

# QUAKER NEWSLETTER

GAINESVILLE MONTHLY MEETING OF THE RELIGIOUS SOCIETY OF FRIENDS  
702 NW 38th Street, Gainesville, FL 32607; (352) 372-1070

[www.gainesvillequakers.org](http://www.gainesvillequakers.org)

Sandy Lyon, clerk

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*Let others know what is valuable to you. Let your life speak.*

*New Zealand Yearly Meeting, Advice A6*

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**Hold in the Light:** Hap Taylor, Anne and Phil Haisley, Connie and Tim Ray, Arnold and Amy Von der Porten.

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**Calendar of Events:** (online at [www.gainesvillequakers.org](http://www.gainesvillequakers.org))

Every Sunday: 11:00 am Meeting for Worship; 11:15 am First Day School

Every Monday: 5:30 pm Yoga with Gary

**Sunday, June 4**

9:30 am Library committee

9:30 am Meetinghouse committee

**Tuesday, June 6: No Friendly Lunch in June, July or August**

**Sunday, June 11**

12:45 pm Meeting for Worship for Business

**Sunday, June 18**

9:40 am Peace and Social Concerns Committee

12:45 pm Earthcare Witness Committee

**Wednesday, June 21**

Deadline for newsletter items. Email to Bonnie Zimmer at [gfquakernews@gmail.com](mailto:gfquakernews@gmail.com)

**Saturday, June 24**

9:am – 5:00 pm. AVP Workshop

**Sunday, June 25**

9:40 am Peace and Social Concerns Committee

1:00 pm Bible Study

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The **Earth Care Committee** is responsible for organizing set-up and clean-up of food after Meeting for Worship. The list for committees responsible for set-up and clean-up is located on the bulletin board in the social room.

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**There will be no Meeting with a Concern for Business in July**

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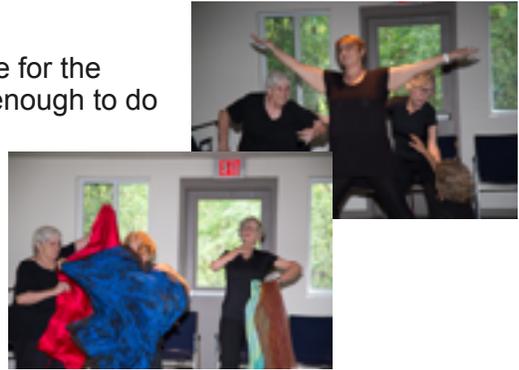
**Name Tags**

Friends are encouraged to wear their name tags. Anyone who wants a computer printed name tag to replace their current name tag, see Bonnie Zimmer. The computer printed name tags fit in the holders that go around your neck.



## Report on Earth Care Stories: April 29, 2017

What are your stories of when you acted in some way to care for the earth? Maybe you recycled paper when no one else cared enough to do so. Maybe you used reusable dishes when everybody looked at you funny and shook their heads. These were some of the stories we heard when the **Ignite Playback Theatre** joined us to playback these and other stories. The session was a fun and rewarding way to consider the many ways that we individually act to care for the earth.



## Report on Candlelight Vigils on Monday Nights

We began having candle-light vigils on Bo Diddley Plaza on Monday evenings at 7:00 pm on May 8. There were 9 people at the first one. We gathered in silent worship to hold the Sanctuary movement and immigrant justice in the Light. On May 15, there were 19 people, plus two people from WUFT. We anticipate that these will continue on Monday evenings unless the City has an event planned for the venue. These events are being widely shared on Facebook. At the request of the City, we are moving the time to 7:30 pm.



## Report on Art of Fearlessness Exhibit

The Art of Fearlessness Event on May 13 attracted 10 artists, including several from the community. The event included visual art, dimensional art, music, and prose and poetry readings. Several participants from the community requested that we consider doing another art event in the future.



## Highlights of May Meeting for Worship with a Concern for Business

The budget was approved. Significant changes compared to last year include:

1. The Secretary for Earthcare becomes a line item
2. Increases in Building and Hospitality to reflect actual expenditures.
3. Increase in Peace and Social Concerns to reflect increased activity regarding sanctuary and immigrant justice.
4. Increase in First Day School to allow hiring a coordinator as way opens.

There was attention given to issues surrounding keeping foods safe during summer heat and reminding Friends to assist with clean up after the social hour.

Ministry and Nurture Committee reported on the candle-light vigils at Bo Diddley Plaza and announced the upcoming AVP workshop on June 24. Details about each of those are elsewhere in this newsletter.

## Coming Up June 24: MINI-AVP Workshop – 9 am – 5 pm

This mini workshop will familiarize participants with the AVP process of creative community building, conflict management, and communication skills that are invaluable to those wishing to create positive change in self, the community and the world. Access [www.avpusa.com](http://www.avpusa.com) for an overview.

We need a minimum of 8 participants and a maximum of 20. We are opening this workshop up to the community, so please reserve a space early.

To reserve a space, email Bonnie Zimmer at [gainesville4quakers@gmail.com](mailto:gainesville4quakers@gmail.com). Include your name, email, and phone #. We will be serving a light lunch and asking for a donation to cover expenses.

### Food Safety in the Summer

It is the time of year when there are fewer persons after Meeting for Worship and we focus on "Surprises" being more simple foods such as finger foods. Summertime is also a special time for caring for foods we prepare. Of course we know about practicing food safety such as quickly refrigerating our foods after cooking foods such as meats, poultry, fish, dairy and eggs.

**LEFTOVERS** may not get as much attention! They need to be eaten within 3 to 4 days. Aside from loosing moisture and flavor there is the risk of food poisoning. The committees in charge of after-meeting surprises are charged with throwing out all perishable foods or sending it home rather than put in the refrigerator where the "leftover rule" of 3 to 4 days is not possible. With no exceptions, no little containers of leftover food should be refrigerated. Use the small plastic containers for transporting home.

**BEWARE LISTERIA:** This "sneaky" germ is an unusual one because it grows at refrigerator temperatures where most foodborne bacteria do not. You cannot see it, smell it, or taste it. Only heat can kill it, but if heated food cools, Listeria may grow again! Reheat leftovers until steaming hot. Listeria can grow on some fruits and vegetables. Wash all fruits and vegetable with water. Scrub hard produce such as cucumbers and melons with a clean produce brush. Wash your hands with warm soapy water after you touch raw foods. Wash all knives or other foods used with hot soapy water before using them again. You can get sick from 2 to 30 days after eating tainted foods. It can spread from a sick expectant mother to the unborn child. See a doctor for symptoms such as fever and chills, headache, upset stomach or vomiting.

**REDUCE THE RISK** — The USDA recommends;

1. Keep the fridge set at 40 degrees or cooler.
2. Use precooked and ready-to-eat foods as soon as you can.
3. Do not eat refrigerated smoked SEAFOOD ("nova style", "lox", "smoked") right from the package. It is safe to eat smoked seafood if it is cooked in its dish, like a casserole.
4. Do not eat raw (unpasteurized) milk or foods that contain raw milk.
5. Ready- to- eat foods (hot dogs, cold cuts, luncheon meats, deli-counter meats). Eat these only if they are reheated until steaming hot. Even cured meats such as salami must be reheated.

### Meetinghouse Use & the Meeting Calendar

Friends are reminded that the Meetinghouse calendar can be found on the Meeting website at: [www.gainesvillequakers.org](http://www.gainesvillequakers.org). This calendar is always as up to date as the information provided. If you are planning to use the Meetinghouse, first check the calendar, then make sure to provide the information to Bonnie Zimmer **in writing** so that it can be added to the calendar. (Some activities need to have a "Use of the Meetinghouse" form completed.)

### New from QuakerBooks: This is an Uprising: How Nonviolent Revolt Is Shaping the Twenty-First Century

Mark Engler and Paul Engler, 2016

Reviewed by Ellen Michaud

There is a craft to uprising—and this craft can change the world

From protests around climate change and immigrant rights, to Occupy, the Arab Spring, and #BlackLivesMatter, a new generation is unleashing strategic nonviolent action to shape public debate and force political change. When mass movements erupt onto our television screens, the media consistently portrays them as being spontaneous and unpredictable. Yet, in this book, Mark and Paul Engler look at the hidden art behind such outbursts of protest, examining core principles that have been used to spark and guide moments of transformative unrest.

With incisive insights from contemporary activists, as well as fresh revelations about the work of groundbreaking figures such as Gandhi, Martin Luther King Jr., Gene Sharp, and Frances Fox Piven, the Englers show how people with few resources and little conventional influence are engineering the upheavals that are reshaping contemporary politics.

Nonviolence is usually seen simply as a philosophy or moral code. This Is an Uprising shows how it can instead be deployed as a method of political conflict, disruption, and escalation. It argues that if we are always taken by surprise by dramatic outbreaks of revolt, we pass up the chance to truly understand how social transformation happens.

Authors: Mark Engler and Paul Engler. Mark Engler is a journalist based in New York City and an analyst with Foreign Policy In Focus. His articles have appeared in Newsday, the San Francisco Chronicle, Dissent, TomPaine.com, the Christian Science Monitor, TomDispatch, Salon.com, In These Times, and MotherJones.com.

## SEYM Yearly Meeting Epistle

The 2017 SEYM Epistle can be found at: <http://seymquakers.org/blog/2017/05/07/2017-seym-epistle/>.

## A Walk in the Quaker Woods — Jean Larson, with photographs by Bill Mitchell

May 14, 2014

After meeting and lunch, Bill and I headed out to the woods since Meeting for Business was postponed to Third First Day. Bill brought me his old camera, as he had the previous week, so I could start familiarizing myself with it in preparation for a workshop at the Friends General Conference Gathering in July on photography, nature and learning to see more through photography. I also picked up my trash bucket as we headed out to the woods.

After an admiring glance at the green painted benches in the Meeting for Worship in Nature area, we headed up to the place where the ditch by Shir Shalom enters our property.

It had rained a goodly amount the day before after a long dry spell, and my expectation of trash was more than met, since I filled most of the bucket (beverage containers including broken glass, plastic bags, styrofoam and more) by the time the ditch met the creek. I was impressed with how many plants had sprung up in the sandy bed of the ditch.

We walked up the dry part of the creek toward its source, not seeing any sign of the snapping turtle Bill had photographed two weeks before. We did see the blooming aquatic milkweed (*Asclepias perennis*) he had planted last fall. After a quick look on the progress of the recently planted natives helping anchor the bank of the creek just below the junction with the ditch, we continued down the dry creek bed feeling the different textures of the recently moved sand until we reached the place where it turned onto our neighbor's property.



Plums on the Flatwoods plum (*Prunus umbellata*) at the end of the driveway.

when overflowing the banks of the creek.



Ohio spiderwort (*tradescantia ohioensis*) in the ditch bed. (photo by Jean Larson)

Because my trash bucket was full, we headed back to the truck to drop it off and started a second loop with the camera at the ready. This time on the way to the woods, I noticed how much the ferns at the western end of the back retention pond had been reduced due to the dry conditions. I noticed that the flatwoods plum (*Prunus umbellata*) had blueberry sized plums, a surprise since I thought a cold spell had taken the blossoms before the fruit had set. We headed out along the remains of the road that used to lead to the southwest corner of the lot, and turned eastward to follow the path water had taken

From the parking lot the bright colors of the blanket flowers (*Gaillardia pulchella*) in the children's yard by the yellow topped picnic table caught our eye. We investigated the front utility strip and saw that wild flowers were returning where there had been wild flowers last summer. Turning back I spotted the longleaf pine (*Pinus palustris*) and was impressed with how it had grown.



Blanket flowers (*Gaillardia pulchella*) in the children's yard. (photo by Jean Larson)

We enjoyed seeing Bill's efforts at maintaining the integrity of the land with its plants and the growth and return of plants put in earlier. Do you take time to appreciate the results of your labors, your ideas, and the Light within the people with whom you interact?



Pinate prairie coneflower (*Ratibida pinnata*) in the utility strip in front of the children's yard. (photo by Jean Larson)



Longleaf pine (*Pinus palustris*) at the south end of the utility strip.



Sparkleberry (*Vaccinium arboreum*) at the northeast corner of the parking lot. (photo by Jean Larson)



American crinum or String lily (*Crinum americanum*), found in the woods.

**Queries for the Sixth Month:**

Do we make our home a place where love, peace, happiness, friendship, and refreshment of spirit are found and where the presence of God is experienced? ■ Do all members of our family receive our affection and understanding? ■ Do we take care that responsibilities outside the home do not encroach upon the time and loving attention our family needs? ■ Do we acknowledge and support all relationships and families, whether conventional or not, that are based on love and commitment? ■ Does our family set aside First Day and other times for worship, service, rest, and refreshment of spirit?

**Advices for the Sixth Month:**

Live in love, and learn from one another. Try to live simply. ■ In our family life, encourage reliance upon God's guidance and help for each day's needs. ■ Remember the value of beauty in all its forms. ■ God's gifts are for all to enjoy; learn to use them wisely.