



ABINGTON MONTHLY MEETING of the Religious Society of Friends NEWSLETTER

OCTOBER 2022

TENTH MONTH

520 Meetinghouse Road • Jenkintown • Pennsylvania • 19046

OCTOBER MEETING ACTIVITIES

SUNDAY, OCTOBER 2ND

- 9:00 a.m. **ABINGTON QUARTERLY MEETING (AQM) AT NORRISTOWN MONTHLY MEETING** (see page 2)
9:00 a.m. **MEETING FOR SINGING**, in John Barnes Room and on Zoom
9:45 a.m. **EARLY GATHERING FOR MFW**, in Meetinghouse and on Zoom
10:00 a.m. **MEETING FOR WORSHIP**, in Meetinghouse and on Zoom
7:00 p.m. **SUNDAYS AT SEVEN**, in Short Stable

WEDNESDAY, OCTOBER 5TH

- 7:00 p.m. **WOMEN'S MEETING FOR WORSHIP**, on Zoom only

SUNDAY, OCTOBER 9TH

- 9:00 a.m. **MEETING FOR SINGING**, in John Barnes Room and on Zoom
9:45 a.m. **EARLY GATHERING FOR MFW**, in Meetinghouse and on Zoom
10:00 a.m. **MEETING FOR WORSHIP**, in Meetinghouse and on Zoom
11:00 a.m. **COFFEE BREAK**, hosted by Hospitality Committee
11:30 a.m. **MEETING FOR WORSHIP TO ATTEND TO BUSINESS**, in Meetinghouse and on Zoom,
ANNUAL REPORTS: FUNERAL, WORSHIP & MINISTRY, HOSPITALITY
7:00 p.m. **SUNDAYS AT SEVEN**, in Short Stable

SUNDAY, OCTOBER 16TH

- 9:00 a.m. **MEETING FOR SINGING**, in John Barnes Room and on Zoom
9:45 a.m. **EARLY GATHERING FOR MFW**, in Meetinghouse and on Zoom
10:00 a.m. **MEETING FOR WORSHIP**, in Meetinghouse and on Zoom
11:30 a.m. **ALL CLERKS MEETING**, on Zoom only
7:00 p.m. **SUNDAYS AT SEVEN**, in Short Stable

TUESDAY, OCTOBER 18TH

- 12:30 p.m. **LUNCHEON**, in John Barnes Room (see page 6, RSVP required)
1:00 p.m. **SPECIAL PRESENTATION BY DAVID GRAY**, in John Barnes Room

Continued on page 2 ➡

Abington Monthly Meeting

www.abingtonmeeting.org

Office: 215-884-2865

Abington Quarterly Meeting

www.abingtonquarterlymeeting.org

Philadelphia Yearly Meeting

www.pym.org

Clerk of Meeting : Wanda Wyffels, ClerkAFM@gmail.com

Meeting Administrator: Loretta Fox, AbingtonMeeting@abingtonfriends.net

Meeting Secretary: Cathy Callan, MeetingOffice@abingtonfriends.net

Deadline for November NEWSLETTER is October 10th. Please give information to Loretta Fox.

Contributions may be sent to: Abington Monthly Meeting, c/o Assistant Treasurer Amelia Diamond, 520 Meetinghouse Road, Jenkintown, PA 19046

SUNDAY, OCTOBER 23RD

- 9:00 a.m. **MEETING FOR SINGING**, in John Barnes Room and on Zoom
9:45 a.m. **EARLY GATHERING FOR MFW**, in Meetinghouse and on Zoom
10:00 a.m. **MEETING FOR WORSHIP**, in Meetinghouse and on Zoom
11:00 a.m. **COFFEE BREAK**, hosted by Children's Religious Education Committee
11:00 a.m. **UNICEF BAKE SALE HOSTED BY OUR FIRST DAY SCHOOL YOUTH**, John Barnes Room
11:30 a.m. **VIGIL AGAINST GUN VIOLENCE**, Triangle Sidewalks
7:00 p.m. **SUNDAYS AT SEVEN**, in Short Stable

SUNDAY, OCTOBER 30TH

- 9:00 a.m. **MEETING FOR SINGING**, in John Barnes Room and on Zoom
9:45 a.m. **EARLY GATHERING FOR MFW**, in Meetinghouse and on Zoom
10:00 a.m. **MEETING FOR WORSHIP**, in Meetinghouse and on Zoom
11:00 a.m. **COFFEE BREAK**, hosted by Worship & Ministry Committee and Audit Committee
11:15 a.m. **ADULT CLASS**, John Barnes Room
7:00 p.m. **SUNDAYS AT SEVEN**, in Short Stable

PLEASE HOLD IN THE LIGHT

Pat Ambrose, who continues to have health concerns

Jim Vandegrift, who continues a difficult recovery from a stroke

All in our Meeting community whose struggles may not be known to us

Important Reminders

We encourage Friends to try to attend meeting for worship in person, as you are comfortable. Doors will remain open for ventilation. The sections of the meetinghouse closest to the East Wing have been designated as an area to be used ONLY for Friends who choose to wear masks. We ask that Friends who wish to be unmasked kindly sit elsewhere in the meetinghouse. Friends wearing masks are still welcome to sit anywhere, but we acknowledge that some Friends prefer to sit only near others with masks on. Please maintain safe distancing, because comfort levels vary among Friends, and some Friends are higher risk.

Abington Quarterly Meeting: October 2

As members of Abington Monthly Meeting, we are also members of Abington Quarterly Meeting (AQM), which consists of nine monthly meetings in our area. This group comes together four times a year (quarterly) to address business. Friends are welcome and encouraged to attend AQM. AQM rotates among the monthly meetings, and the October 2 gathering will be at Norristown and also on Zoom. Please [click this link](#) to be directed to the calendar. Click on the Quarterly Meeting event to obtain the agenda, minutes, associated documents and the Zoom link. If you have not yet registered on the Quarterly website, please visit the website at abingtonquarterlymeeting.org and click on AQM Info tab, then [Website Support](#) for instructions on how to register. Should you require assistance with your login, please email Office@AbingtonQuarterlyMeeting.org. Also, remember that documents may change, so check back prior to the Meeting to ensure that you have the most recent information.

Meeting for Singing

Meeting for Singing continues on **Sundays at 9:00 AM** (There will be no Meeting for Singing on meeting for business Sundays). It will be on the usual Zoom link, but it will also be LIVE in the John Barnes Room. People are encouraged to join us in person, but we love to have Friends with us however you choose!

World Quaker Day: October 2, 2022

World Quaker Day is Sunday, October 2, 2022. The theme for this day and for the year's events is ***Becoming the Quakers the World Needs***. For more information on ways to participate, [Click Here](#)

Women's Meeting for Worship

All who identify as female are invited to join in our next Women's Meeting for Worship on Wednesday, October 5 at 7 PM on Zoom. We will use the same link that we use on Sunday mornings, which can be found in our Weekly Announcements email.

All Clerks Meeting

The next All Clerks Meeting is scheduled for **Sunday, October 16** at 11:30 AM on Zoom only. Clerks, please be sure to attend, or send someone to represent your committee. A designated Zoom link will be sent to committee clerks prior to the meeting.

UNICEF Bake Sale

*My name is Kathryn Stirzel and I'm a member of the high school first day school group. This year I'll be organizing the UNICEF bake sale with the help of the elementary/middle school first day school classes! We will be hosting the bake sale on **October 23** at the rise of meeting. Please come out to buy some delicious baked goods and support UNICEF!*

Weekly Food Collection

Friends may drop off donations of food and other items for the Germantown Avenue Crisis Ministry in the meetinghouse vestibule.

Surveys for All in our Meeting Community

To better serve the children and families in the Abington Monthly Meeting, the Children's Religious Education (CRE) Committee has prepared two (2) surveys to the community: one to learn more about the children in the community and register children for First Day School and Childcare, and one to solicit volunteers to support First Day School. Please fill out these surveys! Here are the links to the surveys:

* [AMM Family Census & First Day School and/or Childcare Registration, 2022 - 2023](#)

* [AMM First Day School Leader/Participant Survey](#)

Car Burglarized in our Parking Lot

Sadly, we must encourage Friends to use extra caution when parking on our Meeting property. A staff member from A Step Up Academy had their car burglarized during daylight hours one afternoon in late September. There was an empty purse visible in the car, and that purse was taken. Windows on the car were broken. Please be sure not to leave valuables inside your car.

Adult Classes

For this 2022-2023 year, our Adult Education Committee was led to the following query:

***How does connection with the Inner Light
nurture transformation in ourselves and our community?***

Please watch our weekly announcements for the dates of upcoming Adult Classes around this theme.

From the Sustainability Subcommittee:

In collaboration with the hospitality committee, our Sustainability Subcommittee has introduced a composting bucket to the kitchen! We are excited to begin collecting all things compostable from our Sunday coffee breaks and other functions where food is being served. The compost bucket will be placed discreetly in the kitchen allowing committees and groups that host coffee breaks to make good use of it. Friends Phyllis Stickney and Andrew Antrim will pick up the bucket every few weeks to add to their collection at home, and that will be taken away by Back To Earth Compost Crew, a local curbside compost pick-up service.

There is a list of items in the kitchen that can go into the compost bin in case you are not sure.

There are many environmental benefits to composting. Among them are:

- Prevention of Soil Erosion
- Assisting in Storm water Management
- Promoting Healthier Plant Growth
- Conserving Water
- Reducing Waste
- Combating Climate Change
- Reducing Project Maintenance Costs
- Improving Soil Health

Composting is good for our earth and good for our Meeting!

Reminder: One-Way Traffic at Abington Friends Meeting

All cars and vehicles must enter the Meeting property only from Greenwood Avenue and exit only onto Meetinghouse Road. Our driveways are one-way.

As Friends, we are called to be ministers to one another...

If you are struggling, or if you have a concern about one of our Friends, please let anyone on the Care of Members Committee know, or contact clerk Deborra Sines-Pancoe at CareofMembersAFM@gmail.com.

Sundays at Seven 2022

An informal discussion group addressing Quaker topics

Do you wish to know more about Quakerism? Join us for Sundays at Seven beginning October 2 in the Short Stable. All in the Meeting community are invited to as many or as few sessions as meet your schedule.

Fall 2022 Schedule:

October 2 - Introduction and overview of our faith and practice: Where is each of us right now in our spiritual exploration? What do we mean by "continuing revelation," by "that of God in every one", and by "the Inner Light"? How do we use silence in our worship and in our daily lives?

October 9 - Meeting for Worship - The heart of Quaker worship is communion with the invisible, eternal reality of the Divine. In this session we use the metaphor of passing through a series of four stages or doors to reach this reality. We will explore these four doors and how to use them to deepen our worship experience.

October 16 - Meeting for Business - Why do Friends call it "Meeting for Worship to Attend to Business?" How does "sense of the meeting" differ from consensus? What are the roles of the clerk and the recording clerk? How does the business meeting function and what can you do to help make participation spiritually rewarding?

October 23 - Faith into Action: Testimonies – What is a testimony? A concern? A Query? **Testimony of Integrity:** Integrity is basic to all our Quaker testimonies and ideally becomes a guiding principle for our conduct. How do we live our beliefs? How does integrity relate to the Inner Light? What are the challenges in trying to live a life of integrity? What are the supports that help?

October 30 - The Peace Testimony - How do we strive to live non-violence with love, forgiveness and efforts toward reconciliation? What are different ways Friends act on the Peace Testimony? What are its implications in today's world? Have you ever felt moved to take action? What stands in your way?

November 6 -The Simplicity Testimony - What does it mean to live simply? How do we learn to refrain from excessive consumption and too many secular involvements? How do we practice simplicity in the affluence of our American society? What challenges us the most?

November 13 - Community and Membership- We will examine various factors affecting the relationship between the seeker and the Meeting, as attenders and members. What stages does a seeker typically go through to grow into the life of the Meeting community? How and why do people seek membership?

For inquiries contact, Kathy Singer doxyk9s@gmail.com, 215-490-2595

Find Us on Instagram!

Abington Friends Meeting is now on Instagram! Be sure to follow us @abingtonfriendsmeeting to see all the latest updates of what is going on at Abington Meeting. [Click Here](#)

Find us on Facebook!

Find us by searching **Abington Friends Meeting** on Facebook, or use this Facebook link: <https://www.facebook.com/abingtonmeeting>. Friends are welcome to post photos or messages.

Donations Needed

Our donations to Abington Monthly Meeting have been down in recent months, and we need to maintain our income in order to operate and function as the vibrant Meeting community that we are. The care of our beloved Meeting is the responsibility of all in our Meeting community. Thank you to all who donate regularly! Please consider donating soon, or possibly consider increasing your donation, if you are able to do so. The quickest way for us to receive your donation is by check, but you may also donate by credit card or direct debit. Information for ways to donate can be found on our website:

<http://www.abingtonmeeting.org/how-to-donate/>

Luncheon & Presentation on October 18th in John Barnes Room



On Tuesday, October 18, Abington Meeting and Abington Friends School will host a very special guest, David Gray, principal of Brummana High School in Lebanon, who is on a U.S. Speaking Tour. Our Meeting community is encouraged to attend a luncheon at 12:30 PM followed by a presentation at 1:00 PM in the John Barnes Room. The presentation will be entitled: ***Quaker Education in Lebanon: The 150-year Legacy of Brummana High School and the Vision for the Future***. It is a story of hope, of poverty which can be avoided, of dignity which can be conferred, of

democratic processes which can be taught. It is a story of a school, the only Quaker institution in Lebanon, a beacon of light for nearly 150 years, standing strong like its 250 year old mother tree, in all weathers, oblivious to the turmoil swirling around it. It is a story of a land with a divided, conflict-torn past, of a calamitous, perilous and uncertain present, and of the possibilities of a more prosperous, peaceful, happier future. It is a story of Lebanon, the land of the cedars, and at its center, a lone Quaker institution which must survive as a light in the darkness. Principal Gray is inviting those with whom he meets to be in relationship with the school and to consider how they might help support the students and faculty during the unfolding economic crisis in Lebanon.



Your RSVP is required for the luncheon, and please indicate any dietary needs. RSVP to:

AMM@abingtonfriends.net

Born in Inverness, Scotland, David Gray graduated from the University of Bristol, where he also did his Postgraduate Certificate in Education, and initially taught in Bristol. He then continued his career in Education in Athens, Greece, and since then worked in London and in Leeds before becoming Headmaster of Pocklington School in Yorkshire, England, in 1992 and then Principal of the Erskine Stewart's Melville Schools (ESMS) in Edinburgh (the largest group of independent schools in the European Union) from 2000 until 2018. He became Principal of Brummana High School in Lebanon in January 2019 which he has led for nearly 4 years through the worst economic crisis Lebanon has endured in living memory, and which is now in its 150th year. He is a member of The Society of Heads. With 30 years of experience as Headmaster and Principal of leading independent schools in the UK, David Gray is an international educational leader who has developed a deep awareness of what constitutes first class education. He has the experience of instilling high standards throughout a school and inspiring the ambitions of the next generation of leaders and managers.

Contemplative Communion

Meeting members and attenders are invited to participate in a gathering on Saturday mornings at 8 AM. The group meets for 45 minutes of COMPLETE silence after which anyone who wishes may share messages or thoughts. Open dialogue is allowed - not debate or rebuttal. This is a spiritual endeavor, so messages with a political theme or commentaries on current events are unsuitable.

This gathering is an attempt to connect with something greater than ourselves, the divine, the still small voice within, the inner knowledge that resides in us all. It is differentiated from our traditional meeting for worship in that we do not speak until after the 45 minute silent period and by allowing open dialogue.

Everyone enters the room in silence and will be muted. Chimes will signal the end of the silent time. This group was begun by a few active members of our Meeting who wished to gather together in complete silence, but the invitation is now being extended to all in our Meeting community. All are welcome.

To join the Contemplative Communion Zoom Gatherings:

<https://us02web.zoom.us/j/81788583996?pwd=TElHU0xnN0hjNE5RU1NyZGw2TTZ5dz09>

Meeting ID: 817 8858 3996

Passcode: 8j2Nsb

One tap mobile

+13017158592,,81788583996#,,,,*348110# US (Washington DC)

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Dial by your location

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+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

Meeting ID: 817 8858 3996

Passcode: 348110

Find your local number: <https://us02web.zoom.us/j/81788583996?pwd=TElHU0xnN0hjNE5RU1NyZGw2TTZ5dz09>

Abington Friends School

For full information about AFS, please visit the website at

www.AbingtonFriends.net

PHILADELPHIA YEARLY MEETING

Philadelphia Yearly Meeting (PYM) is a Quaker faith community, an association of over 100 Quaker meetings in a four-state region, and an organization - all working together to nurture Quaker faith and practice in today's world. Quakerism is a faith of personal experience and direct communion with God, a faith of

continuing revelation; and a faith of living our values in the secular world. All who seek to deepen their spiritual lives are welcome! As members of Abington Monthly Meeting, we are also members of PYM. The PYM website offers resources, including a calendar of Quaker events all over our region, and the online version of our guidebook for Friends, Faith & Practice.

October 3, Finding Quaker Stories in Historic Quilts

Join Linda Vizi at the Moorestown Meeting House or online via Zoom to learn about the stories behind an inscribed quilt collection currently on display at the Historical Society of Moorestown.

October 14 –16, Spiritual Formation Retreat, Fall 2022

Join the Spiritual Formation Collaborative for their annual fall retreat at Pendle Hill.

We will explore the practice of spiritual companions and their important role in our spiritual lives.

Save the date! November 5, Fall Continuing Sessions

Fall Continuing Sessions, Arch Street Meeting House

Plans are underway for Friends to join together for Fall Continuing Sessions on Saturday, November 5, 2022.

Resource Friends Offer tech support to Meetings

PYM welcomes John Marquette, a member of Lehigh Valley Friends Meeting in Bethlehem, to the role of Resource Friend for Hybrid Meetings. John is available for email, phone, Zoom, and in-person consultation throughout the four-state area.

For more information on Philadelphia Yearly Meeting, Please visit www.PYM.org

The TENTH QUERY on WITNESSING IN THE WORLD: MINISTRY OF OUTREACH

10. Witnessing in the World: Ministry of Outreach

a. How does our meeting communicate Friends' presence and principles to the wider community? b. How does our meeting join with other faith communities in worship, in spiritual dialogue and in social action? c. What are we doing to invite persons to attend our meetings for worship, to welcome them when they come, to listen sensitively to their needs and hesitations and to encourage their continued attendance?

d. How do I share my spiritual life and experience with others? e. Does my life as a Friend attract others to our religious society? f. What opportunities have I taken to worship with people from other religious and cultural backgrounds and work with them on common concerns?

A Quote to Consider...

God is never far away. God's Spirit is always so close - closer than breath. But unless we stop and listen, we might not notice. We practice listening. We listen with our whole selves - with our bodies, our minds, our hearts, our imaginations, our souls.

From Faith & Play Working Group, Philadelphia Yearly Meeting, 2008