



Newsletter of the

# Ithaca Monthly Meeting

of the Religious Society of Friends (Quakers)

February 2008

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

## NEWSLETTER SUBMISSIONS

### Due February 25th

Materials for the February newsletter may be submitted by the method of your choice to:

Rini Clarkberg  
150 Giles St., Ithaca, NY 14850  
277-9364 • [mec30@cornell.edu](mailto:mec30@cornell.edu)

## Newsletter News

— Rini Clarkberg

I have attended this Meeting for just over ten years, and as long as I can recall, Bronwyn Mohlke has been assembling the newsletter. I am humbled to assume this responsibility after her long tenure.

I ask for your patience and forbearance as we adapt to this change. This task is new to me and I am sure to make mistakes—perhaps a great number of them! I apologize for errors that come at your expense.

Larry (my husband and the newsletter designer) and I have made a few organizational changes with this issue. There is a section for "Meeting Events" (see below) and a longer section called "Announcements" that is subdivided into:

- **In the Meeting** (for announcements specifically relating to IMM)
- **Quakers in Our Region** (for events at other meetings or at Powell House)
- **In Our Community** (for Ithaca events that might of interest to Friends)

In addition, we have added a new section, for which we hereby solicit contributions:

- **In the Light** (see page 5).

We hope Friends will use the opportunity of the "In the Light" section as a way to share our news—not unlike the way we use Joys & Concerns at the end of Meeting for Worship.

In learning more about one another, I hope our love for each other in this beautiful community can grow.

## Meeting Events

### Annual GameFest February 2, 3-5p

Chase away those winter doldrums with fun and games at the Burt House! Our annual GameFest is fun for all ages! Bring your favorite board or card game, or puzzle and a snack to share.

### Social Justice Comm. Meeting Sunday, February 3rd

The Social Justice Committee will meet at the rise of Meeting for Worship. All Friends are welcomed to attend.

### Peace by Sophia Lux

*Peace is the air beneath a bird's wing.*

*Peace is the song children sing.*

*Peace is the water in the sea.*

*Peace is in you.*

*Peace is in me.*

*Peace is a rose with a single  
drop of dew.*

*Peace is the feeling that we all knew.*

*Peace was the beginning.*

*Will it be the end?*

*Only the Lord knows.*

*But if only we knew.*

## Meeting Events, cont.

### Faith and Practice Adult Discussion Group Sunday, February 3, 9:30a

Program Committee will be offering readings and discussion from NYYM Faith and Practice. The sessions are will be the first First Day of each month from 9:30 am to 10:45 am in Anabel Taylor Hall Room 314

February's session will focus on the sections titled "Seeking the Spirit in Tradition, in Gospel Order."

Bring your own copy of Faith and Practice or there are copies available for purchase in the Edwards Room and at the Burt House (books bearing a price tag are for sale; books bearing a lender's pocket inside the cover are intended for borrowing). You can also find copies of Faith and Practice online at <[www.nyyym.org/quakerism/fnp/](http://www.nyyym.org/quakerism/fnp/)>. The March 2 topic will be "Seeking the Spirit in Corporate Worship, in Meetings for Worship with a Concern for Business." Please read ahead if you can.

### Peace Witness Committee Meeting Tuesday, February 12, 7:30p

Please join us at the Burt House as we continue our efforts to express Friends' Peace Testimony. Bring your thoughts and ideas.

### Quaker Basics Sunday, February 24th, 1-2:45p

Quaker Basics continues this month with a discussion on "Meeting for Business" with Steve Mohlke. The discussion will start after the

#### Advices & Queries

This month's advices and queries from NYYM Faith & Practice for your contemplation:

**Advices 8.** *Friends are earnestly advised to refrain from practices that are detrimental to the body or the mind, for example, the use of intoxicants and tobacco, and the misuse of drugs.*

**Advices 9.** *Care should be taken that all of 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.*

**Query 8.** *Have we confronted our own decisions about our use of alcohol, tobacco, and other drugs, and do we encourage others to do likewise? Have we considered the cost in human suffering that might result from such use?*

#### Words to Consider from Meeting for Healing

*No matter what you're feeling, the only way to get a difficult feeling to go away is simply to love yourself for it. If you think you're stupid, then love yourself for feeling that way. It's a paradox, but it works. To heal, you must be the first one to shine the light of compassion on any areas within you that you feel are unacceptable.*

— Christiane Northrup

rise of brunch (around 1pm) and run until 2:45 pm. Quaker Basics is our adult education program designed to help F/friends understand a little more about Quakerism and Ithaca Monthly Meeting. All F/friends are welcome and encouraged to attend. If you require childcare, please let a member of Program Committee know by the Wednesday before the session. Future sessions include a discussion of Quaker practices around birth, marriage, and death on March 30, and a discussion of "Wider Quaker Organizations" on April 27.

### Meeting for Healing Tuesday, February 26th, 7:15p

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). 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.

### Quaker Writers Thursday, February 28th, 7-9p

Quaker Writers is a small group that gathers once a month to write together and then to read aloud what we have written. Members take turns suggesting topics; of course those suggestions need not be followed if something else comes to mind.

This month's gathering will be at Dick and Melody's house (112 Mount Pleasant). We encourage people to come when they can, and are always welcoming new members. Come and give it a try, you might find it suits you.

### Coming in March: Talent Night Saturday, March 1st, 7p

Meeting's annual Talent Night will be Saturday, March 1 at 7pm at the Burt House. All forms of talent are encouraged, whether it's visual art, performance art, or culinary art. Look for the sign-up list for acts at Meeting for Worship during February. This year we will start Talent Night at 7pm. Bring your favorite or special recipe snack or dessert to share at intermission.

# Announcements

## In Our Meeting

### Child Care Fund

The Budget Committee reminds Friends with children that Ithaca Meeting provides money for baby sitting in your home to help you attend Meeting activities such as Meeting for Worship with Attention to Business, Quaker Basics, Midweek Meeting etc. Contact the treasurer, Steve Mohlke, regarding requests (277-4183, [smohlke@lightlink.com](mailto:smohlke@lightlink.com))

### Reminder from the Financial Planning Committee

Our Treasurer has a set up special earmarked account for the New Meeting House. Friends are encouraged to contribute to the new Meeting House fund now and in the coming months as they are able. Make the check payable to Ithaca Monthly Meeting, indicate on the check or in an accompanying note the purpose of the contribution, and send to Steve Mohlke, our Treasurer.

### Calling all nametags!

If you have your Meeting nametag at home, it would be great if you would bring it back to Meeting. This is a great way for all of us to get to know Friends' names, and to save on using our resources.

### Have You Ever Considered Powell House?

Powell House, located in the Hudson Valley, is the conference and retreat center of New York Yearly Meeting. Please consider their offerings as listed later in this newsletter. If you are interested in attending but consider the cost to be a barrier, please talk to Steve Mohlke, Meeting Treasurer, about available scholarship funds.

### More ecological options for Fair Trade Coffee

The Social Justice Committee has decided to change suppliers for our coffee sales for several reasons. We have found a local coffee retailer, Kelly McCurdy of Buzz Coffee, who is willing to sell us full-pound bags of Fair Trade, organic and shade grown coffee at just above her cost. She gets her coffee from Indigo Roasters, a small company in Northampton, MA.

- We can sell the coffee to you at a slightly lower "unit" price.
- We can offer shade grown coffee.
- We can keep all varieties in stock at all times.
- We are supporting a locally-owned business and a small regional roaster.
- The brown paper bags are more ecologically produced (and can be composted!).
- 100% of the roaster's electricity is produced from renewable sources.
- Indigo and Buzz are both involved with their local communities, as well as supporting projects in the communities where the coffee is grown.

Indigo's flyer says their Fair Trade organic coffees are produced "for farmers, the earth, and you. Coffee is the most heavily traded

commodity in the world after petroleum, yet many coffee growers—small, family farmers—have been left behind by this boom and can barely afford their basic needs. As an alternative to business-as-usual, Fair Trade:

- Pays farmers a decent, living wage for their harvest
- Creates direct trading links to farmers and their cooperatives
- Provides access to affordable credit, helping farmers stay out of debt to local loan sharks
- Promotes sustainable practices, such as organic farming, that help protect the environment"

We are offering two varieties of regular coffee for \$8.50 per one pound bag.

- "Buzz Blend" is similar to Equal Exchange's "Breakfast Blend."
- French Roast is roasted more & thus has slightly less caffeine.

Indigo also has organic decaf, which we have at \$9.50 per 1# bag. All three varieties will be available as whole beans or as a drip grind.

Our prices are considerably lower than Fair Trade coffee at other outlets in town, with the notable exception of Tops, which sells Equal Exchange coffee in its bulk food section for \$8.50 per pound, including decaf. Kelly explained that decaf coffee takes twice as many beans to produce, and thus is more expensive.

We can also buy organic, Fair Trade teas through Buzz, if there is sufficient interest. Options with caffeine include Morning Rise (similar to English Breakfast) and Gunpowder Green. Caffeine-free teas include Roibus and "Sweet Meadow" (chamomile and lemon).

If you want a taste of Indigo coffee before you purchase a full pound, you can buy a cup at Buzz (on Franklin Street between Third and First Streets, near the Sciencenter). Please contact Margaret McCasland at 272-2544 if you would like to try tea from Buzz.

## Quakers in Our Region

### Forgiveness as a Spiritual Practice, a Workshop Facilitated by Sue Regen in Rochester

Friday Feb. 15, 7-9p and Saturday Feb. 16, 9a-4:30p

Rochester Friends Meeting, 84 Scio Street, Rochester, NY 14604

Life brings to each of us, experiences of anger, fear, hurt, and pain. What we do with these is up to each individual. Choosing to practice forgiveness can bring healing and inner peace. Forgiveness work helps us reconnect with our selves and others in more loving ways. Research shows that it's great for our physical health, too!

Come, join with others who are willing to take some steps along this spiritual path. Focus is on tools and techniques, not on therapy. Workshop will include presentations, quiet worship, guided meditation, practicing techniques, and group and individual time.

Enrollment is limited, and the \$65 fee includes "A Little Book of Forgiveness" by D. Patrick Miller and snacks (but bring a bag lunch for Saturday). Contact Sue Regen at 585-381-4036 or sregen@frontiernet.net with questions, scholarship requests, or for additional information. Registration materials are due Feb. 11 to Sue Regen, 10 Hillside Rd., Penfield, NY 14526. Sue Regen, a member of Rochester Friends Meeting (Quaker), has been working in the area of forgiveness since 2002.

## **Sarah Mandolang Travels**

Some of you may know Sarah Mandolang of Alfred Meeting, or Sarah's mother, Nadine Hoover. Sarah will be traveling in Africa and participating in some wonderful programs this year. What follows are excerpts of a letter that Sarah shared with Farmington-Scipio Regional Meeting about her activities.

*While in Uganda and Rwanda I will travel with three groups. The first group is the Friendly Folk dancers, the national Quaker folk dancing group, that have been invited by Quakers in Rwanda to come and do a tour. Every time we dance a dance from another culture we are performing an act of peace. The tour performances include suites or sets of dances from cultures or nations that have been or are at war. I will tour with the Friendly Folk dancers in Rwanda for 11 days.*

*The second group is Friends from Philadelphia going to the school Upper Nile Institute for Appropriate Technology, UNIFAT. The school was originally started for AIDS and war orphans in 1986, in recent years there have been returning orphaned child soldiers. While there I hope to help with peer counseling or co-counseling development...*

*The third group I plan on participating with is the African Great Lakes Initiative, a group that does Alternatives to Violence workshops, in Burundi, Congo, Uganda, Rwanda, and Kenya. The African Great Lakes Initiative has a workshop, Healing and Rebuilding Our Communities, that I plan on attending in Rwanda. I hope to gather useful material and experience from that workshop and bring it to the work of developing something with the people in Aceh and North Sumatra in July.*

*[Soon] after I arrive home from this journey [I will be] attending George Lackey's Super Training with Training for Change in Philadelphia June 4 - 23, 2008. Then I will return to Indonesia ... [and help lead] a series of Alternatives to Violence workshops and work to develop an approach to trauma recovery that suits the situation and culture of northeast Aceh and North Sumatra. AGLI's Healing and Rebuilding Our Communities workshop takes a community approach that hopefully will help me to better support Indonesians who are working to heal from the traumas of war.*

Sarah will be posting her 2008 trip to Africa at <http://www.consciencestudio.com/travel> for you to follow.

Any donations for this ministry can be sent to: Alfred Friends Meeting, PO Box 773, Alfred, NY 14802 memo: Traveling Ministry for Sarah. It's amazing how even all the small donations add up, she appreciates every little bit of support.

## **Upcoming Powell House Events**

There are many wonderful things happening at Powell House, the conference and retreat center of New York Yearly Meeting.

For the next four months, Ann Davidson, director of Powell House, is offering monthly meetings and worship groups an incentive to bring more than one person to a weekend. If just one person from a meeting attends, the cost is \$200. But with two Friends, the cost is only \$175 each. With three, the fee is \$150; with four: \$125; and with five people from one meeting, the cost per registrant is only \$100! In general, childcare available with 3 weeks notice.

For the full schedule, please visit [www.powellhouse.org](http://www.powellhouse.org) or speak with Melanie-Claire Mallison. Some upcoming highlights:

### **Feb 8-10 Quilting, led by Kathie Greenwold, Anne Pomeroy and Anita Paul**

Do you sense a connection between your creativity and your spirituality? This is a weekend for all to explore this connection through quilting. We delight in working with new and experienced quilters; men and women; Quakers and non-Quakers and artists who would like to explore textiles.

### **Feb 8-10 For 4th or 5th graders: Mask-making**

Whether happy or sad, scary or glad, mask making and mask wearing is loads of fun. But do they fit with testimonies of Integrity and Simplicity? We'll look at how masks help us and hinder us as we as we try to be true. Fee: \$100.

### **Feb 15-17 Dealing in Love In Our Meetings and Beyond, sponsored by the NYYM Conflict Transformation Committee**

What happens in a conflict when we follow all the rules for fairness and openness, using good communication and problem-solving skills, and the other person(s) just won't play along? How do we love our annoying, insulting, aggravating, impossible neighbor?

### **Feb 22-24 Clerking: Serving the Community with Joy & Confidence, with Arthur Larrabee**

This will be an opportunity for new, experienced and potential clerks of Friends' meetings and committees to meet and think together about the role of presiding clerk.

### **Feb 22-24 AVP BASIC Conflict Resolution: Level 1**

On occasion called the quintessential Quaker mission/outreach program, the Alternatives to Violence Project (AVP) has touched hearts, souls and minds around the world leading to effective and positive personal change. Special Cost: \$100 adults.

### **Feb 29-Mar 3 For 6th or 7th graders: Serious Seuss**

Dr. Seuss wrote silly, rhyming books with funny pictures but the books dealt with serious subjects about growing up, living and the world around us. Fee : \$100

## In Our Community

### Sage Chapel: Where Spirit and Intellect Meet

Sage Chapel on the Cornell campus now holds Sunday services at 4 in the afternoon. The services are oriented around the theme “where spirit and intellect meet” and February is focused on creativity and transcendence. The full program for the semester is available at: [www.curw.cornell.edu/sage/html](http://www.curw.cornell.edu/sage/html). Speakers in February include Winthrop Wetherbee III, Prof. Emeritus, CU English Dept. (Feb 3); Lynn Aldrich Visual Artist, Los Angeles, (Feb 10); Kenneth McClane, WEB DuBois Professor of Literature (Feb 17, Africana Sunday), and Elizabeth Hazel, United Church of Christ (Feb 24).

### Soup & Hope

A free noontime series entitled “Soup & Hope” will be held each Thursday through Feb 14. Bring a bowl and come inside for some steaming soup with hearty bread—thanks to the generosity of Cornell Dining—and to listen to stories of hope. These stories come from individuals in our community whose bold and compassionate efforts toward lasting social change promise to nurture and sustain us through the cold days ahead. Upcoming speakers include Kathy Luz Herrera (Jan. 31), attorney Marty Luster (Feb. 7) and Cornell’s Carol Kalafatic (Feb. 14). Soup & Hope is co-sponsored by Cornell United Religious Work and The CRESPE Center for Transformative Action, Cornell Dining, Division of Human Resources, CU Wellness, Employee Assembly and Gannett Health Services.

The Soup & Hope series will set the stage for Cornell’s annual Martin Luther King, Jr. Commemorative Lecture on February 19, at 4:30 p.m. in Sage Chapel. This year’s speaker will be veteran civil rights leader Vincent Harding, co-founder of Veterans of Hope, an educational initiative that encourages community building by drawing on the life stories of those who, like Dr. Martin Luther King, Jr., have struggled for freedom and justice.

## In the Light

Friends, please use this space to let Friends know of changes in your life or to request us to hold you or your loved ones in the Light.

Lynn Grove has moved to McGraw House.

Paul Han, a post doc from Korea, was introduced to Quakerism by a Cornell faculty member. He has attended our Meeting for the last year or so, and lived in the Burt House for a few months. Paul has returned to Korea, and sends us greetings from Seoul Monthly Meeting. Paul’s email is [peacepaul@gmail.com](mailto:peacepaul@gmail.com).

Each month, there are at least two opportunities to join others in holding people in the Light: Meeting for Healing (fourth Tuesdays at Melody’s house, see Meeting Events), and third Thursdays at 8:30p (when Friends at home may join Ministry & Oversight in spirit in this loving ministry).

## Minutes

### January 2008 Monthly Meeting

*Tom Brown, Clerk*

*Michael Simkin, Assistant Clerk*

*Marilyn Ray and Antonia Saxon, Co-Recording Clerk*

*Steve Mohlke, Treasurer*

@ signifies that the minute has been read and approved.

(Please note that if you would like a copy of any report mentioned below, you can receive one from the reporting committee or the Recording Clerk.)

#### 200801.1 Gathering

The Ithaca Monthly Meeting (IMM) of the Religious Society of Friends met on January 13, 2007, in the Cafe, Annabel Taylor Hall, Cornell University, for Meeting for Worship with Attention to Business. At 12:45 p.m., 34 F/friends settled into worship.

Clerk, Tom Brown, read Advices #7 and Queries #7 from NYYM Faith & Practice.

### Ithaca Monthly Meeting of the Religious Society of Friends Corporation

Present: Marjorie Baines, Sue Baker-Carr, Tom Brown, Larry Clarkberg, Marin Clarkberg, Richard Creapeau, Marion DaGrossa, Janet Frieswyk, Nancy Gabriel, Ginny Gartlein, Meldoy Johnson, Bett Jolles, Martin Jolles, Mac Larsen, Margaret McCasland, Bronwyn Mohlke, Steve Mohlke, Toni Murdough, Liam Murphy,

Marilyn Ray, Elspeth Rhodin, Ellie Rosenberg, Heather Ruff, Sue Ruff, Antonia Saxon, Michael Simkin, Garry Thomas, Melissa Travis Dunham, Bonnie Tyler, Peggy Walbridge, Fell Cadwallster, Tom Murphy, and Emily Murphy.

#### 200801.2 Meeting of the Corporation:

Margaret Walbridge, President of the Corporation and Convener of the Board of Trustees, and Larry Clarkberg, Secretary of the Corporation and of the Board of Trustees, reported for the Board of Trustees.

Friends received the Trustees Report. @

#### 200801.3 Treasurer’s Report to the Corporation:

Steve Mohlke presented the financial statement for 2007, and also the budget for 2008 that was approved by the Ithaca Monthly Meeting at its December 2007 regular Meeting for Worship with Attention to business (200712.7). He reported we received \$4,800 more in donations in 2007 than the amount budgeted. In addition to the regular budget, in 2007 we received about \$9,000 in gifts designated for various projects.

Friends received the Treasurer’s Report. @

This ended the annual meeting of the corporation.

## January 2008 Meeting for Business with Attention to Business of the Ithaca Monthly Meeting of the Religious Society of Friends

### 200801.4 Annual Reports of the Committees of Ithaca Monthly Meeting:

Annual reports were received from and summarized for the following committees: Budget, Burtt House, Children and the Life of Meeting, Directory, Newsletter, Hector Meeting House, Hospitality, Library, Ministry and Oversight, Peace Witness, Program, Publicity, Route 79 Property, Social Justice, and Young Friends. The Meeting is grateful for the work and energy of the Committees and those who serve on them. @

### 200801.5 Hector Meetinghouse Request

The Hestor Meetinghouse Committee requested approval of \$500 for removal of the dead white pine tree from the edge of the Meetinghouse property. @

At 2:40 p.m., F/friends gathered back into worship before adjourning. We will meet again for Worship with Attention to Business on February 10th, 2007.

*Respectfully submitted, Marilyn Ray, Co-Recording Clerk*

## February 2007 Calendar

### Every Sunday

- 10:30a Singing in the Edwards Room at Anabel Taylor Hall
- 11:00a **Meeting for Worship** for all ages in the Edwards Room
- 11:15a Children meet **First Day School** teachers outside the Edwards Room. Latecomers join Friends in the Edwards Room.
- 12:15a Children from First Day School meet back in the Edwards Room.

### Other Weekly IMM Events

- Tuesday  
9-9:20p **Worship** in your own home.
- Wednesday  
7:15p **Midweek meeting** for worship at the Burtt House.
- Thursday  
4:30-5:30 **Peace Vigil** at the bottom of East State Street near the Community School for Music and Arts.

### Monthly Events of Ithaca Monthly Meeting

#### Second Sunday (February 10)

Rise of Mtg **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 (please see left sidebar on page 1).

#### Fourth Sunday (February 24)

Rise of Mtg A light **brunch** of shared snacks. Please bring finger foods to share.

### February Events (\*For more information about asterisked items, see inside.)

Feb 2, Saturday

- 3-5p **GameFest** at the Burtt House.\*
- 5:30p **Peace potluck** at the Perry City Meetinghouse.\*

Feb 3, Sunday

- 9:30a **Faith and Practice Discussion** Group, room 314 of Anabel Taylor Hall. "Seeking the Spirit in Tradition, in Gospel Order."\*

Rise of Mtg **Social Justice** Committee meeting in the café.\*

Feb 6, Wednesday

- 1:15-3:00p Volunteers needed at **Kitchen Cupboard**. Call Ginny Gartlein for information (272-2471). Kitchen Cupboard regularly needs brown paper bags.

Feb 12, Tuesday

- 7:30p **Peace Witness** Committee meeting at the Burtt House.\*

Feb 17, Sunday

- 9:30a **Children and the Life of the Meeting** (CALM) committee meeting, Hillel Library, Anabel Taylor Hall.

Feb 21, Thursday

- 8:30p **Hold Friends** in the Light at 8:30 (see "In the Light").

Feb 24, Sunday

- After brunch **Quaker Basics** "Meeting for Business" with Steve Mohlke. Closes by 2:45.\*

Feb 26, Tuesday

- 7:15p **Meeting for Healing**, 112 Mt. Pleasant Road.\*

Feb 28, Thursday

- 7-9p **Quaker Writers' Group**\*

Mar 1, Saturday

- 7:00p Annual **Talent Night** at the Burtt House.\*