



Newsletter of the

Ithaca Monthly Meeting

of the Religious Society of Friends (Quakers)

January 2016

IMM CONTACTS

ithacamonthlymeeting.org

Meetinghouse:

120 Third Street • Ithaca NY 14850
607-229-9500

Clerk:

Antonia Saxon • 607-387-5244
clerk@ithacamonthlymeeting.org
Box 167 • T-burg, NY 14886

Assistant Clerks:

Marilyn Ray • 607-539-7778
mlr17@cornell.edu
John Lewis • 607-227-6273
johnsherwood@yahoo.com

Treasurer:

Mike Simkin
607-387-5174 • mes13@cornell.edu
3137 Jacksonville Rd • T-burg, NY 14886

Ministry & Worship:

Chuck Mohler
607-539-6454 • clm11@cornell.edu

Pastoral Care:

Emily Williams • 703.297.9849
ewy310@gmail.com

Childcare Requests:

Ellie Rosenberg • 277-1024
ellierosenberg7@gmail.com

Burt House, 227 N Willard Way

Violet Goncarovs & Brian Parks •
BurtHouse@ithacamonthlymeeting.org
607-273-5421 • 607-379-2379 (cell)

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 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

Alternatives to Violence Project and Our Meeting

Alternatives to Violence Project (AVP) is a non-profit grassroots program of volunteers dedicated to reducing violence in ourselves and in our lives — our homes, schools, prisons, and communities. AVP seeks to release everyone's inborn power to positively transform ourselves, and in so doing, begin to transform the world. AVP workshops use the shared experience of both participants and facilitators to examine the ways in which we respond to situations where injustice, prejudice, frustration and anger can lead to aggressive behavior and violence. See page 4 for a brief testimonial from an AVP in Prison participant.

At the December 2015 Meeting for Worship with Attention to Business, Friends asked for additional clarity about the different AVP entities.

AVP in New York State (or AVP/NY) is divided into several Area Councils by location. The programs both in prisons and in communities are under the umbrella of the Area Council for that region. The closest Area Councils to Ithaca are Central New York Area Council and Elmira Area Council.

Each Area Council usually has oversight of more than one AVP program. Central New York Area Council is the umbrella for prison programs at Cayuga (a medium-security men's prison) and Auburn (a maximum-security men's prison). Elmira Area Council is the umbrella for the program at Elmira (a maximum-security men's prison), currently the only prison program active in that Area Council.

In addition to those prison programs, each area council would be responsible for any community programs run in the Council's geographic area. Elmira Area Council would be responsible for community programs in Ithaca and in Elmira, and Central New York would be responsible for community programs run in that council's geographic area.

Each Area Council raises funds through donations and other activities to help cover the costs of their programs.

AVP/NY has a small office which is staffed part-time by a person who carries out the services that office provides to support *all* the programs throughout New York State: providing AVP manuals, certificates, and other basic AVP materials for workshops; publishing the quarterly newsletter; fielding phone calls; providing information and updates to the AVP/NY website; and any other responsibilities deemed necessary. The AVP/NY Office expenses are separate from any workshop expenses facilitators may incur. Those expenses would be rent, postage, printing and copying, phone, and so on--the typical expenses for running an office. The AVP/NY Office conducts its own fundraising through mailings and other appeals.

Shirley Way is the person who currently staffs the AVP/NY Office. The location of the office has moved to different communities in recent years, but is currently based in Ithaca at Southside Community Center.

AVP, continued on page 2

Shirley Way is also the Outside Coordinator for the prison program at Cayuga. As the Outside Coordinator, she has expenses that are incurred by those coordinating workshops in a prison: purchasing manuals, supplies (tape, paper, markers, etc), and refreshments (coffee, tea, sugar, and creamer for workshops), and so on. Cayuga's program at Cayuga falls under the Central New York Area Council, which fundraises to assist the programs under its umbrella. Shirley receives support from Central New York Area Council.

Susan Wolf is the Outside Coordinator for the prison program at Elmira. As Outside Coordinator, she has expenses that are incurred by those people coordinating workshops in a prison: purchasing manuals, supplies (tape, paper, markers, etc), and refreshments (coffee, tea, sugar, and creamer for workshops), and so on. Elmira's program is supported by Elmira Area Council and receives long-standing support from Elmira Friends Meeting.

Last year, IMM agreed to a line item in its budget for "AVP." This line item was initiated at a time when Susan and Kathleen Gale were conducting workshops in the Ithaca community and had significant expenses to meet. The funds in this line are meant for workshops, especially community workshops, and not for the support of the AVP/NY Office. To date, the prison program at Elmira has been the only program to draw on these funds, although the prison program at Cayuga could also draw on these funds, since both Outside Coordinators for those programs are members of IMM.

This year, Peace Witness agreed to a separate donation to support the AVP/NY Office. This donation will help the AVP/NY Office to continue to support *all* the AVP programs throughout the state.

I hope this breakdown provides some clarity about the organization and responsibilities of AVP/NY and Central New York and Elmira Area Councils.

You may be wondering, "Whatever happened to community workshops?" There will be more about community workshops in the next IMM Newsletter.

— Susan Wolf

Gratitude for Quaker Elves

Thank you to all that helped to sponsor children through the Elves program this year. IMM sponsored 10 children, ranging in age from 10 months to 14 years. In addition to purchasing the lengthy list of required items, several of the children we were assigned had no winter wear, and we were able to provide two pairs of snow boots, several coats, and a couple pairs of snow pants. This year, the program was able to sponsor 120 children from the Beverly J. Martin Elementary School (the school with which we work) and approximately 1000 children from 33 local schools.

Look forward to some changes in how we do things next year - enabling IMM to be more involved in supporting our community! Go Quakes!

— Gina Varrichio

Young Adult Friends

Gabi Savory-Bailey, Young Adult Field Secretary for New York Yearly Meeting, is on medical leave. In her absence, Emily Provance and Jillian Smith are serving as the Interim Field Secretary team. Let's all send lots of love and Light to Gabi and her husband John Savory-Bailey along with their daughter Maddie and growing son Isaac!

Emily and Jillian remind us to plan our calendar for the year with spiritual experiences in mind. They are collecting ideas, but remind us that we can always do more research! Perhaps you feel called to begin your own events like a book group or a community service group. Let your Light shine! Feel free to reach out to Emily eprovince@hotmail.com or Jillian jilliankianasmith@gmail.com with all of your ideas and passions.

Emily and Jilian are both going to FWCC in Peru! Wanna see more about their Quaker trip? Try this website! <http://www.fwcc.world/>

— Communication from NYYM

Advocacy for the Earth

On Tuesday January 26, IMM's Earthcare Committee is hosting the Interfaith Climate Action Network's (ICAN) workshop on "effectively engaging elected officials on climate change." Laurie Konwinski, contact person for ICAN, explained that "protecting the Earth from global warming will take more than reducing our own energy use. It will take collective action at the state and federal levels. Come learn about current legislative issues and how to encourage your congregation to speak out for climate action."

The workshop will be presented by David Alicia, president of the board of the NYS affiliate of Interfaith Power & Light. David is also the Upstate NY organizer for the Sierra Club's "Beyond Coal to Clean Energy Campaign".

David says that "too often climate change is seen as a political issue. But it's much simpler than that. At its core, it's a question of what we should do to protect God's creation—including the most vulnerable among us. New York Interfaith Power & Light's advocacy workshop is aimed at giving you the knowledge and skills to engage with the top climate issues facing New York and our nation. You'll walk away with the ability to effectively engage your legislators and your community to show [your legislators] that people of faith want to see bold climate action."

The workshop will be held in our Meetinghouse from 6:30-8:30 pm; see the Calendar on page 6.

For more information contact Margaret McCasland at 607-216-1091 or margaret@mccaslands.com or Laurie Konwinski at LKonwinski@dor.org

January in IMM History

A look back at our history through the Minutes.

Note: IMM has used a calendar fiscal year since Jan. 1982. Thus January business meetings since 1983 have been annual meetings when little if any business was conducted. Prior to 1982, annual meetings were usually held in May; thus, January was a month for normal business.

60 Years Ago (January 9, 1956)

Karl Fezer reported that the Arnadoff's [German refugees] boat has docked in NYC. Housing has been secured for the family on Hector Street. Cornell had no immediate employment to offer them but requested that the family contact them as soon as they get to Ithaca. It was felt necessary to obtain Blue Cross and fire insurance for the family as soon as they arrive.

65 Years Ago (January 8, 1951)

A letter exchange between IMM and William Mendenhall of CURW (Cornell United Religious Work) was read regarding concern over Meeting's move into Anabel Taylor Hall when it was completed due to its planned status as a war memorial. IMM agreed to move in when the building is completed if IMM can withdraw in the event the new arrangement proves unsatisfactory. A committee was established to approach ex-Cornell president Day, who is still on the board of CURW to discuss IMM's objection to a war memorial being connected with a religious building. [IMM moved into Anabel Taylor from Barnes Hall shortly after the building opened in 1953 and met there during the school year until 2011.]

70 Years Ago (January 14, 1946)

The First Day School's recent program of caroling was felt to be very successful. The children's gifts of food have been sent to Europe. Total packages of food sent by IMM to Europe last year included five each to Holland, France, and Norway. A box of clothing was also sent to Norway.

75 Years Ago (January 12, 1941)

The AFSC Fellowship Council, under which IMM originally became a monthly meeting in 1938, reported in an article titled "Spiritual Foundations for a New World Order" that seven monthly meetings were established by them the previous year (1940): Buffalo, Harrisburg, New Haven, Hartford, Urbana IL, Pittsburg, and Riverside, CA. Other groups are beginning to meet together in university centers..

— Tom Brown, Meeting Historian

Spiritual Communities!

Attention: Friends Who Hike

I am hoping to find a few F/friends who like to hike, cross-country ski, paddle, perhaps camp, etc., and who might like to occasionally do those things together as a way of experiencing Spirit. These outings would be conducted in the spirit of worship, not necessarily in silence, but with the primary intention of listening together to the Spirit in Creation and really focusing on the joy of being one of Its many creatures. If this sounds interesting to you, drop me an e-mail at thetruames@gmail.com. Thanks.

— Lynn Truame

Growing in Spirit Through Social Action

Whether you have only contemplated taking action for social justice, or been an activist for many years, we invite you to join us in a group "care committee" where each of us will share our challenges, discouragement, experiences out of our comfort zone, and our joys and personal growth experienced through social activism. This group will meet once a month beginning in February and remain open for friends and attenders to join at any time. If you might be interested in this, please contact either Carolyn Kenyon <clkenyon09@gmail.com> or Karen Friedeborn at <karen.friedeborn@gmail.com>

Developing a Daily Spiritual Practice

Many F/friends have a difficult time creating and/or maintaining a daily spiritual practice. In this group we will explore a variety of different spiritual practices including journaling, devotional reading, meditation, following the immediate leadings of Spirit to place color onto paper or moving our bodies from inner direction. All of these forms, and others that members bring to the group, will be available for exploration. The format will be the introduction of several possible practices, time alone to explore one of these approaches, and then a time for sharing our experiences with the group. We will also have time for participants to describe what they experienced in their explorations between sessions.

I plan to hold these sessions on Wednesday mornings from 10-11:30 at the Meetinghouse beginning February 3rd and continuing for 6 weeks. I am looking for 3-4 people to join me. If you are interested please get in touch with me, Nancy Riffer. Also, let me know if you are particularly interested but cannot make this time.

— Nancy Riffer

What AVP Has Done for Me — by Real-I-Real

AVP has caused me to re-look, and transform myself and look for a better solution when it comes to violence. So when a violent issue or problem presents itself to me, I think before reacting, then I ask myself for a non-violent solution. This way I only expect the best from myself.

Because I have respect for self and I'm a caring person, so I have to care for others, those who may not know what they be getting themselves into. I use the skill of transforming power information to select and correct the situation. This way, when I address the situation, I take a closer look before coming across on the issues and respond in an honest, forthcoming way. This way, that person sees me in approachable way and does not let his ego or pride drive in into conflict areas. Letting him know there is a bigger picture and it could be a "win-win" strategy for him as well as for my own self.

From positive experiences I took AVP for my bruised ego, for this extremely f—ed-up environment and for situations with my marriage, which was beyond fixing.

My eyes were not my soul. They say the eyes are the soul of a person; well, my eyes they were closed and in darkness. I became more violent, upset, and by myself, and reaction was as a cancer. I was a bewildered, lost child who has suffered the loss of his mother and father, and whose wish is not to be alone. I was looking for an alternative to violence, a better and positive way or choice than force, instead of reacting in a negative way.

AVP gave me tools, one of which was a way out, and tools to trust my inner Voice and to stay optimistic and overcome and create in myself a better person. So now I use positive communication to build an "empathetic bridge" with others and take disagreements from family, community, and others as keys. I know now that one man or woman alone cannot build a single house or home by themselves.

Now I look for innovative ways to help me through my life crises by accepting all types of examples, regardless of whether they're physical or not. I say to myself, "Today is better than yesterday."

I embraced and acknowledged my problems: I had love affairs and I became involved in embracing violence. I was determined to reinvent my life for the better. That is what AVP has done for me.



Life continues.

There is no beginning and no end:

*all is one whole,
flowing through each being.*

In life, in death, all are one.

This is beyond your understanding right now,

but will become clearer to you . . .

Each day is part of a living continuum

*of joy/sorrow/space in which
to grow unceasingly.*

Respite of delight are yours.

*(All growing need not have
difficult encumbrances.)*

Put into your days much joyful caring,

*a tender awareness of how
your loved ones are.*

Place in your hours the daily necessities,

the sustenance of peace.

Faith in this eternal continuum breathes life

into the most ordinary of days.

Seek this peace

wrought out of wisdom of the soul.

It is a peace that has no end.

— Sparrow

Minutes, continued from page 5

2015 12.9 Report from the Earthcare Committee

Elizabeth Keokosky reporting on behalf of the Earthcare Committee recommended the following donations that by process require meeting's approval:

\$100 to People for a Healthy Environment

\$100 to Gas Free Seneca

\$100 to We Are Seneca Lake Fine Fund

\$100 to Quaker Institute of the Future

\$100 to Pachamama Alliance

Friends approved Earthcare Committee's donations.@

2015 12.10 Treasurer's Report

Treasurer, Mike Simkin reported on the fiscal health of the meeting, highlighting significant contributions received this month.

Friends received the report.@

2015 12.11 Other concerns

A Friend raised a concern related to the historical length of December's business meeting. While Nominating and Finance/Budget must be brought at this time it was suggested that those Committees seeking approval of fund disbursement might consider deferring to another time earlier in the year.

Clerk clarified the status and nature of her term. Current clerk will stay on in support of the rising clerk for an additional year as right distribution of responsibilities is explored.

While the current Treasurer is not seeking immediate replacement he encourages the meeting to continually consider who may be called to this position so time for responsible transfer of duties can occur.@

2015 12.11 Closing Worship

Seventeen Friends settled into silent worship at 2:19 before adjourning. Our next regular Meeting for Worship with Attention to Business and the corporation's Annual Meeting will be held at the rise of Meeting on January 10, 2016.

Respectfully submitted,

Blair Jennings, Recording Clerk

Ithaca Monthly Meeting of the Religious Society of Friends
Monthly Meeting for Worship with Attention to Business, December 13, 2015

Clerk: Antonia Saxon

Assistant Clerks: Marilyn Ray, John Lewis

Recording Clerks: Marin Clarkberg, Blair Jennings

(The @ signifies that the minute has been read and approved during Meeting. Copies of all written reports are on file with and available from the Clerk or Recording Clerk.)

2015 12.1 Gathering

Ithaca Monthly Meeting of the Religious Society of Friends met in Monthly Meeting for Worship with Attention to Business on December 13, 2015. At 12:20 pm, twenty-two Friends gathered and settled into worship. Clerk noted that no Friends had been designated to hold the Meeting in the Light that day and recognized the entire group assembled as holding the Meeting in the Light.

"May words of the Spirit be spoken, and words of the Spirit be heard."

Clerk shared from The Cloud of Unknowing [anon.]:

So I beg you to incline with all eagerness to this lowly movement of love which is in your heart, and to follow it; it will be your guide in this life, and bring you to the bliss of heaven in the next. It is the essence of all good living, and without it no good work may be begun or ended. It is nothing other than a good will in harmony with God, and a kind of pleasure and gladness which you experience in your will at all that God does.

2015 12.2 Report from the Hector Meetinghouse Committee

Tom Ruscitti reporting on behalf of the Hector Meetinghouse Committee related its experience associated with the procurement of estimates for painting the inside and the outside of the meetinghouse. After deep consideration of two contractors' bids the Hector Meetinghouse Committee recommended choosing Blue Spruce as the contractor. Trustees, who are charged with approving IMM committee expenditures over \$3000 were not able to come to unity about the recommendation. Clerk shared her summation of the issues and rationale for bringing this report, recommendation, request and thoughtful discussion before business meeting. Tom Ruscitti fielded a wide range of questions.

After a time of sharing Friends felt clear to approve the Hector Meetinghouse Committee's recommendation for painting the Hector Meetinghouse.@

2015 12.3 Report from the Finance Committee and the Treasurer

Marcie Finlay reporting on behalf of the Finance Committee reviewed the proposed budget for 2016, highlighting line items that reflect either significant increase or decrease from 2015. In most cases these changes were made with regard to actual income or expense experienced in 2015. Concern was expressed about significant maintenance to the Burt House that may need attention within the next couple of years and how we might address this need. These concerns will be addressed as they occur within the next budget cycles.

Friends approved the 2016 Budget.@

2015 12.4 Report from the Nominating Committee

Nancy Riffer reporting on behalf of the Nominating Committee reviewed the slate of nominations for 2016 as well as the process by which the committee invited wider participation.

A number of recommendations were also reviewed related to specific committees (existing, anticipated or in abeyance) as well as to the number of members on specific committees (Burt House, Nominating, Hospitality).

Friends received the committee's report and approved the committee's nominations for 2016.@

2015 12.5 Report from the Naming Committee

Marilyn Ray reporting on behalf of the Naming Committee reviewed its slate for the Nominating Committee. There were three openings on the Nominating Committee, two of which have been filled. Naming Committee sought approval to continue its work in filling the last vacancy.

Friends approved the Naming Committee's current nominations, Melissa Blake ('16) and Karen Friedeborn ('18), as well as its request to keep working on the third. Naming will report back in February.@

2015 12.6 Report from the Peace Witness Committee

Connie Thomas reporting on behalf of the Peace Witness Committee recommended the following donations that by process require meeting's approval:

\$200 to Triton Ceramics water filters project

\$350 to Alternatives to Violence NY

Friends approved Peace Witness Committee's donations.@

2015 12.7 Shared Concern & Wish

Out of the previous discussion a shared concern arose recognizing that our meeting is committed to the Alternatives to Violence Project in many ways on many fronts. Because there are several AVP entities and avenues some ambiguity about how funds are directed and distributed exists. A shared wish for clarity was expressed.@

2015 12.8 Report from the Social Justice Committee

Elizabeth Keokosky reporting on behalf of the Social Justice Committee recommended the following donations that by process require meeting's approval:

\$200 to Afghan Women's Fund

\$100 to Second Wind Cottages

\$100 to Prison Action Network

\$100 to National Religious Campaign Against Torture

Friends approved Social Justice Committee's donations.@

Minutes, continued on page 4

Ithaca Community Chorus & Chamber Singers

Under the direction of Gerald Wolfe. Come hear Vespers by Sergei Rachmaninoff Saturday, January 16, 2016 at 7:30 PM at St. Paul's United Methodist Church, 402 N Aurora Street. Connie Thomas and Melody Johnson will be in the alto section. This is a wonderful piece, sung in Slavonic Church Russian, acapella.

Women's Chair Yoga Mondays and Thursdays

11a-noon

"We call on the teacher within" to restore us in mind & heart, body & spirit through gentle movement and centered breathing. Renewed, we move outward to bring wholeness to our world. Check with Nancy Gabriel for questions, 339-7123 call or text; or just come; no special gear required.

January 2016 Calendar of Ithaca Monthly Meeting

Meeting for Worship with Attention to Business Sunday, January 10, Rise of Meeting

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

Addressing racism: What am I called to do next? Saturday, January 23, 10a-2p

Angela Hopkins, a Friend in residence at Pendle Hill, has joined our Meeting for two fruitful listening sessions in which a total of about 50 friends came together to share our concern regarding racism. Friends expressed that work on racism is work we are led to do both personally and as a Meeting.

Friends who are called to work on racism will gather to consider what we are each led to do next. This might be attending a black church, driving for the jail ministry, beginning the "making-friends" process with a person of color whom we know, volunteering to be a big brother/sister, getting involved in prison work, attending the White Privilege Conference or whatever else we can imagine together." This workshop will be facilitated by Angela Hopkins. To register, contact Karen Friedeborn at karen.friedeborn@gmail.com or (607) 280-5208. Location to be determined.

Dish-to-Pass Brunch Sunday, January 24, Rise of Meeting

Bring something tasty to share if you can. All are welcome.

Living Well ARCH Discussion Sunday, January 24, Rise of Meeting

First of a four part series focusing on "Living Well in the Golden Years." ARCH members to contact are Molly Ames, Bronwyn Mohlke, Elizabeth Schneider, Susan Wolf, and Betsy Root (from Perry City Meeting).

Advocacy for the Earth Workshop Tuesday, January 26, 6:30-8:30p

A workshop with David Alicia of New York Interfaith Power & Light sponsored by IMM's Earthcare Committee and the Interfaith Climate Action Network. See page 2 for more info.

Newsletter submissions due Thursday, January 28, 5p

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

Last Friday Supper Friday, January 29, 6p

You are invited to a potluck supper at the meetinghouse on the last Friday of the next three dark, cold winter months (January through March). There will be one big dish (perhaps a hearty soup) to share. Supplement with your dish-to-pass, and feel free to bring store-bought deli food if you don't want to cook. Find warmth in fellowship and feasting with Friends!

Quaker Clothing Swap Sunday, January 31, Rise of Meeting

Everyone is invited to go through your closets and bring any adult or teen size clothes you no longer want. Then you "shop" through everyone else's unwanted clothing to find some new treasures. But please, only clean, wearable clothes and no rags.

While historically we have held the clothes trade for women's clothes, the event is open to all. Feel free to bring snacks. For more information contact Kris Altucher (277-2854 kris.altucher@gmail.com) or Melissa Travis Dunham (277-9599, mtravis823@yahoo.com).

On Sundays

- 10:00a **Meeting for Worship** at Hector Meetinghouse
- 10:20a **First Day School** gathers upstairs at Third Street.
- 10:30a **Meeting for Worship** at the Third Street Meetinghouse
- 11:15a **First Day School** attenders enter the meetingroom for intergenerational Meeting for Worship.

Other Weekly IMM Events

- Wed 7:30p **Meeting for worship** at the Burrtt House, 227 N. Willard Way