

**Welcome to the 244th Session of
COLLEGE PARK QUARTERLY MEETING**

January 16, 2021

Reweaving The Ties That Bind

REGISTRATION CHECK-IN

Registrars: Eric Sabelman, Liz Baker, Marcia Roberts

Registration check-in hours will be: Saturday 8:00 to 9:30 am or by arrangement with registrar@collegeparkquarterlymeeting.org

Please come a few minutes early to your first session so that you can be greeted by the registrars and our Zoom coordinator in what we call the Foyer. If you need a Zoom refresher, please plan to come by 8:15 on Saturday morning. After checking in, you will be asked if you'd like the Zoom refresher, and, if so, you will be moved into a breakout room for that purpose (please see "General Zoom Instructions" below for the functions we hope everyone will be familiar with). Otherwise, you will be moved into the room where the scheduled activity will take place. We ask that teens and children check in with the registrars before heading over to their own sessions.

MAKING YOUR "PAY AS LED" FINANCIAL CONTRIBUTION

If you haven't yet done so, it is not too late to make a contribution towards the costs of the fall quarterly meeting sessions. The average contribution will be \$30 per adult attender, but this is truly a "pay-as-led" event and we want to encourage everyone to attend, regardless of ability to pay.

Checks should be made out to "College Park Quarterly Meeting" and mailed to:
Tom Yamaguchi
1015 Channing Way
Berkeley, CA 94710

GENERAL ZOOM INSTRUCTIONS

Zoom Coordinator: Andrea Harman

Whether you are using the Zoom app on your smart phone, desktop computer, laptop computer, tablet, OR are dialing in by phone, your experience will go much more smoothly if you know how to:

- Re-name yourself so that we can see who you are and who is with you if you are sharing a device;
- Mute and unmute yourself;
- Turn your video camera on and off;
- Toggle between speaker view and gallery view;

It is also helpful to be able to:

- use the chat feature, especially if you need help
- raise your hand virtually

If you are a presenter you may also want to be able to:

- share screen
- ask for or create breakout groups

If you are new to Zoom or will be using features that are new to you, we HIGHLY recommend that you check in with the registrars between 8:00 and 8:15 on Saturday so that our Zoom coordinator Andrea can whisk you into a breakout room for a quick session to help you out.

If you need tech support during the weekend, you can send a private chat to Zoom coordinator, Andrea Harman, or you can text her at 610-844-5621 or email her at ams573@alumni.psu.edu

ANNOUNCEMENTS

Our plenary schedule is likely to be very tight, and we anticipate that our Assistant Clerk may not be able to make announcements on your behalf.

You may post your announcements in the “chat” at the close of each plenary session. The Assistant Clerk will explain how you can save the chat and, if there is time, she will also read out the announcements.

CHILDREN’S PROGRAM 1:15-2:15pm

Helen Jaccard, Project Manager for the famous Golden Rule anti-nuclear sailboat, will show a 10-minute film about the historic voyage the Quaker crew made in 1958 to stop nuclear bomb tests in the Marshall Islands. Then she'll update the audience regarding the current situation with Golden Rule and future plans. There will be plenty of simple background in case children haven't heard about nuclear weapons. Finally, children will be encouraged to create a drawing, poem or song to share.

TEEN PROGRAM 2:00-4:00pm

Teens are invited to participate in all general program activities, however teens will also meet separately for orientation and worship-sharing.

INTERGENERATIONAL ACTIVITY 7:30-9pm

Centering Teen Voices is an intergenerational dialogue led by teens on the joys and challenges of communicating with and understanding people of different generations. What would you like people from a different generation to know about you and your generation?

LAND ACKNOWLEDGMENT

A concern has arisen about land acknowledgments and whether we may be embracing a form that does not bring us into authentic relationship with indigenous people or have clear meaning to us. This topic will be brought to the entire body for discernment at a later meeting. Here is a link to some helpful resources: <https://friendspeaceteams.org/trr/#trrresources>

PANEL

Thistle West (SC), will moderate a conversation on the theme with Lari Keeler (SC), Chaplain at Suncrest Home Health and Hospice; Melissa Lovett-Adair (CC), Quaker Oaks Farm; and Sally Hindman (SC), Youth Art Spirit's Tiny House Empowerment Village.

WORSHIP SHARING GROUPS

- **Traditional:** Participants worship in small groups, reflecting on queries and speaking out of the silence.
- **Journaling:** Participants worship in small groups, journaling on queries and then coming together to speak out of the silence. *Bring paper and something to write with.*
- **Art:** Participants worship in small groups, reflecting on queries while creating visual responses, then come together to share out of the silence. *Bring paper and colored markers, pens, crayons, or pencils.*
- **For more complete information about worship sharing groups and guidelines,** here is the [link](#).

INTEREST GROUPS

All four interest groups are in one time slot on Saturday afternoon, from 4-5:15 pm. They are:

****Let your lives speak: Words and witness in a divided time.**

How do we talk to others when we face deep divisions? The year ahead will require Friends to draw deeply on their capacities for listening, plain speaking, and peacebuilding. How can we approach this? In this session, we'll share experiences of difficult conversations and learn of some ways of listening and responding that can help us find common ground.

Jim Anderson is a member of Chico Friends Meeting. He has long experience among Friends and a background in religious studies and moral education.

****Body, Mind, and Spirit: Restoring the connection.**

Or do you not know that your body is a temple of the Spirit within you, whom you have from God? You are not your own, [you belong to Spirit]. So glorify God in your body. 1 Corinthians 6:19-20

“Body image” is the objectified picture we have in our heads of the way we look to others based on external influences (“gazes”) that judge us for our body shape and size, among other attributes. In contrast, **embodiment** is a concept that weaves together our mind, body, and spirit into an inner nexus that exists within the context of positive and negative genetic, cultural, social, and political forces impacting our day-to-day behavior. Ferrer* suggests that “The body is a divine revelation that can offer spiritual understanding, discrimination, and wisdom.” Keeping embodiment in mind, we will discuss the positive ways we experience mindful exercise and intuitive eating. In these days of tension and isolation, how do we live our embodied spirituality in the choices we make to care for our body?

*Ferrer, J. N. (2008). What does it mean to live a fully embodied spiritual life? *International Journal of Transpersonal Studies*, 27, 1–11.

Barbara Birch is a member of Strawberry Creek Meeting in Berkeley, CA. She is a semi-retired professor who believes that the Divine loves us and wants us to live long healthy lives so that we can love each other, ourselves, and the planet.

****View from the Bridge.**

The "bridge" on a ship is the perch that gives the view needed for controlling the ship. People who care about social and racial justice, including Quakers, are praying and working to steer our American ship toward compassion and justice. However, our "ship controls" (laws) and the "map" (history, conventions and myths) that are used to steer by have built-in errors. We will spend an hour or so on Saturday reviewing some of the skills and awarenesses that are needed to help move "ship America" in the desired direction - a nation of compassion and justice under law. We may also be able to discuss some of the obstacles to steering in the direction of compassion and justice.

Friends will find a couple of readings related to this interest group's content [here](#).

Brian Lloyd is a member of Burlington (Vermont) meeting and an attender at Redwood Forest. He is a long time Quaker, a physicist, sailor, cellist, husband (to Anne Fitzgerald), father and grandfather. He taught physics and was an Assistant Dean at The University of Vermont. He primarily worked for 25 years in industry as a semiconductor physicist and consultant. Brian lives in Santa Rosa.

****Tips for Meeting Archivists - or - Remembering Where You've Been So You Will Know Where You're Going.**

Quakers seem to be no better than anyone else at keeping good records over long periods of time. Things you might want to know about your Meeting - like when it started and who was there at the beginning - tend to be forgotten, perhaps because responsibility for keeping records passes from one committee or Meeting clerk to another every few years. This interest group will explore how to decide which records should be archived and what can be done to safely retain and make them accessible when questions arise that ought to have answers therein.

Eric Sabelman is a member of Palo Alto Friends Meeting. He has been CPQM archivist for about 10 years, a job he has done with sporadic enthusiasm and questionable results.

COMMITTEE REPORTS

MINISTRY AND OVERSIGHT COMMITTEE

Proposed Action:

The Ministry and Oversight committee has wrestled with the committee's name and its charter, as well as how the two complement and are in tension with each other, and are in unity in renaming the committee "Ministry and Good Order".

Report:

Ray Rischpater, Palo Alto Meeting, on behalf of the Ministry and [Oversight | Good Order] committee:

- Our committee is charged with supporting the clerk, associate clerk, committees and you with respect to the contents and conduct of our worship and practices in the quarter, and also to care for our monthly meetings. The committee members are: Jim Anderson (Chico), Barbara Babin (ex officio) (Redwood Forest), Joe Magruder (Berkeley), Kathy Runyan (Chico), Ann Marie Snell (San Francisco), Cindy Trueblood (Strawberry Creek), and myself.
- Although the planning of a quarterly gathering resides with the clerk, the clerks of our quarter's committees, and the arrangements committee, we meet frequently with the clerk in the time leading up to a gathering to help him or her refine the theme, develop worship sharing queries, and possibly recommend an interest group sponsored by our committee. We're also there to support our clerk if there are questions of good order in what is and isn't brought to a plenary session.
- In addition to this over the last fall and winter, our committee has been busy on other fronts. We have wrestled with the name of our committee and our charter, and how the two complement and are in tension with each other, and are in unity that we recommend renaming the committee to "Ministry and Good Order".
- We continue to work with small meetings in discernment about possible paths as they see their membership dwindling and the amount of work sustaining a meeting requires, and holding in worship several meetings, visiting them when appropriate. At least one meeting is considering becoming a worship group, although no decisions have yet been made by any meetings.
- We look to increase our engagement with each of our monthly meetings in the coming months. Soon after the winter quarter, clerks or a representative of your meetings are invited to two separate conference calls to continue to share what we've learned about distributed worship in the age of the pandemic, and see how meetings can support each other. We're also planning on visiting more monthly meetings as they worship, perhaps on the occasion of worship for business. If you would like to schedule such a visitation, please reach out to one of us on the committee.
- It has been a tumultuous period for our nation and meetings since we last met. Our prayers are with you and with the people in our country and the world suffering from the pandemic, racial injustice, poverty, and the loss of self-governance. As always, the members of the committee are ready and willing to hear your concerns.

NAMING COMMITTEE

The naming committee is pleased to bring forth two names for consideration for Nominating Committee: Owain Elliott-Sowaal and Jay Owen-Smith for three year plus terms beginning in January 2021 and ending in February, 2024.

Respectfully submitted, Dorothy Henderson, clerk; Dinah Bachrach; Cindy Trueblood

FASE (Friends Association of Services for the Elderly) REPORT TO CPQM

FASE (Friends Association of Services for the Elderly) REPORT TO CPQM January 2021

Greetings to College Park Quarterly Meeting from Friends Association of Services for the Elderly,

Between navigating the pandemic, another wildfire evacuation, closing the Skilled Nursing Facility and embarking on a bold plan for long term stability for Friends House, this has been a momentous year for FASE.

Covid-19 seems to be the common denominator for people worldwide this year and Friends House is no exception. We are thankful to report that, although the community has not been untouched by the virus, high levels of vigilance on the part of staff and residents has clearly paid off. A beloved gardener contracted Covid in the spring and died after a brief hospitalization. One independent living resident tested positive in December, apparently contracting the virus from a private agency caregiver. She was hospitalized briefly and is back at Friends House recovering well. Residents have demonstrated their usual creativity in finding ways to stay connected when all group gatherings have been cancelled for many many months. They continue to hold community meetings of various kinds by conference call and/or zoom. They recently hosted a holiday party on zoom that featured stories from around the world, to which they invited the wider community. Art shows continue to hang in the main corridor. An outdoor visiting station with plexiglass divider has helped residents stay connected with their nearest and dearest. This year residents used their own funds to purchase a "new-to-Friends House bus", established a sunny vegetable garden and are working on creating a walking path and pet exercise area on unused Friends House land. We all long for a time when the resident run programs can resume in the library and hopefully we'll see this time come within the next several months. Friends House is in the queue for the first round of vaccines in Sonoma County. *(I'm sad to report that in the two weeks since this report was written and submitted, three staff and three residents have tested positive. All are recovering.)*

Covid has brought other operational challenges to Friends House, challenges felt by other senior care communities as well. People are loath to move during the pandemic. It just feels too risky. And why move to a place that usually offers such marvelous opportunities for community engagement when those opportunities (in Covid time) are a mere shadow of their former selves? We are now sitting with 10 open units, an unprecedented number. This large number of open apartments stems not only from people's unwillingness to move in but also from current residents choosing to leave, to live with family or at least be closer to family- an understandable need in this pandemic time.

September brought yet more wildfires to Sonoma County and Friends House again was forced to evacuate. The fact that we no longer had Skilled Nursing patients and that disaster planning had been honed in these last years made this eight-day evacuation easier on everyone. Some residents left on their own in the middle of the night, heading out to family and friends. Others boarded buses at 5 am and were transported to a hotel in Sacramento, arranged for by our managing company Covia, and shared space with nearby sister community Spring Lake Village evacuees. Everyone quarantined in their own units for 14 days upon returning home to Friends House and began to emerge after two negative Covid tests. Continued drought and other manifestations of climate change make the likelihood of continued evacuations a reality we must embrace.

For many years we have reported on the difficulties, both fiscal and programmatic, of operating a small, stand alone, retirement community. The small size of the community

has made efficiencies of scale hard to realize. The legal and regulatory requirements associated with running any aspect of a senior care facility have become more daunting year by year but those associated with a Skilled Nursing Facility are the greatest. The vagaries of how many beds are filled with Medicare paying for services versus how many with Medi-Cal paying for services, not to mention empty beds, can make or break a facility. Too much of the total Friends House budget, management time and Board attention was tied up with Skilled Nursing and very few of our own residents needed the services of a Skilled Nursing Facility. All these factors prompted the FASE board to minute its decision to close the Skilled Nursing Facility at Friends House in March. As expected it took until September to find placements for all the Medi-Cal patients since other facilities are loath to accept the minimal reimbursement and often long-term nature of the Medi-Cal patient population.

Over the years since our six-bed Assisted Living unit was built, it has almost always been fully occupied and often, independent living residents have been awaiting an opening. We have now repurposed the Skilled Nursing wing of our main building as an expanded Assisted Living unit. Nineteen beautifully refurbished rooms, many of which can accommodate couples if desired, have recently been put into service and we are beginning to market the available rooms to the greater community. Friends House is well known for providing person-centered, high-quality care on a social, rather than medical, model and we expect that these rooms will fill in the next several months. With recent changes in regulations regarding Assisted Living care, Friends House's Assisted Living will be able to meet the long-term care needs of people who formerly had to become skilled nursing patients.

Finally, we are glad to share with you our bold plan for long-term stability for Friends House. For almost three years now Covia, a trusted senior care provider with several facilities in northern California has been serving as manager for Friends House. They have guided us well, offering support, expertise and personnel coverage in crucial positions when we needed it. When we first contracted with them for this managerial relationship, we were hopeful that we might find a long-term relationship with them that would benefit both Friends House and Covia. And we believe we have arrived at that. At the end of November we filed papers with the California State Department of Social Services, Continuing Care Division to merge with Covia. Covia has demonstrated their understanding and appreciation of the unique culture of Friends House and a readiness to uphold the values of this Quaker-inspired community. Their own values and mission are very close to those held by FASE. They bring financial stability that will ensure the long-term future of this community we all hold dear. In a non-profit merger, the larger corporation assumes all the assets and liabilities of the smaller corporation and the smaller corporation ceases to exist. So, if our merger request is approved by the State of California, we will become a Covia community called Friends House on March 31, 2021. FASE will have completed its purpose in shepherding and upholding Friends House and will lay itself down. A transition committee composed of representatives of the resident community and Covia representatives will serve for up to three years to facilitate general management communication between Friends House and Covia with a particular focus on sustaining the culture, values and traditions of Friends House.

All donor-restricted funds that have been created for the benefit of Friends House will continue to be used for their designated purpose in perpetuity. And contributions to any of these funds will be welcome in the many years to come. Right now the residents are anxious for contributions to the "Tree Fund." It is anticipated that monies raised will be matched by grants and will ensure the refurbishment of the irrigation system and replacement of fruit and shade trees on the now 36 year-old campus.

We anticipate even greater efficiencies of scale after the merger. Three miles away is Covia's Spring Lake Village community, and not only will Friends House residents who have need of Skilled Nursing be accommodated there, but residents whose memory care needs exceed what Friends House can offer through its expanded Assisted Living can be cared for at Spring Lake Village. We are planning for regular transportation between the two campuses and for the residents of either place to enjoy the educational and cultural events hosted at the other.

Our merger agreement asks two things of College Park Quarterly Meeting. One is that Board Minutes and other historical documents pertaining to the establishment of Friends House will be archived with CPQM. The second request relates to potential disputes between Friends House and Covia about merger commitments. If a dispute should arise it may be brought to the attention of the Ministry and Oversight Committee of CPQM. A process for dispute resolution is outlined in the merger agreement. The CPQM archivist and the current M&O committee know of these requests and are working with FASE to provide support.

News of the merger elicits mixed emotions on the part of all stakeholders of Friends House. There is grief over the loss of autonomy. There is comfort in knowing that the future is secure. There is anxiety about the maintenance of the Quaker essence without the FASE board. There is confidence in the resilience of the residents to maintain the culture of Friends House. There is relief in anticipation of liberating a hard-working board to many other important initiatives in the world.

FASE is confident that CPQM's care and interest in Friends House will continue into the future. Assuming that the merger is approved, there will not be a board report to offer to CPQM next January. But we are confident that one or more individuals connected to the wonderful institution of Friends House will want to share news and we certainly expect that opportunities for that sharing will continue.

With gratitude,

Mico Sorrel and Patti Callahan, FASE co-clerks

Peace action camp presentation

Our goal:

We want to give older teens a unique opportunity to have a teen led camp that focuses on learning for each other and also learn from older friends that feel led to pass on their knowledge to us. We also want to help teens improve their communication skills and also learn how to stand up for what they believe in while still validating others.

The theme for camp that we have come to is somewhat inspired by the rising racial and political tensions. **How do we deal with that?** and also what we as teens feel will be an important skill as we're transitioning to young adults.

The theme

- Hold meaningful conversations with those who have different beliefs
- Learn techniques for activism and effective communication
- Learn how to welcome others without compromising our own beliefs

We haven't come up with a precise name but some ideas are

- o Finding that of God / Spirit / the Light / goodness in everyone
- o Building bridges with those we hold different opinions from

How will that work?

Our vision is to have a 1 week camp with in person and zoom availability. Right now we are planning on advertising camp so it is inclusive to non quakers as well. The Beginning of the week focuses on learning, and end with applying skills we learned. Some aspects that we and to cover are;

- Roll play/ Interactive workshops centered around the theme of camp
- Possible mini AVP workshops
- Service of different kinds
- Community building exercises
- worship sharing
- ETC...

How you can help:

We want to invite you to join us in this process if you want to support teens in making this happen or if you have experience teaching different aspects of what we covered above. We aren't sure what specific roles will look like yet but we will need FRAPS as well as possible a camp nurse, chef and general support people.

Right now we don't know how many spots will be available for in person or if that's even a possibility but given it is we are aiming for about 15-20 in person and some more on zoom.

Next steps!

We need to create a committee of teens and adults that are ready to team up and make this happen!

- First is reaching out to venues like Quaker center and Quaker Oaks farm to see if they are willing to host us
- Then find our presenters
- And make an ideal schedule to figure out budgeting
- Apply for funding through the YPCC and the Bob vogal fund
- Create a date and advertise widely to be as inclusive as possible
- Make a strict covid safety policy to ensure everyone's health and safety
- Make it happen!

We invite you to join us for our evening program to night as well as a follow up meeting on Jan 24th.