



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

July 2006

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Mindful Living: Some Quotes and Notes on Simple Living and Right Sharing

—by Margaret McCasland

In helping prepare a web page on simple living and right sharing for the IMM website, I have found or been given a collection of inspiring and thought-provoking quotes. I am sharing a few of them here, with my own thoughts added. (The quotes are in italics.) I am grateful for input from f/Friends who have helped me clarify and deepen my understandings.

Food for Thought

Live simply that others can simply live.

—Mohandas Gandhi

As an American, I sometimes interpret this from a guilt-ridden perspective that implies a double living standard: if I cut back a little—although still using a lot of resources—others can “simply live,” that is, exist at a minimal level. An extreme double standard is obviously not an acceptable interpretation from an eco-justice perspective. Marilyn Ray sent me the following comments after the IMM adult discussion on Simple Living this past April, which expresses my feelings better than I can:

After the adult discussion last First Day on Simplicity, I have a very different view of it than I did before. Before I thought of simplicity as mainly about “living simply,” i.e., not participating in the consumer culture to the extent possible...“so others may simply live.” But what that discussion taught me is that it is more about making more room for God and

meditation in our lives than about “things:” the notion of having an uncluttered mind so we can listen better to the voice of God... I think the paragraph from Faith and Practice p. 43 [see below] does speak directly to the world’s resources as flowing from the creator and our responsibilities to use them fairly and wisely. But what do you think?

Indeed, considering what we think, what we feel—in the sense of listening to the voice of God—is our best guide for simple living. Becoming convinced of the appropriateness of Quaker ways has helped me understand that the single most important change for me to make in my lifestyle is to become mindful of the effects my actions and inactions have on other people’s lives

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Solar yard lights can reduce electric bills while lighting pathways.

July 2006 Calendar of Events

Weekly Events

Every Sunday 10:30 to 11:30 am: Meeting for Worship in the Hector Meeting house

Every Tuesday 9-9:20 pm: Worship in your own home

Every Thursday 4:30 to 5:30 pm: Peace vigil at the bottom of East State Street

Other Events

June 26 – 29 9 am– 2 pm “Living Simply” our Meeting’s Quaker camp for kids ***

June 27 Tues 7:30 pm Peace Witness committee meeting at the Burt House. All interested are very welcome to attend ***

June 30 Fri 6:00 pm Come celebrate the end of Quaker camp, and see what the kids have been up to this week! Dish-to-pass supper, followed by a camp fire, singing, s’mores and a camp out for those who would like to stay overnight. Camp will provide breakfast on Saturday morning (oatmeal and scrambled eggs).

July 1 Sat 5:30 pm Peace potluck at the Perry City Meetinghouse, followed by a discussion ***

July 2 Sun 10:00 am Singing at the Hector meetinghouse

10:30 am Meeting for Worship for all ages, Hector meetinghouse

10:45 am Children are welcome to go out back for kids’ activities
Power Quakers meet outside

July 5 Wed 1:15 – 3pm Kitchen Cupboard. Call Ginny Gartlein for information (272-3471). Please remember - Kitchen Cupboard desperately needs brown paper bags.

July 9 Sun 10:00 am Singing at the Hector meetinghouse

10:30 am Meeting for Worship for all ages, Hector meetinghouse

10:45 am Children are welcome to go out back for kids’ activities

12:30 pm Meeting for Worship with Attention to Business. Bring a sandwich and a half, if you’re so inclined, to share with those who may have forgotten. Child care provided on request (see above.)

7:00 pm Celebration Circle / An interfaith worship service led by Jody Kessler ***

July 16 Sun July newsletter due date. Please contact Bronwyn Mohlke if you have anything to be included in the July newsletter (see contact information listed below).

10:00 am Singing at the Hector meetinghouse

10:30 am Meeting for Worship for all ages, Hector meetinghouse

10:45 am Children are welcome to go out back for kids’ activities
Power Quakers meet outside

July 22 Sat 4:00 pm Floating meeting, including swimming in Dick and Melody’s pond (followed by a dish-to-pass supper) ***

July 23 Sun 10:00 am Singing at the Hector meetinghouse

10:30 am Meeting for Worship for all ages, Hector meetinghouse

10:45 am Children are welcome to go out back for kids’ activities

Rise of Mtg Light brunch. Please bring finger foods to share.

July 23-29 New York Yearly Meeting / Summer Sessions 2006: Unleashing the Blessed Community, held in Silver Bay, New York

July 30 Sun 10:00 am Singing at the Hector meetinghouse

10:30 am Meeting for Worship for all ages, Hector meetinghouse

10:45 am Children are welcome to go out back for kids’ activities

*** = more details will be found in the announcement section of the newsletter

Do you have something for the August newsletter?

Please get all information you’d like to have included in the July newsletter to Bronwyn Mohlke, by the method of your choice, no later than Wednesday, July 19, or to Larry Clarkberg no later than Sunday, July 23. (Bronwyn: 277-4183 / bjm9@cornell.edu / 52 Gray Road, Ithaca, NY 14850 // Larry Clarkberg: 277-9364 / larry@elucid8design.com / 150 Giles Street, Ithaca, NY 14850)

News from Peace Witness Committee / meeting on Tuesday, June 27

Historically, the Religious Society of Friends has supported families when the adults in those families have gone to jail over matters of conscience, love and the promotion of peace. Today, in our community, the families of the St. Patrick’s Four need our support. Out of their own deeply felt faith, these four persons engaged in acts of civil disobedience against the war in Iraq. The Peace Witness Committee has set aside \$200 of its discretionary funds to aid the families affected by the prison sentences of their wage earners. This has been augmented by individual contributions. We invite Friends who wish to contribute to send a check to treasurer, Steve Mohlke if possible by July 1, 2006 noting that it is for the St. Patrick’s Four.

Announcements

The July Meeting of the Peace Witness Committee has been changed from its usual First Tuesday in July and will be held on Tuesday, June 27th, at 7:30 in the Burt House. For August, the committee will meet on the regular first Tuesday, August 1. All interested are encouraged to come.

June's Floating Meeting at the land on Route 79 / Friday, June 30

Friends, please join us for **Floating Meeting Dish-To-Pass Supper** at the land on route 79 on Friday, **June 30th**, at 6pm. (This is the date rain or shine; if it rains, remember we have 900 square feet under the tent and that our land is miraculously mud-free even on the soggiest days.) This is not an event to be missed, as it provides us with a lovely opportunity to visit with our land and with one another. The summer camp will provide you with tables, chairs, toilet facilities, and cold drinking water. (Oh, and also a campfire, songbooks, and marshmallows.) It's nice if you can bring your own plate and utensils, but we will have disposable stuff available should you forget. Also, consider staying Friday night for our camp out extravaganza! Bring your own tent and join our loving Quaker village. Complementary breakfast included. Questions? Contact Rini Clarkberg / 277-9364

Directions to the land on Route 79:

From downtown Ithaca, head east (toward Cornell) on State St. Near 1450 E. State Street (which is actually called Slaterville Road at this point), turn into Commonland (Lois Lane) on your right. Take the first right, onto Penny Lane. Near 107 Penny Lane, the road jogs to the left and there is gravel turnaround to the right. Park near this area. The entrance to the trail through the trees is just to the left of the turnaround, adjacent to a parking sign, and will be marked with colored ribbons in the trees. The trail is 100 yards long. Upon emerging from the trees (after a worn little bridge), head towards the left, up a slight incline and away from rte. 79.

Singing before Meeting for Worship

Friends, although Melody will be away at times this summer, all interested in singing before meeting for worship are encouraged to gather starting at 10:00. The Hector meetinghouse has wonderful acoustics, and it's a great way to prepare for meeting for worship. Many copies of *Worship in Song - A Friends Hymnal* are kept in the foyer of the meetinghouse.

Peace Potluck at Perry City Meetinghouse / Saturday, July 1

The Perry City Friends (Quakers) invite you to a "peace potluck" on the first Saturday of each month. Everyone is welcome to share thoughts, feelings, and actions in a safe haven as we explore paths to peace together. The next meeting will be Saturday, July 1st at the Perry City Meeting House on Route 227 in Perry City. Dish to pass at 5:30; discussion at 7:00. For more information, call Mary Graham - 387-9046.

Meeting for Worship with Attention to Business / July 9

Meeting for Worship with Attention to Business will be held after the rise of Meeting for Worship on July 9. All are encouraged

to attend. Please come with an open mind and a listening heart, mindful of our Meeting as a loving community and business conducted under a spirit of worship. Please note: we will continue to hold Meeting for Worship with Attention to Business throughout the summer. Our next meeting will be August 13.

Second Sunday Celebration Circle / July 9

Second Sunday Celebration Circle: An engaging and uplifting Interfaith celebration that weaves together prayer, meditation, singing, and simple participatory ritual from many traditions. This month's will be held on July 9 from 7:00 - 8:30 PM, at the Santosha Yoga Center (directions below), 120 Brindley Street. For more information, call 227-5683 or visit www.commonheart.org

July's theme is "Enlightening Up: The Healing Power of Laughter." A Japanese proverb says: "Time spent laughing is time spent with the gods." In this lighthearted evening together, we will explore the spiritual, emotional, and physical benefits of laughter, and we'll discover ways we can move more joyfully and playfully through whatever life brings. Guest speaker Jonathan Hall will offer us an experiential introduction to Laughter Yoga, a practice developed in India by Dr. Madan Kataria. Come prepared to laugh deeply and be joyful!

Because of the meditative nature of this service, we ask that you arrive on time, and that you do not bring small children. The Santosha Yoga Center is located in the Aeroplane Factory Building on Brindley Street. If you're coming from the Commons, take West State all the way to the end, past the bus station. Just before the route 79 bridge, you will see Ithaca Tire and the Ithaca Grain & Pet Supply on your left. Pete's will be on your right. Take a left there, onto that little street between Ithaca Tire and the Pet Supply. That is Brindley. You will immediately go over a little one lane bridge, and just after the bridge is the Aeroplane Factory Building. Turn right into the parking lot. The Yoga Center is on the ground floor, to the left as you enter the building.

Common Heart Interfaith Fellowship

Jody Kessler is very glad to share the news about "the creation of a new organization, a spiritual community that will be the container/sponsor for our monthly gatherings and more. It is called the **Common Heart Interfaith Fellowship**, and it is a dream of mine coming true! You can find out all about it on our new website: www.commonheart.org. Please visit often to find out about upcoming events of the Fellowship, and I look forward to hearing about ways that you'd like to be involved. I am envisioning a loving and welcoming Interfaith spiritual community that is vibrant and growing. Last month there were 30 people at the celebration circle, so we certainly are growing!"

Our intention is to create a fellowship of individuals and families that come together on a regular basis to honor Spirit and to celebrate holidays, the turning of the seasons, and the sacred in everyday life. We also seek to create events that are offered to the larger community beyond our membership, and our activities are open to all. Participation in this fellowship is not intended to replace or preclude involvement in one's faith of origin, but rather to enhance and expand one's respect for their own tradition and the traditions of others.

We seek to connect with Spirit in ways that are:

Creative: We draw inspiration from the diverse spectrum of world religions and spiritual teachers, both ancient and contemporary. We also seek creative ways to honor Spirit that extend beyond religious tradition. We view human spirituality as an evolving, ever-unfolding energy that is alive with possibility.

Experiential: While recognizing the value of scholarly discourse and religious study, our focus is primarily experiential. We aim to provide opportunities for hands-on practice in meditation, ceremony & ritual, prayer, and devotional singing, using many different modalities. Music, poetry, inspirational literature, reflective silence, movement, dance, breathwork, and visual art are all seen as portals to accessing our wellspring of inner wisdom and peace.

Affirmative: We affirm the inherent goodness in all people, and work to foster peace, equality, social justice, and sustainability for all beings and the earth. We welcome everyone to our fellowship, regardless of one's race, ethnicity, religious affiliation, gender, socioeconomic status, sexual orientation, or physical ability. We aim to create a diverse membership and an atmosphere of respect and inclusiveness.

Loving: We aim to create a loving spiritual community that supports one another as we move through the joys, challenges, and transitions of our lives. We encourage families and individuals to build deep and enduring connections with one another and to reach out to those in need, both within and beyond our fellowship. We also fully welcome those who prefer occasional attendance and peripheral involvement.

Joyful: We seek to find joy in connecting with one another and with Spirit, and to have fun on our spiritual journey together.

Transformational: The interfaith and participatory nature of our services and other activities provides an opportunity to expand one's horizons philosophically and experientially. CHIF aims to offer experiences that are thought-provoking and transformational.

Stay tuned for upcoming information on Family Interfaith Celebrations, created especially for children and their caregivers, that will be starting in the Fall of 2006.

Threshold Choir

The Threshold Choir will meet on Tuesday, July 11 at 7-9pm at Mary Beth Tierney's, 12 Knoll Tree Rd and sing the next day, Wednesday, July 12, 10:30 at Lakeside.

For more information about the Threshold Choir, please contact Melody Johnson, 272-8755.

Floating Meeting / Saturday, July 22

Melody and Dick will host Floating Meeting at their home on Saturday, July 22, starting at 4:00 pm, earlier than usual, so that anyone who would like to can take a dip in their pond! Their address is 112 Mount Pleasant Road, Ithaca. For directions, or more information, please call Melody at 272-8755.

Floating Meeting is an intergenerational gathering and a great time to get to know each other better. It became known as Floating Meeting because it takes place in a different home each month. Are you interested in hosting a Floating Meeting at your home? Give Wendy Wolfe a call (273-4324). You can choose the date.

Meeting for Healing will next take place on September 26

Even Whales Show Gratitude

If you had read the front page story of the SF Chronicle on Thursday, Dec 14, 2005, you would have learned about a female humpback whale who had become entangled in a spider web of crab traps and lines. She was weighted down by hundreds of pounds of traps that caused her to struggle to stay afloat. She also had hundreds of yards of line rope wrapped around her body, her tail, her torso, a line tugging in her mouth.

A fisherman spotted her just east of the Farralone Islands (outside the Golden Gate) and radioed an environmental group for help. Within a few hours, the rescue team arrived and determined that she was so bad off, the only way to save her was to dive in and untangle her - a very dangerous proposition. One slap of the tail could kill a rescuer. They worked for hours with curved knives and eventually freed her.

When she was free the divers say she swam in what seemed like joyous circles. She then came back to each and every diver, one at a time, and nudged them, pushed them gently around - she thanked them. Some said it was the most incredibly beautiful experience of their lives. The guy who cut the rope out of her mouth says her eye was following him the whole time, and he will never ever be the same.

May you, and all those you love, be so blessed and fortunate to be surrounded by people who will help you get untangled from the things that are binding you. And, may you always know the joy of giving and receiving gratitude.

—georgia

Please note: The next Meeting for Healing will be held at 7:15 on the fourth Tuesday of September, the 26th, at the home of Dick Crepeau and Melody Johnson, 112 Mount Pleasant Road, Ithaca. For more information, please call Melody at 272-8755.

Fall Gathering of Farmington-Scipio Regional Meeting / Saturday, September 16

Friends, Our Meeting will host this year's Fall Gathering of the Farmington-Scipio Regional Meeting on Saturday, September 16. The ad-hoc committee formed to plan the event consists of Rini Clarkberg, Ginny Gartlein, Bronwyn Mohlke, and Marilyn Ray. We are currently looking for Friends who would like to coordinate childcare and food for that Saturday, as well as housing for Friends from other Meetings who may wish to stay in Ithaca on Friday and/or Saturday nights. If you are interested in coordinating one of those, please contact one of us that is on the committee.

Frank Pineo

Frank Pineo died Thursday, June 22, on the summer solstice, at the Reconstruction Home. He was a dearly beloved member of our Meeting for many years. He served ably as our clerk and was a light to all of us. We will miss Frank; his courage, his gentle sense

of humor and the twinkle in his eye. His memorial service will be in a few weeks at the Hector Meeting House.

Annual Meeting Picnic / September 24

Friends—save the date of Sunday, September 24 for our Meeting annual picnic, to be held at Taughannock State Park. Stay tuned for more details!

Rini Clarkberg will participate in Women Swimmin' to benefit Hospicare and Palliative Care Services of Tompkins County

On August 12th, I plan to swim across Cayuga Lake along with other women swimmers to benefit Hospicare and Palliative Care Services of Tompkins County This is the 3rd annual Women Swimmin' event. Last year 188 swimmers, ages 18-79, swam 1.2 miles across the lake to raise over \$125,000 for Hospicare. I have participated the last two years and it was a very special event.

By making a pledge, you are supporting Hospicare's mission to bring medical expertise and compassionate, respectful care to people and their loved ones at any stage of a life-threatening illness, and to provide information and education about advanced illness, dying and bereavement to the entire community. Money raised through Women Swimmin goes directly to help provide patients with comfort measures that are not fully covered by insurance, as well as to provide services to patients families. Hospicare never refuses services due to a persons inability to pay, which is only possible because of the generosity of supporters.

Your donation is tax deductible. **You can make checks payable to Hospicare and Palliative Care Services (HPCS).** Your donation can be returned to me (150 Giles Street 14850) or sent directly to Hospicare and Palliative Care Services (172 East King Road, Ithaca, NY 14850).

If you would like to learn more about Hospicare and this event, please visit <<http://www.womenswimmin.org/>> or <<http://www.hospicare.org/>>

Feel free to contact me with any questions about Women Swimmin. Thank you for considering this.

Best wishes,
—Rini

Lynn Grove's celebrations

Lynn Grove will be celebrating his 68th birthday on July 12 in Anchorage Alaska while attending his 50th high school class reunion.

Gil Ott

Please hold Gil Ott in the Light as he has surgery on July 20th. If you would like to get in touch with him, you may do so at : P.O. Box 311, Newcomb, NY 12852 / padre@capital.com

Dahlia's from Melody

Melody Johnson recently shared some dahlia bulbs, and would like those who welcomed them into their homes and gardens to know that they need to be dug up after the first frost in the fall and planted in the spring when threat of frost is passed. They can be stored in a bucket in a cool basement. If anyone has any other questions about raising dahlia's they can get in touch with Melody.

Political Asylee from Togo / news shared by Sara Schaffzin

As many of you already know, for the past year my husband and I have been hosting and otherwise helping Bamidaaye Sinon, the political asylee from Togo. Right now his wife and four children are awaiting their visa interview in Togo and, assuming all goes well (we have no reason to think otherwise) they will be on their way to rejoin Bamidaaye shortly after that, following a two-year separation.

Bamidaaye needs to fill in some hours this summer and is available once again for gardening, yard work and odd jobs. He has worked for several Fall Creek neighbors who will highly recommend him. If you need some help in your yard, cleaning out a garage or basement, etc., please contact Bamidaaye Sinon at 277-6461 or email sinon_luc@yahoo.fr

Thanks to all!!!
—Sara Schaffzin

Alternatives to Violence Project

The Alternatives to Violence Program is a project started by Friends and inmates at Greenhaven Correctional Facility, and has been ministering to inmates at the Elmira Correctional Facility for years. Through our biannual program, participants invariably experience the Transforming Power of love in this unlikely place.

We are losing facilitators this summer, and are in danger closing down this unique, life-altering experience for a people who really need it. The demands are few, and the rewards great.

Would you consider joining us?

Please contact me for more information at 342-5415 / pitzrick@verizon.net

—Michael Pitzrick

Powell House / Upcoming Events

Dear friends:

Since June, July and August are 'slow' months at Powell House, I've put in all the adult and youth conference descriptions for June thru August below. Please contact Powell House at 518-794-8811 or go on the web at <http://www.powellhouse.org> to register for any conference.

Thank you!
—Melanie-Claire Mallison

July 13-16, 2006: PoHo Youth Reunion 2006: Celebrating the Last Four Decades of Quaking in the ACC

Thursday, July 13th through Sunday, July 16th, 2006. Bring yourselves & bring your families (back) to Powell House! Celebrate with friends at the biggest event in the history of Powell House! Help ensure the future of the place that changed all of our lives! Registration now open! For registrations, donations and volunteer opportunities, please visit: www.PowellHouseReunion.org.

August 16-20, 2006 Powell House Painting Party

Come join us at Powell House for 5 days or just for a day during this painting week. We have plenty of painting to be done inside and out-and you know we'll have fun doing it. We ask that you plan to paint a minimum of four hours per day. You can work for conference credit, for fun or both. Melanie-Claire Mallison has volunteered to cook for the week. So you know the food will be

good. Our first meal will be lunch on Wednesday. Bring a topic to discuss while we paint or in the evening after a swim. If you are under 18 either bring an adult sponsor or plan to go home each night. Cost: \$15 registration fee * No childcare available

August 18-20, 2006: Newsletter Editors' Conference

Facilitated by Melanie-Claire Mallison. Every Monthly Meeting has a newsletter or a way of sharing announcements and business meeting minutes. But newsletters can be so much more and reach so much further! Come and explore everything about Monthly Meeting newsletters! From the ways we create them, to the ways we distribute them. From paper copies to web site html. >From personal announcements to global Quaker activities. We'll cover the main themes of newsletters - creation, gathering content, what to include, distribution, and.... enter your concern here!

Melanie-Claire Mallison, a member of Ithaca Monthly Meeting, is responsible for several monthly entries into IMM's newsletter, including the minutes from Meeting for Business and the Powell House calendar. She also formats the Powell House News (and used to format, edit and distribute the NYYM Religious Education Committee's newsletter, The Net). Melanie-Claire would love to see the creation of a MM newsletter editor listserv, for easy sharing and copying of all sorts of Quaker information.

Minutes of the June 2006 Meeting for Worship with Attention to Business of the Ithaca Monthly Meeting of the Religious Society of Friends, Inc.

Beth Jolles, Clerk

Tom Brown, Assistant Clerk

Melanie-Claire Mallison, Recording Clerk

Steve Mohlke, Treasurer

(@ signifies that the minute has been read and approved.)

200606.1. Gathering

The Ithaca Monthly Meeting (IMM) met on June 11, 2006 in the Hector Meetinghouse for Meeting for Worship with Attention to Business. At 12:05 PM, 15 F/friends settled into worship. Clerk read the following advices from NYYM Faith and Practice:

#1. From the beginnings of our Society, we have considered it necessary to assemble frequently for the purpose of public worship held in expectant waiting for divine guidance, thereby manifesting our belief in and dependence upon our creator. Meeting for Worship is fundamental for us, and we should be diligent and punctual in our attendance. We seek, through communion with God, the strengthening of the Holy Spirit to enable us to discharge with fidelity the services we owe to God, each other, and to all people.

#9. Care should be taken that all our members avoid participation in lotteries, gambling, and betting, including such schemes of chance that appeal as benevolences. Friends should refrain from hazardous speculation and are cautioned against engaging in business that may be questionable. They are responsible for the manner of acquiring, using, and disposing of their possessions.

#16. Friends business meetings are meetings for worship with a concern for business. When there seems to be disagreement, a free expression of all opinions should be encouraged. Those who speak in meetings for business are advised not to be unduly per-

sistent in advocacy or opposition, but, after having fully expressed their views, to recognize the generally expressed sense of the meeting. A deep and seeking silence can help to reconcile seemingly opposing points of view. Meetings should be conducted in the spirit of wisdom, forbearance, and love.

Clerk distributed copies of the agenda. Two items were added. @

200606.2. Peace Witness Announcements

a. The July Meeting of the Peace Witness Committee has been changed from its usual First Tuesday in July and will be held on Tuesday, June 27th, at 7:30 in the Burt House.

b. Historically, the Religious Society of Friends has supported families when the adults in those families have gone to jail over matters of conscience, love and the promotion of peace. Today, in our community, the families of the St. Patricks Four need our support. Out of their own deeply felt faith, these four persons engaged in acts of civil disobedience against the war in Iraq. The Peace Witness Committee has set aside \$200 of its discretionary funds to aid the families affected by the prison sentences of their wage earners. This has been augmented by individual contributions. We invite Friends who wish to contribute to send a check to treasurer, Steve Mohlke if possible by July 1, 2006 noting that it is for the St. Patricks Four.

Ithaca Monthly Meeting accepted this report. @

200606.3. Financial Planning Committee

Clerk invited Tom Brown to Clerk this segment of the Meeting so that when someone addresses the facilitator of the discussion he/she would be addressing the Clerk. She will use this practice for such discussions in the future.

Tom began the discussion by noting the following three categories of financing for the Meetinghouse: (1) cash on hand designated for the Meetinghouse; (2) the amount we are willing/able to raise; and (3) our property resources. Treasurer, Steve Mohlke reported we currently have about \$215,000 cash on hand in designated funds for the Meetinghouse.

Tom posed the following question for F/friends to consider: What information is needed by F/friends before they can respond to a survey about the amount we might contribute to the Meetinghouse?

Minute: Monthly Meeting requests the Financial Planning Committee to meet with others who wish to participate with the hope that the Committee will return to Monthly Meeting in July with suggestions for next steps, including when and what type of survey might be appropriate to implement.

Ithaca Monthly Meeting approved this minute. @

200606.4. Design Committee

Minute: If we decide to build on the Route 79 property, of the four sites considered, we agree that site #2 is the most appropriate, and the Design Committee should inform the architects of this decision.

Ithaca Monthly Meeting approved this minute. @

Minute: We approve up to \$15,000 for the architect to develop the schematic design for site #2 on the Route 79 property including the best estimate of the costs for this entire project.

Ithaca Monthly Meeting approved this minute. @

200606.5. Trustees Report

Trustees have hired Ernie Bayles to conduct an in-depth inspection of the 415 Elm Street property and to develop a drawing of a

building.

Ithaca Monthly Meeting accepted this report. @

Minute: The Meeting requests Trustees to ask Ernie Bayles for a drawing of the 415 Elm Street building modified to meet our needs and for the best estimate of the costs for this entire project.

Ithaca Monthly Meeting approved this minute. @

200606.6. Ministry and Oversight Report

Elsbeth Rhodin reported for the Clearness Committee for Membership for Stephen Parrish. The Clearness Committee recommended Stephen Parrish for membership.

Ithaca Monthly Meeting approved this minute. @

200606.7. Report from Spring Gathering

Steve Mohlke reported that at Spring Gathering Meeting for Worship with attention to Business, the minute approved by IMM on Spiritual Gifts helped unify the Meeting and was approved by FSRM.

Ithaca Monthly Meeting accepted this report. @

200606.8. Treasurer's Report

Steve reported that contributions are right where they have been on average at this point in the year over the last five to ten years. A copy of the Treasurers report is available from the Treasurer upon request.

Ithaca Monthly Meeting accepted this report. @

At 3:15 PM F/friends gathered into worship before adjourning.

We will meet again for Worship with Attention to Business on July 9, 2006 at the Hector Meetinghouse after the rise of Meeting for Worship.

Respectfully submitted,

Marilyn L. Ray,

Recording Clerk for the day

Mindful Living continued from page 1

and on Earth as a whole. Simple living for some, such as members of the Franciscan orders, means owning no personal possessions. While there is no reason for most people to live such ascetic lives, we do need to consider how our purchases and consumption of resources affect other people and Earth as a whole.

Right Sharing of the World's Resources

Ithaca Monthly Meeting commits itself, corporately and as individuals, to explore how we may facilitate meeting the minimum needs of all. We all have an impact. The products we choose to purchase, how we invest our money, and our lifestyles all play a role. We commit ourselves to doing research, educating ourselves, and sharing the results with each other so that we may all, as we feel led, be part of the solution. Recognizing the influence of government and business on the use and distribution of resources, we also commit ourselves to bringing right sharing issues to public attention.

—Minute approved by Ithaca Monthly Meeting May 7, 2006

Right sharing can only occur if we are mindful of the impacts

of our actions and our inactions, and if we are fully aware of our connections to Earth and to all other living things on it.

An Example of Mindful Living

Coffee and chocolate are luxuries in many ways, though both have recently been found to have health benefits when used in moderation. However they are not local crops, and they need several stages of processing, so we acquire them at some expense to our pocket-books. Growing and processing coffee and chocolate can also be an expense to Earth. They must be shipped long distances, using precious fossil fuels and layers of packaging (bags within crates, etc). Coffee or chocolate might travel from Africa to Europe for initial processing, then to a plant in the States for final processing and “consumer” packaging, then to a warehouse for trucking to Ithaca.

Large-scale coffee plantations in Central America replace rain forest and are prone to floods because of the exposed soil. “Shade-grown” coffee plantations, where the coffee bushes are planted under a canopy of trees, are more resistant to mudslides. The intact ecosystem also continues to provide a winter habitat for our North American songbirds (yay!). Supporting shade-grown cash crops is more important than ever, since global warming is producing more hurricanes and tropical storms. In South and Central America, steep hillsides stripped of vegetation to grow cash crops such as coffee or bananas are especially prone to mudslides, as recently occurred during Hurricane Mitch.

Because the Social Justice Committee is trying to locate coffee that is both “Fair Trade” (ensuring that the farmers who grow the coffee get their share of the profits) and “shade grown” (helping preserve the native ecosystem), we are still in the research phase of our coffee- and chocolate-selling project. So far, I know very little about the ecological considerations of chocolate production, but I hope we can look into that as well.

Mindful living does not mean self-denial. We each decide what our personal necessities are (I needed a bit of chocolate and a lot of coffee to compile this article). But whenever possible, we should pause and consider how what we buy or don't buy, what we do and don't do, affects other people and Earth's ecosystem. Once I learned about the importance of Fair Trade and shade-grown coffee, I included the slightly higher cost in my food budget. I cut back on over-packaged “store-bought” cookies instead. For someone else, cookies may be more important than coffee. Gandhi himself was apparently partial to sugar. In the afterword to their book *The Paradox of Economic Growth and Inequity*, Australian Friends Robin Arnold and Dale Hess wrote:

One morning a week, Gandhi used to listen to the problems of the local villagers. One day a woman came to see him with her daughter. She implored Gandhi to tell her daughter to stop eating sugar. Gandhi listened intently and then said, “Come back next week.” The woman went away disappointed. The next week she and her daughter again appeared before Gandhi, and she asked him to tell the daughter to stop eating sugar. This time Gandhi looked at the daughter and said, “Stop eating sugar.” The mother cried out in amazement, “Why couldn't you have said that last week?” Gandhi replied, “I couldn't do it last week because I still ate sugar last week.” The authors are still trying to give up sugar—in this case a high consumption lifestyle. Hence we realize the difficulty of

the task. But we also know that there are some steps that each of us can take.

In this non-judgmental spirit, the Social Justice Committees web page on ecologically sustainable living and Right Sharing hopes to inform and inspire people as they become more mindful of the choices they make in their daily lives. (By the way I have a copy of the Arnold Hess book I can loan to people. It is less than 100 pages.)

Listening to Earth

I once attended an Environmental Protection Agency workshop in Buffalo on “Sustainable Community Indicators.” The presenters had us list what we wanted to sustain in our home communities. They sorted the list into columns for the environment, the economy, and social networks. They then redrew the list to show that these spheres can overlap (but only a little). At this point, three local Seneca elders walked out of the session. I followed them into the hallway and asked why they were leaving. The women said they had better things to do with their time than to listen to people who don’t know that the world and everything in it forms One Whole. There are no lines separating people from other animals or plants. The living waters, living air, and living soil are all integral parts of Earth, as are we. There are no boundaries between our home life and our work life, between our communities and the world as a whole.

Responding to That of God in the Creation

“The earth is the Lord’s and the fullness thereof.” All things are parts of God’s creation: the air and sky, rocks and minerals, animals and plants, the human race, the order of the universe. All natural resources are God’s gifts, to be held and used by us as a sacred trust.

Our growing knowledge of ecological processes teaches us that abuse of this trust threatens not only our own health and welfare, but the integrity of the earth itself. Economic power made possible by the exploitation of God’s natural gifts dominates much of our political and economic system. We work to counter the effects of this abuse on our politics and environment, since we know that acting responsibly in the wise, careful use of the earth for the benefit of all creation will bring us into harmony not only with the world beyond humanity, but with its creator.

Biblical history describes a covenant of trust and responsibility in which we are to care for the earth as well as to give thanks for all of the creator’s gifts. An ecological ministry aims to protect and restore the physical world, to serve the healing processes of the land, and to aid the victims of ecological destruction. We are called to recom-

mit ourselves, joyfully and in love, to this covenant in which both the earth and we ourselves can be sustained by God’s care, wisdom, and healing power.

If we listen to the earth, we will hear it proclaim the glory of God. If we enjoy and preserve the earth, it will become our home. And as we unite with creation, we draw ever nearer to God.

—NYYM Faith and Practice, p. 43 (or pp. 57-58, depending on edition)

Simple Gifts

*‘Tis the gift to be simple, ‘Tis the gift to be free,
‘Tis the gift to come down where you ought to be,
And when we find ourselves in the place just right,
‘Twill be in the valley of love and delight. When true simplicity is gained*

To bow and to bend we shan’t be ashamed,

To turn, turn will be our delight,

‘Till by turning, turning we come round right.

—Shaker Hymn



A \$30 compost bin from Tompkins County Solid Waste, with a collection of leaves and grass for layering with food scraps.

A Hopeful Note

From an online-newsletter that regularly addresses right sharing and ecological issues:

Momentous change is approaching in American politics. Conceivably, the turning point has already arrived, too indistinct to recognize. We are witnessing the demise of the reigning economic ideology. A deep shift of this kind is a very rare event, one that comes along only every thirty or forty years. Economic disorders

accumulate that the orthodoxy cannot answer and may even have caused. Eventually, the ideological presumptions are discredited by real-world contradictions.

William Greider, in Rachel’s Democracy & Health News #860, “Environment, health, jobs and justice—Who gets to decide?” <<http://rachel.org>>

Pacifism and Simplicity

Oh! that we who declare against wars, and acknowledge our trust to be in God only, may walk in the light, and therein examine our foundation and motives in holding great estates! May we look upon our treasures, and the furniture of our houses, and the garments in which we array ourselves, and try whether the seeds of war have nourishment in these our possessions, or not.

Excerpt from “A Plea for the Poor,” Part X by John Woolman (1720-1772)