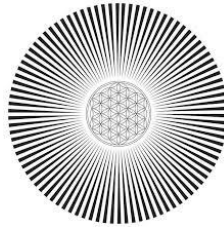


## Newsletter of Albany Friends Meeting (Quakers)

<p>How does integrity face oppression          How does honesty face deception          How does decency stay in the face of insult</p>	<p>We must be militants for gentleness          Subversives for sweetness          Radicals for tenderness          Zealots for forgiveness</p>
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What should virtue do  
 Even as we hold on to each other

From John Amidon Credited to Cornel West, based on W.E.B. DuBois' Four Questions posed in 1961



<https://goo.gl/images/WWz1MR>

Many souls are seeking an answer to all the chaos and confusion in the world at this time. Day by day it grows worse, but be not afraid, for things will have to get worse before they can get better. A boil comes to a head before it bursts, and then all the poisons are released and are cleared away. Things have to come to a head in the world before the poisons of hate, greed, jealousy and selfishness are released and healing can take place. I need you at perfect peace within. You will find it as you keep your mind stayed on Me and can raise your consciousness, seeing only the very best. You cannot help the world situation if you allow yourself to become involved in it. You have to be immune to the disease or you too will contract it, and then you can be of no help whatsoever. I need your help. I need you free. I need you at perfect peace. Then I can use you.

From Barbara Sincamore, *Opening Doors Within*, Eileen Caddy (co-founder of Findhorn Community), July 16 reading. Findhorn Press, 1986.

### Albany Friends Meeting Calendar

Children's First Day School: 10:15 every other Sunday. Childcare available during worship. For childcare during Meeting events, give at least a week's notice. Info: Chris Koster: 862-1895

**Every First Day (Sunday):** 10–11 a.m.: Meeting for Worship, then announcements and social hour, hosted by Trustees (no social hour on potluck Sunday)

**Every Wed.,** 7 p.m., Meeting for Worship with Margaret Smith, Eddy Heritage House. Info: 542-6000

1<sup>st</sup> Wed., Mar. 1, 12:15-1 p.m., Monthly Peace Vigil in front of Capitol, State and Eagle St. Info: 595-9324

1<sup>st</sup> Sat., Mar. 4, 9 a.m. – 1 p.m., Work Day at Meetinghouse (see news item)

1<sup>st</sup> Sun., Mar. 5, 11:30-1 p.m., Writing Group. Info: Elizabeth Gordon: [walk33@gmail.com](mailto:walk33@gmail.com)

2<sup>nd</sup> Sun., Mar. 12, First Day School; Meeting for Worship with a Concern for Business after Social Hour

3<sup>rd</sup> Thurs., Mar. 16, Stories for Racial Healing, 6 p.m. light fare, 6:30 p.m. stories. Info: Friends for Racial Justice, Barbara Spring: 441-6405

3<sup>rd</sup> Sat. – 3<sup>rd</sup> Sun., Mar. 18-19, Retreat (see news item) 3<sup>rd</sup> Sun., Mar. 19, Potluck after worship

4<sup>th</sup> Wed., Mar. 22, 4 p.m., Library, Peace and Earthcare Committee meeting, all welcome. Agenda items to co-clerks Paul Rehm 966-5366 or Sheree Cammer [sheree4614@gmail.com](mailto:sheree4614@gmail.com)

4<sup>th</sup> Sun., Mar. 26, 9 a.m. Hymn Sing; First Day School; Faith and Practice after social hour. Info: Dot Richards: 380-5125, [wrichard@nycap.rr.com](mailto:wrichard@nycap.rr.com)

**Workday at Albany Friends Meetinghouse Sat., Mar. 4, 9 – 1**

**Friendly reminder from Trustees and the caretakers. Join us! Bring a friend! Light lunch provided. Feel free to bring fruit, sweets or snacks. Work will be indoors and outdoors, weather permitting. Many hands make LIGHT work. For questions or to say you're coming: [caretaker@albanyquakers.org](mailto:caretaker@albanyquakers.org).**

**March 18-19 at the Meetinghouse: Deepening Quaker Faith and Practice: Conversations on the Sacred, Meeting for Worship, How We Do Business**

Members and attenders are invited to this workshop Sat., Mar. 18, 9 a.m. – 3:30 p.m. and Sun., Mar. 19, 1 p.m.-3:30 p.m. We'll explore our sense of the sacred, how it translates into meaningful worship, and what we mean by "finding the sense of" the meeting at our monthly community business meetings.

Attendees are asked to commit to all three sessions. Light breakfast and lunch are included Saturday; Sunday's session follows regular potluck. For questions: Anne Liske: [aliske@twc.com](mailto:aliske@twc.com) or 256-8230. To register contact Outreach and Advancement clerk Judith Fetterley: [jfetterley@albany.edu](mailto:jfetterley@albany.edu).

**Worship Sharing: A New Approach**

From Carol Barclay

Last year, Worship Sharing was available before each Meeting for Worship. Business Meeting approved experimenting with a new suggestion from Ministry and Nurture, that Worship Sharing happen when someone suggests a topic and a time. For example, we were invited during the Jan. 29 announcements to meet after Social Hour, which was a meaningful happening for a dozen people.

Although a 5<sup>th</sup> Sunday is ideal because we have no regular evens after social hour, a person could invite others to meet at any time on a topic of their choosing. Reminders of the Worship Sharing process can be found on the book case in the library. Basically, everyone is invited to speak from the silence, on the topic, once. This is not a discussion; others are asked not to respond to someone else's comment.

**Questions? Who to contact:**

**Co-Clerks:** Cinda Putman 426-9401 [putmancr@nycap.rr.com](mailto:putmancr@nycap.rr.com), Maggy Wiard 235-8102 [maggy.wiard@yahoo.com](mailto:maggy.wiard@yahoo.com)

**Recording Clerk:** Anne Liske 256-8230

**Treasurer:** Janet Poole 477-5443

**Trustees:** David Easter 475-9532

**Building Caretakers:** Anne Liske: 256-8230 and John Cutro: 256-8422 [caretaker@albanyquakers.org](mailto:caretaker@albanyquakers.org)  
Outside groups need Trustees' approval prior to scheduling new events with caretakers. Schedule all new events (AFM and outside groups) with caretakers 2-4 weeks in advance to verify no conflicts.

**Young Adult Friends and monthly gatherings:** David Oehl 860-262-3813 [oehlida2000@yahoo.com.au](mailto:oehlida2000@yahoo.com.au)

**Outreach and Advancement, and Website Coordinator:** Judith Fetterley [JFetterley@albany.edu](mailto:JFetterley@albany.edu)

**Ministry & Nurture Committee:** Maud Easter [maudeaster@nycap.rr.com](mailto:maudeaster@nycap.rr.com) 475-9532

**First Day School Committee, and Child Care for Meeting events:** Chris Koster 862-1895

**Peace & Earthcare Committee (open to all):** Sheree Cammer call/text 951-5953 or Paul Rehm 966-5366

**Alternatives to Violence Project:** Crystal: [Crystal.heshmat@gmail.com](mailto:Crystal.heshmat@gmail.com) 369-9675, or Pat Beetle 477-4004

**Friends for Racial Justice Committee (open to all):** Barbara Spring 441-6405

**Compost:** Janet Poole 477-5443 Take a bucket, fill with food scraps, put scraps on our compost pile.

**Newsletter Editor:** Sheree Cammer [sheree4614@gmail.com](mailto:sheree4614@gmail.com)

**Stay in touch between newsletters!** Join the list-serve by emailing your request to [jcutro@twc.com](mailto:jcutro@twc.com)



Bryan Cox/ICE via AP

### Conversation on Sanctuary

At the Feb. 12 Meeting for Business, there was strong support for scheduling a called Meeting on discerning the potential role for Albany Friends in support of the Sanctuary Movement. On Feb. 19 after pot luck a large number of us gathered and addressed questions such as: What are the resources we can offer? What is happening locally and how can we become involved? What are other Friends doing across the country? What does our historical work on this issue teach us? How are we lead?

The importance of leadership coming from those most affected was stressed, and other information from New Sanctuary for Immigrants (NSI) meetings was offered. Congregations considering becoming a sanctuary congregation may contact Joe Paparone at [jpaparone@labor-religion.org](mailto:jpaparone@labor-religion.org) or visit NSI on Facebook at NS4Immigrants. NSI meetings, open to all, are monthly on 2<sup>nd</sup> Mondays.

Plans were made to draft a Minute for Business Meeting in March, and for scheduling a training. Below are resources of possible use to the Meeting, from Dahlia Mazengia, via Pat Beetle:

USCRI-Albany: Jill Peckenpaugh, Director [JPeckenpaugh@uscra-albany.org](mailto:JPeckenpaugh@uscra-albany.org)

RISSE (Refugee and Immigrant Support Services at Emmaus): Rifat Filkins 621-1041

Capital Region Refugee Roundtable: Dahlia Mazengia [dmazengia@nycap.rr.com](mailto:dmazengia@nycap.rr.com)

Capital District Coalition Against Islamophobia: Steve Downs [swdowns68@aol.com](mailto:swdowns68@aol.com)

New Sanctuary for Immigrants: Joe Paparone: [jpaparone@labor-religion.org](mailto:jpaparone@labor-religion.org) (Joe wears many hats)

Refugee Community Health Partnership Program: Russ Altone [russaltone@gmail.com](mailto:russaltone@gmail.com)

### American Friends Service Committee's Exhibit: Humanize, not Militarize, March 10-May 20

From Anita Stanley

Women Against War is excited to announce the arrival in the Capital District of a large exhibit of posters, put together by the American Friends Service Committee. Titled "Humanize, not Militarize," it examines the effects of militarism at foreign and domestic policy levels, covering issues such as immigration, racism, peace and justice. It will initially be at Capital Repertory Theatre's performances of *An Iliad* Mar. 10–April 2. It will be shown at the State University at Albany Performing Arts Center during performances of the anti-war play *REBEL/Sister* Mar. 29– April 5. The exhibit is free.

The exhibit will accompany Jon Stewart's film *After Spring* on April 14 at the First Unitarian Universalist Society of Albany, 405 Washington Ave., Albany. It will be at Russell Sage College's Upton Center April 17– May 5 and at Bethlehem Neighbors for Peace's May 5 showing of the anti-drone film *Predator*. May 8-20, it will be at the Oakwood Community Center, 313 10<sup>th</sup> St., Troy. More venues are planned. Info: [www.womenagainstar.org](http://www.womenagainstar.org), or Anita Stanley: 441-7722, [meridiancomm@earthlink.net](mailto:meridiancomm@earthlink.net).

### New York Yearly Meeting Spring Sessions March 31-April 2 at Long Island Quarterly Meeting

Members and attenders of all monthly meetings are welcome to do the business of the Yearly Meeting and expand the life and witness of our Society. Info: [nyym.org](http://nyym.org)

**PEACE AND EARTHCARE Committee: Open to all. Next meeting Wed., Mar. 22, 4 p.m. AFM Library**

This committee of Albany Friends Meeting vets concerns that we feel the Meeting should do something about. We also support as a committee concerns that need not await Business Meeting.

We met Wed., Feb. 22. Paul will, on behalf of the Committee, bring to Business Meeting his letter about Friends Central School in Wynnewood, PA, which placed on administrative leave two teachers who supervised a club that invited a Palestinian speaker to the campus.

Work continues with other Quaker groups on promoting products from cattle raised on pasture that sequesters carbon, rather than on industrialized operations. Others are welcome to join Sheree in this. She will also gather information on Community Solar for the Meeting (see news item).

People, mainly Pat, updated us on local events. March 7 is the NYCLU (New York Civil Liberties Union) Action for Driver License Campaign. New Sanctuary for Immigrants is promoting Movimiento Cosecha, the May 1 national strike of immigrants, calling for dignity, respect, and permanent protection of all immigrants in the United States. Local contact: Joe Papparone: [info@ActionNetwork.org](mailto:info@ActionNetwork.org) with the subject Movimiento Cosecha. There was a suggestion at a Bethlehem Neighbors for Peace meeting to write to labor leaders about galvanizing job programs in needed areas, similar to the effort to put a human on the Moon. Criminal justice campaigns include Raise the Age and HALT (to stop solitary confinement) and Capital Area Against Mass Incarceration (CAAMI) attending Parole Board meetings (see news item). Albany SURJ (Standing up for Racial Justice) will do a teach-in on policing at City Hall.

Liz spoke of a Rensselaer County League of Women Voters postcard party. Many postcards were written and readied to mail to federal and state legislators on many topics, especially our democracy. Envelopes need to be processed in a special facility. Postcards are far speedier in their delivery.

Sue was pleased to report that Anita Stanley plans to work on children's Peace Week for 2018 after she finishes up the American Friends Service Committee local poster events (see news item).

**Faith-Based Community Solar**

By Sheree Cammer

Does your household wish it could use solar energy for electricity, but can't put up an array? You can partner to put up a solar farm elsewhere, write off some of the cost with a federal income tax credit, and have greatly reduced electricity costs. Why not share that benefit with low to moderate income households? The investment can be recouped if you sell your share. The next exploratory meeting with this mission of stewardship and equality is Mon., Mar. 13, 5:30 p.m. in Schenectady. To get details, email Sheree Cammer at [sheree4614@gmail.com](mailto:sheree4614@gmail.com). For more, google NYSEDA and Community Solar.

**Parole Watch Project of Capital Area Against Mass Incarceration: Join Us at Parole Board Meetings**

From information from CAAMI Parole Justice Committee

The Parole Watch Project witnesses public portions of Board meetings in Albany, and had questioned their brevity. The Assistant Director of the Committee on Open Government, Kristin O'Neil, Esq., informed the Board "the chair provided insufficient information to allow the Parole Board and the public to have the ability to know that there is a proper basis for meeting in closed session." Call the morning of the meeting to confirm the time: Board (473-9548) or Parole Watch (253-7533). Prepare for a metal detector. Bring photo ID and willingness to fight injustice! Info: [www.doccs.ny.gov/ParoleBoardSchedule.pdf](http://www.doccs.ny.gov/ParoleBoardSchedule.pdf)

**Grannies For Peace Valentine's Day vigil in Colonie** is at [www.youtube.com/watch?v=bO9isvkvG3k](http://www.youtube.com/watch?v=bO9isvkvG3k)

**Out-Smarted**

By Dorothy S. Richards, Jan. 2017

<p>In this age of lightning fast speed Texting, twitter and smart-phones I yearn for those slow-paced days We chatted with friends in our homes</p>	<p>Back then the days seemed longer Less instant gratification All things came in good time, we thought We learned the value of patience</p>
<p>Remember the doorbell ringing? A welcoming smile and voice Today its e-mail and texting A colder and lonelier choice</p>	<p>There's a lesson here to be learned Slow down do yourself a favor Pick up a phone, "How are you dear?" Knock on the door of a neighbor</p>

**Community Hospice**

The Community Hospice is looking for compassionate, friendly people with positive attitudes who are good listeners. Volunteers visit patients and families in private homes, hospitals, and nursing homes. Volunteers say it is one of the most valuable experiences in their lives. Their visits bring warmth, compassion, support, strong shoulders, and humor to people in the final stages of life, and improve the quality of life of patients and families. Volunteers tell us that they get so much more than they ever give. Ongoing support is given to volunteers. Training begins in March. To request an application, pre-register or get information, contact Robin Carlson: 470-1458 or [RCarlson@CommunityHospice.org](mailto:RCarlson@CommunityHospice.org).

**Standing Rock**

Information from an email from Jade of 350.org to Tina Lieberman:

The closing of the Oceti Sakowin camp is deeply sad and marks the end of a chapter but it's not the end of the fight. The very first camp, Sacred Stone, remains and the Standing Rock Sioux Tribe is continuing legal challenges to the project. Ordinary people are fighting to protect their communities from the fossil fuel industry every day. Now is the time to join local and regional campaigns to keep fossil fuels in the ground.

From Jade's blog <https://medium.com/@350/> Native Nations Rising: Rise with Standing Rock. From March 7–10 indigenous peoples from across Turtle Island (The United States) will hold a tipi camp near the Washington Monument and on March 10 Indigenous Peoples and their allies will march through Washington, D.C. to demand that Indigenous rights be respected, that economic development happens on tribal land only after tribal consent, and that President Trump meet with tribal Leaders.

Editor's note: To donate to the Native American Rights Fund for legal help for hundreds facing court dates and federal criminal charges: <http://www.narf.org/>

**Spark, the New York Yearly Meeting's Publication, Invites Submissions. Deadline April 18**

All members and attenders led or inspired to do so may submit items for the May issue on the theme of Discernment to [communication@nyym.org](mailto:communication@nyym.org). How do we determine what God/Spirit wants of us? The process and practice of discernment is fundamental to Quakerism. What does discernment require? How does it work? When has it worked? How hard is it to do?

**Some days are gone.**

Sheree Cammer

<p>The days of being self righteous Those days are gone. The days of hating haters, The days of dividing us and them, Those days are gone. Casting stones and blaming: Those days are gone</p> <p>The time for cairns is come again, has always been— Huge stones left to guide those on rugged ground to what they need to journey on.</p>	<p>We need not overcome, We need to come with, Honor the divine in all Love for the Other: These days have come. Laying an inclusive table These days have come</p>	<p>Hearts open, listenin' deeper To those who seem against us These days have come. Hearts open Listenin' deeper With the eyes of our hearts for Spirit in us, amongst us, These days have always been And will be again.</p> <p>Lord of Laughter, Lord of Song, Braid our energies with yours, strong and open.</p>
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From the March Issue of *Spark***Albany Friends Meeting for Worship with a Concern for Business 2.12.17**

**Clerk:** Cinda Putman, Co-Clerk, **Recording Clerk:** Anne Liske, **Present:** John Amidon, Dorothy Richards, Maud Easter, David Easter, Janet Poole, Dave Green, Judith Fetterley, Liz Pohlmann, Chris Koster, Maggy Wiard, Stacie Faraone.

The Clerk gathered everyone into worship.

**Memorial Fund Annual Report:** Judith Fetterley provided an Annual Report from the Memorial Fund, which is comprised of donations to the meeting managed as a special projects fund. The Memorial Fund is currently invested with the Community Loan Fund, Friends Meeting House Fund and both Pax World Fund and Friends Fiduciary green, carbon free funds. The current assets total is \$257,879. The committee was requested to re-verify there are not any investments in nuclear energy. The report was accepted and approved and thanks given to the generosity of the original donors.

**Outreach:** The committee has been discussing the idea of a Little Quaker Library in the front of the meetinghouse which would contain Quaker and other materials as discerned by the committee and other in the meeting interested in the project. Outreach will continue to steer the project and consult the Library Committee.

**Treasurer's Report:** **Unrestricted cash** on hand as of February 8, 2017 is \$11, 058.16.

The donation of \$2,000 in memory of Bettina Wolff was placed in the General Fund.

**Ministry and Nurture:** The committee proposes that Worship Sharing happen when an interested person suggests a topic and a time such as meaningfully happened for about a dozen people on January 29 when Barbara Spring, during announcements, invited people to join her at 12:00 to Worship Share on a topic that was concerning her. A fifth Sunday, which this happened to be, is ideal because we have no regularly scheduled event after social hour. Otherwise a person could invite others to meet at any time of their choosing. Reminders of the Worship Share process can be found on the book case in the library. The idea was affirmed and approved.

**Discernment about becoming a Sanctuary Congregation:** Interest and concern about Sanctuary has been a strong message in recent worship and after worship conversation. The growing question is how are we led on this issue as a Meeting at this time? David Easter shared some information about the

earlier Sanctuary movement during the wave of Central American conflicts when Friends and Unitarians collaborated in short term housing and transporting individuals, often en-route to Canada. There was some additional discussion, but with a concern for the weather, we agreed that we would have a called meeting for discernment and organizing after potluck on February 19, 2017. An announcement will go out to the listserv.

The Meeting for Business closed with a message from the Co-Clerk to travel home safely in the snow.

**Community Events** See also the Progressive Calendar of the Capital Region <http://peaceact.net/> and <http://www.sierraclubhudsonmohawk.org/capital-region-all-green-calendar/>

Wed., Mar. 1, 7 p.m., Tom Ellis: Reflections on Palestine/Israel trip, Bethlehem Public Library, 451 Delaware Ave., Delmar. Info: Bethlehem Neighbors for Peace: 466-1192 or Facebook

Fri. Mar. 3, 5-p.m.–midnight, The Homeless Action Committee's 24th Annual Sleep-A-Thon, Townsend Park, Albany. Sign up for 1 hour shifts, get pledges at [www.homelessaction.com](http://www.homelessaction.com)

Sat., Mar. 4, 12 noon- Capital District March for Education Justice, 12 N. Brandywine Ave., Schenectady <https://actionnetwork.org/events/peoples-march-for-education-justice>

Sat., Mar. 4-11, Water Walk for Life, 90-Mile Prayer Walk from Carteret, NJ to Peekskill Landing Park, NY in solidarity with Standing Rock Sioux and NY/NJ pipeline resistance. Info: Facebook, Grafton Peace Pagoda: 658-9301 (till Mar. 3), [Waterwalkforlife@aol.com](mailto:Waterwalkforlife@aol.com), during walk Jules Orkin: 201-566-8403

Every Sunday, 6 p.m., Kirtan (international sacred chanting and singing), Unity Church, 21 King Ave., Albany. Free. Info: 453-3603

Mon., Mar. 13, 7 p.m., New Sanctuary for Immigrants monthly meeting, St. Vincent's Church, 900 Madison Ave., Albany. Info: Facebook NS4Immigrants or [jpaparone@labor-religion.org](mailto:jpaparone@labor-religion.org)

Sat., March 25, 7 p.m., *In Our Son's Name*, film, Potluck 6 p.m., Old Chatham Quaker Meetinghouse, 539 Co. Rte. 13, Old Chatham. Free. Info: 766-2992. Directions: [www.oldchathamquakers.org](http://www.oldchathamquakers.org)

Sun., Mar. 26, 6 p.m., Open Circle Folk Jam, Albany Friends Meetinghouse. Info: [blue.stone5@verizon.net](mailto:blue.stone5@verizon.net)

**Save the dates:** Sat. April 22, 3-5 pm, March For Science, Albany [facebook.com/events/1803568203236451/](https://facebook.com/events/1803568203236451/)

Sat., April 29, People's Climate March, Washington, DC. Several groups are interested in a People's Climate March/Rally here in Albany. If interested in organizing, contact Tina: [tlieberm1@gmail.com](mailto:tlieberm1@gmail.com)

**Powell House:** <http://powellhouse.org> or 794-8811

Mar. 10–12, aah...a Retreat for Parents

Mar. 10–12, Give Me Space, 6<sup>th</sup>–8<sup>th</sup> grade

Mar. 17–19, Practicing Prophetic Ministry

Mar. 17–19, Thinking Inside the Box, 9<sup>th</sup>–12<sup>th</sup> grade

Mar 24–26, Inner Calm, Outer Peace with John Calvi

April 7–9, Getting Started, 4<sup>th</sup>–5<sup>th</sup> Grade

April 14–16, Work Weekend and Messiah Sing & Celebration

April 21–23, Youth Institute 2017, Exploring Faith Together, for all ages

**Albany Friends Meeting (Quakers)**  
727 Madison Avenue  
Albany, NY 12208

On Facebook and at  
[www.albanyfriendsmeeting.org](http://www.albanyfriendsmeeting.org).

To start or stop the emailed or  
mailed newsletter:  
[Sheree4614@gmail.com](mailto:Sheree4614@gmail.com) or 951-5953.

It is our custom at Albany Friends Meeting to read Advices and Queries on the first Sunday of every month. As we do so, we recall the wisdom of the Quaker elders, assembled at Balby in 1656, who wrote: Dearly beloved Friends, these things we do not lay upon you as a rule or form to walk by, but that... [they] may be fulfilled in the Spirit, not from the letter, for the letter killeth but the Spirit giveth life.

### **Advice and Queries for March On Equality**

Friends have a long history of witness for equality. Friends are advised to work toward removing the causes of injustice and fear and to bear witness to the humanity of all people. Do we respect that of God in everyone even though it may be difficult for us to discern or expressed in ways that are unfamiliar or even disturbing? Are we alert to practices that discriminate? Do we honor Friends' traditional testimony that women and men are equal? Do we witness and work for the equality of women, for racial equality, for equality for those of different ethnic or cultural backgrounds, for those of a different sexual orientation? Have we searched our hearts for the sources of prejudice that lie in each of us?

### **Enriching Vocal Ministry**

“When one rises to speak in [a gathered] meeting one has a sense of being used, of being played upon, of being spoken through.” Thomas Kelly

How do we understand “the sense of being used?”

How do we discern the difference in speaking rather than “being spoken through?”

How do we “listen in tongues” to all ministry given?

From Tending the Garden: Vocal Ministry at NYYM.org