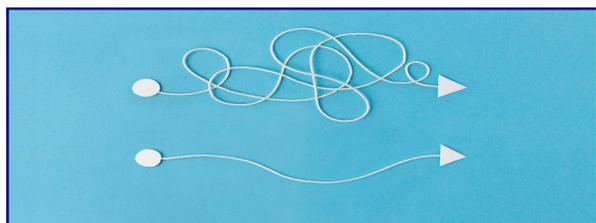


West Grove Monthly Meeting of the Religious Society of Friends

August Newsletter

Query for August: Grounding for Transformed Lives: Integrity and Simplicity

- a. What is the interplay between simplicity and integrity in the life of our meeting?
- b. How does our meeting embody simplicity and integrity in its structures and practices?
- c. How has our meeting considered humanity's impact on the earth's ecological integrity and the ways in which violence and injustice exacerbate this impact?
- d. How do I strive to achieve harmony between my inner and outer commitments in my spiritual journey, my work, my family and my other responsibilities?
- e. Am I temperate in all things?
- f. Am I open to counsel regarding addictive behavior?
- g. Am I involved only with those organizations and activities whose purposes and methods complement my integrity?
- h. Am I careful to speak truth as I know it and am I open to truth spoken to me?
- i. Am I mindful that judicial oaths imply a double standard of truth?



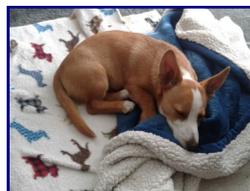
August 15–21st: *'Be Kind to Humankind Week'*

The piece below is from a Facebook post and is a nice reminder of the many ways we can be kind to one another.

SMALL KINDNESSES

Danusha Laméris

I've been thinking about the way, when you walk down a crowded aisle, people pull in their legs to let you by. Or how strangers still say "bless you" when someone sneezes, a leftover from the Bubonic plague. "Don't die," we are saying. And sometimes, when you spill lemons from your grocery bag, someone else will help you pick them up. Mostly, we don't want to harm each other. We want to be handed our cup of coffee hot, and to say thank you to the person handing it. To smile at them and for them to smile back. For the waitress to call us honey when she sets down the bowl of clam chowder, and for the driver in the red pick-up truck to let us pass. We have so little of each other, now. So far from tribe and fire. Only these brief moments of exchange. What if they are the true dwelling of the holy, these fleeting temples we make together when we say, "Here, have my seat," "Go ahead—you first," "I like your hat."



Jr. Editors, asleep on the job!
Good help is hard to find.

West Grove Friends Meeting

PO Box 7, 153 East Harmony Road
West Grove, PA 19390

Wick Williams — Clerk

Mary Sproat, Recording Clerk

Molly Wood, Web Master

610-444-3667

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Kathy Kirk, Co-Clerk

Alyce Denver, Treasurer

& Newsletter Editor

610-932-2078

610-405-2819

www.westgrovequakers.org

MINUTES: JULY MONTHLY MEETING

The West Grove Monthly Meeting of the Religious Society of Friends was held at West Grove, PA the Eleventh of **Seventh Month 2021**. The Third Query on Peace and Alternatives to Violence was read. Alternatives were brought up as a necessary part of this effort. One Friend wondered how the early members of this Meeting would have felt during and after the Revolutionary War, with soldiers passing through the area. There is a move to end solitary confinement in prisons; the legislature is being lobbied to pass such a bill.

Minutes - The minutes of the last Meeting were approved.

Treasurer - Treasurer Alyce Denver sent the report to all. It shows expenses of \$9,657.20 and income of \$9,936.81 (rent \$1000, Friends Fiduciary \$8,661.81). She noted that the income from the Friends Fiduciary distribution, donations, and rent just covered expenses for June. Alyce emphasized that members will have to step up with donations.

Day Care - Erica Loustau reported that the Center is operating at about 86% enrollment and payroll is about 85%, a good balance. Director Karin Kryak has applied for and received several grants that have been helpful. The funds can be used for various costs. At its recent meeting the Board discussed improvements to the playground, then brought in a landscaper to suggest how to get more grass to grow and solve the drainage problems. Water running off of the building is also a problem. Karin will obtain bids for the work. Molly Wood mentioned that the borough has grants to install rain gardens. Kathy is scheduled to do the quarterly walk-through with Karin this week. Kathy has not received the lease to sign.

Property - Roof repairs for the snow guards amount to \$2500; Kathy will ask the roofer to put us on his list but it will be 3 or 4 months before they will get to us. Alyce will make the down payment.

New Business - OxGrove Democrats asked to use Social Room on 2nd Thurs. of each month from 7-9 PM. Friends approved.

Compassionate Friends asked to start back on the third Fourth Day of each month but they will meet outside next month.

The Western Quarter Coordinator asked us whether we are willing to host Quarterly Meeting in in Fourth Month 2022 - Friends approved.

Wren burials - The family has notified us that they would like to bury John's and Virginia's ashes on Ninth Month 11; they will dig both graves in one of the spaces reserved for the family. The Meeting-house will be opened for their use.

Western Quarter is creating a standing committee on aging concerns and asked for a representative from West Grove. No one is volunteering at this time.

Most Friends are comfortable not wearing a mask to Meeting.

West Grove Borough National Night Out is scheduled for 8/3 from 6-8 PM. Molly will ask Paul Hauser to bring the fishing pond, and it is hoped that Karin will do face painting.

Meeting closed with a period of Worship.

Kathy M. Kirk, Clerk

Mary M. Sproat, Recording Clerk



American Bird Grasshopper

JULY FINANCIAL REPORT

Receivables: Donations \$ 1,155.00
Rent \$ 1,000 .00
Roof Repair \$ 300.00
Total \$ 2,455.00

Payables: Expenses \$ 823.77

BACK IN THE DAY...

Fifty years ago when we moved to the farm and acquired Victoria the Jersey milk cow along with Ferdy and Gerdy the two Black Angus cows, two very large sows moved into what had been the milk room. Pens were constructed with a corner in each 'fenced' so the anticipated piglets would have a safe place to scoot when mom rolled over. The sows were bred and ten to twelve pink piglets arrived every fourteen to sixteen months. Friends and neighbors shared in the packages of pork chops, ribs, scrapple, and large cans of lard. While arteries harden at the thought, lard made the best pie crusts and fried donuts.

I am an 'eye' person. (Bear with me, this really is going somewhere). One can tell the character and temperament not only of people but also of animals by studying their eyes. When Darcy would go to look at a horse she was thinking of purchasing, I would go with her. After studying the horse, she would ask, "So, what do you think of his eye." Some eyes were soft and invited you in while others were hard and warned of troubles ahead.

My two sows: one had eyes that said, "Come on in my pen. Scratch my back, cuddle my babies". The other's eyes warned, "Come in and when you least expect it, I will kill you in an instant." And, I never entered her pen without a pitch fork in hand and never, ever, turned my back on her.



These are some of the organizations we support with regular contributions through our Community Outreach focus.



Name _____

Address _____

Phone _____

Email _____

Enclosed is my financial support for West Grove Friends Meeting:

General Fund: \$ _____

Community Outreach: \$ _____

Roof Repair \$ _____

Checks should be made payable to West Grove Friends and can be mailed to:

West Grove Friends Meeting
PO Box 7
West Grove, PA 19390

**** Indicate on the Memo line: General Fund, Community Outreach, or other project**

**** Your contributions can also be through PYM and can be set-up as recurring monthly or with whatever frequency you prefer. If you need more information on this, please contact either Jenny or myself.**

*Thank you
for your support and generosity!*

Lassiter's blog . . .
Imagining the Future
December 10, 2020

Feels a little wonky to be admitting this in the midst of ongoing chaos and loss, but I'm feeling hopeful and enthusiastic these days. I'm waking up happy every morning, excited about cool stuff like the future. Seem nuts? Bear with me.

This year has been destructive. Dismantled a lot of expectations and safety nets, imploded individual, national, and international identities. Groundlessness, anxiety, and panic have been common responses. All of this is hell on our nervous systems, triggering our survival brains into a constant state of flight, flight or freeze.

Sounds pretty bleak, I know. But I have a message for overactive survival brains everywhere: "Chill, dear. We're okay. In fact. We're better than okay. Good things are coming." In fact, there's a lot of proof that the difficulties of this year are setting us up not for more difficulty, but for serious post traumatic growth. If you've never heard of post traumatic growth, check out this [blog post](#) by one of my favorite researchers, Scott Barry Kaufman.

I don't believe in using positivity to avoid facts and feelings. Yes, there are new threats out there. Or, at least threats we weren't aware of before March of this year. And yes, a lot of people are suffering through some really hard times. Without denying that or any of the healing needed, I tell you: we *can* handle this. We humans are smart and adaptable. To this end, find some ways to calm your survival brain down (for suggestions, see this recent [blog post](#)). When your survival brain chills out, your thinking brain is free to come back on line and do it's thing. You'll be wanting your thinking brain up and running for what comes next.

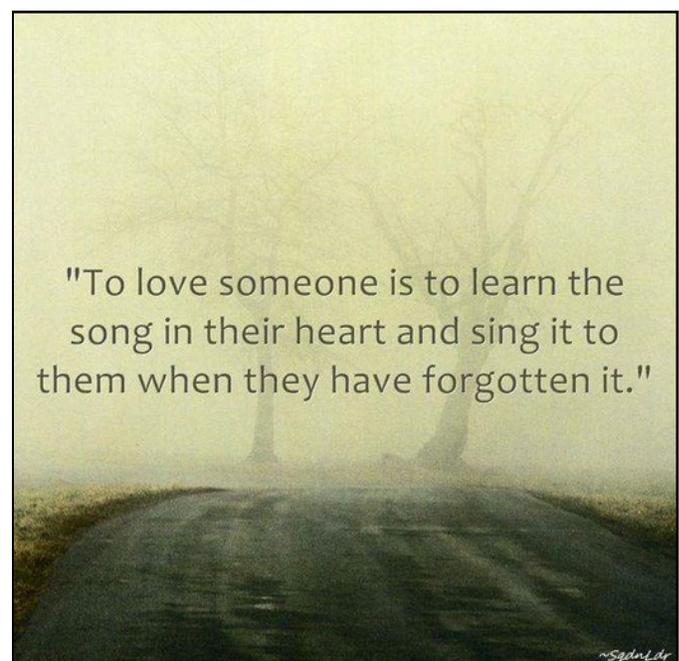
One of the awesome powers we have as humans is the power of imagination. If you don't believe me, check out the [Imagination Institute at the University of Pennsylvania](#). According to one theory explained in this [TED-ed video](#), the imagination needs the thinking brain to coordinate the astound-

ing amount of info stored in our brains into feats of creation, invention and problem-solving. With our thinking brain at the helm we can take the bits and pieces of what we know and experience and reorganize and expand them into something unbefore seen. Like, say, a better world.

If we calm our survival brains down and let our thinking brains collaborate with our imaginations, we have the power to create anything. So let's make it good. Some might call our current situation a crossroads, but I think it's more than that. It's a point of potentiality. Like at the end of *Back to the Future* when the wheels of the DeLorean disappear and Doc says, "Roads? Where we're going we don't need roads!" That's where we are ~ wheels up, heading into a future that belongs entirely to our imaginations.

Indulge this wild moment and your powers of creation. Imagine a life and a world that makes you excited to get out of bed and welcome 2021 and everything that comes after. And then, let's work together and git er done.

*** To read all of Lassiter's Blogs:
www.lassiterwilliams.com/blog



MAGGIE'S MUSINGS

While I was sitting in silent worship a Sunday or two ago a loud alarm sounded and continued steady. Then came roars of large vehicles and police sirens swiftly passing by the meeting-house. Slowly, the alarm and the sirens faded away.

I thought to myself, *How lucky I am that these sounds don't frighten me.* They didn't mean bombs dropping in my neighborhood or that soldiers with automatic weapons might come bursting through the door. They didn't mean that people were on their way to do harm, but were on their way to help.

How lucky I am to live in a country in a temperate zone that borders on countries like Canada and Mexico and has two wide oceans on either side. How lucky I am that Gabe and I have lived so long and are still reasonably healthy. How lucky that we had kids and have grandkids, all of whom live close enough to see relatively often.

How lucky we are to have shelter and food and clothing and cars and can even afford a vacation—and can help out other people and support causes we believe in. Our cups are full and running over.

So, I'm sitting in Meeting and mulling this over when this funny little quote comes to mind. I know I'm quoting someone, but I don't remember who said it.

"I'd rather be lucky than rich!" Actually, I think I'm both.

Be mindful of your self-talk. . .
It's a conversation with the Universe.

A Thought from Kurt Vonnegut American Writer, 1922–2007

"When I was 15, I spent a month working on an archeological dig. I was talking to one of the archeologists one day during our lunch break and he asked those kinds of "getting to know you" questions you ask young people: Do you play sports? What's your favorite subject? And I told him, no I don't play any sports. I do theater, I'm in choir, I play the violin and piano, I used to take art classes.

And he went WOW. That's amazing!

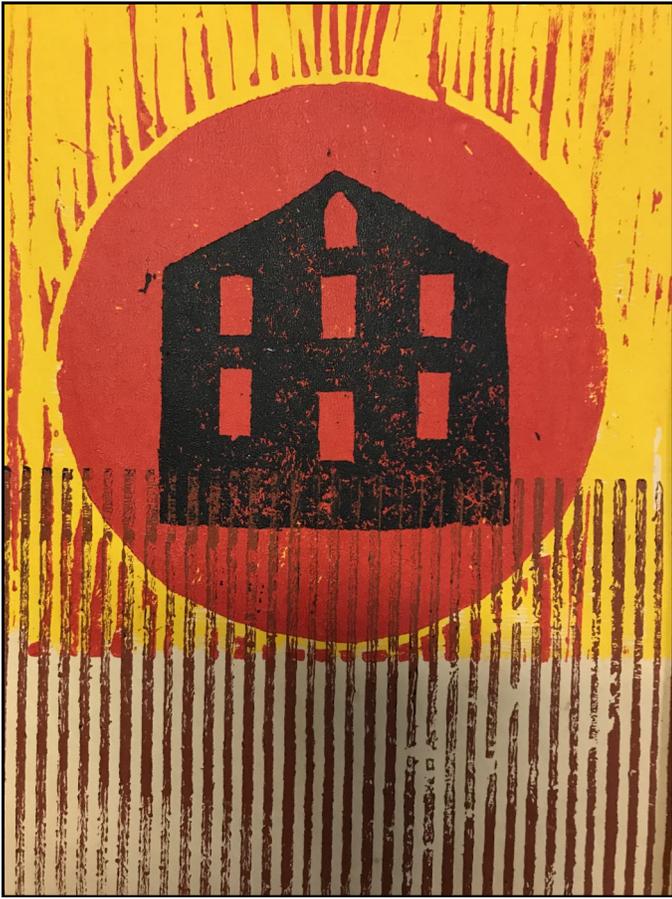
And I said, "Oh no, but I'm not any good at ANY of them.

And he said something then that I will never forget and which absolutely blew my mind because no one had ever said anything like it to me before: "I don't think being good at things is the point of doing them. I think you've got all these wonderful experiences with different skills, and that all teaches you things and makes you an interesting person, no matter how well you do them."

And that honestly changed my life. Because I went from a failure, someone who hadn't been talented enough at anything to excel, to someone who did things because I enjoyed them. I had been raised in such an achievement-oriented environment, so inundated with the myth of Talent, that I thought it was only worth doing things if you could "Win" at them."

The Written World by Martin Puchner

It was when storytelling intersected with writing that literature as born. Previously, storytelling had existed in oral cultures, with different rules and purposes. But once storytelling was connected to writing, literature emerged as a new force. Everything that followed, the entire history of literature, began with this moment of intersection.



The Schoolhouse

The Civil War was finally over and the local farmers knew it was time to provide a schoolhouse for their children. Two acres were cut out of the farm on West London Grove Road and the community built a two-story brick building with one classroom on each floor. For sixty years kids started their educations at the Spring Grove School. They recited their lessons, kept the wood stoves fired, and played games in the yard. Then a larger new school building in West Grove replaced the Spring Grove School and the old brick building was boarded up.

Years passed and ivy grew over the building as the farmer plowed the yard back into corn and alfalfa. Then one day a young family bought the building and started to fashion it into their home. One of the classrooms with its black slate chalk boards became the living room. They built a passive solar green-house kitchen off the south end upgrading the old structure but the building shuddered and resisted. When they installed a base-board heating system cutting through the brick walls, the oldness

of the building moaned.

Early the next Sunday morning the family got up to go to their Quaker Meeting for Worship. After they left, the modern high-tech, multi-fuel furnace belched a cloud of fire and the old schoolhouse dissolved into ashes. But a modern, open home with large windows grew in the charred foundations, and children again played in the yard now full of fruit trees, gardens, and colorful chicken houses. The old spirits are still there, but they are happier now.

Print and Story by Wick (and family), of course!

The question of deception is not academic, but profoundly ethical and spiritual, going to the very heart of all human relations. For it raises the issue of honesty, integrity, and the consequences thereof over against duplicity and deception and the attendant consequences. Does the fact that a particular course of action jeopardizes a man's life relieve him of the necessity for following that course of action? Are there circumstances under which the ethical question is irrelevant, beside the point? If so, where does one draw the line? Is there a fine distinction between literal honesty and honesty in spirit and intent? Or is truth telling largely a matter of timing? Are there times when to tell the truth is to be false to the truth that is in you?

Howard Thurman
Jesus and the Disinherited

*** Important questions for society today ***

The Written World: The Power of Stories to Shape People, History, and Civilization by Martin Puchner

The alleged inventor of paper, Cai Lun, lived during the Han Dynasty (206 B.C.E.–220– C.E.) and is still revered today in China.

The oldest known surviving printed text is a copy of the *Diamond Sutra*, containing a note by Wang Jie that it was printed for his two parents on the 13th of the 4th moon of the 9th year of Zianton (May 11, 868).

THE CHRYSALIS

Maggie Passero

My body isn't who I am.

My body isn't me.

I know my mind is in my body –
in my brain –
and

I could lose my mind.

(Shuddering thought)

I know I can, and will, lose my body,

But, I cannot lose my soul.

(That ephemeral, gossamer thing)

I believe my soul is the butterfly
That lives in my caterpillar body.

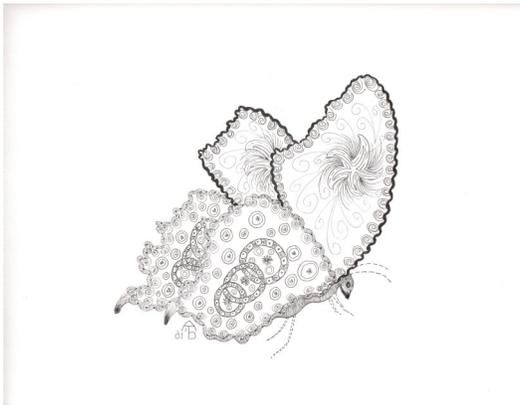
The butterfly is me.

Soon, because I am old,

I shall begin to weave my cocoon

And think on what it will be like

To fly.



The basic fact is that Christianity as it was born in the mind of this Jewish teacher and thinker <Jesus> appears as a technique of survival for the oppressed. That it became, through the intervening years, a religion of the powerful and the dominant, used sometimes as an instrument of oppression, must not tempt us into believing that it was thus in the mind and life of Jesus.

Howard Thurman
Jesus and the Disinherited

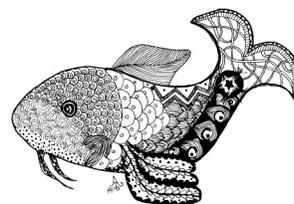
RACHEL'S AMAZING QUILTS!

Each June for the last 16 years Dave and our two boys and their children make a pilgrimage to the camp that Dave's step-father took him to as a kid growing up in central PA. I've started referring to it as the "sacred" fishing trip; it means that much to them. The cabin is back a dirt road a 30 min drive from the highway in the woods where Penn's Creek meets Poe Creek. It is so beautiful but also quite rustic - meaning- no running water and no flushing. The Rider women go for a few days and then leave the men to their adventure.

One year Keith, our oldest, said he wished he had a t-shirt with a map of the creeks on it where he could mark where he caught fish. Creative juices started flowing and I created a quilt wall-hanging as a present.

I projected a topographic map of the area onto the fabric and used machine stitching and fabric paint created the mountains and creeks. Small safety pins wrapped in different colors make the "fish" that get pinned to the quilt each year as the fishing competition heats up.

It is definitely the most unique quilt I've ever made!



I DON'T REALLY RISE AND SHINE. MOST DAYS I JUST CAFFEINATE AND CROSS MY FINGERS.

Just for giggles . . .



ME YELLING AT A SQUIRREL TO GET OUT OF THE ROAD SO ITS NOT SQUISHED BY A CAR IS PROBABLY THE SAME FEELING MY SPIRIT GUIDE HAS WATCHING ME LIVE MY LIFE

@thisgreenseawitch

How fast was the ostrich running when it hit the tree?



It's weird being the same age as old people.



The amazing moment when you're learning Japanese and you find your new favorite word.

kuchisabishii

口寂しい

When you're not hungry, but you eat because your mouth is lonely.





Together Women Rise

Dining for Women is now *Together Women Rise*. This new name, logo, and tagline are aligned to create a fresh, modern look that is inviting and inclusive to all and tells the world exactly why we exist and what we aim to accomplish. The new web site is:

<https://togetherwomenrise.org/>

Project Title: Implementation of the Única Girls Empowerment Mobile Application (Única App Implementation)

Location: Dominican Republic

Grant Amount: \$31,614.86

Grantee Website: dominicandream.org

Areas of Impact: Education, Gender Equality, Health

Mission of DREAM

The “dream” is that all children and youth in the Dominican Republic (DR) have equal opportunities to learn and realize their full potential. DREAM believes that learning changes lives. Its transformative education programs extend from early childhood through young adulthood, empowering at-risk children and youth to create a better future for themselves and their families to break the cycle of poverty.

Project Summary

The purpose of this project is to successfully implement and monitor the new Única App, for adolescent girls (ages 12 to 18) and women. The Única program seeks to dismantle traditional gender norms and develop girls’ and women’s skills in leadership, critical thinking, problem solving, and communication. This project will improve knowledge about sexual and reproductive health, equip women and girls with skills to make healthy decisions, and foster gender-equitable attitudes. This culturally-relevant, digital curriculum will improve accessibility across DREAM’s partner communities throughout the Do-

minican Republic in order to shift attitudes and bring about cultural change.

Why We Love This Project

We love this very ambitious, innovative, collaborative project using modern tools to reach young people where they are. DREAM sought the participation of youth in developing the audio and video content for their mobile app to be accessed by a diverse audience using different modalities. The topics and information covered are current, timely, and at times include taboo topics that communities find hard to discuss openly. In the present climate of the COVID-19 pandemic, this is a safe space for girls to learn and interact privately and independently.

Since we are not meeting in-person donations can be mailed to West Grove Meeting, PO Box 7, West Grove, PA 19390. Checks should be made out to *Together Women Rise*

PARAPROSDOKIANS are figures of speech in which the latter part of a sentence is unexpected. Winston Churchill loved them.

Here are a few:

Since light travels faster than sound, some people appear bright until you hear them speak.

War does not determine who is right - only who is left.

They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.

Going to church doesn't make you a Christian any more than standing in your garage makes you a car.

Finally: I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

Admit You Are
Happy Month!

August



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Meeting for Worship 10:00 every Sunday	2	3 National Night Out A fun evening in West Grove	4	5	6	7 Our Pink Flamingo Horse Show!
8 Monthly Meeting 11:00	9	10	11	12 Expected Peak of Annual Perseid Shower	13	14
15	16	17	18	19	20	21
Be Kind to Humankind Week						
22	23 Ride the Wind Day 	24	25	26 Dog Appreciation Day 	27	28
29	30	31				

First Days (Sundays):

8:00—9:40 Eggers & Discussion (Zoom)

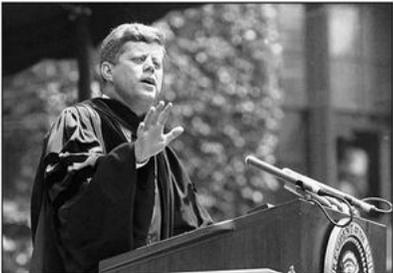
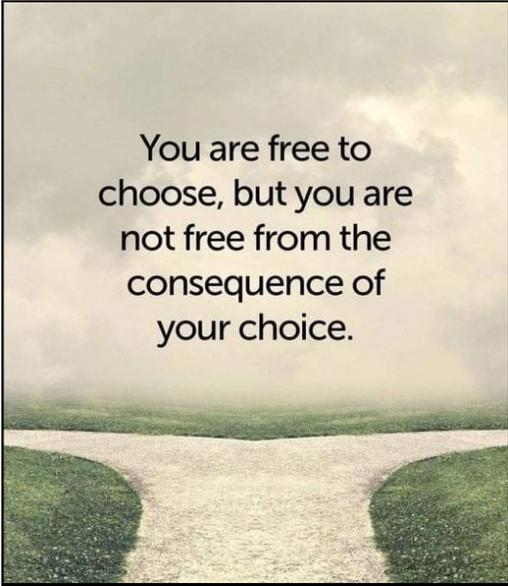
10:00 Worship (in person)

11:00 Time of Fellowship

Monthly Meeting: Second 1st Day @ 11:00

*Wisdom tells me I am nothing,
Love tells me I am everything,
Between the two, my life flows.*

- Sri Nisargadatta Maharaj



FOR THE GREAT ENEMY OF TRUTH IS VERY OFTEN NOT THE LIE—DELIBERATE, CONTRIVED AND DISHONEST—BUT THE MYTH—PERSISTENT, PERSUASIVE, AND UNREALISTIC. TOO OFTEN WE HOLD FAST TO THE CLICHES OF OUR FOREBEARS. WE SUBJECT ALL FACTS TO A PREFABRICATED SET OF INTERPRETATIONS. WE ENJOY THE COMFORT OF OPINION WITHOUT THE DISCOMFORT OF THOUGHT.

PRESIDENT JOHN F. KENNEDY
COMMENCEMENT ADDRESS AT YALE UNIVERSITY, JUNE 11, 1962



DO THE BEST YOU CAN UNTIL YOU KNOW BETTER. THEN WHEN YOU KNOW BETTER. DO BETTER.

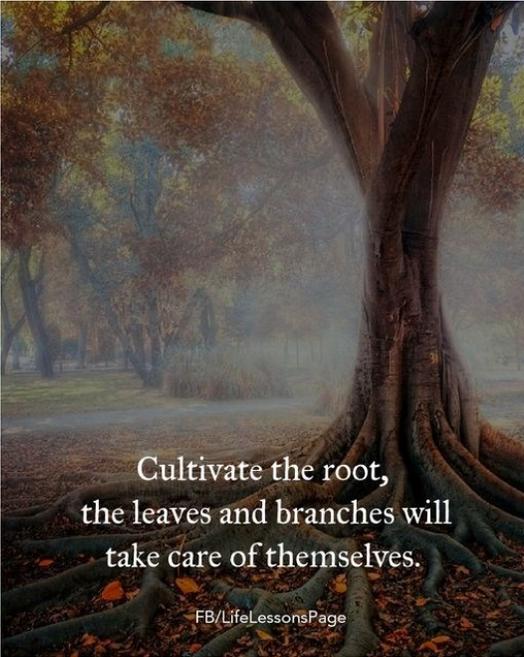
Maya Angelou

**In between your goals,
Remember that there's a precious thing
called Life
that has to be enjoyed.**



DON'T FORGET TO DRINK WATER AND GET SUN. YOU'RE BASICALLY A HOUSEPLANT WITH COMPLICATED EMOTIONS.

The End





Newsletter for August 2021 !!!

*West Grove Monthly Meeting
of the Religious Society
of Friends*

West Grove Friends Meeting
PO Box 7
West Grove, PA 19390