



Friends at the Spring 6th Month 2021

Meeting for Worship at 10:00 a.m.

Please note the change to our start time. We meet for worship at 10:00 a.m. from June through August.

We continue to offer the opportunity to meet for worship as a small in-person group while simultaneously meeting via video conferencing for those who need or choose to stay at home. Meetings on-site may take place inside the Meeting House or outside on the grounds, at the discretion of the onsite host(s) and depending on the availability of hosts for both locations. Masks are worn inside and social distancing is maintained in both locations.

Worship Leader: Judith Bush

Date	Program (see notes on page 2)	Online Zoom Host(s)	Onsite Safety and Technology Host(s)
June 6	Experiment with Light – George Fox’s words	Jen Walker	Elizabeth Osborne
June 13	Experiment with Light – Modern Language	Kara VanHooser	Mike Dodge
June 20	Experiment with Light – Modern with focus on World	Kara VanHooser	Mike Dodge
June 27	Open Worship/Reflection on the Experiment with Light, followed by <i>The Spirit of Harriet Tubman</i>	Steve Phillips	Chris and Katie Nelson

Meeting with attention to business will take place via Zoom on June 20th at 11:15 a.m.

Notes on worship during June: Instead of our usual manner of sharing messages, we will "[Experiment with Light](#)" for three weeks in June and then enjoy a performance in the [Spirit of Harriet Tubman](#) immediately after worship on the 4th Sunday.

The *Experiment with Light* is a Quaker practice which is based on early Friends' discoveries. It was devised in 1996 by Quaker and theologian Rex Ambler, following his study of early Friends' writings. At the core of the practice is a (guided) meditation that guides Experimenters through the following steps:

- Mind the Light (pay attention to what's going on inside you, particularly where there's something that makes you feel uncomfortable)
- Open your heart to the truth (don't run away from anything that's difficult or that you don't want to face, but keep a little distance from it: 'be still and cool in thy mind')
- Wait in the Light (be patient, let the Light show you what is really going on, ask questions if what is offered to you isn't clear or you want to know more, and wait for the answers to come, don't try to explain)
- Submit (accept and welcome the information or images, and the insights, dreams and perceptions that may come later, and allow them to show the truth)

The organization of Friends engaging with this experiment has provided recordings of four different wordings of the guidance and we will listen to three of them. The process assumes that there is some concern that the practitioner is carrying that the Light will reveal in one's conscience. Reviewing that concern in the Light, one lets the Light reveal the path forward. It seems that early practitioners found themselves more focused on concerns on the scale of one's self and relationships. The wording, perhaps our contemporary understandings of Fox's words of "conscience" and "temptations, confusions, corruptions", seems to influence that, so a longer guidance that focuses on what one sees happening in the world acts to open the practitioner to concerns on a larger scale. However, the presence of that guidance does not mean one is constrained in the other meditations. The [website](#) has transcripts and recordings if you want to read ahead!

Harriet Tubman will be at Spring Friends on Sunday June 27! Our Friend [Diane Faison](#) will perform her acclaimed presentation as *The Spirit of Harriet Tubman* live and in person at Spring Friends Meeting (and the performance will also be streamed live via Zoom). Diane has offered this gripping original presentation as Harriet hundreds of times. Visitors are welcome and the program is free of charge. The performance will start at 10:45 a.m. (after an abbreviated meeting for worship) and will last for approximately 30 minutes. It will be followed by discussion and an opportunity for questions until noon, with fellowship and light refreshments after that. Friends who already receive the weekly Spring Friends listserv emails will automatically receive the link to the performance. Other guests who would like to attend via Zoom are asked to [register with this form](#) no later than Wednesday, June 23. The performance will not be recorded.

Volunteer opportunities: We have volunteer opportunities available for Zoom hosts, onsite hosts, and worship leaders during the summer and fall months. We will happily provide support for anyone who would like to volunteer but needs assistance to learn a skill set or needs coverage for part of the volunteer period! Please contact Elizabeth Osborne if you are willing to volunteer.

Quaker of the Week Series Update: Thank you to everyone that participated in the Quaker of the Week series. It was wonderful to learn more about our Friends. If anyone has an interest in continuing this series, please contact Jen (techatthespring@gmail.com).

Contributions: The operational expenses of Friends at Spring are thankfully modest but the need to support both our local and global community remains. The following contribution methods are available:

- Contributions via the meeting's [PayPal Account](#)
- Contributions by check made out to "Spring Friends Meeting" and mailed to treasurer Ron Osborne at: 2585 Nealwood Avenue, Graham, NC 27253
- For contributions by direct deposit, contact friendsatthespring@gmail.com

We wish **Happy Birthday** to Friends who are celebrating in June!

Bill Minton, *5th*

Grim Hobbs, *11th*

Katie Perry Nelson, *24th*

Jean Vollrath, *29th*

