

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

*Our own success, to be real, must contribute to the success of others.*

—Eleanor Roosevelt, found in the 2004 motto calendar

## July

Sat. - Fri.	July 2 - 8		* Friends General Conference, Blacksburg, VA
Sunday	July 3		Food Pantry Day
Sunday	July 10	rise of worship	* Fundraising lunch for World Gathering of Young Friends
Monday	July 11	6-8:30 p.m.	* Ongoing study group on nonviolent communication
Thursday	July 14	7-8:30 p.m.	Lincoln Co. Peace and Justice Coalition
Friday	July 15	6:00 p.m. 7:00 p.m.	Potluck Supper Monthly Meeting for Worship for Business
Sunday	July 17	rise of worship	* Informal meeting for P&SC sharing and networking
Tuesday	July 19	6-8 p.m.	* AFSC Maine Committee on Youth and Alternatives to the Military
Sunday	July 24	rise of worship	Meetinghouse Workday
Monday	July 25	6-8:30 p.m.	* Ongoing study group on nonviolent communication
Sunday	July 31	rise of worship	* Picnic at Crawford Cottage on Lake Megunticook

## August

Sat. - Thurs.	August 6 - 11		# * New England Yearly Meeting, Smithfield, RI
Sunday	August 7		Food Pantry Day
Monday	August 8	6-8:30 p.m.	* Ongoing study group on non-violent communication
Thursday	August 11	7 - 8:30 p.m.	Lincoln Co. Peace and Justice Coalition
Monday	August 15		Deadline for September newsletter items
Tuesday	August 16	6-8 p.m.	* AFSC Maine Committee on Youth and Alternatives to the Military
Monday	August 22	6-8:30 p.m.	* Ongoing study group on non-violent communication
Sunday	August 28	rise of worship	* Informal meeting for P&SC sharing and networking

~ Advance Notice ~

Sunday	Sept. 4 (tentative date)	* Worship at St. John home at Morse Mountain
Fri.-Sun.	Sept. 9 - 11	* Fall Gathering, Friends Camp, South China

# Financial support is available. Please speak to clerk Jean Crawford (236-4176) if interested.

\* 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

# The Entirely Unofficial MONTHLY MEETING NOTES, 6th month of 2005

based on draft minutes by Rob Patterson

Clerk Jean Crawford opened the meeting with a Mary Oliver poem entitled "Whelks." A brief silence was observed. There were nine Friends present. The minutes of the last meeting and the annual corporation meeting were read and approved with minor corrections.

## Ministry & Counsel

Holly Baldwin reported that the last committee meeting was a joint one with the Nominating Committee at which they discussed gifts and leadings and eldering. It was a fruitful discussion, and there are plans to meet again. The welcome brochure is not yet completed but will be soon. The text has been approved, but layout is awaiting finalization.

## Peace & Social Concerns

Gretchen Hull reported. She stated that she feels the absence of a Peace & Social Concerns committee. She would like to speak with like-minded people who want to put their "faith in action," a term borrowed from the Unitarians' name for a comparable committee within their organization. Gretchen wants to see the Meeting focused on some issue. She spoke of all the

## WGYF Potluck Lunch July 10

Holly Baldwin will be attending the World Gathering of Young Friends in Lancaster, England this August. This is an unusual opportunity for young adults from all branches of the Society of Friends to join together for worship and fellowship, and to delve deeply into the question of what binds us together as a Society.

Join Holly in fellowship and exploration of the questions and ideas the world gathering raises. You are invited to bring a dish to share and a few dollars to contribute to a fund-raising lunch at the rise of Meeting on July 10. We will also invite Friends from neighboring meetings to join us for worship and fellowship and to support the gathering.

From the theme of the WGYF: "I am the Vine, you are the branches... now what fruit shall we bear?" (from John 15) "Let us see then what Love will do." (William Penn)

Query #4

## The Meeting Community

Do you love one another as becomes the followers of Christ? Do you share each other's joys and burdens? When conflicts arise, do you seek in mutual forgiveness and tenderness to resolve them speedily? Are you careful of the reputation of others? Do you seek beyond all differences of opinion and circumstance for unity in the divine life?

good organizations that use the meetinghouse as their meeting hall, including AFSC, the Lincoln County Peace & Justice Committee, and the Unitarians' Faith in Action committee. We are becoming known as the "peace meeting place." Holly suggested having routine, unstructured meetings, perhaps monthly at a regular time slot such as the last Sunday of the month, to encourage leadings. A sign announcing the meeting might be posted outside the meeting room on the scheduled date.

## Religious Education

Patience Thomas reported for the committee. She and the committee felt embraced by the meeting after last fall's joint meeting with Ministry & Counsel. However, she has experienced some "waning" of the enthusiasm and support which was manifest back then. Gretchen remarked that the waning story is an old one and that she experienced the same thing 15 years ago. A discussion ensued of the inherent problems of managing a First Day school for such a small and varied class. It requires that someone always be ready to step in and lead a class on short notice. We fail when a parent has to leave Meeting with his or her own child because we have no program/person prepared to take the initiative. Friends are encouraged to volunteer spontaneously. Holly Baldwin suggested that many members are probably intimidated by the prospect of keeping small children occupied for an hour. She suggested that Patience conduct a "simulation" after Meeting some Sunday to show us how undaunting it can be.

## Old Business

The Meeting needs a representative for NEYM Ministry & Counsel Committee. Louisa Gray has expressed willingness to serve as an "at large" representative. The clerk will check with her and follow up on the expressed interest of others to serve on this committee.

The summer picnic at Jean Crawford's family cottage in Camden is now scheduled for Sunday, July 31st, after Meeting. Detailed directions to this lovely site will be available.

This coming Sunday, June 19th, is the date for the meeting to discuss NEYM's Minute of Exercise about Friends United Meeting's personnel policy. Holly Baldwin and Betsy Terrell will summarize the thoughts coming out of that meeting for the newsletter and send them to the NEYM Working Party on FUM.

\*\*\*\*\*

**The next Monthly Meeting for Business will be Friday, July 15, 7 p.m., following a potluck supper at 6 p.m. All welcome. NOTE: There will be no meeting for business in August.**

## Summer Picnic at Crawford Cottage Sunday, July 31

There will be a summer picnic at the Crawford cottage following the rise of meeting on Sunday, July 31. All ages are welcome.

Please bring a picnic item to share. Drinks will be provided. We will need some extra chairs. Bring bathing suits if you wish. There are a canoe and three kayaks at the cottage. If the weather is too poor for sitting on the porch, we will postpone.

Directions avoiding downtown Camden (we may travel in caravan at the rise of meeting): From Damariscotta, go north on Rte 1 to Warren. At Warren turn left onto Rte 90. It is 9 miles to the next turn. En route you will meet a light at Rte 131 and again at Rte 17 in West Rockport. The marker for the left turn at the end of 9 miles is a blue store on the left = Harbor Marine. Turn left onto Simonton Corner Rd. Take Simonton Corner Rd 1.9 miles to John Street. Go left. Take John St. .2 mi. to Mechanic St. Go left. Take Mechanic St. .2 mi. to fork with Melvin Heights Rd. Bear right. Take Melvin Hts. Rd. .6 mi. to fork with East Fork Rd. Bear right. Take East Fork Rd. .9 mi. to end. Turn right onto Molyneaux Rd. Go a short way on Molyneaux Rd. to intersection with Rte. 105. \*!\* Keep going. Go a short way again, crossing a small bridge. Megunticook River will be on your right. Just after bridge turn left onto Beaucaire Ave. Take Beaucaire Ave. .9 mi. You will pass Start Rd. on your right. Turn left onto F.R. 74 = Canaan Lane. Cottage is sixth on left. It is gray and low. There is a circular driveway and a guest house is beside the road.

**Telephone number is 763-3493.**

Alternate (simpler) directions if you don't mind going into Camden village in the summer: Take Route 1 north to Warren, turn left onto Rt. 90 and follow all the way to the intersection with Route 1 in Rockport (crossing Rt. 17 in West Rockport). Turn left onto Route 1 and follow into the center of Camden. Turn left onto Rt. 105, across from the village green, and go 2.5 miles to the intersection with Molineaux Rd. Turn right. Follow remainder of directions above (from \*!\*).

---

### P&SC Gatherings: An Invitation

Anyone interested in peace and social concerns is invited to gather in the worship room at the rise of meeting for worship on scheduled Sundays once a month. Gretchen Hull will be facilitating the first meeting as this issue goes to press (June 26th). This is not a committee approach, but rather an unstructured sharing of leadings on this general subject. It is hoped that these gatherings will continue on a monthly basis and that focus on a central concern may develop with time. The other dates set aside for this are July 17th and August 28th.

*AFSC Maine*

## Committee on Youth and Alternatives to the Military

This group meets on the second Tuesday of the month at the meetinghouse. Their goal is to be sure that our youth are fully informed as to what joining the military really means for their lives and what their alternatives are. This is a counter effort to what is going on in nearly all the high schools now, since the passing of the "No Child Left Behind Act," which "guarantees recruiters the right to private contact information for all secondary school students so that students may also be contacted at home," as well as giving recruiters access to the students while in school. (Information from the AFSC Web site: [www.afsc.org/youthmil/militarism-in-schools/default.htm](http://www.afsc.org/youthmil/militarism-in-schools/default.htm))

If you feel you could help with efforts in your local school, please attend one of these meetings. It is imperative that we get accurate and complete information to our youth before they make what could be a poorly informed decision that could impact their whole life. For further information, please call Gretchen Hull (563-5416).



*Religious Education*

### Update

**by Patience Thomas, clerk of Religious Education**

This summer we need "interim teachers" to fill in as needed on any given First Day. We ask that one or two adults join with the children in an activity outside of the Meeting Room from 10:15 until 11:00. In order to make this interaction more fun, I will leave a looseleaf notebook of ideas on the table. The children are very good at making us adults feel at ease.

In early September the Religious Education Committee will facilitate a simulated First Day School experience for all who yearn to better understand what it is to be years younger.

Thank you for welcoming new and old families with children into our Meeting.

### A Special Guest

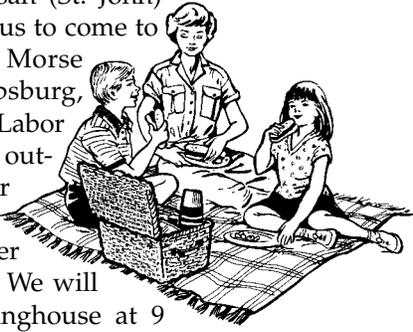
On Sunday, July 17, we expect Howard Wriggins to be worshipping with us. His book, *Picking Up the Pieces from Portugal to Palestine: Quaker Relief in World War II*, is of interest to many of us. Also, he happens to be the cousin and house guest of our own Natalie Wriggins. We are not planning a formal event but wish to give Howard Wriggins a warm welcome.

## Meeting for Worship and Picnic in Phippsburg

Again this year, Susan (St. John) Rheault has invited us to come to Small Point, Morse Mountain in Phippsburg, on the Sunday of Labor Day weekend for an outdoor Meeting for Worship. The tentative date is September 4 (to be confirmed). We will gather at the meetinghouse at 9 o'clock and form car pools, arriving at Morse Mountain around 9:45. Car travel beyond the parking lot at Morse Mountain is strictly limited. Susan will be there with passes to organize "shuttles."

Directions for F/friends coming from locations south of Bath: Route 209-S toward Phippsburg and Popham Beach (about 12 miles); at point where the road turns 90 degrees for Popham Beach, continue straight ahead—this is Route 216—exactly one mile to the Morse Mountain parking lot.

Food: potluck with beverages provided. Call Carmen Lavertu (354-9556) for more information.



## An Invitation to Network

Dear Friends,  
I am writing to ask about the possibility of our Peace and Social Concerns committees networking with each other. For many years we were without a P&SC committee at Winthrop Center Friends, with individuals simply bringing issues to the Meeting for Business, but we have new energy emerging and a committee formed at the beginning of this year, which has been meeting since. I offered to contact other meetings to see what has life for you in your Peace and Social Concerns committees at the moment, so that if we have leadings in common we might work together on some things. We are planning a series of lectures (probably combined with informal suppers) on water issues for the fall, and we are also hoping to do something concerning "Take Back Your Time Day" in October. Other committee members have concerns for local needs and others primarily for peace issues.

Thank you,

Maggie Edmondson, Winthrop Center Friends,  
edmondso@ctel.net, 395-4790

## Midcoast Response to the Minute of Exercise

Recorded by Betsy Terrell and Holly Baldwin  
reviewed by Jean Crawford

*Informal statement from Midcoast Monthly Meeting of the Religious Society of Friends, Damariscotta, Maine, to the New England Yearly Meeting (NEYM) working party on FUM personnel policy:*

On the 19th of June, 2005, 18 Friends gathered in worship-sharing at Midcoast Monthly Meeting in Damariscotta to address the minute of exercise from NEYM. Friends are united in the belief that God does not limit gifts to those who fit within the Friends United Meeting (FUM) personnel guidelines and that all people, regardless of sex, color, sexual orientation, etc., should be allowed to follow their leadings.

There was a great deal of shock, dismay, disbelief, and feelings of being stunned at the FUM policy and the fact that this conflict exists within Quakerism at this time. Expressions ranged from the need to remain in loving connection with FUM, increase our dialogue, and try to understand the basis of their position, to wanting to withhold financial support from FUM. A way to bridge this spectrum of responses was suggested as the possibility of placing funds normally sent to FUM into escrow, and/or using these same funds to support initiatives for intervisitation and increased exploration and dialogue between Midcoast/NEYM and FUM.

We affirm our desire to approach this problem from a place of love and to remain welcoming even of those who we feel may not be welcoming toward some of us; to continue to clearly express our understanding of the Truth and share from the heart; to be willing to explore what we are afraid of and help others to do so; and to remember that God made each of us what we are.

In response to the query as to what gifts the Spirit is trying to give us in raising this concern at this time, we feel that this is an opportunity for learning deep lessons about peacemaking and living with difference.

## The Advices

Let us live in love as members of a Christian community. Let us be ready to give and receive help, to rejoice together in the blessings of life and to sympathize with each other in its trials.

Let us maintain unity: let us avoid tale-bearing and detraction, acknowledge differences and seek to settle conflicts promptly in a manner free from resentment and all forms of inward violence; let us visit one another, making sure that those who are alone are drawn into the wider family of Friends. Thus, we may know one another as fellow workers in the things that endure.

## Quakers To Demonstrate for Equal Marriage Rights

Members of the Religious Society of Friends (Quakers) will affirm their support for equality under law for same-sex marriages in a witness and rally to be held in Blacksburg, Virginia. This event, "LET LOVE CHOOSE: A Quaker Witness for Marriage Equality," will take place at 2:00 p.m. on Tuesday, July 5, in a park at the corner of College Avenue and Main Street in downtown Blacksburg.

Quakers have planned this witness in response to a harsh anti-gay law passed in Virginia last year. The law bans recognition of same-sex marriages and negates all contracts between same-sex couples "purporting to bestow the privileges or obligations of marriage." At the time this became state law, Friends General Conference (FGC), headquartered in the historically Quaker city of Philadelphia, already had plans well under way for a July 2005 conference on the campus of Virginia Tech in Blacksburg and expected some 1600 Quakers of all ages would attend.

According to Bruce Birchard, General Secretary of Friends General Conference (FGC), "Passage of this legislation came as a shock to us, and we seriously considered moving the event to another state. But extended worship and dialogue with Friends for Lesbian, Gay, Bisexual, Transgender and Queer Concerns (FLGBTQC), led us to feel that God was calling us to Blacksburg to stand together, gay and straight, in mutual love and witness."

A large number of FGC's Quaker meetings, which have autonomy in matters such as marriage, have felt led by God to perform marriages for same-sex couples just as they would for opposite-sex couples. The earliest such marriages were held in 1980. Hundreds have been performed since then.

Petra Doan, co-clerk of FLGBTQC, described the decision by their group to support the Virginia conference as follows: "FLGBTQC prayerfully considered the Virginia legislation and its consequences for our community. We wondered whether it was rightly ordered to boycott the state. After long and searching deliberations we came to unity that we were called to come to Virginia and bear witness to our truth."

Quakers have a long history of egalitarian witness and lived values. They were among the first to disavow and to oppose slavery, to support the rights and dignity of indigenous peoples, to support property and other legal rights for women, and to support women's right to vote.

The witness will be hosted by two well-known lesbian and gay activists for social change, Bonnie Tinker, of Love Makes a Family based in Portland, Oregon, and George Lakey, of Training for Change in Philadelphia. Mandy Carter, a long-time equal-rights activist from Southerners on New Ground, will speak

of the history, status and trials of same-sex marriages in the Southeast.

The event will also include songs and humor, with music from singer/songwriter Deidre McCalla, a sing-along piece "written especially for Virginia," and dramatizations by Peterson Toscano, a forthright "ex-ex-gay" who does performances of "Doin' Time in the Homo No Mo Halfway House" all around the United States.

The witness event in Blacksburg will also include testimonies from lesbian, gay, and straight Quaker couples. According to Bonnie Tinker, an emcee for the event, "In part, we see this witness as a celebration of these loving and committed marriages and the equal support that so many Quaker meetings have felt led to give them. Tinker and her spouse of 27 years, Sara Graham, were married under the care of their Quaker Meeting.

Formed in 1900, Friends General Conference ([www.fgcquaker.org](http://www.fgcquaker.org)) is a Quaker organization in the unprogrammed or silent tradition of the Religious Society of Friends. FGC was founded primarily to serve its hundreds of affiliated Meetings, or congregations, and their members. In addition to planning and holding the Annual Gathering of Friends, FGC services and programs include a publishing house, a bookstore, religious education training and materials, outreach, programs with Young Friends, and a Traveling Ministries Program.

Friends for Lesbian, Gay, Bisexual, Transgender, and Queer Concerns (<http://flgbtqc.quaker.org>) is a North American Quaker faith community that affirms that of God in all people, regardless of their sexual or gender orientation. It promotes "radical inclusion and radical love." Members gather twice a year for worship, fellowship, and renewal, once in February and again during the FGC Gathering the first week of every July.

FMI: Bonnie Tinker 503-504-1141

[bonnietinker@msn.com](mailto:bonnietinker@msn.com) or

Bruce Birchard: 215-561-1700

(After 6/29/05: 540-231-0900) [bruceb@fgcquaker.org](mailto:bruceb@fgcquaker.org)

### Nonviolent Communication Practice Group

The Nonviolent Communication Practice Group continues to meet on the second and fourth Mondays of each month from 6:00 - 8:30 p.m. at the meetinghouse. If you are interested in joining the group or checking it out, please contact Linda Coté-Small at 563-6712.

## NEYM Annual Sessions

Saturday, August 6 – Thursday, August 11, 2005,  
Bryant University, Smithfield, RI

*“Go and do likewise”...hear the word of God, hold it fast in an honest and good heart, and bring forth fruit with patience.—Rising from Luke 10:37, 8:15*

As always, the annual sessions offer Friends an opportunity for business, worship, and fellowship. Besides the daily business sessions, there are daily worship-sharing groups and workshops, as well as many opportunities for social sharing and special sessions for children and youth.

The deadline for registrations by mail is July 22. After that, you need to either use the Web site, [www.neym.org](http://www.neym.org), or contact the registrar directly: Laurel Swan, 860/243-2217, [registrar@neym.org](mailto:registrar@neym.org).



BETSY TERRELL PHOTO

*At the recent All-Maine Gathering, children select beads during the intergenerational activity, which involved making a small beaded necklace in which the beads symbolized the values of silence, respect, sharing, and circles. The children had hand painted the beads during the morning.*

### 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](mailto:moonlite@lincoln.midcoast.com)

## Fall Gathering, A Family Weekend

September 9, 10 & 11, 2005 at Friends Camp

Do we live in conscious awareness that we are part of a great Circle of Life? How do we take our place in right relationship to the rest of creation?

On Saturday morning keynote speaker Ruah Swennerfelt will lead us in the topic: Widening the Circle: Redefining “Who is my neighbor?”

Ruah Swennerfelt, General Secretary for Quaker Earthcare Witness, is a member of Burlington, Vermont, Monthly Meeting. She serves on her Meeting's Earthcare Committee and on the New England Yearly Meeting Earthcare Ministry Committee. She lives with her husband, Louis Cox, in a hand-built, energy efficient home which uses the sun for its electricity. They try to live more lightly by growing their own vegetables, working in home offices instead of commuting, trying to live in harmony with the land and creatures that inhabit it, and living simply.

There will be two sessions of workshops on Saturday afternoon. The first session includes: Linda Cote-Small, “What Am I Doing for the Earth (a Sharing) and How Together Can We Make the Earth Charter Work?”; Denise Hart, “Whose Water Is It Anyway?”; Winthrop Friends, “Healing Circles”; Gray Cox, “Quaker Institute for the Future: Findings of Quaker Think Tank on Economics & Ecology”; Swimming at Lake with Lifeguard; Acadia Friends & Teens: Environmental Action Project.

The second session includes: “Living in Intentional Communities” with participants from several communities; Andy Burt and Christine James, “Getting Our Arms Around Climate Change: Embracing the Governor's Carbon Challenge”; Kay Gill, “Preparing for a Home Death”; Nat Shed, “Pathways, Caring for Our Camp, A Group Project”; Carole Beal, “Circles of Family: A Project in Clay.”

Don't miss Friday night's singing, games, and dome building or Saturday night's performance of “Women With Wings,” chants and songs of affirmation and empowerment, and, after dark, singing and s'mores around the campfire.

And there's plenty for the kids, too: In addition to swimming in China Lake during the first workshop (we need adult volunteers to walk kids to the lake, aid the lifeguard, and walk back to camp after swimming), kids will have many choices, including earth-centered paper-bag skits, a family-centered clay project, intergenerational dome building, participating in their own Meeting for Business, singing with Gray Cox, and free time for the famous “push-cart.” There is even some talk of building another for double rides. The Fall Gathering Program Committee includes Carole Beal, Maggie Edmondson, Barbara Graves, Carmen Lavertu, Diane Phipps, Nat Shed, Sally Skillman. Brochure: Betsy Terrell.

# Consumerism, Part 3: Paper

by Betsy Terrell

## The Problem

"The virgin rainforests are home to 61.8% of all the biological diversity on Earth. In this, the richest environment for life, we are destroying a land area which is equivalent in size to the city of Tokyo, Japan (240 square miles), every day."<sup>1</sup>

"Exploding levels of wood and paper consumption, primarily in industrialized countries, is one of the primary factors driving global deforestation. The United States has less than five percent of the world's population, yet consumes more than thirty percent of the world's paper."<sup>2</sup>

"Historically, paper was made by recycling cotton and linen rags. Paper makers learned how to make paper from trees in the mid-1800s, allowing a dynamic expansion in communications and business use of paper. At that time, people considered forests and energy to be unlimited, and air and water infinitely capable of self-cleansing and renewal. Now, partly because the corporate transformation was so successful, the U.S. is blessed with a large population and a generally high standard of living that demands more and more resources. Populations in the rest of the world are multiplying quickly and those peoples are striving to duplicate this standard of living as well. No longer can resources, whether North American or global, be seen as 'infinite.' We cannot expect clean water to be ever-flowing or energy to be without costs. We can no longer remain ignorant of the damage pollution and toxicity cause, not only at their point of origin, but also, in many cases, halfway around the globe. Slowly, people are recognizing that the foundation for the continued health of our economy is shifting. Responsible economics can no longer be limited to finances. Rather, we must increasingly take into account environmental quality and sustainability for future generations as well. This changes how we evaluate the appropriate structure for production and distribution systems, and even whether some products are needed at all."<sup>3</sup>

## Some Statistics

- "Each American, on average, consumes more than 730 pounds of paper each year.
- Americans use approximately 31.5 million tons of printing and writing papers each year, an amount requiring over 535 million trees and more than 12 billion gallons of oil to produce.
- In the United States, more than 90 percent of the printing and writing paper comes from virgin wood fiber. Nearly half the trees cut in North America are used for paper making. The U.S. paper industry is the country's largest single consumer of wood. The pulp and paper industry ranks first in use of indus-

trial process water, third in toxic chemical releases, and fourth in emissions of the air pollutants known to impair respiratory health."<sup>4</sup>

- "Paper consumption has increased six-fold over the past 50 years. Paper and packaging waste make up over 40% of North American solid waste landfill."<sup>5</sup>
- "Growing demand for paper has fueled the rapid conversion of natural forests to tree plantations. In the U.S. South, where most of the trees used to make paper are grown, the area of natural pine forest declined from about 72 million acres in 1953 to 33 million acres in 1999. During the same period, pine plantations grew from two million acres to 32 million acres and are projected to reach 54 million acres in 2040, in large part at the expense of natural forests. While pine plantations are excellent at growing wood, they are far less suited than natural forests to providing wildlife habitat and preserving biodiversity."<sup>4</sup>
- "Greenpeace Canada says that some of the virgin fiber [used for tissue product papers] is coming from ancient forests. Dogwood Alliance and the Natural Resources Defense Council say that much of the virgin forest fiber is also coming from tree plantations in parts of the southeastern U.S. such as the Cumberland Plateau that have replaced biologically diverse natural oak and maple hardwood forests. Toilet paper and one-time use disposable products made from ancient and endangered forest fiber? What are we thinking?!?"<sup>3</sup>

As Albert Einstein said, "We shall require a substantially new manner of thinking if mankind is to survive."<sup>1</sup>

**The Solution: reduce, reuse, recycle and buy recycled, especially post-consumer content products**

## Reduce:

I try to think as if I were living in another century or another continent, without all these conveniences which we tend to think we cannot do without. For example, there are many situations where we can use cloth instead of paper: cloth towels and napkins instead of paper ones. Skidompha Library has their printer set to print on both sides of the paper; there are surely many situations where we can do the same. We can take steps to reduce the amount of junk mail and catalogues we receive in the mail by going to [www.newdream.org/junkmail/index.php](http://www.newdream.org/junkmail/index.php). We can check whether any of our bills, bank statements, etc., can be received online, eliminating the paper used for those.

## Reuse

Use the backs of documents you would normally

*continued on next page*

discard as scrap paper for making notes. Turn envelopes inside out and send the reply back in the same envelope. Use flour and water paste instead of tape to hold it together. Donate magazines you no longer want to the library, hospital, laundromat, swap shop, or a local kids' program for art cut-ups. Exercise your imagination before using the trash can.

**Recycle and buy recycled:**

Make the effort to recycle not just used paper, but every single thing that your local transfer station or collector will take. Look for the recycling symbol on things you buy, especially the post-consumer content (PCC) label.

The recycling loop isn't complete until the materials collected at curbside and drop-off sites are re-manufactured into new products. Look for this symbol and the words "post consumer" when shopping.



Post consumer means that the product is made from materials collected through recycling programs.<sup>6</sup>

A ton of paper made from 100% recycled paper saves the equivalent of 4100 kwh energy, 7000 gallons of water, 60 pounds of air emissions, and three cubic yards of landfill space. Paper can potentially be recycled up to seven times before the fibers begin to deteriorate.<sup>7</sup>

**Sources for recycled paper products**

For computer and copy paper and other writing papers ask your local office supplier what they carry in recycled and ask them to stock 100% PCC papers, thus helping to support local business. If that is not an option, you still have choices. A recent check of Staples catalogue and their online listings revealed that they carry 100 different recycled paper products, including two brands of 100% PCC recycled multi-purpose

paper (suitable for printing and copying purposes), made by Hewlett Packard and Xerox.

For tissue products (toilet paper, paper towels, etc.), the brand which seems to have most consistently 100% recycled paper and a high level of PCC is Seventh Generation, available at Rising Tide in Damariscotta and many co-op and health food stores as well as on line at [www.seventhgeneration.com](http://www.seventhgeneration.com). Another choice, Marcal, is often available in supermarkets. It's not quite as high in recycled content as Seventh Generation, but it's fairly high and tends to be less expensive than Seventh Generation, and there is the added advantage that Marcal is a regional company. According to the Marcal Web site, "Marcal utilizes a significant amount of recyclable paper from the heavily populated northeastern part of the USA where waste disposal has become a crisis. We work with hundreds of communities to recycle their municipal, school, and business-generated paper into quality tissue and other products. When consumers purchase products made from their recyclables, they support the future of recycling."<sup>8</sup>

Greeting cards: There is a company which makes very beautiful greeting cards and envelopes completely from a non-tree fiber plant called kenaf. Look for their cards in stores (Tree Free Greetings) or go to their site to order: [www.tree-free.com](http://www.tree-free.com).

This we know:

The earth does not belong to man,  
man belongs to the earth.  
All things are connected  
like the blood that unites us all.  
Man did not weave the web of life,  
he is merely a strand in it.  
Whatever he does to the web,  
he does to himself.

—Chief Seattle<sup>1</sup>

**Tapping into the Rich Resources of the Midcoast Meeting**

by Patience Thomas

I have several related requests. First of all, I am in the midst of seeking a job. My experience encompasses a wide range of teaching and coordinating of environmental education. My strengths are: team work, networking, school/community/family liaison, and positive energy.

Secondly, Dave and I are looking for a small house (approx. 1500 sq. ft.) or a piece of land (3 acres or less). We would like to remain in the Damariscotta-Newcastle area, if possible). Please alert me if you hear of any possibilities. I can be reached at home, 563-1044 or [thomaspa22@yahoo.com](mailto:thomaspa22@yahoo.com).

**References:**

1. [www.rainforest.net](http://www.rainforest.net)
2. [www.rainforestweb.org/Rainforest\\_Destruction/Wood\\_and\\_Paper/Consumption/](http://www.rainforestweb.org/Rainforest_Destruction/Wood_and_Paper/Consumption/)
3. [www.conservatree.org](http://www.conservatree.org)
4. [www.newdream.org/consumer/paper.ph](http://www.newdream.org/consumer/paper.ph)
5. [www.mdfsystems.com/artman/publish/article\\_42.shtml](http://www.mdfsystems.com/artman/publish/article_42.shtml)
6. [www.recyclenow.org/o\\_buyrecycled.html](http://www.recyclenow.org/o_buyrecycled.html)
7. [www.dep.state.pa.us/dep/deputate/airwaste/wm/recycle/Shopper/Facts/paper.htm](http://www.dep.state.pa.us/dep/deputate/airwaste/wm/recycle/Shopper/Facts/paper.htm)
8. [www.marcalpaper.com](http://www.marcalpaper.com)

Charlotte Ritter . . . . .cont'd fr. back cover

Jack Patterson echoed this statement by asking where are we and where do we want to be, pointing out that not knowing the answers to these questions leads to being spiritually unprepared. He said that the UN today is an embattled institution. Many of the year 2000 millennium goals have already unraveled. He encouraged Friends to watch more closely what is happening in and from the UN and try to become more supportive of their initiatives. For more information about QUNO's work and the UN, go to [www.quno.org](http://www.quno.org).

gkisedtanamoogk (name intentionally not capitalized) says that the Wabanakis have only one way of living, and that is with complete integrity. He feels there is no real democracy in the US now. The Wabanaki people have managed to retain their cosmic memory and their cultural understandings despite the last 500+ years of destructive forces around them. They continue to function as a true democracy with a deep spiritual connection and basis. His work is to continue to live that culture and to share Wabanaki perspectives and understandings with anyone who is receptive.

Here are two sites with more information about gkisedtanamoogk: [www.geocities.com/CapitolHill/9118/gkis9.html](http://www.geocities.com/CapitolHill/9118/gkis9.html) and <http://sisis.nativeweb.org/mk/main.html>

Charlotte has personally known gkisedtanamoogk for many years and particularly enjoyed seeing his interactions with children and adults at the gathering. She said wherever he went, there would immediately be a group gathered around him, enjoying his animated and energizing presence. He led two first-light ceremonies during the weekend, which were highlights of the event for Charlotte and many of the other attendees. One morning at 4 a.m. in the rain, there were about 40 people in attendance for his ceremony of greeting the dawn.

Charlotte said, "Not only were the key speakers lively and clear in speaking their truths, but the total weekend gave us the opportunity to exchange ideas and compassion with each other as well as for global issues. Every day there was time for several worship sharings and eating together; and we enjoyed talent night together as well as a beautiful, safe outdoors for children as well as adults."

Charlotte emphasized that she feels this spring gathering has always been an excellent resource for Friends, especially from our bio-region. It couples beautifully with the Fall Retreat that's usually held in New Brunswick. The Canadian Friends are indeed friendly to those of us from away.

For more information about the Fall Retreat, contact Doris Calder (506) 763-2291, [johnncald@nbnet.nb.ca](mailto:johnncald@nbnet.nb.ca)

## Wouldn't It Be Great

Wouldn't it be great  
If we could only wait,  
And try to use debate  
Instead of war?

Wouldn't it be nice  
To melt our hostile ice,  
To vanquish greed and vice  
Forevermore?  
Just try it.  
Then "buy" it.

It's some time since I've been to Meeting, which shows my age and decrepitude. At 81, I can neither stand nor walk without help. So I sit back and enjoy my memories of an eventful, not to say deviant, life. And I dream of sailing. Matter of fact, I first came to Maine on our family schooner. In my salty view, there's no better cruising than exploring our Maine coast.

Warm regards, Sally Cartwright  
35 Schooner St., Damariscotta, ME 04543  
[scarwright@acadia.net](mailto:scarwright@acadia.net)



*Taken at the All-Maine Gathering in May. On the right is Susan Hammond, executive director of FDDC; on the left is Teresa Secord, a world-renowned basket maker, who gave a slide show presentation on the basket making tradition of the 4 tribes and how this ancient art is being passed on and preserved. Below is a shot of Friends gathering for the noon meal. Betsy Terrell photos.*



## A Conversation with Charlotte Ritter

Charlotte Ritter had the opportunity to attend the jointly held Friends World Committee for Consultation (FWCC) Northeast Regional and Atlantic Friends Gatherings in late May in Rothesbay, New Brunswick, Canada. FWCC's goals are "to facilitate loving understanding of diversities among Friends while we discover together, with God's help, our common spiritual ground, and to facilitate full expression of Friends' testimonies in the world." Atlantic Friends gather annually from meetings throughout the maritime provinces of Nova Scotia, New Brunswick, and Prince Edward Island. Approximately 75-80 Friends, including about 15 children, were in attendance. Most were from the Canadian Maritimes, with a handful from NEYM.

The theme was "From Global Crisis to Global Community." There were three key speakers who enlarged upon this theme: Mary Lord, director of the Peacebuilding Division of the American Friends Service Committee (AFSC); Jack Patterson, director of the Quaker United Nations Office, New York (QUNO); and gkisedtanamoogk, Wabanaki cultural practitioner

and bridge builder between our two cultures. Each of these three spoke movingly about their work, their vision of what is happening in the world, of both the problems and the potential solutions, and their hopes for the future.

Mary Lord spoke about Western cultures' mistaken concept of the right to conquer nature and the Earth, worshiping of the material, the effects of 200 years of colonial mentality on our trade and loan policies, and the effects of continued war-making; e.g., 90 percent of the casualties of recent conflicts have been civilians, mostly children. AFSC, among its many initiatives, is working to expose the real costs of war, most recently with its traveling exhibit "Eyes Wide Open." Mary said that what we fear losing is getting in the way of envisioning our goals for the future and that we need to spend more time and energy on friendships, family, contact with nature, prayer, and forming a clear vision of where we want to go and how to get there. For more information on AFSC and their work around the globe, go to [www.afsc.org](http://www.afsc.org).

*continued on page 6*

**Visit [www.midcoastfriendsmeeting.org](http://www.midcoastfriendsmeeting.org)**

Back Issues of the Newsletter and Meeting Information are available at: [www.midcoastfriendsmeeting.org](http://www.midcoastfriendsmeeting.org)

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

Midcoast Monthly Meeting of Friends • Clerk: Jean Crawford, 236-4176 • Recording Clerk: TBA • Treasurer: Paul Diamond, 236-0283  
The Newsletter • July-August 2005 • Volume 17 • Number 7 • The Newsletter is published every month except August.  
Editor/design/production: Nancy Terrell Hall, phone/fax 529-5771, [moonlite@incoln.midcoast.com](mailto:moonlite@incoln.midcoast.com) • Copy Editor: Betsy Terrell,  
captainbetsy@fastmail.fm • Address changes to: Pat Spock, 729-0826, [wspock@gwi.net](mailto:wspock@gwi.net), 10 Curtis Street, Brunswick, ME 04011