



# Albany Friends Meeting Newsletter

Summer

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

### June

Sun., June 7, 10:00 am **Faith and Practice**  
(Coffee at 9:45; childcare provided)

Sun., June 7, 7:00 pm **Folk Music Group**

Sun., June 14, 12:45 pm **Meeting For Worship With  
A Concern For Business \*\***

Sun., June 21, 12:45 pm **Rise of Meeting Luncheon**

Sun., June 21, 7:00 pm **Folk Music Group**

Sun., June 28, 10:00 am **Hymn Sing**

\*\* At the June 14 Meeting for Worship With a Concern for Business, we will be considering a change of Meeting time. Members and Attenders are encouraged to attend to help find a sense of the Meeting.

### July

Sun., July 5, 7:00 pm **Folk Music Group**

Sun., July 12, 10:00 am **Faith and Practice**  
(Coffee at 9:45; childcare provided)

*Please note: Faith and Practice (F&P) discussion for July will be held on the 12th instead of the first Sunday due to the 4th of July holiday.*

Sun., July 12, 12:45 pm **Meeting For Worship With  
A Concern For Business**

Sun., July 19, 12:45 pm **Rise of Meeting Luncheon**

Sun., July 19, 7:00 pm **Folk Music Group**

Sun., July 26, 10:00 am **Hymn Sing**

### August

Sun., Aug. 2, 10:00 am **Faith and Practice**  
(Coffee at 9:45; childcare provided)

Sun., Aug. 2, 7:00 pm **Folk Music Group**

**No Meeting For Worship With a Concern for Business**

Sun., Aug. 16, 12:45 pm **Rise of Meeting Luncheon**

Sun., Aug. 16, 7:00 pm **Folk Music Group**

Sun., Aug. 23, 10:00 am **Hymn Sing**

**The First Day School Potluck Picnic** will be June 21, 2009. This year the picnic will be at the Meeting House at Rise of Meeting and, weather permitting, we will set up outside.

**Volunteers Needed for Albany Refugee Support!**  
Donations are needed of blankets, towels, and pots and pans for 7 families arriving in early June, including a family of 8. There are families coming from Iraq and Burma. Some of the families from Burma are Kerenni - this is a different group from the Karen and they have their own language, though some also speak Burmese. Please contact Jen Barkan, Resource Manager at the U.S. Committee for Refugees and Immigrants, Albany Field Office, 991 Broadway, Suite 223, Albany if you have any of these items to donate. Thanks for your generosity!  
518-459-1790 x292 [jbarkan@uscri-albany.org](mailto:jbarkan@uscri-albany.org)

### Racism Concerns Committee

Great opportunities to understand our racism issues are on the way!

- Using the Anti-racism Cookbook (recommended by Helen Toppins of the NYYM Office) conversation groups for 8 - 10 persons, equal number of African-Americans and European Americans, will meet for 3 consecutive Thursday evenings from 7-9 pm. Sign-up with Barbara Spring to save your spot!!
- NYYM Summer Session theme is 'Equality: Living into the Testimony' July 19-25 at Silver Bay. The featured speakers are Donna McDaniel and Vanessa Julye authors of Fit for Freedom, Not for Friendship: Quakers, African Americans and the Myth of Racial Justice.
- Albany Meeting will study Fit for Freedom together. Books and copies of the Preface will be available in July. Monthly discussion groups will begin October 4 and go through February. Stay tune for more details.
- ARCH: Aging Resources Consultation and Help is now available throughout NYYM. ARCH volunteers are being trained on aging resources, listening skills, facilitation of family decision-making, development of care teams, and a host of issues to enhance the quality of life for older adults and persons with disabilities. If interested in this ministry or know someone who might be, contact Barbara Spring at [barbarakspring4@msn.com](mailto:barbarakspring4@msn.com)
- Barbara Spring or Anita Paul are available to individuals, families and Meetings to help find solutions throughout NYYM. Contact us at [anitalouisepaul@juno.com](mailto:anitalouisepaul@juno.com)



### 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!

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**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 lunch.

### 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:	<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
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

Sunday, May 31— 7<sup>th</sup> annual Children's Flower Vigil at Washington Park children's playground at 5:00PM. We read the names of all Israel and Palestinian children killed since 2000. Bring a flower to celebrate life. Info. [telles@cectoxic.org](mailto:telles@cectoxic.org) 453-8874

Monday, June 1—Old Chatham Film series at 7 PM at Powell House "Amazing Grace" – how William Wilberforce, British statesman, member of Parliament led the successful effort to end the slave trade in the British empire. Discussion. Refreshments 794-8811

Saturday, June 6 at the Sanctuary for Independent Media, 3361 6<sup>th</sup> Ave. Troy 8 – 10 PM "From Mills River to Babylon and Back" the Jimmy Massey Story.

Saturday, June 13 at 6:30 PM First Unitarian Society, 405 Washington Ave. Afghanistan: Understanding the Issues. Speakers-Madelyn Hoffman of 9/11 Families for Peaceful Tomorrows:" Afghanistan: Ending a Failed Military Policy" Afghan Women by Connie Frisbee Houde. Info.[@WomenagainstWar.org](mailto:@WomenagainstWar.org)

NYYM Summer Session theme is 'Equality: Living into the Testimony' July 19-25 at Silver Bay. The featured speakers are Donna McDaniel and Vanessa Julye authors of Fit for Freedom, Not for Friendship: Quakers, African Americans and the Myth of Racial Justice.



## Minutes of Meeting for Worship with a Concern for Business May 14, 2009

Barbara Mancuso, Clerk, Bob Willower, Assistant Clerk, Stacie Faraone, Amy Allman, Joe Levinger, Betsy Voss, Pat Beetle, Sue Clark, David Easter, Julia Richards, Chris Koster, Carol Barclay, Judy Fetterley, Ed Cady, Maggy Wiard, and Ruth Steward.

Friends gathered in worship with a concern for business at approximately 7:00 p.m.

Clerk passed around a handout entitled, "Discipline for Meeting for Worship with Attention to Business," from Cleveland Monthly Meeting and based on Arthur Larabee's workshop materials. The Meeting approved this document for distribution and to be published in the Newsletter.

Treasurer presented a report indicating \$936.80 in unrestricted cash on hand. The Treasurer's Report was approved. Treasurer presented a report indicating expenses for Children's Peace Week from 2000 through 2008. Additional funding of \$500 is needed for 2009. The Children's Peace Week Committee will decide and report back at next month's meeting on the preferred method of raising the \$500.00 needed.

Nominating Committee presented a second reading of the Trustees for 2009-2010. The Meeting approved the slate. Nominating Committee presented the first reading of the other committees for 2009-2010 for consideration and approval at the June 14, 2009 Meeting for Worship with a Concern for Business.

The Meeting approved the formation of an Ad Hoc Committee on Welcoming Members of the Lesbian/Bisexual/Gay/Transgender Community to Albany Friends Meeting. The Meeting approved the following committee roster: Judy Fetterley, Tom Costello, Stacie Faraone, Maud Easter, and Steven Taylor Roth.

A final draft of a Mentoring Program was read by the Ad Hoc Committee on Youth and Membership. After some minor changes, the Meeting approved this proposal. The proposed Oversight Committee for the program will be under the care of Ministry and Counsel. The Ad Hoc Committee on Youth and Membership will make a recommendation for members for the Mentoring Program Oversight Committee at the June 14, 2009 Meeting for Worship with a Concern for Business.

Clerk brought up two outstanding projects that will involve special meetings: (1) a follow-up meeting to the one held last fall regarding possibly changing the time for Sunday Meeting for Worship and (2) a meeting to determine the Meeting's allocation of charitable donation funds. A follow-up meeting for possibly changing the time for Sunday Meeting for Worship was set for Sunday, May 31, 2009 at the rise of Meeting. A meeting for determining the Meeting's budget for making donations will be put off until the fall.

The minutes of the meeting were read and approved. The meeting ended in silent worship at approximately 9:00 p.m. The next Meeting for Worship with a Concern for Business will be Sunday, June 14, 2009, at Rise of Meeting.



**NOMINATING COMMITTEE REPORT TO ALBANY MONTHLY MEETING  
FIRST READING – MAY 14, 2009**

**Note: New committee members' names are italicized**

Key: \* *Open term*                      + *Membership required*

+CLERK – (two consecutive terms, the first to be two years; the 2nd to be one year)

*Betsy Voss* – 2011, 1<sup>st</sup> term

+ASSISTANT CLERK – (two consecutive terms, the first to be two years; the 2nd to be one year)

*Becky Raymond* – 2011, 1<sup>st</sup> term

+RECORDER– (2 year term renewable, total 4 yrs)

*Steven Taylor-Roth* – 2011, 1<sup>st</sup> term

+TRUSTEES – (three year term renewable, total 6 yrs)

*Carol Barclay* – 2012, 1<sup>st</sup> term

*Maud Easter* – 2012, 1<sup>st</sup> term

*Judith Fetterley* – 2011, 1<sup>st</sup> term

*Cinda Putman* – 2010, 1<sup>st</sup> term

*Maggy Wiard* – 2010, 1<sup>st</sup> term

*Chris Koster*— 2011 1<sup>st</sup> term

Consultants

*Donn Fichter, Pete Commiso, Tom Mancuso*

+TREASURER (selected by Trustees) - *Maggy Wiard*

+NURTURE & OVERSIGHT – (3 yr term renewable, total 6 yrs)

*Claudia Anderson* – 2010, 3<sup>rd</sup> term (extension)

*Judy Cadbury* – 2012, 1<sup>st</sup> term

*Mary Lou Baum* – 2009, 3<sup>rd</sup> term (extension)

*Lew Buckman* – 2010, 3<sup>rd</sup> term (extension)

*Barbara Mancuso* – 2012, 1<sup>st</sup> term

*Anne Saxton* – 2010, 2<sup>nd</sup> term

*Margaret Smith* – 2009, 1<sup>st</sup> term

*Steven Taylor-Roth* – 2009, 1<sup>st</sup> term

+MINISTRY & COUNSEL – (3 yr term renewable, total 6 yrs)

*Sue Clark* – 2010, 1<sup>st</sup> term

*Paul Rehm* – 2012, 1<sup>st</sup> term

*Stacie Faraone* - 2010, 1<sup>st</sup> term

*Joe Levinger* – 2012, 2<sup>nd</sup> term

*Dot Richards* – 2010, 1<sup>st</sup> term

*Beth Adcock* – 2012, 1<sup>st</sup> term

\*NEWSLETTER - *Julia Richards*

\*FIRST DAY SCHOOL—*Anna Marfey, John Kane, John Chodan, Kathleen Wells, Andrea Page-McCaw, Alizabeth Smith, Zara Davis, Olivia Mancuso*

\*OUTREACH COMMITTEE—*David Easter, Wells Packard, Anna Marfey, Ed Cady, Patrick Page-McCaw, Cinda Putman, Anita Stanley, Hope Stansfield*

\*PEACE & SERVICE—*Pat Beetle, Sheldon Carnes, Sue Clark, Tom Costello, Alan Curry, Ellen Flanders, Carrie Kuehl, Anna Marfey, Katja Rehm, Paul Rehm, Julia Richards, Anita Stanley, Steven Taylor-Roth, Michael Doo, Anneke Chodan*

\*RACISM CONCERNS COMMITTEE (with community members)

*Barbara Carey, Sue Clark, Maud Easter, Florence Frazier, Isabel Mills, Holly Shulman, Barbara Spring*

LIBRARY—*Chris Koster, Betsy Voss*

\*MUSIC MINISTRY—*Carol Barclay, Carrie Kuehl, Bob Willower, David Oehl*

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**\*QUAKER EARTHCARE WITNESS COMMITTEE**

Roger Allen, Pat Beetle, Al Brophy, Barbara Carey, Alan Curry, Donn Fichter, Ellen Flanders, Paula McConnell, Virginia Osborne, Dorothy Richards, Anne Saxton, Ruth Steward, *Sheldon Carnes, Ian Smith (?)*

\*HOSPITALITY - Judy Cadbury, Marcia Cady, Barbara Carey, Jeff Hinkle, Chris Koster, Margaret Smith, Maggy Wiard

+\*MEMORIAL FUND—Claudia Anderson, Lew Buckman, Cinda Putman, Margaret Smith

+\*FUND FOR SUFFERING—Claudia Anderson, Jeff Hinkle, Cinda Putman

+\* REPRESENTATIVE TO NYYM SESSIONS—Barbara Spring

+\* REPRESENTATIVE TO NYYM SHARING FUND—Steven Taylor-Roth

+REPRESENTATIVE TO NYYM DISCERNMENT COMMITTEE (3 yr term) - Carol Barclay - 2011

\*CHURCH WOMEN UNITED—Pat Beetle

\*CAPITAL AREA COUNCIL OF CHURCHES—Pat Beetle

\*UPTOWN CHURCHES—Barbara Carey, Anna Marfey, Dorothy Richards

\*FCNL (Friends Committee on National Legislation) - Julia Richards

+NOMINATING – (overlapping 3-year terms)

Chris Koster - 2010    Steven Taylor-Roth - 2011 (3<sup>rd</sup> person to be named fall, 2009)

**Discipline for Meeting for Worship with Attention to Business—Cleveland Monthly Meeting  
Based on a workshop presented to our Meeting by Arthur Larrabee—January 2006**

The Role of Those Present

1. Come prepared, both in mind and spirit, having given thought to the meeting in advance and being open to a meeting rooted in spiritual understandings.
2. Be present in a spirit of worship, being open to a spiritual process, listening for the promptings of the Spirit.
3. Support the expectations of the group for good order which may include
  - Starting on time
  - Being mindful of not speaking more than is really necessary
  - Waiting to be recognized to the work of the meeting
  - Giving full attention to the work of the meeting
4. Speak and release. Speak one's own, individual truth, and then release it to the meeting.
5. Listen to others, and to yourself, with the inner ear...empathetically for what is really being said.
6. Hold in the Light those people and ideas with whom you seem to be in disagreement
7. Challenge yourself to trust the Light that is given to others, being open to new truth, revelation and insight, being teachable.
8. Refrain from repeating what has already been said.
9. Pray for the clerk and the recording clerk.
10. Help the meeting move forward, being present with clerking consciousnesses.

Possible Response

1. The Friend speaks my mind
2. I approve
3. I would like to stand aside
  - It doesn't feel quite right to me, but I'm not led to resist it
  - I don't see it, but I'm willing to trust the Light that others seem to have.
4. I'm sorry, but I'm not clear
5. I'm sorry, but I'm not in unity
  - The absence of unity stands in the way, not the person
6. A person may remain silent



## Clearness Committees and Their Use in Personal Discernment

By Jan Hoffman, New England Yearly Meeting

A clearness committee meets with a person who is unclear on how to proceed in a keenly felt concern or dilemma, hoping that it can help this person reach clarity. It assumes that each of us has an Inner Teacher who can guide us and therefore that the answers sought are within the person seeking clearness. It also assumes that a group of caring friends can serve as channels of divine guidance in drawing out that Inner Teacher. The purpose of committee members is not to give advice or to "fix" the situation; they are there to listen without prejudice or judgment, to help clarify alternatives, to help communication if necessary, and to provide emotional support as an individual seeks to find "truth and the right course of action." The committee must remember that people are capable of growth and change. They must not become absorbed with historical excuses or reasons for present problems, but rather focus on what is happening now and explore what could be done to resolve it.

At Albany Friends Meeting persons may ask Ministry and Counsel to form a clearness committee. The focus person may also choose the committee, gathering five or six trusted friends with as much diversity among them as possible. In either case, formation should be under a discipline of worship, taking care that people are chosen not just because they are friends, but through some discernment process. Note that the process is always initiated by the person seeking clearness, though a friend may ask, "Would a clearness committee be helpful?" When the committee meets it should be for two to three hours with the understanding that there may be a second, and even third, meeting.

A clerk and recorder should be appointed. The clerk opens the meeting, closes it, and keeps a sense of right order in between, making sure that agreed-on guidelines are followed, and that everyone who wishes to speak may do so. (While these tasks are assigned to the clerk, anyone may intervene to ensure that the guidelines are followed.) The clerk also sees to physical details which will nurture an atmosphere of seeking silence: seeing that everyone has a comfortable chair, turning off any telephones, and making sure the space is enclosed and a 'do not disturb' sign is up if interruptions are likely. The recorder writes down the questions asked and perhaps some of the responses, and gives this record to the focus person after the meeting.

In advance of the meeting, the focus person should write up the matter on which clearness is sought and make it available to committee members. This should be identified as precisely as possible: relevant background factors should be mentioned; and clues, if any, about what lies ahead should be offered. The exercise is valuable not only for the committee members, but especially for the focus person.

A meeting begins with the clerk inviting the committee to prepare for its work, reminding everyone of the guidelines to be followed and making sure there is a common understanding of the degree of confidentiality about the meeting. After this, all settle into a period of centering silence. When the focus person is ready, s/he begins with a brief summary of the question or concern. The discipline for committee members is very simple—but difficult to follow: members may not speak in any way except to ask the focus person a question, an honest question. That means no presenting solutions, no advice, no "Why don't you...?", no "My uncle had the same problem and he...", no "I know a good book/diet/therapist that would help you a lot." Nothing is allowed except honest, probing, caring, challenging, open, unloaded questions! And it is crucial that these questions be asked not for the sake of the questioner's curiosity but for the sake of the focus person's clarity. Caring, not curiosity, is the rule for questioners. Remember that your task is to serve as a channel for the Light to help the focus person clarify his or her inner truth; neither you nor the committee deals directly with the problem or makes the decision.

Committee members should try to ask questions briefly and to the point rather than larding them with a lot of background and qualifications. Not only does this help guard against turning questions into speeches, but it may also help open the focus person to some insight that gets obscured when the questions wander. Committee members should also trust their intuitions. Even if a question seems off the wall, if it feels insistent, ask it.

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*Clearness Committees and Their Use in Personal Discernment — Continued from previous page*

The focus person normally answers the questions in front of the group—and the response generates more questions. But it is always the focus person's absolute right not to answer—either because s/he does not know the answer, or because the answer is too personal or painful to be revealed in the group. The more often a focus person can answer aloud, the more s/he and the committee has to go on. But this should never be done at the expense of the focus person's privacy or need to protect vulnerable feelings. When the focus person does answer, it is good to keep this response relatively brief so time remains for more questions and responses. Some questions seem to require one's whole life story in response: resist the temptation to tell it!

Do not be afraid of silence in the group. In fact, value it, treasure it. The pace of questions and answers should be gentle, relaxed, humane. A machine-gun pace of questioning or answering destroys reflectiveness. If there is silence in the group, it does not mean nothing is happening. It may very well mean the most important thing of all is happening, inside of people.

Well before the end of the session, following at least an hour of questioning, the clerk should ask for a pause and ask the focus person how s/he wishes to proceed. This is an opportunity for the focus person to choose a mode of seeking clarity other than questions, which have characterized the rest of the session. The recorder continues to record during this time. Possibilities are:

- a. silence out of which anyone can speak under the same discipline as that in other meetings for worship;
- b. silence out of which people share images which come to them as they focus on the focus person;
- c. the committee continues with more questions;
- d. the committee is asked to reflect on what has been said;
- e. the committee is asked to affirm the focus person's gifts;
- f. the focus person may ask questions of the committee.

Before the session ends, any clarity reached can be shared, if the focus person wishes to do so. S/he and the committee should agree on next steps. If another meeting seems right, it should be scheduled at this time. It may be that the focus person will reach clarity and no further action is necessary. Or it may be clear that a support committee or an oversight committee should be appointed to aid the person in keeping clear and/or in being accountable to the clarity reached. Members of the clearness committee are free to release themselves from further commitment or to offer to serve on such committees.

The clearness committee works best when everyone approaches it in a prayerful mood (which does not exclude playful!), affirming the reality of each person's inner guidance and truth, and the Spirit's capacity to strengthen and sustain. We must give up the notion that we know what is best for another person and simply try, through prayerful listening and speaking, to help remove anything that obscures their inner light.

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These notes compiled by Jan Hoffman from her experience and the following sources: Parker Palmer at a conference on Solitude and Community; Faith and Practice of Pacific Yearly Meeting (1985) pp. 58-60; and Living With Oneself and Others of New England Yearly Meeting Committee on Ministry and Counsel (1985) pp. 50-55.

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## Quaker Events at POWELL HOUSE

### **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 learning with one another.

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

### **LIVING FROM THE DIVINE CENTER: A CONTEMPLATIVE RETREAT - 6/19/2009-6/22/2009**

In A Testament of Devotion, Thomas Kelly writes: Deep within us all there is an amazing inner sanctuary of the soul, a Holy place, a Divine Center, a speaking Voice, to which we may continuously return. Eternity is at our hearts, pressing upon our time-torn lives, warming us with intimations of an astounding destiny, calling us home unto Itself. There are those who have found and those who are finding that a deep life of prayer and attentiveness to God can be genuinely compatible with an active and effective spiritual/Christian presence in the world. What canst thou say? Come live into both the questions and the promise as we seek to establish a more contemplative rhythm and practice during this extended weekend. There will be times of group discussion and reflection; opportunities for solitude and the practice of both individual and corporate disciplines, journaling, walking the labyrinth. We will share overnight silence and a silent meal. Register by June 4th: \$250 adults + \$10 School of the Spirit = \$260 total; After June 4th: \$270 + \$10 = \$280; No childcare for this conference.

### **ACC RENOVATION CELEBRATION!! 7/18/2009-7/18/2009**

Join the Powell House community in celebrating the amazing transformation of the Anna Curtis Center. This event is a time to celebrate our achievement and look ahead to the future. There will be swimming, games, family activities, tours of the building, an evening bonfire, and a chance to visit with friends. There will also be time to thank the many people who gave of themselves to make this a reality. Come and stay as long as you like. Feel free to bring an instrument so we can have music at the bonfire. To sign up, contact Christine Koster at christine.koster@att.net (518) 862-1895. If you would like to stay the night at Powell House on your way to Silver Bay, please register here. Accommodations and camping are available.

### **AVP BASIC TRAINING Conflict Resolution Workshop; Level I-Basic Intergenerational 7/31/2009-8/2/2009**

A second chance to 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.

First of 3 workshops. It will conclude by 3:30 pm on Sun.; COST: \$150 adults, \$75 for infants-22, \$75 commuters

Childcare with 3 weeks notice

### **AVP ADVANCED Conflict Resolution Workshop Level II – Advanced Intergenerational 8/7/2009-8/8/2009**

Using skills and approaches learned in the Level I workshop, participants choose an issue or source of conflict in their lives to which they will apply creative means for peaceful resolution. The Advanced workshop allows for an intensive look at specific participant-chosen roots of violence and how these can be overcome.

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. The program has been used with impressive results in prisons, war zones and locations where violence is too often taken as a way of life. 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. Advanced workshops do not shirk profoundly difficult topics related to violence, understanding that honest examination of hard issues can be painful yet necessary for resolution to occur.

2nd of 3 workshops. The third level "Training of Facilitators" allows participants to continue with leadership in AVP as part of a facilitator team. Cost: \$150 adults, \$75 for infants-22, \$75 commuters; Childcare with 3 weeks notice



### **CAMPING RETREAT WEEKEND CELEBRATION! 8/14/2009-8/16/2009**

Open and welcome to all adults ages 18 and UP, sponsored by The Circle of Young Adult Friends! It will be a weekend to take care of one another inside and out. We will play hard and speak deeply on things that we are concerned about. Let's observe the beauty of the earth with swimming and campfire building, and exist as fully as possible together integrating with the ages of all adults and creating new bonds outside of our own generations! There is so much potential in store for a beautiful experience and bridging age groups whether you are still a child at heart or feel wise beyond your years lets create community!

As we will be camping please come prepared for the outdoor experience including outdoor showers and "restrooms". Bring all outdoor attire, your tents, your musical instruments, and your children as we plan on having childcare! All are welcome! Let's review the basic principals for everyone and introduce our way of being to newcomers. Register by Aug. 1st: \$75 adults, \$50 ages 2-17; After Aug 1st: \$90/\$65

### **HEALING THE EARTH, NOURISHING OURSELVES: Growing, Eating & Preparing Food Locally 8/21/2009-8/23/2009**

Come join Andrew Faust, one of the premier Permaculture teachers in North America, from The Center For Bioregional Living in New York City and Ellenville, NY. This course will cover how to design abundant and productive local food systems using Permaculture and offer a series of fun, hands-on, food-oriented activities.

Topics include: Local and seasonal foods and their preparation; Extending and over-wintering your backyard or container garden; Growing indoors and fermented foods; Eating right for your region, season and vitality.

Demonstration and hands-on activities will include: -Lacto-fermentation -- kim chee, sauerkraut, etc. -Water-bath canning of seasonal local tomatoes \* -Root cellaring -Solar drying -Culturing raw dairy\* -Sprouting -Inoculating and baking sour dough bread!\* -Designs and techniques of mushroom cultivation: return home with an inoculated log!

Register by Aug. 7th: \$200 adults, \$100 ages 13-22, \$50 infants-12, & \$100 commuters

After August 7th: \$220/\$110/\$55; Children's Program and Childcare with 3 weeks notice

## **Opportunities for YOUTH at POWELL HOUSE**

### **WALKING IN A WATER WONDERLAND 4TH & 5TH GRADE 6/5/2009-6/7/2009**

Water. Can't live without it. Wouldn't want to if you could. It splashes, pounds, gurgles and soothes. It's all around us and in us. Unable to hold its own form unless frozen it's one of the most powerful things in the world. This weekend we'll seek out and enjoy the waterways at Powell House. Fee: \$100

### **BUBBLING UP 8TH & 9TH GRADE 6/19/2009-6/21/2009**

Bubbles. Magical. Whimsical. Fleeting. Soapy on the tongue. Ticklish to the nose. Sometimes we live in bubbles. Sometimes we collide with them. Sometimes things just bubble up inside of us. We'll enjoy bubbles in all their forms. We'll get creative and reflective and see where bubbles and the idea of bubbles take us. Will Tesdell will be co-facilitating with Chris. Fee \$100.

### **GAMES ARE GOOD 6TH & 7TH GRADE 6/26/2009-6/28/2009**

Why do we need to play? What happens when we don't? What makes games good? Are there games people play that we wish they didn't. We'll look at the ins and outs of games both bad and good. We'll play a bunch of old favorites and learn some new ones. Fee \$100

### **UNWINDING 2007 10TH -12TH GRADE 7/9/2009-7/12/2009**

A weekend for unwinding ending with an all-night movie festival, munchies and Frisbee at sunrise. 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. Fee: \$150 (3 Nights)

### **HEARTSONG 6TH TO 9TH GRADE 8/21/2009-8/23/2009**

Come sing through the Powell House Song Book. Reunite with some friends who've moved on. Make lots of new friends. This is a kickback, relax-in-the-sun-or-the-shade, sing-your-heart-out around-the-campfire-and-have-really-good-conversations-about-matters-of-the-heart weekend. Good food and good games included. Fee: \$100.

### **CAMPING IN THE MAZE 4TH& 5TH GRADE W/ ADULT SPONSOR 8/28/2009-8/30/2009**

Reunite an adult friend or parent with the natural world. Invite them to come participate in this camping trip in the PoHo Maze. Pitch our tents, cook our food, and play large and small group games surrounded by leaves and birds and crawly things. Time to swim in Lea Pond and hike up to the bluffs known as Dorson's Rock. We'll finish our days with stories around the campfire. The weekend will start after lunch on Friday and end after lunch on Sunday. Space is limited. Register early. Fee: \$100 / person

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### **Weekly Peace Vigil**

**Every Wednesday from 12-1 PM**

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

## **Advices and Queries for June, July, August**

**June — On Simplicity:** 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?

**July — On Integrity:** 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?

**August — On Patterns:** 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—Summer Tips!**

- June:** Let your experience come from the experience of feeling God in your heart. Friends sometimes find themselves quaking, overtaken by joy or humility. Sometimes Friends find themselves “on their feet” and speaking without knowing how they got there. Prepared messages or readings do not come from the leadings of group worship. As the Quaker motto says, “Come to meeting neither prepared to speak nor not prepared to speak”. An exception, in some meetings, is the reading of the monthly query.
- July:** Speak only once. This allows other voices to be heard and diminishes the possibility for debate.
- August:** Be brief. A long or rambling message may disrupt the meditation of those around you. Your gift of vocal ministry, of silence, and of listening are equally vital to the life of the meeting for worship.