



ABINGTON QUARTER NEWSLETTER

Winter 2026



www.abingtonquarterlymeeting.org

Christopher Mrozinski, Editor: christophermrozinski@gmail.com

Carolee Duckworth, Editorial Support: drcaroleed@gmail.com

Mike Mrozinski, Clerk of the Quarter: abingtonquarterclerk@gmail.com

Rebecca Cratin, Home & Care Administrator: rhcratin@cratin.com

Laura Lanza (Lanza), Communications Coordinator

AbingtonQtrCommunications@gmail.com

Quick note from the Editor

Happy New Year Friends!

The deadline for the next newsletter is Sunday April 19 , 2026. Please note that events going on in Monthly Meetings can be shared with Friends in the Quarter before the next newsletter comes out. So please feel free to email them to me.

The Quaker Monthly Meetings in Abington Quarter

**Abington - Byberry - Gwynedd - Horsham - Norristown - Plymouth -
Richland - Unami - Upper Dublin**

**ABINGTON
QUARTERLY
MEETING**

Details, Agenda, Zoom Link,
Weather Update & Reports:

Questions? AQM Clerk
Mike M. 484-390-0924

FEBRUARY 1, 2026

Join the discussion!
**QUARTER-WIDE SOCIAL
CONCERNS**
Share what's happening
at your meeting-
and
what we can do
Together

hosted by
Unami Friends Meeting
100 Fifth Street (at Macoby St), Pennsburg, PA 18073

8:30 Doors Open
9:00 Quarterly Meeting
11:00 Worship
12:00 Food & Fellowship

INFO:
Attend in person or by Zoom
• Members, Attenders,
Families From All 9
Meetings are Welcome
• Quarter-led Youth Program
& All Ages Together activity
• Childcare
• Host provided meal for all
• Zoom only in case of snow

AbingtonQuarterlyMeeting.org

Please share with all in your meetings.

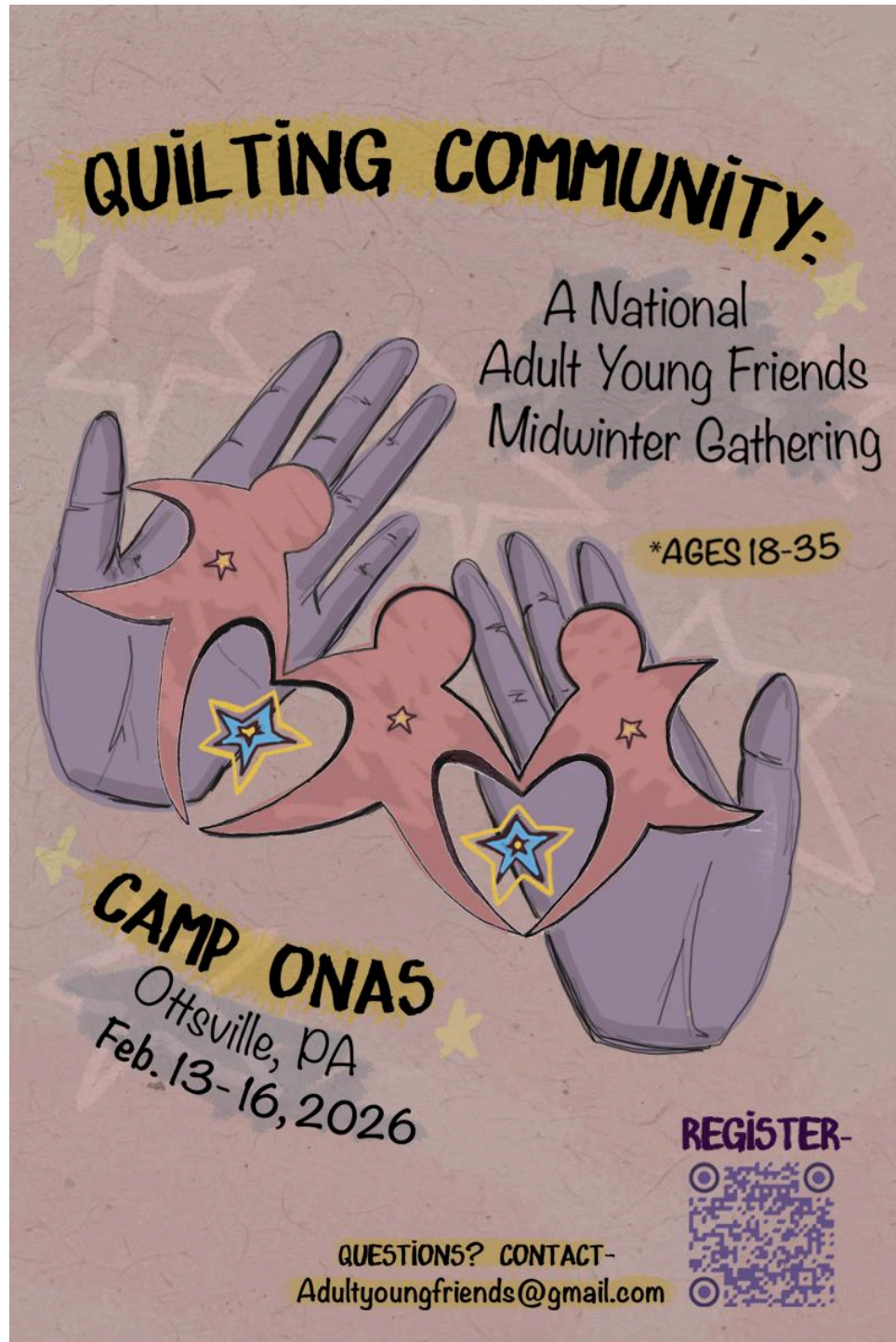
Home and Care Presentation

“Helping Friends Navigate Our Current Healthcare System, using the unique resources of a Quaker Meeting.” We will be providing many resources that Monthly Meetings can use to assist members and attenders dealing with serious or chronic illness, at any age and at any stage. Bonnie Miller, Home and Care Clerk and Rebecca Cratin, Home and Care Administrator, will be giving the presentation at Abington Monthly Meeting on February 22, 2026 at 11:30am.

Any other meetings in Abington Quarter are invited to have this presentation given at their meeting. If you wish to do so, please contact Rebecca Cratin at 215-542-8738, or rhcratin@cratin.com.

Adult Young Friends Midwinter Gathering

This is a youth adult event that Salma Garcia Nolasco, the new administrator at Abington Meeting is helping to plan through FGC.



News from Meetings of the Quarter

Abington Monthly Meeting

Sundays at Seven 2026

Newcomers & seasoned members alike – All are welcome to this informal discussion group at Abington Friends Meeting on Sunday evenings at 7 PM in our John Barnes Room.

AbingtonQuakers.org

February 15: Introduction to Quaker Faith and Practice — Where is each of us right now in our spiritual explorations? What do Friends mean by “continuing revelation,” by “that of God in everyone,” and by “the Inward Light”? How do we use silence in worship and in our daily lives? [Pendle Hill Pamphlet #388, Michael Wajda, *Expectant Listening: Finding God’s Thread of Guidance*]

February 22: Meeting for Worship — The heart of Quaker worship is communion with the invisible and eternal reality of the Divine. Friends can use the metaphor of passing through a series of four doors or stages to reach this reality. How do Quakers use these doors to deepen worship? [PHP #306, Bill Taber, *Four Doors to Meeting for Worship*]

March 1: Meeting for Business — When Quakers gather to make decisions, they do so with the hope of being called into unity by the loving Spirit who guides their steps in the practice that Friends call “meeting for worship with attention to business.” How might this orientation also help in other parts of our lives? [PHP #406, Bill Taber & Michael Birkel, *The Mind of Christ: Bill Taber on Meeting for Business*]

March 8: Faith into Action: Integrity Testimony — What do Quakers mean by a testimony? What is meant by a concern? What is meant by a query? Integrity or Truth is basic to all Quaker testimonies and becomes a guiding principle for Friends’ conduct. How does integrity relate to the Inward Light? [PHP #296, Wilmer Cooper, *The Testimony of Integrity*]

March 15: Peace Testimony — How do Quakers strive to live in nonviolence 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? [PHP #378, Steve Smith, *Living in Virtue, Declaring against War*]

March 22: Simplicity Testimony — What does it mean to Quakers to live simply? How do we learn to refrain from excessive consumption and too many secular involvements? How do Friends practice simplicity in the affluence of our American society? [PHP #244, Elaine Prevaillet, *Reflections on Simplicity*]

March 29: Community and Membership — What stages does a spiritual seeker typically go through to grow into the life of the Meeting community? How and why do people seek membership? What are the responsibilities of Meeting membership? [PHP #371, Thomas Gates, *Members One of Another*]

Meeting Wide Book Discussion

Please join our Meeting-wide book discussion of *That Clear and Certain Sound: Finding Solid Ground in Perilous Times* by Pamela Haines. The book discussion will explore the following themes: moving closer to what rings true, honoring grief in these unprecedented times, and reaching for solid ground.

The discussion will be on **February 15 at 11:30am** in the John Barnes Room.

Midweek Meeting for Worship

The Midweek Meeting for Worship will occur on most Wednesdays from 5:00 to 6:00pm, and it will continue through June. It includes silent worship and opportunities for worship sharing in the manner of Friends.

Salma Garcia Nolasco, AMM Administrator

Gwynedd Monthly Meeting

Friendly Finds

GREAT DEALS. GREATER CAUSE.

benefits worldwide projects of the American Friends Service Committee

The **AFSC Sale** that started as just one table at *American Friends Service Committee (AFSC)* headquarters in Philadelphia over 60 years ago, is now the **Friendly Finds Sale**. Same sale, and it still supports AFSC, but just a new name.

The sales this year will be March 7, May 30, and December 7 (the holiday sale).

For more about the sales please visit the sale's web page

https://www.gwyneddmeeting.org/Groups/454176/Friendly_Finds.aspx

Please save the dates and hope you join us for one or all of them. Please let Chris Mrozinski (Clerk of the AFSC Sale Subcommittee at Gwynedd) know if you have any questions about the sales.

Chris Mrozinski

JEDI Launches a New Book Group for 2026!

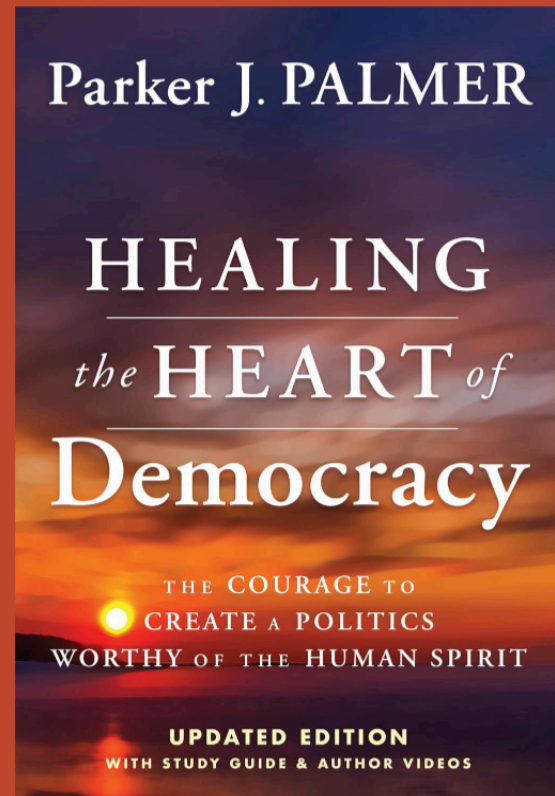
Starting in January, 2026, the Justice, Equity, Diversity and Inclusion Working Group will sponsor a book group on ZOOM to explore the foundations of democracy in our society, through the writings of Quaker author, Parker Palmer. We plan to read the book slowly, to savor his ideas and to share our own views in a setting of worship-sharing. We will meet once a month and read a chapter session. Details will be coming out in an eblast in January. Pick up the book now!

Dates: Last Tuesday of each month
January – August
Time: 7:30 pm – 9:00 pm on Zoom

Contact **Deb Hejl (317)502-0476** or
email at deb.hejl@gmail.com to
register and to receive the queries.

"We have been trying to bridge the great divides in this great country for a long time. In this book, Parker J. Palmer urges us to 'keep on walking, keep on talking' just as we did in the civil rights movement until we cross those bridges together." — Congressman John Lewis, recipient of the Martin Luther King Jr. Nonviolent Peace Prize and the Presidential Medal of Freedom

"This is the manual we need for refashioning our life together for recovering the heart, the very core, of our selves and our democracy." Krista Tippett, President, Executive Producer + Host, On Being, 2013 National Humanities Medalist



"Healing the Heart of Democracy is a courageous work that is honest and true, human and humble, glitteringly intelligent and unabashedly hopeful. Palmer gives us constructive language, historical context, and a practical vision for how we as individuals and communities can get to the real heart of the matter." Carrie Newcomer, activist and singer-songwriter, The Geography of Light and Before and After

A Project of the JEDI Working Group
Justice, Equity, Diversity, Inclusion

JEDI

Deb Hejl

Plymouth Monthly Meeting

2025 Annual Plymouth Monthly Meeting Indigenous Grant



Plymouth Meeting Friends (Quakers) and the Lenape of Lenapehocking

Plymouth Monthly Meeting awarded their first annual indigenous grants as part of their right relationship minute and queries. This year's grants were sent to two local indigenous organizations:

- Native American House Alliance
- Native Roots Farm Foundation

Each year our Monthly Meeting considers our Monthly Meeting's activities in light of five queries that guide our desire to grow into right relationship to indigenous peoples of our local and national land. Listed below are those queries.

The learnings from these queries around the Doctrine of Discovery make it painfully clear that the attitude of our right to dominate and take what we want from the land is alive and well in current news of indigenous peoples here and around the world (example Greenland).

Plymouth Monthly Meetings Right Relationship Queries:

- How are we seeking to understand the role that prior generations of Quakers played in the displacing Lenape peoples from Lenapehoking and in participating in programs of cultural erasure (such as Boarding Schools)?

- How are we seeking to renounce those Christian Church ideologies that legitimized colonization, genocide, and cultural erasure of Indigenous peoples in Lenapehoking and elsewhere (such as Doctrine of Discovery)
 - In what ways do we seek opportunities to meet Lenape people and to learn directly from them about their history, culture and current concerns?
 - In what practical ways (monetary or other) have we supported Lenape or other indigenous peoples in their initiatives and challenges?
 - In what ways have we embraced Lenape perspectives and knowledge of the land, water and air in the stewardship of the land where our Meetinghouse is located?
-

Arboretum Project

As part of both our right relationship minute and our Green minute, Plymouth has begun the project of qualifying our property as an arboretum. In addition to the paper work and organization, and the building and identifying of the required number of species of trees on the property, we have planted 100+ new trees in the past two years.

There is an ongoing project to return a portion of the land to meadow and woodland as well as intensive planting of trees in our graveyard.

We will share our project as it unfolds over the coming years. It is hoped that qualification of arboretum status will occur later this year.



Alert about change in Draft Registration - January 2026



The Selective Service System has been instructed to make military draft registration automatic.

President Trump signed the annual National Defense Authorization Act December 18, 2025, one day after the Senate gave its approval to the record \$901 billion spending bill. This Act includes a mandate that the Selective Service System make registration automatic for males ages 18-25. The deadline for implementation is December 18, 2026.

Reviving a military draft would require congressional approval. The most recent draft ended in 1973. Draft registration resumed in 1980.

The Center on Conscience and War (CCW) reports Selective Service will implement this legislation by crossmatching data with other federal agencies to register people it believes are required to do so and share that information with military recruiters.

The CCW notes that some conscientious objectors consider registration with Selective Service to be a form of participation in war. While automatic registration would eliminate the requirement for these COs to take an action contrary to conscience, it also would place their information within the Selective Service System without their consent.

Many men today are registered with Selective Service when they apply for a driver's license or other state-issued identification. Selective Service's most recent annual report to Congress indicated the registration rate for men 18-25 in 2024 was 81%, with a specific rate for 18-year-olds of 42%. *Source: Anabaptist World Jan 13, 2026*

David Miller

Martin Luther King, Jr. Day of Service at Plymouth Monthly Meeting

Plymouth Monthly Meeting and Plymouth Meeting Friends School collected donations of healthy snack items, tissue packs, hand warmers and water to make care bags for local Code Blue shelters. On MLK day, children and adults picked and packed zip lock

bags adding handwritten personal notes to each bag. Also, everyone was encouraged to write their own personal dream or wish on a “I have a dream...” wall poster that was surrounded with many of MLK’s famous quotes.

The care bags will be delivered to the Salvation Army, Haws Avenue Methodist Church and St. John’s church who offer their space for Code Blue shelters in Norristown. These shelters offer a warm and safe place to be and sleep during the nights when the temperatures are 32 degrees or below.

This was a wonderful outreach activity that supports those in need in our area. We were very pleased with how many donations we received for the project and were able to fill 165 bags and had additional donations to make to the centers.

The PMFS school committee Quaker Life members organized the event as an opportunity for the school and Meeting to work together on a special day of remembrance and service.



Sally Bishop, member of Plymouth Monthly Meeting and PMFS School Committee

Upper Dublin Meeting

Our new kitchen space



Pam Yaller

Quarterly Meetings & Locations

2026 Meetings & Locations		
Hope to see you all on February 1 for Quarterly Meeting		
February 1	Unami	Quarterly Meeting
March 1	Gwynedd	Representatives
May 3	Plymouth	Quarterly Meeting
June 7	Horsham	Representatives