

Chapel Hill Friends Meeting

Newsletter: Eighth Month, 2024



Monthly Query: How does worship deepen my relationship with God/Spirit/Light, increase my faithfulness and refresh and renew my daily life, both inwardly and in my relationship with others?

Monthly Worship Tip from the M&W Committee: *Your silent prayer and openness to Spirit are themselves a form of ministry that enriches the Meeting community.*

Contents

Upcoming Zoom Fora	1
Upcoming Events	1
Calling all Committee Clerks!, Sunday, Oct. 6, 1-3pm	1
Announcements	2
News from American Friends Service Committee	2
Must See Video of the 60th Anniversary of the Civil Rights Act Celebration Event!	3
Second Meeting on Gaza with Tillis Staffer	3
Volunteers needed at the Community Kitchen	3
Recurring Announcements	4
InterFath Council Committee Is Seeking Volunteers	4
Zoom Tech Hosts Wanted	4
Inter-Faith Council Pantry Needs Donated Food Items	4
FRIENDS, PLEASE LIMIT YOUR WEEKDAY MEETINGHOUSE VISITS.	5
Newsletter & eNews Reminder	5
Recurring Events	5
Prayers for Healing/Holding in the Light, 2nd and 4th Wednesday, 7-8:30 pm	5
Meeting for Worship with Attention to Peace in Palestine, Thursdays, 5:30pm	6
Pendle Hill Worship via Zoom, Daily, 8:30-9:10am	6
Pray for Peace - From Friends House Moscow, Daily	7
Business Meeting Minutes	7



Upcoming Zoom Fora

<https://www.chapelhillfriends.org/forums.html>

August 4: Embodiment Series on Play: Think back to childhood and when you were playing, however that looked for you. Think about the emotions and the feelings that you had in your body when you were playing. How do you find those feelings today?

August 11: Embodiment Series Meditative Practice: Kate will lead us in a meditative practice. Please bring to forum a small edible thing - a fruit, candy, mint, nut, bite of your breakfast.

August 18: MFWAB

August 25: Worship Sharing. Reflections and Leadings from your Summer. What spoke to you from Forums, Meetings for Worship, or Personal Experiences?



Upcoming Events

Calling all Committee Clerks!, Sunday, Oct. 6, 1-3pm

Save the date: Clerks Retreat, Sunday, October 6th, 1-3:00 in the Meeting House. Please mark your calendars now.. It's a potluck Sunday, so we will gather after the meal.

Ministry and Worship is planning this retreat. We welcome all ideas from clerks about topics you may want included. Send your thoughts to dottieheninger@gmail.com or to Carolyn White chwhitenc@gmail.com.

We look forward to having all committee clerks, or their representatives, attend. Lots to learn and share! Details will follow...



Announcements

News from American Friends Service Committee

Betsy Brinson shares with Friends:

10 things you can do for Gaza

1. Join our weekly [Action Hour](#) (Every Friday at 12 p.m. ET)
2. Read [Light in Gaza](#), which you can download as a free e-book
3. Send one story per week from [Displaced in Gaza](#) to your elected officials
4. Invite a member of our Palestine Activism Program team to [speak at your meeting](#)
5. Share the names of AFSC staff members in Gaza at the rise of your meeting, so other Friends may hold them in the light (Serena Awad, Firas Ramlawi, Adham Yaghi)
6. Wear a visible reminder of Gaza to engage others in conversation (pin, t-shirt, scarf, etc.)
7. Hold your media resources accountable- save their phone numbers and call often
8. Write letters to your local paper, your elected officials, schools in your area, your local library, etc.
9. Watch a documentary film about Palestine to learn more: [Where Olive Trees Weep](#) or [Fault Lines: "The Night Won't End"](#)
10. Starfish on the wall- choose a symbol (in your house or surrounding area) to represent Gaza, to remind you to hold the people of Gaza in the light

10 things your Meeting can do for Gaza

1. Make a [community protest banner](#)
 2. Be visible in your community by displaying signs in front of your meeting house, writing letters to the local paper, distributing flyers, etc.
 3. Host a fundraiser for [AFSC's relief work](#)- you could make a Palestinian meal, host a hummus tasting, or throw a watermelon festival
 4. Show your solidarity with [#GoalsForGaza](#)
 5. Fly [Kites for Gaza](#)
 6. Work to establish a scholarship fund for [students in Gaza](#)
 7. Support the [Israeli Refuser Solidarity Network](#)
 8. Take the [Apartheid-Free Pledge](#)
 9. Learn about and pursue [divestment](#) in your community
 10. Show up to protests with signs of support such as "Quakers for Gaza" or "Quakers against apartheid"
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Must See Video of the 60th Anniversary of the Civil Rights Act Celebration Event!

Dottie Heninger shares with Friends:

Only a few CHFM members were able to attend. Here's your chance to see what happened at this very special event held on July 2. It shows Cates Scholars introducing the Women of the Movement, and other heroes sharing their experience in the Civil Rights Movement in Chapel Hill. With thanks to the CH Public Library for sharing the link.

<https://chapelhillhistory.org/events/civil-rights-act-1964>

The Orange County Coalition Remembrance Committee organized this event. Our Meeting is a supporter and here is a remarkable example of their work!

Second Meeting on Gaza with Tillis Staffer

Tom Munk shares with Friends:

Seven Friends and one friend of a Friend met Thom Tillis's community outreach coordinator, Stephanie Blair, on June 28th. Stephanie comes from an old Quaker family in Greensboro, with strong Guilford connections. It was a very congenial meeting; we each introduced ourselves and shared personal reasons that we care so much about the people of Gaza. Joe Groves, with decades of experience in Middle East policy, spoke to the situation and our Quaker perspective on it. We asked that Senator Tillis support a permanent cease fire. We asked for a follow-up meeting with a policy staffer. We will be meeting with policy staffer Nancy Beaujeu-Dufour via zoom on August 6 from 11 to 12.

Would you like to help? Call Senator Tillis's office, let them know you are part of this team, and ask the Senator to call for a cease fire. Or, let Tom Munk know that you'd like to join the team and the zoom call.

For the suffering people of Gaza,

Volunteers needed at the Community Kitchen

We need more volunteers to help us prepare, serve and clean up for two monthly meals at the Community Kitchen at the IFC Commons in Carrboro. It's a pleasant way to get to know fellow Quakers, work with food, meet new people and help the IFC.

Here are the dates this summer:

August 8 for lunch (10 AM to 1 PM)

August 9 for dinner (4 to 6:30 PM)

Contact Carolyn White at chwhitenc@gmail.com if you can help with one or more shifts or would like more information.



Recurring Announcements

InterFath Council Committee Is Seeking Volunteers

We invite anyone interested in becoming, or knowing more about being an IFC Committee Member to please contact Carolyn White.

We welcome volunteers to help with food preparation and service at ICF every second Thursday for lunch: 10a - 1p, and/or every second Friday for dinner 4p-6:30p. Volunteers are welcome for part of the shift, or the full shift.

Zoom Tech Hosts Wanted

Support Chapel Hill Friends Meeting's Zoom worship and forums by becoming a tech host. The role is much more simple than you would imagine. Trust us! We need your help and will train you. Please contact the Zoom Subcommittee if interested, or have questions: zoom@chapelhillfriends.org.

Inter-Faith Council Pantry Needs Donated Food Items

Please consider IFC's needs when doing your shopping. There is a basket in the meetinghouse foyer for food donations. IFC has requested the following food items: coffee, hot chocolate, canned protein, canned pork and beans, canned soup (not vegetable), boxed cereal, cake mixes, instant foods, ramen noodles. Thank you!

FRIENDS, PLEASE LIMIT YOUR WEEKDAY MEETINGHOUSE VISITS.

The CFS Early School teachers, parents and guests have priority use of the meetinghouse parking lot from 7:30 AM to 6:00 PM Monday through Friday throughout the calendar year. If you must visit the meetinghouse during weekday hours, please alert John Hite, the Meetinghouse Resident, at least one day ahead. Email: johnthequaker@gmail.com or call: 919-929-5377.

Newsletter & eNews Reminder

Please send items for the weekly eNews email and the monthly print Newsletter to news@chapelhillfriends.org.

- The deadline for weekly eNews is *Wednesday* 6 pm.
- The deadline for the monthly print Newsletter is on the *last day of the month*.

To unsubscribe, email to news@chapelhillfriends.org with the subject line, Unsubscribe.

Note: If you think that you haven't received your weekly enews or monthly newsletter, it helps to add news@chapelhillfriends.org to your contacts. Otherwise it might go to your Spam folder (and likewise for other chapelhillfriends.org mailing lists such as pfym@chapelhillfriends.org).



Recurring Events

Prayers for Healing/Holding in the Light, 2nd and 4th Wednesday, 7-8:30 pm

YOU ARE INVITED TO PARTICIPATE IN Virtual Prayers for Healing/Holding in the Light on the 2nd and 4th Wednesday of each month, 7:00 to 8:30 PM. Join us when you can for as long as you wish - from your own home.

Do you have a name or a group of people to add to - or remove from - the list of those we will hold in our hearts and prayers? If so, please send to: prayers@chapelhillfriends.org. The list of names to be held in the Light will be renewed each month. Names must be resubmitted each

month to be maintained on the list. We'll send an updated list on Wednesday afternoons. Thank you for joining us!

This virtual prayer service continues under the care of the Care and Counsel Committee and each week, a committee member will collect and post the names that are submitted and will read them aloud during the time of the service.

Meeting for Worship with Attention to Peace in Palestine. Thursdays, 5:30pm

Betsy Brinson shares with Friends:

You are invited to join Meeting for Worship with Attention to Peace in Palestine and Israel at 5:30 p.m. ET / 2:30 p.m. PT. We will continue to meet weekly on Thursdays at this time, at least through the months of January and February, or until a permanent ceasefire is reached.

Join on Zoom:

<https://afsc-org.zoom.us/j/85831333364?pwd=VEtPTUZuYk5hTHV2OGs1VzRkY0ZKUT09>

Meeting ID: 858 3133 3364

Passcode: 759311

Pendle Hill Worship via Zoom, Daily, 8:30-9:10am

Pendle Hill Quaker Study, Retreat, and Conference Center is now opening their daily morning worship to everyone, by way of Zoom or phone. A lovely opportunity for gathered worship every morning. "A handful of Pendle Hill residents continue to gather daily in the Barn – from 8:30am to 9:10am Eastern Time – expanding the 90-year-long tradition of daily worship here on campus. Beginning the week of March 16, 2020, we started an experiment of opening the circle of worship to YOU in your home. You can join us here via Zoom."

<https://pendlehill.org/explore/worship/join-us-online-for-worship-in-the-barn/?bblinkid=210290749&bbemailid=19903873&bbejrid=1408822779>

Note: The above link takes you *not* to the meeting but to a page of general instructions. Look for the sentence "You can join us via Zoom **here**, or by clicking on the image below."

Pray for Peace - From Friends House Moscow, Daily

Link to the Daily Meeting for Worship for Peace sponsored by FHM/FHMSA: (Friends House Moscow)

Join Zoom Meeting

<https://us02web.zoom.us/j/4165005614?pwd=NUtieEtqbDBYbjBrcGdMMzBKQ3drQT09>

Meeting ID: 416 500 5614

Passcode: 182805

The room opens at 8:45am Pacific time (10:45 EST); worship begins on the hour and ends an hour later. After worship there will be time to share brief thoughts that did not rise to the level of ministry. You may also want to rename yourself indicating your geographic location. There will be no audible indicator when one enters or leaves, and everyone will be muted on entry. Please leave yourself muted unless giving ministry.

Ministry may also be shared in the chat, but it is not the place for private conversations. If you are new to Quaker unprogrammed worship and wish to talk with someone about it, send a message to the host and someone can join you in a breakout room.



Business Meeting Minutes

No business meeting in July

Chapel Hill Monthly Meeting of the Religious Society of Friends

531 Raleigh Road, Chapel Hill, NC 27514

Resident: John Hite (919) 929-5377