



MIDCOAST MONTHLY MEETING
OF THE RELIGIOUS SOCIETY OF FRIENDS
Damariscotta, Maine
NEWSLETTER

I must guard against the illusion that I cannot begin to promote peace and justice around me until I am fully realized as a spiritual being. What spiritual awakening brings to my social activism is not moral perfection but freedom from fear, and thus a more joyful pursuit of a better world. Surrendering my heart and mind to the Light empowers me to act in grace, to extend my energies beyond what I formerly could do—because I act not from my own weakness, but from the strength of the Spirit.

From Steve Smith's *Living in Virtue, Declaring against War* (Pendle Hill Pamphlet 378)

April

Sunday	April 2		Food Pantry Day
		rise of worship	* John Woolman readings group meeting
Friday	April 7	6 p.m.	* Seeds of Peace Camp Fund Raiser at Second Congregational Church, Newcastle
Sunday	April 9	8:30 a.m.	Building & Grounds Committee meeting Meetinghouse workday with potluck (rain date 4/23)
Tuesday	April 11	6-8 p.m.	AFSC Maine Committee on Youth and Alternatives to the Military
Thursday	April 13	7-8:30 p.m.	Lincoln County Peace and Justice Coalition
Sunday	April 16	rise of worship	Monthly Meeting for Worship for Business. Bag lunch.
Sunday	April 23		* Earth Sabbath
Sunday	April 30	8:30-9:45	Creative Listening dialog
~ Advanced notice ~			
Sunday	May 7	rise of worship	Meetinghouse workday
Thursday	May 18	9:00-3:30	* A Conversation with Belden Lane, Topsham
Fri.-Sun.	June 2-4		* QUIT (Quaker Initiative to End Torture) conference, Guilford College, Greensboro, NC

* Look inside for more information regarding these items

~ **Calendar events are held at the meetinghouse, unless otherwise noted** ~

Sunday Meeting for Worship is held at the meetinghouse, 77 Belvedere Road, Damariscotta, 10:00 a.m.
Meetinghouse phone: 207-563-3757. Directions: Take US Route 1 to Damariscotta and turn onto Belvedere Road (left if coming from the south, right if coming from the north. The Miles Home Health Care building is on the corner.) The meetinghouse is the second building on the right, 2/10 mile from the corner.

New: On-line Calendar, frequently updated, at www.midcoastfriendsmeeting.org

Back Issues of the Newsletter and Meeting Information are available at: www.midcoastfriendsmeeting.org

Visit www.midcoastfriendsmeeting.org

The Entirely Unofficial MONTHLY MEETING NOTES, 3rd month of 2006

based on draft minutes by Rob Patterson

Clerk pro tem Carmen Lavertu opened the meeting with a brief silence. There were sixteen members and attenders present.

State of the Meeting

The reading of the minutes of the February meeting was postponed so that those present could reflect upon the state of the Meeting, our annual exercise in self-evaluation which finds its way into the State of Society Report to New England Yearly Meeting.

The work of the Gifts & Leadings committee was mentioned as a significant departure from the former way of doing business under the "Nominating Committee" process. Work now evolves more out of individual wants or motivations and less out of "direction from above," ...is more "grassroots" originated than "top-down" directed. Obviously the system is not functioning without challenges. We still have crucial vacancies on Ministry & Counsel, and Peace & Social Concerns is finding its way back from near extinction. It was noted that a number of other meetings within our quarter have been struggling with these very same issues of leadership and committee burnout.

It was pointed out that our sense of community and cooperation is manifest in many secular activities, such as community work and grounds keeping, while the pastoral and spiritual care of one another seems more of a challenge.

One attender expressed appreciation for the Meeting's support for their seeking. The Meeting feels like a good incubator for someone in search of their spiritual truth.

After approximately thirty minutes of open sharing on the state of the Meeting, the Meeting for Business re-commenced. Pete Haviland read the minutes of the February meeting and they were approved with one minor change.

Meeting of the Corporation

Rob Patterson brought up an additional agenda item, that being the need for a corporate resolution authorizing certain of the Meeting's officers to facili-

Query #11

Social Responsibility

Do you respect the worth of every human being as a child of God? Do you uphold the right of all persons to justice and human dignity? Do you endeavor to create political, social, and economic institutions which will sustain and enrich the life of all? Do you fulfill all civic obligations which are not contrary to divine leadings? Do you give spiritual and material support to those who suffer for conscience's sake?

tate the receipt of a small bequest from the estate of Natalie Wriggins. Acting Clerk Carmen Lavertu suggested that we call a meeting of the corporation to consider a draft resolution. The meeting was called; the resolution was read and approved by all present.

Ministry & Counsel

Deb Haviland reported for the committee. She passed out a revised Welcome Brochure which will be reviewed by members during the coming month and discussed at the April business meeting. The revised brochure focuses on making guests comfortable with the unprogrammed Meeting for Worship.

The committee vacancies were brought up again. Ministry & Counsel has three year-round members and one half-year member. The goal is to have six full-time committee members. Those with a leading to serve on this important committee should come forward. It is one of the few committees which, due to the nature of its work, encourages participation by members or very seasoned attenders.

NEYM Committee Day

New England Yearly Meeting has asked our meeting to coordinate the logistics of their annual Committee Day, which brings about eighty people together from all over New England for organization discussions. The assignment is to find a suitable meeting place and to provide some modest refreshments and possibly Friday night hospitality for about six participants traveling from afar. Linda Coté-Small has taken on the leg work and reported that Great Salt Bay School would rent their facility for a reasonable cost. Deb said that involvement in Committee Day was a great way to become involved in the wider meeting community. The Meeting expressed its appreciation for Linda's work in this regard and it was suggested that Clerk Claire Darrow be the contact person for Yearly Meeting staff. If she is unable to assume that role, Carmen Lavertu indicated that she would.

Peace & Social Concerns

On Sunday, April 2nd, after Meeting for Worship there will be a gathering to share from the readings of John Woolman. The first such session, on February 26, was very inspiring.

A one-page handout written by Gretchen Hull regarding her Bridges for Peace ministry was distributed and the Meeting expressed its appreciation and support for the work she has done tirelessly for more than three years now. Finally the bridge keepers can sense that they are not quite so alone as they once were in the beginning of this awful conflict. They are to be lauded for their courageous and persistent stand against the immorality of war. Gretchen in particular

continued on page 6

Meeting with Tom Allen

Andy Burt, Claire Darrow, Ernie Foust, and Carmen Lavertu met with Representative Tom Allen in his Portland office in February. We discussed many concerns, from the war in Iraq to congressional reform, to the Department of Defense appropriations compared to the Department of State request. (We pointed out the allocation of \$4.6 billion for "Foreign Military Assistance" in the State Department budget while the request for "Diplomatic and Consular Programs" is \$4.5 billion.) The meeting was cordial and lively—we recalled Allen's visit to Midcoast Meeting four years ago and expressed the hope he will come again for an extended conversation. He is interested in our concerns and is mostly in agreement with us. A measure he had introduced (at the urging of FCNL) concerning the military bases in Iraq was incorporated and passed in a funding bill last week.

Jim Matlack (recently retired from the Washington, DC, office of AFSC) also met with Tom Allen in Washington a few weeks ago. Jim pressed issues about Iraq and Israel/Palestine. He also met with aides to senators Snowe and Collins, and this past week, together with Tom Ewell and Cush Anthony, Jim met with Senator Collins in Augusta. Jim has given us detailed reports of these meetings, which are available in the meetinghouse. Jim is very knowledgeable about war and peace issues and the legislative actions (or inaction!). We will greatly benefit from his experience and interest.

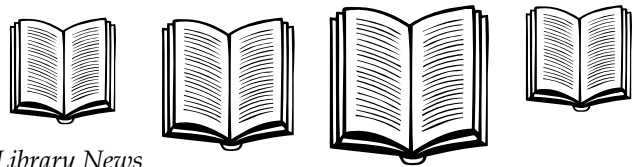


Thank You

As this is my last month as editor of the *Newsletter* and Web site I want to say a heartfelt thank you to everyone who helped me do the job. So many people helped over the years—Elizabeth Crownfield, Esther Cope, and Betsy Terrell helped with gathering the material and editing, Robin Schmidt and Diane Kirkman did proofreading, Lee Coolidge and Steve Gorry and Sarah Ewing helped with collating and distribution, and many others too numerous to list contributed articles, wrote reports, and offered suggestions and encouragement over the years.

I thoroughly enjoyed my involvement in putting the *Newsletter* together and developing the Web site, and I look forward to seeing both grow and develop with new direction, with renewed energy and fresh ideas powering them.

—Nancy Terrell Hall



Library News

New Books Invite Readers

by Deborah Haviland

The Library Committee has added the following new books to the Meeting's collection. There is variety for each one of us. Please look at the new arrivals and take one out. The committee always welcomes suggestions and ideas, and you might consider writing a book review for the newsletter. It is another way we can share with each other.

A Description of the Qualifications Necessary to a Gospel Minister by Samuel Bownas

God's Politics by Jim Wallis

Historical Writings of Quakers against War by Thomas Lurting, Jonathan Dymond and others

The Kingdom Is Within You by Leo Tolstoy

Let Your Life Speak by Parker Palmer

Letters to a Young Doubter by William Sloane Coffin

No Future Without Forgiveness by Desmond Tutu

On Living with a Concern for Gospel Ministry by Brian Drayton

Prayers of the Cosmos, Meditations on the Aramaic Words of Jesus by Neil Douglas-Klotz

A Quaker Declaration of War by Chuck Fager

The Quakers in America by Thomas Hamm

Radical Acceptance, Embracing Your Life with the Heart of a Buddha by Tara Brach



Middle Eastern Dinner for Seeds of Peace Camp

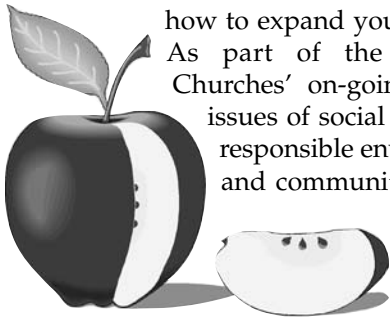
by Andy Burt

Help bring teens from war-torn parts of the world to the Seeds of Peace Camp in Maine! On Friday, April 7, at 6 p.m., at the Second Congregational Church, Newcastle, there will be a full-course vegetarian Middle Eastern Dinner and at 7:30 p.m. there will be a special program on Seeds of Peace Camp with international folk music performed by Viki Diamond. The cost of the dinner is \$20 for adults and \$8 for children under 12; additional donations for the program following will be gratefully accepted. Tickets are available at the Maine Coast Book Shop in Damariscotta. For more information or if you want to volunteer to help with the event, call Andy Burt 882-6848. Sponsored by Midcoast Unitarian Universalist Fellowship and Midcoast Friends Meeting.

Be A Good Apple!

by Andy Burt and Lisa Valerie Blake

Wondering what you can do for the Earth Day Sabbath or other Earth-linked celebrations? Wondering how to expand your Earthcare ministry? As part of the Maine Council of Churches' on-going efforts to address issues of social and economic justice, responsible environmental practices, and community building, we invite you to consider participation in our Be a Good Apple! local foods covenant project.



Be a Good Apple! is being launched to coincide with the Earth Day Sabbath (April 23) as a way for Maine congregations and their members to focus on and increase food security and independence within their local communities and to help build economically and environmentally sustainable and just communities as they connect with and support their neighbor farmers. The project involves individual households pledging to make \$10 weekly purchases of Maine foods.

Buying local foods protects the environment because transportation mileage and harmful tailpipe emissions are reduced and fewer toxic chemicals are used in small-scale production. Buying local foods supports the local economy, providing a livelihood for our neighbor farmers who in turn support other local businesses. Buying local foods can be the first step in building the just and peaceful Earth community envisioned in Micah 4:4, where everyone lives under a vine and fig tree and is free from fear and oppression. Creating an economically and environmentally just society is a mission of the Maine Council of Churches, and we invite you to join us in this endeavor through participation in the Be a Good Apple! project.

MCC has produced a poster and pledge cards for this project. A free packet that includes a colorful poster and pledge cards (one card per household), and a booklet of ideas and resources for introducing this project and other local foods initiatives is available by emailing adburt@gwi.net or calling 882-6848. This project complements MCC's Local Sacraments for Communion initiative which we first organized for World Communion Sunday in October and our upcoming partnership project with the Maine Organic Farmers and Gardeners Association (MOFGA) that will directly connect farmers and local congregations. Poster pledge card samples can be viewed at www.mainecouncilofchurches.org

Anne D. (Andy) Burt is Director of the Environmental Justice Program, Maine Council of Churches, and Lisa Valerie Blake, project co-coordinator, is a student at Bangor Theological Seminary.

Quaker Initiative to End Torture (QUIT)

A Quaker conference on Torture is being planned for June 2-4, 2006, at Guilford College in Greensboro, North Carolina. Carmen Lavertu and others spoke at Monthly Meeting in support of this upcoming conference. Carmen may attend the conference. Jean Crawford suggested we as a meeting consider writing a letter of endorsement and also support, financially and in other ways, attendance at the conference by those who are so led.

John Calvi, QUIT convener, will also be the keynote speaker at our own Vassalboro Quarter Fall Gathering in September. He has worked with many torture victims as a massage therapist and healer. More recently, he became convinced that more needs to be done.

To register for this conference, go to www.quit-torture-now.org

*Life is a mystery to be lived,
not a problem to be solved.*

—William Butler Yeats

Standing on Bridgescont'd fr. back cover

vision and will be once more conflicted! You will have made a recurring difference.

And some will pass you by, take a quick glance, and give you an unmistakable gesture of disapproval or roll down the window and let you know exactly what they think about your being there, standing for peace. It takes a decision to raise a finger, or lower a thumb, or roll down the window. Terrific! A response comes only after a quick review to ascertain that what you represent is certainly not what they so strongly stand for—or maybe,.....hmmmm, they don't feel so strongly anymore! I have seen every kind of obscene gesture and appreciate them for that moment of "gut feeling" communication between the perpetrator and me. They are very satisfying and sometimes amusing. I often carry an American flag with my "Bring them home now" signs. One day on the Casco Bay Bridge several years ago a huge pickup came by, and I watched with great delight as a "thumbs up" was smoothly choreographed into a thumbs down followed by a middle finger without missing a beat when the driver realized that I was not his kind of patriot!

To stand with your thoughts and passions can be personally enriching as well. If by chance you are alone on your bridge, the rumbling of tires in front of you can easily focus your meditation on this war and the government policies that enable it. If you are with others, conversations easily spread up and down the bridge. Plans are made, news is shared, community is built.

A Conversation with Belden Lane

Who is Belden Lane? Why do so many want to be in conversation with him?

Belden Lane taps the root of one of our deepest spiritual fears: that a collapse of MY world means the collapse of the WHOLE WORLD. As a popular college professor (St. Louis University) and a Presbyterian theologian, Belden Lane has this to say about the Church: "The church has been summoned to be a community of broken people, painfully honest, undomesticated, rid of the pretense and suffocating niceness to which 'religion is so often prone."

Belden Lane likens our fear to the experience of desert living—not a distant geographical locale to which we go, but a broken place of emptiness that comes to us. The question that Belden Lane will help us to answer is this: In the midst of "wilderness" times and places where fear and growth walk hand in hand, how shall we live?

Come hear Belden Lane on Thursday, May 18, 9:30 a.m. - 3:00 p.m. at the Sky-Hy Conference Center in Topsham. Cost \$20, includes a hearty lunch. For more information or to register, call the Maine Council of Churches, 772-1918.



The Advices

Friends are called, as followers of Christ, to help establish the Kingdom of God on earth. Let us strengthen a sense of kinship with everyone. Let that sense of kinship inspire us in our efforts to build a social order free of violence and oppression, in which no person's development is thwarted by poverty and the lack of health care, education, or freedom. Friends are advised to minister to those in need and also to seek to know the facts and the causes of social and economic ills and to work for the removal of those ills. Let us cherish every human being and encourage efforts to overcome all forms of prejudice.

Clerk's Corner

by Claire Darrow

A few days ago I arrived home from a ten-day working vacation to a computer filled with emails, all pertaining to "Newsletter." I had written a plea in the last Newsletter outlining the pending reorganization following Nancy Terrell Hall's upcoming retirement as *Newsletter* editor, describing how much that publication means to the life of our Meeting. Knowing the Meeting, I was sure there was someone out there who would feel the nudge to take up this job, in whatever form it takes. Everyone who has done the *Newsletter* does it in their own way, and each way is different in some respects. But the end result is a vibrant vehicle for communication within the Meeting, and beyond. We are quoted almost every quarter in the Vassalboro Quarter Newsletter, and I have been told that Yearly Meeting people who receive all the newsletters from within New England have said they reach for ours first, because it is so well done and interesting. And for myself, I cannot imagine this Meeting without it!

Well, a number of people have offered to do various jobs involved in getting the paper out. There was one gap, and I picked up the phone and called someone who had said she would be glad to help where she could. We talked about it, and she seemed happy with the tasks discussed.

So we will have a new group working on the *Newsletter*, and I'm sure this is a good thing. Nobody can do it alone. Over the years Nancy had help from many people, who helped in a variety of ways. We owe them all three cheers! When Deb and I were putting it out, we were very glad to have each other's help, and the *Newsletter* was much simpler and not as well done as it is now.

What this wonderful response has taught me, or reinforced my own perceptions over the years, is that this Meeting has the capacity to rise to a need it is facing. We know how to work together for the good of the Meeting and obviously find satisfaction in so doing. It makes me very glad to be a member here.

Compassionate Communication Practice

by Linda Cote-Small

The Compassionate Communication Practice Group is meeting every other Monday evening from 7-9 p.m. We met on March 27 and our next meeting will be April 10. The practice group is using Marshall Rosenberg's book *Nonviolent Communication: A Language of Life* and the *Nonviolent Communication Companion Workbook* by Lucy Leu. The intention is to practice what we are learning in the book. New group participants are welcome through the last meeting in April. For more info or if you are interested in joining the group, contact Linda Cote-Small at 563-6712 or chezcote@gwi.net

Alternatives to Violence Basic Training

by Linda Coté-Small

I spent the weekend of March 10-12 at Portland Friends Meeting attending an Alternative to Violence Project—Maine (AVP) Basic Workshop. When the weekend was over I felt uplifted, exhilarated, and inspired, and even two weeks later, as I sit to write this, all my positive feelings still remain.

The Alternatives to Violence Project began in 1975, when an inmate group at Green Haven Prison in Dutchess County, New York, sought assistance from the Quaker Project on Community Conflict to partner with them in creating a program for at-risk teenagers. It was so successful that it now operates in at least 40 states of the United States and in over 30 other countries. In addition to prisons, it is also offered in schools and in community settings.

The main mission of AVP is to invite people to change themselves. A central, sub-mission of AVP is to encourage and train people in the use of nonviolent conflict-resolution techniques. This mission is furthered by workshops—basic, advanced, and training for trainers.

Each AVP workshop has “four main interrelated goals:

- first, to cultivate a climate of affirmation and openness and a sense of worth of self and others among the participants;
- second, to build a community among its participants, one in which mutual trust and sharing is possible;
- third, to teach participants how to overcome those communication barriers which are so often at the heart of intolerance and thoughtlessness; and
- finally, to teach some of the basic approaches towards resolving conflicts so that the needs and interests of all conflicting parties can be accommodated.”*

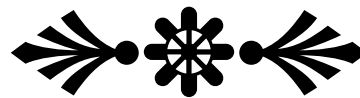
What I liked most was the primarily experiential aspect of the workshop, although we did spend some time thinking about violence and nonviolence and exploring the guiding idea of Transforming Power. For the whole weekend I was “lyrical” Linda, and I met my fellow participants by their affirming descriptive names (tender Tracy, timely Tess, etc.). By the end of the first eve I remembered everyone’s name and learned what they liked about themselves. At every session we did humorous exercises, so we laughed a lot. We worked cooperatively on some exercises, we practiced listening and shared our feelings about a past experience. We even dealt with a conflict that just arose on its own on Saturday morning. Finally on Sunday, in small groups, we acted out a violent situation in our life so we could analyze the conflict and

seek to understand the causes and how they can be resolved. I felt very comfortable and safe with these people, and by Saturday we felt like a community of people who cared about each other.

I had a major insight about conflict when we were in the middle of our Saturday morning conflict. I usually feel uncomfortable when there is a conflict and try to solve it. For the first time in my life I was able to listen to the conflicted parties and realize that they had differing views and feelings about their experience and that it was okay and didn’t need to be solved. During the role-play on Sunday I experienced the exhilaration of violence and how easily it can possess a person...and for a moment I felt the love of a caring person trying to stop the violence; that is Transforming Power.

The AVP is run by volunteers. I highly recommend the basic training for anyone who wants to learn more about themselves and nonviolence. As for me, I’m going on to the next level, training in a prison, to determine if I’d like to become a trainer for future workshops. I’d be willing to share my experiences with anyone interested.

* Excerpt from *Nonviolence and Community: Reflections on the Alternatives to Violence Project* by Newton Garver and Eric Reitan



Monthly Meeting Notescont'd fr. p.2

we thank for her energy and zeal in keeping the light on. It takes courage to stand out and remind people that there are other avenues and other viewpoints.

Other Business

Linda Coté-Small made a request for some tuition assistance to help her attend Stage II of the Nonviolent Communications Workshop. She attended the first one earlier and has organized regular meetings on the subject, which are held at the meetinghouse. She asked the Meeting for the cost of tuition, that being \$125.00. She indicated that she would assume her expenses for lodging, food, and transportation. After some discussion about the sources for such funds, it was recommended, and all agreed, that we support Linda in this endeavor in the amount of \$150.00.

The next Monthly Meeting for Business will be Easter Sunday, April 16th, at the rise of Meeting. A brown bag lunch is suggested. All are welcome to attend.



Earth Day Pledge Possibilities

by Betsy Terrell

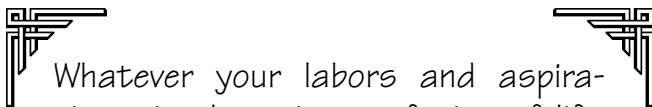
In honor of Earth Day, April 22, 2006, I offer the following from Jan Lundberg, founder of the Sustainable Energy Institute (www.culturechange.org).

The Beautiful Earth Provides

Our world is wondrous and still is mysterious. May it always contain and nurture development of species, and rocks too, in all their amazing variety and function, as vital to the whole. Simply because civilization recently came along and allowed overpopulation of one confused species (most of us by now), does not mean we should give up hope for resuming our evolution in an accepting, joyful fashion.

As daunting as today's problems are—that we have foisted on the future as well—we are fortunate to be here and alive. In our time on the earth we need to love one another and our common home, for our own happiness and peace of mind, as well as for securing for the future the beauty of this little third stone from the sun.

The steps in the following Pledge for Climate Stabilization would aid the grassroots movement to fight climate destabilization. Legislation and court decisions limiting secondhand smoke were possible through active respect for individual and public health. There is hope in grassroots, nonviolent direct action. It is peaceful when people in the opposition—those in denial—are thought of as lacking information or in experience in using courage. The earth lovingly provides its wondrous array of species, food, water and climates for our survival, so let's save it and be proud and conscious of what we are bequeathing to the next generations.



Whatever your labors and aspirations, in the noisy confusion of life, keep peace with your soul. With all its shame, drudgery and broken dreams, it is still a beautiful world.

Be Cheerful. Strive to be happy.

from "Desiderata," Max Ehrmann (1872-1945).



Here is the pledge:

I pledge to begin taking as many of the following steps as I can to stave off the worst effects of global warming, and spread the word. In so doing I will cut fossil fuel use. I will do some or all of the following:

1. Cut down on driving my vehicle, or carpool. I will walk or bike, and not buy a car if I do not have one (best of all). I will support and use mass transit. I may work closer to my home.
2. Cut down on working just for money: I can thereby barter more, and cut down on commuting.
3. Depave my driveway, or help others' depave their driveways, or depave parking lots, and grow food in depaved land.
4. Unplug or retire my television, and perhaps go off the electricity grid. I will reduce energy for heating, and share appliances such as my oven with neighbors, and not buy or use power tools or jet skis, etc.
5. Publicly oppose new road construction and road widening in my community, to start undoing sprawl, prevent growth in traffic, and halt the spread of forest roads allowing clearcuts.
6. Take vacations without jet air travel, and avoid career activity dependent on jet travel.
7. Plant trees, collect rainwater, and avoid overusing municipal water as it is energy-consumptive (and thus may emit CO₂, the main heat-trapping gas that fossil fuels release).
8. Buy local products, buy as little plastic as possible, carry a travel mug. Minimize consumption. Support alternative plant materials to cut down on petrochemicals and trees for paper. Avoid eating animal products especially shipped-in beef.
9. Not bring more children into the world, or limit my offspring to one, and possibly adopt. I recognize the threat of overpopulation.
10. Inform my community and the greater national and global community on the need to take action such as the above for climate stability.

You can find more information about these steps and much other related information at:

www.culturechange.org/global_warming_pledge.html

Standing on Bridges

by Gretchen Hull

"Why does it matter?" "What good does it do?" "What if I am out there and only a few show up? What will people think then?" "We tried, but it did no good." "What difference does it make in this small town?" "It will make no difference..."

I have heard all of these in the last few weeks. And my answer is the same as it was three years ago. If just ONE person drives by and sees you there, they must, even for a fleeting moment, pass your message through their own consciousness. They are a captive audience, for a brief but important time as they consider their response to you.

If they feel as you do, then you may give them a moment's hesitation as they ask themselves whether there is anything they can do or should be doing. If they feel as you do, they may consider joining you another week, although they have never carried a sign for anything in their life. If they know you, they will talk to you about it and share their own thoughts the next time you meet.

Those that pass you may see you standing alone or in great numbers. If you are alone this time, you will get more focused attention than a crowd will ever get. It takes courage to stand out, and that courage is part of our message. Courage is contagious.



Some of those who pass will seem not to notice you, their eyes straight ahead and seemingly more focused on the important errand that brought them your way. You will not be so easily fooled; they see you and are in immediate conflict as to how to respond. It is more comfortable to think of the errand than to think about the war. But, hurray for you! You caused that momentary conflict, and the next time they think about this war, they will remember your figure in their peripheral

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Midcoast Meeting of Friends

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