

# ATLANTA FRIENDS MEETING NEWSLETTER



## December 2014

Atlanta Meeting of the Religious  
Society of Friends (Quakers)  
All are welcome

### **Where Light and Quantum Mechanics Meet: Spiritual healing and health challenges** *Submitted by Fred Stevens*

---

What does it mean to hold someone in the Light? This writing explores the question with a concern for healing. I begin with a story about my own personal healing. I look at today's healthcare, the healing practice of George Fox, a healing practice that relies on sitting in silence, and spontaneous remission from health challenges. My purpose is to present a perspective on the connections between health challenges and spiritual devotion. I will suggest how sitting in silence can lead to overcoming health issues.

Before being introduced to Quaker worship some years ago, I was once in a coma for 27 days. For the kind of brain injury I'd received there were no medical treatments. I was kept alive by intravenous feeding and a breathing apparatus.

After 27 days I regained consciousness to learn that my mom had been at my bedside praying for my life. She did not just pray for me, she had an undeniable, and to me unfathomable, conviction that someday I'd wake up and everything would be all right.

Looking back, I can only say that whatever held me together before that accident also mended me in the days following it. My mother compared this mending process to the healing works of Jesus. I call it the Healing Light.

Nowadays healing appears to have become the domain of medical science. There may be non-medical ways to overcome illness or suffering but doctors warn against them. And sometimes people get better and medical science can't explain how. These cases of spontaneous remission are legion. Folks who are told they'll soon be dead live to a ripe old age. Patients

Meeting for Worship  
Each First Day (Sunday)  
10:00 – 11:00 a.m.  
701 W. Howard Ave.  
Decatur, GA 30030

### QUERY

*How do we center our lives in the awareness of God the Spirit, so that all things may take their rightful places? When we exist fully in the present moment, we are likely to act out of a centered place. For many of us, this sense of awareness is the awareness of the Spirit.*

- Penn Valley Meeting  
(Kansas City, Missouri)

informed that they'll never walk again become triathlon athletes. If medicine can't explain such cases, should we call them miraculous healings?

Such healings are not new to Quakers. George Fox was possibly as well known for the healing works he conveyed as for the spiritual insights he delivered. For those having health issues, a meeting with Fox brought them wellness. His popularity was in no small part connected to this aspect of his ministry.

Fox kept voluminous written records of his ministry. One, the *Book of Miracles*, was a record of hundreds of these healings. The *Book of Miracles* was apparently meant to establish a practice of the divine healing of health issues. When Fox passed away, he left money and instructions for its publication. However, the *Book of Miracles* was never published. Mysteriously, the manuscript vanished.

With the disappearance of these written records, concerns for healing became more circumscribed. Early Friends appear to have backed away from the concern for healing.

If Fox had even left funds for its publication, the *Book of Miracles* must have been part of his vision of the Society of Friends. He must have intended for the concern for spiritual healing to be ongoing in our Faith and Practice.

Today we still hold people in the Light and ask for healing. But if early Friends had collectively dismissed the idea of spiritual healing of health concerns what are we holding people in the Light for?

Maybe holding people in the Light only honors a vestigial custom from the past. But the practice begs the queries- in what ways are you mindful of the divine healing of health challenges? How might the ambiguous history around *The Book of Miracles* have led you to limit the possibilities of your own well-being?

In our day there are countless records of healing of the sort that Fox was a part of. I will cite two such practices. One is grounded in what we might call ancient wisdom and the other comes from scientific research. Though not connected to Quakerism, they each use methods that sound downright "Quakerly." Their most significant feature involves being still sitting in the awe of silence.

A provider of ancient wisdom, Bruno Groening, was known for the spiritual healing of health issues. In a post WWII German village he told a young boy suffering from muscular dystrophy to take off his leg braces and walk. And that's just what the boy did. Soon, word got out. Newspaper reports across Germany called him a "miracle worker" and thousands of people came to see him.

"Trust and believe," he'd tell these people, "God is the Supreme Physician." He'd also say, "Don't thank me, thank God." Like Fox, he always attributed what he was doing to his experience of God.

When I was first introduced to it I was immediately impressed with how this contemplative practice could have been drawn from the well of Quaker worship. We gather together in stillness and expectant waiting. We talk about our experience of it.

Groening compares our bodies to a radio capable of receiving a healing current similar to a radio wave (the Light?). To feel the healing energy, he suggests that we "tune" our attention to sense the good inside our bodies and feel the good replace the bad. Using this method, I regularly experience the good

overcoming my physical pain. I've also witnessed the healing of others from long-term medical conditions.

Though Groening passed away in 1959 healings of all kinds continue today. Records are kept of the healings. The reports are confirmed by medical specialists from all over the world who speak consistently of health recoveries that they can't explain. Archived in "Schooling Letters," these thousands of healing stories and Groening's lectures are now in worldwide circulation.

Also in the realm of recoveries that medical science can't explain is the study of spontaneous remission. Joe Dispenza, DC, has made a specialty of how people recover from life-threatening health issues without medical treatment. His research draws from a thorough review of the medical literature, numerous interviews and his own personal experience.

Dispenza describes a four-step process that is common to these cases. One step involves sitting in periods of silence to the point of losing track of time. These long periods of stillness were probably the most vital ingredient in a patient's recovery. Their healing wouldn't have happened without it.

Dr. Dispenza suggests that spontaneous remission is an outcome of these long periods of sitting in silence. Being present to the awe and wonder of silence, what science calls quantum energy or the field of infinite possibilities, a healing begins.

In conclusion, these healings are well-documented. In every one of them were people who found a certain something that would speak to their condition. Call it what you like, they experienced the Light, an energy of infinite Love and unlimited quantum possibilities that overcomes all challenges to health. To this revelation they are totally devoted, and their successes speak positively for it.

Be it the forgotten ministry of George Fox, the ongoing healings via Bruno Groening or the practices of Joe Dispenza, these three approaches to health recovery all suggest remarkably similar methods. Tuning in to stillness, expectant waiting or worshipful silence opens a way to healing. They lend support to what holding in the Light can mean for anyone.

## **Parents' Promises Shared at Meeting for Worship with Attention to Children**

---

On November 9<sup>th</sup>, a special Meeting for Worship with Attention to Children was held honoring and officially welcoming the children in the Meeting. In addition to collective promises made to the Meeting's children by all present, several parents made individual promises to their children. Some of these promises are shared below:

- ❖ **Harmon**, we promise to be open-minded and to encourage you to do whatever it is that makes you come alive. We promise to try always to be our best selves, understanding that we will be your first role models. We promise to forgive you for your imperfections and mistakes and hope you will forgive us for ours. We promise to try to make our home and our family a source of inspiration, fun, and joy. We promise to love you unconditionally.
- ❖ **Mila**, we promise to nurture your positive spirit, bright mind and loving heart. We promise to fearlessly listen to you, to get to know and appreciate who you uniquely are. We promise to provide a safe, open home for you, wherever in the world you may be.
- ❖ **Cressida**, we promise to always support you in being true to yourself. We will always cherish you for who you are and the paths you decide to follow.

- ❖ **Charlie, John and Peggy**, I promise to do my best to provide a model of a Light centered life and to help you learn that the Light is ever present with you.
- ❖ **Lloyd**, we promise to love you always. We promise to honor and nurture your light.
- ❖ **Annie Mae**, we promise to strive to be present in each moment and to find laughter and joy in as much as possible. We promise to take you seriously and to be responsive to your requests and needs. We promise to ensure that you have meaningful relationships with caring adults other than your parents. We promise to support you to take reasonable, healthy risks as you grow more and more into yourself. We promise to show you that you are unconditionally loved and cared for even while we stay engaged in the world beyond you.

---

### **SAYMA Junior Yearly Meeting Coordinator Position Available**

SAYMA is in immediate need of a coordinator or coordinators for Junior Yearly Meeting June 11-14, 2015 at Warren Wilson College. The JYM coordinator is responsible for programming for children aged 0-13 at yearly meeting. This includes structured learning activities and play which coordinate with the YM theme; maintaining a safe and orderly environment for participants; communicating with parents before and during YM; and coordinating volunteers. In recent years there have been 9-15 JYM participants.

The coordinator(s) must also attend at least one yearly meeting planning committee session prior to YM, and be able to arrive early at Warren Wilson to prepare the JYM space. This position comes with a stipend of \$2800, which may be shared by 2 people, and a working budget of up to \$400. Additionally, the coordinator(s) expenses to attend SAYMA are covered by the yearly meeting. Applicants must pass a background check for this position. The volunteer application form is available on the SAYMA website at [http://sayma.org/top/online\\_documents.htm#Other%20Docs](http://sayma.org/top/online_documents.htm#Other%20Docs) A complete job description is available upon request, please contact Jennifer Dickie ([michaeljen@bellsouth.net](mailto:michaeljen@bellsouth.net), [404-313-8770](tel:404-313-8770))

---

### **Friends of Camp Celo Reunion December 13**

Whether you're already a camper, were once a camper, or might want to be a camper, you're invited with your family to a Friends of Camp Celo Reunion.

-- *Where*: Betsy Eggers & Jack Honderd's home 1408 Tugaloo Dr NE Atlanta, Ga 30319 ([404-233-0086](tel:404-233-0086))

-- *When*: Saturday, December 13, 2014, 3-5 pm

-- *RSVP*: email [gib@campcelo.com](mailto:gib@campcelo.com) or call Gib at [828-675-9660](tel:828-675-9660)

Also, the gathering will explain Friends of Camp Celo, a non-profit scholarship fund for the Camp. Camp Celo is a farm camp based on Quaker values in the mountains of North Carolina. Many of the AFM kids --- for generations! --- have been part of this wonderful experience!

---

### **Meeting for Worship with Attention to Business – November 16, 2014**

#### **Recorded pending approval**

**Attendance:** Juan Allende, Cathy Amanti, Paul Baker, Mary Bartlett, Don Bender, Katie Braun, Mark Bryans, Steve Collens, Linnis Cook, Mary Ann Downey, Betsy Eggers, Sally Ferguson, David Foster, Jenny Foster, Clive Gordon, Judith Greenberg, Roland Heath, Bill Holland, Kathy Johnson, Lynn Leuszler, Becky Lough, Alison Maule, Susan May, Ryan McGee, Ronald Nuse, Erica Schoon, Bert Skellie, Karen Skellie, Rebecca Sullivan, Cora Tench, Joan Thompson, Elizabeth Tolmach, Jim Tolmach, Myrna Trapp, Perry Treadwell, Sarah Walton, Ashley Wilcox, Nan O'Connor (Clerk), Elizabeth Lamb (Rec. Clerk) (39 Friends).

**Clerk's Reading and Reflection.** The clerk shared a reading and her reflections with the meeting.

**Query:** Jenny Foster presented the query: “Are you honest in your daily work and in all your personal relationships? Do you maintain integrity in your dealings with government authorities and other outward concerns? Do you guard against covetousness, remembering that the quality of life does not depend on the abundance of possessions? Do you seek to discern how much of your time, talents and resources you should devote to the service of others? ”

### Discernment Items

**Finance Committee:** On behalf of the Finance Committee Paul Baker brought forward the following in order to simplify our bookkeeping and make our financial records more transparent:

- **Minute 11-16-2014-01:** *On the recommendation of the Finance Committee, we lay down the Advancement Fund intending to fund all future advancement activities directly from the operating budget. We direct the Finance Committee to transfer the current balance of \$4,116.63 in the Advancement Fund to the meeting’s General Fund.*
- **Minute 11-16-2014-02:** *On the recommendation of the Finance Committee, we lay down the Archive Fund intending to fund all future archival expenses directly from the operating budget. We direct the Finance Committee to transfer the current balance of \$228.53 in the Archive Fund to the meeting’s General Fund.*
- **Minute 11-16-2014-03:** *On the recommendation of the Finance Committee, we lay down the College Scholarship Fund intending to fund any future scholarships directly from the operating budget. We direct the Finance Committee to transfer the current balance of \$422.00 in the College Scholarship Fund to the meeting’s General Fund.*
- **Minute 11-16-2014-04:** *On the recommendation of the Finance Committee, we lay down the Special Leadings Fund intending to fund directly from the operating budget all future leadings that the meeting may, from time to time, choose to support. We direct the Finance Committee to transfer the current balance of \$473.00 in the Special Leadings Fund to the meeting’s General Fund.*
- **Minute 11-16-2014-05:** *On the recommendation of the Finance Committee, we lay down the War is Not the Answer Fund. We direct the Finance Committee to transfer the current balance of \$100.00 in the War is Not the Answer Fund to the meeting’s General Fund.*
- **Minute 11-16-2014-06:** *On the recommendation of the Finance Committee, we rename the Discretionary Fund the Special Needs Fund. The purpose of the fund will remain unchanged being to provide short-term financial assistance to members and attenders as the meeting may deem appropriate.*

After some discussion, Atlanta Friends Meeting requested that the Finance Committee verify the balance remaining in the Refugee Fund and that the meeting consider how best to lay down the fund at the Twelfth Month meeting.

**Green Friends:** On behalf of the Green Friends, Katie Braun brought forward the Shared Statement presented at the last meeting for approval.

- **Minute 11-16-2014-07:** *Atlanta Friends Meeting is committed to sustainability and reducing our carbon footprint. We wish to join a number of Quaker organizations in support of a shared statement from September 2014 entitled “Facing the Challenge of Climate Change.”*

### Reports

**Administration Committee:** On behalf of the Administration Committee Steve Collins reported that a group led by Jack Honderd has been formed to consider how to make the library more usable and

friendly. The group is considering lighting, access and cataloging of books, convenience and comfort of the furniture and other concerns.

He also reported that mulching is almost complete in the play area and vacant lot, but that when the engineer attempted to obtain a soil sample in the vacant lot in order to determine the feasibility of constructing a garden house or deck, he was unable to do so because of the amount of buried MARTA construction debris. Thus, other options are being considered such as a gazebo, an arbor or a small tool shed since the garden house cannot be built atop the debris. That, the kudzu problem and a permanent fence (probably chainlink) along the top of the ravine and around the playground and vacant lot, are still being studied by the committee. Other possible projects for 2015 include: Additional sprinkler system repairs, exterior painting of the entire building, additional tree removals and/or trimming, new Meeting Room carpet, additional handicapped or reserved parking spaces and a new A/C unit.

**Nominating Committee:** On behalf of the Nominating Committee Mary Bartlett brought forward the following for discernment next month: Chris Kohler, clerk of Social Concerns Committee; and Sarah Walton, assistant clerk of Social Concerns Committee.

**Finance Committee:** On behalf of the Finance Committee Paul Baker presented the proposed budget for 2015. Please see a member of the Finance Committee if you need a copy or have any questions.

**Naming Committee:** On behalf of the Naming Committee Elizabeth Tolbach thanked Kofi Adams for his service on the Nominating Committee and brought forward the following for discernment next month: Ron Nuse and Elizabeth Lamb as new members of the Nominating Committee beginning in Jan. 2015. The returning co-clerks of the Nominating Committee are Blake Williamson and Carol Gray. Returning members are Carolyn Coburn-Allen, Mary Jahntz (Religious Education liaison) and Mary Bartlett.

**Social Concerns Committee:** On behalf of the Social Concerns Committee Bert Skellie reported that most of the Social Concerns budget goes to support organizations and projects in which one or more members or attenders are actively involved. He asked that you contact him with any questions prior to the budget approval at the next meeting.

**Ferguson Cabins Committee:** On behalf of the Ferguson Cabins Committee Mark Bryans reported that the committee had held three committee meetings and three work weekends at the cabins in 2014. About 90 people spent about 75 nights in the cabins, a usage up from the 2013 usage. The property has been reassessed since the completion of the new cabin and the property has been resurveyed. There will be a new brochure for 2015. Rental fees will be \$20 for the new cabin, \$13 for the old cabin, \$33 for the entire property per person per night. Due to the increase in insurance premium the Cabin Committee has requested that the meeting assist financially since the rental income will likely not cover all expenses.

**Minutes of October 2014:**

- **Minute 11-16-2014-08:** *The Minutes of the October 2014 Meeting for Worship with Attention to Business were approved as submitted.*

Meeting closed with Silent Worship.

Respectfully submitted by: Elizabeth Lamb, Recording Clerk; and Nan O'Connor, Clerk.



**Please Hold in The Light:**

Obede Nzigimana and family  
Thich Nhat Hanh, as requested  
by Tara Doyle

*Those who wish to have  
requests for Holding included in  
this monthly newsletter  
may give the names to any  
member of Care & Counsel.*



**Atlanta Friends Meeting Contacts**

Clerk of the Meeting: Nan O'Connor, [afmclerk1@gmail.com](mailto:afmclerk1@gmail.com)  
Office Coordinator: Jonah McDonald, [atlantaquakers@gmail.com](mailto:atlantaquakers@gmail.com)  
Treasurer: Lynn Leuszler, [afmtreasurer1@gmail.com](mailto:afmtreasurer1@gmail.com)  
Ministry & Worship: Bill Holland, 404-892-2358  
Finance: Paul Mangelsdorf, 770-677-4280  
Social Concerns: Michael Allison, 770-832-3539  
Administration Clerk: Steve Collins, [shcollins75@gmail.com](mailto:shcollins75@gmail.com)  
Care & Counsel: Clive Gordon, [afm.care.counsel@gmail.com](mailto:afm.care.counsel@gmail.com)  
Religious Education: Jennifer Dickie, [michaeljen@bellsouth.net](mailto:michaeljen@bellsouth.net)  
Library Clerk: Cal Gough, [calgough@bellsouth.net](mailto:calgough@bellsouth.net)  
Newsletter Editor: Kate Swett, [atlquakerltr@gmail.com](mailto:atlquakerltr@gmail.com)  
Webmaster: Aaron Ruscetta, [arxaaron@gmail.com](mailto:arxaaron@gmail.com)

**Calendar for Twelfth Month (December) 2014**

**Area Meetings for Worship**

Every First Day (Sunday)	10:00 a.m. – Meetinghouse, with a smaller group in the Library.
Every Third First Day	12:30 p.m. – Carrollton Friends Worship Group. St. Andrew's UMC Youth Center, 1106 Maple St.; contact Jean Hudson, <a href="mailto:judson30116@yahoo.com">judson30116@yahoo.com</a> or 678-378-3368; <a href="http://carrolltonfriends.org">carrolltonfriends.org</a> .
Every Second and Fourth First Day	10:00 a.m. – Canton Friends Worship Group. 360 E. Marietta St.; 779-720-4669 or <a href="mailto:wrlldpeas@mindspring.com">wrlldpeas@mindspring.com</a> .
Every Second First Day	10:30 a.m. – Macon Friends Worship Group. Contact Diana Day, 478-227-8892; <a href="http://maconquakers.org">maconquakers.org</a>
Every Fifth Day (Thursday)	12:10 p.m. – East Lake Commons, Decatur. Contact Bert Skellie at <a href="mailto:bertskellie@gmail.com">bertskellie@gmail.com</a> or 404-680-4799.
Sixth Day (Friday)	(Mid-August through May), 9:00 a.m. – Friends School of Atlanta. Community Meeting Room, 862 Columbia Dr., Decatur, 404-373-8746.

**Weekly Events at the Meetinghouse**

Every First Day (Sunday)	9:00 a.m. Adult Religious Education, Library 9:30 a.m. Singing, Classroom A/B 10:00 a.m. Meeting for Worship
Every Second-Fifth Day (Monday-Thursday)	8:30 a.m. - 12:30 p.m. Smart Toddlers, Nursery playground
Every Third Day (Tuesday)	7:00 p.m. Silent Meditation, Library
Every Fourth Day (Wednesday)	7:00 p.m. Mid-Week Worship, Library
Every Fifth Day (Thursday)	7:30 p.m. Bible Study, Library

ATLANTA FRIENDS MEETING  
701 W. Howard Ave.  
Decatur, GA 30030-2902

### ATLANTA FRIENDS MEETING

Office: MWF 9:30 a.m. – 12:30 p.m.; 404-377-2474

Web: [atlanta.quaker.org](http://atlanta.quaker.org) [atlantaquakers@gmail.com](mailto:atlantaquakers@gmail.com)

Clerk: Nan O'Connor, [afmclerk1@gmail.com](mailto:afmclerk1@gmail.com)

Treasurer: Lynn Leuszler, [afmtreasurer1@gmail.com](mailto:afmtreasurer1@gmail.com)

If you would like to have a permanent nametag made, leave a request in one of the baskets on the front table. Indicate whether you prefer one that hangs around the neck or that pins. When Carol Gray has made one for you, it will be placed in the black file box on the greeting table.

If you would like to be included in the AFM database and receive the Newsletter by mail and/or appear in future AFM Directories, please send your name and contact information to Emily Lawson at [elawson7@gmail.com](mailto:elawson7@gmail.com) or 404-200-8479. Please indicate if you want to be in the directory, receive the newsletter by mail, or both.

Contributions to the Atlanta Friends Meeting may be placed in the slot marked "Contributions" in the greeting area of the Meetinghouse or mailed to the Treasurer at the above address. Thank you!

*This newsletter is a publication of the Atlanta Friends Meeting. Views expressed are those of the authors and not necessarily those of the Meeting.*

Readers are encouraged to submit letters, articles, notices and anything else of interest to Friends. Items should be sent directly to [atlquakerltr@gmail.com](mailto:atlquakerltr@gmail.com) in plain text (Word, not PDF). Pictures should be in .jpg format. Submissions may be edited for length and format.

#### **THE DEADLINE FOR MONTHLY NEWSLETTER SUBMISSIONS IS THE 20<sup>TH</sup> DAY OF EACH PRECEDING MONTH.**

To receive the Newsletter via e-mail, send a blank e-mail to [afmnewsletter-subscribe@yahoogroups.com](mailto:afmnewsletter-subscribe@yahoogroups.com) from the address where you want to receive the newsletter. You will receive a note back from Yahoo asking you to confirm your subscription; hit reply and you will be added to the list at no charge. To receive general announcements and to participate in discussion, follow the same instructions, but address the note to [afmdiscussion-subscribe@yahoogroups.com](mailto:afmdiscussion-subscribe@yahoogroups.com). To receive announcements relating directly to the life of the meeting, send the same note to [afmannouncements-subscribe@yahoogroups.com](mailto:afmannouncements-subscribe@yahoogroups.com).