

Recognizing and Understanding Trauma



What is trauma? A term that we hear everywhere these days. Everyone is traumatized. The word is used so much that it is almost lost its meaning. Wikipedia says, "a deeply distressing or disturbing experience – usually we think of deaths, war, losses...but sometimes it can be a less harsh experience, especially when we have traumas accumulated in our bodies' memories. Some make a distinction between stress and trauma, stress being more energizing, and trauma taking energy away. There are many

definitions and ways of thinking; trauma-informed is a way of talking about just about anything and putting a lens of trauma into that situation. What comes to your mind when you hear the word trauma? Do you deal with trauma? How? What has been helpful?

More on definitions:

<https://www.iaffrecoverycenter.com/wp-content/uploads/2019/06/PTSD-Acute-Stress-flyer-2019.pdf>

How does one handle their traumas? I have studied the writings of four writers I admire: Van der Kolk, Levine, Porges, and Quaker John Calvi. Each has their specific ways in handling trauma, but creativity is espoused by all. Calvi says there are six statements we must get good at: I'm sorry, I love you, thank you, please help me, that's not good enough and bug off – translated as setting boundaries well.

How much emotional security is needed in a therapeutic situation for a recovery to happen? All of the authors agree that safety and relatedness are crucial. How much security needed will depend on the person's situation.

Can one be healed of a trauma in a weekend therapy session, or does it take much longer? Healing trauma is lifetime work. We work toward being able to live our lives well and live with a high level of functionality. Learning to use the wisdom found in our traumas is very important.

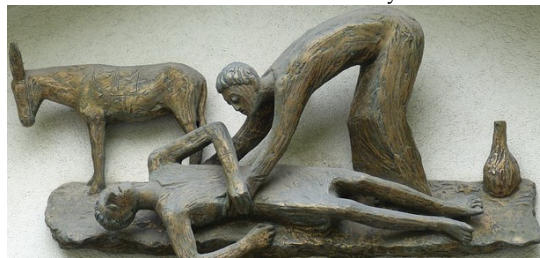
Can one encounter the need for deeper help through Zoom sessions exploring the topic of trauma? Yes, zoom help has been beneficial to many people; initial research is showing it to be an equally effective option to face-to-face. For myself, I am very grateful for my zoom therapy sessions. I also need some 3D bodies around me to feel the level of safety needed to heal from trauma.

Biography info: Dr. Jennifer Elam studied, researched, taught, and practiced psychology from 1969 until her retirement in 2014, following complications of breast cancer. Her primary work was in schools, preschools for the last 13 years. Jennifer moved from Kentucky to Pennsylvania following a leading in 1995 to come to Pendle Hill for a four-week internship; then 25 years went by that she lived at or near Pendle Hill, taking many classes and teaching as well. Jennifer went back and forth from Kentucky where she is from, to many places in her life. When the pandemic hit, she was in Kentucky working on estates settlements as both of her parents had died six days apart and believed she could not go back and forth anymore. So she moved back to Kentucky.

Jennifer's initial work at Pendle Hill involved a research project in which she listened to over 100 people's stories of their direct experiences of God and wrote both a book and a Pendle Hill pamphlet *Dancing with God through the Storm: Mysticism and Mental Illness* (1999). Jennifer's co-creative spirit was born in that Pendle Hill art studio and still considers it a sacred place of prayer. In 2013, she co-taught the arts and spirituality term-long class at Pendle Hill and has led many arts and spirituality retreats across the Quaker world. Much of this is described in her Pendle Hill pamphlet, *Art as Soul's Sanctuary* (2018).

Dance has been an instrumental part of her life through Appalachian clogging, contra dance, 5-Rhythms conscious dance/worship, and many more. She says, "dance is what keeps my life spirit moving." An avid interest in other cultures started at a young age and she has spent much energy traveling the world and getting to know diverse peoples and their ways of life. In addition, she has personally dealt with many traumas from a young age till the present time. Her interest in trauma came both from her personal therapy as well as her professional and spiritual work. She presently follows leadings to use her lifetime of work in psychology, spirituality, and social justice to develop classes /workshops, using creative media – writing /poetry, dance and visual art - as led by Spirit for personal and intergenerational healing.

With Gloria Stearns-Bruner, Jennifer now leads a workshop called "Mediating Trauma through Creative Expression." Gloria is a member of Bloomington Friends Meeting, IN and has been a Quaker for 34 years. She is a clinical music therapist in private practice and a



violinist, currently following a leading in music ministry and activism, writing music as led by Spirit for personal and cultural healing. www.stearnsmusictherapy.com.

"Trauma is a story that has gotten stuck and forgotten how to dance. We have to teach it to move again." In the workshop, these are the first words you will hear after a violin improvisation welcomes you into a safe and sacred space. Through writing, movement, and music, participants share their story of

trauma, challenge or grief, as it is now and as they re-vision it.

Workshops are held via Zoom, usually for 90 minutes for each part (time flexible). Part 1 is an academic piece related to the trauma literature. Part 2 is experiential. For scheduling or for more information for you or your meeting, contact Jennifer (jenelam@aol.com). Their workshop was recently provided for the Friends Conference on Religion and Psychology at Pendle Hill, Philadelphia Yearly Meeting, and many others. The dates have not been established but a weekend version will be available through Pendle Hill in the summer of 2023.

After her Pendle Hill Pamphlet, *Hillbilly Quaker* was published in June of 2022, Jennifer was asked to provide a program on "Identities" for the Dialogue Institute at Temple University. That workshop is now also available for Quaker meetings. "Are there parts of my identity that I have turned my back on in order to succeed at something I have wanted in my life? Am I now called to embrace that part of myself? Who am I NOW?"

Jennifer is looking forward to being with you at the January gathering of Concord Quarter and is grateful to folks at Goshen meeting for their prayers and presence in her life. Gloria will provide a prayerful presence.

- Jennifer Elam is a sojourning member of Swarthmore Meeting

Greetings Friends, As you may know Concord Quarter has been expanding its outreach to social media platforms such as Facebook and YouTube. Announcements continue to be sent through email and our Quarterly Newsletter and featured on our website. As the hybrid model for worship continues to exist for our community; technology and its impact on communications stays relevant in conversation. As the Coordinator, I am asking for help with navigating this space. I come from a marketing background and see the benefits of certain applications from a single perspective. I could use the support of the members I serve to see how we can streamline which platforms, models and processes work best for me to optimally support the quarter. If you have any questions or interest in joining the conversation please email me at concordquarter@pym.org OR come to the next planning committee meeting on January 29, 2022. Thanks! – *Bianca Santini-Dumas, CQM Coordinator*

Peacemaking in Palestine and Israel

“Love truly is the strongest force on this earth. A revolution of love is the only thing that can save us.” My spiritual journey and my Quaker faith tell me there is a profound truth in this statement. And my thirty years of experience with the Israeli-Palestinian conflict tell me that personal expressions like this one mean that hope for a transformative, nonviolent shift to justice and peace is still alive, even after so many decades of violence.

The above quotation comes from Osama Elewat, a Palestinian Muslim member of Combatants for Peace (<http://www.cfpeace.org/>) a non-profit, volunteer organization founded in 2006 by former fighters from both sides – Israelis who have served in the Israeli Defense Forces (IDF) and Palestinians who have fought to free their country, Palestine, from the Israeli occupation. I met Osama in October as part of the “A Reason for Hope” tour to Israel/Palestine hosted by Philadelphia branch of American Friends of Combatants for Peace.

Over the course of 11 days, our group of many American Jews, plus other participants, including Quakers, was hosted and guided by members and staff of Combatants for Peace (CfP) and Mejdī Tours, <http://www.mejditours.com/>, both of which specialize in “dual narrative” tours that offer participants both Israeli Jewish and Palestinian Christian and Muslim viewpoints. CfP describes itself as “a movement based upon nonviolent activism designed to advance the termination of the [Israeli military] occupation and to provide a foundation for relations between the two peoples subsequent to a peace agreement. ...In keeping with our values, we work towards a two-state solution in the 1967 borders, or any other mutually agreed upon solution that will allow both Israelis and Palestinians to live in freedom, security, democracy and dignity in their homeland.”



Quaker members and attenders (left to right): Ginny Christensen, Irene McHenry, Melissa Graf-Evans, Jonathan Evans, Bruce Haines, and Nancy Hoffman

Eli Avidor, another CfP activist we encountered, is an Israeli Jew who fought in the Golan Heights in the 1973 war, lived in the United States for 20 years, and then returned to Israel. After watching the CfP-sponsored Joint Memorial service that honors both Israelis and Palestinians who have lost their lives to the conflict, Eli said he cried for an hour and a half and then joined the organization to change the course of the future. Among other activities, he accompanies Palestinian Bedouin shepherds as they graze their sheep to protect the shepherds from ever-increasing threats and violence from

radical Israeli settlers in the occupied West Bank. Conveying his experience as an activist, Eli said: *I know the people in these villages. Their kids are doctors, teachers, etc. The communities are strong, despite Israeli pressure. Settlers are supported by U.S. evangelical church money, Israeli banks, the Israeli military and Israeli laws. For the Bedouin people, every day is a fight. Only pressure from the outside can make a difference; Israelis won't do it.*

CfP's perspective on peacemaking in Israel and Palestine is captured well in Osama's words: *“I know that we can only heal this situation if we work together. We can only end this conflict*

and heal the sorrow and pain of both our nations, if we work together cooperatively and peacefully. Peace cannot come through war. Freedom will only come when we break out of the chains that bind us: the chains of hatred, of violence and of revenge.”

Now that our group has returned home from our powerful experiences together in Israel/Palestine, the listening, sharing and learning as a group continue, as we each find ways to advocate for justice, understanding, and peace. A recording of a post-trip presentation given by Nancy Hoffman, Melissa Graf-Evans, and me at Westtown Meeting can be found at <https://youtu.be/EJx3WewBc9A>

– *Jonathon Evans – Westtown Meeting*

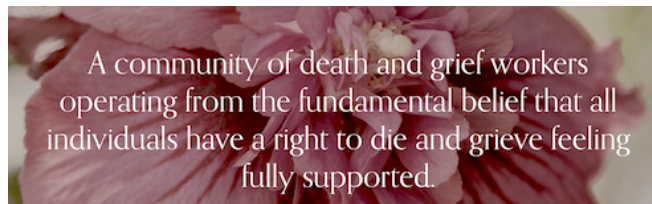
A Doula by Any Other Name

As a retired nurse spending my entire career in the women and Children field, I was very familiar with Doulas and their work among childbearing women. As a member of our Concord Quarter Aging Group I have turned toward the opposite end of life's path. When I came across an article in the Philadelphia Inquirer about Death Doulas, my curiosity peeked. Doulas working at the end of life too? The story described a group of doulas practicing under the name The Philly Death Doulas Collective. An inquiry was returned by Lori Zaspel, a co-founder of the Collective. For a “death doula”, Lori was positive, out-going, and very happy to come to our group to share her experiences.

The general definition of a doula is a trained companion who is not a healthcare professional who supports a client through a significant health-related experience, usually a childbirth, but they are also involved, in smaller numbers, in the experience of dying. The death doula movement grew from a desire to return to a “holistic death” after decades of over-reliance on the medical model. It started at NYU Medical Center around 2000 when the center trained some volunteers in aspects of dying and paired them with terminally ill patients. In 2003,

Continuum Hospice in NYC adopted the INELDA Model for death doula training.

Lori is trained in the INELDA Model an acronym for International End of Life Doula Association. She stressed this is not a licensed program, nor is it regulated. Her professional background is Social Work, but death doulas come from a variety of backgrounds. Most are nurses, physicians, social workers, and spiritual leaders of various faiths and practices. INELDA provides education on the 10 most common terminal illnesses, and their unique symptoms; physiology of how the human body works; and the order of organ shutdown preceding death, among other skills.



Lori emphasized several times her relationship with hospice. Hospice practitioners are licensed professionals. They provide medications, and any ordered treatments. A death doula does neither of these. She/he gives the dying person and the family the gift of time and an understanding of the dying process, to help see the beauty of the natural ending of life's journey. The doula is not on the tight schedule of a hospice professional. Doulas create gentle ambiance by using familiar

scents, music, and pictures, speaking to the person's memories. Asking the client open-ended questions, provides a chance to listen to their still small voice giving a reverence to their recollections, a reverence perhaps similar to our own Meeting for Worship. Is there a beloved pet who will need a caring master. Special gifts to be given to family or friends? Memories to be recorded? Notes written to convey their voice forward for special events such as future marriages and family births. Last-minute planning to be done for a vigil? A doula's job is just to be open and perceptive to whatever the needs of the dying individual require.

Lori spoke to our Aging Concerns group via Zoom at our October 5th meeting. Her presentation demonstrated her sense of joy and the sacredness of the doula/client relationship. An unexpected death brings shock and chills us to the core. But for an expected path to the end of a

journey, dying can take on great beauty. There is grief and ongoing sadness. It is the ending of life's labor that began with labor to be born. It's the other "bookend". A death doula returns death to its revered position as a sacred part of Life's journey. It speaks to me deeply. I am grateful to know of their work; to know they are available and to be educated that the title "doula" encompasses not just entry into life, but assistance for a caring passage out of it.

-Chris Smith, West Chester Meeting

<https://concordquarter.org/aging-concerns/2022/death-doula-rep-presents>

<https://inelda.org>

A Friend's Story on Long Term Care Planning

(Editor's note: I asked Sheila Sorkin, PYM's Aging Support Coordinator, to provide a story of a person she'd experienced who successfully navigated her senior residence choice with some careful planning and she sent this excerpt from a soon to be published piece on the PYM website)

I have had the pleasure of providing caring support to an applicant for the Aging Assistance Granting Group while she was in the throes of deciding about moving into a Continuing Care Retirement Center (CCRC). I'll call her Ms. T. The



AAGG reviewed her application which was proposing expenses upon her move-in to the community. As these were not actual expenses, AAGG invited her to re-apply upon move-in to a community if she were to have financial need.

In my care with this applicant, I learned of her "pre-retirement" decision making. In her 60's, Ms. T was planning retirement from a long career as an educator. She and her husband researched long term care insurance policies and Ms. T made the decision to purchase one for herself. She benefited from the comfort of knowing that if her husband passed before her, she would have a resource for care needs. She also benefited from a tax deduction on the long-term care insurance fees. Ms. T had held onto this policy for close to 20 years.

Prior to retirement, 17 years ago, Ms. T had a discussion with her close family members about her retirement goals. Included in the discussion was distributing copies of her Advance Directives. Her end-of-life decisions are included in the Advance Directives. Making her wishes known to her family was an important part of her goals checklist. The following discussion illuminates how Ms. T managed her goals along with valuable reference links.

When asked how Ms. T knew it was time for her to move into a CCRC, she shared challenging experiences of managing her house with repair and maintenance issues which were draining her financially, physically, and emotionally. She had her Long-Term Care Insurance and Advance Directives.

<https://www.nia.nih.gov/health/advance-care-planning-health-care-directives>

Ms. T had not established a Power of Attorney for Finance as she'd chosen to list an Executor in her Will and had a child as a co-signer on all her financial accounts. The resource link below provides a guide to the importance and types of Power of Attorney that exist. It's another subject for timely family discussion!

<https://www.caring.com/caregivers/power-of-attorney/>

Next, she needed to identify a CCRC of her choice that would accept her in a reasonable timeline. Ms. T spoke of knowing a friend who was going through a parallel process. This friend

discovered that CCRCs had age restrictions for levels of care admission which set up another challenge. The CCRCs had availability challenges, as her friend wanted a 2 bedroom and the time for that choice from application to acceptance to a contract took 5 years. Ms. T had a much better experience of 9 months from application to acceptance to a contract as she was flexible about accepting a smaller unit. Getting an acceptance is based on both financial and medical assessments by the community. Time and funds are involved in scheduling medical evaluations and providing medical documentation. The CCRCs expect someone admitted in independent living to be truly independent.

The features and location of the CCRCs were motivational factors. Ms. T now needs to refer to her calendar to see her availability for a conversation as she's involved in many activities including swimming. Location near her family (support system) was important as was proximity to her Meeting.

Ms. T had to sell her house and downsize. Keeping family treasures, pictures, and important documents are certainly the priority. When I worked in marketing a CCRC, I recommended that new residents bring one of each of their favorite belongings, from china sets to collectibles. The memories of enjoying use and the opportunity to still view them will always be with one while the space savings will be enjoyed more in their new home. Decisions on what to keep, what to sell and what to donate from a lifetime in one's home is often difficult, preventing someone from moving ahead with their relocation goals.

During our conversation, Ms. T mentioned she still had 4 boxes to unpack after living in the CCRC for months. The effort involved in this process was great. The cost benefit of the effort of moving into the CCRC gave her great hope.

A recent research study by the Mather Institute, Hope at Work, How Hope Functions as a Motivator for Healthy Behaviors provided that a hopeful outlook is associated with not only healthy behaviors, but with positive feelings about one's future. The brief also explores associations between hope and healthy behaviors in specific demographic groups of older adults, including ethnicity, education, income, and more. The flyer below provides an overview of the study, with strategies to remain hopeful. [MI_HopeforHealthFlyer_FNL.pdf \(pcdn.co\)](#)

Bringing hope and planning into one's life, at any age will give the greatest opportunity for a successful long term care plan.



- Sheila Sorkin, PYM Aging Support Coordinator

Feb 9 – 6:30 to 8:30 pm - Spirituality and Aging Workshop with NYM's ARCH Facilitators. Open to all PYM members and attendees. Go here for details:
<https://www.pym.org/event/spirituality-and-aging-workshop-with-arch/>

Concord Quarter January/February 2023 Announcements & Calendar of Events

Announcements

The draft minutes from our October 23 Quarterly Meeting at Middletown are on the website:

<https://concordquarter.org/documents/?category=Minutes> Please send any comments about those minutes to the Recording Clerk, Marty Boston, at mboston0916@gmail.com by January 17, 2022 so they can be presented for approval at the January 22nd Quarterly Meeting.

Request a Visit from PYM's Youth Programs Staff: <https://www.pym.org/youth-programs/visit-request-form/>

Pendle Hill has a number of programs available: <https://pendlehill.org/learn/workshops-courses-events/>

Friends General Conference now has year-round programs for children and youth, programs for Friends of Color, virtual worship opportunities and more: <https://www.fgcquaker.org/events/>

Calendar of Events

For Updates and Future events with the Quarter visit: <http://concordquarter.org/quartercalendar/>

- Jan 5 to Feb 16**
7:30-9 pm **"Why Palestine Matters"** - sponsored by PYM's Middle East Collaborative; 6 online classes developed by the Israel Palestine's Mission Network of the Presbyterian Church (USA). Classes will meet online on Thursdays. For more info: <https://www.pym.org/event/why-palestine-matters/2023-01-05/> or contact Sandy Rea drsandyrea@hotmail.com
- Jan 7**
2 - 6 pm **PYM Religious Education & Outreach Thread Gathering:** Hand in Hand: Religious Education & Outreach as Partners: Hosted at West Chester Meeting - Childcare provided. For registration and more info go here: <https://www.pym.org/event/hand-in-hand-religious-education-and-outreach-as-partners/>
- Jan 9**
7:30-9 pm **Pendle Hill Lecture:** Against the Grain: Talking to White People about Racism in a Time of Polarization To register: <https://pendlehill.org/events/against-the-grain-talking-to-white-people-about-racism-in-a-time-of-polarization/>
- Jan 12**
9:15 am-12:15 pm **Delaware Valley Friends School Care Committee Meeting:** In person at DVFS and ZOOM. Those attending in person will join Meeting For Worship at 9:15AM and then Meet as a Committee for Business. To join the committee in person or via ZOOM email: Susan Brodesser (be_still@verizon.net)
- Jan 13-15** **PYM Young Adult Winter Retreat 2023: for more information and to register visit**
<https://www.pym.org/event/young-adult-friends-winter-retreat-2023/>
- Jan 15**
11:15 am-12:15 pm **The Lenape nation; Past, Present and Future** with Adan DePaul, Story Keeper of The Lenape Nation of PA: In person at Birmingham Monthly Meeting and via ZOOM. Birmingham Friends Meeting welcomes Friends from across the Quarter to join us for this special guest presentation. Refreshments will be served at the meetinghouse after the presentation ends. For questions and to RSVP, please contact: Lauren Buckalew at 610-202-1737 or lauren.buckalew@gmail.com.
- Jan 17**
7 pm **CQ Working Group on Climate Action via ZOOM.** For ZOOM link email: concordquarter@pym.org or kline.paula@gmail.com For upcoming events: <https://concordquarter.org/climate-action>
- Jan 22**
8:30 am-1:00 pm **Concord Quarterly Meeting via Zoom,** hosted by Goshen Monthly Meeting ZOOM only. Presentation: Dr. Jennifer Elam "Recognizing & Understanding Trauma" following Meeting for Business and Meeting for Worship. For more information visit: <https://concordquarter.org/nextqm-pastqm/2023/qm-at-goshen>
- Jan 28**
11 am to 2 pm **Eco-Justice Thread Gathering:** Eco-Justice Collaborative and PYM are hosting a Thread Gathering to explore unprecedented opportunities to mitigate climate disruption. Via Zoom. For more info and to register go here: <https://www.pym.org/event/eco-justice-thread-gathering/>
- Jan 29**
7:00 pm **CQ Planning Committee via Zoom:** Open to all interested in the activities and workings of Concord Quarter. Contact the Coordinator with questions and for the Zoom link at concordquarter@pym.org
- Feb 1**
10:30 am-12 pm **CQ Working Group on Aging Concerns:** Open to anyone interested in aging concerns. For more info and to register email: concordquarter@pym.org or evelynlbrownlee@gmail.com
- Feb 6**
7:30-9 pm **Pendle Hill Lecture-The Battered Earth: Injury, Loss, and Healing,** open to all; registration required: <https://pendlehill.org/events/the-battered-earth-injury-loss-and-healing/>
- Feb 25**
7-9 pm **Concord Quarterly Meeting Annual Square Dance Returns!!** - at Willistown Meeting. Live Caller and Band. Intergenerational Fun for All!! More information will be announced and posted soon at <https://concordquarter.org>

Concord Quarterly Meeting January 22, 2023 - Goshen Meeting

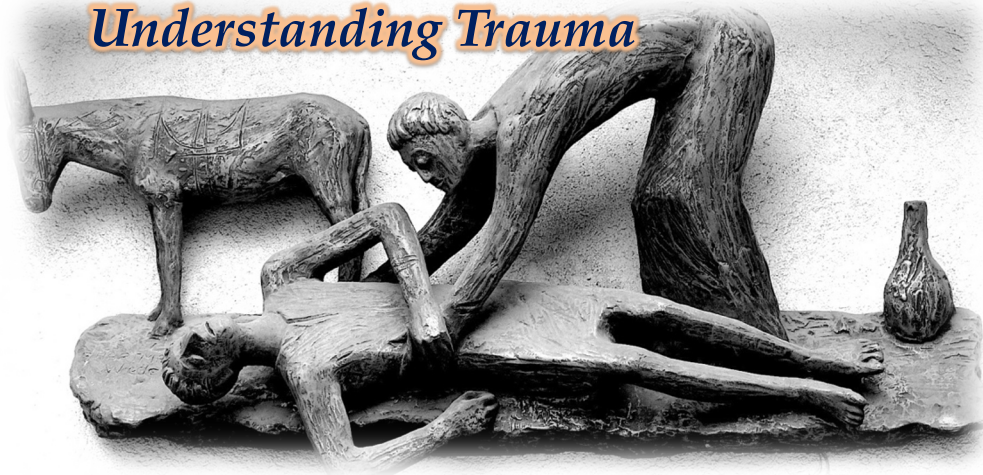
Zoom Session Only

<https://us06web.zoom.us/j/89822318363?pwd=eU14UmRtWG9Sdk0xMTdEUktnemthUT09>



8:30-9:45	Concord Quarter Meeting for Worship with Attention to Business
9:45 – 10:00	Break
10:00-11:00	Meeting for Worship; opening with the Godly Play story, "The Parable of the Good Samaritan"
11:00-11:30	Lunch Break
11:30- 1:00	Program with Dr. Jennifer Elam "Recognizing & Understanding Trauma"

Recognizing and Understanding Trauma



Jennifer Elam has been a psychologist, teacher, artist and writer since her college graduation in 1973. She followed a leading in 1995 to attend a Pendle Hill internship and wound up participating there for the next 25 years. Jennifer now leads a workshop called "Mediating Trauma through Creative Expression", with her co-leader and clinical music therapist, Gloria Stearns-Bruner, of Bloomington Friends Meeting, IN.



Their workshop uses writing, movement, and music, where participants share their stories of trauma, challenge or grief, as it is now and as they re-vision it. "Trauma is a story that has gotten stuck and forgotten how to dance. We have to teach it to move again." In our Quarterly Meeting program Jennifer will review the theoretical framework of trauma psychology and how her workshop facilitates healing. Jennifer is a sojourning member of Swarthmore Meeting.

For Children & Youth: All ages are welcome and encouraged to join the online meeting for worship at 10:00am, which will begin with an intergenerational sharing of the Godly Play story the Parable of the Good Samaritan. In place of an online Quarterly Meeting program for children and youth, meetings are encouraged to explore the themes of caring for one another and being good neighbors in their programs for young people during the weeks before and on January 22. Materials focused on these themes are being collected and shared among the Religious Education contacts in meetings to use in their programs or share with families for home. The CQM Coordinator will collect and share artwork or projects created by children and youth programs with Friends in the Quarter.

For more info go to <https://concordquarter.org/nextqm-pastqm/2023/qm-at-goshen>

You can also email Bianca Santini Dumas, Coordinator, at concordquarter@pym.org

or call (267) 632-7770 and leave a message.

<https://us06web.zoom.us/j/89822318363?pwd=eU14UmRtWG9Sdk0xMTdEUktnemthUT09>

Concord Quarterly Meeting October 23, 2022 – Middletown and via Zoom Minutes

Opening Worship - The Clerk opened the meeting with silent worship.

Welcome to Newcomers - Debbie welcomed Sandra Boone from Salem Quarter who is today's speaker.

Monthly Meeting Count (Birmingham, Concord, Goshen, Middletown, West Chester, Westtown, Willistown, Wilmington)
At the beginning of the meeting fourteen people were present. All meetings except Willistown and Concord were represented.

Approval of Agenda - The agenda was approved as written.

Approval of Minutes - The minutes from the July 17, 2022, meeting were approved as written.

Westtown Joys and Challenges Report (Attached) - Laurie Worth from Westtown shared highlights from their Joys and Challenges report: Westtown is having three people share duties as clerk of their Meeting this year. Westtown Meeting is seeking ways to be more welcoming to people of color and ways to avoid political divisions. The group held Westtown Meeting in the Light as they move forward. Willistown Meeting was also to give a report, but it will be delayed until the next Quarterly Meeting.

Treasurer's Report (attached) - Charles Spadoni reviewed the Treasurer's Report. The report covers the year from July 2022 to September 2022. One meeting still has not paid its allotment for this quarter. Seventeen children from Westtown School, Wilmington Friends School, and West Chester Friends School received scholarship grants from Concord Quarter. The Treasurer said next year the grants are expected to be slightly lower. A minute of gratitude for support for Quaker Education was approved. Friends thanked Charlie for his work as Treasurer.

Nominating Committee Report (attached) - Deb Wood gave the Nominating Committee Report. Tom Gilbert from Willistown and Westtown Meetings and Paul Kaniefski from Birmingham Meeting were approved for doing a Friendly Audit of the Quarter's finances.

Working Group on Aging Concerns - Evelyn Brownlee gave the report from the Working Group on Aging Concerns. Chris Smith from Westtown Meeting sponsored a death doula who gave a program on end-of-life issues. The program is on the Quarter's website. The group meets the first Wednesday of each month by Zoom at 10:30 AM and all were invited to attend.

Climate Action Working Group (attached) - Paula Kline gave the report from the Climate Action Working Group. Paula said the group is working on how to prepare Meetings and homes for extreme weather. The four webinars the group has sponsored plus other resources are posted on the Quarter's YouTube channel. To date, Westtown Meeting and Middletown Meetings have been awarded certificates for completing their disaster plans. If other meetings complete their plans, they will be awarded certificates.

In the future, the group would like to focus on stewardship and active care of the properties in the Quarter (meetinghouses, cemeteries, schools, etc.). They want to have members also think about the properties that they manage and how to focus on their care. The group wants to look at protecting insect and wildlife, and on habitat restoration. They hope to host several meetings for the Quarter. Paula invited people attending today to join the working group. Paula asked the Nominating Committee to find a new clerk for this working group. Friends thanked Paula for all the work she has done clerking the group. Friends held Paula and her family in the Light.

Coordinator Report (attached) - Bianca gave highlights from the Concord Quarter's Coordinator's report. YouTube is changing how it operates, soon people will be able to search YouTube and find Concord Quarter. To get Facebook notifications from the Quarter, people must be active with the Quarter's feeds. Friends were asked to register for the business meeting today to help see where people are finding information about the Quarter.

Sharing Around the Quarter: Debbie Murray-Sheppard asked if Meetings in the Quarter had things to share. Paula Kline from Westtown Meeting reported that she received a Shoemaker grant to hold programs on Equity Centered-Meetings. Paula invited anyone who serves as a meeting or committee to attend the workshops. She hopes to have at least two people from each meeting in attendance. West Chester Meeting is working on having an intergenerational Quakerism 101. Birmingham Meeting is sponsoring a Newcomer's Group that includes families including children who are new to the Meeting. Several youth and younger children have participated.

Sandra Boone from Salem Quarter in New Jersey is the program speaker today. She is on the Indian Affairs Committee of PYM and the First Contact Reconciliation Collaborative of PYM. Sandra has built a relationship with the Nanicoke/Lenape Tribe. Salem Quarter sent a minute of support for Sandra Boone's work. The group joined in the Minute of Support from Salem Quarter for Sandra Boone work with the First Contact Reconciliation Collaborative of PYM which reads as follows:

Salem Quarterly Meeting for many years has acknowledged the gifts of Friend Sandy Boone Murphy from Mickleton Monthly Meeting. We have shared and endorsed her leading as witness with local Lenape-Quaker relations both spiritually and financially through the formation of a Salem Quarter Indian Affairs Committee of which she is a member. Our Quarter Worship & Ministry Committee is always available to her for spiritual support. Salem Quarter has further supported the work of the Indian Affairs Committee with minutes of support and the dissemination of regular reports.

Friend Sandy's individual gifts and abilities to seek and listen for Truth have led her on a path as a peacemaker. The relationship that she has built with the Tribal Nations as an individual and as a representative of Salem Quarter is deep and insightful enriching both communities with an abiding peace, friendship and respect. She participates with the Nanticoke-Lenape citizens non-public interfaith worship, familial Gatherings, sacred-fire ceremonies, as well as events open to the public such as annual powwows, workshops, and educational talks; she has a wealth of knowledge and perspective to share.

Salem Quarter reaffirms their support of the Quarter Indian Affairs committee and of Friend Sandy Boone Murphy with this Minute of Religious Service. We ask that you receive her with gentleness and join with her in listening for and following the guidance of the Spirit. - Dietrich Preston Clerk, Salem Quarter

Reading of Minutes for Approval - Friends approved having Tom Gilbert from Willistown and Westtown and Paul Kaniefski from Birmingham do a Friendly financial audit for the Quarter's finances. The group joined in the Minute of Support from Salem Quarter for Sandra Boone who is working with the First Contact Reconciliation Collaborative of PYM. Friends approved a Minute of Gratitude for Quarter's support for Friend's Schools.

Second Count of Meetings in Attendance - At the end of the meeting 18 friends were present. All Meetings in the Quarter were represented except Willistown. Two visitors from Swarthmore Meeting were also in attendance.

Respectfully submitted, Martha Boston, Recording Clerk

Concord Quarterly Meeting Westtown Annual REPORT 10/23/2022

Introduction - If there is such a thing as an upside to the trials of living with Covid during the last two+ years, Westtown Monthly Meeting can report that our community is active, vibrant and growing in spirit as well as numbers. Three clearness committees, for example, meeting during the summer, recommended the approval of three new meeting members, two local and one Friend who recently moved to Seattle.

Thanks to the technology available to us through Westtown School, the virtual participation of Friends and attenders in meeting for worship span locations across the country and augments our local members who worship on-line and in person at the meeting house. The sense of community is palpable as we have experienced new ways of creating fellowship, both in messages shared during meeting and the warm greetings we hear during introductions following worship.

The changes Westtown School has made over time in its weekend worship experiences for students, also have given our meeting the opportunity to create a stronger identity as a faith community separate from that of the school. We continue to welcome our engagement with the school community and our worship is enhanced whenever students participate in Sunday meeting for worship with us.

What follows is a brief description of the active work of our meeting committees in letting our lives speak in a variety of important areas:

Committee Activity

Peace and Social Justice - Members have been actively involved in promoting voting with a focus on supporting election Boards' working towards fair election processes. We continue a discernment process to see how we as individuals and Meeting members are led to live our commitments to anti-racism, and forms of climate change mitigation. To these ends we have participated in the Quarter's working group on disaster planning. The committee also has organized two training programs: "More Than Neighbors"—a training on how to approach difficult conversations through facilitated discussions between meetings that share worship with Friends schools in creating anti-racist, anti-biased communities. "Beyond Meeting for Business: Creating Equity Centered Meetings" to challenge us to stretch our thinking as Vanessa Julye urged us to do during her Pendle Hill talk last September.

Pastoral Care and Concerns - Initiated Care Groups at the beginning of the pandemic for members and attenders to offer and receive support. Weekly meetings have been held via Zoom and those gathered have enjoyed sharing poetry, books, and conversation while attesting to the weekly meetings as being spiritually enriching as well. Due to the pandemic, there has been more support offered to families struggling with Covid, including deaths from the virus. There have been fewer coffees and lake suppers to plan, but we continue to seek ways to model a healthy community and fellowship in a hybrid environment. The committee also facilitated, as mentioned earlier, the transfer of membership for one Friend and the organization of three clearness committees over the summer for membership requests.

Worship and Ministry - During meetings for worship there often have been over 25 individuals gathering on Zoom from around the country, while approximately 15-20 adults met in person in the Meetinghouse. The messages shared have been authentic and powerful. With the goal of practicing community building, worship & ministry launched twice monthly deep listening sessions using various listening practices-- Imago Dialogue, Clearness, Faithfulness Groups, and Worship Sharing as a place to share leadings, faith journeys and any issues that may be speaking to those who wish to participate. The committee also has organized Trust Circle training, led by Clinton Pettus, as facilitator for 30 participants. A weekly hymn sing precedes the start of meeting for worship each Sunday for twenty minutes, with accompaniment on piano, cello and flute by three Westtown Meeting members.

Coordination and Nurture - The primary areas of focus of this committee, formed in June 2020, are to maintain and encourage communication among the standing committees to fill vacancies when needed on the committees, and to provide outreach to Meeting members, attenders and newcomers through in-person and virtual conversations. In January 2021, a multi-faceted spiritually grounded- monthly series entitled "Faith and Practice: Planting Seeds, Growing Leadership" was initiated. These sessions have benefited newcomers and long-term members alike. A few of the topics covered have included the history of Quakerism and Westtown Meeting; the role of Clerking and how committees function; addressing racism and promoting equity and social justice. The spiritual grounding and energy of these monthly sessions has been strong. Through ongoing discussion of Westtown Meeting's leadership needs, combined with the nurture of members' gifts and service to the community, a new clerking paradigm has emerged that received the meeting's approval for use during the next year. The hope is to share the tasks of leadership without asking just a few to carry the weight of the work of the meeting. We also see an opportunity to increase the diversity of those F/friends leading our meeting community.

Diversity, Equity and Inclusion - This newest committee was formed November 2021. It was charged with examining, educating, re-evaluating and challenging long standing assumptions about Meeting policies and procedures in their relation to implications about race. All BIPOC attenders/members were invited to join. The committee organized our meeting's first Juneteenth celebration in two parts: an education program to help members understand the holiday's historical origin; a picnic at Westtown Lake, complete with ethnic foods, for fellowship.

Goals & Challenges - Based on the descriptions of the ongoing work of the meeting just described, we highlight these goals and challenges in looking to the year ahead:

Ensure that our new rotating leadership model provides continuity and consistency to F/friends as the baton is passed from triad to triad.

Reflect on these queries as manifestations of our Quaker faith to guide our lives and work as individuals and a community:

- To engage in deep listening in all different areas of agreement and non-agreement. How do we learn from one another?
- How does our committee work get reflected in outreach? In-reach? Worship?
- How do we exchange ideas and energy with other faith communities?
- Are we welcoming to all in the fellowship of our meeting and what does that look like?
- In the busyness of life's demands on time, do we remember to allow space, mentally and physically, for the Sabbath?
- Last, but not least, as one meeting Friend asks in a recent essay he wrote and shared: how do we truly love one another in these turbulent times?

Respectfully submitted, - Westtown Monthly Meeting

Editor's Note: Minutes here are abridged. Complete minutes are on our website at <https://concordquarter.org/documents/?category=Minutes> For a full unredacted Treasurer's report please email our coordinator at concordquarter@pym.org

Concord Quarterly Meeting Newsletter
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