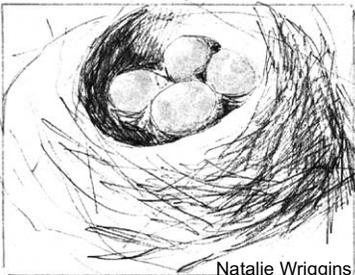


MIDCOAST MONTHLY MEETING
OF THE RELIGIOUS SOCIETY OF FRIENDS
Damariscotta, Maine
NEWSLETTER



Natalie Wriggins

Compassion is a selfless form of passion... transformed by wisdom into empathy for the suffering of others. Compassion focuses energy and motivates intent to apply one's wisdom and other resources towards helping people

—David Reid
contributed by Nancy Nyberg

May

Sunday	May 1	rise of worship	Second-hour Discussion - Planning/visioning cont'd.
Saturday	May 7	all day	* All Maine Gathering, South China, ME
Monday	May 9	6-8:30 p.m.	* Ongoing study group on non-violent communication
Friday	May 20	6:00 p.m. 7:00 p.m.	Potluck Supper Monthly Meeting and annual meeting of the corporation (NOTE: change to summer schedule)
Monday	May 23	or asap thereafter 6-8:30 p.m.	Call for June newsletter items Study group on non-violent communication
Fri. - Mon.	May 20-23		* FWCC Regional Gathering, Rothesay, NB, Canada

~ Advance Notice ~

Sunday	June 5	rise of worship	Meeting workday for grounds
Sat. - Fri.	July 2-8		* Friends General Conference, Blacksburg, VA
Sunday	June 12	2 p.m.	* Crop Walk, Newcastle
Wednesday	July 27	rise of worship	Meeting workday for grounds
Sat. - Thurs.	August 6-11		New England Yearly Meeting, Smithfield, RI

* Look inside for more information regarding these items
~ Calendar events are held at the meetinghouse, unless otherwise noted ~

Sunday Meeting for Worship is held at the meetinghouse, 77 Belvedere Road, Damariscotta, 10:00 a.m.
Meetinghouse phone: 207-563-3757. Directions: Take US Route 1 to Damariscotta and turn onto Belvedere Road (left if coming from the south, right if coming from the north. The Miles Home Health Care building is on the corner.) The meetinghouse is the second building on the right, 2/10 mile from the corner

Back Issues of the Newsletter and Meeting Information are available at: www.midcoastfriendsmeeting.org

Friendly Reminders

Moving or changing your E-mail address? Don't forget to notify the newsletter of your changes. Electronic subscriptions via E-mail are environmentally friendly and cost the Meeting nothing. To receive your newsletter via the Web, E-mail a request to Nancy Terrell Hall at moonlite@lincoln.midcoast.com

Visit www.midcoastfriendsmeeting.org

The Entirely Unofficial MONTHLY MEETING NOTES, 4th month of 2005

based on draft minutes by Bill Spock

Clerk Jean Crawford opened the meeting with a period of silent worship. There were 15 in attendance. Bill Spock read the minutes of the previous meeting, which had been recorded by Rob Patterson. They were approved, except the second sentence under Giving Winds Fund was changed to read, "It was discussed at Quarterly Meeting as a good means for supporting the Maine tribe's economic initiatives in place of the casino initiative."

Ministry & Counsel

Sally Wood reported on the committee's April meeting. They hope to have the State of Society Report ready for approval at the May Monthly Meeting. The sharing of ideas by the twelve in attendance following the potluck supper on April 1 was very meaningful. On Friday, April 22, at 6:00, Ministry & Counsel is hosting a pizza party. The program will be given by Sally and Jerry Wood, speaking on their wonderful experience concerning the Spirit of Caring from the Pastoral Care Workshop they attended. They have presented a book to the Meeting about pastoral care and community.

Emily Peckham and Arbus Ames, who attended Meeting a few years ago, would like to use the meetinghouse for their June wedding. Ministry & Counsel was asked to follow through with them and give them copies of the guidelines for use, plus the agreement they should sign. The date must be coordinated with other uses of the meetinghouse. The discussion led to the suggestion that Ministry & Counsel might review the two documents and consider whether they should be updated in the future.

A short discussion about the revision of Faith and Practice that is underway noted the interesting comments that NEYM was receiving. Midcoast Meeting comments were sent to Yearly Meeting some time ago.

Budget

Paul Diamond reviewed the proposed budget, which was the same as suggested at the March meeting, with updated figures for the estimated results for this year.

Query #2

Meeting for Worship

Are Meetings for Worship held in expectant waiting for divine guidance? Are you faithful and punctual in attendance? Do you come in a spirit of openness with heart and mind prepared for communion with God? Do both silent and vocal ministry arise in response to the leading of the Holy Spirit? Do all other activities of your meeting find their inspiration in worship, and do they, in turn, help to uphold the worshipping group?

We are seeing some decrease in income and increase in expenses, particularly for insurance and mowing, but the overall results look good, particularly as the committees continue to under spend. At the May meeting, when better estimates of the final figures will be available, a proposal will be presented on the allocation of surplus funds to the reserves.

Bill Spock distributed copies of the pledge letter to go out in May. Because of the concerns about the pressures for volunteering, no request will be made to sign up for particular committees, but everyone will be reminded to be as helpful as possible.

Hospitality

Pat Spock circulated the sign-up sheet for May, which is quite empty. She also mentioned that the revised directory has been placed on the credenza, and everyone should check the entries for correct names and associated information.

Quarterly Meeting

The upcoming All-Maine Meeting on May 7 at South China Community Fellowship Church was discussed at some length. Offers of help for the children's program are sought, and Patience Thomas will be contacted, so First Day school members will be encouraged to attend. All those attending from Midcoast Meeting are asked to assist as far as possible. Contacts are listed in the April Newsletter. Travel assistance is needed by some of those planning to attend. Diana White, clerk, will be notified that Midcoast Meeting fully approves the suggested future schedule of Quarterly Meetings—April, June, September, November.

Various

Ernie Foust reported that the Friends Committee on Maine Public Policy has been giving attention to the complex issue of sexual offenders released back into public life. There are a number of bills in the legislature pertaining to this issue, and the committee has been seeking to become better informed.

The Meeting adjourned at 1:00 p.m., possibly setting a record for completing business in 75 minutes.

The May Monthly Meeting for Business will be Friday, May 20, as is usual in the summer. Normally, this change is made for the first meeting after daylight saving time starts. The annual meeting of the corporation will also be held then. **All welcome.**

Call for First Day School Teachers

Teachers are needed for May and June. Please call Patience Thomas (563-8177) or Sarah Ewing (832-6924) to volunteer to lead a First Day session with our Meeting's children.

Don't Forget!

All-Maine Gathering, May 7

Full details were in the April newsletter, so here are just the bare bones:

Saturday, May 7, 2005, South China Community Fellowship Church. Directions: The Church is on old Route 3, which runs parallel to the present Rt. 3 and just to its north. A blinking light is in South China on Route 3 at its intersection with Route 32 South. This light is about 12 miles east of Augusta on Route 3. At that blinking light (the only one for many miles) turn toward China Lake (north) and go about a block to the old Route 3 intersection. Turn west toward Augusta on the old Route 3 and go west about a "long block." The church is white and well marked on your right.

The organizing committee has requested help with child care and with food and clean up.

Food & facility: Joann Austin, 445-3009, austinlaw@pivot.net; Hospitality: Jacqui Clark, 622-1429, mediate@mediateresources.com; Program: Carole Beal, 374-5844, carole@acadia.net; phone at the church: 445-4111

Financial Help Available

If you would like to attend the upcoming Friends General Conference or New England Yearly Meeting but you just can't swing it financially, or if you know a young person who would benefit from attending Friends Camp this summer but would need some financial aid to do so, speak to clerk Jean Crawford (236-4176, jeancraw@gwi.net) about how to apply for financial aid for these events. Sometimes a little help can make a big difference in what is possible.



Nonviolent Communication Practice Group

by Linda Cote-Small

This newly formed group will be meeting at the meetinghouse from 6:00 to 8:30 p.m. on the second and fourth Mondays of the month starting in May and going into the fall. The organizational meeting of a local Nonviolent Communication Practice Group took place on Thursday, April 21st. The group will be reading and discussing Marshall Rosenberg's book, *Nonviolent Communication: A Language of Life* (2nd Edition ISBN 1-892005-03-04). A main focus of the group is to practice what is learned at the meetings.

Those interested in being in the group are encouraged to purchase Marshall's book and to read the first chapter before coming to the May 9 meeting. Also contact Linda Cote-Small at 563-6712 with any questions and to get a copy of the assignment which needs to be completed by May 9th.

Call for Peace

Original Mother's Day to be Celebrated
May 8, noon to 2 p.m.

by Gretchen Hull

Mother's Day in Maine will be celebrated this year as it has been for more than 20 years with a "Walk for Peace" across the Bath Bridge. On Sunday, May 8, 12 noon, families and friends will begin their walk from Woolwich to Library Park in Bath for a program of speakers and music honoring the occasion. This year the Mother's Day gathering will feature gifted lyricist and singer Kate Schrock and her mother, Jan Schrock, senior advisor for Heifer International.

Few remember that Mother's Day began as a day of advocacy for peace and disarmament through the efforts of another famous songwriter. "Arise then, women of the day..." begins the original Mother's Day Proclamation, written in 1870 by Julia Ward Howe, the lyricist of the "Battle Hymn of the Republic." Although the "Festival of Peace" that Julia envisioned took place in Boston for many years, it was eventually superseded by a celebration of motherhood itself. Mother's Day was proclaimed to be the second Sunday in May by President Woodrow Wilson in 1904, without reference to its origins in conflict resolution.

It was Jan Schrock's father, Dan West, who began Heifer International, an organization that seeks to build sustainable communities in over 100 countries. The Heifer Project provides livestock and training to these communities and promotes women in leadership positions. Jan, who is presently living in Portland, devotes a large proportion of her time traveling around the world, visiting the many Heifer Project sites. Kate spent her early years in Lincoln County and has recently traveled to Jamaica and Ecuador. She blends rock, jazz, and even a touch of gospel in her music, available on a number of CDs.

Everyone is invited to join in the Mother's Day Peace Walk and are encouraged to bring flowers for a communal tribute to mothers and children worldwide. And there is plenty of grass for a picnic.

Participants are asked to park at the Woolwich Post Office or under the bridge at the Bath end of the bridge. There will be return carpooling available. The Mother's Day Call for Peace is sponsored by Bridges for Peace, Peaceworks, and WILPF, the Women's International League for Peace and Freedom.

For more information, please call 563-5416, or contact peacebridges@peacebridges.org or e-mail peacebridges@peacebridges.org.



Countering the Recruiters' Message

by Gretchen Hull

"Pro-Soldier, Anti-War" Perry O'Brien, a former Army medic in Afghanistan who received an honorable discharge from the military as a conscientious objector, spoke at the Skidompha Library in Damariscotta on April 12, as well as at several other area libraries recently. His topic was recruitment, military careers, and alternatives to the military. O'Brien reported that he had never considered how he felt about war when he joined the army in August 2001. It was only when he heard that up to 3,000 innocent civilians had been killed by American bombs that he realized why his unit was seeing so many "mutilated children, traumatized civilians, and dead soldiers."

"I used to accept the idea of a war on terrorism," O'Brien said, "but isn't war a form of terrorism?" O'Brien said that most soldiers are not aware of the option of conscientious objector status. For that reason, he and a number of CO's across the country have launched the Web site, www.Peace-out.com, providing a step-by-step guide to the conscientious objector application process, which is complex and difficult.

The American Friends Service Committee's Project on Youth and Militarism seeks to present to young people the whole picture—not just the glamorous image of military life painted by recruiters who are under great pressure to meet their quotas for enlistment. The project wants to help students find alternatives to the military through scholarships, financial aid, and job training. AFSC Maine and Veterans for Peace are developing materials and getting them into guidance offices in 25 schools in the Bangor, Augusta, and Portland areas, as well as in the Midcoast and Downeast regions, working with school administrators, history teachers, civil rights teams, students, and parents.

The AFSC has a very informative section on their Web site related to this issue: <http://www.afsc.org/issues/issue.php?id=360>

The Advices

Consider with care how God reaches us in Meeting for Worship. To every Friend is given a share of responsibility for the Meeting. Friends are advised, therefore, to be diligent in attendance at Meetings and in inward preparation for them. Let us be concerned to enter reverently into communion with God and with one another, to yield ourselves to the influence of the divine presence. Then what is evil in us may be weakened and the good raised up. God calls each one to the service of the Meeting; let us be obedient and faithful, whether by word, by song, or by silent waiting, and let us receive the messages of others in a tender spirit.

Weaving the Blessed Tapestry, FGC 2005 Gathering of Friends

July 2-9 / Virginia Tech / Blacksburg, Virginia

From the FGC Web site:

www.fgcquaker.org/gathering/

"We have planned for a Gathering filled with the spirit of cooperation and the sharing of respect and tolerance for each other as well as ample opportunities to share and grow in the Spirit. We will have several opportunities to witness as a community to our testimonies, in support of inclusion and equality and in opposition of war. We will cooperate with FLGBTQC (Friends for Lesbian, Gay, Bisexual, Transgender and Queer Concerns) to support Friends as they experience the impact of Virginia's new law regarding contracts between same gender individuals. We will also have opportunities to reflect together on the AFSC's widely-acclaimed Eyes Wide Open exhibit on the human cost of the Iraq War, and explore the implications. We will have opportunities to sing together, to worship together and to grow in our faith. You have heard that Virginia is for lovers. Come to Virginia and let us see then what love can do."

Jean-Marie and Frank Barch, Co-clerks, 2005 Gathering of Friends www.fgcquaker.org/gathering/

Dates to note: **May 9:** Last postmark date for registrations with scholarship requests. Jean Crawford has also reminded us that there are funds available from the Meeting for those who wish to attend and have financial need. **May 31:** Deadline for family registrations. No registrations which include children will be accepted after this date. **June 1:** Adult registrations postmarked beginning June 1 must include a \$50 per person late fee.

Children of Light

By Betsy Terrell

Quakers have been called the Children of the Light. I got to thinking about the different varieties of light and the metaphor kind of pulled me along.

Am I like the light of a lighthouse, beaming out in one direction, maybe even flashing on and off, but acting as a beacon to be followed?

Or like a street lamp, illuminating a neighborhood, while leaving the rest in darkness?

Or like a searchlight, piercing the darkness, continually rotating, never staying focused for long on any one scene?

Or like the footlights in a playhouse, lighting up the participants on stage and at the same time blinding them from seeing those not on stage?

Or maybe like a small porch light, leading someone home?

Or could I learn to be like the light of the sun, shining equally on all?

Challenging Corporate Power

by Betsy Terrell

"Slavery is the legal fiction that a person is property; corporate personhood is the legal fiction that property is a person."

—message seen on a T-shirt, quoted in an article in the Spring edition of *Peace Talk*, the publication of Peace Action Maine (www.peaceactionme.org)

The following is quoted from the latest CONA newsletter (www.conamaine.com)

Are you concerned about

- globalization and unfair trade policies?
- corporate influence on our government?
- relentless destruction of our environment?
- the erosion of our Civil Rights and the withering of democracy?
- corporate mega-mergers? corporate crime? militarism? consumerism?

"Challenging Corporate Power, Asserting the People's Rights!" is a 10-week course that addresses these concerns. Based on the WILPF (Women's International League for Peace and Freedom) study guide, topics include:

- The rise of corporate power and its effect on democracy and the commons,
- corporate "personhood"
- why regulation doesn't work
- corporate globalization
- the relationship between economic development and militarism.

Participants often bring in additional material. We will also let you know about some current legislation that is aimed at curbing corporate power here in Maine.

The Study Groups are democratically run, made up of people with a range of knowledge and experience. Responsibility for running the meetings is shared. Meetings usually occur weekly, although each group can decide among themselves on the pace and frequency. If someone cannot make all the meetings, it is possible to still participate by keeping up with the reading on the sessions missed.

Currently there are Corporate Power Study Groups in Brunswick (386-0330), Camden (236-8503), Blue Hill (374-3636), and Rockland (594-6453). Portland (415-4458) has three, and another is in the planning stage for Belfast. We can help you put a group together and get it going wherever you are.

For more information please contact Marga Huntington at 386-0330 (West Bath) or marga@gwi.net. An overview of the weekly sessions is available at: www.wilpf.org/campaigns/ccp/corp/start/syllabus.pdf

Another website with a huge amount of useful information on this topic is www.reclaimdemocracy.org, including this page full of action ideas: http://reclaimdemocracy.org/activism/what_you_can_do.html

A closely related topic is the fact that so-called "free trade" is not fair trade. President Woodrow Wilson

said, speaking about the start of World War I, "Is there any man, is there any woman, let me say any child here that does not know that the seed of war in the modern world is industrial and commercial rivalry?"

Free trade agreements are made for the benefit of multi-national corporations, not human beings. Congress will very soon be voting on CAFTA, an extension of NAFTA. Please consider contacting your senators and representatives to oppose this further spread of corporate power. Representatives Tom Allen and Mike Michaud oppose CAFTA. You can send letters to the senators from this Web site: <http://maine-fairtrade.org/>.



The Silent Sermon

A member of a certain church, who previously had been attending services regularly, stopped going. After a few weeks, the minister decided to visit him. It was a chilly day. That evening, the minister found the man at home all alone sitting by a blazing fire.

Guessing the reason for his minister's visit, the man welcomed him, and led him to a comfortable chair near the fireplace and waited. The minister made himself at home but said nothing.

In the grave silence, he contemplated the dance of the flames around the burning logs. After some minutes, he took the fire tongs, carefully picked up a brightly burning ember and placed it to one side of the hearth all alone. Then he sat back in his chair, still silent.

The host watched all this in quiet contemplation. As the one lone ember's flame flickered and diminished, there was a momentary glow and then its fire was no more.

Soon it was cold and dead.

Not a word had been spoken since the initial greeting. The minister glanced at his watch and chose this time to leave. He slowly stood up, picked up the cold, dead ember and placed it back in the middle of the fire. Immediately it began to glow once more, with the light and warmth of the burning coals around it.

As the minister reached the door to leave, his host said, with a tear running down his cheek, "Thank you so much for your fiery sermon. I shall be back in church next Sunday."

Author unknown. From the newsletter of the Bremen Union Church, Lent 2005

Speaking Truth to Corporate Power

by Carmen Lavertu

Two bills are before the Maine Legislature that aim to rein in corporate power. One of them will have a hearing soon. It is LD 1474: An Act to Require Corporations Be Operated in a Manner That Does Not Adversely Affect the Public Interest, introduced by John Eder, the Green Representative from Portland. The bill addresses the major complaint against corporations that seek only the bottom line and claim no responsibilities for the public welfare. This bill would require corporations doing business in Maine to conform to community standards of environmental and human rights protection.

The second bill is LD 1495: An Act to Limit Corporation Influence Over the Political Process. This bill was introduced to implement an amendment to the Democratic Platform that was passed unanimously at the Maine convention last summer (but not at the national convention). It specifically addresses the "personhood" issue of corporations. Informed citizens already understand the strange custom of regarding corporations as "persons" in U.S. law. It was a consciousness-raising moment for me to read the history of this special right in Thom Hartman's book, *Unequal Protection*, to learn that the 14th Amendment, which we all know as final acknowledgment of African Americans as equal citizens in all respects, has been the constitutional cover for corporate personhood. It has been invoked 140 times to grant corporations "rights" and only a dozen times or so for the actual protection of voting rights.

Some years ago, when we had a reading group (laid down for lack of participation a winter ago), we were greatly stimulated on the problem of corporate power by David Korten's book *When Corporations Rule the World*. I presume to think that many Friends still have an interest in this matter. I can only recommend that you look at the Web site www.PeopleFirstMaine.net. You will find all the information you need about these bills and see that Maine is a test case for the nation. For a broader view and a very informative site, find Reclaim Democracy (www.reclaimdemocracy.org) (see my bumper sticker). I attended a Reclaim Democracy workshop here in Maine last month and would be glad to hear of any interest among Friends.

Roundtop Center for the Arts

Natalie Wriggins—Pastels

Natalie will have a one-woman show of her pastels at Round Top Center for the Arts in Damariscotta. The show will open Friday, June 3, and run through Saturday, July 2. The gallery is open Monday through Saturday from 10-4 and Sundays from 12-4. Please come and see her beautiful new work.

Crop Walk and Tsunami Relief

By Ruth Ives

The swift and effective response of the Church World Service to areas struck by the tsunami disaster was made possible in large part because of the support raised by communities across this nation through Crop Walks. We all hoped that money raised earlier would be contributing to the restoration of that devastated area as well as responding immediately to the needs so apparent after December 26, and that's exactly what happened. Thanks to money raised across this country through Crop Walks, emergency medical supplies, blankets, food, and other necessities were readily available.

By participating in this year's Crop Walk, scheduled for Sunday, June 12, you can help prepare for future needs. Walkers of the 10K route will be asking friends, family, and neighbors to encourage and support them with contributions that will be available to respond to the "silent tsunamis" of hunger, poverty, and disease.

The June 12 walk will begin at 2 p.m. at the Second Congregational Church, Newcastle, and will return there within 2 hours. If you wish to participate by jogging or walking, please contact Holly Baldwin (644-1014, hollyb@riseup.net) for sign-up sheets. Also speak to her if you do not plan to walk and wish to support a walker. Your participation (physical and/or financial) will help provide health, safety, and relief to those in need.

Exciting Opportunity/Joint Meeting

From Global Crisis to Global Community: Friends
World Committee for Consultation (FWCC)

Northeast Regional Gathering

To be held at Villa Madonna Retreat House, Rothersay, N.B., Canada (near St. John), May 20-23, 2005, Friday evening to after breakfast on Monday morning. This is a gathering of the following Yearly Meetings: (Eastern) Canadian YM, New England YM, New York YM, Philadelphia YM

Presenters include:

- Gkisedtanamoogk, a member of the Wabanaki People and a respected cultural practitioner, advocate and bridge builder between our two cultures
- Mary Lord, Assistant General Secretary for Peace and Conflict Resolution, AFSC
- Jack Patterson, Quaker United Nations representative, New York
- Katie Aven, of Wolfville Monthly Meeting and a graduate of the Atlantic School of Theology, who will lead Bible study on the theme

There will be a children's program, and child care will be provided. There will also be time for worship sharing and walks in this peaceful, tranquil setting. For more information and to register: www.fwccamericas.org (look under Upcoming Events).

Consumerism, First of a Series: Fair Trade Bananas

by Betsy Terrell

Alice Lacey remarked to me after Meeting for Worship on 4/17, that she has observed how often those of her acquaintance will buy another item of the same type as what they already have, either additional or as a slight upgrade, rather than being satisfied with the one they are already using; that we, all of us, probably have much more than we really need of any particular item. Also, that much of this purchasing is driven by advertising.

These thoughts are not particularly revolutionary or new, but perhaps we could take them a little deeper to heart and think about how to practice the Quaker testimony of true simplicity in our own lives.

"If everyone lived like Americans, then you'd need three planet Earths...to sustain that level of consumption."—Peter Raven, botanist and conservationist, quoted in March 2004 issue of *National Geographic* magazine.

Here are some interesting facts taken from the same issue, comparing China, a fast-developing nation, with the US:

	China	US
Persons per sq. mi.	348	78
Energy consumption per person (kg. oil equivalent)	880	7,960
Meat consumption (in pounds)	104	269
Paper consumption	73	730
Water use per person (agricultural, industrial and domestic, in gallons)	116,000	484,500
TV sets per 1000 persons	292	844
Vehicles per 1000 persons	16	774

From these figures it is obvious that while those in the developing world may look toward our standard of living as something to reach for, we in the so-called "developed" world could do well to drastically reduce our consumption.

Studying these issues can quickly become overwhelming. Yet I think that if we look at one item at a time and then commit to doing something, over a period of time, we can make big changes. My idea with this column is to provide information each month about a different aspect of this enormous issue.

I'm going to start with bananas. Since the Meeting already buys fair trade coffee, I am sure most Midcoast Friends are familiar with the reasons behind this, but here's a synopsis (taken from the Web site www.globalissues.org/TradeRelated/Consumption/Bananas.asp):

Typical coffee (and banana) plantations are the cause of destruction of large areas of rain forest for the development of a significant mono-culture which has the following direct and indirect effects: environmental degradation; diverting resources away from use for

local food crops; labor exploitation; and the fact that local purchasing power is not developed, which continues to create more inequality and contributes to other problems such as crime and corruption.

Contrast this stark picture with the following example of fair trade economy from the Web site of New Internationalist: www.newint.org/issue322/keynote.htm:

"Deris Ariza, a co-operative farmer with less than one hectare of bananas in Colombia, underlined the benefits fair trade can deliver in just one year: 'Without the premium price, we would not be farming still. Farmers here are getting prices that do not cover their costs. We, however, have been able to cut fertilizer use by half and started using animal manure. We have stopped using herbicides and the ground-cover between plants is now attracting back the wildlife. We have also built a kindergarten for 120 children and organized waste collection in the community. We hope soon to have piped drinking water for the first time.'"

Did you know that you can now buy fair trade bananas right here in Maine? Probably at many of the same places you now buy fair trade coffee. I get them at Rising Tide in Damariscotta. If you eat bananas, you might consider paying a little extra and maybe making an extra grocery stop to buy fair trade. I've noticed recently that fair trade coffee is appearing on the shelves of the bigger supermarkets as well (including Hannaford in Damariscotta), so why not request fair trade bananas, putting consumer pressure on store owners to at least give us the option?

As final food for thought, here's a quote from John Woolman: "May we look upon our treasures, the furniture of our houses, and our garments, and try whether the seeds of war have nourishment in these our possessions."



Book Recommendation

A Book to Awaken the Head and Heart

By Ernie Foust

The title of this note was the prelude to a glowing book review by a Friend from our earlier meeting in Reading, Pennsylvania. The reviewer is an ardent and knowledgeable environmentalist, and I give great weight to her opinion on such matters. The title of the book is *Developing Ecological Consciousness: Paths to a Sustainable World*, by Christopher Uhl, Professor of Biology at Pennsylvania State University. He teaches ecology and environmental science and conducts research in human ecology.

Pastoral Care Workshop

By Jerry and Sally Wood

On the weekend of April 1st, Sally and I, sponsored by Midcoast Meeting Ministry & Counsel Committee, attended a Pastoral Care retreat at Woolman Hill in Deerfield, Massachusetts. There were 19 participants, representing meetings from all the New England states. Nancyrose Logan and Cornelia Parkes, supported by elders Evie Hoffmann and Sue Reilly, led us in learning about the "care and feeding of the sheep." It is thought that when Jesus said, "Feed my sheep," he was introducing the concept of pastoral care. Being good caregivers to each other builds a strong community.

On Friday evening we started to build our community with "getting-to-know-you" games. We all had a heightened sense of our value and worth as a gathered community, as each of us in turn was sung to as we sat in the middle of a circle with everyone else singing praises to our name in their own melodic way. It was effective. Saturday was a day spent listening and responding to our facilitators' experiences in caregiving in their own meetings. In the evening we broke into groups and role-played scenarios of dealing with varied individual problems. We found that resolving problems together helps to build a stronger community of caregivers. On Sunday we reflected further on our group problem solving and offered our insights to

improve perceptions and administering of care in each given situation. We closed with fellowship, food, and parting exchanges of thanks and blessings to our facilitators and one another.

This experience deepened Sally's and my awareness and concern for the wellness of our Meeting through better understanding and skills, as well as the importance of being "our brother's keeper" in the priesthood of all believers through building community, which is an essential step in building a kinship and "kingdom" from inside out. We are grateful for the experience.

On April 22, Jerry and Sally hosted a People Party with Pizza to share their experiences with the Meeting community.

Friends Camp Open House

Sunday, May 15, 2005, 1 - 3 p.m.

729 Lakeview Drive, South China, Maine

Bring your family and friends to tour the camp, play some games, and have some light refreshments. Friends Camp has openings in all sessions for youth who are 7 to 17 years old. Please see www.friendscamp.org for more information and directions and RSVP to Nat Shed at 207-873-3499 or director@friendscamp.org.

Midcoast Meeting of Friends
PO Box 714, 77 Belvedere Road
Damariscotta, ME 04543

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