

YARDLEY FRIENDS MEETING

NEWSLETTER

January 2020

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65 North Main Street, Yardley PA 19067
<http://yardleyfriendsmeeting.org/>

Meeting for Worship 10:00–11:00
First Day School 10:15–11:00

Peg Smedley and Ted Taylor, Co-Clerks
Ed Snyder, Newsletter Editor

This month at YFM

Jan 5

Committee Meetings following rise of Meeting

Jan 12

Women's Group meets at 8:30

Men's Group meets at 8:30

Business Meeting following rise of Meeting

Jan 19

Adult education following Rise of Meeting; TBD

Jan 26

Adult education following Rise of Meeting; TBD

Looking ahead

Mar 12 (Thursday, 7 PM)

David E. McCraw, Deputy General Counsel at The New York Times, will discuss his new book *Truth In Our Times: Inside the Fight for Press Freedom in the Age of Alternative Facts*

Around the Quarter/PYM

Jan 3

Young Adult Friends Winter Retreat at Chestnut Hill Friends Meeting

Jan 20

Bucks Food for Friends, Fallsington. 5:30-7:30

Looking ahead

Feb 16

Quarterly Meeting, at Middletown

For more details and to see info on more activities in the Quarter, see the latest Quakerphernalia at quakersbucks.org.

If you have articles or announcements for Quakerphernalia, please contact Wendy Kane, the coordinator, at quakersbucks@gmail.com.

Your Francis and Betty Irwin calendar inspiration for the month

The snow goose need not bathe to make itself white.
Neither need you do anything but be yourself.

Lao Tzu

Successful Blood Drive!

Our blood drive on December 26 was successful, with 36 donors, exactly our goal. (They could take 45 so there is still room for improvement.)

The next drive will be early June 2020.

Newsletters can be found on our website at <http://yardleyfriendsmeeting.org/news/> Email articles, pictures, book reviews, events to ed@mrplansinc.com.

Happy New Year everyone!

Query 1. Deepening Our Faith: Meeting for Worship

Are our meetings for worship held in stilled, expectant waiting upon God?

As we worship in the living silence, are we drawn together by the power of God in our midst? Do we experience a deep reverence for the integrity of creation?

How does our worship nurture all worshipers, creating a deeper sense of community?

How does our meeting encourage vocal ministry that spiritually nurtures the worshipping community?

Do I faithfully attend meeting with heart and mind prepared for worship, clear of any predetermination to speak or not to speak, expecting that worship will be a source of strength and guidance?

Does worship deepen my relationship with God, increase my faithfulness and refresh and renew my daily life, both inwardly and in my relationships with other persons and with all of creation?

Does worship enhance my capacity for attentive, non-judgmental listening to others?

How does participation in meeting for worship contribute to my life-long spiritual journey?

Reducing our Carbon Footprint

January 2020 edition, from the Peace and Social Action Committee

Ninety-seven percent of actively publishing climate scientists agree that humans are causing global warming and climate change. **Global warming** refers to the long-term warming of the planet. **Climate change** encompasses global warming, but refers to the broader range of changes that are happening to our planet, including rising sea levels; shrinking mountain glaciers; accelerating ice melt in Greenland, Antarctica and the Arctic; and shifts in flower/plant blooming times.

Countries have failed to halt the rise of greenhouse gas emissions despite repeated warnings from scientists, according to a report released by the United Nations. China and the U.S., the world's biggest polluters, expanded their carbon footprints last year.

One way that YOU can reduce your carbon footprint is to understand how much energy you use. You can go to the website below and click on the drop-down menu. Enter your various appliances, along with the time per week that you use them. You will get the estimated cost per year of operating each chosen appliance. Then you'll be able to calculate where to cut and how you can save the most energy. Let's all make a New Year's Resolution to reduce our Carbon Footprint!

https://www.energy.gov/energysaver/maps/appliance-energy-calculator?te=1&nl=climate-fwd:&emc=edit_clim_20191113?campaign_id=54&instance_id=13827&segment_id=18753&user_id=7299d92eeb567fcc99cda0ca8f0e0638®i_id=60702902

Reducing our Carbon Footprint

Bonus New Year's Resolution edition, from the Peace and Social Action Committee

From The Guardian – full article available here:

https://www.theguardian.com/environment/2019/nov/27/how-to-shrink-plastic-footprint-recycling?CMP=Share_iOSApp_Other

Recycling isn't working – here are 15 ways to shrink your plastic footprint

Only 9% of plastics get recycled, and significant reductions will require systemic change – but there are easy tips for individuals to cut back

As plastics corporations ramp up production, they are also promoting a failing recycling system.

Just 9% of plastics get recycled. Traditional plastics are made from extracted oil and gas, and they contribute to the rising temperatures behind the climate crisis.

Environment experts are increasingly calling for a reduction in plastic use, as the waste accumulates in the oceans, poor countries and even human bodies. Plastics are also burned, as China – which once accepted the bulk of America's waste – has begun to refuse it. And more than a million Americans lived next to polluting incinerators.

Significant reductions will require systemic change, researchers say. But there are also some easy tips for individuals who want to cut back on plastics.

(If this list is overwhelming and you're not sure where to start, collect your plastic waste for a month and conduct an audit. Cut back on what you find the most of.)

1. Carry a reusable bottle, fork/spoon and bag

Be sure to use these items as many times as possible so they are worth the resources they take to create.

2. Refuse the lid on your coffee cup

Take a few sips before you leave the shop so you can avoid spilling. (Some coffee shops will say they are required to give you a lid, citing possible liability for burns.)

3. Choose products in glass or cans if they are an option. Recycle those materials

Plastics recycling is largely failing, but you should still try to recycle your waste plastics if they are accepted in your community. Make sure you are recycling correctly with this guide.

Glass and aluminum cans are much more likely to be recycled. Glass is most efficient when reused (ie with returnable milk bottles).

4. When possible, eat in the restaurant instead of taking it to go

Unless you have a physical disability, let your server know in advance that you won't need a straw.

5. If you order takeout or delivery, tell the restaurant you don't want plastic utensils or straws

This is an option on some food delivery apps.

6. Opt for products with less packaging. Say no to bagged lemons, apples, onions and garlic, and tea that comes in plastic packets

Choose more fresh produce for snacks to avoid individual plastic wrappers.

7. Shop from the bulk section and use your own containers

Some grocery stores will let you use pretty much any container, as long as you verify the weight of the empty container in advance.

8. Use bars of soap (also available for shampoo and shaving) instead of bottles and skip the plastic loofah

Find bars that are wrapped in paper, and for an extra environmental benefit, avoid palm oil.

9. Use a razor that requires replacing only the individual blades

The upfront expense may be daunting, but if you can afford it, you will save money over time. Note that TSA does not allow passengers to fly with individual blades.

10. Use a bamboo toothbrush or one with a replaceable head

The market for these products is growing rapidly. Most bristles will still have synthetic fibers, but you can at least avoid throwing away the brush's plastic arm every few months.

11. Buy concentrated cleaners that can be mixed with water in a reusable container.

You can find these in powder, gel and liquid form.

12. Choose frozen, concentrated juice that comes in cardboard tubes instead of the plastic jugs

Some of them taste good, and they are lighter to carry home.

13. Don't buy bottled water. Filter your own

"Bottled water is no safer than filtered tap water, but the industry doesn't have to disclose the results of its testing," according to the Environmental Working Group. The advocacy organization's Tap Water Database can help you select the best filter for your local water source.

14. Buy fewer clothes, or shop secondhand. Wash your clothes less so they last longer. Hang them to dry

Most clothing contains synthetic fibers made of plastic. These fibers shed in the wash and end up in waterways. Synthetic materials may have some advantages over natural ones, however, because they may last longer.

15. When shopping online, group as many items together as possible, so you can receive fewer plastic envelopes

You can also choose slower shipping times, which could reduce the climate footprint of your purchase.



2020 Christmas play