

# The Langley Hill Friend

FIRST Month 2014

6410 Georgetown Pike, McLean, Va. 22101-2210

#506

Make me, O Lord, at last, a simple thing

Time cannot overwhelm.

Once I transcended time

A bud broke to a rose.

And I rose from a last diminishing.

From Theodore Roethke

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## Calendar

### Recurring Events

Sundays 9:00 am "Drop-in" Worship Sharing in the Teen Room upstairs. *See next page*

9:30 am Early worship in the meeting room

10 am Meeting for worship (9:30 on business meeting day)

First Sundays 9:15 Singing ♪♪ 10:00 Worship. 11:00 Fellowship. Noon Potluck Lunch.

Second Sunday 10:30-12:00 Meeting for worship with a concern for Business

2nd Tuesday 7:30-8:30 Mid-Week Worship

Saturday 12-1 pm Witness on Mall "Seek Peace and Pursue It" *(Contact Bill Mims 703-281-7293)*

### Upcoming Events at Langley Hill – and Elsewhere

1/23-26 Fri-Sun BYM Women's Retreat, Frostburg MD

1/26 Sunday Noon Peace & International Outreach Committee. Contact Najla Drooby

2/2 Sunday 6:30 WPH Potluck & Dialogue on Middle East See page 6

2/9 Sunday 5:30 New Jim Crow discussion, in downstairs Community room.

2/15 Saturday Deadline for BYM Annual Session workshop proposals See next page

2/15-18 Sat-Sun BYM Young Friends Conference at Langley Hill

2/16 Sunday 11 am 2<sup>nd</sup> hour: Georgia Fuller on Kenya.

2/21-23 Fri-Sun FCRP Friends Conf. on Religion & Psychology See page 6

2/23 Sunday 11 am Spiritual State of the Meeting worship sharing

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To Schedule Second Hours, contact Jeanne Houghton 703-609-1065  
For other uses of the Meeting House contact SHEILA BACH **304-728-4820**

## Drop-In Topics

Sunday mornings 9:00 – 10:00

- 1/26 Lloyd Lee Wilson on "The Quaker *Gestalt*"  
2/2 Mary Szybist: Poems from *Incarnadine*  
2/9 Thomas Kelly: Prayer without ceasing  
2/16 Amos 5 : 1 - 24  
2/23 George Herbert: two poems

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Vocal Ministry –

### Speak UP!

Spirit-led vocal ministry at Langley Hill is a blessing. At times, however, the message is not heard by everyone in the gathered community.

If you are called to speak, please speak up so \*everyone \*can hear. Lift your chin and project your voice across the rafters and over the din of our air handling system so people on the far side of meeting room can hear your words.

A loud voice also will allow the sound system microphones to pick up your words for those using the listening devices. If you see friends leaning forward straining to hear or cupping their hands to their ears, that is a friendly sign that they are interested in your message but missing out.

Please include everyone when you are called to share in meeting for worship by talking loudly.

Thank you!

*Ministry & Worship*

## Ad Hoc Outreach Group Seeking Volunteers

One of Langley Hill's priorities is to increase outreach - to let more Seekers know what great things we have to offer in our meeting for worship, Religious Education program and many community activities. To discern and lead this effort, we are forming a new Ad Hoc Outreach Group that needs participants from across the Meeting and its Committees. We welcome the perspectives of seasoned friends and newcomers, parents and singles, members and attenders, young and older. Please consider joining.

The Group will meet monthly over the next several months to review actions we could take and discern the best places we should put our collective energies. The Advancement and Outreach Subcommittee has collected many ideas in the past year, and more ideas are always welcome. Part of this process will be to examine hosting the public sessions of Quaker Quest that we learned about at the October workshop. The Group will be action oriented, working to identify tasks that can be implemented now while seasoning other projects that need discernment by the whole Meeting.

If you are interested, or want to learn more, please contact Tim Hunt ([tghunt2@gmail.com](mailto:tghunt2@gmail.com) or [703-538-5573](tel:703-538-5573)) by the end of January so we can schedule our first meeting

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## BYM Annual Session

### Workshop Proposals Being Accepted

Would you like to lead a two-hour workshop at Annual Session in August 2014? If you have studied and worked in an area of interest to Friends, please consider sharing! Applications are now being accepted at the BYM website. The deadline is February 15.

*From House & Grounds*

## Septic System Update

Wondering about the hole in front of the meetinghouse? We've outgrown our septic system, which is outdated, inadequate, and must be replaced. House & Grounds is working on the problem. It will be a long and expensive project – but essential.

## January Business Meeting Notes

We lost a member and are gaining another. Jim Power, an active attender at Charlottesville Meeting for some years, requested transfer to that meeting. Robert Trussell, attending here at Langley Hill for some time, was enthusiastically recommended for membership by Care & Clearness. Now is the time to get acquainted with him so you can enthusiastically approve his membership in February.

December minutes were approved. Nominating asked approval for these names: Jim Fussell (Flowers), Greg Chudy (Peace & IO, and Ann Stone (library). Two more names were proposed, for approval next month: Nuala ("Noola") Cohen for Peace & IO, and Ann Bauer Social Concerns. Jeanette Smith, already serving, was added to Publishing/Communications and newly named as co-clerk of RE. If you're on any of these committees, take note.

Our quaker.org website is still a work in progress, with more resources to be added. Newsletters are already there, and a calendar of events and committee meetings at Langley Hill, and some Quaker events elsewhere. This is now the one-place-for-everything calendar. When the current descriptions of committees is updated, it will go there too.

Finances are in good shape with more than enough contributions in December to meet the budget – but that only stays this way if we keep giving regularly both by autogive and monthly additional contributions.

The Fellowship Committee annual report on page 5 was read in full, with appreciation for the hard work of the committee. Thank them for coffee & cookies after meeting and many other things.

Ministry & Worship's efforts on advancement and outreach are on page 2 in this newsletter.

From Peace and International Outreach: An ad hoc committee will be looking into how we can help with a project with African Great Lakes Initiative. Mel Snyder is clerking the group; Anne Hunt, Lara Maupin, and Jim Fussell volunteered to join. Others are very welcome; contact Mel. Mel wrote to David Zarembka and asked him for his advice for a project, particularly one that might include Young Friends. He recommended a 2015 Burundi election project involving youth, which would train them in healing

and in monitoring election from beginning to end, perhaps using cell phones to report violence and election problems. The ad hoc committee will learn more about this project and talk about how to involve the Meeting.

The Social Concerns committee requested that the Meeting partner with Friends Meeting of Washington and Bethesda Meeting in supporting the Mary Jane Simpson Scholarship Fund. Friends wanted more information so the matter will come up again next month.

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## Mary Jane Simpson Scholarship Fund

The Mary Jane Simpson Scholarship Fund helps graduating seniors in DC public schools go to college. Mary Jane Simpson, FMW member and social worker in the DC public schools, launched this fund and was its strong champion. Since 1981, the program has awarded 101 scholarships to graduates of 19 DC public high schools. Friends Meeting of Washington and Bethesda Friends jointly manage and finance the fund. A management committee from the two meetings contacts public schools, selects awardees, follows up with recipients, and makes decisions about the program's policies and practices.

From the 2012 annual report: "This is the 31st year of the Mary Jane Simpson Scholarships during which we have given a total of 96 scholarships to deserving children in the District of Columbia. For many years we gave \$1000 scholarships. However, in recent years we learned the benefit of maintaining contact with at risk students over the whole course of their college education. Since 2007, we have been giving multi- year scholarships. Recently, with the collaboration with the Bethesda Friends Meeting, we have been able to give multi-year scholarships which total of \$3500 per student. This breaks down in the following way: giving \$1500 year one, \$1000 year two, \$500 year three and \$500 year four. This year we are giving 4 multi-year scholarships. In addition we received an unexpected contribution from 5 individuals which enables us to give two additional \$1500 one year scholarships. This means that this year we will dispense \$17000 in scholarship aid. The funding for these scholarships comes from the generosity of Friends Meeting of Washington, Bethesda Friends Meeting, the Sunrise Foundation and various individuals from within the meeting and the Washington community."

## Peace and International Outreach Annual Report 2012-2013

Objective: Acts to further the Quaker testimony against all forms of violence both at home and internationally. Works toward the establishment of just peace and international understanding. Serves as a liaison to other Quaker, religious, and peace organizations on issues relating to international relations; economic and social development, peace, and justice. Serves as agent for the concerns of the Meeting and informs the Meeting on these concerns. Helps coordinate and build awareness of the Meeting's continuing commitment to the organizations and communities it supports.

### Activities:

- Supports coalition of groups against weaponized drones with monthly vigils, fellowship at meetinghouse, distribution of Quaker House (NC) anti-drone postcards to President Obama
- Provides research and funds 18 international organizations with small grants and outreach, including LHFM Young Friends and Student Peace Awards of Fairfax County
- Supported Quaker Women and Friends for Sane Gun Laws with Bell Tolling program and yard signs, bumper stickers
- Sponsored "Women of Troy" play and discussion by the Traveling Players Ensemble at the Meetinghouse
- Sponsors regular letter-writing campaigns to support FCNL priorities and action alerts, other issues (such as American teacher denied entrance to Israel for working in the West Bank)



- Sponsored presentation of development of drones as "the new face of warfare" by LHFM member (and AFSC employee) at Meetinghouse
- Sponsored presentation of the Quaker Bolivia Link Board at Meetinghouse, participated in weekend QBL events
- Promoted and supported presentation by Monteverde Friends School and Quaker Community (Costa Rica)
- Promoted potluck and presentation "Living Water of Quaker Ministry" by Kenya Casanova Sales from Cuba Yearly Meeting

### International and Domestic Organizations Sponsored:

- AGLI/Friends Peace Teams
- Student Peace Awards of Fairfax County
- Bolivia Quaker Education
- Christian Peacemaker Teams
- Friends Tent of Nations
- Ramallah Friends School
- Guatemala Friends Scholarship Program
- Quaker Bolivia Link
- Oxfam Darfur
- AFSC International Relief (North Korea)
- Lambi Fund of Haiti
- Quaker UN Office
- Quaker House (NC)
- Center on Conscience and War
- Cuban Quaker Peace Initiative
- Pro-Nica
- Bikes for the World
- *Friends International Center*

What brought you to Langley Hill Meeting? I came to Meeting first just before marrying my fiance, who was a member of the Meeting, and stayed because I stayed married to him. I continued attending but didn't become a member for some time.

**Langley Hill Friends Meeting**  
**General Fund**  
**January 12, 2014**



	Jul 2013 - Dec 2013	FY 2013-14	
	Actual	Budget	Portion
<b>Portion of Year</b>			<b>50%</b>
<b>Income</b>			
Contributions (Autogive)	\$30,938	\$71,000	44%
Contributions (non-Autogive)	\$28,261	\$55,218	51%
Contributions (TOTAL)	\$59,199	\$126,218	47%
Other (Interest, MH Use, etc.)	\$5,426	\$7,727	70%
<b>TOTAL</b>	<b>\$64,625</b>	<b>\$133,945</b>	<b>48%</b>
<b>Expenses</b>			
Meeting House	\$11,222	\$20,872	54%
Administrative	\$1,592	\$4,910	32%
Publishing	\$672	\$1,000	67%
Committees	\$648	\$9,950	7%
Religious Ed	\$1,556	\$10,841	14%
BYM	\$11,735	\$24,190	49%
Contributions to Other Organizations	\$10,900	\$21,000	52%
Transfers to Other Funds	\$0	\$5,500	0%
Contingencies	\$0	\$500	0%
Loan Repayment	\$17,591	\$35,182	50%
<b>TOTAL</b>	<b>\$55,916</b>	<b>\$133,945</b>	<b>42%</b>
<b>Net Income</b>	<b>\$8,709</b>	<b>\$0</b>	

Bank Accounts & Investments	\$131,762		
Money Loaned Out to Others	\$40,056		
Mortgage Principal Balance	\$212,253	\$325,000	65%
	Outstanding	Original	% Left to Pay

## Fellowship Committee Annual Report

This past year the Fellowship Committee continued to provide refreshments after Meeting for Worship, coordinate the monthly potlucks, and help organize special events. The seven committee members worked well together, took turns setting up the weekly refreshments, and filled in for each other as needed. We met several times in Second Hour and sometimes conferred by email.

Almost every First Day we provided tea, coffee, cookies and other sweets after Meeting for Worship. We added nuts on a request to provide some non-sweets. In response to a request from the Religious Education Committee, we agreed to also supply First Day snacks for Young Friends until a long term solution is identified, and continued to work to be sensitive to food allergies among some Friends. We continue to find that the gathering room was a suitable venue to reduce congestion and noise in the meeting room.

We organized the noon potlucks on first Sundays of each month. Our June potluck was shared with the Book Sale; we found that the limited space available for seating at this event instigated greater fellowship and conversation, and are considering ways to maintain that spirit in other events. After polling Committee members and Meeting for Worship attendees, we determined that very few would be available or interested in potlucks in July and August so we suspended them. Given the large amount of spoiled leftover food we have had to discard over the past year, we suggest that people take leftovers home--or at least cover and date foods that spoil quickly that are put in the refrigerator (such as milk). Participation in potlucks varied over the year. We could do better in asking others to help clean up after potlucks.

The committee determined in spring 2013 that the Meeting lacked reusable, dish-washable glasses for cold beverages; while we had an ample supply of paper cups, several members felt that these were a wasteful use of resources. We were gladdened by the gift to the meeting by Kate English and Jim Fussell of an ample supply of plastic glasses which have already been well-used.

Looking forward, we assess that our coffee makers may need to be replaced in the next few years, but that otherwise, we appear to be well stocked.

Members of the committee took on the responsibility this year of providing a welcoming presence to individuals who participated in a monthly protest of U.S. drone warfare at the Central Intelligence Agency. This included refreshments and opening the Meeting House as a venue for meetings.

The Committee organized several special events as in past years. These included the following:

- The reception following Kate and Jim's wedding
- When a search through the Meeting House related to the wedding turned up a large number of lost or abandoned coats and sweaters, the committee worked with Social Concerns Committee to donate them to those in need.
- The Welcome Back Party in September; we were particularly pleased that Meeting Members answered our request to bring a family dish or a dish with a strong connection to "home" to the potluck, as the stories around these dishes again helped to forge connections among us. These were as varied as box macaroni and cheese (one child's first "I made it myself" food) to a favorite food from one member's first trip overseas. The care put into this was particularly welcome, since we welcome comforting food to share at potlucks over purchased snack foods.
- The annual Easter pancake breakfast
- The June picnic celebrating the end of the year for First Day children and youth programs. Fellowship organized the potluck after the RE presentations.
- The third winter holiday gathering of recent graduates, college students and the Junior Monthly Meeting age students. They discussed selecting colleges, life on campus, and how Quaker values may influence these activities.

- A reception to recognize graduating high school seniors in July after Meeting for Worship. We organized this jointly with the Religious Education Committee.
- Support for both a Quaker Quest training session and a Meeting-wide Quaker Quest day; providing breakfast and lunch (one potluck, one catered by the committee)

With the onset of winter, we plan to continue the family game nights that were popular a few years ago. We are working with Young Friends to use our new technology to host movie nights, although their first choice of timing was not feasible, we plan to have the first movie night on 25 January, and welcome all to join us. As other committees have

reported, this committee also took as a priority the need to make newcomers feel welcome. Individual Committee members proactively welcome visitors after Meeting; while we have not developed an overall plan, we were pleased to see several visitors returning over the past year.

We welcome suggestions for these and other future activities.

Committee: Jennifer Post, Babs Williams, and Susan Sasner, co-clerks (over the two committee years), Ray Bridge, Nicole Bivens Collinson, Jim Laity, Ollie Moles, Babs Williams, Charlotte Boynton, Kate English, Frank Taylor, Monica Smith, Roger Catlin

*book discussion –*

## **The New Jim Crow: Mass Incarceration in the Age of Colorblindness**

Join us Sunday February 9 at 5:30 for our next discussion of Michelle Alexander's book, *The New Jim Crow*. We will share a simple potluck, hear from our guest speaker, and discuss Chapter 5 of the book.

Carolyn Stachowsky, a meditation leader for the Prison Meditation Project with the Insight Meditation Community of Washington will join us. The Project conducts meditation groups at 11 local jails in the Metropolitan area. Carolyn will share her experiences and insights regarding their work, the prisoners and the prison system.

Chapter 5 of *The New Jim Crow* explores the many parallels between mass incarceration and the former Jim Crow legal system. Ms. Alexander contends that the similarities include racial stigma and shame as well as the presence of an elaborate system of control that involves disenfranchisement and legalized discrimination.

The meeting will begin with a light potluck at 5:30.

Please join us even if you have not read the book. Summaries are on line. *And feel free to bring a friend.*

What brought you to Langley Hill? "My first experience of Quakerism was from a movie on TV (*The Friendly Persuasion*) — before that, I hadn't known Quakers existed. I liked the idea of a religious community with independent thinking, and one in which women played an active leadership role. Later, during the Vietnam War, I encountered the concept of Quakers as Conscientious Objectors, which again sparked my interest. I was a casual seeker, spiritual, but not religious, when I first started attending a meeting in Arlington — it was convenient. Due to family obligations, though, I didn't attend regularly for years. I'm recently an Empty Nester with fewer pulls, and I'm making a conscious effort to attend regularly — and to keep coming."

## **Apology to Afro-Descendants\*** **approved by NYYM November 17, 2013**

We the New York Yearly Meeting of the Religious Society of Friends apologize to Afro-Descendants\* everywhere for Quaker participation in the terrible acts of enslaving your ancestors and for the destructive effects that those acts have had on succeeding generations.

Slavery is an abomination. We regret that Friends participated in or benefited from slavery. This included trafficking of human beings from Africa, capitalizing on the products of their labor and suffering, and being enriched by an economy based on chattel slavery. We apologize that NYYM allowed its members to hold Africans and their descendants in bondage up until 1777, when Friends were directed by the YM to manumit the people they held in slavery.

We abhor the decades of terror and legalized racial segregation that followed the abolition of slavery declared in the 13th amendment, which was ratified in 1865. The amendment reads: "Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction." This exception gave rise to a justice system that disproportionately targeted and incarcerated Afro-Descendants, a practice which continues today.

We acknowledge in sorrow that those of us who enjoy a high standard of living today are still benefiting from the unpaid and underpaid labor of enslaved peoples and their descendants. We deeply regret that even after emancipation, despite the Quaker testimony of equality, Friends schools denied admission to Afro-Descendants and many Friends meetings enforced segregated seating. We regret the effects that those policies had and continue to have on all of us.

Over the centuries, some individual Quakers and Quaker groups have joined efforts to end slavery and eradicate racism and have supported African Americans in their struggle for civil and human rights. We honor the work of these Quakers and are moved to follow their example. Thus we re-commit ourselves to the testimony of equality as regards Afro-Descendants. This work will include challenging existing racist assumptions, and educating ourselves about the direct relationships between the past enslavement of Afro-Descendants and current conditions in the United States.

We recognize that this apology is a step towards healing and trust, and that more openings will follow as we strive with DIVINE assistance to discern what we as Quakers are called to do to bring about justice and reconciliation in our beloved community.

*\*Afro-Descendants is a term now officially in use by the United Nations to identify the more than 250 million descendants of enslaved Africans dwelling in North America, Latin America, the Caribbean, and the Slavery Diaspora.*

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## **This Month in Quaker History** from The Langley Hill Friend, 1<sup>st</sup> month 1981

First Month was a busy time for Friends in earlier generations. Lucretia Mott, the pioneer feminist leader, was born on Nantucket Island on 1/3/1793. Richard Nixon was born on 1/9/1913 in Yorba Linda, California. Rufus Jones, the dominant American Quaker figure of the first half of this century, was born on 1/25/1863 in South China, Maine. On 1/21/1660 George Fox and Richard Hubberthorne presented to King Charles II the famous declaration of Friends Peace Testimony which begins, "We do utterly deny all outward wars and strife, and fighting with outward weapons, for any end, or under any pretense whatsoever; this is our testimony to the whole world." It was a great statement, but it didn't cut much ice a year later, when a conspiratorial group called the Fifth Monarchy Men tried to overthrow the government in First Month 1661; the king's agents, in their repressive panic, threw thousands of peaceful Friends in jail along with other dissenting groups.





William Penn House Quaker Dialogue  
**Israel, the Mideast, and Peace Churches:  
One Rabbi's Passions**  
Sunday 2 February – 6:30 pm

You are invited to attend a potluck and Quaker dialogue at 6:30 p.m. on February 2, 2014 at William Penn House. Join us for an evening with **Rabbi Kenneth Cohen** as he talks about The Vine and Fig Project, his work, and his hopes for future conversations with Peace Congregations. The **Vine and Fig Project** is an interfaith educational venture founded by Rabbi Cohen. Its mission is to support Christians and Jews to better understand the complexities of the modern Middle East and do so in a religious context. It is an organization that supports Palestinians and the UN Declaration of Human Rights, but is troubled by some of the sentiments expressed towards Israel from the political and social left. This can often be a lonely space that alienates all sides. Through this organization, Rabbi Cohen seeks to work with the Christian and Jewish mainstream and to be a place where people can hold convictions, proclaim their faiths (this is an unabashed religious organization), and build bridges. He brings challenges to progressives, human rights organizations and peace churches that are not always comfortable, but are important to discuss in order for peace to emerge.

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**Friends Conference on Religion & Psychology**  
**“Music and the Psyche: A Jungian Perspective”**  
**Claggett Center (Urbana, MD)**  
February 21–23



Music affects each one of us. Dr. Janice Quinn will give us a chance to listen and reflect on how we respond. If you play an instrument or drum, bring them for impromptu jamming! The good news is that there is growing research in neuroscience on how the brain responds to music as a very effective healing method for PTSD veterans, and many others who have suffered life-changing accidents and illnesses. It is also effective in the most common of our daily psychological sufferings: depression and anxiety.

Along with the plenary sessions, there are also Interest Groups to help explore, and enrich your inner journey. They range from Mantra Movement to Drumming, to Family Constellations, to Art and Writing. Go to the Friends Conference on Religion and Psychology web site at <http://fcrp.quaker.org> for more details. Push the green REGISTER NOW button on the WFCRP Registration page. Also remember to choose an Interest Group from the drop-down list on the Agenda page. Contact the Registrar at [wfcprprestrar@gmail.com](mailto:wfcprprestrar@gmail.com) if you have any questions. Looking forward to seeing you at WFCRP 2014!

Langley Hill Friends Meeting  
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Address Correction Requested

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