



Newsletter of the

# Ithaca Monthly Meeting

of the Religious Society of Friends (Quakers)

May 2016

## IMM CONTACTS

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

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### Burt House, 227 N Willard Way

Violet Goncarovs & Brian Parks •  
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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 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)

## Retreat. Reconnect. Reflect. Recharge.

— *Karen Reixach*

Farmington-Scipio Regional Meeting invites Friends to the 2016 Spring Gathering, May 13-15, at Watson Homestead Retreat Center in New York's Southern Tier, near Painted Post, NY.

Although registration is closed for overnight accommodations, you can come for the day. Check with the registrar Bronwyn Mohlke [fsrmspringgathering2016@gmail.com](mailto:fsrmspringgathering2016@gmail.com) about whether or not meals will be available. And consider volunteering for one of the many opportunities to help out. If you have registered but not received confirmation from Bronwyn, contact her immediately.

There will be a youth program offered for those aged 0-18, and many opportunities for multigenerational learning and fun. If you are bringing children, please let the youth

*Retreat, continued on page 2*

## Reflection on White Privilege and our Meeting

— *Karen Friedeborn*

In the United States, we live in an oppressive system that values individuality above all else. We are taught to fear and mistrust each other. Many of us feel alone and long for connection. As a Quaker I know that there is a light in each of us that connects us, heals us, inspires and frees us to be the people we were meant to be together. Through this light we are guided toward love and peace and truth. If we mind the light, we can together discern how to live together in this world in love and reconciliation with each other as a beloved community.

As Quakers, we believe in justice and equality, and have long recognized that some of us have been awarded places of privilege and others have been excluded. To begin to create the beloved community we must overcome the three evils—poverty, militarism and racism—that Dr. Martin Luther King described as the barriers to the beloved community. I might be moved to develop friendships with people who are racially, culturally and economically different than me. I might feed the hungry and fight for affordable housing. I might learn and teach alternatives to violence and protest militarism by our government. All of this is important work.

While these actions will help me connect with others and improve the world, they are not enough. In order to create the beloved community, we must refuse to cooperate with the system of oppression that keeps us separate and unequal. We must demand that our institutions, including the Religious Society of Friends, be welcoming to all regardless of race, income, gender or sexual orientation or gender identity. I believe that the next steps for our meeting are to begin to “de-center whiteness” and create a fellowship that is welcoming to all people. To do this, we must shine a light on our organizational culture and structure, on what we are valuing that results in us being an almost all-white, mostly mid-

*Privilege, continued on page 2*

program coordinator know as soon as possible, Julie Lockhart gem6183@gmail.com.

Our theme this year is *White Privilege: What it means to us as faithful members of the Religious Society of Friends* with plenary speakers Jeff Hitchcock and Charley Flint. They will open Spring Gathering after supper on Friday, offer a program on Saturday morning, and facilitate two workshops on Saturday afternoon. Other workshops include Experiment with Light (Dreia Spies); Sharing Our Spiritual Journeys (Gabi Savory-Bailey); and ARCH (ARCH Representatives). For those who want to explore what is rising for them as a result of the programs, Buffy Curtis, Liseli Haines, and Anne Pomeroy will be present throughout the weekend and will be available during the second workshop slot for opportunities for deep listening.

There will be two meetings for worship with a concern for business, Bible study, and worship each morning.

Friday evening is a bonfire followed by movie night, and Saturday is the contra dance. There will be swimming, a rock wall, and of course bird-watching, singing, hiking, chatting, and being together as a beloved community.

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### Erica Weiss: Medical Mission Trip to Africa

I am going to Malawi, Africa (the warm heart of Africa) for a two week medical mission trip with five other health care professionals from Ithaca College. We will be gone from May 29th-June 13th. We will be participating in mobile medical clinics and visiting our contacts we have made over the years in the health care field. We also plan on participating in feeding orphans at an orphan feeding center. This trip is far-reaching because we intend to expand our current program to include physical therapy which is virtually non-existent in the country. This will open the door to new possibilities for IC students studying PT in the future.

If you feel you would like to donate money toward much needed medicine and medical supplies you can send it to me as a check made out to "Cash" with Malawi donation on the memo line (or when you see me you can give me cash) No amount is too small; \$5 will pay to treat one person with malaria.

If you want more details you can contact me at eweiss@ithaca.edu. My mailing address is 318 Stone Quarry Road Ithaca NY 14850.

I am so grateful for your support! Thank you in advance!

— Erica Weiss

dle-class meeting. What is essential Quaker practice? What parts of white culture have we unwittingly adopted that devalues those who are not among us? We will know we are doing the necessary work when we attract people from a breadth of races, cultures and incomes.

Thirty-seven people from the Ithaca area attended the White Privilege Conference two weeks ago. This group, that included Friends, youth, community anti-racism activists and community leaders of color, met before the conference and again this past week to connect with each other and reflect on the work before us. The group has committed to continuing to meet; the people of color in the room named the need for honest, courageous conversations and to hold each other accountable if we are to work together. Perhaps this is a beginning that will lead to becoming an authentic embodiment of a beloved community that connects us, heals us, inspires and frees us to be the people we were meant to be.

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### Dreia Spies: Yoga and Massage

Dreia Spies is now doing business as Outlier Yoga & Massage, with:

- affordable individual yoga instruction
- Swedish massage for relaxation with Energy Work
- chair massage in your home
- try the experimental yoga/massage combo
- ask about the Gourmet Cooks Massage Club

For more information, call or text Dreia @ 618.203.6793

And: mention this ad for special introductory offers.

## AVP Workshop in June

AVP at Elmira Correctional Facility will be having a workshop weekend the first weekend in June. Outside participants often take workshops inside prisons, and prison workshops are amazing! If you would like to sign up to participate in a workshop, please let Susan Wolf (QuakerWolf@gmail.com) or Gina Varrichio (zealth\_1@yahoo.com) know ASAP. We have to let the volunteer coordinator know well in advance so she can prepare the gate pass.

— Susan Wolf

## Bicentennial of Perry City Meeting in August

Please hold Sunday, August 7th for a celebration of the bicentennial of Perry City Friends Preparative Meeting, which began August 7, 1816 under the care of Scipio Monthly Meeting. Join us for Meeting for Worship at 10am with a picnic to follow. Further details to follow.

## Quite-possibly-the-first-ever Quaker Party, NYC

The Young Adult Concerns Committee invites young Friends to join us for a weekend of joyful connection and deepening of spiritual relationships with Friends old and new.

The party will be June 17-19 at Fifteenth Street Meeting in New York. Hospitality is available.

The purpose of this event is to pull together Young Adult Friends (YAF) who graduated High School in 1990 and later, into a weekend long celebration at 15th Street Meeting in New York City. Organizers are reaching out to those YAF who grew up in NY Yearly Meeting, Powell House, Junior Yearly Meeting, or local meetings, and have drifted away. They also are reaching out to our neighbor YAF in New England YM, Philadelphia YM and Baltimore YM. Visit the event's web page for more information.

<http://www.nyym.org/?q=YoungAdultFriendsParty2016>

## Young Friends: A Call for Art

Young Friends are invited to submit works of art on the theme of your care and appreciation of the Earth. Sponsored by the NYYM Earthcare Working Group, the art exhibit, "Care for Our Common Home" will open Monday, July 25, 2016 at Silver Bay for New York Yearly Meeting Summer Sessions.

Who: Young Friends – children, teens, and young adults.

What: Artwork about the Earth - paintings, drawings, prints and photographs of sizes up sized up to 24" x 36".

When: Sunday, June 19th artwork delivery deadline (see submission details below).

Queries to consider:

- What does nature give you?
- How do you feel about what's happening to Nature in your community?
- How do you feel about what's happening to the Earth at large?
- What is your vision for the Earth?
- How will you make your vision a reality?

All artwork will be returned. To submit, please affix to the back of your work the following: your name, address, telephone number, email, the title of your piece, art materials you used, and any other details you want to include. Ship or drop off art by June 19th to New York Yearly Meeting, 15 Rutherford Place, New York, NY 10003.

We also invite you to email a statement about how your piece reflects your feelings for the Earth (see queries above) to Janet Soderberg (janet@janetsoderberg.com).

### Where are the minutes?

There was no Meeting for Worship with Attention to Business in April.

## **VOICES Multicultural Chorus Concert, May 15**

VOICES is happy to present an afternoon of music from island cultures around the world. Travel to Tahiti, Skye, Cuba, Loch Lomond, Haiti, New Zealand, Tasmania and Aruba without ever leaving your seat! Songs are sung in whole or in part in the native languages of the country from whence they came.

The concert will be Sunday, May 15 from 3 to 5pm at the First Baptist Church of Ithaca, 309 N. Cayuga Street.

Shake off those lingering winter blues and join us! Tickets for the performance may be purchased from any Voices member or through Brown Paper Tickets. Advance price is \$12, and tickets at the door will be \$15.

Look for IMM Friends Wendy Wolfe, Erica Weiss, Susan Wolf and Melody Johnson.

— *Melody Johnson*

## **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.

## **Powell House Retreat: From Seed to Flower May 20-22**

Facilitated by Christopher Sammond. How are you being led, right now, and how are you responding to that leading? Are you unsure as to whether you are led, and how to know? It is no small task to distinguish leadings from our thoughts and emotions, whether pertaining to our actions in the world or to our inner spiritual condition. Yet central to our experience as Friends is that there is that of God in each of us, and if we learn to listen to that spark of the Divine, we will be led and guided deeper and deeper into the truth of our being. Register by May 7. See more at [powellhouse.org](http://powellhouse.org)

# **May 2016 Calendar of Ithaca Monthly Meeting**

## **General Secretary of AFSC Monday, May 2, 7:15p**

Shan Cretin, the General Secretary of AFSC, will give a talk at Kendal on Shared Security: Building Peace in an Interdependent World. This is a rare chance to hear from a top AFSC member.

## **Meeting for Worship with Attention to Business Sunday, May 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, May 22, Rise of Meeting**

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

### **On Sundays**

- 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** attendees 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