

# YARDLEY FRIENDS MEETING

## NEWSLETTER

May 2020

find us on  
facebook



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*

On-site activities continue to be on hold. We are holding Zoom virtual Meeting for Worship at the usual 10 AM Sunday time, plus a mid-week virtual Meeting at 7 PM Thursdays. Please stay tuned on the google group and/or the website. If you are not connected on the google group, please, *please* feel free to reach out if you need information or assistance. If you don't have the contact list to call an individual directly, the Meetinghouse phone - (215) 493-5376 - is forwarded to the co-clerks. You can also write to [info@yardleyfriendsmeeting.org](mailto:info@yardleyfriendsmeeting.org), which is forwarded to the co-clerks as well.

If you are not on the google group and would like to be added, please send an e-mail to [info@yardleyfriendsmeeting.org](mailto:info@yardleyfriendsmeeting.org) with a request to join.

### *Around the Quarter/PYM*

May activities are shut down or postponed, or reconfigured as Zoom meetings.

#### **May 17**

Bucks Quarterly Meeting via Zoom.

For more details and to see info on more activities in the Quarter, see the latest Quakerphernalia at [quakersbucks.org](http://quakersbucks.org).

If you have articles or announcements for Quakerphernalia, please contact Wendy Kane, the coordinator, at [quakersbucks@gmail.com](mailto:quakersbucks@gmail.com).

### *Looking ahead*

#### **Jul 29-Aug 2**

PYM Annual Sessions

### **Your Francis and Betty Irwin calendar inspiration for the month**

When you talk, you are only repeating what you already know. But if you listen, you may learn something new.

Dali Lama XIV

### **Holding in the light**

Anyone who has to venture out for work, especially those in hospital settings, like Ted Taylor, chaplain at Robert Wood Johnson/Hamilton, and Carol Karwowski, nurse at Capital Health/Hopewell. We are glad to learn that Rick Durham is on the mend following a battle with Covid-19.

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

## Query 5. Nurturing Our Community: Religious Education in the Home and Meeting

How does our meeting prepare its members, attenders and children for worship, for the conduct of its business and for a way of life consistent with the principles of the Religious Society of Friends?

What opportunities do we provide for all in the meeting to learn about Friends' history, practices and testimonies, the Judeo-Christian tradition, the life and teachings of Jesus, and other religious traditions?

How does our meeting's religious education program provide experiential learning that enhances the sense of belonging to our worshipping community?

*How do I help create a home where all members of the family receive affection and understanding and where visitors are welcome?*

*How does my manner of living enrich body, mind and spirit; enable all to learn what it means to live a life of Spirit-led commitment; and demonstrate a high regard for family, community and the integrity of creation?*

*How do I engage with my family and others who are dear to me regarding such sensitive topics as death, faith, money, sex and drugs?*

---

### Reports and thoughts from the socially distanced

Joe and Carol Sundeen - Joe and Carol are doing well, maybe because, as retirees, we are used to spending lots of time in the house. Both of us are working on our family histories, doing sudokus (including those hard sums), and reading a lot of good books. Carol is catching up on housework; in addition to the above Joe is working on his stamps. We Skype once a week with our daughter and keep in touch with other members of the family by phone, e-mail and text. We also watch Great Courses, Netflix, and PBS. On Sundays we watch Meet the Press. Every day that weather permits, we take a walk.

Linda Jacobs Snyder – a poem

Subtle movement  
Gentle breeze  
Gray clouds moving in  
The earth is calm  
Beneath raging disease

A haiku via Betty from a poet friend, Amy Laub.

Quiet mind, graceful  
Mind, flexible mind...the kind  
Of mind I would like.

Looking for a distraction? Visit the Duke Farms eagle nest webcam:  
<https://www.dukefarms.org/making-an-impact/eagle-cam/>

Christine Breidenbach recommends "The Book of Joy" - a beautiful book by the Dalai Lama and Desmond Tutu. There is a wonderful section in the back, "Joy Practices."

If you have stories or thoughts to share, please send them to me and I'll compile them here.

Ed Snyder  
[ed@mrplansinc.com](mailto:ed@mrplansinc.com)

## A Blast from the Past, part 2

More from the newsletters I found, dated Nov 1968 - Apr 1973:

- There was a bridge group that met the first Friday of each month at different homes.
- There were occasional breakfasts at the Meetinghouse served by the men.
- Quarterly Worship and Ministry must have been somewhat active because there were not only meetings but covered dish suppers before the meetings (it has since been laid down).
- Meeting hosted a Mercer Street Friends summer camp, with activities at the Meetinghouse and swimming at members' pools.
- Various calls for "all women" to meet (and review recipes, etc.) and "all men" (for grounds work).
- Tom Cadwallader thanked the Meeting for sending him Friends Journal at Earlham College, and felt the new editor "speaks in a thoughtful and refreshing way."
- Monthly sewing, sorting and packing of clothing for AFSC...at 10 AM on third Mondays, with covered dish lunch. Some say "women" and some don't but it seemed to be implicit.
- There was a 1968-9 "Balance the Budget" fund drive with donors noted (not amounts).
- Various notes on vacations taken by members and attenders, engagements, college announcements, births, illnesses and deaths.
- The Summer 1969 newsletter reports that Betsy Cadwallader was elected President of her class at Green Mountain College.
- Alternate Clerk Sidney Cadwallader "presided" over a special PYM session on taxation.
- General Conference for Friends was held in Ocean Grove NJ in June.
- Thanks were offered for various services offered with this particular one being of interest: "...a few days ago, Laura and Charlie Clappison and Ann Smith helped out in a most unusual mission. They had to clean up every windowsill (but one) in the Meeting room, as a squirrel had tried for hours to gnaw its way out. Several curtains were damaged too, and had to be replaced. No one knows how the little creature got in, but we hope he doesn't return."
- Flea Market reports:
  - o 1968 - held Oct 26th and "a great success" – cleared nearly \$600
  - o 1969 – held Sep 20th (10 to 4) and "a big success" - \$750 received with more pending
  - o 1970 – held Sep 12th and "more popular and successful than ever" - \$849.26 raised
  - o 1971 – held Sep 18th and "the best ever" - \$1,293.74 at time of writing. "89 spaces were sold and about 50 were turned away in the last 10 days due to lack of space...The Meetinghouse and grounds were crowded with people all day long, so much so that some areas could have used more help at times."
  - o 1972 – held Sep 23rd. No gushing description but \$1,465.98 in profits.

### **Dandelion Salad**

Each spring I look forward to picking dandelions for salad. It's a rite of spring. This year I picked bags of them. It's high in Vitamin A and C and good for immunity. I pick until they flower and become bitter. As I was foraging I was reading a book which reminded me that cultures not as "lucky" as us often found health from eating the weeds. Their outcome was often better. One result of sheltering in place is, I'm reminded that listening to the Universe and living closer to nature is essential.

Do you remember any other period of time where everything changed so fast? Many suggested rules have become law. Others are added as time goes on. Some sound as if they may leave too quickly. At first it seemed like it would be hard to get used to not shaking hands or hugging after Meeting. How quickly it changed to having Meeting for Worship on screens in our homes. Meeting digitally always seemed distant to me. Now it's what we have. I look forward to seeing your faces.

I became overcome with gratitude one day while listening to Terry Gross. She interviewed Yannick Nezel Sequin of the Philadelphia Orchestra about the last concert performed before the members of the Orchestra went home. This concert was done with no audience. It is a gift that we can watch and listen to on YouTube, NPR and other places. Many gifts of culture and art are being shared digitally.

I'm lucky! My life isn't totally different except for anxiety of Covid-19. I feel terrible for everyone affected physically, economically and emotionally. I worry that it could happen to me or others I love. In the beginning I couldn't listen to news. It is important to know what's happening in order to be careful and safe. It's also important not to be overcome with fear.

Keeping stress down is major. I listen more to music, singing bowls, the sound of birds and wind. Switching to music doesn't always work. One day, I went for the comfort of listening on YouTube to music I loved years ago. I listened to It's a Beautiful Day, Neil Young and then thought of John Prine and searched. His name came up as having just died the day before from Covid-19. Sometime you can't escape!

I try to find balance between the routine I'm used to and just a bit of something different to help me grow. Working hard to keep mind and body strong is a huge priority. I exercise, do yoga, meditate, grow our vegetable garden, enjoy nature and eat well. I live with gratitude that I can do these things and have wonderful company while sheltering in place.

We strive all our life to be strong. Fear is something we try to conquer. So many times we live with needless worry. Most times if you step through it we find all is well. Now we are faced with an anxiety we need to listen to. It's telling us how careful we need to be. Taking chances we don't need to can hurt ourselves and others.

I believe in the strength and power of the Universe when connected and working together. We are starkly reminded now of how wrong things can go when the connection is forgotten. The world slowing down shows how hurried and out of touch we all can be. Pollution is way down. It's quiet. Animals seem free and more alive. Life isn't ever all good or bad. I hope going forward we realize changes that are for good. The oneness of the Universe is loudly saying listen and pay attention. Nothing is really separate.

Be Well!