

# Middlebury Friends Meeting

November  
2012



# NOVEMBER 2012

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## QUAKER CALENDAR OF EVENTS

- Every Saturday 10:30 AM Vigil for Peace on the Triangle Green, downtown Middlebury. Until 11 AM.
- Sun. Oct. 28 8:30 AM Experiment with Light Group at Havurah
- Sun. Nov. 4 8:30 AM Friendly Forum: Being a Quaker Today
- Mon. Nov. 5 7:30 PM Experiment with Light Group at Jean Rosenberg's house, 232 Washington St Ext, Middlebury
- Sun. Nov. 11 8:30 AM Worship and Study at Havurah
- Mon. Nov. 12 4 PM COSA Meeting at Dickinson's
- Mon. Nov. 12 7:30 PM Men's Group Meeting - Place TBD
- Sun. Nov. 18 8:30 AM Monthly Meeting for Business at Havurah House
- Sun. Nov. 25 8:30 AM Experiment with Light Group at Havurah
- Sat/Sun Dec. 1 & 2 Northwest Quarterly Meeting in Middlebury
- Sun Dec 9 8:30 AM Friendly Forum: The Mindfulness Trainings of Thich Naht Hahn
- Wed. Dec 19 7 PM Women's Group Holiday gathering at Sas Carey's
- Sun Dec 23 10 AM Holiday Meeting at the Colwell's, 1 Lower Plains Rd., East Middlebury

“My family, frankly, they weren’t folks who went to church every week. My mother was one of the most spiritual people I knew but she didn’t raise me in the church, so I came to my Christian faith later in life and it was because the precepts of Jesus Christ spoke to me in terms of the kind of life that I would want to lead.

— BARACK OBAMA

Middlebury Friends Meeting  
Monthly Meeting for Business

21 October, 2012

Clerk: Jean Rosenberg

Acting Recording Clerk: Win Colwell

Present were David Andrews, Tom Baskett, Ted Colwell, Win Colwell, Manya Dickinson, Tom Dickinson, Stewart Kirkaldy, Lucy McKeon, Peter Schenck, Don Peabody, and Lianna Tennell.

Meeting for Business began with a reading of words by George Fox as documented in *Truth of the Heart* by Rex Ambler. A brief silence followed to allow us to absorb these truths and center for Business Meeting.

12.10.01 Minutes for 16 September 2012: Accepted as printed in the newsletter.

*cont.*

**12.10.02 Treasurer's Report (David Andrews & Laura Asermily):** "During the month of September, 2012 the Meeting had member donations of \$605. The member income for the comparable period last year was \$620.

"Expenditures during July and August totaled \$379. We paid \$330 for childcare expenses, which included Meeting for Worship childcare (\$170) and First Day School coordination (\$160). We also paid \$49 to Pendle Hill for library resources.

"The bank balance at the end of August was \$6,231.30. Of this, \$4,131.30 is for Meeting expenses and the balance of \$2,100 will be carried over each month until a new financial agent is found for the Farm Worker Coalition."

David and Laura then presented the proposed budget for the calendar year 2013, which is printed in this newsletter. After looking over the list of beneficiaries, there was discussion about whether Quaker House might be considered. It was agreed that a link to the Quaker House website would be included in the newsletter to provide more information for those interested.

There was a discussion of how repairs to the backjacks could be paid for. The group decided to approve the purchase of 3 new covers, with those funds to come from the miscellaneous category in the July - December 2012 budget.

**12.10.03 Transfer of Membership for Peter Schenck.** A letter from Northhampton Friends Meeting (MA) was read aloud, praising the contributions of Peter Schenck and requesting the transfer of his membership to Middlebury. All present were delighted to welcome Peter.

**12.10.04 Outreach and Social Action Committee (COSA)** Tom Dickenson presented these minutes from the committee:

The Outreach and Social Action Committee met on Monday, October 15, and discussed preparations for the Quarterly Meeting here in Middlebury on December 1-2 that we are co-hosting with Bennington Meeting. We had already settled on a program topic centered on the film "How Cuba Survived Peak Oil" in consultation with Bennington and others in Quarter. We are now working on refining the topic(s) of discussion, engaging a discussion facilitator and working on the logistics for the meeting. An announcement has been sent to the editor of the Quarterly newsletter, which is published elsewhere in this newsletter.

**12.10.05 Worship and Study Committee (W & S)** Tom Baskett presented this report:

The committee is preparing a "Committee Notebook" which will clarify Worship and Study responsibilities and activities as well as providing a calendar to help anticipate upcoming tasks.

Friendly Forums are lined up through January. Tom reminded those attending that the committee is always open to new ideas for Friendly Forum topics.

The Experiment with Light meditation is going well, with 7 people in attendance

for the first meeting. Another time and place have been added to the schedule of meditations; see Nov 5 and Nov 25.

**12.10.06 Fellowship Committee** As reported by Manya Dickinson.

The first potluck of the season, with Fran and Spence Putnam showing photos and talking about their trip to Guatemala, was a great success. We also agreed that the Ilsley Library Meeting Room was a perfect venue for such a program: central location, lots of parking, chairs, tables and kitchen right there.

We have distributed, by email and at meeting, preference slips for this year's Friendly 8's dinners and will do so for another 3 weeks.

We will be asking many people to sign up for contributing to the Northwest Quarterly Meeting supper, breakfast and lunch. We'll need food, set-up and clean-up, and some supplies. Those lists will be going out around November 1.

**12.10.07 Pastoral Care Committee.** The committee met on October 17. Among other topics, Brud Leedom presented his attendance records, which show that average attendance each First Day is 32. Unfortunately, the number of children has been decreasing.

**12.10.08 Children's Programs Report.** Lianna Tennel presented her report concerning Children's Activities. She began with distributing the Mission Statement printed elsewhere in this newsletter. All praised Lianna for this clear and inspiring document.

Lianna encouraged all grownups in the Meeting community to visit First Day school and see what they are up to!

A discussion followed of ways that we may be able to increase the attendance. It was suggested that we encourage more participation in wider Quaker Youth activities. Kids from Burlington Meeting will be coming down for Quarterly Meeting in December, which will hopefully create some good connections.

We acknowledged that shrinking attendance in First Day School is a New England-wide issue.

Everyone is encouraged to welcome new families to join our community.

Monthly meeting closed after a period of silence

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ANNOUNCEMENT SUBMITTED FOR PUBLICATION  
IN FALL EDITION OF *THE NOR'WESTER*

Bennington and Middlebury Meetings are pleased to invite Northwest Quarter Friends to our winter session in Middlebury, on December 1 & 2 at the Counseling Service of Addison County (CSAC) community rooms.

SATURDAY

5:30 - 6:30: Simple supper, at CSAC.



7:00 – 9:00: How Cuba Survived Peak Oil — With the break-up of the Soviet Union in the early 1990s, Cuba lost the main source of its imports of oil and other materials, and their economy went into free fall. The most serious impact was on food supplies and over the next several years Cuban agriculture shifted from industrial, energy intensive practices to sustainable and organic, with a focus on local food production. This transformation is described in *The Power of Community, How Cuba Survived Peak Oil*, filmed in 2006. This 53 minute movie will be shown followed by a facilitated discussion on how the Cuban experience can inform us as we work toward saving our economic and environmental future.

Child care provided.

SUNDAY

7:30 - 8:15: Simple breakfast, CSAC lobby

8:30 - 9:30: Committee of the whole with the Naming Committee.

Child care provided.

10:00 - 11:00: Meeting for Worship. Children attend the beginning of Worship, then leave to play cooperative and get-to-know-you games. They return after announcements for introductions and the birthday song, if any.

11:00 to 11:15: Kids and First Day school teachers will lead a game in the lobby for all who would like to join.

11:30 - 12:30: Simple lunch

1:00 - 3:00: Meeting for Worship for Business. For children, conflict resolution lesson, with picture books and craft activities.

Middlebury Friends are eager to offer overnight hospitality, and also to accommodate special needs of those attending. Our experience has been that often communication back and forth is required to get everything settled, so by November 24 please contact:

Tom Dickinson, 166 Birchard Park, Middlebury, VT 05753

802-388-2594, [tmdickin@comcast.net](mailto:tmdickin@comcast.net)

with the following information:

Name, Address, Phone, Email, Estimated time of arrival

If traveling as a group, names of others, ages of children, and number of rooms and beds required.

Special Needs (allergies, access, etc) in the meeting space and in housing

## MISSION STATEMENT OF MIDDLEBURY FRIENDS MEETING'S CHILDREN'S PROGRAM

Our goal: To support Middlebury Meeting's parents and children by involving kids in the life of the Meeting, providing education in Quaker values and history, fostering friendships between Meeting children and adults, and helping parents take part in Meeting activities.

Towards these ends we will:

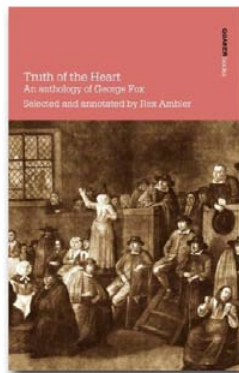
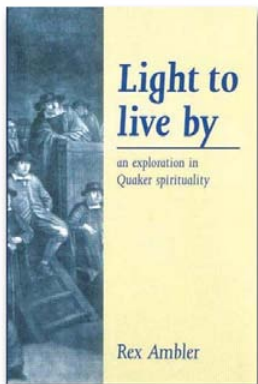
- Encourage children to attend Meeting for Worship as they are able—through Intergenerational Meeting, having kids join in the beginning of Meeting, encouraging teens and children to try sitting through meeting when they feel ready, and by having activities during First Day School that help them learn ways of sitting in worship.
- Encourage Meeting related activities, such as singing, that can easily include children.
- Provide childcare every Sunday, and also as needed so parents can participate in Meeting activities (Business Meeting, Community Supper, State of the Meeting, etc.)
- Provide First Day School on a regular basis. (Current plan: 1<sup>st</sup> and 3<sup>rd</sup> Sundays during the school year, informal program weekly during summer.)

First Day School Content:

- Testimonies—Simplicity, Peace, Integrity, Community, Equality
- General Quaker practices, and our Meeting's specific practices
- Quaker history and traditions
- Christian background
- Bible stories
- Other religious traditions
- Prayer, personal connection with God
- Care for others/ community service
- Care for the Earth

First Day School Method:

- Programming that works well for all the different ages, personalities, and learning styles of the children in our Meeting, if they want it. (Staying in Meeting also being an option.)
- Encourage attendance by keeping families informed.
- Involve Meeting individuals without children in First Day School as well.
- Regularly check in with families about their needs and wishes, and make adjustments as needed/possible.



## EXPERIMENT WITH LIGHT MEDITATIONS

Experiment with Light meditations, sponsored by the Worship & Study Committee, will be offered on Sunday, Nov. 25, upstairs at Havurah House, starting at 8:45 AM. All are welcome. It will also be offered on Monday evening, Nov. 5, which may be a better time for some Friends. That will be at Jean Rosenberg's house, 232 Washington St. Ext., Middlebury, from 7:30 to 8:45 or 9 PM. The meditation takes about 45 minutes, and has spoken prompts to guide it.

The Experiment with Light is a practice of guided Quaker meditation, developed by the British Friend Rex Ambler in the 1990's. It is based on his understanding of early Quaker spiritual practice, as described by George Fox and others. The early Quakers did not develop a doctrine of what spiritual reality is, but they insisted it was available to everyone, is to be found by looking within, and the Inward Light will illuminate this reality if we attend to it and wait faithfully. This meditation follows a version of that Quaker practice, in modern English terms. For full explanation, see the website [www.experiment-with-light.org.uk](http://www.experiment-with-light.org.uk) and see also Rex Ambler's books, *Truth of the Heart*, and *Light to Live By*.

This is not a process that is only peace and joy. While such opening to the Light opens us to peace and joy, it can also open us to regrets and challenges. Of course, coming to see spiritual reality is not a painless process, as our own ego-centeredness and limitations become clearer. However, it was and is the experience of Friends that looking to the Light while staying present with the sometimes painful revelations brings gradual and long-term transformation of our hearts and lives, along with peace, joy, and love, the fruits of the Spirit. The meditation prompts direct us to centering down, opening to the Light shining on our lives and the world, realizing the reality illuminated, and standing with it in the Light as the Spirit comforts and transforms us. This "growth of the seed" in us is usually a lengthy process, certainly accompanied by much joy, and regular use of the Experiment with Light meditation can be helpful.

Questions? Ask Jean Rosenberg at 388-6453.



# PROPOSED BUDGET FOR THE FISCAL YEAR JANUARY 1 TO DECEMBER 31, 2013

	2010-2011 Budget	2011-2012 Budget	Actual 2011-2012	Proposed 2013
INCOME	\$12,108.00	\$13,748.00	\$12,346.85	\$14,614.00
EXPENDITURES				
Rent	\$2,000.00	\$2,000.00	\$2,000.00	\$2,400.00
New England Y.M.	\$2,000.00	\$2,000.00	\$1,996.00	\$2,000.00
Northwest Quarterly Mtg	\$500.00	\$500.00	500.00	\$500.00
Books & Library	\$200.00	\$200.00	57.50	\$200.00
First Day Coordination	\$1,700.00	\$3,140.00	\$2,597.14	\$1,600.00
Child Care			included above	\$1,740.00
Materials and food				\$240.00
Advertising (F Jour'l, Addy Indy)	\$194.00	\$194.00	\$204.00	\$204.00
Gifts for Young Friends	\$50.00	\$50.00	\$-	\$50.00
Mail Box	\$74.00	\$74.00	\$90.00	\$90.00
Midd. Clergy Assoc dues	\$25.00	\$25.00	\$25.00	\$25.00
Miscellaneous	\$100.00	\$100.00	\$200.00	\$100.00
Newsletter & Directory	\$170.00	\$170.00	\$178.50	\$170.00
Outreach and Social Concern	\$250.00	\$250.00	\$198.64	\$250.00
Postage	\$200.00	\$200.00	\$92.50	\$200.00
Web page domain	\$20.00	\$20.00	\$-	\$20.00
Worship & Study	\$150.00	\$150.00	\$-	\$150.00
Ticonderoga meeting	\$200.00	\$200.00	\$-	\$200.00
TOTAL EXPENDITURES	\$7,833.00	\$9,273.00	\$8,139.28	\$10,139.00
BENEVOLENCES				
Add Cty Relocalization Network	\$100.00	\$100.00	\$100.00	\$100.00
AFSC National	\$300.00	\$300.00	\$300.00	\$300.00
Vt Action for Peace	\$200.00	\$200.00	\$200.00	\$200.00
Clergy Rental Fund	\$300.00	\$300.00	\$300.00	\$300.00
Community Lunch	\$300.00	\$300.00	\$300.00	\$300.00
Counseling Service of AC	\$200.00	\$200.00	\$200.00	\$200.00
FCNL	\$100.00	\$100.00	\$100.00	\$100.00
Friends Gen. Conference	\$75.00	\$75.00	\$75.00	\$75.00
Friends World Committee	\$50.00	\$50.00	\$50.00	\$50.00
Habitat of Addison County	\$300.00	\$300.00	\$300.00	\$300.00
HOPE	\$600.00	\$600.00	\$600.00	\$600.00
Interfaith Power & Light	\$100.00	\$100.00	\$100.00	\$100.00
John Calvi	\$100.00	\$100.00	\$100.00	\$100.00
Nomadicare	\$100.00	\$100.00	\$100.00	\$100.00
Open Door clinic	\$300.00	\$300.00	\$300.00	\$300.00
Parent/Child Center	\$300.00	\$300.00	\$300.00	\$300.00
Peace & Justice Center		\$200.00	\$200.00	\$200.00
Quaker Camps & Conferences	\$250.00	\$250.00	\$-	\$250.00
Quaker Earth Witness	\$50.00	\$50.00	\$50.00	\$50.00
Quaker UN Office	\$100.00	\$100.00	\$100.00	\$100.00
Right Sharing of World Resources	\$50.00	\$50.00	\$50.00	\$50.00
Spirit in Nature	\$100.00	\$100.00	\$100.00	\$100.00
Summer Lunch Program	\$100.00	\$100.00	\$-	\$100.00
Contingencies	\$200.00	\$200.00	\$100.00	\$200.00
TOTAL BENEVOLENCES	\$4,275.00	\$4,475.00	\$4,025.00	\$4,475.00
GRAND TOTAL EXPENSES	\$11,908.00	\$13,748.00	\$12,164.28	\$14,614.00
Carry over Fund building improvements	\$1,602.80	\$1,602.80	\$172.80	

## MIDDLEBURY FRIENDS MEETING

Religious Society of Friends (Quakers)

Editor: Winslow Colwell

Newsletter Mailing: Ted Colwell & Ruth Barenbaum

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### Co-Clerks

Cheryl Mitchell (545-2278)

Jean Rosenberg (388-6453)

### Recording Clerk

Priscilla Baker

### Treasurer

Laura Asermily

PO Box 1026

Middlebury, VT 05753

388-9478

### Co-Treasurer

David Andrews

388-4894

### Pastoral Care Committee

Caring for one another in a loving community is an important part of our life as a Meeting.

Call any member of Pastoral Care to share a concern or need.

Priscilla Baker (388-8024)

Sas Carey (388-1301)

Wendy Goodwin (385-1900)

Brud Leedom (623-7533)

Grace McGrath (388-6576)

Carrie Reed (388-0436)

We welcome your submissions! — win@wcolwell.com

## MIDDLEBURY FRIENDS MEETING

PO Box 1026

Middlebury, VT 05753

Meeting for Worship 10 AM every First Day

Havarah House, 56 N. Pleasant St. (Rt.7), Middlebury

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

Please send newsletter submissions to the address above or to

[win@wcolwell.com](mailto:win@wcolwell.com)