



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

November 2006

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Fair Trade Coffee

Social Justice Committee hopes Meeting enjoyed the Fair Trade coffee, tea, cocoa and chocolate candy they served in the café after Meeting as part of the Fourth First Day Brunch. They plan to do it for other brunches (weather & personnel permitting) as a “tasteful” means of communicating to Meeting their focus on ecologically sustainable farming and on supporting fair wages and safe working conditions for farm workers.

Fair Trade products, available through Equal Exchange, Global Exchange and other groups, mean a living wage to the farm families producing what we use. Fair trade products cost a little more, but if you can afford the higher prices, check out some of the places where you can make Fair Trade purchases locally, such as 10,000 Villages and GreenStar. Purchasing products we cannot grow locally from Fair Trade companies is a way to feel good about how we spend money.

Becca Harber’s article “Coffee, Cooperatives & Carbon” in GreenStar’s newsletter (p. 6 of the October issue) describes her visit to coffee co-ops and the results of her research on “shade-grown” coffee (including Dean’s Beans and Starbucks responses to her inquiries).

The coffee co-ops are having a rough time right now, with hurricanes damaging trees and equipment, and also agribusinesses flooding the market with cheap coffee. Large corporations, such as those operating in Brazil and Vietnam, pay little or no consideration to social or environmental concerns.

According to Global Exchange <www.globalexchange.org> cacao plantations in West Africa--including those owned by Nestlé--have been repeatedly cited for us-

Peace Witness Committee

On September 23rd and 24th, at the First Baptist Church of Ithaca, Catholic Charities and Voices for Peace, together with many other co-sponsors including ACT, CRESP, CURW, and many religious committees on peace and justice, including our own Peace Witness Committee, put up an exhibit on “the f word, images of forgiveness.” The exhibit was well attended, by almost 200 visitors on the Saturday and Sunday afternoons, and it was the centerpiece of the pastor’s sermon for the gathering of the First Baptist congregation on Sunday morning. For one of our PW committee members, the most moving item in the exhibit was the message from the father of someone who had been killed in the destruction of the Murray Building in Oklahoma City. The father wrote that his first reaction was filled with thoughts of revenge, and when Timothy McVeigh was convicted and sentenced to death, he welcomed the verdict, as did a very high percentage of those with relatives who died in that bombing. But as time went on, he began to have second thoughts, and when McVeigh was executed he felt no better - the taking of one more life in vengeance could not bring back his own child or any of the other victims. He noted that his experience was common for many others families; after the execution the nearly 100% initial desire for vengeance had dwindled to only about fifty per cent. Did that mean that McVeigh had been forgiven? No. It meant that those most affected had come to see that McVeigh’s death held no satisfaction for them, and that realization led many to the conclusion that their own release from hate (the true result of an act of forgiveness) would

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November 2006 Calendar

Weekly Events:

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

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

Events This Month

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

6:45 pm Quaker Basics at the Burt House: Quaker Meetings for Business – A Spirit-Guided Process led by Ed Cranch

Nov 4 Sat 2:30 pm Power Quaker at the Jolleses' home: Amazing Race and pizza party ***

5:30 pm Peace potluck at the Perry City Meetinghouse, followed by a discussion on the Canandaigua Treaty ***

Nov 5 Sun 10:30 am Intergenerational Worship Gathering ***

11:00 am Meeting for Worship for all ages, Edwards Room

11:15 am Children meet First Day School teachers outside the Edwards room, and go to First Day School classes (see list of room assignments in the announcement section of the newsletter): Power Quakers study group (8th through 12th grades) meet the first and third first days of each month. For more information about the Power Quakers, call Melanie-Claire Mallison (272-1108).

Rise of Mtg Social Justice Committee meeting in the café. All interested are encouraged to attend.

Nov 8 Wed 6:45 pm Quaker Basics at the Burt House / wrap up and discussion

Nov 12 Sun 10:30 am Singing in the Edwards Room

11:00 am Meeting for Worship for all ages, Edwards Room

11:15 am Children meet First Day School teachers outside the Edwards

CONTRIBUTIONS FOR THE KITCHEN CUPBOARD

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 ***

Nov 14 Tues 6:00-8:00 pm The Environmental Life of Children: How Early-life Exposures to Environmental Contaminants Threaten Our Children's Health and Development & What We Can Do About It / presentation by Sandra Steingraber, held at the Women's Community Building (RSVP – see details below)

Nov 19 Sun 9:30 am Children and the Life of the Meeting (CALM) committee meeting, Hillel Library. Anabel Taylor Hall.

10:30 am Singing in the Edwards Room

11:00 am Meeting for Worship for all ages, Edwards Room

11:15 am Children meet First Day School teachers outside the Edwards room (including Power Quakers)

Rise of Mtg Meetinghouse discussion *** / Cul-de-Snack Café

3:00 pm Interfaith Thanksgiving Service, by ACT, Area Congregations Together ***

Nov 23 Thurs 10:30 am Thanksgiving Meeting for Worship at the Hector Meetinghouse

Nov 26 Sun 10:30 am Singing in the Edwards Room

11:00 am Meeting for Worship for all ages, Edwards Room

11:15 am Children meet First Day School teachers outside the Edwards Room

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

Nov 27 Mon December newsletter due date. Please contact Bronwyn Mohlke if you have anything to be included in the December newsletter (see contact information listed below).

Nov 28 Tues 7:15 pm Meeting for Healing - 112 Mt. Pleasant Road ***

7:30 pm Peace Witness Committee meeting at the Burt House. All interested are encouraged to attend.

Nov 30 Thurs 8:30 pm As part of the Ministry and Oversight committee meeting, Friends will be held in the Light at 8:30. Those not on the committee are welcome to hold Friends in the light at that time as well.

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

Do you have something for the December newsletter?

Please get all information you'd like to have included in the December newsletter to Bronwyn Mohlke, by the method of your choice, no later than Monday, November 27. (277-4183 / bjm9@cornell.edu / 52 Gray Road, Ithaca, NY 14850)

Quaker Basics / Two more Wednesday evenings, November 1 and 8

Quaker Basics will be held Wednesdays at the Burt House from 6:45 to 9:00 pm.

Want to learn the basics of Quakerism or have an opportunity to review? Quaker Basics continues on Wednesday evenings November 1 and 8 from 6:45 until 9:00 pm at the Burt House. Quaker Basics is a series of adult education discussions aimed at newcomers to Quakerism or to our Meeting, although all F/friends are welcome and encouraged to attend. Childcare is available upon request by contacting Suzanne Kates at 277-4264. The schedule and descriptions of each session follow:

Announcements

November 1: Quaker Meetings for Business – A Spirit-Guided Process: Ed Cranch

Friends' manner of conducting business is unique and can be a powerful and rejuvenating process. Strengths and weaknesses in finding a balance between content, decision making, and the inner light.

November 8 Wrap Up and Discussion

The last session will be an informal discussion and wrap-up of the previous sessions. We will discuss any questions or topics that were not fully explored in the previous weeks.

Calling all Power Quakers and their families! / Saturday, November 4

Calling all Power Quakers and their families! Please come and bring a friend!

We'll meet at the Jolles', 404 Miller Road, at 2:30pm on Saturday, November 4. Beth is going to pull together an "Amazing Race" for us! So let's hope the weather cooperates. After the Race, we'll have pizza and schmoozing and getting to know our fellow PQs and their friends.

Then everyone will head home, probably about 8pm.

Please let Beth and/or me know if you'll be attending the PQ Fun Day and how many will be coming. We really want to give everyone a chance to have fun together, get to know each other and eat pizza!

And do bring the whole family and a friend -- the more the merrier!!

See you there!!

(Call the Jolles family at 273-9008 if you need directions to their house.)

Peace Potluck at Perry City Meetinghouse / Saturday, November 4

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, November 4 at the Perry City Meeting House on Route 227 in Perry City.

This month we will discuss the Canandaigua Treaty. Signed by the Chiefs of the Six Nations of the Haudenosaunee (Iroquois) and representatives of the United States Government on November 11, 1794, this is one of only two treaties between the U.S. and Native Americans that is still in effect. Learn about its history and importance from current members of the Haudenosaunee.

Please join us. Dish to pass at 5:30; discussion 7:00-9:00. Come to either or both. For more information, call Mary Graham, 387-9046.

First Monthly Intergenerational Worship Gathering / Sunday, November 5

Our Meeting is a family made up of Friends of all ages. Worship takes many forms throughout our week: daily prayer, family at home worship, grace at meals, awareness of the Divine in our lives, and Sunday Meeting for Worship. This Intergenerational Worship Gathering is another chance for all Friends to connect to

the Light within each other. This month will consist of a centering activity, a short story, sharing, and singing, from 10:30 to 10:50 on Sunday, November 5. Ellie Rosenberg will lead this month's gathering. Please call her with any questions (277-1024). Plans are afoot to have an Intergenerational Worship Gathering on the first Sunday of every month.

Meeting for Worship with Attention to Business / Sunday, November 12

Meeting for Worship with Attention to Business will be held after the rise of Meeting for Worship on November 12. 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.

Second Sunday Celebration Circle: Interbeing – We Are All Connected / Sunday, November 12

On **Sunday**, November 12th, Jody Kessler will be leading the **Second Sunday Celebration Circle**, at **7 PM** at the **Santosa Yoga Center**, in the Aeroplane Factory Building (get in touch with Jody if you need directions / 272-0968). Share in a deep, devotional, participatory experience that weaves together various elements of worship from many traditions: uplifting songs and sacred chants, prayers, poetry and inspirational readings, guided meditation and silent reflection, a short talk exploring a spiritual topic, simple, participatory ritual designed to integrate the teaching, an opportunity to share from the heart, in supportive spiritual fellowship.

This month we'll be revisiting "Interbeing: We Are All Connected", a theme that was well-received last year. Drawing upon the teachings of Thich Nhat Hanh, Rev. Dr. Martin Luther King Jr., and others, we will look deeply at the interconnectedness of all humanity, and explore how we can move beyond our apparent separateness. We'll weave it all together with singing, meditation, and a unique communion ceremony designed to deepen our connection with all beings with whom we share this beautiful planet.

The Environmental Life of Children / Presentation by Sandra Steingraber / Tuesday, Nov 14

Sandra Steingraber will give a presentation on The Environmental Life of Children: How Early-life Exposures to Environmental Contaminants Threaten Our Children's Health and Development & What We Can Do About It. Sandra is a nationally Recognized Biologist; and author of *Having Faith: An Ecologists Journey to Motherhood*.

The presentation is open to the community, and will be held on Tuesday, November 14, from 6:00-8:00 pm. at the Women's Community Building (100 West Seneca Street, in Ithaca).

There is no charge, but please pre-register so that we may have sufficient handouts for all attendees.

Please RSVP to:

Early Childhood Direction Center
Southern Tier Independence Center
24 Prospect Avenue
Binghamton, NY 13901

Phone or TTY: 607-724-2111

Fax: 607-772-3615

E-Mail: ecdc@stic-cil.org

The RSVP form (not duplicated here) asked for the following information: your name, address, phone number, e-mail address, whether you're a parent, and your profession title.

Sponsors and Supporters of this event include our Meeting's Social Justice committee, Early Childhood Direction Center, Mid-South Region, Mothers and Babies Perinatal Network of South Central New York, Cornell Agricultural Health and Safety Program, Sustainable Tompkins, EcoVillage, Tompkins County Day Care Council, Greenstar Cooperative Market, The Bookery, and the Tompkins County Health Department Lead Program.

"Many factors contribute to asthma, learning disabilities, birth defects, developmental delays, attention deficit disorders, premature puberty, and childhood cancers. Genetic and social factors certainly play a role, but evidence reviewed by the American Academy of Pediatrics and the National Academy of Sciences also implicates toxic chemicals. Environmental exposures take on great importance because they can be prevented.

From mercury in tuna fish to lead in house dust, from pesticides to dry-cleaning solvents, this public presentation focuses on chemical substances that sabotage child development and raise the risk for harm.

Children are environmentally vulnerable. Pound for pound, they breathe more air, drink more water, and eat more food than we adults. Find out how can we make their world safe."

Meetinghouse Planning / Sunday, November 19

On October 15 the Design Committee hosted a well-attended workshop, where ideas were exchanged and we listened carefully to one another. Small groups looked at floor plans for the proposed Elm Street building and the proposed new building on Rt. 79. The small groups reported back to the larger group with suggestions for various aspects of the designs for each building. The Coordinating Team invites you to continue this discussion on November 19 in the Cul de Snack Café following the rise of Meeting. This will not be a decision making meeting but will be a chance for us to listen to each other in order to understand our individual feelings about a meetinghouse and progress toward a shared understanding of our corporate search for a Meetinghouse.

Interfaith Thanksgiving Service / Sunday, November 19

Area Congregations Together (ACT) will have their annual interdenominational Thanksgiving Service on Sunday afternoon, November 19. It will be at 3:00, Sunday, November 19 at Calvary Baptist Church, 507 North Albany Street, Ithaca.

Meeting for Healing / Tuesday, November 28

"When people start to meditate or to work with any kind of spiritual discipline, they often think that somehow they're going to improve, which is a sort of subtle aggression against who they really are. It's a bit like saying, "If I jog, I'll be a much better person." "If I could only get a nicer house, I'd be a better person." "If I could meditate and calm down, I'd be a better person." . . . But loving-kindness - maitri - toward ourselves doesn't mean getting rid of anything. Maitri means that

we can still be crazy after all these years. We can still be angry after all these years. We can still be timid or jealous or full of feelings of unworthiness. The point is not to try to throw ourselves away and become something better. It's about befriending who we are already. The ground of practice is you or me or whoever we are right now, just as we are. That's the ground, that's what we study, that's what we come to know with tremendous curiosity and interest."

"The Ground of Practice" by Pema Chodron:

A Meeting for Healing is held at 7:15 on the fourth Tuesday of every month at Melody Johnson and Dick Crepeau's house (112 Mount Pleasant Road, Ithaca). This month it will be on November 28. All are welcome to attend. If you have a concern but cannot attend, let Melody know, and you will be held in the Light. For directions, or more information, please call Melody at 272-8755.

Christmas Pageant and Dinner / December 17

Mark your calendars now! Our annual pageant and Christmas dish-to-pass dinner will be held on Sunday, December 17. Details to come in the December newsletter.

First Day School Classes and room locations

The children of our Meeting worship with us for the first fifteen minutes of Meeting for Worship. They then meet their First Day School teachers in the hallway. The groups go to the rooms listed below, and then gather in the Cul-de-Snack café shortly before 12:30, where parents can meet up with them.

SPARKS

(under 3 year olds): Cul-de-Snack Café

CANDLES

(Pre-school / 3 year olds and those not yet in kindergarten) The Ladies Room Lounge to the right and down the hall from the Edwards Room, or the Episcopal pastor's office, to the left and down the hall from the Edwards Room

SUNBEAMS

(K through 1st grade): Cul-de-Snack Café

FLAMES

(2nd through 4th grades): Room 315

LASERS

(5th through 7th grades): Hillel Library, Ground floor

POWER QUAKERS (8th through 12th grades): 3rd Floor / Church of the Latter Day Saints room

Directory Changes

Please send any corrections or additions to the 2005 directory to Steve and Bronwyn Mohlke, 52 Gray Road, Ithaca, NY 14850 / 277-4183 / <bjm9@cornell.edu>

Corrections:

Nicole Fisk, Cornell graduate student, has had to take a year off of school for medical leave. She is now living in Michigan, and plans to return in the Fall 2007 semester. Her contact information is 9202 Riverside Drive, Grand Ledge, MI 48837 / (517) 626-2025 / nmf5@cornell.edu

Sam Simkin / 514 Wyckoff Road, Apt. B, Ithaca, NY 14850 / (607) 351-7270 / simkins@ecostudies.org

Minutes of the October 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

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

200610.1 Gathering

The Ithaca Monthly Meeting (IMM) met on October 8, 2006, in the Cul de Snack, Anabel Taylor Hall, Cornell University campus. At 12:40 p.m., 20 F/friends settled into worship. Our Clerk read the following queries:

How does our manner of speaking in business meeting affect the message we are trying to share? How does our receiving/listening to the message affect the deliverer of the message?

The minutes of the September meeting for business were read.

Our Clerk reviewed today's agenda and the process for creating the agenda.

200610.2 Clerk Requests

In response to a question on the Financial Planning Committee survey, Tom Brown reported that the committee expects to have the results available at the November meeting for business.

In response to a question on the progress on the Burtt House furnace, Tom reported that the new furnace is installed and the house is much quieter now. Our Clerk expressed thanks to everyone involved in taking care of this situation quickly.

Chuck Mohler reported for the Budget Committee and handed out an article on budget planning written by Glenn L. Reinhart (Manhattan Meeting). Budget Committee asks Friends to read the article and use it as part of our consideration of the IMM budget over the coming months. The committee also reminds IMM committees to respond to its budget queries in a timely fashion. @

200610.3 Peace Witness Committee

Wilma Brown reported on an exhibition titled "The F Word; Images of Forgiveness" brought to Ithaca. The exhibit was well received, and its travel here incurred some cost. Peace Witness is earmarking \$100 of its discretionary funds to pay for the exhibit and they encourage IMM members to contribute also by sending checks to our Treasurer by November 5th. @

200610.4 Consent Agenda

Social Justice Committee would like to request that \$250 of their money on the pre-approval line be used to aid in the cosponsoring of an event titled "Environmental Life of the Children; How Early Life Exposures to Environmental Contaminants Threaten Our Children." The event will be in Ithaca in the Woman's Community Building on November 14, 6-8 p.m. and presented by Dr. Sandra Steingraber. IMM approves this expenditure. @

200610.5 Today's Worship Sharing

Our Clerk reviewed reports which have been made available on a meetinghouse on the Route 79 property and a meetinghouse on the Elm Street property. She then asked us to settle into a worship sharing on where we are now and what the next steps might

be regarding the Ithaca Monthly Meeting meetinghouse. Friends spoke to these concerns. @

For this coming Third First Day, October 15, the Design Committee will hold a threshing session at the rise of Meeting for Worship on the Route 79 property. Information on and invitations to this threshing session will reach the Meeting via various avenues. @

200610.6 Treasurer's Report

Mike Simkin reported on the September income and expenditures. He noted that \$85 was contributed to the Kitchen Cupboard in September. Friends received the report. @

At 3:10 p.m., F/friends settled into worship before adjourning.

We will meet again for Meeting for Worship with Attention to Business on November 12, 2006, in the Cul de Snack, Anabel Taylor Hall, Cornell University campus, at the rise of Meeting for Worship.

Respectfully submitted,

Melanie-Claire Mallison

Recording Clerk

Please note that all reports mentioned herein are available through the committee reporting or the Recording Clerk.

Fair Trade Coffee continued from page 1

ing child labor under slave-like conditions.

AFSC's New England Regional Office runs a coffee project with Equal Exchange that sells Fair Trade coffee, tea, cocoa, chocolate bars and sugar. For background information, go to <www.afsc.org/newengland/coffee.htm> or to <www.equalexchange.com/afsc>

You can order directly from the Equal Exchange web site www.equalexchange.com/ (click on the Interfaith Program in the top bar). You can also see Margaret McCasland for printed order forms.

If there is sufficient interest in purchasing Equal Exchange products, we could place bulk orders through the AFSC program and reduce the cost to individuals while supporting the farmers through both Equal Exchange and AFSC.

Peace Witness Committee continued from page 1

come only when they renounced vengeance and worked for something positive. The Forgiveness Project of images of forgiveness was launched in January of 2004 in London. Since then it has toured throughout the United Kingdom and extended its reach to South Africa, Ireland, and America. It is a registered charity unaffiliated with any religious entity. The Exhibition got to Ithaca via Fellowship of Reconciliation in Rochester. It was a hastily arranged side trip and there were expenses incurred in transporting it here from Rochester and in getting it to the United States from London. The Forgiveness Project can be viewed online at forgivenessproject.com. The Peace Witness Committee of the Ithaca Monthly Meeting of the Religious Society of Friends has chosen to use \$100 of its Discretionary Fund to help defray these costs and to support the project. Anyone inclined to assist with this effort is invited to add a contribution by sending it to our treasurer, Steve Mohlke by November 5.