

The logo for Abington Quarter Newsletter features the words "ABINGTON" and "QUARTER" in a stylized, serif font, with "QUARTER" positioned below "ABINGTON". To the right of this, the word "NEWSLETTER" is written in a large, bold, sans-serif font.

ABINGTON QUARTER NEWSLETTER

Spring 2022

www.abingtonquarterlymeeting.org

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Quick note from the Editor

Friends, going forward, all items for the newsletter will be due by the 19th of the month that precedes each Quarterly Meeting. Please let me know if you have any questions. I look forward to seeing you all at Quarter on May 7. Chris

From our Clerk

Hello fellow friends!

I heard about 12 friends from the *Earth Quaker Action Team* who put their conscience objection to the test and protested at VanGuard headquarters, just outside Philly in Malvern, PA.

Vanguard continues to be one of the world's largest investors in fossil fuels. For the last year, the *Vanguard SOS Campaign* has called on Vanguard leadership to do what's necessary: to end their complicity in the climate crisis and leverage their multi-trillion-dollar influence to invest in a sustainable, just world. But rather than listening, Vanguard has caved to right-wing pressure and has dangerously backslid on existing climate commitments.

I use the VanGuard investment firm for my 401-K. I plan to move funds elsewhere.

I recently received Unami's *State of the Meeting Report*. I was going to see how I could make it available to everyone.

Peace! Kelly

Kelly Green, Norristown MM/AQM Clerk

This is a poem by Roger Keyes about the famous Japanese artist, Katsushika Hokusai. Hokusai lived during the mid-18th century and became famous for his wood block painting series, 36 Views of Mount Fuji. His work inspired the European Impressionist movement and influenced such artists as Renoir and Van Gough.

Hokusai Says

**Hokusai says look carefully.
He says pay attention, notice.
He says keep looking, stay curious.
He says there is no end to seeing.**

**He says look forward to getting old.
He says keep changing – you just get
more who you really are.
He says get stuck, and accept it.
Repeat yourself as long as it is
interesting.**

He says keep doing what you love.

He says keep praying.

**He says every one of us is a child,
everyone of us is ancient,
everyone of us is frightened.
He says every one of us has to find a
way to live with fear.**

**He says everything is alive -
shells, buildings, people, fish,
mountains, trees. Wood is alive.
Water is alive.**

Everything has its own life.

Everything lives inside us.

He says live with the world inside you. Let life live through you.

**He says it doesn't matter if you draw,
or write books.**

**It doesn't matter if you saw wood, or
catch fish.**

**It doesn't matter if you sit at home
and stare at the ants on your veranda
or the shadows of the trees and
grasses in your garden.**

It matters that you care.

It matters that you feel.

It matters that you notice.

It matters that life lives through you.

**Contentment is life living through
you.**

**Joy is life living through you.
Satisfaction and strength is life living
through you.**

Peace is life living through you.

**He says don't be afraid.
Don't be afraid.**

**Look, feel, let life take you by the
hand.**

News from the Meetings of the Quarter

Abington Monthly Meeting



Lighthouse Coffeehouse Concert

May 13, 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 ADA project at Abington Meeting.

FEATURING



Highbrow Hound Dogs

Drawing on the Great American song book to help choose their set list, Highbrow Hound Dogs play a mix of Tin Pan Alley, Jazz standards, and Latin music.

Quaker Midnight and the Mediterraneans

Quaker Midnight and the Mediterraneans perform a folk rock mashup of music from the 1860's to the 1960's, on guitar, bass, percussion, and vocals.



Windswept

Windswept plays Celtic-inspired, assorted folk, and original music, from energetic instrumentals to contemplative songs.



Mat Clark and Larry Toto:

Musical interpretation
of an interesting
human phenomenon.

Swedish Phish

Swedish folk duets
with violin and
concertina.



Gwynedd Monthly Meeting

2nd Saturday **Gwynedd Friends
Coffeehouse**



**WHIRLWIND
QUINTET**

Saturday, May 13, 2023

*The Whirlwind Quintet
(John Kauffman, flute;
Katrina Knisely, oboe;
Jerilyn Greenfield,
clarinet; Jane Murray,
French horn; Donald
Greenfield, bassoon)
presents entertaining
music in a wide variety of styles. In any one of our
programs, you might hear gems by Gershwin,
Beethoven, Sousa, Bizet, Irving Berlin, Debussy, and
others - pastorales, marches, folk tunes, holiday
selections and more.*



Gwynedd Friends Meeting
1101 DeKalb Pike, Gwynedd, PA 19454
Corner of 202 and Sumneytown Pike
8PM (doors open at 7:30PM)
\$7 suggested to cover costs and support the Charity of the Evening
<http://www.gwyneddmeeting.org/Coffeehouse.html>

Carl Baron, Clerk of Gwynedd Coffeehouse Committee

The AFSC SALE

@ Gwynedd Friends Meeting

Please join Gwynedd for their next AFSC sale on **June 3**. The sale is from 9-1. There will be clothing of all sizes, shoes, area rugs, a dresser and much more. All shoes will be \$1 off each pair. All proceeds go to the *American Friends Service Committee* (AFSC). A flier that you can post at your meetings will be sent as soon as it is ready. Hope to see you all there.

Chris Mrozinski, co-clerk of Gwynedd's AFSC Fundraising Committee

PEACE TALK!

For many Americans, Memorial Day is a time to celebrate the beginning of summer. Many families have barbeques, some community swimming pools open, and we spend more time outdoors. But did you know that the holiday used to be known as Decoration Day? It started after the Civil War and became a time to remember people who served their country during times of war.

People would visit cemeteries, clean the winter debris off the graves and decorate them with flowers. The name of the holiday was changed in 1971 to Memorial Day and is celebrated on the last Monday in May. This brings up the idea of how to save your memories.

Have you noticed the cemetery behind Gwynedd Meeting House and School? People who belonged to the Meeting are buried here. The oldest gravestone dates all the way back to 1714. It is lovely to remember that these people also lived with families, worked hard, enjoyed nature and were of service to others. They tried to follow the testimony of stewardship, sharing their time, treasure and talents. Perhaps you could walk through the cemetery and see if you can read any of the names on the stones and remember that they used to live and worship here too.

On this Memorial Day, think about someone you may be missing, because he/she/they died or may no longer live near you. Some people find that creating a memory book is very healing. This book can be shared with family and friends. It keeps the love alive and serves as a remembrance of all the good times that were shared.

Another idea is to think of a memory that you have of someone who has done something special with you or has helped you in some way. Draw a picture to give to this person to let them know that you have wonderful memories of your time together. Enjoy an exciting and safe summer!

Laura Taylor and Deb Hejl, Gwynedd's Peace and Social Action Committee

Plymouth Monthly Meeting

Come help plant flowers with us!

Plymouth Friends will be planting native flowers and shrubs in front of the meetinghouse on Sunday, April 30, 1:00-3:00.

Members of the Quarter are welcome to join us for meeting for worship beforehand at 11:15 and enjoy some refreshments before we plant at 1:00.

If you have gloves, please bring them. We will have gloves and gardening tools available for kids as well as adults. Please contact me at pagiementon@gmail.com if there is iffy weather on Sunday.

Paige Menton

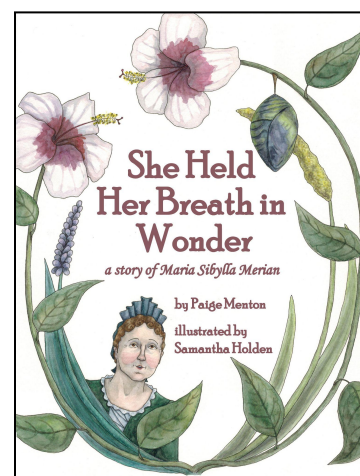
A Children's Book about Transformation by Paige Menton

Plymouth Meeting celebrates the publishing of *She Held Her Breath in Wonder* by Paige Menton, with illustrations by Samantha Holden. This captivating book, 15 years in the making, tells the inspiring but little-known story of Maria Sibylla Merian —a chronicle of commitment, courage, adventure, and a life well lived.

After reading *Chrysalis: Maria Sibylla Merian and the Secrets of Metamorphosis* by Kim Todd, a book that uncovered Maria's story, Paige was amazed that she didn't know about Maria and her life. She discovered that there were few books and no children's books at the time about Maria and thus her own book project took hold, leading to *She Held Her Breath in Wonder*.

As a young girl growing up in 17th century Germany, Maria overcame culturally imposed limitations and other obstacles and followed her leading to closely study and document the life patterns of butterflies in the context of their native habitats. This was a gutsy woman, who at age 52 launched herself and her daughter from the comforts of Amsterdam to the wilds of the South American rainforest to observe butterfly metamorphosis live. Her work led scientists of her time to new understandings of metamorphosis that now underlie more current advances in ecology and genetics. Going deeper into the story, Maria exemplified and modeled the gift of taking time to learn by closely observing nature.

If you are interested in purchasing a copy of the book, visit journeywork.org/shop/. Proceeds from the book support Paige's nonprofit, *Journeywork*, which helps people restore native habitat.



Interview by Carolee Duckworth

AQ Monthly Meeting Events

Abington	Lighthouse Coffeehouse Concert Saturday May 13 Doors open at 6:30 See page 3 for more info
Gwynedd	Coffeehouse - Whirlwind Quintet Saturday May 13 Doors open at 7:30pm See see 4 for more AFSC June Sale Saturday June 3 from 9-1 See page 5 for more info
Plymouth	Flower Planting April 30 1-3pm See page 6 for more info

Quarterly Meetings & Locations

2023 Quarterly Meetings & Locations		
Hope to see you all on May 7 at 9 am via Zoom and in-person at Upper Dublin		
March 5, 2023	Abington	Representative Meeting
May 7, 2023	Norristown	Quarterly Meeting
June 4, 2023	Gwynedd	Representative Meeting
August 6	Richland	Quarterly Meeting (short) and Picnic