

# Albany Friends Meeting Newsletter

June-July  
August

2010

## 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

### June

- Sun., June 6, 10:00 am Faith and Practice-Topic: "Simplicity"  
(Coffee at 9:45; childcare provided)
- Sun., June 6, 12:45 pm Earthcare Witness Committee
- Sun., June 6, 1:00 pm First Day School picnic at Becky Raymond's house, Averill Park
- Sat., June 12 Work Day at the Meeting House
- Sun., June 13, 12:45 pm Meeting for Worship With  
A Concern For Business
- Sun., June 20, 12:30 pm Rise of Meeting Luncheon
- Sun., June 27, 10:00 am Hymn Sing
- Sun., June 27, 6:00 pm Open Circle Folksing

### July

- Sun., July 4, 10:00 am Faith and Practice-Topic: "Simplicity"  
(Coffee at 9:45; childcare provided)
- Sun., July 4, 12:45 pm Earthcare Witness Committee
- Sun., July 18, 12:30 pm Rise of Meeting Luncheon
- Sun., July 25, 10:00 am Hymn Sing
- Sun., July 25 12:45 pm Meeting for Worship With  
A Concern For Business
- Sun., July 25, 6:00 pm Open Circle Folksing

### August

- Sun., Aug. 1, 10:00 am Faith and Practice-Topic: "Simplicity"  
(Coffee at 9:45; childcare provided)
- Sun., Aug. 1, 12:45 pm **Earthcare Witness Committee**
- Sun., Aug. 15, 12:30 pm Rise of Meeting Luncheon
- Aug. 16—20 Peace Week
- Sun., Aug. 22, 10:00 am Hymn Sing
- Sun., Aug. 22 There will be no Business  
Meeting in August
- Sun., Aug. 22 6:00 pm Open Circle Folksing

## Friday Movies at the Meeting House

Come join and relax with kid-friendly  
movies and popcorn at 6:30 p.m.



June 18 Amazing Grace (2006) Rated PG  
Based on actual events, this historical  
drama from acclaimed director Michael Apted tells  
the story of William Wilberforce (Loan Gruffudd), an  
18th-century English politician who fought for the  
abolition of slavery. Despite staunch opposition,  
Wilberforce waged an aggressive campaign using boy-  
cotts, petitions and slogans to bring the British slave  
trade to a decisive end. Albert Finney, Michael Gam-  
bon and Rufus Sewell co-star.

July 16 A Woman Called Moses (1978) NR (200 min.)  
Narrated by Orson Welles, this 1978 made-for-TV  
movie stars Cicely Tyson as Harriet Tubman, who  
founded the Underground Railroad. At the risk of  
being recaptured, the abolitionist and former slave  
helped hundreds of enslaved African-Americans find  
their way to the freedom of the promised land: the  
northern states. Tubman also conducted reconnais-  
sance for the Union Army and later became influential  
in the women's suffrage movement.

August 20 Souder (1972) Rate G (104 minutes)  
Cicely Tyson and Paul Winfield both earned Academy  
Award nominations for their performances in direc-  
tor Martin Ritt's poignant drama about the trials and  
tribulations of a family of black sharecroppers living in  
the deep South in the 1930s. Based on William H.  
Armstrong's Newberry Award-winning novel, 1972's  
Souder also earned Oscar nods for Best Picture and  
Best Adapted Screenplay

Sept 3 Pride (2007) Rated PG (109 minutes)  
In this uplifting sports film based on a true story,  
coach Jim Ellis (Terrence Howard) changes lives and  
shocks his Philadelphia community when, aided by a  
janitor (Bernie Mac), he sets out to form the city's  
first black swim team. The story follows Ellis as he  
recruits teens in one of Philly's toughest areas and  
transforms the streetwise youths into a championship  
squad. But the odds are against them as they battle  
rigid rules and racism.

**Whom to call with questions**Notes from Pat:

- Pot Luck. When you bring a dish for potluck, remember to bring food for the Food Pantry at Sacred Heart Church in North Albany.
- Opportunities to help the homeless families at Schuyler Inn – with donations to the Schuyler Closet ( household items); money for camperships for AME Israel Church Day Camp and help with social activities.
- Donations for Fondwa, Haiti. Especially needed are construction materials, but also school supplies, food, summer clothing, medicine, etc. Deadline extended to June 18.

We thank Friends for your support and best wishes on the celebration of James' May 1 Bar Mitzvah. We are so thankful that we have Friends to share this special event with.

*Julia Richards & David Barnet*

Clerk:	Betsy Voss	273-1840
Assistant Clerk:	Becky Raymond	674-0344
Trustees:	Judith Fetterley	475-1773
Ministry & Counsel:	Dot Richards, <i>Co-Clerk</i>	478-2220
	Stacie Faraone, <i>Co-Clerk</i>	439-8397
Nurture & Oversight:	Steven Taylor-Roth	280-0396
Advancement & Outreach:	Ed Cady, <i>Co-Clerk</i>	496-9467
	Hope Stansfield, <i>Co-Clerk</i>	413-695-7104
First Day School:	Kathleen Packard	966-4144
Building Use By Outside Group:		
Paula McConnell & Kurt Seitz:	<b>caretaker@albanyquakers.org</b>	
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**

Thurs., June 3 6:45- 8:45 PM Film at Bethlehem Library, Delaware Ave. "Coal Country".

Fri., June 4 5:30 PM 8th Annual Children's Memorial Day Flower Vigil- Remembering Israeli and Palestinian Children Killed in the Middle East. At the Moses Statue Washington Park. Bring a flower in remembrance.

Tues., June 8 to Tues., June 15 Weeklong Farm Workers Justice Vigil in Capitol Park from 10 to 6 PM each day.

Mon., June 14 Capital Area Council of Churches Spring Assembly, Macedonia Baptist Church, 172 No. Allen St., Albany. 5:30 PM Registration; Dinner 6:15 PM Reservations required by contacting the CACC office 482-5450 by June 10. 7:30 PM Program which includes M L King Scholarships, Hogencamp Seminary Scholarships and the Jim and Pearl Campbell Peace and Justice award. ALSO A FAREWELL TO THE RETIRING EXECUTIVE DIRECTOR REV. JOHN U MILLER WHO HAS SERVED IN THAT CAPACITY ADMIRABLY FOR ALMOST 10 YEARS. INTERFAITH PRAYER SERVICE.

Tues., June 15 Farm Worker Lobby Day in Albany. Briefing at Westminster Pres. Church 10:30 AM, March, Rally, protest at offices demand that Senators pass S 7787 Farm Workers Fair Labor Practices Act.

June is Refugee Month - Events from June 4 First Friday Refugee Art Showcase to June 19 World Refugee Day Picnic. Info. at [www.RefugeesAlbany.org](http://www.RefugeesAlbany.org) (See details on page 4.)

Sat., June 19 — A Troy Outing for Albany Friends Meeting—ART EXHIBIT 1:30 – 2:15 Rensselaer Historical Society, A Fugitive Slave Rescued: Paintings of Charles Nalle by Mark Priest. RCHS is located in the Joseph B. Carr Bldg., 57 Second St, Troy. 150 years ago, on April 26, 1860, escaped slave Charles Nalle was kidnapped from a Troy bakery and taken to the District Circuit Court at State and First Streets where he was to be sent back to Virginia under the Fugitive Slave Act. Hundreds of people, including Harriet Tubman, rushed to the site where a riot ensued, allowing Nalle to escape across the Hudson to West Troy and ultimately to his freedom. Internationally known artist Mark Priest has worked with RCHS staff and collections to research the rescue and create a series of evocative paintings and drawings that tell its story.

June 22-26 US Social Forum in Detroit for info. <http://organize.ussf2010.org/workshops/advanced-search>

July 23-25 National Peace Conference in Albany at Crown Plaza Hotel. Co-sponsored by the major peace organizations and many of their leaders attending and speaking including Noam Chomsky, Cindy Sheehan. Medea Benjamin, Kevin Martin. Register at <http://nationalpeaceconference.org>

Contact Pat Beetle for specifics on any of the above. [paxpat@nycap.rr.com](mailto:paxpat@nycap.rr.com) or 477-4004

## Events at Powell House

### Toward An Inclusive Community: Fit For Freedom, Not For Friendship

Fri., June 4 at 6:00pm to Sun., June 6 at 2:00 PM

In this workshop, we will look at how we can use our shared learning to transform ourselves, and, ultimately, the Society of Friends. Using the book's Epilogue, "Toward an Inclusive Community," we will plan specific ways to work for racial justice. The goal is to develop steps that can be implemented by individuals and meetings. Contact : Sharon Koomler, Registrar: 518-794-8811, ext. 10; [sharon@powellhouse.org](mailto:sharon@powellhouse.org); Register by May 20th: \$220 adults; \$110 commuters and ages 13-22; \$55 infants thru 12. After May 20: \$240/\$120/\$60

### Doulas' Gathering and Retreat Thurs., June 10 - 6:00 pm to Sun., June 13 at 2:00 pm

Susanrachel Condon (some know her as Birdie), a member of New Paltz Monthly Meeting and a mother of three children, is a Doula and has a desire to pass her knowledge and experience along to others. If you, someone you know...or both!...have an interest in pursuing this method of birthing, please let Susanrachel know--she is hoping to share with as many people as she can! Contact : Susanrachel Condon: [susanrachel.condon@gmail.com](mailto:susanrachel.condon@gmail.com) Please contact Susanrachel for registration and other details.

### Fur, Feathers and Scales ..... 4th–5th Grades Fri., June 11 at 6:00 p.m. – Sun., June 13 at 2:00 p.m.

Fur, feathers and scales. Fish, frogs and snails. Questions, answers and tall tales. We will seek out the animals that live around Powell House in the fields, woods and water. Try to catch a fish in your hands. Follow a mouse trail in tall grass. Call back to the birds in the bush. We will growl, hoot and howl with each other to share the lessons we learn. Fee \$110; Contact : [chrisandmike@powellhouse.org](mailto:chrisandmike@powellhouse.org)

### Unwinding ..10th to 12th Thurs., July 8 at 6:00 p.m. to Sun., July 11 at 2:00 pm.

A long weekend for unwinding ending with an all-night movie festival. Beginning Thursday, bask in the warmth of PoHo friendships and spirit. There will be workshops plus time to reflect, to play, and to converse. Participation will be limited to 25. Priority will be given to those who've attended one or more conferences during the year. What movies would you suggest? Fee: \$150 (3 Nights); Contact: [chrisandmike@powellhouse.org](mailto:chrisandmike@powellhouse.org)

### On The Way To Silver Bay Fri., July 16 to Sun., July 18

Last summer, several of us met on the weekend that NYYM's annual sessions began at Silver Bay. We had such a good time that we're doing it again--opening up Pitt Hall, the ACC, and the campground. We'd love to see you whether you're going on to Silver Bay or not. It will be a weekend filled with visiting, playing Ultimate Frisbee, blowing bubbles, singing, playing board games, quilting, swimming, and even doing work projects. But...it will be more than that too! It was 50 years ago this summer that Elsie Powell gave the 57 acres to New York Yearly Meeting--the beginning of Powell House as we know it. Can you believe it?? Come with stories to contribute to the oral history of Powell House and share PoHo games and songs from the 60s, 70s, and beyond. Contact: Sharon Koomler, Registrar: 518-794-8811, ex 10; [sharon@powellhouse.org](mailto:sharon@powellhouse.org). 2 nights: \$200 families, \$100 singles, commuters, and campers; 1 night: \$100 families, \$50 singles, commuters, and campers.

### Spiritual Healing: Our Annual FIPSH Weekend - Fri., Aug. 6 at 6:00 p.m. – Sun., Aug. 8, 2010

On this intergenerational weekend Powell House will be host for a number of experienced spiritual healers attending our annual FIPSH weekend--Friends Involved in the Practice of Spiritual Healing. Are you curious about spiritual healing? Come, see, hear, and experience. Experience Spiritual Healing for yourself, share the experience with others. If you're already involved in this practice, this is an opportunity to connect with other Friends doing this work, sharing ideas and learnings with one another. Contact: Sharon Koomler, Registrar: 518-794-8811, ext. 10; [sharon@powellhouse.org](mailto:sharon@powellhouse.org)  
Register by July 15th: \$220 adults, \$110 ages 13-22 and commuters, \$55 infants-12; After July 15th: \$240/\$120/\$60. Children's Program and Childcare with three weeks notice

### Feeding The Fire Series IV: Different Ways In Fri., Aug. 20 at 6:00 p.m. to Sun., Aug. 22 at 2:00 P.M.

"In silence of the mind, in which one is simply aware of what is, without comment, all believers can suspend their opinions and together contemplate reality." - Alan Watts

This fourth workshop of the Feeding the Fire series will examine ways of centering into contemplation that lead us out of our verbal minds and into the ineffable experience of Divine Presence. Using sound, movement, and vision as doorways, we will explore a scripture of the senses that will infuse our shared worship with delight, joy, grief and gratitude. Friends are invited to bring creative projects, art supplies, needlework, musical instruments and open hearts.

Contact : Sharon Koomler: 518-794-8811 ext. 10; [sharon@powellhouse.org](mailto:sharon@powellhouse.org); Register by Aug. 5th: \$220 adults, \$110 ages 13-22 and commuters, \$55 infants-12; After August 5th: \$240/\$120/\$60.

### Minutes of Meeting for Worship with a Concern for Business — April 11, 2010

The meeting began with worship at approximately 12:55PM.

Present: Pat Beetle, Maggy Wiard, Margaret Smith, Cinda Putman, Pierre Douyon, Tom Mancuso, Barbara Mancuso, David Easter, Maud Easter, Carol Barclay, Anne Saxton, Sue Clark, Mary Lou Baum, Ed Cady, Betsy Voss, Becky Raymond

- Treasurer's report was shared and accepted. If a check is sent for the capital campaign please label it as such. Unrestricted checking account cash on hand: \$2,794.16. Checking account cash on hand: \$6,143.16.
- FCNL Priorities – Meeting is asked to choose 5 of the 8 priorities. Friends discussed the priorities and Betsy will report to Julia who is authorized to act on behalf of AFM on the discussion.
- First Reading of the slate of Trustees

Peace Week Committee Update – A request has been made to NYYM's Witness Coordinating Committee for financial support for Peace Week interns. A letter of support for Peace Week from Victor Anderson was read and will be sent to accompany our letter to the Witness Coordinating Committee. There is a need for volunteers for Peace Week.

Peace and Service Committee – reminder that Meeting is still collecting food for the Sacred Heart Church in North Albany. There is a box for donations in the front hall. An announcement was made about opportunities to take part in the up-coming conference in NYC, May 1 on the nuclear non-proliferation treaty and the rally May 2.

Outreach and Advancement – T-shirts, bumper stickers and mugs with the *Got Friends?* logo are now available through Café Press.org. Discussion was held within O&A regarding the possibility of establishing a worship group for people of color under the care of Albany Friends Meeting. This has the support of the O&A committee.

A Minute of Support from AFM was read and approved for Paul Rehm's work to establish a religion-based dialogue among Quakers, Mennonites, members of Hamas and members of Fatah.

Upcoming Dates:

- Sun., April 25: Northeastern Regional Meeting at Adirondack Meeting
- Sat. and Sun., April 23 and 24: Good Stuff Sale to Benefit Capital Campaign
- Sun., June 6 – tentative date for the 3<sup>rd</sup> remembrance taping
- May 1 – James Richards Baret's bar mitzvah is May 1. RSVP's for those wishing to attend are due today (April 11) to Julia Richards.

Visitation: NYYM has asked AFM to visit Schenectady Meeting, 930 Albany St., Schenectady. Friends are encouraged to visit for worship or to take part in events sponsored by Schenectady meeting. Their worship begins at 10:00. The meeting ended with worship at 1:55 PM. Betsy Voss, Clerk, Paula McConnell, Acting Assistant Clerk

### World Refugee Day, June 20

Communities around the globe come together to honor the struggles and accomplishments of refugees – individuals and families who have been forced to flee their homes due to war and persecution.

Hundreds of these families from Burma, Iraq, Sudan, Bhutan, the Congo, and many other countries have started new lives in the Capital Region. We invite you to meet your refugee neighbors at a series of events throughout the month of June, which has been declared "**Celebrating our Refugee Neighbors Month**" by the Albany Common Council.

Refugee Month events will feature local refugees sharing stories, songs, and works of art that present their rich cultures, their tremendous courage, and their diverse contributions to our region.

- June 4: *Refugee Colors*: An Albany First Friday Event
- June 5: Breakfast and Freihofer's Walk to support local refugees
- June 8 - 17: Meet Your Newest Neighbors: Refugee Community Gatherings

Featuring refugees from:: Bhutan: Tues/8th @ Albany Main Library; Sudan and Congo: Wed/9th @ Delaware Branch Library; Burma: Mon/14th @ Albany Free School, 8 Elm Street; Iraq: Tues/15th @ Pine Hills Branch Library; Burma: Thurs/17 @ Rensselaer Public Library

- June 19: World Refugee Day Picnic

Contact USCRI to learn more: 518-459-1790 - [info@uscra-albany.org](mailto:info@uscra-albany.org); [www.RefugeesAlbany.org](http://www.RefugeesAlbany.org)



## Minutes of Meeting for Worship with a Concern for Business — May 23, 2010

The meeting began with worship at approximately 12:45 pm.

Present: David Easter, Maud Easter, Chris Koster, Ed Cady, Maggy Wiard, Betsy Voss, Becky Raymond, Donn Fichter, Barbara Cary, Ruth Stewart, Cinda Putman, Paula McConnell, Pat Beetle, Margaret Smith

- The Treasurer's Report was shared and accepted. Unrestricted checking account cash on hand May 22, 2010 is \$1,066.42.
- Albany Friends Meeting has been asked to host Northeastern Regional Meeting Sunday, October 24. Friends agreed.

### **Committee Reports:**

**Nominating** - Second reading of the Trustee's slate was read and approved. Discussion was held regarding the role of "consultants" to Trustees. Friends spoke in favor of allowing non-members to be consultants on Trustees to encourage diversity and inclusiveness. Also, consider the possibility that a given consultant might have the opportunity to participate in all the meetings of the Trustees. It will be up to next year's Nominating Committee to address this, as no consultants are named this year because none have been identified.

The first reading of the committee slate was read and will be posted by email. Comments should be sent to Chris Koster. The second and final reading will be held next month.

**Ministry and Council** – Cleveland Monthly Meeting has developed a Discipline for Meeting for Worship with a Concern for Business. Ministry and Council will read two disciplines from this list each month as a guide to those attending Business Meeting.

**Peace and Service** – Sacred Heart food pantry will be in even greater need for food donations during the summer due to children being out of school. A suggestion was made to make Pot Luck Sunday "food donation Sunday" so Friends will remember to bring food at least once a month. Westminster Presbyterian church includes Albany Friends Meeting as a helping congregation due to our Christmas donations. A list was shared of needed volunteer service opportunities and donation opportunities. Clerk read a letter from Greta Mickey, the NYYM Peace Concerns Coordinator, which includes a survey for the Meeting regarding peace making. Greta offered to visit Meetings to share worship and to speak about the work of peacemaking. She hopes to create a place online "... where we can all share information about what other meetings and regions are doing as they do the work of peacemaking and to facilitate connections between meetings and individuals as they do the work."

**Peace Week** – Our grant request for \$1000 for stipends for Peace Week Interns was approved by the NYYM Witness Coordinating Committee. Katja Rehm has volunteered to staff the kitchen for Peace Week. She requests another volunteer work with her.

**First Day School** – There is need for a new child care provider. Betsy has contacted HVCC and St. Rose to find out how to advertise with them for the position. She will post an announcement on their listserves. A suggestion was made to also post the announcement through the Refugee Center. The Meeting House phone # and email will be used as contact for inquiries.

- Representatives are sought to attend a meeting (date to be determined) for Friends carrying a concern about the vitality of regional/quarterly/half-yearly meetings. Cinda Putman has volunteered to attend.
- The remembrance taping is postponed to a date later in the summer.
- The First Day School picnic is Sunday, June 6. Directions will be sent out.
- Pot luck will be held as scheduled on the third Sunday in June.
- The next business meeting is Sunday, June 13, 2010. A volunteer is needed to take minutes since Becky will be clerking the meeting. Please contact Becky Raymond if you are able to volunteer.

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

Betsy Voss, Clerk

Becky Raymond, Assistant Clerk



## FCNL Corner Friends Committee on National Legislation

### Priorities for the 111th Congress

For 65 years, the Friends Committee on National Legislation (FCNL) has brought the spiritual experience of the Religious Society of Friends (Quakers) to bear on federal legislative processes and public policy decisions. Every two years we consult with Quaker meetings, churches, and organizations around the country to help discern priorities for our lobbying and public education work during the next Congress.

More clearly than ever before, Friends recognize that the critical and interconnected issues of energy and environment relate not only to climate change, but also to war, military spending, the nation's budget, and the capacity of the United States to meet domestic human needs and invest in the well-being of vulnerable populations abroad. We are called to redefine the human and national security of the United States to include freedom from deadly conflict, freedom from abuse of power, assurance of basic human needs, and protection of the Earth's commons - the air, land, and water on which all life depends.

At this historic and hopeful moment, FCNL selects the following priorities for our legislative work and public education during the 111th Congress.

- I. We seek a world free of war and the threat of war: Build U.S. government capacity for peaceful prevention and resolution of deadly conflict. Actively support the United Nations and multilateral problem solving, including respect for international law and treaties. Promote arms control, disarmament, and nuclear nonproliferation. Seek U.S. ratification of and compliance with bans on nuclear testing, cluster munitions, and landmines.  
Work for demilitarization of U.S. foreign policy and aid programs. Urge reductions in the overall military budget and in worldwide U.S. military operations. Emphasize joint aid, civilian peace building, and regional diplomacy, especially in relation to Iran, Iraq, Afghanistan, and Pakistan. Promote fulfillment of U.S. moral and legal obligations for reconstruction.  
Press for the removal of U.S. bases and combat forces from Iraq.
- II. We seek a society with equity and justice for all: Support the restoration of full civil liberties and habeas corpus protections for all persons. Oppose torture and secret prisons. Promote human rights around the world especially through international institutions and law.  
Support immigration reform that respects the rights and dignity of all immigrants; demonstrates compassion for families; protects children, asylum seekers, and other vulnerable persons; realistically addresses the need for foreign workers both temporary and permanent; and provides practical pathways to legal residency and citizenship. Urge Congress to demilitarize U.S. borders.  
Promote and preserve tribal sovereignty of indigenous peoples within the United States. Support legislation that respects their rights, promotes their well-being, honors treaty commitments, and fosters understanding.
- III. We seek a community where every person's potential may be fulfilled: Support the government's constitutional role "to promote the general welfare" by urging Congress to provide adequate resources for human security and the public good. Support programs to alleviate poverty and address pressing human and community needs, such as food, housing, education, and opportunities for meaningful employment. In particular, we call for equitable access to health care.
- IV. We seek an Earth restored: Support bold and immediate measures to counter global climate change and assist threatened human populations at home and abroad. Promote deep, quick, and fair reductions in U.S. greenhouse gas emissions through regulation and incentives for energy conservation and efficiency, accelerated development and use of renewable energy resources, sustainable agriculture, public transportation, and other effective means.  
Support establishment of and compliance with multilateral environmental agreements that promote equity and sustainability.

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As way opens, FCNL will continue Friends' long-standing witness for rights of conscience, an end to institutional racism, criminal justice reform that includes principles of restorative justice and abolition of the death penalty, and a just and lasting peace in the Middle East through equitable treatment of Israelis, Palestinians, and their neighbors.

FCNL's work will be based on legislative opportunity, specific expertise and leadings, and available resources. FCNL's Policy Statement gives it the flexibility to respond to crises and important legislative opportunities.

In establishing these priorities for the 111th Congress, we are encouraged by the past successes of FCNL's efforts to influence federal policy and by the strong community of Friends and other like-minded people engaged in this work.

As we work to find solutions to these complex problems, Friends continue to seek Divine guidance, renewed strength, and hope.

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](mailto: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 June, July and August**

**On Simplicity** (June) Right priorities, lack of clutter, and balance allow time and space to be receptive to Spirit. Do we practice simplicity in our daily lives? Do we avoid unnecessary complications? Do our lives give witness to the right ordering of priorities? Do we attend to the effect of our choices on the global environment?

**On the Integrity Testimony** (July)  
We are called to a genuineness of life and speech that leaves no room for deceit or artificiality. Devotion to truth requires openness and honesty in all our relationships. Fulfilling what we deem to be our moral responsibility may involve us in taking unpopular stands. Are we honest and truthful in all we say and do? Do we maintain strict integrity in our dealings with individuals and organizations? Do we resist letting the desire to be agreeable or accepted determine our decisions? Are we prepared to advance the cause of truth by simple affirmation rather than swearing an oath? If we are pressured to lower our standard of integrity, are we prepared to resist it?

**On Patterns** (August)  
How do our lives speak to these words of George Fox: "Be patterns, be examples in all countries, places, islands, nations, wherever you come, that your carriage and life may preach among all sorts of people, and to them; then you will come to walk cheerfully over the world, answering that of God in everyone." What helps us to "...walk cheerfully over the world, answering that of God in everyone"?

### **Enriching Vocal Ministry for June, July and August**

**June:** Invite God to speak to you, exercising the discipline of listening. Visualize hearing God's voice, seeing God's face, hearing God's voice, seeing God's face, knowing God's truth and call for you personally. Be ready to risk being obedient to God's leading, whether to remain silent (a personal word from God) or to bring a spoken message to your faith community. *From "What happens in the Silence" by Kara Kewell*

**July:** Vocal ministry should arise out of a sense of being inwardly moved to share a message aloud. Sometimes a message is not ripe yet, or comes clearly but is meant only for the person receiving it, not for the group. Some Friends are led to speak frequently, and others only rarely; yet the timid or brief message of one who seldom speaks may be as moving and helpful as that of a more practiced speaker. The experienced speaker should be watchful not to speak too often or at undue length. No Friend should come to meeting for worship with an intention to speak or not to speak. *Baltimore Monthly Meeting's "Advices: The Life of the Spirit"*

**August:** Ministry is what is on one's soul, and it can be in direct contradiction to what is on one's mind. It's what the Inner Light gently pushes you toward or suddenly dumps in your lap. It is rooted in the eternity, divinity, and selflessness of the Inner Light; not in the worldly, egoistic functions of the conscious mind. *Marriane McMullen, 1987*