



# *SEASONED GREETINGS*

A QUARTERLY NEWSLETTER OF  
ROANOKE MONTHLY MEETING

*Winter edition 2018-2019*

*I Heard the Bells on Christmas Day  
Their old familiar carols play,  
And wild and sweet the words repeat  
Of peace on earth, good will to men.*

*I thought how, as the day had come,  
The belfries of all Christendom  
Had rolled along the unbroken song  
Of peace on earth, good will to men.*

*And in despair I bowed my head:  
"There is no peace on earth," I said, "For hate is strong  
and mocks the song Of peace on earth, good will to men."*

*Then pealed the bells more loud and deep:  
"God is not dead, nor doth he sleep;  
The wrong shall fail, the right prevail,  
With peace on earth, good will to men."*

*Till, ringing singing, on its way,  
The world revolved from night to day,  
A voice, a chime, a chant sublime,  
Of peace on earth, good will to men!*

~ written by Henry Wadsworth Longfellow on Christmas,  
published in 1864, during the American Civil War  
as relevant now as it was then...

# WINTER AT ROANOKE FRIENDS MEETING

## DECEMBER, JANUARY, FEBRUARY, MARCH

**EVERY SUNDAY:** 10:30 AM: MEETING FOR WORSHIP

**EVERY SUNDAY:** FOLLOWING RISE OF WORSHIP: SNACKS AND FELLOWSHIP

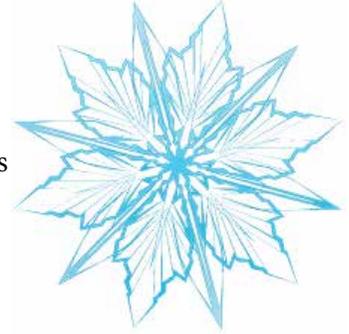
**FIRST SUNDAYS:** 12 NOON: POTLUCK MEAL FOLLOWING RISE OF MEETING AT NOON

COLLECTION OF FOOD ITEMS FOR BACK PACK PROGRAM ON THESE SUNDAYS  
(WHEN SCHOOL IS IN SESSION)

**SECOND SUNDAYS:** 12 NOON: ADULT RELIGIOUS EDUCATION DISCUSSIONS

**THIRD SUNDAYS:** 12 NOON, MEETING FOR WORSHIP WITH ATTENTION TO BUSINESS

**FOURTH SUNDAYS:** 12 NOON: VARIED PROGRAMS OF INTEREST TO FRIENDS

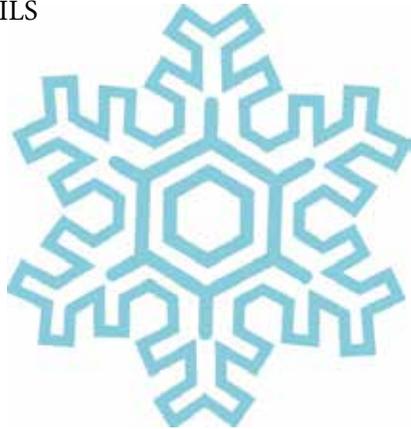


**FOURTH TUESDAYS:** 7:00 UNTIL 8:00 PM: CHANTING AT THE MEETINGHOUSE (NOVEMBER AND DECEMBER DATE TBA)

**SECOND WEDNESDAYS:** 7:00 PM: EVENING WORSHIP. FOR MORE INFO: CONTACT GARY SANDMAN: garysandman@cox.net

**EVERY THIRD SATURDAY:** 12 NOON: PEACE VIGIL AT ROANOKE CITY MARKET BUILDINGS

OTHER EVENTS, AS THEY ARE SCHEDULED, WILL APPEAR ON THE MEETINGHOUSE CALENDAR AT THE MEETINGHOUSE, ON OUR FACEBOOK PAGE AND ALSO WILL BE CIRCULATED VIA EMAILS



THE NEWSLETTER IS PUBLISHED 4 TIMES A YEAR, ON THE FIRST DAY OF EVERY SEASON.

THE SPRING NEWSLETTER WILL BE PUBLISHED ON MARCH 20TH, THE FIRST DAY OF SPRING.

*PLEASE NOTE THE DEADLINE FOR SUBMISSIONS FOR THE SPRING NEWSLETTER IS MARCH 10TH.*

REGRETFULLY, SUBMISSIONS RECEIVED AFTER THAT DATE WILL **NOT** APPEAR IN THE SPRING NEWSLETTER.



### QUERIES FOR WINTER

#### Simplicity

Am I aware that the ways in which I choose to use my time, my possessions, my money, and my energy reflect my most deeply held values?

How do we support one another in our search for a simpler life?

What am I ready to release so that I can give my attention to what matters most?

What in my present life most distracts me from God?



## ***ALL AROUND THE MEETINGHOUSE...***

### **CHANTING:**

Upcoming dates for chanting are: January 22nd, February 26th and March 26th.

We gather the fourth Tuesday of each month at the Meetinghouse at 7:00 pm for an hour of sacred chants from many faith traditions. Please join us.

Chanting is a gentle but powerful way we can awaken to, be moved by, and create deeper union with the Spirit within and all around us.

Simple melodies and simple words sung over and over can become extraordinarily powerful, especially when each chant emerges from and returns to deep silence. Enter into and become part of a sacred river of sound and silence, trusting that its current will take you where you need to go.

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### **OUR MEETINGHOUSE "THEN AND NOW"**

#### **THEN**

During our years of wandering around the city, using various rental spaces for our worship, we had many conversations regarding the issue of purchasing our own building. One of the objections was that it would become another church building standing empty most of the week, a waste of resources. Another objection was that the ongoing costs of ownership would place at risk our decision to give one third of our general contributions to the outside world. We finally came together on the decision to purchase with the agreement that we would make the building available for use by the community, and that we would continue to give one third to the outside world.

#### **NOW**

After four years in our new space on the upper level of our meeting house, it is gratifying that we have been able accomplish both goals. We continue to give one one third to a broad range of non-profits focused on peace and social justice work.

Various groups have used our building. For two years a 12 Step group has been meeting every Monday evening and Wednesday morning. They are a closed meeting. During this past year, Plowshare took up residence using the meeting house as their 'office'. And most recently, a small group of folk starting a United Church of Christ community requested use of the Meetinghouse. They will be meeting every Sunday evening for worship and programs. Quakers have had a long association with Plowshare with many shared values and concerns. Likewise we share many values with the UCC community and look forward to a mutually supportive, productive relationship. They are thrilled to have finally 'found a home', as we were five years ago.

With our building being used by various groups, it is important that the wall calendar be checked and used before scheduling. Committees can use the lower level for meetings if the upper level is scheduled. But please remember that the 12 Step group using the upper level every Monday evening is a closed group and we need to respect their privacy. If you do meet on a Monday evening in the lower level, be certain to use the lower level front entrance.

~Herb Beskar

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### **WELCOME TREE OF LIFE UCC**

Tree of Life United Church of Christ is exceedingly grateful to Roanoke Friends for extending hospitality to gather Sunday evenings at the Friends Meeting House. We share core values with you and Plowshare of love, peace, and justice. We, impishly, call ourselves troublemakers in these challenging times. We gather at 5 pm for community building, study, and even a song or two. If additional spiritual networking would add to your life, you know where we are. We are partners in Christ's service.

Blessings,

David Denham -revbaseball@cox.net

Lydia Johnson - lydiafullerj@gmail.com

Pastors



## **FROM MINISTRY AND COUNSEL HARVEST-SHARING**

For those interested, on the fifth Sunday of this month (December 30), at the rise of Meeting and following refreshments, we will have an opportunity to share deeply with each other the significant happenings in our lives over the past year. Think of it as a time of harvesting together the blessings and/or challenges of the year. Charlie Finn will facilitate this sharing. He was struck by the following passages from *The Myth of the Eternal Return* by Mircea Eliade claiming that no time in the entire year for primitive peoples around the Earth was more sacred than the beginning of a new year, in effect a return to the original creation of the world. Through our sharing on the 30th we can enter into the solemnity of the great event, both cosmic and personal, at hand.

“Every New Year is a resumption of time from the beginning, ‘pure’ time, the time of the ‘instant’ of the Creation...In the expectation of the New Year there is a repetition of the mythical moment of the passage from chaos to cosmos.”

“All that is needed is a modern man with a sensibility less closed to the miracle of life.”

“Like the mystic, like the religious man in general, the primitive lives in a continual present. (And it is in this sense that the religious man may be said to be a ‘primitive’; he repeats the gestures of another and, through this repetition, lives always in an atemporal present.”)

~ Charlie Finn

### **FROM MINISTRY AND COUNSEL, SUE WILLIAMS, CLERK:**

Each year, each meeting conducts a study of the Spiritual State of the Meeting which is sent on to Baltimore Yearly Meeting in March. Baltimore Yearly Meeting reminds us of the calendar, and suggests queries. This year, our Ministry and Counsel committee has modified the queries, which follow.

Please consider these queries carefully. A meeting to discuss the spiritual state of OUR meeting will be held on Sunday, January 13th, following rise of Meeting. This will give Ministry and Counsel ample time to compile results, write a report and present it for a first and second reading in time for March submission to BYM.

You may also submit written replies to the Clerk, Sue Williams. This consideration of our spiritual state is often an enriching time, a time for sharing and re-commitment.

### **SPIRITUAL STATE OF THE MEETING Queries (Draft, 12/2018)**

1. In these turbulent and divisive times, what does our Meeting do to strengthen attention to Spirit and to nourish each member with the deep love and faithfulness that encourages us to reach out to that of God in others both within and beyond our Meeting's borders.
2. As members or attenders, where do you find sources of both challenge and comfort in our Meeting?
3. How does our Meeting welcome and include newcomers of all ages, especially those without a deep experience of Friends? How does our Meeting encourage members and attenders, including children, to deepen their spiritual lives and practice and to give back to the community?
4. Is our Meeting a diverse community with diverse backgrounds and beliefs? How do we encourage members and attenders to get to know each other at a deep level so as to celebrate and appreciate the strength diversity brings?
5. As you look back over your involvement in Meeting this past year, what do you prize most? What do you feel we most need to improve in order to be an even more vibrant spiritual community?

## OBITUARY FOR BEVERLY APPEL

*Roanoke Friends lovingly remember Beverly and her sweet presence in our spiritual community.*

Beverly Sher Appel

Beverly Appel passed away Friday, October 19, 2018, among friends in Lawrenceburg, TN.

Her most recent permanent address had been in Roanoke, VA. She was born August 18, 1950 in St. Louis, MO and also grew up in Falls Church, VA.

She held degrees in Comparative Religion, Early Childhood Development and Educational Psychology from the University of Indiana and the University of Virginia. It was after completing her Master's Degree in Clinical Psychology at MTSU that she came to work at the Lawrence County Mental Health Center for several years in the mid-nineties. Her vocation was primarily in the fields of education and health but toward the end of her life she traveled by taking long-term house-sitting jobs.

She had a rich life, living in a variety of states and foreign countries. She studied Hinduism in both France and India. Her other interests included photography, film, horse training and caring for shelter dogs.

She was preceded in death by her father, Charles Sher, and her mother and step-father, Ernie and Roslyn Rafey. Her beloved husband, Kenneth Appel, passed in 2009 and she had no children.

Beverly was grateful for the compassion shown to her at the end of her life by local friends, members of Word of Life Ministries in Leoma and the staff of Compassus Hospice. A private memorial service and celebration of her life was arranged in November.



I will light Candles this Christmas,  
Candles of joy despite all the sadness,  
Candles of hope where despair keeps watch,  
Candles of courage for fears ever present,  
Candles of peace for tempest-tossed days,  
Candles of grace to ease heavy burdens,  
Candles of love to inspire all my living,  
Candles that will burn all year long.

When the song of the angels is stilled,  
When the star in the sky is gone,  
When the kings and princes are home,  
When the shepherds are back with their flock,  
The work of Christmas begins:  
To find the lost,  
To heal the broken,  
To feed the hungry,  
To release the prisoner,  
To rebuild the nations,  
To bring peace among others,  
To make music in the heart.



Howard Thurman (1899-1981), who wrote the poems at left, was a prominent African American author, theologian, educator, and civil rights leader.

After graduating from Morehouse College he was ordained as a Baptist Minister at First Baptist Church in Roanoke (1925).

In 1929, he pursued further study at Haverford College with Rufus Jones. Thurman travelled broadly and wrote prolifically. He had a far-reaching influence on many, including Martin Luther King. His book, *Meditations of the Heart* would make perfect winter reading. Recommended!

## OUR QUAKER TESTIMONIES

As Quakers, we do not have a specific creed but we do endeavor to live our lives according to our testimonies. These testimonies bear witness to the truth as we interpret it in our life experiences. We seek to live our lives according to our interpretation of these truths, striving to let our lives speak as examples.  
From Philadelphia Yearly Meeting:

*Quaker experience of the Divine affects what we do in our personal lives, what we believe and how we work for changes in the wider world. "Testimonies" are what Quakers call the ways we have found to live and act based on our beliefs. As a group, we find that listening to and following God leads to:*

**Integrity** – living as whole people who act on what we believe, tell the truth and do what we say we will do.

**Simplicity** – focusing on what is truly important and letting other things fall away.

**Equality** – treating everyone, everywhere, as equally precious to God; recognizing that everyone has gifts to share.

**Community** – supporting one another in our faith journeys and in times of joy and sorrow; sharing with and caring for each other.

**Peace & Social Justice** – seeking justice and healing for all people; taking away the causes of war in the ways we live.

**Stewardship** – valuing and respecting all of God's creation; using only our fair share of the earth's resources; working for policies that protect the planet.

Being in community with other Quakers helps us to be faithful to one another and these testimonies.

### FROM PEACE AND SOCIAL JUSTICE COMMITTEE:

submitted by Herb Beskar

Peace is a Friends' testimony, and it is the testimony most associated with Quakers. In the Sermon on the Mount, Jesus said, 'Blessed are the peacemakers, for they shall be called children of God'. With his emphasis on peace and continuing revelation leading us to work for peace - in our personal lives, our families, communities, and the world - peace remains central to our Quaker witness.



*Tiles in Horfield Meeting's Peace Garden, Bristol, England*

Plowshare Peace Center has sponsored intermittently a silent peace vigil in front of the city market building since its beginning in the 70's. When I came to Roanoke in the early 80's the vigil was focused on the U.S. sponsored Contra War against the people of Nicaragua. Living in an era of endless war, the vigil has been ongoing for many years. Our own Friend Gary Sandman is the part time director of Plowshare, while Michael Bentley organizes the vigil and updates the flyer each month.

Quakers have been active with Plowshare since its beginning, and the vigil in form and substance shows this influence. For an hour we stand in silence along the curb in front of the City Market Building holding various signs related to peace. The 'War is Not the Answer' sign designed and distributed by the Friends Committee on National Legislation, FCNL, is a popular one. For me the vigil is an hour of worship with a focus on peace. It is a very simple and effective way to give witness to our peace testimony.

Please consider joining us on any third Saturday, noon to one p.m., in front of the city market building. On the next page is a copy of the flyer which we distribute. It is current with information regarding the price of war.

**“WHETHER IN TIMES OF WAR OR TIMES OF PEACE THE QUAKER IS UNDER PECULIAR OBLIGATION TO ASSIST AND TO FORWARD MOVEMENTS AND FORCES WHICH MAKE FOR PEACE IN THE WORLD...”**

**~ RUFUS JONES**

## PLOWSHARE PEACE VIGIL FLYER:



# SILENT WITNESS FOR PEACE

IF YOU FEEL MOVED TO JOIN OUR VIGIL, WELCOME

There is a commonality among these conflicts that concern us. We are against violence as a means to address differences. We don't want our tax funds used in this way. *War is not the answer.*

## DECEMBER 15, 2018

Physicians for Social Responsibility estimates that 1.3 million people have been killed in Iraq, Afghanistan and Pakistan directly or indirectly due to the U.S. "war on terrorism."

The Afghan and Iraq/Syria wars are more than five times more expensive than World War I; more than five times more expensive than the Korean War; almost 2.5 times more expensive than Vietnam. *Interest on War Debt since 2001: over \$633 billion.*

### Military Costs of War since 2001

Iraq: 4,563; Afghanistan 2,416 U.S. military dead; over 52,000 wounded  
U.S. COST: over \$2.9 trillion

### Homeland Security Costs of War Since 2001

U.S. COST: over \$867 billion

### Care for War Veterans since 2001

Over 320,000 vets have brain injuries.

U.S. COST: over \$301 billion

### TOTAL SPENT ON WARS SINCE 2001: \$4.7 trillion

### ISRAEL and PALESTINE

2018 was the 70th anniversary of the Nakba, during which more than 700,000 Palestinians were expelled from their homes in the creation of Israel. Since 2000, at least 9,560 Palestinians and 1,248 Israelis have been killed, including 2,167 Palestinian and 134 Israeli children. Israel receives 1/5 of the U.S. foreign aid budget, more than any other country: \$3.8 billion/year, over \$10 million of military aid *a day*, yet per capita income in this industrial colonial-settler state of just 0.001% of the world's population, is among the highest. Military aid to all countries: \$22 billion/year.

**Since 2001, every hour, taxpayers in the United States pay \$32.08 million for the total cost of wars. Interest and future veteran medical bills will cost some \$3 trillion.**

*COME JOIN WITH US IN REFLECTING ON HOW INDIVIDUALLY AND CORPORATELY WE CAN FOSTER PEACE AND TOGETHER FIND A WAY FORWARD.*

Our Vigil gathers at noon every 3<sup>rd</sup> Saturday of the month at the Market Building on Campbell Ave., sponsored by Plowshare Peace Center. For information or to support our work: PO Box 4367, Roanoke, VA 24015, 540-989-0393

**<http://www.plowshareva.org> • Facebook @Plowshare-Peace-Center**

Sources: <https://www.defense.gov/casualty.pdf>, <http://icasualties.org>, <http://bit.ly/2wpz0hz>, <http://costofwar.com/>

**ACTIVISM IS MY RENT FOR LIVING ON THE PLANET.  
~ ALICE WALKER**

## QUAKER ARTISTS COLUMN PATSY & TONY MARTIN

Patsy and Tony Martin lead groups in chanting. In 2000, at the Friends General Conference Gathering, they attended a chanting workshop facilitated by Beverly Shepard. It was a transcendent experience for them.

When they returned home, they began organizing local groups. Currently they host chanting at the Bower Center in Bedford and the Friends Meetinghouse in Roanoke. Patsy is responsible for scheduling the groups and contacting people about the dates. At the groups themselves Tony introduces the chants. He uses chants from participants and well-known chanters as well as ones he has created himself. The chanting begins, is interspersed and ends with silence. The participants create the chant as they chant: listening to each other, following each other, leaving space between each other. Occasionally rhythm instruments accompany the chanting. Although there is certainly creativity involved, Patsy and Tony are reluctant to call the chanting they facilitate an art form. To them, it is ministry and a form of worship.



Patsy and Tony are also active in community theater. They actually met in a college play. Patsy taught drama at Liberty High School, and Tony occasionally directed plays as the gifted resource teacher at Bedford Elementary School. Nowadays they appear with the Little Town Players in Bedford. Patsy takes photographs and does paper crafts, as well. She loves to write a friend's name in color over and over while holding them in the Light.

Patsy and Tony are long-time members of Roanoke (BYM) Meeting. When they were serving in the Peace Corps in Malaysia, they were introduced to Quakerism. They returned to the United States and were active in Meetings in Salina, Kansas and Charlotte, North Carolina. They became members of Roanoke Meeting after moving to Virginia in 1985. Patsy worked for Friends General Conference for 13 years, serving in the role of Junior Gathering Coordinator. Recently they began participating in the School of the Spirit's "On Being a Spiritual Nurturer" program.

I know Patsy and Tony as great people and experienced Friends. So it was a delight to attend one of their groups at the Meetinghouse and take part in their chanting. I encourage you to join them sometime!

~ Gary Sandman

**"What loving action is being asked of me in the world today?"  
Go do that thing, however small it may seem or however difficult it may be to do.**

### COMMUNITY FOOD PANTRIES

It is a season of feasting and celebration for many but for some it is a challenge to merely subsist. An estimated 49.1 million Americans, or 16.4 percent, are food insecure; meaning their access to enough food is limited by a lack of money and other resources. That roughly equates to 1 out of every six Americans!

Needs are not limited to the holiday season, however, so please remember those less fortunate. There are many agencies in the area that would welcome donations of food. Here are just a few: Call the numbers to check for directions and hours.

*RAM house: 343-3753    The Rescue Mission: 777-3794    Samaritan Inn: 343-1447    TRUST: 344-8060*

*Bethany Hall: 343-4261    The Presbyterian Community Center: 982-2911    The Salvation Army: 343-5335*

Also, consider a monetary contribution to Feeding America Southwest Virginia. They have served the 26 counties and associated municipalities that make up Southwest Virginia for over three decades. As the leader in hunger relief in our region, FASWVA distributes more than 20 million pounds of food annually to nearly 400 partner agency soup kitchens, rescue missions and food pantries.

On the Feast of the Immaculate Conception

What meaning can this dogma have today  
when evolution's grand sweep, still underway,  
removes from relevance any notion  
of an original sin of our forebears?  
Perhaps each of us is Mary  
marveling to realize both she and the child she carries  
were conceived in blessing, not sin,  
magnifying with her soul's lovesong  
the Great Mystery at the heart of creation,  
answering "be it done unto me according to thy will"  
to an annunciation heard within.  
Hold to the doctrine but conceive it metaphorically:  
each is called to mother God!  
Be astonished to ponder with Mary  
all these things in your heart  
as you wind your way towards Bethlehem.

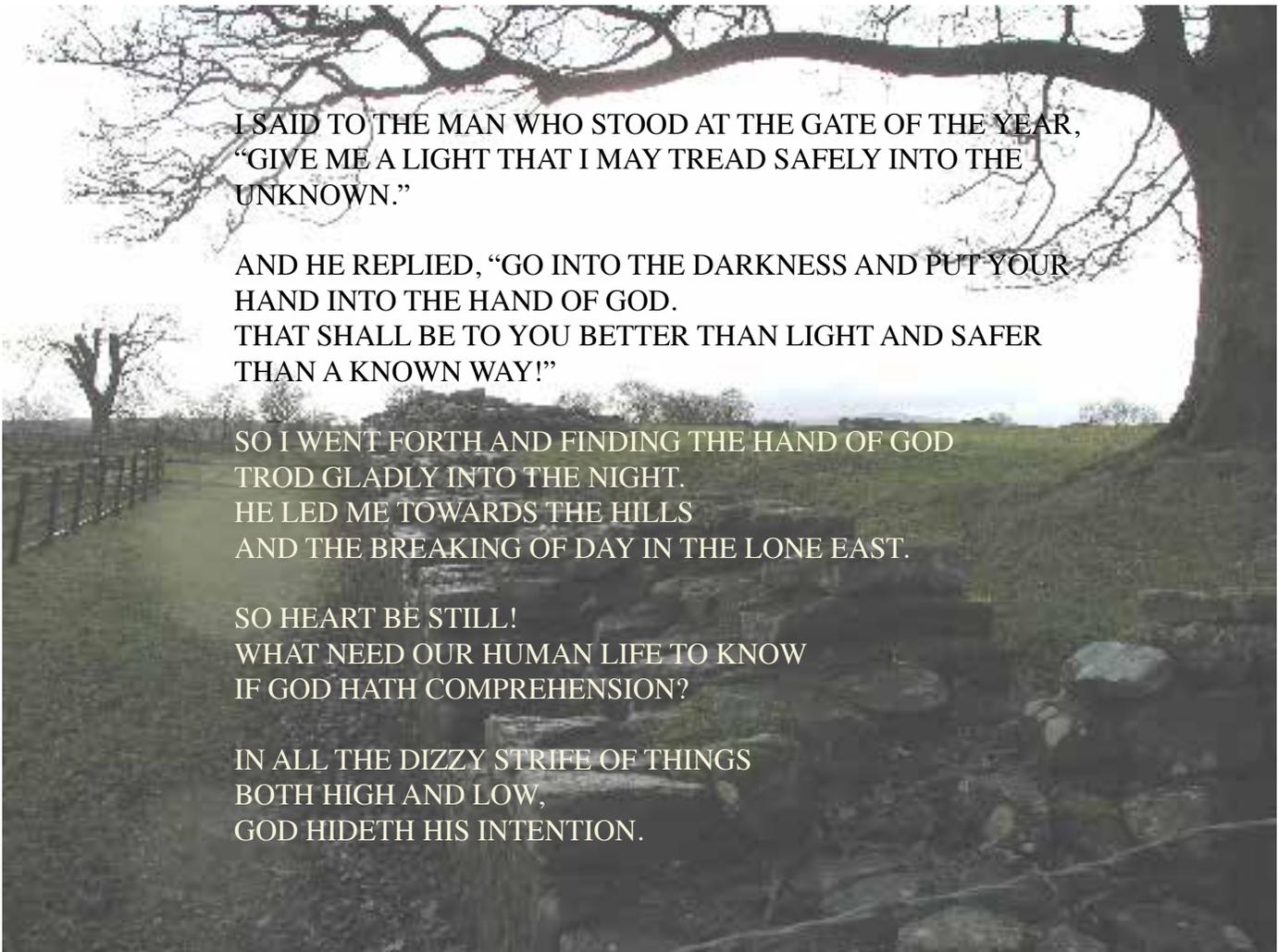
Charlie Finn

## THE GATE OF THE YEAR

The poem below was written in 1908 by Minnie Louise Haskins, a British academic who taught at the London School of Economics. The first part of the poem was made famous by King George VI during his Christmas broadcast in 1939 at the beginning of World War II. Unfortunately, Minnie did not hear the broadcast herself. She donated all subsequent royalties to charity.

The words of the poem are engraved in the King George Memorial at Windsor Palace.

The background photo is of a section of Hadrian's Wall in Northumberland, England, taken on a New Years Eve Day.



I SAID TO THE MAN WHO STOOD AT THE GATE OF THE YEAR,  
"GIVE ME A LIGHT THAT I MAY TREAD SAFELY INTO THE  
UNKNOWN."

AND HE REPLIED, "GO INTO THE DARKNESS AND PUT YOUR  
HAND INTO THE HAND OF GOD.  
THAT SHALL BE TO YOU BETTER THAN LIGHT AND SAFER  
THAN A KNOWN WAY!"

SO I WENT FORTH AND FINDING THE HAND OF GOD  
TROD GLADLY INTO THE NIGHT.  
HE LED ME TOWARDS THE HILLS  
AND THE BREAKING OF DAY IN THE LONE EAST.

SO HEART BE STILL!  
WHAT NEED OUR HUMAN LIFE TO KNOW  
IF GOD HATH COMPREHENSION?

IN ALL THE DIZZY STRIFE OF THINGS  
BOTH HIGH AND LOW,  
GOD HIDETH HIS INTENTION.