



Western Quarterly News

of the Religious Society Of Friends

Western Quarterly Meeting Newsletter

Summer 2022

When Bob Frye acknowledged our appreciation of his service to Western Quarter as clerk, he said one of the most important Quaker messages was “to let your life speak.” Listening and hearing for the leadings in the Quarter was one way he has let his life speak.

Here are some excerpts from a post by Philip Gulley on letting your life speak:

“In the 200th Epistle, Fox wrote this little gem of a phrase— “Let your lives preach...,” meaning let your lives reflect your values. “Let your life preach. Make sure your life reflects your values. Because there are few things so discouraging and destructive as hypocrisy and duplicity, when people say one thing, but do another. But that is not all this phrase means. Letting our lives speak means not only living out our virtues, it also means paying attention to your life, and listening to your experience, and letting others do the same.

“The genius of Quakerism was its insistence, from Day One, that every life should speak.

When we refused to tip our hats to the powerful and high-born, or tickle their ears with fawning language, we were saying, “Every life should speak, not just the wealthy.” When we said women and children could also teach and preach and lead, we were saying, “Every life should speak, not just men’s.” When we fought to free the enslaved, we were saying, “Every life should speak, not just ours.” When we labored for reform in our prisons, we were saying, “Every life should speak, not just those at liberty.” When the Quaker Rufus Jones visited Germany in 1938 to condemn the cruelties visited upon Germany’s Jews, we were saying, “Every life should speak, not just Christian’s.”

“Today, when we defend the rights of Palestinians, when we empower the poor, when we agitate and legislate for justice and freedom for all, when we house the homeless, when we feed the hungry, when we tend the sick, and defend the defenseless, we are saying, “Every life should speak.”

“Let your life speak, but even as you let your life speak, make sure you are helping the lives of others to speak.

“I love that story of Jesus, when he is talking with the disciples, and the children begin to speak. The disciples are put out, and view it as an interruption, but Jesus says, “Allow them to come to me, and hinder them not, for such is the kingdom of heaven.” Let their lives speak. Jesus might well have been the first Quaker. And hinder them not.”

Philip Gulley <https://www.philipgulley.com/let-your-life-speak/>

In this Issue:

Let your life speak

4th Query

Aging Concerns Spotlight—Stumbling Blocks and Sticking Points; *The Other Talk*

Minutes—including responses to the 1st Query; and

Report from PhYM Anti-racism Collaborative

Worship at Historic Meetinghouses

Joint Quarterly Meeting— 17 July, 2022

At Westtown Meetinhouse and online

<https://westtown.zoom.us/j/91776460909> passcode: wmm-mfw

8:30 Concord Quarter Meeting for Business

10:10 hymn sing

10:30-11:15 Meeting for Worship

11:45 Programs—Dr. Mary-Anne Ost of London Grove and Kennett—Brainfoods and healthy mind, body, and spirit

OR in-person only

Edibles walk with Gwynne Ormsby of Birmingham and Bruce Harrison of Westtown

1:30 Western Quarter Meeting for Business

ALL PROGRAMS ARE INTERGENERATIONAL

AND CHILDREN’S PROGRAMS WILL BE SUPPORTED BY

YEARLY MEETING STAFF

4th Query—Nurturing Our Community: Care for the Meeting

For the Meeting:

- ♦ Do we help each other to live with integrity and contribute that integrity to the life of our meeting?
- ♦ How does our meeting learn of members' needs and offer its assistance?
- ♦ How does our meeting nurture members in all stages of life?
- ♦ How does our meeting welcome those new to Friends and integrate them into our community?
- ♦ When a member's conduct or manner of living gives cause for concern, how does the meeting respond?

For the Individual:

- ♦ *Am I ready both to offer and to accept meeting assistance when needed?*
- ♦ *Do I treat adults and children alike with respect and without condescension?*
- ♦ *What opportunities have I taken to know, work and worship with Friends in the larger spiritual communities we share?*

[*General Queries*](#) are taken from the newest version of PYM's [*Faith and Practice*](#), available online.

Aging Concerns Spotlight— Program and book review

Have Control and Sticking Points and Stumbling Blocks— Review of Sarah Matas's presentation and *The Other Talk* by Tim Prosch (McGraw Hill Education and AARP. New York. 2014.) Book recommendation comes from Judy Bon Giovanni of Crosslands.

Dr. Diane Meier, founder of the Center to Advance Palliative Care, says, "How we die, the circumstances under which we die, what happens before we die, is under our control."

Both Sarah Matas's presentation, [*Sticking Points and Stumbling Blocks*](#), and Tim Prosch's book, *The Other Talk*, provide a positive way to have control over one's life.

Sarah Matas of Kendal-Crosslands Communities shared her expertise talking with families and friends about major life transitions at our last quarterly meeting. The Friends gathered appreciated the chance to practice lines, hear the experiences of others, and took note of the importance of practicing the conversation before having it. For those that weren't able to attend the program, you can watch the presentation and view the slides at the [Aging Concerns section](#) of the Western Quarter website (video link: <https://www.youtube.com/watch?v=5bJBNjdDAWw>).

Tim Prosch's book *The Other Talk* Prosch first explains what the "other talk" is. In this case, it is the talk parents and children have about taking care of financial and health needs of parents as they die and after. The book has three parts – why have the talk, getting ready for the talk, and turning the talk into an action plan. The author uses anecdotes, quotations, and a variety of data to explain his view that having such a talk is important, doable, positive parenting, role-modeling, and good for the relationship of all involved in the talk. Having the talk may cause some stress, but the author points out not having the talk often means there is much greater stress later when people are unprepared for decisions that may need to be made very quickly.

Preparing for and having “the other talk” has multiple benefits for participants:

Teaches participants to be flexible and adaptable as things change in unexpected ways.

Empowers them to make the tough decisions if and when you can't.

Gives them a template from which to discuss, explore, educate, and think about end of life issues with their own children.

Demonstrates that “taking care of the kids after I’m gone” isn’t just a financial issue.

Adds a deeper spiritual and interpersonal dimension to your family relationship that most kids will never know.

Particularly Pertinent Points:

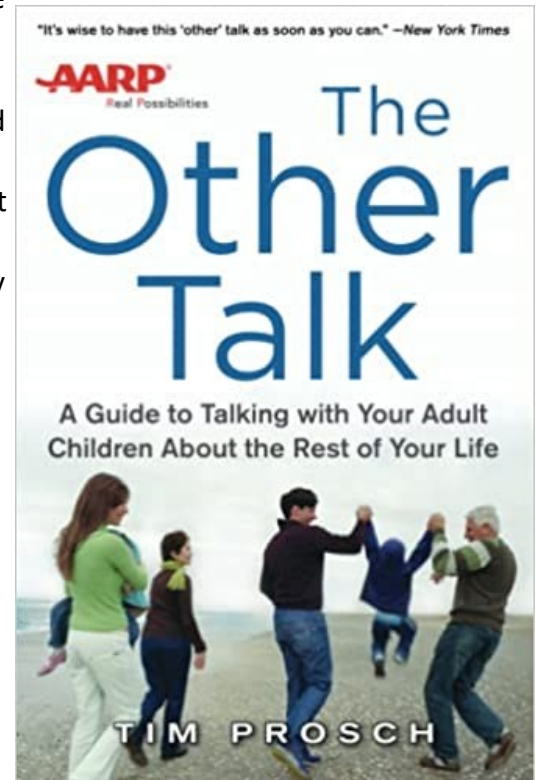
The conversation starter needs to create an informal, comfortable, and informative tone and attitude within to permeate the conversation.

It’s a series of conversations, not just one, and it’s a good idea to revisit the conversation every few years.

4 key areas to cover eventually: Financing older years, living arrangements, medical care, and taking charge at the end of life (who and what to do)

Have a series of conversations—two benefits: makes others participants in your life, and it models/teaches others how to go about these and other difficult conversations

Self-preparation: 1) acknowledge your own emotions; 2) factor in kids’/ partners’/friends’ emotions and needs; 3) establish a frame of reference; 4) adopt a comfortable tone



These similar resources may be of interest and have links at the [Aging Concerns section](#) of the Western Quarter website.

Five Wishes developed by Aging with Dignity

Proxy Quiz for family or physician by the American Bar Association

***Meet Dr. Mary-Anne Ost - one of our program presenters for 7th month's Joint Quarter gathering!
Brainfoods! — Healthy in body — healthy in mind — healthy in spirit!***



Mary-Anne is a Quaker and a member of London Grove Meeting but attends Kennett Meeting more often. She is the Medical Director at Linden Hall which is part of Friends Home in Kennett, and she has a patient-centered family medicine and geriatrics practice in West Grove and Kennett Square. She focuses on healthy lifestyles to maintain brain and physical health through all phases of life. She emphasized that she will speak about heart healthy life choices (which includes diet and exercise) in order to maintain independence. She will also discuss supplements, exercise and paying attention to our bodies.

Minutes for Western Quarterly Meeting for Worship with Attention to Business

Held via Zoom, April 24 at 1:00 pm

Present: Margaret Walton, Bob Frye, Edna Collins, and Dave Nuttall (London Grove), Pownall Jones (Crosslands), Nancy Pratt and Karen Halstead (New Garden), Mary Sproat (West Grove), Terry Cannon and Teal Rickerman (Mill Creek), David Elder (Kendal), Shelley Hastings (Newark), and Deb Wood (coordinator)

Regrets: tonya thames taylor (Fallowfield)

Opening Worship

Query Responses - Query #1 - Deepening our faith: meeting for worship

Mill Creek - Members felt that our Meetings for Worship were held with expectant waiting on God, and that our worship was enhanced by worshiping in a community and gathering of seekers. We valued and held in deep reverence both the living silence and vocal ministry at our Meeting for Worship. We encourage vocal ministry by thanking members for their vocal ministry, and often continuing to discuss the messages after worship has concluded. We hold a monthly Faith and Practice discussion and worship sharing that enables members to share on a more personal level, and which also enhances vocal ministry in Meeting for Worship. We have respect for our diversity of spiritual beliefs, as some believe in a personal God and are Christocentric and others experience The Spirit through the majesty of creation.

Newark- The first query was considered by Aliza Appel, Ginny Bailey, Annemarie Carr, Gavin Ferris, Lily Grosso, Shelley Hastings, Maggie Ladd, Richard Ladd, Mike McDowell, Sally Milbury-Steen, Trebs Thompson, Treba Thompson, and Wayne Thompson.

One Friend said she never agreed with this query's advice to not have a predetermination to speak before meeting for worship. She finds that sometimes during the week something comes to her that is worth sharing at meeting. However, another Friend feels that the advice works because she thinks that when you come to meeting the spirit will move you to share, or it may move you to share on another occasion.

A Friend feels self-conscious about saying too much during meeting. She says she tends to think of

Psalm 19:14, "May the meditations of my heart and the words of my mouth be acceptable to you, Oh Lord." She added that she has gratitude for how we've come together during the pandemic. She's glad we can come together in some way, and for all of the joy she finds in our gatherings.

Another Friend was grateful for the previous appreciation expressed for the meeting, feeling that many times she's struggling rather than contributing. Our group is very important to her too.

A Friend noted that her life as a musician has been full with pain, but sometimes playing together with a group of unlike people shows her what human beings are capable of when working together. She believes that at those times people have chosen to bring something of themselves to something greater.

With the previous response in mind, a Friend added that "the sum of us is greater than us individually." He also remarked that the part of this query (g) that asks "Does worship enhance my capacity of attentive, non-judgmental listening to others?" speaks to what makes this group of worshippers so wonderful. The people of our meeting will both listen and share their own thoughts.

A Friend would like to add to, or re-write, some of the words of this query. She says she has a problem with waiting for anything, thinking that if God is omnipresent, she doesn't need to wait.

New Garden - A successful meeting for worship in which all worshipers feel nurtured is difficult to achieve. It requires effort from all. Many come to meeting inspired -while others are unable to respond to their own needs let alone those of others. A successful meeting for worship benefits all, and when this happens everyone feels it. It is worth the effort! We each have a share of responsibility whether through silence or through the spoken word.

London Grove - After a period of silent worship, the query for First Month, **Deepening Our Faith: Meeting for Worship**, was read aloud. Silent worship continued. The query drew responses from several Friends, all of whom expressed, from individual perspectives, an appreciation of how our practice of gathering together in silent worship has been central to the strength of our community. Our sustained period of

silent worship allows individuals an opportunity to not only speak from the heart but to learn to listen without judgment. While deeper connections within the Meeting continue to be an outcome of coming together in the silence; several responses to today's query suggested that another possible outcome has been gaining an awareness of how we speak or listen to others that can be carried into our everyday lives. With a nod to the new year before us, several responses acknowledged the positive challenges that all of the monthly queries provide- not just in personal challenges, but also the collective challenges that work to bring the Meeting community together.

Report from PhYM's Anti-Racism Collaborative -

Susanna Davison represents Western Quarter in this work; Margaret Walton shared the report. Friends,

ARC is still considering whether and how to heed suggestions from some Friends who follow our webpage on PYM.org that using Ibram Kendi's term in our name has been off-putting for some who care about the subject. As you know from my last report to WQM, we are considering adopting a different name for our Collaborative. Some believe the term Social Justice represents our agenda of focusing on sources of structural racism—and invites discussion on how to proceed.(paraphrased discussion at our recent Collaborative meeting 4/19/22).

We would very much like to hear from monthly meetings in each quarter about their activities with respect to (we're still calling this) anti-racism. This will update our report from 2021, which polled monthly meetings by quarter, but did not specify such activities by naming meetings.

The topic of reparations was addressed in the report Green Street Monthly Meeting shared at Continuing Sessions 3/26/22. Our website is working on a page to define the term reparations and report and discuss such activities. Please watch our page for developments—and contribute your meeting's ideas as you are led.

We are exploring some statements on the subject of past harms acknowledged by other yearly meetings on the eastern seaboard. Although concerns and intentions have been expressed in PYM

since 2015, we will compare those with the statements of our "peer yearly meetings."

Below is an example of such an acknowledgment (found by searching PYM's website) that originated in Abington MM and was subsequently endorsed by Abington Quarter:

Minute of Reconciliation

Those gathered for the Discernment for Unity session on May 4, 2021 carefully considered the rewording of our minute and came to unity on the wording below.

After considerable reflection and discernment, Abington Monthly Meeting of the Religious Society of Friends (Quakers) believes that if we are to truly uphold our Testimony of Equality, Equity and Justice and honor the legacy of Quaker abolitionists and equal-rights activists such as Benjamin Lay and Lucretia Mott, we must also acknowledge and take active steps to redress the evils they fought against. We wish to engage in racial reconciliation and healing through acknowledging, apologizing, and atoning for wrongs our Meeting has committed in the past that influence the present. We acknowledge that the land our meetinghouse and school currently occupy was once home for the Leni-Lenape. We also acknowledge that early members of our Meeting were members of the white settler population which benefited from the takeover of land and from the violence committed against Indigenous Peoples as a result of such actions as the Doctrine of Discovery, the Walking Purchase and Quaker Indian Boarding Schools. We acknowledge that some early members of our Meeting were enslavers and that the enslavement of Africans contributed to the accumulated wealth we have today. We apologize for these truths not being fully acknowledged by us sooner and because these actions have contributed to the physical and emotional trauma still being experienced today. We wish to atone for these past oppressions and injustices in the hope of bringing healing through retrospective justice to African Americans and Indigenous Peoples. To this end, we have set up the Bothwell Reparations Fund to which members and attendees may contribute. Also, we will continue with our deeper education to better understand and seek a renewed and ongoing right relationship.

With thanks for your attention to this report, I add my apology for not being available to give it—and my thanks to Margaret Walton for reading it.

Submitted by Susanna Davison, London Grove Monthly Meeting

Friends accepted the report.

Treasurer's Report - Bob Frye reported

The fiscal year is 75% complete. In April, PYM withdrew prior authorized funds catching them up through February. Covenant income is at 75% of budget. Payroll is at 70% of budget, and post office box and website costs are up this year. The bottom line is that we are in a deficit for the year of \$1,080.17. A deficit was budgeted, and with many of the annual expenses already paid, the treasurer expects a smaller year-end deficit than budgeted. There is one grant pending from the William Jackson Education Fund. No grants were requested from the John Woolman Traveling Minister's Fund.

Friends accepted the report. Discussion of some issues before the Delaware Monthly Meetings around recent insurance coverage changes. These may be due to a change in status to human services nonprofit from religious nonprofit. Teal Rickerman will schedule a meeting with the Delaware Meeting treasurers.

State of the Meeting Report was accepted and approved.

Committee updates - Aging

Bob, Shelley, and Deb met with Sheila Sorkin, Yearly Meeting's new Aging Support Coordinator. She has experience in the field and will initially work with Friends around grant requests. The committee has also done some work for Joint Quarter program, this morning's program. We meet 4th Mondays at 7:30pm via Zoom. All are welcome.

Historic Properties - The Colora visit is scheduled for next first day at 3pm. We meet on 3rd Sundays at 3:00 pm when there is not a quarterly meeting. Tree removal at Fallowfield Orthodox Burial Ground is on hold.

There are no expenses for the reserve fund to report.

MM updates - London Grove reading group recently read through *The Quaker Reader*. It's introductory history is one of the best on Quakerism, and makes a

wonderful orientation gift to new members and attenders. It's available through Pendle Hill Publications. We are starting to offer more regular FDS for children. May 7 is the plant sale from 7-1!

Mill Creek will hold and open house and fair April 30 10-2. J Roy Cannon is now clerk and Terry Cannon is recording clerk.

Kendal continues to work on their hybrid format.

PhYM resource friend John Marquette was helpful.

We've been doing a lot with FCNL mailings.

Centre continues to use Zoom for hybrid worship and we recently had some visitors present in the meeting house. We had an Easter egg hunt for all ages and advertised in the broader community. Wintertur will not have carriages go by Centre Meeting Road so we will not do our typical picnic gathering to watch that. Folk and bluegrass aficionados have been gathering periodically at our meeting house.

New Garden is meeting in person and we discuss business as needed. We are thriving!

Newark - is meeting at London Britain when the temperature is above 60. We had 7 children for our Easter egg hunt. We have done some take home potlucks. West Grove is focusing on repairs to the meeting house - roof, flooring, and some work on the playground with the day care.

Announcements -

Judy Hinds is the incoming clerk for Kendal MM. She will begin her service in January 2023.

A friend shared appreciation for the "Sacred Places" article in the recent quarter newsletter. He found the last paragraph especially noteworthy and added that many meeting properties were from donated land by a family in the meeting community, and that many meeting houses are on sites important to indigenous people.

Margaret Walton thanked Bob for his service as our clerk. There was much Zoom applause. Bob shared that a Quaker message important to him was "Let your life speak." Clerking the quarter has let his life speak.

The Deep Listening and Trust Circle workshops at YM sessions will be very useful for Friends and Meetings working on important topics such as race.

We closed with worship.

Respectfully submitted, Deb Wood, coordinator

EVENTS AROUND PYM AND THE QUARTER

Worship at Historic Meetinghouses in Western Quarter:

June 26 — 10am at Old Kennett

July 10—10 am at Pennsgrove

July 31—9am at Old Kennett

August 28 —9am at Old Kennett

August 28— 2pm at Homeville

There are FIVE times to gather under the Annual Sessions umbrella this year, and a little something for everyone!

[Workshop Saturday](#) - June 25th - Five workshops on different topics that include:

Experiment With Light: A Gift from Early Quakers

The Power of Enough: Kinship with All Life

Co-Regulating and Building Relationships Toward Equity and Justice

Climate Change: Hope Through Action

Growing Our Meetings: Two Models and The Resources We Need

[Quaker Fun Day](#) - July 22 - Carnival-themed fun and fellowship, IN PERSON at Arch Street

[Affinity Group Saturday](#) - July 23 - fellowship with Friends who share identities and/or similar life experiences

[Spiritual Formation Retreat](#) - July 26-27 - A time for spiritual communion with Friends

[Annual Sessions](#) - July 27-31 - Fellowship, Intergenerational Bible Study, Worship, and Business at different times across the days to make attending accessible for people with different schedules. **[Visit here](#)** to see more details of the schedule and events.



Minutes of the Support Committee of Western Quarterly Meeting

12 June 2022 3:00pm via Zoom

Present - David Elder, Judy Hinds, Sandy Howze (KDL), Ariana Langford and Shelley Hastings (N), Karen Halstead and Nancy Pratt (NG) Margaret Walton and Kim Brosnan-Myers (LG), Mary Sproat (WG), and Deb Wood, coordinator

We centered into a time of worship so as to do our business with guidance from spirit.

Updates from Monthly Meetings

Kendal is working through its shift to hybrid meetings; John Marquette, a Resource Friend from PYM helped with an OWL device and they are testing different locations at Kendal; the meeting will also host Bridget Moix, Executive Secretary for FCNL, on June 27 in a hybrid format; the in-person meet and greet will be at the Kendal Farmhouse, the topic is advocating for peace in a time of war.

Newark had a birthday party for Ruth Thompson who recently turned 103! Ruth shared about her family and some history of London Britain Meeting, Newark's summer home; business meeting is next week and Newark will have a social gathering for July/August; may do some rearranging of positions and personnel at Newark as nominating committee begins its work.

New Garden - Friends met recently for business meeting, one project is working on dead tree removal in the cemetery.

West Grove - we are working on getting in person attendance up; Eggers is meeting by Zoom, and despite the large meeting room, many are still cautious to return to in-person because of COVID.

London Grove -had Children's Day today; a young family at the London Grove preschool has come regularly and has spurred a weekly program for children; there is also an adult class led by Donald La Branche the current topic is peace, and resonates with the meeting's recent connections with Mennonite Central Committee for support work with refugees in/from Ukraine.

Proposed Budget

The finance committee met Wednesday evening to go over FY 2023. The treasurer presented an overview of last year's budget and this year's. She answered questions. One item for future consideration would be what tech supports best allow us to have hybrid meetings at meetings without much technology.

The Quarter has often approved deficit budgets, but have not often needed to use reserves even when anticipated.

Historic Properties

Many on the committee visited Colora Meeting House in early May. The exterior of the building was in good shape for a nearly 200 year old building. The family has maintained the property well but there is little left to cover future maintenance. The floor is not the soundest but we were not able to get in to the building. There is a small burial ground on the lot which has some trees growing amongst the markers. Two of us did manage to meet Steve Balderston and get a new phone number for him. We hope to get a set of keys to the meeting house from him and we also clarified that the building deeds are held by Friends Fiduciary but they have no responsibility for care and maintenance.

Parkersville Meeting House is the next we will focus on. There has often been a meeting for worship there in September, but nothing has been scheduled yet.

At London Britain the privy roof is being replaced; the windows' weights were restrung; and one window needs repair.

There have been no payments from the designated funds.

Aging Concerns Committee – Update

The committee requests approval for \$100 thank you contribution to Kendal-Crosslands Resident Assistance Fund in appreciation of Sarah Matas's presentation.

Friends approved.

A small group has worked with Friends from Concord Quarter on 7th month's Joint Quarterly Meeting.

Joint Quarterly Meeting 17 July at Westtown – (Deb)

Friends may come in person or online. We will use the Westtown MM Zoom link. Yearly Meeting staff will help with in-person children's program.

There will be a hymn sing at 10:10, worship from 10:30-11:15 with brief announcements to follow. Programs at 11:45 and Western Quarter's meeting for business will be at 1:30.

There are two 11:45 program options. In-person and online will be a presentation by Dr. Mary Ann Ost on nutrition and brain health. The other will be a walk through the campus woods in search of edibles. Gwynne Ormsby of Birmingham Meeting is a retired horticulturalist and will be the edibles expert. Both programs, and especially the walk, are designed to be intergenerational.

We will share responses to Query 4.

Announcements

Support Committee will meet next on Sept. 18.

Homeville Meeting House will be open for worship on August 28 at 2pm.

Historic Properties will meet at 3:00 on June 19 via Zoom.

Aging Concerns is scheduled to meet on Monday, June 27. As it is the same night as the session with Bridget Moix with FCNL, the coordinator will poll members to see if there is another night to meet.

We settled again into worship.

Respectfully submitted, Deb Wood, coordinator

To read the complete Minutes, and the Minutes from the WQM Support Committee Meetings, please visit our Business Resources page online: <http://westernquarterquakers.org/business-meeting-info/>