



Community Companion

Monthly Newsletter of Community Friends Meeting

February 2018 Volume 24, Issue 2
Quaker Meeting House
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<https://www.quakercloud.org/cloud/community-friends-meeting>

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We have the world to live in on the condition that we will take good care of it. And to take good care of it, we have to know it. And to know it and to be willing to take care of it, we have to love it.

~ Wendell Berry

I recognize only one duty, and that is to love.

~ Albert Camus

The person who loves their dream of community will destroy community, but the person who loves those around them will create community.

~ Dietrich Bonhoeffer, *Life Together: The Classic Exploration of Christian Community*

Queries for February 2018: *What does worship mean to me, and how do I worship?*

How does our meeting worship as a community?

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

First Days: Singing 9:45 am, Meeting for Worship 10 am, Second Hour at 11:40 am.

First Sunday of Month: Carry-in Potluck

Feb 4 - Sun	<p>Monthly Carry-In Potluck: SIMPLE MEAL SPONSORED BY FIRST DAY SCHOOL <i>The First Day School class will be sponsoring a Simple Meal for the February 4th potluck meal as a fundraiser for Right Sharing of World Resources. The children have been learning about the testimony of simplicity this month. Please bring in a simple dish such as beans, rice, or bread the first Sunday in February. The children will be collecting donations for Right Sharing that day. For more information, contact Lisa Cayard.</i></p> <p>12:15 pm/Noon - Unity With Nature Committee Meeting</p>
Feb 5 - Mon	Quaker Book Inreach - 11:00 am
Feb 8 - Thurs	<p>Holistic Mental Health Network - 7:00 pm <i>Beyond the border: achieving mental health wellness and recovery</i></p> <p>Tender Mercies - 2nd Thursday Dinner: Theme is Valentines Day <i>Contact David or Lynn Funck for more information about contributing food or serving. at the residence.</i></p>
Feb 10 - Sat	Intro to Quakerism - 10:00 am
Feb 11 - Sun	Second Hour: Meeting for Worship with Attention to Business
Feb 13 - Tues	Friends Committee on National Legislation (FCNL) - 6:30 pm
Feb 18 - Sun	<p>Miami Quarterly Meeting - Worship, Food, Fellowship and Business <i>See page 3 for more information.</i></p> <p><u>Submissions for the March newsletter due</u> to Elyce Benke - elycefeliz@gmail.com</p>
Feb 25 - Sun	<p>Second Hour: Harriet Beecher Stowe House Presentation <i>Director of Harriet Beecher Stowe House will discuss Quaker involvement in Cincinnati abolitionism. This is a prelude to a planned visit later in the spring</i> http://www.stowehousecincy.org/index.html</p>
Mar 4 - Sun	<p>Monthly Carry-In Potluck <i>Community Committee asks that if you bring something that needs to be heated before eating, please attach brief instructions to your container. Also, it's helpful to mention the name & ingredients of the dish - thanks! We appreciate and encourage locally grown food when possible.</i></p>
SAVE THE DATE June 13-17	Ohio Valley Yearly Meeting Annual Session, Earlham College, Richmond, Indiana
SAVE THE DATE July 1-7	<p>2018 Friends General Conference Gathering, University of Toledo., Ohio <i>Information on the Gathering and on registration online at https://www.fgcquaker.org/</i></p>

February Birthdays

1-Sid Morriss, 4-Jim Crocker-Lakness, 11-Charlotte Dean

A Message from Community Committee:

Please help us know what to do with your gift of food on Sundays: whether to warm it up or serve it at room temperature. Sue Brungs has provided small stands to hold notes of what the dish is and what ingredients it contains. Please defrost any frozen foods; the committee members must leave the meeting early to warm and place food on table; there isn't time to defrost it. Thanks



Remember to Hold Frank Huss in the Light

Frank will be staying with his brother-in-law near Pittsburgh, Pennsylvania for the time being; new updates will be announced when we receive them.

Please join Friends from Southern Ohio and Kentucky at Miami Quarterly Meeting of Ohio Valley Yearly Meeting

18th Day, Second Month, 2018 - Community Friends Meeting, 3960 Winding Way, Cincinnati OH

SUMMARY: *On First Day there will be Meeting for Worship, a potluck lunch, and activities for children. Louisville Meeting and Rachel Ernst Stahlhut will be presenting information about an FGC program. The adult day will conclude with Miami Quarterly Meeting's Meeting for Worship with Attention to Business.*

SCHEDULE

- 9:45** **Arrival-music**
- 10:00** **Meeting for Worship**
- 11:45** **Potluck lunch** – out-of-town visitors should bring items that do not require heating (e.g., breads, salads, desserts).
- 1:00** **Program:** The Spiritual Deepening Program from Friends General Conference invites Friends and newcomers to build community, explore Quaker thought and practice, and nurture each other's spiritual lives through both in-person and online experiential activities. Rachel Ernst Stahlhut from Community Friends will describe the Spiritual Deepening Program, lead us through several interactive exercises, and provide resources for sharing the program with Friends and meetings in OVYM.
- 1:00** **Children's activities. TBD**
- 2:45** **Miami Quarterly Meeting** – Meeting for Worship with Attention to Business
- Send Agenda items to Veronica Frost, Clerk at eclectictwelve@hotmail.com
- 4:00** **Depart**

Friendly Faces at Community Friends: Susan Gerke

This is a new feature that may (or may not, as time and space allow) appear every month to celebrate the friendly faces in Community Friends Meeting.

When Susan first came to the Community Friends Meeting about five years ago, she says “I felt I was home.” It was a carry-in potluck Sunday, and she enjoyed the singing, the food, and most of all, the people she met. Since then, she has become active in the Community Committee, the Adult Education Committee, and the Friends Committee on National Lobbying (FCNL).

Susan and her husband, Larry, moved to Cincinnati in 1985, intending to stay for only a few years. Susan had recently gotten her Masters in Education, and Larry wanted to study at Xavier University to get his Masters in Montessori Education. They’ve been in Cincinnati ever since, raising their family (two daughters and a

son) and contributing to the community.

Susan and Larry met in Kansas City, Missouri, where they were both working in inner-city schools in a program sponsored by the Catholic Diocese there. Susan had moved there after growing up in western Pennsylvania and attending college in Pittsburgh. Her early experiences in the Girl Scouts led her to value simple living, self-reliance, and sustainability, as well as the importance of working with and helping others. One of her inspirations was - and is - Dorothy Day, the Catholic social activist.

Susan currently works at LADD, Inc. (Living Arrangements for the Developmentally Disabled), assisting about 40 people with their day-to-day living.

The photograph to the right was taken during a family trip to New York City last summer: her husband, Larry; Susan; grandson, Connor; daughter, Liz; son, Michael; and granddaughter, Mollie.

Susan has many interests and activities; you’ll enjoy talking with her to find out more!



Local Food - by Bill Cahalan

Our Unity with Nature committee has chosen, as one of our 2018 areas of action, "GROWING THE LOCAL FOOD ECONOMY". We're returning to this concern that we focused on in previous years. We realized that the ongoing damage from industrial agriculture hasn't gone away. And growing, sharing and eating food in a way that builds land and community health can be a deep joy.



So on January 13 I emailed everyone on the Meeting list the minute our meeting approved in 2009. Please read it and give me (as clerk of Unity with Nature) ideas it might stimulate for how our Meeting (and yourself and other individuals) might best carry out the minute's goals. Add your own ideas, and include any disagreements or questions you have about the minute. I can send you one or more good articles to supplement the minute's assertions if you ask me.

You are welcome to email me, speak directly to me or other committee members (Don, Marjorie and John are the others), and/or come to any future committee meeting (next one is Feb. 4). The meetings are usually at 12:15 on carry-in Sundays.

Excerpt from 2009 Minute:

Conventional corporate agriculture greatly contributes to and depends upon unsustainable expansion and depletion. Two major flaws in our economy are that it is structured so it must grow or fail, thus extracting from natural sources faster than they can be renewed, and that it is dependent on non-renewable fossil fuels. Some of the steps toward a viable food economy that we of this meeting feel led to take, both as a meeting and as individual households, include the following:

- *We will learn about sustainable gardening practices, mindfully, gratefully and sustainably growing more food for our meeting and households. We will supplement our own growing by buying more local sustainably grown food.*
- *In buying such food, in addition to buying from local markets, we will either find or help establish a community supported agriculture arrangement with a farmer.*
- *We will educate each other about local and otherwise sustainable growers and markets.*
- *We will take public action toward changes in legal and economic policies and structures which move us toward local, sustainable food economies. In the process we will work in concert, whenever possible, with other religious and non-religious bodies.*

Remember the Freestore Foodbank Barrel in the Lobby

The barrel in the lobby is for the Freestore Foodbank, and donations are especially needed this time of year. More than 87,400 children living in the 20 counties served by Freestore Foodbank are at risk of hunger. Research shows that hungry children are more likely to be vulnerable to illness, lack focus and energy, and score lower on achievement tests. These children are more likely to suffer from poverty as adults. <http://freestorefoodbank.org/>



Friends Committee on National Legislation (FCNL)

FCNL had two meetings this month to prepare for the coming year of lobbying visits to regional representatives. The photo to the right, taken by Doug Burks, shows Rulf Hahne of Knox Presbyterian, John Rapach of Bellarmine Parish, and H.T. Tharp and Don Rucknagel of Community Friends.

H.T. reported his work in networking with potential lobbying friends in Indiana and Kentucky. Our group members voiced interest in a road trip in early spring.

FCNL has announced that prevention of war with North Korea is their choice of focus for 2018, based in part on input from the many advocacy groups, but some of our

members expressed disappointment in this choice. After a lively discussion, we concluded that we lean towards lobbying for more money and effort to address climate change, and less into revamping our nuclear arsenal. Since the Pentagon is one of the few federal departments taking climate change seriously, this might in fact lead to productive discussions with Congresspeople from a variety of perspectives.

We scheduled a special meeting on Sunday, January 21 to do our initial planning for lobbying in 2018. Everyone present at the Sunday meeting contributed their own ideas, thoughts and preferences along with talking about the feeling of whether or not a war with North Korea was a real threat. There was a division of opinion on this as well as separating the likelihood of danger coming from North Korea as opposed to that coming from President Donald Trump. In the interest of covering all our bases, and recognizing that this would only be the first of many visits during 2018 where many topics can be covered, we agreed that we would follow FCNL's direction and enter our lobbying meeting with an urgent ASK for our Senators to co-sponsor SB 2047, a bill to bar the executive branch from launching a strike or military force without the explicit authorization of Congress for such actions, and for taking the leadership to successfully bring this bill to a vote. This bill was sponsored by Sen. Chris Murphy. With this as our entry point, the lobbying team would follow with their own comments.. The three themes of most concern which emerged in the discussion were the use of diplomacy, military spending pertaining to increasing our nuclear arsenal, and climate change/global warming. As usual, each person will be bringing handouts on these issues to leave behind with the representative.

John Rapach is setting a date, sometime in the Spring, for there to be an FCNL presentation at OLLI (Osher Lifelong Learning Institute). Date hasn't been set and we are looking for volunteers to be part of that presentation. This will be a very informal short program designed to let people know of the purpose and work of FCNL and our local group.

Our next meeting is scheduled for Feb. 13, 6:30 pm at the Meetinghouse.



Meeting for Worship with Attention to Business

First Month, January 14, 2018

The meeting opened with a period of worship during which the Acting Presiding Clerk read an excerpt from London Yearly Meeting Church Government: *"It is necessary for the proper conduct of our business meetings that we should assemble in a worshiping spirit, asking that we may be used by God in our day. The time of worship which precedes our consideration of the business in hand should be no mere formality but a time for collectedness of spirit. The silence which concludes our assembly may be used to give thanks for the divine leading."*

1. Treasurer's Report - The treasurer presented a report for December 31, 2017. Income exceed expenses in December 2017, leading to a year-end balance of \$4,779.21 in the General Fund. This is well over the 6% of 2017 expenses goal we set for ourselves. The \$1700 taken from the Building Reserve Fund was used to pay for cement work on the walkway behind the meetinghouse.
2. Peace & Social Concerns Committee – no report
3. Unity with Nature Committee Report - Copies of the "Seeking Right Relationship with Food and Land" minute approved by the meeting in 2009 were circulated to the meeting. The committee asked that people consider what this minute requires of them.
 - They asked that dishes served at our first Sunday potlucks be labelled to indicate which ingredients are locally-grown and/or organic.
 - Friends were reminded of the opportunities to recycle old batteries and athletic shoe soles in the meetinghouse.
 - In discussion, the committee was asked to give renewed consideration to how we might use the land in front of the meetinghouse.
 - A draft proposal of information on green options for electricity and gas in Cincinnati was shared with those present.
4. Outreach Working Committee has not yet met in 2018. An ad for Community and Eastern Hills Meetings was placed in the Martin Luther King Day Coalition program for events at Music Hall.
5. Adult Religious Education Committee Report - The committee is working on lists of the members and attenders who have or have not shared their spiritual journeys. They are exploring the possibility of having a new batch of inreach groups in the spring.
6. Ministry & Counsel Committee Report - M&C completed work on a memorial minute for Ken Bordwell. With one minor addition, the minute was approved. They reviewed the materials the Outreach Committee has put together for newcomers. Next on their agenda is to begin work on the 2017 State of the Meeting report.
7. House & Grounds Committee Report
 - Updates: the concrete work was completed; the elevator has been repaired; two workdays have taken place since last committee meeting; wood chips from recent tree work have been spread on various gardens as mulch and have been spread in children's playset area.

Presiding Clerk:

Mary Anne Curtiss

Assistant Presiding Clerk:

Lisa Cayard

Recording Clerk:

Rachel Moore

Assistant Recording Clerk:

Douglas Burks

Treasurer:

Lynn Funck

Ministry and Counsel:

Lisa Cayard

Sarah Hoffman

Frank Huss

Deborah Jordan

Tim Leonard

John Sniegocki

Mary Anne Curtiss (ex officio)

Sunny Rhein (SA)

SA= special assignment

Caretakers:

John Sniegocki and Elizabeth Groppe

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- Friends were reminded that the elevator must move up a short distance before dropping if it stops between parking and the basement
 - They are looking for a locksmith to look at the front door and provide options for fixing or replacing the current lock so that it always latches properly.
 - A note on regulating temperature in worship room: Given the way in which the heating system functions, some parts of the worship room will be warmer than others. Anyone wishing maximum heat should sit near one of the heating vents and away from the large picture window. Anyone wishing to be cooler should sit near the large picture window or in the sections of the room that have no heating vents.
 - The committee was asked to explore whether there was a way to get better heat to some rooms in the meetinghouse. For now, the caretaker will turn on portable heaters when we anticipate those rooms will be used.
 - A suggestion was made for the Meeting to become a site for a “Little Free Library” box, which would be placed along the sidewalk by the street. Two members have offered to construct a box and handle the project and books.
 - House & Grounds is seeking new committee members.
8. Minutes 1-9 were reviewed, edited, and approved.
 9. Community Committee Report - The New Year’s Eve party was a success. New Friendly 6 groups will be announced soon.
 10. Religious Development Committee Report - There are teachers in place for the rest of the year (hurrah!). On February 4, the First Day class will sponsor a simple meal as a fundraiser for Right Sharing of World Resources.
 11. Library Committee Report - Friends were asked to look around their homes for unreturned library materials.
 12. Stewardship Committee has not met yet this year.
 13. Tender Mercies Report - The themed dinners have been going very well. The Tender Mercies organization is seeking additional groups to serve meals.
 14. Friends were reminded that the 2018 Friends General Conference Gathering will be held on July 1-7 at the University of Toledo. We were invited to attend. Information on the Gathering and on registration can be found on line at <https://www.fgcquaker.org/>.
 15. Miami Quarterly Meeting will be held at Community Friends meetinghouse on February 18 following meeting for worship. Rachel Ernst Stahlhut will be presenting a program on spiritual deepening.
 16. Ohio Valley Yearly Meeting Executive Committee will meet by conference call at 10AM on February 3.
 17. The remaining minutes were reviewed and approved.
 18. Closing Worship.



Quaker Humor:

Here's something for folks who like to look for mistakes.

If you want to find more, use a mirror.



Donations for Hurricane Relief

Hurricane Harvey, Hurricane Irma and Hurricane Maria have caused great devastation, which will take many months to recover from. Conditions are still especially bad in Puerto Rico, where, according to a report in *Newsweek* magazine, the rate of suicide increased to nearly a suicide a day in Puerto Rico in November, a 16 percent increase compared to 2016. "If someone is in a position where they do not have any electricity, water or a roof over their head, you're going to break and sometimes break to the point of committing suicide," said Alicia Schwartz, a home care nurse from New York City, who volunteered in Puerto Rico. Schwartz also said there is generally a stigma around seeking help for mental health in the Latino community, but many are experiencing mental health problems that cannot be addressed because it is difficult to get to those who are living in rural towns.

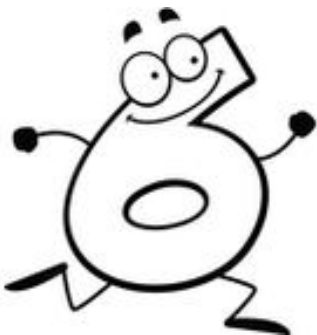


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If you're donating money to an organization, a good site to research its trustworthiness and practices is <https://www.charitynavigator.org/> - Charity Navigator has compiled a list of highly-rated organizations responding in the aftermath of the hurricane and providing assistance to the communities affected.

While giving cash to reputable relief organizations is generally the most helpful way to respond, Matthew 25 Ministries (<http://m25m.org/>) here in Cincinnati is one of the few groups willing and equipped to accept donations of used clothing. These donations are sorted in their warehouse and then redistributed to the poor and disaster victims in the United States and around the world. They accept gently used clothing, non-perishable food, school supplies, and more. For recommended items to donate, please read the list of supplies on their website <http://m25m.org/help/product-donations/>. You can see more current information about their work with these disasters at <http://m25m.org/work/disaster-relief/>.

To save you a trip out to their location on Kenwood Road, Eugene has offered to take donations to Matthew 25 Ministries..



A Message from Community Committee:

The lists for the **Friendly Six Groups** have been arranged and are posted at the Meeting House. Contact Lynn Funck if you have questions.



Each time a person passes by you and you say “hello”, imagine that person turning into a candle. The more positivity, love and light you reflect, the more light is mirrored your way. . . Start seeing hellos as small declarations of faith. Every time you say hello to a stranger, your heart acknowledges over and over again that we are all family.

~ Suzy Kassem

O stand, stand at the window

As the tears scald and start;

You shall love your crooked neighbour

With your crooked heart.

~ W.H. Auden

Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets.

~ Matthew 22:37-39

We become neighbors when we are willing to cross the road for one another. . . There is a lot of road crossing to do. We are all very busy in our own circles. We have our own people to go to and our own affairs to take care of. But if we could cross the road once in a while and pay attention to what is happening on the other side, we might indeed become neighbors.

~ Henri Nouwen

