

# Midcoast Meeting

## of the Religious Society of Friends



### MIDCOAST MONTHLY MEETING OF FRIENDS

P.O. Box 714  
Damariscotta, ME 04543

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### January

|          |                                |                   |   |
|----------|--------------------------------|-------------------|---|
| Sunday   | Jan. 4                         | Rise of Meeting   | Potluck Lunch   |
| Monday   | Jan. 5                         | 6:30-8:30 p.m.    | *Nonviolent Communication                                   |
| Friday   | Jan. 9                         | 5:30-7:30 p.m.    | *“Vittles & Videos”   |
| Sunday   | Jan. 18                        | Rise of Meeting   | Meeting for Business  |
| Monday   | Jan. 19                        | 6:30-8:30 p.m.    | *Nonviolent Communication                                   |
| Saturday | Jan. 24<br>(snow date Jan. 31) | 10:00 a.m.-2 p.m. | *Listening Workshop sponsored<br>by Pastoral Care Committee |

### February

|          |         |                  |   |
|----------|---------|------------------|---|
| Sunday   | Feb. 1  | Rise of Meeting  | Potluck Lunch   |
| Monday   | Feb. 2  | 6:30-8:30 p.m.   | *Nonviolent Communication                             |
| Saturday | Feb. 7  | 8:30 a.m.-3 p.m. | *Vassalboro Quarterly Meeting<br>Northeast Harbor, ME |
| Friday   | Feb. 13 | 5:30-7:30 p.m.   | *“Vittles & Videos”                                   |
| Sunday   | Feb. 15 | Rise of Meeting  | Meeting for Business                                  |
| Monday   | Feb. 16 | 6:30-8:30 p.m.   | *Nonviolent Communication                             |

For New, Revised, and Updated Calendar Items, please see our online calendar at:  
<http://www.midcoastfriendsmeeting.org/calendar.htm>

\*Look inside for more information regarding these items.

~Calendar events are held at the meetinghouse, unless otherwise noted.~

Sunday Meeting for Worship is at the meetinghouse, 77 Belvedere Rd., Damariscotta  
10:00 a.m.

Meetinghouse phone: 207-563-3757.

Directions: Take US Route 1 to Damariscotta and turn onto Belvedere Rd. (left if coming from the south, right if coming from the north—Miles Home Health Care building on the corner). The meetinghouse is the second building on the right, .2 mile from the corner.

**Moving? Changing your e-mail address?** Don't forget to let us know. Please remember that when you receive the newsletter by e-mail, you save the Meeting money and you lighten our workload. To receive the newsletter by e-mail, kindly send Diane Kirkman at [diane\\_kirkman@hotmail.com](mailto:diane_kirkman@hotmail.com) a request.

## Midcoast Monthly Meeting for Business—December 21, 2014

The December meeting for business was cancelled, and business on the agenda will be addressed at the January meeting, Sunday, January 18. All are invited. Please bring a bag lunch. All past minutes are available at [www.midcoastfriendsmeeting.org](http://www.midcoastfriendsmeeting.org) and the meetinghouse bulletin board.

### QUERIES

**Personal Conduct**— Do you live with simplicity, moderation, and integrity? Are you punctual in keeping promises, careful in speech, just and compassionate in all your dealings with others? Do you take care that your spiritual growth is not sacrificed to busyness but instead integrates your life's activities? Are your recreations consistent with Quaker values; do they refresh your spirit and renew your body and mind?

### DON'T FORGET!

**Vittles & Videos:** Please join Andy Burt at the meetinghouse for soup supper, entertaining and compelling environmental videos, and conversation about how we can act locally while learning and thinking globally. The public will be invited to attend. Fridays, 5:30-7:30 p.m., January 9; February 13; and March 13 (snow dates will be the following Friday evenings). Soup (vegetarian, gluten- and dairy-free) and bread provided by 350 Maine. Program hosted by Midcoast Outreach and Peace Center. RSVP so I can plan food: Andy at 207-380-5387 or [annedburt145@gmail.com](mailto:annedburt145@gmail.com).



### A Listening Workshop

When the Pastoral Care Committee met last summer, we began by caring for each person on the committee. It was a learning experience. We realized we'd like to brush up our listening skills, so we signed up for Fall Gathering at Vassalboro Quarterly Meeting where the theme was "Caring for Each Other: Journey in Peer Ministry." After a couple more meetings members of Pastoral Care realized the tenor of our conversations had shifted; it was more authentic. How could we share this with the Meeting? We turned to "The Walk to Emmaus," the core activity at Fall Gathering, based on Luke's passage in the Bible (Luke 24:13-35). We also turned to a booklet we had saved from a Creative Listening series we'd had at the Meeting several years ago.

A Listening Workshop on Saturday, January 24, is our committee's offering of activities designed to tune up listening skills at the same time as we get to know each other better. The snow date is Saturday, January 31. We will meet at the meetinghouse 10 a.m. to 2 p.m. including lunch.

All are welcome. Advance registration is appreciated: contact Jean Crawford 236-4176 or [jcrawford051@gmail.com](mailto:jcrawford051@gmail.com). Please bring a sandwich. Beverages and soup will be provided. Questions? Please speak to Carmen Lavertu, Deb Haviland or Jean Crawford, who will facilitate the workshop.

## Vassalboro Quarterly Meeting

Hosted by Acadia Friends

Saturday, February 7, 2015—Neighborhood House, Northeast Harbor, Maine

**8:30 am: Muffins and Coffee/Tea**

**9:00 – 9:55 am: Worship**

**10:05 am – 12 noon: Meeting for Worship for Business**

**12:00 noon – 1:20 pm: Lunch**

Acadia Friends will provide soup and salad. Please bring bread (gluten and gluten free) and fruit and desserts.

**Groups of Concerns:** Representatives of the following groups are invited. Names tags will say, "Ask me about \_\_\_\_?"

Sybil & Eli Jones Ramallah Friends School Scholarship, Ramallah, Palestine

Quaker Display at Common Ground Fair, a model for outreach

Quaker Institute for the Future (QUIF)

My Monthly Meeting

First Day School in my Monthly Meeting

Friends Committee on Maine Public Policy (FCMPP)

Friends Committee on National Legislation (FCNL)

Maine Clean Elections

New England Yearly Meeting Structural Review

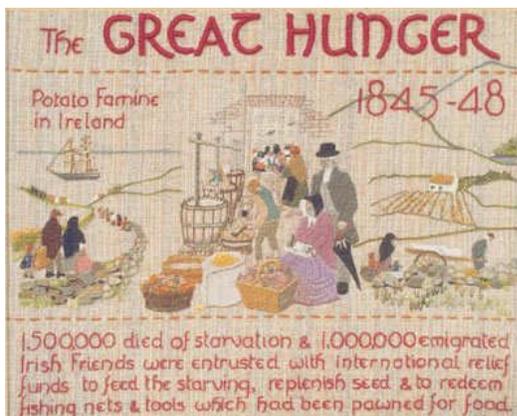
Faith and Practice Revision

Kakamega Care Center, Kakamega, Kenya

Maine Counsel of Churches (MCC)

Friends World Committee for Consultation (FWCC)

Peace Award for high school graduates



**1:30 pm – 3pm: program (open to Mount Desert Island community)**

Mary Harney, College of the Atlantic graduate, will present an overview of the little known life-saving activities of Quakers in Ireland during the most difficult years of the Irish Potato Famine, 1846-1849. During the worst catastrophic event in Irish History, the Irish Society of Friends (Quakers) helped thousands of people to survive starvation and disease. A question-and-answer period will follow. Born in Ireland, Ms. Harney came to Maine in 1992 to attend College of the Atlantic, graduating in 1996. She returned to Ireland to earn a Master's Degree in Irish Studies with "First Class Honors." In 2014, she received an honorary Master's Degree in Philosophy from College of the Atlantic. She currently teaches a course on the Irish Famine and the effects of Irish immigration to the State of Maine in the aftermath of The Famine.

**3 pm: Adjourn** after taking hands together in gratitude

Contact for information: Rich Bullock, Clerk, 207-610-0555 (cell).

Directions to Neighborhood House: Go to and all the way through Northeast Harbor. Neighborhood House is located at end of Main Street shopping district, straight ahead at the small grass triangle.

**Friday night, Feb. 6, potluck dinner, fun and games, 5-9 pm and overnight accommodations:** All are invited.

Contact Carole Beal at [carolebeal@gmail.com](mailto:carolebeal@gmail.com), 207-266-0664 (cell), or 207-288-8211.

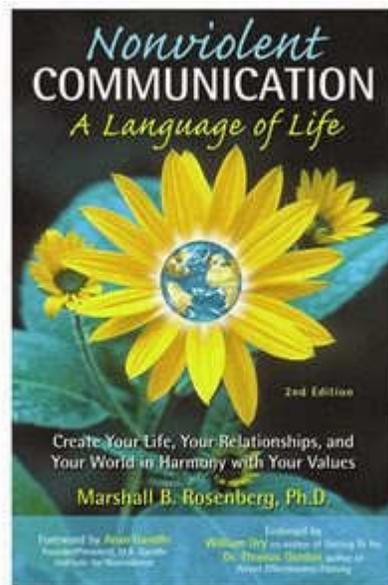
## Next Non-Violent Communication Practice Group Beginning January 5

On the first and third Mondays of each month, Carl Albright invites you to join him at the meetinghouse from 6:30 to 8:30 p.m. He is facilitating a "practice group" using Marshall B. Rosenberg's *Nonviolent Communication: A Language of Life*, 2d ed. (There are copies available to borrow.)

On the first Monday of the month, the group explores a chapter of the book together, and on the third Monday, they put into practice the techniques in the most recent reading—giving each other a chance to hone their skills in an "empathy circle."

The book offers stories, conversation role-plays, and real-world examples meant to help the reader understand the basis of a simple four-part communication technique. The focus is on language and communication skills as a way to connect through empathetic listening and responding "with honesty and clarity, while simultaneously paying others a respectful and empathic attention" (Rosenberg, p. 3).

Carl invites you to come check it out! On January 5th, the group will begin this year's reading of the book. This is an open group and requires no prior preparation or experience. If you call or e-mail Carl (he's in the Meeting's directory, but use his cell phone 207-449-6621 or email address [albright@midcoast.com](mailto:albright@midcoast.com)); he'll be happy to e-mail you a synopsis of the month's reading. You also can connect with available NVC resources through Sue Rockwood. You can also be in touch with a wider network of NVC people and resources in Maine by e-mailing Peggy Smith, editor of "Phases of the Moon," the newsletter of the Maine NVC Network, at [peggy@mainenvcnetwork.org](mailto:peggy@mainenvcnetwork.org).



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## NEWS NOTES

Please keep Tom and Marie Reardon in your prayers. The family is trying to locate a nursing home that can accept Tom, and Maria has moved to:

46 Meadow Brook Road Apartments  
North Wales, PA 19454

## *ADVICES*

**Personal Conduct**— Let us bring the whole of our daily lives under the ordering of the Spirit. Let our faith free us from crippling fears so that we may live adventurously. In relations with others, let us exercise imagination, understanding, and sympathy. Let us live and work in the plainness and simplicity of true followers of Christ.

In view of the evils arising from the use of tobacco and intoxicating drinks and from the abuse of drugs, Friends are advised to consider whether they should refrain from using them, from offering them to others, and from having any share in their manufacture or sale. We should not let the claims of good fellowship or the fear of seeming peculiar influence our decision.

Let us maintain integrity in word and deed. Holding to the simplicity of truth, let us keep free of oaths. Remember how widespread and diverse are the temptations to grow rich at the expense of others, and how apparently harmless indulgence often leads by degrees to wrong-doing. Let us avoid and discourage every kind of betting and gambling and commercial speculations of a gambling character.

Friends have always held that the sacred nature of a sexual relationship is affirmed only in marriage. In recent times, however, some Friends have found such affirmation in other contexts. Let us be certain, in any case, that we hold up to the Light any sexual relationship we may be considering and reject any relationship that may violate the integrity or spiritual welfare of either of the partners or of others. No relationship can be a right one which makes use of another person through selfish desire.

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

—Philippians 4:8 (NKJV)