



Newsletter of the

Ithaca Monthly Meeting

of the Religious Society of Friends (Quakers)

March 2015

IMM CONTACTS

ithacamonthlymeeting.org

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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
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

ARCH Workshops

"Strength and energy fail as time moves on, but the spirit continues to produce great things."

— Marion Morris

The Ithaca Meeting ARCH (Aging Resources, Consultation and Help) volunteers are offering Workshops on Aging, Death & Dying. These workshops are open to all who are interested, including caretakers and those in or approaching the "last third of life." There are three more Sunday workshops: March 22, April 26 & May 31, each held shortly after Meeting for Worship and running one-and-a-half to two hours. See the calendar on page 4 of this newsletter for more information about the February 22nd event.

The next ARCH workshop will take place on Sunday, March 22, after a chance to enjoy some food from the brunch. This month we will focus on getting our affairs in order... both spiritually and legally. We hope to see many of you there.

Ithaca & Perry City Meeting Friends who have received on-going training include: Bronwyn Mohlke, Molly Ames, Susan Wolfe, Susan Ruff, Suzanne Kates, Rebekah Tanner and Elizabeth Root. Some of these ARCH volunteers will be involved in the Workshops and are available for private one-on-one consultation and assistance. Come and get to know our team and their talents!

For more information: please feel free to contact Workshop Organizers: Molly Ames, 315-323-0873 or mollyb.molly@gmail.com or Bronwyn Mohlke, 607-220-3219 or bjq-mohlke@gmail.com.

"Old Age is not for sissies."

— Eric Hoffer

Midweek Meeting at the Third Street Meetinghouse Laid Down

Midweek Meeting for Worship met Wednesdays from 5:30 to 6:30pm at the Third Street Meetinghouse. Attendance at this Meeting for Worship has grown sparse. The person who was responsible for opening and closing the building has attempted to find others willing to share the responsibility, but no one has come forward. For now, we are laying this weekly event down. Monthly Meeting for Worship at the Burt House continues on the first Wednesday of the month from 7:30pm to 8:00pm, with fellowship afterward.

Friends are joyfully encouraged to meet with others in worship as the Spirit leads them. If a group is drawn to meet regularly in worship in the manner of Friends, let Ministry and Worship know, and we will endeavor to support you and to let others know about the group.

— Ministry and Worship:

Chuck Mohler, Marilyn Ray, Nancy Gabriel,
Alexa Yesukevich, John Lewis, Antonia Saxon

March 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 (March 14, 2010)

Meeting approved the purchase and renovation of the Third Street property for our new meetinghouse.

25 Years Ago (March 12, 1990)

Treasurer reported that approximately \$1500 in restricted contributions had been received for moving the family of Salvadoran refugee Juan to the U.S.

30 Years Ago (March 11, 1985)

Melody Johnson reported for the Committee on Ministry and Oversight [now Ministry and Worship]. (1) She distributed proposed guidelines for committees for clearness for membership. (2) She noted that the Committee has been working on organizing “friendly gatherings” to facilitate the Meeting community getting to know one another better. (3) She noted that as part of the call of this Committee to pastoral care, at 8:30 on the fourth Thursday of the month a time of nurturing prayer is held for members of the Meeting who are in spiritual need. Others are invited to join in this time of prayer, wherever you may be. (4) Melody ready guidelines for the conduct of business meetings, which will be published in the newsletter.

40 Years Ago (March 10, 1975)

The First Day School committee, supported by a discussion after meeting one First Day, has decided that children 5 years and older should remain in meeting for worship. Sitters on a rotating schedule will be available for children under 5 as needed. Older children who leave during meeting are the responsibilities of their parents. First Day School classes will be discussing the meeting for worship and the teachers are willing to help the children sit through Meeting. The first couple of weeks have shown that the children can do it.

65 Years Ago (March 13, 1950)

Young Friends have written to Myron Taylor expressing Friends' uneasiness of the war memorial features of the Interfaith Center [the planned Anabel Taylor Hall, which opened in 1953]. The Meeting has received a letter asking whether Friends will cooperate in the use of the Center and support it financially. The clerk was asked to acknowledge receipt of the letter but Friends did not feel in a position to provide a definite answer until more is known about the features or the war memorial.

70 Years Ago (March 12, 1945)

Lenore Monkemeyer gave a report for the First Day School. There are nine children in two age groups, all very young. A larger room [in Barnes Hall] is to be tried out and teachers are seeking a way to obtain and store small tables and chairs. The Meeting has agreed to cover these expenses. The children come into Meeting for ten minutes at the end of the hour. Adult friends are asked to leave chairs vacant near the doorway.

Fourteen Friends from Ithaca were able to attend the Institute of International Relations at Big Flats on the subject “Germany and Tomorrow’s Europe.” Theodore Oliver, Trevor Teele, and Alice Dart shared some of the highlights of the conference.

75 Years Ago (March 19, 1940)

Edith Cope volunteered to collect and send on any clothing donations for European refugees from Meeting members and attenders.

After spring vacation Meeting for Worship will be extended from the previous 30 minute period to 40 minutes.

— Tom Brown, IMM historian

Mindful Eating Group

If you are interested in cultivating the habit of peaceful, focused, mindful eating, a free education/support group will begin on Thursday, April 9 from 7 to 8 pm in the Quaker Meeting House. The group will run on Thursdays for eight weeks (April 9-May 14), led by Laura Peters, an instructor of Mindfulness-Based Stress Reduction. We will share our food stories and work with the exercises in Jan Chozen Bay’s wonderful book, *Mindful Eating*. (Each person will need to buy a copy.) Please contact Laura at ljp11@cornell.edu or 607-277-2970 if you are interested. The group will be limited to 8 people.

Please note: this is not a therapy group for the treatment of serious eating disorders. It could be helpful for people changing their diet because of sensitivities to gluten, dairy, sugar or other foods.

**Note regarding the February 8, 2015
Minutes of the Monthly
Meeting for Worship with Attention to Business**

There was one main agenda item for our business meeting in February. Soon after the close of business meeting, a strong desire to revisit the item emerged among some Friends, including several who had been present. The item will be revisited in a subsequent business meeting.

While the minutes from February Meeting for Worship with Attention to Business are preserved and will be archived, they will not appear in the newsletter this month.

Mark your calendars: IMM Retreat, May 1-3

We look forward to having you join us Friday evening, Saturday, and Sunday morning May 1-3 for the annual Meeting Retreat, led by Marcelle Martin.

Marcelle Martin has a "Minute of Religious Service" from Chestnut Hill Friends Meeting recognizing that she has been called by the Spirit into a ministry of spiritual nurture. Her ministry includes facilitating retreats and gatherings, teaching, writing, helping people with discernment, and praying with individuals and groups.

At the beginning of Quakerism, great power moved through the faithful lives and witness of ordinary people who responded to God's transforming call. Examine elements of the spiritual journey experienced by early Friends and reflect on our own experiences today.

--IMM Program Committee

Advices and Queries

The following selections are taken from New York Yearly Meeting's *Faith and Practice*. Copies of *Faith and Practice* are available in our library. The document can also be downloaded in full from the New York Yearly Meeting website.

Advices

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 persistent 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.

Queries

1. Are meetings for worship and business held in expectant waiting for divine guidance? Are we regular and punctual in attendance? Are we willing and faithful in the service of our meeting and in financial support of its activities?
9. Do we participate actively and intelligently in the political life of our country? Are we conscientious in fulfilling all obligations of state and society that are not contrary to the leading of God? Do we do all in our power to secure civil rights for all? Do we emphasize the single standard of truth, and are we free from the use of oaths?
12. Do we acknowledge the oneness of humanity and foster a loving spirit toward all people? Do we honor Friends' traditional testimony that men and women are equal? How do we work to make these ideals a reality?

Women's Chair Yoga

Mondays and Thursdays 11am to noon

Women of all ages are welcome to this group. We gather in the meeting room for gentle, yet powerfully restorative movement, coordinated with breathing and inward concentration. Those who have practiced for a while can attest to the well-being it has brought to our mental, spiritual, and physical health—though we remain in “beginner’s mind”, always rediscovering the basics. We sit on chairs or stand, though some may want to be on the floor. No special clothing or equipment needed. Just come, or ask Nancy Gabriel 339-7123 if you have questions. We offer a donation to the teacher.

Richie Sing, Saturday, March 28

Group Singing Event

Come join us for the Richie Sing, Saturday, March 28 at the Ithaca Meetinghouse. All ages are welcome and if you wish, bring a song and/or an instrument. Request your favorite songs and learn some new ones. Dish to pass at 6:30, singing at 7:30. Contact Melody or Dick at 272-8755 for more information.

March 2015 Calendar of Ithaca Monthly Meeting

Midweek Meeting at the Burt House

Wednesday, March 4, 7:30p

Join us for thirty minutes of worship on *first Wednesdays* followed by a period of fellowship. The Burt House is at 227 N. Willard Way, and we meet in the Meditation Room, the first room to the right as you enter the door.

Meeting for Worship with Attention to Business Sunday, March 8, Rise of Meeting

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

Dish-to-Pass Brunch

Sunday, March 22, Rise of Meeting

Bring something tasty to share. All are invited for fellowship even if not bringing food.

ARCH Training

Sunday, March 22, After Brunch

Please see description on page 1. This is part of a series focusing on the issues, concerns & opportunities facing us and our loved ones in the last third of life. This month will focus on getting our affairs in order, both spiritually and legally. All are welcome.

Newsletter submissions due

Thursday, March 26, 5p

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

On Sundays

- 9:15a Multigenerational **worship**
- 9:30a Multigenerational **First Day School**
- 10:30a **Meeting for Worship** for all ages
- 10:30a **Childcare (0-8 years old)**: attenders may exit the meetingroom when they so choose to attend childcare.