



Metamorphosis

June 2009

Meeting for Worship Sundays at 10 AM at Explorations Academy, 1701 Ellis Street, Bellingham
 Phone 360-752-9223 <http://www.geocities.com/bellinghamfriendsmeeting> Mailing Address P.O. Box 30144 Bellingham, 98228-2144

Co-clerks Janine Bruton & Mimi Freshley

Ministry and Counsel Members: Doris Fern, Mimi Freshley, Janine Bruton, Dorrie Jordan and Howard Harris

Query for June

Do we each take an active part in the life of our Meeting? How do we recognize the varied skills and spiritual gifts of our members and attenders? How do we nurture their use and growth?

--NPYM Faith & Practice, p.42-43

Schedule for Second Hours and Weekday Events

Wednesday June 24 th	Meeting for Worship	5-5:30 pm	Explorations Classroom
June 28th	Sara Koopman on her experience as an accompanier in Colombia		
Wednesday July 1 st	Meeting for Worship	5-5:30 pm	Explorations Classroom
July 5th	Potluck		
Wednesday July 8 th	Meeting for Worship	5-5:30 pm	Explorations Classroom
July 12th	Meeting for Worship for Business		
Wednesday July 15 th	Meeting for Worship	5-5:30 pm	Explorations Classroom
July 19th			
Saturday, June 27 th	War Toys into Art Project at the Farmers Market		
Tuesday, July 21 st	Book Group: <i>Divisidero</i> by Micvhael Ondaatje (Call Sue Richardson for a library copy)	7 pm	Janine Bruton
Wednesday July 22 nd	Meeting for Worship	5-5:30 pm	Explorations Classroom
Saturday, July 25 th	War Toys into Art Project at the Farmers Market		
July 26th	tba		
Wednesday July 27 th	Spirit Group-Pendle Hill Pamphlet on Walt Whitman	7 pm	tba
Wednesday, July 29 th	Meeting for Worship	5-5:30 pm	Explorations Classroom
August 2nd	Meeting for Worship and Potluck Picnic at Whatcom Falls Park		
August 9th	No Meeting for Worship for Business this month		
August 16th	tba		
August 23rd	Intergenerational Activity		
August 30th	Welcome new member Iris Gravelle - Lopez Island Worship Group Visit		

Friends World Committee for Consultation (FWCC) Section of the Americas has announced that the **Quaker Youth Pilgrimage** will be in the Pacific Northwest in the summer of 2010. Jointly sponsored by the Section of the Americas and FWCC's Europe and Middle East Section, the Quaker Youth Pilgrimage enables high-school age Friends, ages 16-18, to learn about Quaker history and process, develop a stronger relationship with God, and experience the diversity of Friends' traditions and worship while traveling, living, and working together for a month. Drawing youth from throughout North America and Europe, and occasionally elsewhere, the pilgrimage takes place once every two years in areas that vary from each instance to the next.

In 2010, Quaker youth will gather in Seattle on July 16th, travel in Washington State and Oregon, and then return to Seattle for departure on August 13th. (NOTE: The dates might be changed to July 18th-August 15th; a final decision is still pending.) The Quaker Youth Pilgrimage Committee, being clerked this time by former NPYM Friend Bill Schoder-Ehri, is

looking for a few Friends who can help with this Pilgrimage. Its first week will be spent at Quaker Cove near Anacortes, during which time the young Friends will be doing maintenance work as a service project while bonding as a community and learning from one another's experiences. During this week a visit to Bellingham Friends Meeting is a possibility, and there may be other ways in which Bellingham Friends can be helpful and welcoming.

More details about the Pilgrimage and how some of us might relate to it will be forthcoming in a future issue of Metamorphosis, as will information for any local youth who may wish to apply to participate in the 2010 Quaker Youth Pilgrimage.

Eco Suggestion of the month - Safety in using plastics in cooking

Heating plastics increases the chances of leaching chemicals from the plastic. One particular concern is a group of chemicals called phthalates which can act as endocrine hormone disruptors in humans and animals. These are added to some plastics to make them less brittle and they can leach into food if the plastic is heated. Here are some safety tips from the Johns Hopkins website.

1. When cooking with plastics or plastic utensils, use only plastics specifically meant for cooking. Heat resistant glass, ceramic and stainless steel are better.
2. Remove food from packaging before defrosting in microwave. Do not use foam or plastic wrap.
3. Only use cookware that is specially manufactured for use in the microwave oven. Glass, ceramic containers, and all plastics should be labeled for microwave oven use.
4. Microwave plastic wraps, wax paper, cooking bags, parchment paper, and white microwave-safe paper towels should be safe to use. Do not let plastic wrap touch foods during microwaving.

Book Review

Amish Grace: How Forgiveness Transcended Tragedy by Donald B. Kraybill, Steven M. Nolt and David L. WeaverZercher

Are there limits to forgiveness?

Early on a Monday in October of 2006, a man entered an Amish schoolhouse in Nickel Mines, Pennsylvania. Before the day was over, he had killed five girls and wounded five others. Although he and his family were not Amish, the man was known to the Amish. He drove a milk truck and lived nearby. Before killing any of the girls, he called his wife and explained that his motive was retribution for the loss of a daughter, who a year earlier had died during the birth process. After shooting the girls, he killed himself.

School shootings have become an unfortunate fact of modern life, but the setting seemed unusual for such a tragic event. Amish farmland brings to mind a quiet way of life, in which people work with their hands, avoid modern technology and depend upon each other for support almost exclusively. The fact that it happened to people committed to peace made the shooting seem even more tragic.

The authors of this 237 page book are academics at nearby small colleges who have taken a scholarly approach to the Amish in the past. They became involved when the media began to hound them to explain the Amish reaction to the deaths of their children, which soon became a much larger story than the killings.

The news anchors could describe it, but they could not explain it. The Amish forgave the

killer. They visited his family and made clear that they, too, were victims in the eyes of Amish community. They went to the killer's funeral, where an elderly Amish man was overheard saying to several small boys, "We must not think evil of this man". Forgiveness of this degree was so incomprehensible that some members of the media later turned on the Amish and accused them of duplicity.

The bulk of this small book describes the origins and beliefs of the Amish. There are brief conversations with Amish folk (mostly men) who have known the authors for years. Other incidents of violence directed at Amish are described and discussed. What becomes clear is the Amish belief that to be forgiven, one must forgive. God cannot be expected to forgive those who do not forgive others.

While somewhat redundant, this book is quite readable. It is not academic in style. The authors, perhaps inspired by their subjects, treat them fairly. On Amazon.com, 46 readers rated this book 4.5 on 5 point scale, which is unusual near-unanimity of approval.

Reviewed by David Hopkinson

Friends don't let Friends over-consume

In the interest of reducing exploitation of planetary resources Friends in need of items they may not use often are encouraged to consider borrowing the item instead of buying. Please feel free to make an announcement regarding your request at the rise of Meeting.

DRAFT Minutes for Meeting for Worship with Attention to Business – June 14, 2009

Clerk: Janine Bruton

Recording Secretary: Betty McMahan / Mimi Freshley

Present: Howard Harris, Susan Richardson, Don Goldstein, Dusty Andersen, Annelise Pysanky, Doris Ferm, Jeanine Hart-Horner, and Sharon Trent.

Our Meeting for Business began with opening silence.

Our History: Howard shared some history about "Three Ravens & Two Widows," written by Richard M. Kelly. The ravens are a metaphor for the conflict that existed between the Evangelical branch of Quakerism and the more traditional, liberal branch. Mr. Kelly's mother and grandmother disagreed in their beliefs of Quakerism, but they did not disagree on their love for their son/grandson. Whatever your disagreements may be, one can still practice love/acceptance and the basis of Quakerism: Listen to and practice the guidance that Spirit provides.

Our Future: There is the hope that our Meeting will become more loving, deepening our community and allowing us to learn more about who we are. In tune with our query this month, one hopes that all adults listed in our directory will become active participants in at least one committee. We hope to see our Meeting thrive so that infants like Annelisa will become role models just like our elders are.

Agenda Review / Approval: Adjustments were made and the **agenda was approved.**

Approval of Last Month's Minutes: Some names were incorrectly spelled. Correct spellings are Kelly **Wyckoff** and Sheri **Kneeskern**.

Committee Reports:

Ministry & Counsel:

1. The query for this month from NPYM Faith & Practice, p.42-43: Do we each take an active part in the life of our Meeting? How do we recognize the varied skills and spiritual gifts of our members and attenders? How do we nurture their use and growth?
2. Care of Meeting guidelines have been rewritten, and we encourage Friends to undertake this pastoral responsibility, using their own words, guided by the Spirit. A member of M & C will be assigned for each Sunday in case no one else signs up.
3. The welcome brochure continues to be a work in progress, but we have made some copies of the old one to serve until the new one is ready.
4. In lieu of a telephone tree, in cases where news needs to be disseminated among Friends quickly, please call a member of M & C.
5. Background checks for those working on a regular basis with our children have been cleared through the Washington State Patrol. There is some concern, however, about adults who are not members or regular attenders of our Meeting and who have been with the children recently. We feel the need of a specific policy here.
6. (Decision item) A letter has been received from Bob Schultz, our speaker of last week, asking that we make our directory available for either a) three copies of the Washington Newsletter followed by a letter; b) a one time mailing; or c) two email messages. FCNL will never share names or addresses with any other organization. M & C recommends that we provide email addresses for two messages. We also recommend that we revisit the decision made in January 2008 in regard to a similar request from Right Sharing of World Resources, whereby Friends had to request to be put on a list for a one-time mailing. These are Friends' organizations doing Friends' work on our behalf. Should we deny them the opportunity to acquaint us with the work they are doing for us? **Friends approved the third option, above, with the intent to provide our email list rather than our directory.** The issue regarding a similar request for Right Sharing of World Resources will be brought forth at next month's business meeting by P & SC.

7. SCHEDULE

June 14: M4W4B -Janine care of Meeting (coM)

June 21: Kirsten-experiences at Woodbrook; other Friends who have experience with Pendle Hill or other Quaker retreat centers (coM Dorrie)

June 28: Sara Koopman on her experiences in Colombia (coM Doris)

July 5:potluck (coM Mimi)

July 12: M4W4B (coM Janine)

In August, with Lopez Friends coming Aug. 30 (We will also celebrate Iris Graville's transfer of membership to our Meeting on this date), we will enjoy Intergenerational Sunday on Aug. 23.

Peace & Social Concerns:

P & SC discussed how to apply the information provided in Bob Schultz's workshop in general and for the committee's letter of the month specifically. Use of websites such as FCNL and their timely letters on Potluck Sunday was suggested. By using these letters, Friends could

personalize them and send them directly and easily during potluck. The need for readily available computers and the use of Exploration's computers (which are in the room) were considered.

After talking with Daniel on this matter, a better option would be to use the school's high-speed Internet connection with several personal laptops brought by Friends. Use of Exploration's computer was fraught with complications unnecessary to take on at this time. (A discussion followed, and it was suggested that P & SC could also e-mail a letter for Friends to forward from their homes.

P & SC also discussed letters to the editor as a tool to promote earmarked social causes. It is necessary to involve more Friends other than just committee members since the Herald does not print one individual's letters repeatedly. (It was suggested that the Herald might publish an organization's letters once per month. Is there an interest here? P & SC will pursue this matter.)

Nominating Committee:

There are no changes in the finance committee job description since last year. Unsure whether this description was seasoned last year, **finance committee's job description and the newsletter job description have both been accepted for seasoning.** Any other committee job descriptions are welcome.

Earthcare:

FEC committee sponsored a birding expedition to Lummi Island on May 23rd, led by John Horner. Twelve people went and spent several hours walking, listening and looking for birds. We had great weather, and everyone enjoyed it. We hope to plan more such trips.

FEC committee plans to write a monthly petition on an environmental topic and bring it to Meeting for signatures.

Eco Suggestion of the month - Safety in using plastics in cooking:

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3. Only use cookware that is specially manufactured for use in the microwave oven. Glass, ceramic containers, and all plastics should be labeled for microwave oven use.
4. Microwave plastic wraps, wax paper, cooking bags, parchment paper, and white microwave-safe paper towels should be safe to use. Do not let plastic wrap touch foods during microwaving.

(From Johns Hopkins website and USDA safety recommendations)

We will request putting the following notice in the newsletter: In the interest of reducing exploitation of planetary resources. Friends in need of items they may not use often are encouraged to consider borrowing the item instead of buying. Please feel free to make an announcement regarding your request at the rise of Meeting. Friends, don't let Friends over consume.

Next meeting - June 24 - 7 pm - Doris' house

FCNL:

Dear Friends: Since our FCNL rep, Tom Hall, is out of town, I thought maybe it would be okay if I made a brief report from a letter that was forwarded to me from FCNL, especially in light of Bob Schultz' recent visit. A report from Ruth Flower to Joe Volk points out how the reality in Washington, DC has changed. For example, FCNL staff has helped to shape key sections of the Foreign Relations Authorization Act (H.R.2410), which will set up critical changes in U.S. relations with the rest of the world. The bill has sections, which focus on diplomacy used to prevent war and genocide.

Jim Fine persuaded the House to insert language into the war supplemental bill to prevent building permanent military bases in Afghanistan. FCNL is also excited that there were 60 votes against the war supplemental, when they had anticipated maybe 10!

Devin Helfrich has been working in coalition with other groups on building support for a carbon tax. Although no such bill is expected to pass this year, the members of Congress in support of a carbon tax is growing.

Peace, Doris

Treasurer's Report:

BELLINGHAM FRIENDS MEETING
Cash Flow - Last month
5/1/2009 through 5/31/2009

6/3/2009

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Category	Amount
INFLOWS	
Contributions to Meeting: Operating Fund	965.00
Contributions to Meeting: Honorarium Fund	95.00
Contributions to Meeting House Fund	55.00
Contributions to FCWPP	135.00
Contributions for Friends Peace Teams (May Cause)	65.00
Faith & Practice, copies sold	8.00

TOTAL INFLOWS	1,323.00
OUTFLOWS	
Administration - Total	-475.00
Rent: Explorations Academy	-475.00
Children's Program Committee - Total	-305.00
Honorarium for May	-200.00
Wash. State Patrol background check fees	-105.00
Communications Committee - Total	-15.37
Newsletter printing	-16.28
Other Comm. Committee (phone refund)	+ 0.91
Donations Out - Total	-800.00
FCWPP	-135.00
Friends Peace Teams / AGLI (May Cause)	-65.00
Whatcom Peace & Justice Center	-600.00

TOTAL OUTFLOWS	-1,595.37
=====	
OVERALL TOTAL	-272.37

HONORARIUM FUND

Prior Balance	875.00
Contributions in May	95.00
Transfers from MHF in May*	50.00

TOTAL	1020.00
Honorarium paid in May	-200.00

BALANCE	820.00

*Authorized by donor

Don informed Friends that if donations are made to the cause-of-the-month organization in the form of a check written to that organization, such checks will be forwarded but will not go through the Meeting's books. Therefore, they will not be included in the total reported by him the next month and will not be included in the end-of-year acknowledgment sent to the donor. If you want to donate by check and either of these things is important to you, please write your check to Bellingham Friends Meeting, with the recipient organization noted on the memo line of the check.

Sharon Trent has agreed to be the third signer on finance/treasury checks. **This has been approved for seasoning.**

Communications Report:

Communications Committee had a rare meeting in May and made the following decisions: (or has the following news to report)

- We welcome Dave Hopkinson's interest in serving with us as a new web keeper, and we have passed onto Nominating Committee to get him formally nominated.
- Matthew Liao-Troth is willing to lay down his role of web keeper, and to help Dave in getting some website changes underway.
- John Hatten has agreed to provide hosting for our website and to sign us up for a new domain name. There will be some expense, which will be reviewed by Finance Committee at their next meeting.
- Annelise is now serving as the phone message person for our Meeting, and we thank Steve Vanderstaay for taking on that responsibility over the past few years.
- Sharon is now newsletter editor and would like book reports and other items of community interest for the newsletter. Betty is going to assist her by serving as a proofreader for the newsletter.
- Alice is signed up with the Bellingham Herald's events page on their website. Special events that Friends wish to publicize should be sent to her well in advance of the date so she can submit them to the newspaper. (It was explained that this committee will be working with John Hatten and that a new domain is being set up because "geo cities" is going out of business and our own domain will provide a clearer website.)

Member's Concerns:

Don Goldstein expressed concern that Ministry and Counsel takes on a lot of talks and responsibilities. He proposed the possibility of doing some restructuring which might include having another committee to take on the task of scheduling second hours. There could be other possibilities as well.

Doris Ferm asked that we put more emphasis on beauty in nature, poetry and song in each of our lives. Members approved that on the first Sunday in August, our Meeting for Worship will be followed by a potluck picnic at the large shelter in Whatcom Falls Park.

Clerk's Report/Concerns:

Janine asked if the meeting might forego scheduling a Meeting for Business in August. She is going to be away, and many meetings have a summer schedule, which means they do not have meeting for business one month during the summer. **It's been agreed that we skip Meeting for Worship for Business in August.** The Metamorphosis will still be published and might include articles by members.

A soup supper idea was presented with a discussion on care of meeting. Janine will host it and set a date for sometime in July. Janine also brought forth the idea of another fall retreat and will discuss this further at Ministry & Counsel.

Janine announced that she and her husband Brad are going to move from Bellingham in order for Brad to find more fulfilling work in another city. Those of us present expressed gratitude for Janine's involvement and presence in the Meeting. We will hold her and Brad in the Light in this time of transition. Janine will keep the Meeting posted on when the move will occur.

LOPEZ ISLAND WORSHIP GROUP MINUTES

Lopez Island Worship Group (LIWG) is under the care of Bellingham Friends Meeting. In order to help Bellingham Friends get to know more about these Friends, a copy of the LIWG Minutes from their Meeting for Worship for Business on May 17th is available for your perusal on the Friends literature table. Minutes from their Business Meeting on June 14th will also be available, as of June 21st. Here is an item extracted from the May minutes:

Clearing the Clutter Workshop on Lopez Carolyn Koehline, who presented the clearing the clutter workshop at Quarterly Meeting recently, has offered to conduct a workshop on Lopez this summer or fall. Those who worked with her in Ellensburg described it as an "intimate spiritual exploration" and said it is definitely not limited to physical clutter but also to emotional and spiritual clutter. We agreed we would like to bring her here and a "Decluttering Committee" (Polly, Sheila, Anne) volunteered to report back at June Meeting for Business. Anyone having thoughts about logistics or anything else is asked to contact a committee member. [This workshop will take place August 1 at the Lopez Island Library.]

Here is an item from the June minutes received from the Lopez Worship Group:

Truth Commission Petition Ron reported we had an opportunity to sign the petition of the Lopez Volunteers for Human Rights which promotes establishing a Truth Commission to investigate alleged torture of detainees by the U.S. government during the "war on terror." Jerry noted that the agenda for Yearly Meeting includes a minute on abolishing torture. We came to unity on signing the petition as a worship group as well as as individuals and advising Yearly Meeting of our action.

--From BFM Members of Lopez Oversight Committee: Susan Richardson, Don Goldstein, Janine Bruton, Doris Fern

God does not die on the day when we cease to believe in a personal deity, but we die on the day when our lives cease to be illuminated by the steady radiance, renewed daily, of a wonder, the source of which is beyond all reason.

Dag Hammarskjöld

Bellingham Friends Meeting

ANNUAL OUTDOOR MEETING FOR WORSHIP AND PICNIC

Sunday, August 2nd 10 am



Whatcom Falls Park (east on Lakeway, left on Electric, turn left on Kenoyer, which is the 1st entrance on left)

Meeting for Worship in the large shelter for adults

Meeting for Worship for Play in the playground for children

Followed by a potluck picnic

Bring a dish to share and your own place setting

Chairs are recommended

Dress for the weather—it's a little cooler there

Tablecloths and flowers are welcome

For more information call Sharon at 714 6141

ALL ARE INVITED—BRING A FRIEND