



Albany Friends Meeting Newsletter

May

2009

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., May 3, 10:00 am **Faith and Practice**
Coffee at 9:45; childcare provided
- Sun., May 3, 7:00 pm **Folk Music Group**
- Thur. May 14, 7:00 pm **Meeting For Worship With
A Concern For Business**
- Sat., May 16, 4:00 pm **Pot Luck Supper in honor of
Kurt Seitz**
- Sun., May 17, 12:45 pm **Rise of Meeting Luncheon**
- Sun., May 17, 7:00 pm **Folk Music Group**
- Sun., May 24, 10:00 am **Hymn Sing**

NOTES:

Message from Barbara

Our meeting needs volunteers to participate in an ad hoc committee to Nurture and Oversight. Members of this committee will consider barriers to the participation of gays and lesbians in our community and how we might make our meeting more welcoming.

Anyone interested in participating in this committee should contact Barbara Mancuso at 381-8860 or bmancuso@verizon.net

Great news from Paula and Kurt

He did it! Please join us for a Graduation Celebration honoring Kurt, newly-minted planner with a Masters in Regional Planning. Food, games, music, and noticeable relief will entertain us all. Please bring an item for a pot-luck supper. Organization help appreciated. May 16th, 4:00 - 7:00 pm

Albany NY CROP Walk – May 3, 2009

May 3, 2009 is the date for the annual CROP Hunger Walk in Albany. CROP is an interfaith hunger education and fundraising program of [Church World Service](http://www.churchworldservice.org). The acronym CROP stands for Communities Responding to Overcome Poverty. The first CROP Walks took place in the late 1960's. Today nearly 2,000 communities throughout the United States hold fund raising walks each year, earning over \$3.7 million for local hunger relief agencies, according to the Crop Walk website. The Albany CROP Walk is sponsored by the [Capital Area Council of Churches](http://www.capitalareacouncilofchurches.org), an active interfaith council in the Capital Region. Last year some 600 walkers participated, raising \$92, 262. 25% of the money raised went to Food Pantries for the Capital District, a coalition of 45 food pantries in Albany and Rensselaer counties. The remaining money raised was used by Church World Service and partner agencies for relief and development programs in 80 countries.

The 2009 Crop Walk will begin and end at First Lutheran Church on 181 Western Avenue in Albany. Registration is in the large building behind the church from 12:30 to 1:15 p.m. Walkers step off at 1:30 p.m. Walkers can take a 4.5 mile loop through the city with regular rest stops and refreshments. There will be a shorter "Golden Mile" loop as well. Walkers have obtained sponsors who give money pledges to walkers. Rest stops and refreshments are provided along the way.

Church World Service is a cooperative ministry of 35 Protestant, Orthodox, and Anglican denominations, providing sustainable self-help and development, disaster relief, and refugee assistance in some 80 countries.

To sign up to walk, please see **Bob Willower** after meeting.

For more information on Church World Service, check out their website at www.churchworldservice.org.

“War is Not the Answer” Lawn Sign

Julia Richards is now distributor for War is Not the Answer lawn signs from Friends Committee on National Legislation (FCNL). If you would like a sign please phone her at 439-7068.





Caretakers' Corner

We now have a compost bin in the backyard! If you would like to compost your fresh food scraps, we have small buckets with instructions available for pick-up on the back porch after Meeting. Return the filled bucket to the porch and pick-up a clean one to take home. Easy!



The Return of Work Day!

Help spring clean the house and prep for summer. Join us on **June 6th** for fun, fitness and food. We'll start at 9:30 am (ish) and finish when the work (or we) are done. Bring something for the pot-luck

Whom to call with questions

Clerk:	Barbara Mancuso	381-8860
Assistant Clerk	Bob Willower	426-1466
Trustees:	Maggy Wiard	235-8102
	Cinda Putman	426-9401
Ministry & Counsel:	Dot Richards	478-2220
	Stacey Faraone	439-8397
Nurture & Oversight:	Carol Barclay	283-3903
First Day School:	Bob Willower	426-1466
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
Quaker Music Group:	Roger Allen	766-4704
Newsletter:	Gloria Douyon	784-2002
	Julia Richards	439-7068
Send news to:	newsletter@albanyquaker.org	
	juliagrace@aol.com	
Website:	www.albanyquakers.org	

Community Activity and Events

May 1 Friday, Church Women United – May Friendship Day- Pot luck lunch, Fellowship of the Least Coin, at First Presbyterian Church, State and Willett Registration 11:30 AM.

May 1 Friday, May Day – Labor Festival for worker rights, health care and ending the wars. Music, food and drink at Prospect Park in Troy 6 – 9 PM

May 3 Sunday CROP WALK leave from 1st Lutheran at 1:30PM (5 k or 1 mile) Raise money for Church World Service- ¼ of which helps hungry people here and the rest goes to many countries overseas.

May 4 Monday Peace Action Annual Dinner at First Church (opposite Palace Theatre) Pot Luck Fundraiser. Suggested donation \$25 (More if you can, less if you can't.) Speaker Col. Anne Wright, who served in both the military and diplomatic posts in many countries.

May 5 Tuesday Earth Day Lobby Day Program 9:30AM to noon, lobby visits in the afternoon. Subjects- e-waste recycling, wetlands protection, global warming, SEQRA standing. To register www.nypirg.org/enviro/lobbydaysignup.html or 436-0876

May 12 Tuesday Council of Churches Peace and Justice Forum 12:15 to 130PM 646 State St. Bag lunch Panel on FORECLOSURE.: A FAITH COMMUNITY RESPONSE SPEAKERS- STEPHANIE GALVIN, COUNSELING MGR. OF ALB. COUNTY RURAL HOUSING ALLIANCE AND Maria Marcovics Co Dir. of United Tenants.

May 15 Friday Friar Louis Vitali will speak in Albany “ Love Your Enemies Even if They Have Nukes.” Check with Pat Beetle for time and location.

Quaker Events At Powell House

ME, MY PARTNER & THE DIVINE Our Spiritual Path and Our Relationship as a Couple—Mary Kay Glazer and Mark Moss 5/1/2009-5/3/2009 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 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 in 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 couples in a healthy, committed relationship, regardless of sexual orientation or marital status. Limited to ten couples. Mary Kay Glazer and Mark Moss live in Ticonderoga, NY, and have been leading Couple Enrichment retreats for ten years. They are members of Rochester NY Monthly Meeting and attend Middlebury VT Monthly Meeting and the Ticonderoga Worship Group. Rochester Monthly Meeting and New York Yearly Meeting support Mark and Mary's ministry as released Friends. Register by Apr 20th: \$400/couple, \$200/couple who commutes After April 20th: \$440 Children's Program/Childcare/3 wks

LISTENING FOR MUSES—Vonn New 5/8/2009-5/10/2009 The experience of union with the Divine that happens to us in Meeting for Worship goes beyond what words can express or the verbal mind can grasp. In this workshop, we will explore Meeting for Listening, a form of unprogrammed worship that invites ministry in the form of improvised music, movement and other forms of expression in addition to vocal ministry. We will use simple instruments and our bodies and wait expectantly for divine guidance to lead us in creating sound and movement together. We will discuss ways in which our experience of artistic inspiration has brought us closer to the Spirit and what it can teach us about listening for leadings in other parts of our lives. As we make joyful noise together we will consider that perhaps this joy is the most effective way to defy violence and build peace. This workshop is open to people of all levels of musical and physical ability. Instruments will be provided and we will find ways to make sound with whatever is at hand. Participants may bring their own instruments if they wish, but are encouraged to leave songbooks behind. Vonn New is a member of Bulls Head-Oswego Meeting. New York Yearly Meeting endorsed her minute of travel with a concern for Meeting for Listening in 2008. She is a convinced Friend who first came to meeting life while looking for support and meaning after a series of spiritual experiences during political street actions and artistic endeavors. Vonn is a composer, performer, and improviser of electro-ambient music. She uses percussion, flutes, computers, environmental sounds, spoken words, and anything else at hand to create sonic playgrounds for herself and her collaborators. During the course of her life's journey, she has also been a parent, political organizer, network engineer, botanist, and nursing home resident. For more information, please visit www.vonnnew.com. NOTE: Powell House is offering a \$25 DISCOUNT from the cost of this conference if you bring at least one F/ friend from your Meeting/Worship Group. Register by Apr 25th: \$200 adults, \$100 ages 13-22, \$50 infants- 12, & \$100 commuters After Apr 25th: \$220/\$110/\$55 Children's program/childcare/3 wks

RADICAL SIMPLICITY RETREAT The Art, Science & Practice of Deeply Sustainable & Equitable Living -Led By Jim Merkel 5/15/2009-5/17/2009 Are you seeking a life of purpose, service and personal sustainability but shaken by the current economic and ecological climate? Do you hunger to contribute to humanity's most pressing challenges, yet are unsure of your next steps? You are not alone. This all-too-American dream hasn't delivered the security and happiness it promised. Even the most dedicated 'alternativo' might find a globally sustainable lifestyle illusive and feel alone in working toward change. This weekend retreat, Radical Simplicity will engage you in the art, science and practice of deeply sustainable and equitable living while taking a weekend to listen to nature, your heart and your fellow 'Earth Lovers.' Jim Merkel suggests that sustainable lifestyles can not only lighten footprints but also lighten the heaviness of a world going sour. During this weekend, we will formulate our personal mission -- how to package our life's energy, loves and skills to create the most beautiful and sustainable world imaginable. Your curiosity for practical solutions will be engaged with tools such as Ecological Footprinting and the steps of the newly re-released Business Week best-seller, Your Money or Your Life offering tangible approaches to getting small and big at the same time (without magic dust).

continued on next page

Quaker Events At Powell House

You will leave with a powerful Earth and financial 'checkbook' that directs your attention toward the infinite possibilities to have fun and meet your family's needs within the means of nature. Then through the art of vision, collaboration, and experience we will contemplate how to learn directly from nature in a way that our mind might forget, while our body might remember. Jim Merkel is the author of *Radical Simplicity: Small Footprints on a Finite Earth* and directs the Global Living Project that consults with campuses and municipalities and offers workshops and lectures. Originally a military engineer trained in foreign military sales, the Exxon Valdez disaster and the invasion of Iraq prompted him to devote his life to sustainability and world peace. Jim founded the Global Living Project (GLP) and initiated the GLP Summer Institute where teams of researchers attempted to live on an equitable portion of the biosphere. www.radicalsimplicity.org

NOTE: Powell House is offering a \$25 DISCOUNT from the cost of this conference if you bring at least one F/ friend from your Meeting/Worship Group. Register by May 1st: \$200 adults, \$100 ages 13-22, \$50 infants-12, & \$100 commuters After May 1st: \$220/\$110/\$55 Children's Program and Childcare with 3 weeks notice

AVP BASIC TRAINING Conflict Resolution Workshop -Level I-Basic Intergenerational 5/29/2009-5/31/2009 Learn Effective Conflict Resolution Techniques through the Alternatives to Violence Project! Workshop topics to include:

- Affirmation: Identify your positive strengths and the strengths in others; manage fear and anger by learning to transform the conflict; empower yourself by empowering others
- Communication: Find your voice, enhance spontaneous self-expression
- Cooperation: Develop effective assertiveness while learning to agree to disagree
- Community: Build community with an appreciation for diversity
- Conflict Resolution: Learn to respond to conflict creatively

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. Based on the recognition that there exists a Transforming Power which we have all experienced and to which we all have access, AVP incorporates values of respect, self-worth, and recognition that there is goodness in everyone, as well as the teaching of important interpersonal skills in a fun yet challenging workshop experience. This is the first of three workshops. It will conclude by 3:30 pm on Sunday. SPECIAL COST: \$150 adults, \$75 for infants-22, \$75 commuters Childcare with 3 weeks notice

SPIRITUAL HEALING -Annual FIPSH Weekend 6/5/2009-6/7/2009

healers attending our annual FIPSH weekend – Friends Involved in the Practice of Spiritual Healing. Are you curious about spiritual healing? Feeling drawn towards this work? In the beginning stages of doing this work yourself or in your Meeting? Come, see, hear, and experience. Experience Spiritual Healing for yourself, share the experience with others. During the weekend there will be time for healing sessions, time for asking questions and learning techniques. 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. Buffy Curtis and Ann Davidson, Powell House staff, will be here to coordinate and help ground the weekend. This is a unique opportunity for a relaxing and healing weekend, open to anyone who wishes to experience and understand more fully, what Spiritual Healing is, and is not. Register by May 25th: \$200 adults, \$100 ages 13-22, \$50 infants-12, & \$100 commuters After May 25th: \$220/\$110/\$55 Children's Program and Childcare with 3 weeks notice

Youth Conference Programs at Powell House

TRANSFORMATIONS 6TH & 7TH 5/8/2009-5/10/2009 What do butterflies, puberty, yogurt and ice cream have in common? They are all types of transformations. Changes are always happening to us and around us. Some you choose, some you don't. Dealing with them can be fun or stressful or both. We will make some things transform this weekend and look at how to prepare ourselves for our own transformations Fee \$100.

EARTHSONG XXXV 8TH-12TH 5/22/2009-5/24/2009 Stars overhead, the smell of newly turned earth, the songs that gather us, the words of our friends. These we carry with us as we move on. Join us for this two-houses-full farewell to our graduating seniors. Celebrate friendships and Spirit in workshops, Ultimate Frisbee games, a dress-up (or down) dinner and the ever exciting Saturday Night Cabaret. Fee: \$100

Minutes of Meeting for Worship with a Concern for Business April 9, 2009

Barbara Mancuso, Clerk, Bob Willower, Assistant Clerk, Stacie Faraone, Amy Allman, Barbara Spring, Joe Levinger, Betsy Voss, Pat Beetle, Sue Clark, Maud Easter, Dorothy Richards, Chris Koster, Carol Barclay, Judy Fetterley, Karen Beetle, Maggy Wiard, and Margaret Smith.

Friends gathered in worship with a concern for business at approximately 7:15 p.m.

Treasurer presented a report indicating \$728.93 in unrestricted cash on hand. The Treasurer's Report was approved.

Trustees reported they would like to explore quarterly pledging and on-line donations to help with annual budgeting. Trustees will prepare a letter for distribution. The Meeting approved this effort.

Karen Beetle presented a report on Children's Peace Week which included proposals (1) to bring in more volunteers especially among parents, (2) to ask Mary Florence Sullivan to be Assistant Director this year with the understanding that, if all goes well, she would be Director in 2010, and (3) to begin to explore working with other congregations to possibly co-sponsor Children's Peace Week in the future. The Meeting approved Children's Peace Week for 2009. At the May Meeting for Worship with a Concern for Business will review past Peace Week Expenses and decide on a plan for this year's expenses. At the September Meeting for Worship with a Concern for Business, we will review the Meeting's commitment to Children's Peace Week. The Meeting also approved asking for funding toward intern stipends for the 2009 Children's Peace Week from the Witness Coordinating Committee of New York Yearly Meeting. The Meeting thanked and commended Karen Beetle for her excellent work with Children's Peace Week over the years.

Bill Reagan has requested transfer of membership from Albany Friends Meeting to Easton Meeting. The Meeting approved this transfer, pending research by our recorder into his membership status.

Racisms Concerns Committee presented proposals: (1) to form discussion groups based on "The Anti-Racist Cookbook" and (2) to have a Fall Study Group based on "Fit for Freedom Not For Friendship" by Donna McDaniel and Vanessa Julye. The Meeting approved both proposals.

A final draft of a Mentoring Program prepared by the Ad Hoc Committee on Youth and Membership will be distributed for discussion and approval at the May 2009 Meeting for Worship with a Concern for Business.

Nominating Committee presented a first reading of the Trustees for next year and made two recommendations on committee term length. The Meeting approved the following changes in term length:

- 1.) The terms for Nurture and Oversight and Ministry and Counsel Committees will be extended from two two-year terms to two three-year terms. People currently on those committees who have completed their first two-year term and wish to continue for a second term will continue for three years.
- 2.) The terms of Clerk and Assistant Clerk will be extended from two consecutive one-year terms to one two-year term and a second consecutive term of one year.

Peace and Service is requesting input regarding possible activities for social action projects.

Ministry and Counsel presented the final draft of the 2008 State of Society Report. The Meeting approved the report with minor changes. The Meeting commends Ministry and Counsel for their work done in the preparation of this excellent report.

A suggestion was made to form an ad hoc group to explore Gay-Lesbian-Bisexual-Transgender Concerns with our Meeting similar to the work being accomplished by the Racisms Concerns Committee. Clerk will request volunteers for this group by letter, by announcement at Rise of Meeting, and in the Newsletter. is excellent report.

The minutes of the meeting were read and approved. The meeting ended in silent worship at approximately 9:15 p.m. In that Mother's Day falls on the Second First Day, the next Meeting for Worship with a Concern for Business will move to the Second Thursday, May 14, 2009, at 7:00 p.m.

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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 newsletter@albanyquaker.org 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

Advices and Queries for May

On the Peace Testimony

We are called to live “in the virtue of that life and power that takes away the occasion of all wars.” Do we maintain Friends’ testimony that war and the preparation for war are inconsistent with this calling? Do we search our own behavior for the ways in which our lives may contain the seeds of war? Do we exert our influence to bring about the non-violent resolution of conflict? Do we seek to share the peace testimony with everyone we meet?

Enriching Vocal Ministry

taken from Lake Forest Friend’s Meeting,

written by Maurine Pyle

Tip of the month

May: If it is clear that your message is a leading, then rise to speak. Rising to speak allows your voice to be heard. Many people among us have difficulty with their hearing. Rising also symbolizes your commitment to be identified as someone speaking on behalf of the spirit.