

# Community Companion

## *Community Friends Newsletter*



Volume 16, Issue 4

(513) 861-4353

April 2010

**Presiding Clerk:**

Doug Burks

**Assistant Clerk:**

Ken Bordwell

**Recording Clerk:**

Betty Waite

**Ministry and Counsel:**

Kate Anthony  
Eileen Bagus  
Doug Burks (ex officio)  
Byron Branson  
Lisa Cayard  
Evie Hoffmann  
Frank Huss  
Paulette Meier  
Sunny Rhein

**Treasurer:**

Mary Anne Curtiss  
Jamie Fota

**Newsletter Editor:**

Deborah Jordan  
Email: djordan@fuse.net

*next submissions due 4/27*

### Calendar

All events and meetings take place at the Meeting House unless otherwise noted.

**Singing 9:45am.**

**Meeting for Worship 10am Second hour @11:40am**

**April 4<sup>th</sup>**                   **Easter Sunday Egg Hunt and Carry In Potluck**

**April 6<sup>th</sup> and 20<sup>th</sup>**           **7pm Spirit Lives Group**

**April 8<sup>th</sup>**                   **7pm Spiritual Formation Group – see Kate Anthony's article p.**

**April 10<sup>th</sup>**                   **10am FUN Woods Work Day**

**April 11<sup>th</sup>**                   **Meeting for Worship with Attention to Business**

**April 14<sup>th</sup> and 28<sup>th</sup>**           **7pm Meeting for Healing**

**April 17<sup>th</sup>**                   **10am-4pm Meeting Work Day**

**April 18<sup>th</sup>**                   **Second Hour: Energy Saving Strategies led by Pat McKelvey**

**April 25<sup>th</sup>**                   **Second Hour: Extended Worship on the theme of Quaker Healing**

### Hold in the Light

Dan Marshall post knee replacement

Mary Anne Curtiss in her new job

*"To worship rightly is to love each other, Each smile a hymn, each kindly deed a prayer."*

-- Whittier

## Summary of Meeting for Worship with Attention to Business

### Third Month 14

12 in attendance for Monthly Meeting for Business, with Doug Burks clerking.

1. Clerks report-Doug Burks reporting, the minute on the Afghan war was forwarded to the appropriate parties.
2. Action Items
  - a. **State of the meeting report (2009) (See Appendix 5):** Doug Burks read the meetings report state of the meeting report, noting the passing of two founding members, John Hubbard and Horatio Wood, as well as acknowledging the work and contributions of new members. Committee work was highlighted, as well as our new website. An acknowledgement was made to our new caretakers and appreciation was noted for another year of beauty, light and spiritual growth. Report was approved.
  - b. **Memorial minute policy:** Doug Burks discussed whether or not we should write a memorial minute for a person who was a long time attender and a vital part of the meeting even though he/she chose not to become a member and the appropriate distribution of that minute, should a minute be written. It was determined that a memorial minute should be written for long time attenders, but that distribution of that minute would be only within our meeting. It should be noted, however, that attenders will continue to be encouraged to become members.
  - c. **Memorial minute for Ed McAndrews:** Eric Wolff has drafted the memorial minute for Ed, which is in the process of approval by Ministry and Counsel.
3. Committee reports
  - o Treasurer (See Appendix 2)-MaryAnne Curtiss reporting, noting that the bank balance has fallen below the 10% of budget amount, because during the summer, it is increasingly difficult to stay current with the bills. She also noted that the shed continues to accumulate expenses, and that should the costs exceed the budget of \$1,000 from building reserve, the balance will come out of the House and Grounds budget. Byron Branson commented on the concern of the treasurer regarding maintaining a 10% operating reserve in our bank account, noting that perhaps certain contributions to other organizations should be held off until the fall when our contributions tend to increase. Treasurer's report accepted.
  - o House and Grounds-Eric Wolff reporting, the meeting house continues to deal with water issues, including drainage issues and mold issues. Byron Branson commented on the issues relating to storm water drainage and the rain barrel.
  - o Ministry and Counsel-Lisa Cayard reporting. Much attention has been paid to the state of the meeting report and other activities.
  - o Library Committee-Alvin Jose reporting. George Fox's Miracles book was purchased for the library.

- Nominating committee-Mary Anne Curtiss reporting, encouraging people to volunteer for committee work.
- Adult Education committee-Eileen Bagus reporting that two Spiritual nurture groups have been established, Spiritual Experiences and Spiritual Disciplines, meeting on Tuesday evenings.

4. Wider Quaker bodies-

- a. OVYM-A budget meeting is being held on April 3, 2010
- b. Miami Quarterly Meeting- Byron Branson reporting, meeting is today. He noted that we do no longer have a practice of appointing members to attend the meetings, instead, sending only one delegate to come back to report their progress. It no longer serves its original purpose as a glue to hold the area meetings together.

5. Announcements

- Easter Egg Dying Party – April 2<sup>nd</sup> (Fri.) 6:30 pm.
  - April 4<sup>th</sup> after rise of meeting children's Easter egg hunt
- May Event – Hiking to/ at Spring Grove Cemetery: May 8<sup>th</sup> (Sat.) 2:00 pm

**For the Beauty of the Earth: Spring Beauty from CFM Woods by Eugenia Mills**



## Spiritual Nurture and Support Group by Kate Anthony

**Today**, 2/21/2010 we held the first of a two or more part series on Spiritual Nurture and Support (encouraging each other in our spiritual growth and practices).

**The purpose** of the group was described as to give and receive help, sharing experiences on our journeys. Although we have each chosen our own methods and teachers for our personal path, we value being open to what others have to share. None of us can presume to have the whole truth or final word about this Vast Mystery that is our existence. We recognize that we are each at unique points in our growth and that what is important for one of us may not be for others. Our group purpose is to create an environment where each of us feels encouraged and empowered to grow at our own self-chosen pace. Our success depends on each of us taking part in the group in every way we can. The only requirement for fruitful participation is an openness to growth and a willingness to be completely honest and to grow in love and understanding together

**The group** was asked to worship and share on two questions: What do I need to do to meet my spiritual needs?/ How do I connect with the Divine/ Transcendent in my daily life ? And then What could I be doing to better meet my spiritual needs?/ How could I be connecting more/ more often/ more deeply with the Divine/ Transcendent in my daily life.

**Answers given** to how we are currently meeting our spiritual needs included: daily inspirational readings, prayer, serving our spiritual community, writing and playing music, slow down and pay attention to Spirit, mindfulness, opening ourselves to connection with the Creation and the Creator, daily practice of centering (yoga, meditation, etc), stop and remember that we are in an on-going spiritual relationship, make time to honor its importance, notice when we are with people that there is a Spiritual context to all interactions, surrender small ideas to allow larger messages to come

through, try to actively bless people we come in contact with, hold people in the light, connect with that of God in the others we deal with, early morning loving counseling connection and release of pain, acting in faithfulness to Quaker teaching and testimony, letting our lives speak, spend an hour listening to one person, welcome each person as a child of God.

**Answers given** to how we could deepen our connection to the Divine in our daily lives included: take time/ make time for these practices we are discussing, do the experiment with Light meditation on a regular basis, do regular journaling around specific sensitizing questions, write in poems, morning offering prayer, offer your day up to God, hold in the Light those who are suffering, turn off the car radio and use the driving time for prayer, do regular spiritual/ devotional reading, spiritual companionship and being mindful of the spiritual dimension of our relationships, remember to ask ourselves "how is Truth prospering with thee" how is the state of our relationship with God today, 12 step meetings, holding people in prayer, daily centering practice, allowing feelings into awareness and expression, write a letter to God, start the day on a spiritual basis, MORE SILENCE, less TV and other distractions.

**The group** was tasked in the coming week to focus on increasing our life of prayer, whatever type of prayer speaks to us, whether ritualized, contemplative, etc. We were asked to choose a method of prayer that we are less familiar with and experiment with it. This could include experiment with different times, locations, or postures for prayer. It was suggested it might help to keep track of your practice in a journal, noting your results with each type of prayer. Since this is an experiment, we may find a particular type of prayer difficult. The purpose of the experiment is to find what brings us closer to God and what does not. Each of us has different spiritual strengths, preferences, paths.

## Time to Submit Input on FCNL Legislative Priorities

Dear Earthcare Friends,

We are writing to remind your monthly meeting or church to participate in the Friends Committee on National Legislation process to set legislative priorities for the 112th U.S. Congress, which will be elected in November.

Information about the process is available on FCNL's website at [www.fcnl.org](http://www.fcnl.org) if Friends have not already received it through an FCNL mailing. **The deadline for submitting recommendations for FCNL's legislative priorities is April 10.** FCNL asks that your meeting or church send them up to five recommendations at [www.fcnl.org/prioirties](http://www.fcnl.org/prioirties). FCNL uses these recommendations to determine how to allocate its lobbying resources during the next Congress.

In addition to submitting recommendations for FCNL's legislative priorities, there are two other actions that Friends can take to promote FCNL's involvement in legislation to restore the earth:

1. Urge Friends in your meeting or church to sign up for and respond to FCNL's "green team" legislative action alerts. To sign us write to Devin Helfrich ([devin@fcnl.org](mailto:devin@fcnl.org)) or click Email Lists and then Green Hill Updates from FCNL's home page, [www.fcnl.org](http://www.fcnl.org).
2. Ask your meeting or church to express concern about problems associated with an economics of perpetual growth if Friends share this concern. You can express your concerns about our growth economy by attaching a separate letter to your submission of recommendations for legislative priorities.

See the attached memo for more information about how to respond to the suggestions given here. We thank you for whatever you can do to support FCNL's witness in Washington and Quakers' Earthcare witness in these ways.

In Faith,  
Al Conner, John Payton, Rod Zwirner  
QEWS appointees to FCNL's General Committee

Peace and Social Concerns invited Intercommunity Justice and Peace Center (IIPC) to present their interactive "Before You Enlist" Adopt a School Program on Tuesday, Feb. 23<sup>rd</sup>. The participants have now adopted Cincinnati Public School's Virtual High School and will be setting up a meeting to give them some great, free resources. Please hold us all in the Light.

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**Coming to Bowling Green, OH: EARLY REGISTRATION OPEN UNTIL APRIL 11<sup>th</sup>**



*Accepting Gifts of the Spirit*  
2010 FGC Gathering | July 4-10

## Final Thoughts

**Welcome** Rachel, Jason, and Tobias Dean who have transferred their membership to CFM

***Greeters and Closers for April***

Greeter: Carol Burks

Closer: Marjorie Isaacs

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**Thanks to Frank Huss for our 2010 Meeting Directory - Additions/Corrections**

Tom Bennett e-mail:

[tbenn1941@gmail.com](mailto:tbenn1941@gmail.com) (correction)

Sue Brungs e-mail:

[sbrungs@zoomtown.com](mailto:sbrungs@zoomtown.com) (addition)

**Websites to visit:**

**Ohio Valley Yearly Meeting:**  
<http://ovym.quaker.org/>

**Community Friends:**  
[www.communityfriendsmeeting.com](http://www.communityfriendsmeeting.com)

Community Friends Meeting

3960 Winding Way

Cincinnati, OH. 45229