

## Abington Quarter Calendar\*

**Sundays Gwynedd MM: Lectio Divina "Divine Reading"**, 9:00-9:30 AM. Reflection, prayer, & sharing on scripture passages read aloud. *Judy Flanigan, [jhflanigan@hotmail.com](mailto:jhflanigan@hotmail.com).*

**Tuesdays Gwynedd MM: Meditation Group**, 7:30-9:00 PM. Help & guidance available for beginners. 2nd Floor, *Ranvir Bakshi, [rkbakshi@comcast.net](mailto:rkbakshi@comcast.net).*

**Sept 11 Gwynedd MM: How the Living Water Flows Among Friends in Cuba**, Refreshments/6:30, Program/7:00-9:00 PM. Presenter-Kenya Casanova Sales from Yearly Meeting of Friends Church (Quakers), Cuba. *Judy Inskeep, [inskeeps4peace@verizon.net](mailto:inskeeps4peace@verizon.net).*

**Sept 17-April 15 Gwynedd MM: Women: Our Bodies, Food, & God**, (women's small spiritual nurture group), 7:30-8:30 PM. **Monthly third Mondays** through April 15. Cost, \$30. *Connie Lezenby, [lezenby@gmail.com](mailto:lezenby@gmail.com), 215-664-3721.*

**Sept 19, 26 Oct 10, 24, 31 Richland MM: Food for Friends**, 6:00 PM. **Monthly on the 2nd, 4th, 5th Wed.** Free dinners for those in need. *Information and volunteering-Andre Salz 215-536-0395, or Donna Berger [deele44@verizon.net](mailto:deele44@verizon.net).*

**Sept 19-Dec 19 Gwynedd MM: A Course in Miracles**, 7:00-8:30 PM, **every third Wed.** through Dec. 19. Cost, \$20. *Instructor-Jamie Walcroft, 215-699-5762, [jwalcroft@aol.com](mailto:jwalcroft@aol.com).*

**Sept 22 Abington MM: Boyhood on the Tibetan-Chinese Border-1923**, Presenters-Charley and Ruth Peterson, 7:15 PM. *Loretta Fox, 215-844-2865, [amm@abingtonfriends.net](mailto:amm@abingtonfriends.net).*

**Oct 4 Gwynedd MM: Environmental Movie—Queen of the Sun, What are the Bees Telling Us?** 7:00-8:30 PM. *Mary Himmer, 610-272-2164, [mary.himmer@verizon.net](mailto:mary.himmer@verizon.net).*

**Oct 5-Nov 16 Gwynedd MM: Yoga**. 6:00-7:00 PM, **every Fri.** through Nov. 16, Register at first class. Cost, \$20. *Questions to Rich Himmer, [rich.himmer@verizon.net](mailto:rich.himmer@verizon.net).*

**Oct 7 Horsham MM: Abington Quarterly Meeting**. 9:00 AM-12:15 PM. Meetings for Worship & business. See full description, page 3. *Mike Mrozinski, AQM Clerk, 215-237-7637, [mikemenski@gmail.com](mailto:mikemenski@gmail.com), or Kathy Singer, [aqc.kathys@gmail.com](mailto:aqc.kathys@gmail.com), 215-490-2595.*

**Oct 13 Gwynedd MM: Coffeehouse**, John Forster, doors open-7:30-PM, Donation, \$5.

**Oct 19-May 10 Gwynedd MM: Small Group Spiritual Nurture**, 7:15-9:00 PM, **Every third Fri.** through May 10, 2013, Opening retreat Oct 12-14. \$30. *Contact, see Sep 17.*

**Oct 27 Abington MM: Yoga and Meditation**, 9:30-11:00 AM. \$10 donation suggested. *Please email Instructor, Mara Wai to reserve a space, [mara.wai@gmail.com](mailto:mara.wai@gmail.com).*

**Nov 1 Gwynedd MM: Environmental Movie-Farmageddon**. 7:00 PM. *Contact, see Oct 4.*

**Nov 10 Gwynedd MM: Coffeehouse**, Celtic folksongs, doors open-7:30-PM, Donation, \$5.

\*Addresses & Some Extended Descriptions for Calendar Events—see Page 2.

## **Abington Quarter Calendar-Descriptions & Addresses**

**Richland MM:** S. Main St. & Mill Road (just off Rt. 309), Quakertown, PA 18951.

**Gwynedd MM:** 1101 DeKalb Pike, Gwynedd, PA 19454.

**Abington MM:** 520 Meetinghouse Road, Jenkintown, PA 19046.

**Horsham MM:** Easton & Meetinghouse Roads, Horsham PA, 19044.

**Sept 11, Gwynedd MM: How the Living Water Flows Among Friends in Cuba.** Sponsored by Friends World Committee for Consultation Section of the Americas. (Same program offered on Sept 12, 7-9 PM, Medford Monthly Meeting, New Jersey).

**Sept 17-April 15, Gwynedd MM: Women: Our Bodies, Food, & God.** Women's small spiritual nurture group to explore/heal the complex relationship women have with food. Four books will be used. Group limited to six.

**Sept 19-Dec 19, Gwynedd MM: A Course in Miracles.** Self-study curriculum aims to assist in achieving spiritual transformation through a philosophy of forgiveness. Includes practical lessons and applications for the practice of forgiveness in daily life.

**Sept 22, Abington MM: Boyhood on the Tibetan-Chinese Border-1923,** Barnes Room. In 1923 Charley Peterson was 3. His parents were missionaries. They took the family to the Tibetan-Chinese border. Presentation includes letter excerpts, & 89 year-old-photos of their travels with yak caravans. Donation (goes to Housing the Homeless program).

**Oct 4, Gwynedd MM: Movie—Queen of the Sun?** Community room. Chronicles the catastrophic disappearance of bees & the mysterious world of the beehive. Reveals problems & solutions in renewing a culture in balance with nature. Organic, local popcorn provided.

**Oct 5-Nov 16, Gwynedd MM: Yoga.** Community Room. Seven weeks of gentle Hatha yoga. Good class for beginners. Bring towel or mat, wear comfortable clothing.

**Oct 7, Horsham MM: Abington Quarterly Meeting.** See box on page 3!

**Oct 13, Gwynedd MM: Coffeehouse-John Forster,** Songwriter, humorist.  
[www.johnforster.com](http://www.johnforster.com)

**Oct 19-May 10, Gwynedd MM: Small Group Spiritual Nurture.** Small groups of 5 or 6 will gather to assist one another in awareness of God. Members will follow a self-chosen spiritual practice. Opening retreat (different location)-Oct 12, 4 PM through Oct 14, 11 AM.

**Oct 27, Abington MM: Yoga and Meditation.** Barnes Room. Guided yoga & meditation session. Beginners welcome. Limited mats available, or bring your own. Donation suggested to benefit Abington Monthly Meeting.

**Nov 1, Gwynedd MM: Movie—Farmageddon.** Gwynedd Community Room. Documentary about government oversight of farming. Depicts the struggle to obtain raw milk. & organic food. Shows government harassment of independent farmers. Organic, local popcorn.

**Nov 10, Gwynedd MM: Coffeehouse-Atwater/Donnelly,** folksongs, a capella, old time gospel, dance & original works, [www.atwater-donnelly.com](http://www.atwater-donnelly.com).

—News From **Around Abington Quarter**—

**ABINGTON QUARTERLY MEETING, OCTOBER 7, 2012**

**Horsham Monthly Meeting, 9 AM-12:15 PM**

Easton and Meetinghouse Roads, Horsham, PA 19044

*Don't Miss Out!  
Friendly fun, worship,  
business, food, fellowship!*



**SCHEDULE**

- 8:30-9:00 AM: Greet, socialize, coffee/tea
- 9:00 AM-12:15 PM: Children's Program/Childcare
- 9:00-10:30 AM: AQ Meeting for Business
- 10:30-11:30 AM: Meeting for Worship
- 11:30 AM-12:15 PM: AQ Meeting for business
- 12:15-1 pm: Brown Bag Lunch, desserts/beverages provided

**Friends Journal Article, "Slavery in Pennsylvania"** by AQ Author Jack Schick

The September, 2012 edition of *Friends Journal* has a fascinating lead article by Richland MM member & AQM Representative, Jack Schick. The article outlines nuances and little known facts about the history of slavery in Pennsylvania from early colonial times through 1865 with a focus on Friends involvement. A few of many important dates from the article follow, however, the dates themselves can be misleading...Read the full article to get the complete story!

**1688**-Friends from Germantown Friends Meeting wrote a Petition Against Slavery, pleading for equal human rights for all people. It was presented to Yearly Meeting. **1712**-Pennsylvania freed all slaves living in the colony (over 150 years prior to the Emancipation Proclamation). **1758**-Philadelphia Yearly Meeting agreed that slave owners would no longer be permitted to assume leadership positions. *Friends Journal website: <http://www.friendsjournal.org>.*

**New Website for Abington Quarter!** ([www.abingtonquarter.org](http://www.abingtonquarter.org))

The new Abington Quarter website is brighter, has an easy to use navigation system, and new content. It is where to go for a calendar of events, Monthly Meeting worship times, links to statements about Friends faith, AQ committee descriptions, contact information, links to helpful Quaker resources, upcoming AQ Meetings & events, AQ newsletters-current and past, and more! The website is for you, the members of the Quarter. Explore it, and let us know what you think. If you have content to add, changes, suggestions, ideas for improving the website, please contact the webmaster at [aqc.kathys@gmail.com](mailto:aqc.kathys@gmail.com).

**Service Opportunities with Abington Quarter**

Interested in helping to keep Abington Quarter vibrant? Consider serving on a Quarter committee, or in a vacant position. See webpage for details ([www.abingtonquarter.org/Service-Opportunities](http://www.abingtonquarter.org/Service-Opportunities)) and/or contact: Mike Mrozinski, AQM Clerk, 215-237-7637, [mikemenski@gmail.com](mailto:mikemenski@gmail.com).

—News From Around Abington Quarter— (continued)

## **Abington Quarterly Meeting Fund, Use It! Proposals due Oct 15**

The AQM Fund exists for you, the members of Abington Quarter. The mission of the fund is “to strengthen Abington Quarterly Meeting and its constituent Monthly Meetings by funding projects and activities within Quaker principles and beliefs. There are a great variety of projects eligible for support from the fund including: Monthly or Quarterly Meeting needs, support of programs for AQ members, support of programs to promote Friends’ testimonies, support of special interests of a particular Monthly Meeting or of the Quarter.

Application information, [www.abingtonquarter.org/aqm-fund-committee](http://www.abingtonquarter.org/aqm-fund-committee), or contact: Tom Rie, AQM Fund Clerk, [tomrie@verizon.net](mailto:tomrie@verizon.net) or Mike Mrozinski, AQM Clerk, 215-237-7637.

## **Obama’s Grandmother’s Message: “Remember the Orphans”.**

*Excerpt, Richland MM Potluck Press Newsletter, 6/29/2012*

*by Lisa Stewart, Lake Worth (FL) MM (Lisa volunteers annually in Kenya)*

In these excerpts, Lisa discovers that Joseph, a Kenyan friend, grew up in President Obama’s grandmother’s Kenyan Luo community. Joseph offers to take Lisa to Mma Obama’s village of Kogelo.

We drove about two hours up into the mountains....on dirt roads through many villages....We were not at all certain \*Mma Obama would receive us....she(Sarah) is in her 80s and speaks no English....The Obama compound itself is bordered by a large corn field and is surrounded by a wire fence. The simple gate is manually opened by a security guard(askari)....He told us to be patient because several visitors were already there....One of the signs on the corn field fence said it is a project of Sarah Obama....We were admitted after showing identification and signing a register....We were being escorted to the home of President Obama's grandmother!....

She was sitting on a chair in the shade of a large tree with a young woman seated next to her. Opposite the two of them were several chairs in which we ...were seated. My impression of this humble lady was that she is serene and spiritual. The area around her house and the other structures felt very peaceful with many shade trees, plants, rabbits and chickens all over the place. Mma Obama greeted us through her interpreter and answered all our questions. I was unusually reticent, not wanting to appear rude or star struck....When I asked if there was any message she wanted me to share with the American people, she said nothing like re-elect my grandson; she said “remember the orphans”. She told us she helps orphans in her village. When I gave her ....the equivalent of approximately \$50.00 she said she would use it pay the school fees of a child who had just been there....On the way out I noticed a young boy using a hand pump for water. The askari said Mma Obama does have running water in her house but the nearby school does not, so the children from the school come there for water.

Mma Obama says she talks to Barak when his half-sister can interpret. All in all it was a memorable day. So, there you have it - Richland Friends are only 5 degrees of separation from the President of the United States!

*\*Mma is a term denoting great respect*

## **Freecycling, Easy Way to help others & the environment**

”Freecycling” is the process of passing an item you no longer need to someone who can make good use of it. **Abington MM** has a Freecycling bulletin board with “Items Offered” and “Items Sought” sections. Freecycling is great for simplifying, clearing away clutter, and stewardship of resources. In addition, freecycling is a way to help individuals and families stretch limited budgets in this time of high unemployment and economic instability.

*Loretta Fox, 215-884-2865, [amm@abingtonfriends.net](mailto:amm@abingtonfriends.net).*

—Events from **Beyond Abington Quarter**—

**Peace Fair, 13th Annual** Buckingham Monthly Meeting, Sept. 22

Learn about how others promote peaceful relations in their organizations & lives. Families can browse craft & used book sale booths, participate in cooperative games (human-powered peace train, fish pond, beanbag toss, darts for peace, face painting), and listen to live musicians/entertainers. Show off pets in the peaceable kingdom pet roundup. Keynote speaker at 1 PM is George Lakey, peace educator, topic—"Peaceful Economic Change". Peace Fair is nonsectarian/nonpartisan, and seeks to attract people of all beliefs from all walks of life. 10:30 AM-4:00 PM, *Peace Fair website-[www.peacefair.org](http://www.peacefair.org). Buckingham MM, 5684 York Road, Lahaska, PA 18931. For more information and to volunteer: Peter Ray, 215-795-5816, [peter.ray@comcast.net](mailto:peter.ray@comcast.net).*

**Couple Enrichment Workshop**, Oct. 12 (7 PM) through Oct. 14 (1 PM)

FGC workshop with couple leaders Jacob/Gretta Stone- ([jdsfrombucks@gmail.com](mailto:jdsfrombucks@gmail.com), 267-885-2307), Mary Ellen Scott/Stu Bush-(215-345-5309, [stuartgbush@gmail.com](mailto:stuartgbush@gmail.com)). Relaxing opportunity for couples to celebrate their relationship, enhance communication, learn to use conflict creatively. Workshop creates a comfortable community and is not confrontational. Ground rules assure safety and comfort for all participants. Includes time for worship, rest, recreation. Open to any couple in a committed relationship regardless of sexual orientation, marital status, or religious affiliation. In beautiful Bucks County at Camp Onas. Includes: 5 meals, snacks, private accommodations, use of camp facilities, programming. Cost, \$200 per couple. **Register with \$100 deposit As Soon As Possible. Full payment due by Oct. 1, send to: Gretta & Jacob Stone, 29 Providence Ave., Doylestown, PA 18901.**

**Spirituality & the Final Third of Life Workshop**, Nov. 3

Workshop focuses on a Friends' approach to aging and caregiving. Small & large group sessions on temporal and spiritual topics with various leaders including: Planning for self & family, emotional aspects, Home based burial, Wills/Trusts/Do Not Resuscitate statements. *Buckingham MM (address above under Peace Fair ). 9:00 AM-3:00 PM. Open to adults ages 18 and over. Cost, \$10. Please register by Oct 26, Holly Olson, 215-860-9747, [hollybqc@verizon.net](mailto:hollybqc@verizon.net).*

**White Pines Productions, 2nd year**

Founded by Abington MM member, Ben Lloyd, the mission of White Pines Productions is to create a place where community members & artists come together to make new work in the performing arts, in classes for all ages, & to explore new economic models for creating art & supporting artists. New this fall: acting classes for all ages and all levels of experience, community celebrations on Oct. 13 & Nov. 4 from 3:00-6:00 PM. More about fall concerts, plays, Lyceums, etc. on the website, [www.whitepinesproductions.org](http://www.whitepinesproductions.org). Located at the Elkins Estate, 1750 Ashbourne Road, Elkins Park, PA 19027. Read the *Philadelphia Inquirer* article on White Pines: [www.philly.com/philly/opinion/20120722\\_Art\\_sustains\\_an\\_Elkins\\_Park\\_jewell.html](http://www.philly.com/philly/opinion/20120722_Art_sustains_an_Elkins_Park_jewell.html).

**AQ Newsletter** wants to hear from your Monthly Meeting!

The deadline for events/content for the next AQ Newsletter is Oct. 6.  
Do you want this newsletter emailed or snail mailed directly to you? *Contact: Kathy Singer, Abington Quarter Coordinator, 215-490-2595, [aqc.kathys@gmail.com](mailto:aqc.kathys@gmail.com).*

The Religious Society of Friends is a community of faith based on experience of a transforming power named many ways: the Inner Light, the Spirit of Christ, the Guide, the Living God, the Divine Presence.

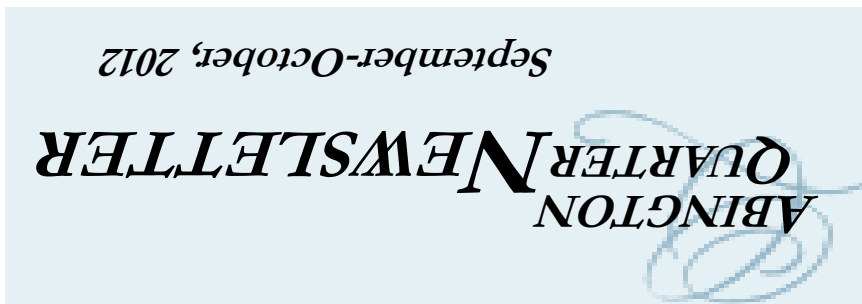
Friends are open to an ongoing relationship with God and seek to live according to the leadings of the Spirit as affirmed by the community of faith.

*Faith and Practice.. Philadelphia Yearly Meeting of the Religious Society of Friends, page 34.*

<b>Abington Quarter Sunday Worship</b>	<b>10:30-11:30 AM</b> <i>Horsham MM Richland MM</i>	<b>11:15 AM-12:15 PM</b> <i>Abington MM Plymouth MM—Also aaWed. evening, 7-8 PM</i>
	<b>11AM-12 PM</b> <i>Byberry MM Foulkeways (worship group) Pottstown (worship group) aa2nd, 4th, &amp; 5th weeks only Unami MM</i>	
<b>9:30 -10:30 AM</b> <i>Gwynedd MM</i>		
<b>10:00-11:00 AM</b> <i>Norristown MM</i>		



TO:



Kathy Singer, AQ Coordinator  
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Elkins Park, PA 19027  
age.kathys@gmail.com