

Albany Friends Meeting Newsletter

February



2011

Calendar And Calendar Notes

Unless specified, events are held at the Meeting House

Every First Day:

- 11:00 am Meeting for Worship and First Day School
(Childcare available; First Day School *)

12:00 pm Announcements, Refreshments, and Visiting

Sun., Feb. 6, 10:00 am Faith and Practice-Topic: Simplicity”
(Coffee at 9:45; childcare provided)

Sun., Feb. 6, 12:45 pm Earthcare Witness Committee

Sun., Feb. 13, 12:45 pm Meeting for Worship With
A Concern For Business

Sun., Feb. 20, 12:45 pm Rise of Meeting Luncheon

Sun., Feb. 27, 10:00 am Hymn Sing

Sun., Feb. 27, 6:00 pm Open Circle Folksing

Pick up your **2011** Albany Friends Meeting Directory!

Yes, it's printed, it's purple and up-to-date. You can pick one up at the Meetinghouse or if you are an out-of-town member or resident, please contact Julia Richards via e-mail at juliagrace@aol.com for a hardcopy or to save a tree and postal expenses she would more than happy to e-mail it to you.

House Concert with Mary Fahl

Barbara and Tom Mancuso will be hosting a house concert with Mary Fahl (former lead singer of the October Project) on Saturday March 5th at 7:30 PM. Suggested donation is \$20/per person. RSVP - 381-8860 or bmancuso@verizon.net. This is the best way to hear live acoustic music and meet the performer. www.maryfahl.com for more info on the performer.



ARCH: Aging Resources Consultation and Help

Judy Cadbury is recovering from hip surgery at Sunnyview Rehabilitation Hospital, Room 308
1270 Belmont Ave., Schenectady, NY 12308

Main number is 382-0074 Ext. 6063

Visiting hours are:

Mon. - Fri. 4:00-8:30 PM; Sat. & Sun. 1:00-8:30 PM

Call, visit, or send a card, please!

Margaret Smith is at
Eddy's Heritage House Nursing & Rehab Center
2970 Upper Tibbits Ave., Rm 326
Troy, NY 12180

When you visit please record your visit in the notebook found on Margaret's closet shelf. Mark the calendar for your next visit. THANKS!!

A selection of ARCH pamphlets are on display at the Meetinghouse. Please take what you can read and use. These pamphlets and other resources can be found at: www.quakeragingresources.org

Please share any feedback and ideas on these resources or other aging issues with Barbara Spring 772-2290 or Sarah Miller 439-0643.

- The New Sanctuary Project – The Albany Catholic Worker needs assistance in helping immigrant families from Sudan, Cameroon, Brazil and Mexico. Contact Fred if you can help. Fred.acw@gmail.com or 482-4966.
- The Food Pantry at Sacred Heart Catholic Church in North Albany needs our help. Please continue to bring food.

They have arrived at the Meetinghouse!!

Cooking and baking abound.

Come see, bake or cook on our new stoves!!

Note: The Albany Friends Meeting Newsletters for March and April will be combined. News for both months should be e-mailed to Julia by Sat., February 26. Thank you.



Albany Friends Meeting (AFM)

Seeks Resident Caretaker

Albany Friends Meeting is seeking an individual, couple or family to serve as our resident caretaker. In exchange for coverage of rent and utilities in our third floor apartment, the resident caretaker cares for the Meetinghouse and grounds and provides security for the building. In addition, the resident caretaker is the contact point for those seeking information about AFM and maintains the Meetinghouse calendar. Applicants need not be Quakers but must be sympathetic to Quaker values. The resident caretaker works closely with the Trustees of the Meeting. If you are interested in this position, please send a letter of inquiry to: Trustees, Albany Friends Meeting, 727 Madison Ave., Albany NY 12208 by **February 15, 2011**.



Whom to call with questions

Clerk:	Betsy Voss	273-1840
Assistant Clerk:	Becky Raymond	674-0344
Trustees:	Judith Fetterley	475-1773
Ministry & Counsel:	Joeseeph Levinger	861-6908
Nurture & Oversight: <i>Co-clerks:</i>	Julia Richards	439-7068
	Barbara Spring	772-2290
Advancement & Outreach:	Paula McConnell	729-4566
First Day School: <i>Co-clerks:</i>	Tom Mancuso	381-8860
	Dot Richards	478-2220
Building Use By Outside Group:		
Paula McConnell & Kurt Seitz:	caretaker@albanyquakers.org	
Meeting Treasurer:	Maggy Wiard	235-8102
Peace & Service/Alternatives to Violence Project:		
	Pat Beetle	477-4004
Children's Peace Week:	Sue Clark	274-0784
Newsletter:	Julia Richards	439-7068
	Send news to:	juliagrace@aol.com
Website:	www.albanyquakers.org	

Community Activity and Events

Wed., Feb. 1 -- The Classroom: A Children's Peace Opera 4th and 5th graders of New Scotland Elementary School perform as Israeli and Palestinian students experiencing an average peaceful day at school. Massry Center for the Arts, 1002 Madison Ave. 7 PM Composed by a faculty member of St. Rose. broter2@verizon.net

Thurs., Feb. 3, 6:45 - 8:45 pm, Bethlehem Public Library, 451 Delaware Ave., Delmar, "9/11 - Questions Remain: A reexamination of the tragedy at the World Trade Center". Speakers: Raymond Aumond, Steve Wickham & Michael Rice. Moderator: Mary Finneran. Sponsored by Bethlehem Neighbors for Peace and Veterans For Peace. For information call 439-4673.

Sun., Feb. 6 After Meeting the Earthcare Witness Committee plans to show a very short 15-20 minute film showing how Congregations CAN HELP AFFECT Climate Change "Cool Congregations" Love people and love the planet. Sponsored by Interfaith Power and Light.

Mon., Feb. 7, 6:00 -7:30 pm. Bethlehem Neighbor's for Peace Discussion Group, located at the Perfect Blend Cafe, 376 Delaware Ave (Four Corners), Delmar

Sat., Feb. 12 "Leadbelly" at 7:30 PM, the Solidarity Committee of the Capital District -- in celebration of Black History (1976, 126 min.). Directed by famed black photographer and filmmaker Gordon Parks, the film is a dramatized version of the life of Huddie Ledbetter (better known as "Leadbelly"), one of the greatest American folksingers. Born in the late nineteenth century into an impoverished sharecropping family in the Deep South, Leadbelly lived a hard and brutal life, with two stints on Southern chain gangs and another in a Northern prison. Even so, in this elegiacal film, with its beautiful, dreamlike images, Leadbelly emerges larger than life. His remarkable story becomes one of human triumph over adversity. The film showing -- co-sponsored by Bethlehem Neighbors for Peace and Upper Hudson Peace Action -- will take place in Room B-8 of the First Unitarian Universalist Society of Albany, downtown SUNY campus, Washington Ave. FREE with refreshments provided by the Honest Weight Food Co-op.

Sun., Feb. 13 The "Grannies for Peace" invite all (you don't have to be a Grannie...or Grandpa either) to join our Valentine Vigil on Sunday, Feb. 13 at 3:00 at Colonie Center. Please call Dot Richards at 478-2220 for details. Our theme each year at this time is, "WAR BREAKS GRANNIES' HEARTS". Our goal is to end the war in Afghanistan and all wars. We'll be singing simple Peace Songs to show support and love for our troops and let our government know that we want them home safely and soon.

Events at Powell House

Creativity and Spirituality - Fri., Feb. 4 at 6 p.m. to Sun., Feb. 11 at 2 pm

If art leads you to a deeper spiritual journey or your spiritual journey leads you to be more creative or if you just want to explore the relationship between creativity and spirituality, then this retreat is for you. Through all forms of creativity we find opportunities for deepening our spiritual journey. In a creative community we will delve into the interrelationship between creativity and spirituality through a variety of art forms. In this retreat you will have the opportunity to focus your creativity on the following options: *Quilting *Weaving *Watercolor *Photography. Each area will be led by a specialist, and the time will be rich with worship and creating. The weekend culminates with a whole group sharing of our creative process and our creations. Do you sense a connection between your creativity and your spirituality? Contact: Sharon Koomler, Registrar: sharon@powellhouse.org or contact 518-794-8811 Register: \$240/\$120/\$60. Childcare with 3 weeks notice.

If God is Love, What is Sex? 10th - 12th grades - Fri., Feb. 4 at 6 pm to Sun., Feb. 6 at 2 pm

Some people are looking for God. Some people are looking for sex. Most people are looking for love. How do these things relate to one another? How do they strengthen or disrupt relationships? How do you find what you're looking for and is it what you need after all? Fee \$110

WAITLISTED Me, My Partner, & the Divine - Fri., Feb. 11 at 6 p.m. to Sun. Feb. 13 at 2 pm

Sharing your spiritual life is a way to grow as a couple and deepen your intimacy. But sometimes, it may seem like there is a lot of mystery and uncertainty surrounding spirituality. It can be hard to talk about it, and even hard to hear about your partner's spiritual path. What do you know about your spiritual journey? About your partner's spiritual journey? This weekend will give couples time to explore issues around their spiritual lives, such as: *How does the language we use affect our conversations about spirituality *How do we support each other in our growing spirituality *How do we connect spiritually when we are on different places on the path? *How do we discern where God is leading us as a couple? *What do we do if we feel led in different directions? *Is our life together in harmony with our core spiritual beliefs? *How do we understand our relationship in the context of our spiritual journey?

This is a couple enrichment retreat for couples who want to explore their spiritual path together. Couples will use the couple enrichment model to listen deeply to each other and to the Divine Presence in their relationship. This retreat is for any two people in a healthy, committed relationship, regardless of sexual orientation or marital status. Limited to ten couples. Contact : Sharon Koomler, Registrar: sharon@powellhouse.org; 518-794-8811 Registration: \$480/couple

Lovin' It 8th & 9th grade – Fri., Feb. 11 at 6 pm to Sun., Feb. 13 at 2 pm

Everybody loves chocolate, right? Nope. Hard to believe, but some folks are different. This conference is about love, identity and chocolate...or smoothies or whatever sweet treat it is you do like. It's about knowing yourself, gender identities, who you like and what to do with that knowledge. It's about understanding yourself and others, particularly when you or others are different. Relationships, love and sex make life confusing, but chocolate and smoothies are all about relationships and figuring out how to make life better. Let's open our minds and hearts as we snack together. Fee \$110



Minutes of Meeting for Worship with a Concern for Business — January 9, 2011

Present: Barbara Spring, Mary Lou Baum, Maggy Wiard, Barbara Sinacore, Maud Easter, Dot Richards, Chris Koster, Ed Cady, David Easter, Betsy Voss, Becky Raymond, Sue Clark, Anne Saxton, Barbara Carey, Pat Beetle, Evelyn Maclutsky, John Maclutsky

The meeting opened with a period of worship at approximately 1:40PM.

TREASURER'S REPORT AND FINAL READING OF THE BUDGET – Unrestricted cash on hand as of December 31, 2010 - \$1,269.41. The treasurer's report was approved.

The amount of \$850.00 has been donated for the Liz Pearson fund. The family has been contacted to ask if they wish to have the fund designated for certain purposes. Friends decided to designate the amount listed under Prisoner Support (restricted funds) to Alternatives to Violence for the work in prisons. The 2011 budget was approved with proposed amendments.

COMMITTEE REPORTS:

MINISTRY AND COUNSEL – DRAFT STATE OF THE SOCIETY REPORT – was read and it was proposed to send it by email to the Meeting list serve to ask for comments prior to the due date of Feb. 14. An obituary for Liz Pearson is being prepared to send to Friend's Journal.

TRUSTEES – The carpentry work on the outside of the building has concluded. Two new gas stoves have been purchased to replace the current stove. Most of the cost of the stoves is being covered by the Richards fund.

Friends are reminded to continue to bring food donations for the Food pantry and to leave them in the designated box in the hallway.

GRETA MICKEY'S VISIT MARCH 20 – NYYM Peace Concerns Coordinator Greta Mickey will lead a discussion on peace issues and AFM. Friends discussed the topics and schedule for the day. It was proposed that preregistration be held for the event, in the manner that was done for Quaker Quest.

TWO REQUESTS FOR HOUSING ASSISTANCE have been received and are being shared with the Meeting. One person will be sent the application for the caretaker position. Please contact Betsy Voss if you are able to provide assistance.

Friends are reminded that some members and attenders do not have email access. Nurture and Oversight will make a list of those who do not have email and for whom announcements and letters should be sent by mail.

AFM will have a table at the Martin Luther King Jr. Solidarity Committee celebration on January 17. On Saturday, January 15, 7pm, there will be a Capital Area Council of Churches memorial service in honor of Martin Luther King Jr.

The meeting closed at approximately 2:00 PM with a period of worship.

It Should Be Visible

If from space not only sapphire continents,
Swirling oceans, were visible, but the wars—
Like bonfires, wildfires, forest conflagrations,
Flame and smoky smoulder—the Earth would seem
A bitter pomander ball bristling with poison claws.
And each war fueled with weapons:
it should be visible that great sums of money have been exchanged,
great profits made, workers gainfully employed,
great profits made, to construct destruction, national economies
distorted so that these fires, these wars, may burn
And consume the joy of this one planet
Which, seen from outside its transparent tender shell,

Is so serene, so fortunate, with its water, air,
And myriad forms of "life that wants to life".*
It should be visible that this bluegreen globe
Suffers a canker which is destroying it.

* the allusion is to Schweitzer's phrase:
"I am life that wants to live, among other
lives that want to live."

- Denise Levertov



FCNL Corner Friends Committee on National Legislation

FCNL Statement on Tucson Shooting Rampage of January 8, 2011

We at the Friends Committee on National Legislation (FCNL) share with others across our nation the shock and sorrow evoked by the January 8 rampage shootings in Tucson, Arizona. We express our grief and extend our condolences to the survivors and to the families of all the victims of this attack directed at Representative Gabrielle Giffords. We hold in the Light all those affected by this tragic event.

The shooting rampage appears to have been the act of a single disturbed person. His actions take place, however, in a culture where violence and demonization of those with whom we disagree appear to prevail. When violent metaphors permeate our society's discourse, we risk making violence more acceptable. Verbal violence, even if used without ill intent, may sow the seeds of hate and physical violence.

The shooting rampage in Tucson may point to the woeful state of mental health care across the United States. News reports indicate that many people were concerned that Jared Loughner, the 22-year-old charged in this attack, was mentally unstable and that he might become violent. Mental illness does not justify or excuse this heinous crime, but it may help us to understand why the congresswoman was attacked. We wonder whether proper treatment could have prevented the attack.

The shooting also illustrates the lax state of U.S. gun control laws. The shooter was able to purchase a semiautomatic handgun, extended ammunition clips, and ammunition. We urge more reasonable laws to regulate the sale of weapons and ammunition for the security and freedom of our society. Gabrielle Giffords was shot while doing what she is supposed to do as an elected member of the U.S. Congress: meeting with her constituents and listening to their concerns. In the wake of this tragedy, it is understandable that our elected leaders, their staff, and others are more aware of the risk this activity presents. One response would be to further restrict access to our policymakers in the name of security. We urge our leaders to remember the importance of openness and access as part of the democratic political process and to focus their response on the root causes of this kind of violence. Improved community-based mental health care and reasonable licensing of guns and control of ammunition, rather than increased personal security for members of Congress, might make a difference.



House Gearing Up to Cut UN Funding

In the House Foreign Affairs Committee, new members are voicing doubt about the ability of international cooperation to prevent violent conflict.

This week, the committee hosted a briefing called "The United Nations: Urgent Problems that Need Congressional Action," during which several members of Congress threatened to withhold UN funding in order to force reform measures. Although this committee doesn't control the appropriations for US contributions to the UN, it does authorize funding levels and guide policy toward the UN. When spending cuts are looming, the foreign affairs budget, including U.S. funding for the UN, is often the first to be slashed. The new chair of the House committee, Rep. Ros-Lehtinen (FL), has made clear that she wants to cut international affairs funding.

The Friends Committee on National Legislation (www.fcnl.org), the oldest registered religious lobby in Washington, is a non-partisan Quaker lobby in the public interest. FCNL works with a nationwide network of tens of thousands of people from every state in the United States to advocate for social and economic justice, peace, and good government.

How to Save a Trillion Dollars



We're hearing a lot about the need to cut government spending as part of various plans to create jobs and make the U.S. more competitive. Much of the debate is focused on cuts to domestic programs, yet the real money is in the Pentagon.

Leaders from across the political spectrum, including former Secretary of State Colin Powell, Rep. Barney Frank (MA), and Sen. Tom Coburn (OK), agree that Pentagon spending should be on the table if Congress needs to cut the federal budget.

Please help our FCNL community put Pentagon spending back on the table. The president's bipartisan Sustainable Defense Task Force on Pentagon spending identified nearly \$1 trillion in potential cuts in Pentagon spending over the next ten years. Members of Congress from both political parties say dramatic cuts in Pentagon spending are necessary. So far, the president and Congress are simply talking about slowing the growth in Pentagon spending, rather than making real cuts.

Write a letter to the editor of your local newspaper encouraging your elected officials to make real cuts in Pentagon spending and invest that money in improving the real security of the United States at home and abroad.

727 Madison Avenue
Albany, N.Y. 12208

518-436-8812

Webb Page <http://www.albanyquakers.org>

If you have a friend who might be interested in Quakers please share this newsletter with them. If you prefer to be taken off this mailing list, send a request to juliagrace@aol.com or postcard to above address.

Weekly Peace Vigil

Every Wednesday from 12-1PM

In front of the Capitol, at State and Eagle Street. Sponsored by Albany Friends Meeting and Peace Action.

Everyone Welcome



Advice and Queries for February

Diversity

As Friends, we respect the wide diversity among us in our backgrounds, circumstances, and conditions. We seek to refrain from making prejudicial judgments about the choices of others. Let us seek points of connection and convergence, rather than points of conflict and opposition. Let us also cherish those differences that enrich us. Our commitment to diversity invites us to speak to what we know to be uniquely true in our own lives as well as to learn from others. Do we welcome diversity of culture, language and self-expression in our Meeting? Do we nurture a spirit of mutual understanding? Do we acknowledge the value of sharing our differences as well as our similarities?

Enriching Vocal Ministry for February

The intent of all speaking is to bring into the life, and to walk in, and to possess the same, and to live in and enjoy it, and to feel God's presence.

George Fox, 1657