



## The Shared Core Values at the Heart of Quarterly Meeting

At our October Quarterly Meeting at Willistown we undertook a community building exercise designed to help us identify what it is about our Quarterly Meeting that we most value. As we enjoyed our lunchtime fellowship, Carol and Eric Metzker led us in a process called *Appreciative Inquiry*. Focused questions were presented to each person to consider; we were then asked to share our responses with others. The intention was to see if we could find out what it is that bonds us together.

We said that what we value most is *Spirit led*:

- o *community/fellowship*
- o *learning*
- o *new interactions in a wider world*
- o *children and youth activities*
- o *meaning through accomplishments/service*

In her summary afterwards Carol noted, "These values abound in our happiest and most successful programs, relationships/interactions, communication, [and] 'leaders.' These sustain the community."

A month before this October gathering the Planning Committee had begun a process of evaluating our

Quarterly Meeting's purpose and structure. The Nominating Committee reported at the July QM that it had been unable to find candidates for several leadership positions in the Quarter. The two committees met jointly to consider what to do next. Although we were prompted to self analysis by a specific, pressing need, it is in good order for any organization to do this periodically. Religious institutions are designed to serve the members, and the members are gathered in order to serve the Spirit moving among them. Nonetheless, like any organization, they can become stuck in patterns that no longer serve the best interests of the members, the Spirit, or the wider world.

At this joint meeting of the Nominating and Planning Committees in September we took a hard look at our purpose and structure. We affirmed the value of our Quarterly Meeting and identified what we considered to be its basic functions: to be a conduit for ideas from the monthly meetings, seasoning them for action by the Quarter and/or sending them on to our

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## Music Minister Jon Watts at January Quarterly Meeting

Jon Watts, Quaker music minister, will bring his unique presence to our January gathering at Wilmington for our enjoyment and spiritual uplifting. Jon will do a program for the children, Middle School and Young Friends at 10:00, then they will

join the adults for his program at 11:00. Please see the flyer on p. 5 for more information about Jon, the program, and the schedule for the day. Friends of all ages are encouraged to attend, particularly families with children and youth.



*AVP cont'd from previous page*

workshop does is try to help people move down to the roots of their well-being. At the initial gathering, participants are asked to create names for themselves by adding to their first name a positive adjective that begins with the first letter or sound of their name. To illustrate, he dubbed himself Hopeful Jorge, and then invited each of us to choose a name and tell it to the person next to us. The exercise was met with some shyness but mostly laughter and genuine interest. We were starting to get the feel of what it is like to become a group. Jorge then asked us each to share with another person what beautiful qualities we have by grace, and then imagine having this conversation with someone in prison who didn't have the privilege of our upbringing, who didn't have supportive parents but instead ones who said, "you're stupid." Now we were starting to get the feel of what it is like to become a group with others who may have had experiences very different from our own and are very much in need of healing.

Someone asked, "Does this work?" Jorge's answer was immediate: "Yes!" He said that all of a sudden the aspersions made about others disappear; as people start finding their own goodness, they start to recognize it in others. It's like opening the windows or curtains so others can see the seed that has been trampled. Jorge likened it to Quaker worship, which is like ground that has been cleared for the seed to emerge. AVP has a different structure, yet still provides a place for that to happen.

Jorge shared about his own background, saying he grew up with some anger and has to do his own homework. He fell in love with Quaker worship and business, and then the peace testimony moved him deeply. In 1995, he moved to North Philadelphia to a row house on 4<sup>th</sup> street near Lehigh that he named Casa Amistad, or Friendship House. Jorge got training in AVP and worked with Spanish-speaking people in recovery. Jorge has worked

in his native Ecuador, Columbia and Bolivia, in Graterford prison, and in his own neighborhood. After some time away, he returned to Graterford last year, where there is an active Spanish speaking AVP program. Jorge finds working in peace-making to be liberating: when we discover the power within us, we are renewed.

At the close of his presentation, Jorge invited members of Concord Quarter to participate in an AVP weekend. Below are listed programs and contact persons for workshops currently available in our area.

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#### **AVP in the Philadelphia Area**

*New Jerusalem Now:* Leslie Stevenson coordinates AVP for this drug and alcohol community in north Philadelphia. They run a basic every month. The Advanced and T4F workshops are done on a monthly basis in one day installments. Contact Leslie at [lesliegstevenson@yahoo.com](mailto:lesliegstevenson@yahoo.com).

*Graterford Prison:* Both basic and advanced workshops offered on a regular basis. At least two months notice need to get clearance. Contact Carolyn Schodt, [carolynschodt@lycos.com](mailto:carolynschodt@lycos.com).

*Delaware:* Basic and advanced workshops in the prison available for those who want to continue on for training as trainers. Contact John A. Shuford, [john@teamcrs.org](mailto:john@teamcrs.org).

*SCI Chester:* Basic and advanced workshops in the prison open to the community. Must get clearance. Contact David Wickes, [wickesworks1@msn.com](mailto:wickesworks1@msn.com), 484.686.4437.

## Circling Concord Quarter

### ***Aging Information Day at Birmingham***

Concord Quarter has once more teamed up with experts from our Yearly Meeting's counseling service and Cherry Street staff to offer an information day on an issue of care in our meetings. On Feb. 20th Birmingham Meeting will host us in ***Aging in the Light***, an experiential and informational day focusing on aging. Together we will look at our own aging and that of our meeting members. We will learn how to grow in our connection to God and each other, and to offer spiritual support and practical care to our aging members. Please see the flyer on the inside back cover for the program schedule and details of the day.

### ***Willistown Meeting Presents Quakerism and Letting Your Life Speak***

The Worship and Ministry Committee is offering three 1½ hour sessions entitled ***Quakerism and Letting Your Life Speak***. The series begins on Sunday, Jan. 17th at 11:30 when Nancy Donaldson and Al Roberts will speak about Quaker history, beliefs, and the queries and testimonies. Session two is Jan. 24th, when Nancy Donaldson and Pam Costanzi will offer information on organizational structure in committees and monthly meetings; the relevance of Quakerism in the 21st century for individuals, families, and communities; and Quaker education. Session three is Jan. 31st when the focus will be on the American Friends Service Committee and Quakers in action. Childcare will be available during the sessions.

A Letting your Life Speak Pot Luck Supper will be held on Jan. 24th at 5 p.m. with presentations by Chester Eastside Ministries and the Chester County Community Gardens.

The series is aimed at newer members/attenders or people who are interested in checking out the Society of Friends. RSVP Derek Stedman, (610) 355-7736 or Anne Satherwaite, 610-399-9119 if you plan to attend.

### ***Health Talks and Spring Clean-Up at The Hickman***

The Hickman senior community holds ***Health Talks*** regularly for residents and interested members of the larger community. Talk times and titles for the coming months are: Jan. 26, Senior HealthLink; Feb. 23, Salt and Your Health; March 23, Caffeine- The Latest Health Findings; March 30, Hearing Aid Cleaning; and April 27, Appetite Loss. All talks begin at 11:15 a.m.

***Spring Clean Up*** is scheduled for Saturday, April 17th, from 8:00am to noon. Continental breakfast will be served.

For more information or to sign up for the Spring Clean-Up contact Jen Mitman, Activities/Volunteer Coordinator, jmitman at thehickman.org, 484-760-6306.

### ***Harmony on the Hill Continues at Wilmington***

January 29, 6-7:30 p.m., ***Into the Night***. Pre-dining entertainment before you go out on the town: Thomas Pandolfi performs Chopin, Liszt & Gershwin ([www.thomaspandolfi.com](http://www.thomaspandolfi.com)).

February 5, 6-8 p.m., ***Mid-Winter Sitar Dinner***. Indian food accompanied by exotic music. Kunal Gungal on the santoor ([www.kunalsantoor.com](http://www.kunalsantoor.com)) will be performing with percussionist, Scott Davidson. Doors open at 5:30 for fellowship & dinner. \$20 in advance, \$25 at the door.

# Concord Quarterly Meeting

at

## Wilmington Monthly Meeting

401 N. West Street Wilmington, DE 19801

**January 24, 2010**

8:15-8:30	Sign-in and coffee
8:30-9:45	Meeting for Worship for Business
10:00-10:45	Meeting for Worship with Wilmington Meeting Children, MS and YF Program with Jon Watts
10:45-11:00	Announcements & Break
11:00-12:00	Program for all ages

### Jon Watts

Jon Watts is a Quaker rapper and spoken word poet who tours the country with his guitar and bicycle. His CD, *The Art of Fully Being*, explores themes of faith and faithfulness, growing up Quaker, the environmental crisis, war, personal accountability, and inward peace. In 2009, Jon's song "Friend Speaks My Mind" gained notoriety as the result of a catchy music video depicting a Meeting for Worship that erupts into a spontaneous dance party. Jon wrote the song as a way to reflect lovingly on an upbringing in Liberal Quakerism that he had come to criticize.

Jon's music is young and current, rap-inspired, deeply intimate and profoundly spiritual. He currently travels among Friends, sharing stories of his spiritual journey and the accompanying songs. Jon has a website where you can learn more about his spiritual journey and hear his music: [www.jonwatts.com](http://www.jonwatts.com).

12:00-1:00 Lunch: Hot soups and side dishes provided by WMM

### Children, Middle School and Young Friends Program with Jon Watts

Jon will lead a program with our children and youth from 10-10:45. The young people will then join the adults for his intergenerational program at 11. To help with planning, please contact Beth Lawn by Jan. 17 with the names and ages of the children, MSers and YFs who plan to attend. Child care will be available for the littlest ones. Beth can be reached at [concordquarter@verizon.net](mailto:concordquarter@verizon.net) or 610.872.1522.

*Directions from Route 202 south in DE and from PA:* Take I-95 south and cross the bridge into Wilmington. Take the 4<sup>th</sup> Street/MLK exit. At the bottom of the exit ramp turn left onto 4<sup>th</sup> Street. Follow 4<sup>th</sup> Street for 6 blocks up the hill to West Street; brick meetinghouse is on the left. Turn left for street parking on West Street, or to access our parking lot entrance on the 5<sup>th</sup> Street side.

[www.wilmingtondefriendsmeeting.org](http://www.wilmingtondefriendsmeeting.org)

## CQM Calendar of Events: Pull Out and Post

### January

- 17 Quakerism and Letting Your Life Speak  
*Willistown series for newer members and attenders at Quaker meetings. See p. 4 for details.*
- 24 Quarterly Meeting at Wilmington  
*See p. 1 and flyer insert for details.*
- 26 Health Talks at The Hickman  
*Series begins. See p. 4 for details.*
- 29 Harmony on the Hill: *Into the Night*  
*Wilmington, 6-7:30 p.m. Pre-dining entertainment before you go out on the town. Thomas Pandolfi performs Chopin, Liszt & Gershwin. See p. 4 for more information.*

### February

- 5 Harmony on the Hill: *Mid-Winter Sitar Dinner*  
*Wilmington, 6-8 p.m. Dinner of Indian food accompanied by exotic music. Kunal Gunjal on the santoor will be performing with percussionist Scott Davidson. Doors open at 5:30 for fellowship & dinner. \$20 in advance, \$25 at the door. For more information or tickets for the dinner contact Mia Muratori, 302.494.3042, or e-mail [HarmonyOnTheHillConcerts@verizon.net](mailto:HarmonyOnTheHillConcerts@verizon.net). See p. 4 for performer's website.*
- 7 Planning Committee Meeting  
*7:30 p.m., The Hickman. All are invited. For more information see article on pp. 1& 2.*
- 20 Information Day on Aging: *Aging in the Light*  
*Birmingham Meeting, 8:30-3:30. Informational and experiential sessions on issues of aging. See inside back cover for details and schedule. Snow date Feb. 27.*

### March

- 26-28 PYM Annual Sessions  
*Arch Street meetinghouse. See PYM, website, [www.pym.org](http://www.pym.org), or PYM Today news magazine for schedule and agenda.*

### April

- 11 Harmony on the Hill: *Phil Ochs Song Nights*  
*Wilmington, 1-3 p.m. Phil Ochs: Song Nights (during the day!). See back cover for more information.*
- 17 Spring Clean-Up at The Hickman  
*8 a.m. to noon. Continental breakfast will be served. If you are interested in helping, please contact Jen Mitman at 484-760-6306 or [Jmitman@thehickman.org](mailto:Jmitman@thehickman.org).*
- 18 Spring Worship at Chichester Meetinghouse  
*11:15 a.m.; refreshments. Contact Larry Walker for directions, 302.475.1098, or [evlw@earthlink.net](mailto:evlw@earthlink.net).*
- 25 Concord Quarterly Meeting at Birmingham  
*Details to follow.*

**Ongoing** Gentle Yoga *Willistown. 10-11:30 a.m. Tuesdays. Bring a blanket, mat, cushion. Call Ellen Simmons 610.356.3930 for more information.*

Sacred Harp Singing *Birmingham. Contact Laura Densmore 610.793.5102, [LDensmo1@swarthmore.edu](mailto:LDensmo1@swarthmore.edu).*

Tanguy Sings *4th Saturday; contact Rich Aldred; [raldred@comcast.net](mailto:raldred@comcast.net), or 610.399.6724.*

**Concord Quarterly Meeting for Worship with Attention to Business  
Held at Willistown Monthly Meeting  
October 25, 2009**

Meeting began with a period of silent worship. Clerk Ellen Simmons welcomed everyone. Friends welcomed Jorge Arauz, member of Chestnut Hill Monthly Meeting. There were 15 Friends in attendance. All meetings were represented with the exception of Concord, Goshen, Wilmington, Middletown, and Westtown Monthly Meetings. The agenda was reviewed and approved.

**Treasurer's Report** was given by Erica Young on the finances of the Quarter for the first fiscal quarter of 2009 - 2010. Of particular note was the full distribution of the Tuition Operating Fund to Friends Schools on behalf of 28 students. The covenants and the coordinator payments will begin to be distributed in October. Friends accepted the report.

**Consideration of the Concord Quarter Coordinator balance forward** was made by Erica Young. There is a large balance in the coordinator fund carried forward from the prior 5 years. In the past quarter, the treasurer suggested we consider releasing part of these funds to help support other needs. During the August 3<sup>rd</sup> Planning Committee meeting, the release of funds was considered and a recommendation was made to the Quarter that \$5,000 be returned of the Concord Quarter Coordinator balance forward fund to the PYM General Fund. A question arose about where the extra balance came from. The response was that there is a small buffer in each budget and that the Quarter has been frugal with its expenses. **Friends approved the distribution of \$5,000 from the coordinator fund balance forward to the PYM General Fund.**

**Coordinator's Report** was given by Beth Lawn. She announced that an information day on aging is scheduled for February 20<sup>th</sup> at Birmingham Monthly Meeting. Beth is working to plan the day with the help of George Schaefer, PYM Care and Aging Coordinator, Tricia Coscia, Care and Aging Resource Development Coordinator, and Deborah Cooper of the Friends Counseling Service. Additionally, Beth has requested the Planning Committee and clerks of each monthly meeting's Oversight and Pastoral Care Committee provide input on their areas of interest. Beth also welcomed input from all interested Friends.

Beth reported on the beginning of the process of archiving the Quarter's minutes at Swarthmore College Friends Historical Library. Books of Records for the periods of 1976-85, 1988-89, and 1992-98 have been turned over to Pat O'Donnell at the Library. She noted that records up to the 1950's are on microfilm and are already archived at the Library. Beth's next action will be a printing of minutes beginning with 2002 on acid free paper as the Library is not yet accepting digital records. The Library recommends archiving every 10 to 20 years, and can convert the documents to microfilm at 40 cents per page.

As a member of the PYM Clerk's support committee, Beth attended Interim Meeting in September and October. She also has attended a gathering for members of regional staff oversight committees in August, and a PYM staff retreat on October 14<sup>th</sup>. Friends accepted the report.

**Interim Meeting Report** was given by Beth Lawn and Deb Lyons. Two agenda items were covered. First, a concern originally raised to Interim Meeting in September by Arthur Larabee that our Yearly Meeting develop a statement of our core beliefs. Multiple representatives from monthly meetings reported positive responses to developing such a statement. The statement was also raised in multiple listening sessions that the Priorities Process Working Group held. Words of excitement and hope were spoken in addition to caution. Friends present at Interim Meeting spoke of the need for great care in proceeding so that the statement avoids becoming a creed. The discernment on this statement will continue at the next Interim Meeting with a request that both quarterly and monthly meetings also take up this idea as they are led. A question arose on if Interim Meeting has provided a guide for how a quarter or monthly meeting might approach this statement, as it is a difficult

*Minutes cont'd from previous page*

topic to address because of the diverse nature of Friends. The response was that Interim Meeting did not give guidance as they are still in the process of threshing the idea, though it was felt that there would be guidance in the future. A Friend asked if time could be set aside to discuss who are we because how can a statement be created on what is a Quaker without speaking to each other.

Second, Interim Meeting took up consideration of elders for Interim Meeting and discernment on their possible responsibilities. Eight names were brought before the meeting by the PYM Nominating Committee, including the name of a yearly meeting staff member. Concerns raised included the lack of a description of the elders' responsibilities, the opportunity for abuse of the position, and the appropriateness of having a staff member participating in PYM committees or in volunteer positions. Beth reported that there is a staff policy review going on now by Arthur Larabee and Ginny Connolly considering this staff policy and Arthur will bring a report to Interim Meeting in January. In the future, elder responsibilities would be named. The seven non-staff members were approved and the staff member was provisionally approved pending the policy review outcome. Friends accepted the report.

**Joint Meeting of Nominating and Planning Committees Report** was given by Ellen Simmons. In response to July's Nominating Committee report describing the difficulty of filling the positions of assistant clerk, treasurer, and at-large member of Planning Committee, the Planning and Nominating Committees held a joint meeting at The Hickman on September 20<sup>th</sup>. Joining the meeting were experienced group consultants Eric and Carol Metzker of Willistown Monthly Meeting to assist in the discernment process. The goal of the joint meeting was to find a way forward in filling the open positions or simplifying what the Quarter does. A lack of support as a result of these open positions is being felt by the clerk now.

It was noted that there is a small pool of Friends who consider serving the Quarter as an opportunity rather than a chore. The committees felt that discernment of the structure and function of the Quarter should continue. It was also felt that the treasurer's job should be investigated to determine if it can be simplified.

Friends named two basic functions of the Quarter. First, to be a conduit for leadings from monthly meetings. The Quarter seasons them, acts on them, and discerns sending them on to Philadelphia Yearly Meeting (PYM). Second, the Quarter handles the covenant to PYM. The other functions that the Quarter currently performs are done because of the leadings and energy of Friends.

The committees heard from Carol and Erik Metzker on a method of discernment called Appreciative Inquiry where queries are used to raise up positive responses, reveal themes and raise the energy level by the shared experience. The committees agreed to explore this during an extended lunch following the October Quarterly Meeting.

The Nominating and Planning committees reaffirm the belief that the Quarter serves an important and valuable function both within the Quarter and the larger Quaker community through good programs, food, and fellowship. Friends accepted the report.

Minute of appreciation was approved for the work of the recording clerk.

Meeting ended with a period of silent worship.

Respectfully submitted,

John Lavin, Recording Clerk

# Aging in the Light

*A Day of information and Reflection on Issues of Aging*

A Program of Concord Quarterly Meeting

at

**Birmingham Meeting**

1245 S. Birmingham Rd., West Chester PA 19382

**February 20, 2010**

(snow date 2/27)

*Presenters:* Deborah Cooper, Coordinator for Friends Counseling Service  
George Schaefer, PYM Care and Aging Coordinator  
Tricia Coscia, PYM Aging Resource Coordinator

**Gathering Goal:** To provide a safe space for Friends to look at issues of aging in the context of our shared Quaker values and testimonies. We will lift up common spiritual approaches and explore how they inform the changes and challenges of growing older.

**Gathering Objective:** To identify spiritual and practical resources to help Friends become informed about issues of aging in an atmosphere of warmth and acceptance.

**Intended Audience:** All aging persons, no matter how old they happen to be, and members and attenders of meetings with aging members.

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|-------------|---|
| 8:30-8:45   | Sign-in   |
| 8:45-9:15   | Opening worship   |
| 9:15-9:30   | Welcome and Introductions   |
| 9:30-10:30  | <b>Session I <i>Quaker Spirituality and Aging</i></b><br><i>Experiential Guided Meditation: Looking at oneself as an aging being</i><br><i>Spirituality &amp; Aging: A Quaker Perspective</i> |
| 10:30-10:45 | Break   |
| 10:45-12:00 | <b>Session II <i>Aging Among Friends: Sharing the Journey</i></b><br><i>Independence, Interdependence &amp; Interrelationship</i>   |
| 12:00-12:40 | Lunch (provided)  |
| 12:40-1:55  | <b>Session III <i>Slow Medicine, Hospice &amp; End of Life</i></b><br><i>Understanding the Processes of Physical Diminishments; Choices at End of Life</i>                                    |
| 1:55-2:00   | Brief "Stretch" Break   |
| 2:00-3:15   | <b>Session IV <i>What Are the Resources Available to Help?</i></b><br><i>Exploring practical and spiritual resources for healthy aging</i>  |
| 3:15-3:30   | Closing worship   |

*To register: Call or e-mail Beth Lawn, 610.872.1522; [concordquarter at verizon.net](mailto:concordquarter@verizon.net), by Feb. 13.*

Beth Lawn, Editor  
773 E. 24th Street  
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Clerk: Ellen Simmons  
Asst. Clerk:  
Recording Clerk: John Lavin  
Treasurer: Erica Young  
Coordinator: Beth Lawn

Address Service Requested

#### Concord Quarter Meetings

Birmingham  
Concord  
Goshen  
Middletown  
West Chester  
Westtown  
Willistown  
Wilmington

*Circling* cont'd from p. 4

April 11, 1-3 p.m., ***Phil Ochs: Song Nights*** (during the day!). See <http://www.sonnyochs.com/remembering.html> for details on these special musical events. Admission fee to be decided.

June 6, 1- 4 p.m., ***The Berry Festival***. Watch for more on this later.

For more information on any of these events or for tickets for the dinner contact Mia Muratori, 302.494.3042, or e-mail [HarmonyOnTheHillConcerts at verizon.net](mailto:HarmonyOnTheHillConcerts@verizon.net).

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### Friends Counseling Service Offerings

Friends Counseling Service is a network of Quaker mental health professionals for Quaker members and attenders which is affiliated with PYM. Counselors are available with a variety of expertise and include psychologists, social workers, therapists, family therapists, and a psychiatrist. The mental health professionals in the Friends Counseling Service have been chosen for this service because of both their counseling experience and a commitment to Quakerism. Some financial support is available if needed. More information about this service can also be obtained from the PYM website or by calling Deborah Cooper at 215-248-0489.

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