



NEWSLETTER

Fall 2023

www.abingtonquarterlymeeting.org

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Quick note from the Editor

An email will be sent out the week of November 27 with Christmas happenings around the Quarter. Please send me any holiday events that you want to share with others in the Quarter by **Tuesday, November 21.**

Join us for Quarterly Meeting at Unami

8:30am - Fellowship - Continental breakfast
9:00am- AQM MFWB - Childcare Provided
11:00am- Worship with Unami - Also, First Day School
12:00pm- Brown Bag Lunch - Beverages & Desserts provided.
1:00pm- AQM MFWB resumes if necessary

Communications Coordinator Wanted

An Abington Quarter Communications Coordinator is necessary to help monthly meetings be more visible to their respective communities and to grow in attendance and energy through outreach and in reach. This part-time, flexible position requires a minimum 20 hours weekly from an independent contractor.

SCOPE OF THE JOB

PUBLIC RELATIONS:

- Support and suggest the creation of programs for Quarterly and monthly meetings with the goal of invigorating and retaining the current membership, and attracting new attenders.
- Provide articles, photographs, video footage, and other information to the wider non-Quaker community about The Society of Friends.
- Identify and establish relationships among traditional and social media outlets.
- Prepare and disseminate press releases and public calendar announcements about specific AQM and monthly meeting events of interest to the general public through various media methods.

WEBSITE & NEWSLETTERS:

- Consult with AQM regarding their website and newsletter, and suggest improvements.
- Maintain the AQM website.
- Consult with and support individual monthly meeting efforts to create, improve or maintain their websites and newsletters.
- Share ideas and best practices among monthly meetings.

MEETING COORDINATION:

- Attend in person or on Zoom each Meeting of the Quarter at least once to become familiar and communicate thereafter as necessary.
- Provide information to AQM leadership regarding the health and significant challenges of each monthly meeting.
- Bring together Friends from different monthly meetings to brainstorm about ways to share projects and programs which will lessen the load and inspire.
- Provide a monthly report about coordinator activities to the Quarter.
- As time permits, attend Yearly Meeting and continuing sessions to get a sense of concerns of the wider Quaker community.

QUALIFICATION & PERSONAL QUALITIES FOR THE JOB

- Proficiency with Microsoft Office Suite, Excel, Outlook as well as experience in web and graphic design. Knowledge or experience with Hubb web software a plus.
- Demonstrated social media communication skills as well as having active social media accounts.
- Strong organizational skills, time management skills and exceptional mindfulness.
- Excellent writing and proofreading skills.
- Good listening and oral communication skills, including the ability to comfortably address a public gathering of 20+ participants.
- Ability to thrive under autonomous conditions: to work collaboratively or independently when necessary, to manage time, prioritize and handle multiple tasks.
- Comfortable working in tandem with Quaker Faith and Practice.
- Familiarity with Quaker business process.
- Accept guidance as needed and respond constructively to supervision and input.
- Demonstrate integrity, tact, diplomacy and other excellent interpersonal skills and ability to keep confidences.
- Some post-secondary education or relevant work experience, along with prior publications/media-related experience a plus.
- Availability to work flexible days and hours, including evenings and weekends.
- Have a valid driver's license and access to a reliable car with current insurance coverage.
- It is preferred that the applicant be a member or regular attender of the Society of Friends.

ACCOUNTABILITY:

This position reports directly to the clerk of Abington Quarter Coordinator Support Committee.

COMPENSATION: The position will pay \$30 an hour for a minimum of 20 hours a week depending on required tasks and activities. Permanent employment status is subject to successful completion of a 90-day probationary period.

If interested, please submit a cover letter and resume to office@abingtonquarterlymeeting.org

News from the Meetings of the Quarter

Abington Monthly Meeting



Lighthouse Coffeehouse Concert

September 30, 2023 7:00 - 9:30 pm. (doors open 6:30 pm)
Abington Friends Meeting, 520 Meetinghouse Rd, Jenkintown PA

A fabulous evening of entertainment and the famous *Lighthouse Coffeehouse* desserts.

Recommended contribution is \$20 per adult or as able.

Proceeds will benefit the Handicapped Accessibility project at Abington Meeting.

Featuring Performances by

Abington Friends School Faculty Members:



(Photo: Spencer Skelly)

Keisha Hirlinger

A classically trained musician at the Oberlin Conservatory, a singer-songwriter, and an educator, Keisha is passionate about music education and creating access to musical experiences for all children and communities. Keisha uses her platform as both a performer and educator to bring attention to social justice issues. keishahutchins.com

Justin Solonyka

For over 25 years, Justin has performed his virtuosic piano blend of folk, rock, and jazz for audiences throughout the Philadelphia area and beyond. He combines original rock songs and heartfelt instrumentals with his gift for storytelling to create shows that are enjoyed by all ages. "A superb pianist." (The Morning Call) Justin is the Director of Choral Music at Abington Friends School. www.justinsolonyka.com



(Photo: Steve Sayers)



Raji Malik

Instrumental acoustic guitarist Raji Malik's Indian-influenced music is medicine that he plays in the spirit of peace and healing. He says, "When I play music, I imagine the sound waves rippling out like water. These sound waves are intended to reduce stress and create a sense of spaciousness in our interior world so that we may more easily recognize our interconnection." www.rajimalik.com

(more information at abingtonquakers.org)

Loretta E. Fox

Byberry Monthly Meeting

340th Anniversary

Byberry Meeting is hosting an event on **Saturday October 28th** from 11 AM to 1 PM, celebrating the 340th anniversary of the founding of Byberry Friends Meeting, the 200th anniversary of the 3rd schoolhouse building, and the opening of the meetinghouse addition that adds a kitchen and bathrooms with water for the first time. Friends and friends from the community are invited to join us. Please RSVP to office@byberryquakers.org.

Byberry Meeting is also hosting a ceremony for the *Byberry Township African American Burial Ground* nearby on **Sunday November 12th** at 11 AM, starting with worship at the meetinghouse prior to brunch, then moving to the burial ground. Please RSVP to office@byberryquakers.org or for additional information.

David Nepley, Byberry Clerk

Gwynedd Monthly Meeting



@ Gwynedd Friends Meeting

Please join Gwynedd for their Holiday AFSC sale on **November 18**. The sale is from 9 to 1. There will be clothing of all sizes, shoes, housewares, ornaments, and much more. All proceeds will go to the *American Friends Service Committee* (AFSC). You will likely be able to check people off your gift list while helping Eleanor Roosevelt's favorite charity, AFSC.

A flier that you can post at your meetings will be sent as soon as it is ready. The AFSC Sale Committee also welcomes donations of both time and items from others in the Quarter. We are taking donations until November 15. Hope to see you all there.

Chris Mrozinski, Clerk of Gwynedd's AFSC Sales Committee

Food Donations

Manna On Main Street in Lansdale states that 6% of people living in Montgomery County live below the poverty level and 80,000 people in the county face food insecurity. That is a lot of hungry people!! Please donate generously to our food drives at Gwynedd Friends. A bin is by both the front and back door and will be labeled with requested donations for the month. Also watch for news of requested food in the email blast.

In October we are collecting: canned tuna, bean soup, beef soup, pasta sauce, canned vegetables, canned fruit, applesauce, and raisins and dried fruit. If you are going to make donations on a weekday, please come after school hours (after 3pm).

Marcia Wise

October Peace Talk!

Theme: Habits of Peace

Purpose: While the International Day of Peace on September 21 is over, it can be difficult to maintain a peaceful mindset without a set of habits to assist us.

Activity #1: **Mindful Eating**

Eating with mindful attention can be challenging. Try for each person in the family to eat one attentive mouthful without any comment. It can be a surprising experience to discuss what you smell, notice, taste and feel in your mouth as you take a mindful bite, hold it in your mouth and swallow.

- What do you really taste once you stop thinking about the food's being either tasty or not? (those are just thoughts)
- Do you have a salty, sweet or bitter taste in your mouth? A mixture of all three?
- Does the food feel hard or soft in your mouth? Rough or smooth?
- What do you experience in your mouth? Can you feel your mouth watering? What is your tongue doing? What happens when you swallow?

With a new appreciation for the experience of eating, and slowing down, your body can better digest the food you have eaten and you can sense when you are full. This can create a sense of balance.



Activity #2: Creating Peaceful Situations

Fill in the blanks below...

1. I feel most peaceful in _____ (name a place, room, setting).
2. I feel very peaceful when I am with _____ (person, pet).
3. I create peacefulness for others when I _____ (an action of yours).
4. Others create peacefulness in me when _____ (an action of the others).

Share your responses with others you care about. When we hear each other's answers to these questions, we are more aware of our contribution and theirs to the peace in our lives.



Resources: Peace Week in Miss Fox's Class by Eileen Spinelli

Peaceful Piggy Yoga & Peaceful Piggy Meditation by Kerry Lee MacLean

Guardians of Being by Eckhart Tolle

Sitting Like a Frog: Mindfulness Exercises for Kids by Eline Snel

Gwynedd's Peace and Social Action Committee



PLEASE JOIN US for a Mini-Workshop on the Alternatives to Violence Project

Purpose: Learn more about peaceful thoughts and actions that will enhance your life AND consider becoming a volunteer to provide workshops at Phoenix SCI in Graterford, PA (near Skippack) .

When: Saturday, October 28, 2023; 1:00-4:30 PM

Location:

St. Martin-in-the-Fields Episcopal Church,
8000 St. Martin's Lane, Philadelphia, PA 19118
(215-247-7466)

To sign up or learn more: Contact Anne Swoyer (swoyera@yahoo.com) or Laura Taylor (llt901@verizon.net)

Anne Swoyer and Laura Taylor

Gwynedd Friends Coffeehouses

Gwynedd Friends 2nd Saturday Coffeehouse



\$8 suggested to cover costs and support the Charity of the Evening

The POUR RABBITS

Saturday, October 14, 2023

The Pour Rabbits are an upbeat fun band that play a variety of Folk, Country, Jazz, and Blues covers mixed with tasteful original songs. They are easily at home around a campfire. Band members are Lee Birt (mandolin/guitar),



Nathan Spears (guitar/harmonica), Paul Wojtowicz (Bass), Joe Piscitelli (lead guitar and banjo), and Dave Rial (viola). This five-piece Philadelphia-area band has been playing at various townships, fundraisers, and colleges since 2004. They have been featured on internet radio (PANJ in Lambertville NJ) and the internet TV program Café Improv (Arts Council of Princeton, NJ). They have two CD's, "Live at the Sellersville Theater" (2005) and "Hare Today, Gone Tomorrow" (2022).

<https://www.facebook.com/pourrabbits>

Gwynedd Friends Meeting

1101 DeKalb Pike, Gwynedd, PA 19454

Corner of 202 and Sumneytown Pike

8PM (doors open at 7:30PM)

<http://www.gwyneddmeeting.org/Coffeehouse.html>

Gwynedd Friends 2nd Saturday Coffeehouse



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CORNFLOWER JAM

Saturday, November 11, 2023

Cornflower Jam began at the jams and festivals around Philadelphia where we started playing and singing folk and old-time music. During the pandemic, Laura Fitzsimmons and Christy Lou met regularly to play and sing together on a Roxborough porch. Soon after, Laura Alexander joined us with her beautiful, complex cello chops and Rachel Fifer came to us with her gorgeous harmonies and unifying bass line.



Our sound is influenced by folk legends such as the Carter Family, Pete Seeger, Malvina Reynolds, Rosalie Sorrels, Ollabelle Reed, and Hazel Dickens and also by modern Americana artists. In addition to traditional music and covers, we play music we have written and recorded.

<https://cornflowerjam.com/>

Gwynedd Friends Meeting

1101 DeKalb Pike, Gwynedd, PA 19454

Corner of 202 and Sumneytown Pike

8PM (doors open at 7:30PM)

<http://www.gwyneddmeeting.org/Coffeehouse.html>

Mike Manton and Carl Baron

Norristown Monthly Meeting

Over the summer we returned to in person Meeting for Worship without using Zoom and the Owl. If someone wants to attend via the Zoom link, they can contact the clerk one week in advance to set it up. Hybrid Worship required one person to host Zoom. Since we no longer have a Zoom meeting, everyone is able to concentrate on centering down during Worship.

We started the school year reviewing our Youth Safety for our Religious Education Committee. We did this to be ready for the possibility of children coming to our Meeting.

Our new trees, which we planted in May, have made it through the dog days of summer. The trees were lovingly given water to get them through the worst of the hot, dry weather.

Our dear friend, Dave DeLuca, passed away. Dave has been attending our Meeting for a dozen years . He previously attended Fallsington Meeting in Bucks Quarterly Meeting. Dave loved horses! Dave and his wife, Leslie, were active volunteers at the Philadelphia Folk Festival for many years. We are lifting up Dave's wife, Leslie, in our Worship.

We open *Upper Providence Meeting House* four times a year:

- the last first day in September and June,
- Carol Sing on the last Sunday before Christmas (weather permitting),
- Easter Sunrise Service on Easter morning.

Upper Providence is under the care of Norristown Monthly Meeting. There is no electricity or facilities at Upper Providence. It is a lovely Meeting House in a pastoral setting. Come visit!

Kelly Green

Plymouth Monthly Meeting



Pollinator Palooza

For less than \$100, you can create a beautiful pollinator garden in a sunny spot in your yard. Journeywork is launching Pollinator Palooza this fall to help lawn owners give a little bit of their lawn back to the butterflies, the bees, and the birds.

We are signing up yard owners to prep their beds in the fall and plant native flowers in the spring. Sign up for your own yard or your meeting! Or both!

Journeywork will deliver the mulch in the fall. In the spring, come pick up your plants and plant them in your new garden bed (28 plugs of five species).

Journeywork was founded in 2022 by Paige Menton, a member at Plymouth Meeting.

For more information and to register, go to journeywork.org.

Paige Menton

AQ Monthly Meeting Events

Abington	Lighthouse Coffeehouse September 30 from 7-9:30 See page 3 for more info
Byberry	340th Anniversary October 28 from 11-1pm See page 4 for more info Byberry Township African American Burial Ground ceremony November 12 at 11am See page 4 for more info
Gwynedd	Gwynedd Friends Coffeehouse presents The Pour Rabbits October 14 at 7:30pm See page 6 for more info AFSC Holiday Sale Saturday November 18 from 9-1 Please save the date.

Quarterly Meetings & Locations

2023-2024 Quarterly Meetings & Locations		
Hope to see you all on October 1 at 9 am via Zoom and in-person at Unami		
October 1, 2023	Unami	Quarterly Meeting
November 4, 2023	Foulkeways	Representative Meeting
February 4, 2023	Horsham	Quarterly Meeting
March 3	Byberry	Quarterly Meeting