to Ithaca Monthly Meeting.
- b) Ministry and Worship's report on new guidelines regarding membership of children under the age of 16 was reviewed. (Report available through recording clerk.)

Following discussion and clarification, the Meeting approved the following minute:

Parents of a child under the age of 16 may request membership for that child. Children may also request membership for themselves. If the Ministry and Worship Committee determines that the child and all custodial parents are in agreement regarding the membership, then the child will be recorded as a member.

Between the ages of 16 and 29, a youth member may request a committee for clearness for membership to affirm that person's membership.

When a young person is approaching the age of 29, Ministry and Worship will attempt to contact the young person to determine whether they would like a clearness process to become an adult member or whether they would prefer to be dropped from membership. If Ministry and Worship is unable to contact the young person, they will be removed from the membership list at the age of 29.

This minute supersedes the minutes of November 8, 2002 and February 9, 2003.

Ministry and Worship is urged to keep in touch with our young people, reaching out to them with calls and deeper conversation, letting them know that the opportunity to be connected with the Meeting continues. @

- c) Meeting was asked to listen to and reflect on Ministry and Worship's report on assistive hearing devices and their use in our Meeting. (Report Attached)

The report was read and considered. Several Friends shared thoughts and ideas as we listened with care to each other. Out of this sharing, we agreed to form a group to explore alternative

technological and other possibilities following consultation with members of Ministry and Worship, who have done research and worked on this issue this past year. The committee is encouraged to work on this as quickly as they can. Ministry and Worship will work on assistive techniques to help people until the committee completes its work. @

### 2014 3 .04 Report from Third Street Meetinghouse Committee

- a) The Committee has offered and John Shipe has accepted the contractor position for the Meetinghouse lift installation project. He will coordinate with the company supplying the lift as well as construction of the shaft for the lift and ramp needed upstairs. Concerns about ways the Meeting can function safely during construction time were raised. Meeting received the report.
- b) The Third Street Meetinghouse Committee requests guidance on building use policies and procedures. The retreat at the end of the month will provide preliminary exploration of our missions in the community and in the neighborhood, but it is not a decision-making program. The Third Street Meetinghouse Committee will put off action on the need for a threshing session or called meeting until after the retreat on March 29. @

### 2014. 3 .05 Naming Committee

Naming Committee nominated Bronwyn Mohlke and JoAnne Sturgeon to the Nominating Committee. Bronwyn will serve for one year and JoAnne for three. @

### 2014. 3 .06 Social Justice Committee

Social Justice Committee requested \$100 from Meeting approved funds to support the "Living Our Mission Through the Third Street Meeting House" retreat. @

### 2014 3 .07 Report from the Treasurer

Treasurer reported that we are in good financial health and have received about 18% of budgeted funds. The report was received.

### 2014. 3 .08 Other Concerns

- a) CALM is asking how do we, as a worshipping community, function as a total community, helping us all to learn and grow together intergenerationally?
- b) Clarification was offered on different kinds of Clearness committees.

### 2014. 3 .07 Closing

Nineteen people entered into closing worship at 2:20 m.

*Respectfully submitted,*  
*Susan Ruff, Recording Clerk*

# April 2014 Calendar of Ithaca Monthly Meeting

## Note:

There will be no Peace Witness Committee Meeting in April. Our next meeting is Saturday, May 10 at 1:00pm at the Burt House.

## Meeting for Worship with Attention to Business Sunday, April 13, Rise of Meeting

Join in the Quaker decision-making process. Agenda items should be sent to our clerk, Antonia Saxon, by the preceding Wednesday.

## Intergenerational Game Night & Sleepover Saturday, April 19, 6p

Friends of all ages are invited to the Meetinghouse. We'll start with a dish-to-pass, and then play games of many varieties. Those who would like to bring a sleeping bag and sleep over are very welcome to do so, whether or not you choose to wake up for the sunrise Meeting for worship. Either way you can enjoy brunch together between the two times of worship.

## Sunrise Meeting for Worship Sunday, April 20, 6a

Join us for a special Meeting for Worship at Third Street Meetinghouse.

## Easter Brunch Sunday, April 20, 7-10a

It has been our custom to enjoy a potluck brunch together during the time between the two meetings on Easter morning (at sunrise, 6am, and then our usual 10:30 time). There will be a delicious succession of good things to eat as Friends arrive all during the morning. Come for as long as you wish, perhaps bringing one of your favorite dishes to share. It's a time to renew friendships as the world renews itself.

## Newsletter submissions due Thursday, April 24, 5p

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

## Springtime Tea Saturday, April 26, 3-6p

Chris Dunham & Melissa Travis 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!

## Brunch Sunday, April 27, Rise of Meeting

All are invited to stay for fellowship and a bite to eat after the rise of meeting. Friends are invited to bring a dish to share with others.

## Five Wishes : Your Healthcare Decisions Sunday, April 27, 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.

## Every Sunday

- 9:30a **Coffee and fellowship** in the library of the Third Street Meetinghouse; entering silence by 10:15.
- 10:30a **Meeting for Worship** for all ages at the Third Street Meetinghouse
- 10:45a **First Day School:** attenders exit the meetingroom.

## 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
- Sun 1-3p **Friends Bike Clinic** on the meetinghouse deck