

**The Monthly Silence
The Monthly Newsletter for Hopewell Centre Meeting of
the Religious Society of Friends
The Fifth Month, May 2025**



Hopewell Centre Meeting of the Religious Society of Friends 604 Hopewell Road, Clear Brook, VA 22624
Telephone: 540-667-9114 Website: www.winchesterquakers.org

Dick Bell, Clerk of the Meeting, 304-268-8510
Donna Knight, Assistant Clerk of the Meeting, 540-771-8118
Karen Nelson and Martha Hanley, Pastoral Care. Contact Karen at 301-351-5538 or knel23@yahoo.com
Donna Knight, Newsletter, Donnaknight@allpointscountertop.com, 540-771-8118

*If possible, The Monthly Silence will be published on or soon after the 20th of each month. Please send items you want included in the newsletter by the 17th of the month.
Please send donations to:

Hopewell Centre Friends
c/o Jim Riley
P.O. Box 165
Winchester, VA 22604

Please Hold in the Light

Karen Nelson is asking us to hold the following in the light:
See additional information in the Pastoral Care Report below

Dick Bell
Francine and John Guiser
Donna Knight
Hilde Matheson. (Struggling with memory issues)
Betty McCormick, her daughter Susie
Rolf Menzel and his wife Judia (Rolf has passed away as of this writing)
Gary Morgan (Severe work accident leading to serious injuries)
(for his Family Wife Susan, daughter and son-in-law Kelsey & Matthew Bacon)
Karen Nelson
Kristin Zimet (Recovering from severe case of the flu)

Meeting for Worship for Business
Hopewell Centre Monthly Meeting, April 13, 2025
Clerk Dick Bell, Presiding

The Clerk opened the Meeting with a moment of silence.

CQE: (Continuing Quaker Education)

I am poured out like water, all my bones out of joint...they have pierced my hands and feet; I can count all my bones; they stare and gloat over me; they divide my clothes among them, and they gamble for my cloak (Psalm 22:14-18) from Miracles and Wonder, Pagels, Elaine, Doubleday, New York, 2025, p.132

Comments included: Written about one thousand years ago, is this prophetic? Crucifixions were no doubt executed in this manner by the early Romans. We are an evolution of this passage. FYI: The New Yorker magazine reviewed Elaine Pagels' book.

Thanksgiving and Concerns: Betty McCormick expressed joy for the news that her grandson Michael will be starting a new job next week. Martha Hanley gave thanks that she is moving on from a previous minor incident.

Treasurer's Report: Jim Riley gave the treasurer's report for March:

Major items included:

Contributions :

Individual and Family	\$ 1,511
Use of Centre	720
Sarah Zane Fund Contribution	100

Expenses:

Contribution to BYM	\$ 1,000 (budget shortfall in 2024)
Tree work	1,500 (Hopewell graveyard)

Checking Account Balance:	\$ 19,095
Youth Fund	6,512
Sarah Zane Fund	3,698
Rogers Fund	47,000

The complete Treasurer's report is attached to the original minutes.

Ministry and Counsel: Christian Mollitor gave the following report:

Ministry and Council Meeting, April 10, 2025, by Zoom

Regarding communications, Richard Cooper has purchased a Gateway from T Mobil for the meeting. We are trying it out.

The main body of the meeting centered around the questions of using Centre Meeting house for an area-wide interfaith event on May 17th. We are bringing the decision to the meeting, and Margie Riley will approach AA and see if they are willing to cancel or move that 2:00 pm (May 17th) meeting.

This led to a wide-ranging discussion around the subject of meeting focus that stemmed from our Spiritual State of the Meeting report. Our report was true to the queries, well thought through, and well written. As a small meeting, we are strong and accomplish a great deal. However, Margie posed the question - do we push ourselves to deeper levels of spirituality? Do we do, as a meeting, enough? How do we grow spiritually? What are our goals, our wishes? The suggestion of having a development type of discussion arose, i.e. - a discovery process. Ministry and Counsel will meet on April 28 to refine queries for our Meeting to use in this process. Who do we want to be in the future? We decided to gather information through a yet to be refined discovery process. We also decided to move the business meeting to the third Sunday of May to avoid conflict with Mother's Day. The purpose of the two May RE sessions will be to help us define spiritual growth goals for our Meeting, as we seek to both deepen our relationships within our Meeting and build connections to the community and world. So, our RE schedule for the next month is as follows:

April 6th – A review of the meeting's responses to this year's Spiritual State of the Meeting queries

April 13th – Meeting for Worship with a Concern for Business

April 20th – Symbolism associated with Easter – Christian Mollitor

April 27th – Potluck at Centre

May 4th – Part I: Where do we as a meeting want to go as Hopewell Centre?

May 11th – Part II: Where do we as a meeting want to go as Hopewell Centre?

May 18th – Meeting for Worship with a Concern for Business

May 25th – Potluck at Centre

The purpose of the two May sessions will be to help us grow spiritually and prepare us as Friends to go out into the world.

Respectfully submitted,

Ministry and Counsel,

Social Concerns and Outreach: Margie Riley reported the following:

The Spiritual Retreat held at Hopewell on March 29 began with a continental breakfast followed by a sound bath presentation by Elizabeth Bava. Twenty-one attenders gave high praise to the workshops, and many hoped to stay in touch afterward. Margie sent out follow-up emails to encourage everyone to do so. The next retreat will be held on June 28. Margie asked if anyone interested in attending a Virginia Interfaith Council meeting with her to contact her. The Council is currently working on establishing one or more dinners between interfaith communities.

Martha Hanley reported that the subcommittee for providing information to new attenders to the Meeting has updated all of the welcoming materials. SC & O will determine if there is any other work needed from the subcommittee.

Paul Britner is forming an FCNL advocacy group. An initial meeting over Zoom with an FCNL representative and six Hopewell Centre attenders occurred recently.

Anne Bacon informed us that an app named 5 Calls can be used to easily contact your Congressional Representatives.

Building and Grounds: Dan Riley reported that the committee met on April 1 at Hopewell and discussed the following:

- The Hopewell Meeting stone marker installed on Route 11 in 1934 to mark the 200th anniversary of the Meeting's establishment was recently damaged by (let's say a snowplow). It is dangerously close to the highway and needs to be moved. The committee is asking the Meeting for approval to seek a way to move the marker from its current location to the Hopewell Meeting grounds. The Meeting approved. The marker is on land owned by the nearby quarry and maybe they could be of help in moving it.
- The handicap ramp at Centre is currently portable and can be brought into the Meetinghouse if needed. We are investigating the feasibility of having it permanently installed.
- We are continuing to seek professional advice on how to renovate the current Hopewell bathrooms.
- Pam Hambach is exploring more information concerning the replacing of the ceiling tiles at Centre. She recently found some that were reasonably priced and easy to install. The Meeting approved the continuance of her mission.
- Cleanup day at Hopewell will be on April 26. This will be for the Meetinghouse grounds excluding the graveyard.

Graveyard Committee: A youth group from the Mormon Church has offered to clean up the Hopewell graveyard as part of their outreach. A date for this will be set in May.

Pastoral Care: Karen Nelson sent the following report: Please hold the following Friends in the light:

Donna Knight, who is home recovering from a brief hospital stay.

John and Francine Guiser, who continue to struggle with various health issues

Hilde Matheson who is struggling with memory issues.

Betty McCormick's daughter Susie who has health issues related to long Covid.

Rolf Menzel, who was taken off of hospice, but remains in serious condition.

Kristin Zimet, who continues to recover from a severe case of the flu.

Karen Nelson, who is between cataract surgeries on both eyes.

Dick Bell, who is mourning the loss of his aunt.

Sadly, as I write these minutes, Rolf passed away on April 18.

If anyone has any concerns or health issues to report, please let Karen know so she can reach out to you.

A concern was raised that Karen is the only member of the Pastoral Care Committee.

Old Business: Josh Riley reported that we are set for parking cars in the Centre parking area during the Apple Blossom Festival. We will charge \$20 per vehicle. Parking will occur Friday May 2nd and Saturday May 3rd for each of the festival parades. Let Josh know if you wish to help out at either time.

The Meeting approved paying for a banner that will be attached to the fence advertising the parking area.

Christian Mollitor announced that today is the last day to sign up for Friendly Eights. There are two groups and dates for the gatherings will be determined soon.

New Business: Margie Riley announced that there will be a Virginia Interfaith Council Community Kindness Family Fair outside at Centre on May 17 from 1 to 4 p.m. if the Meeting approves. The concern of having to ask AA to cancel their afternoon meeting was resolved (they had no problem with this as there are many alternative meetings in the area) and the Meeting approved. Many community organizations will have tables to visit and there will be bake sales and music. Mark your calendar now. Hurry.

Also attached to the original minutes are the responses to the four queries related to our Spiritual State of the Meeting for 2024.

Announcements:

April 26 - Clean-up day at Hopewell. Come any time after 9 a.m.

April 27 - Blue Ridge Singers at First Baptist Church, 3:00 p.m.

May 2 and 3 - Parking at Centre for the Apple Blossom Festival

May 17 - VIC Community Kindness Family Fair at Centre

June 28 - Interfaith Spiritual Retreat at Hopewell

In Attendance: Clerk Dick Bell, Jim Riley, Betty McCormick, Dan Riley, Margie Riley, Martha Hanley, Judy McCarthy, Maureen O'Hara, Christian Mollitor, Anne Bacon, Richard Cooper, Becky Ebert, Mike Hambach, Pam Hambach, Judy Enterline, Scott Lynch, Josh Riley, and Katherine Chatard

Respectfully submitted by Dan Riley, Recording Clerk



CALENDAR

April 27th --- Potluck at Centre Meeting

April 27th --- Blue Ridge Singers (First Baptist Church 3PM)

May 2nd&3rd --- Parking at Centre -- **Apple Blossom Festival**

May 4th --- Where we go as a Meeting Hopewell Centre Part I

May 11th --- Where we go as a Meeting Hopewell Centre Part II

May 11th --- **Mother's Day**

May 17th --- VIC Community Kindness Family Fair Centre

May 18th --- Meeting for Worship with a Concern for Business

May 25th --- Potluck at Centre

May 26th --- **Memorial Day**



From the clerk

Last month I started the discussion on Friends as friends by focusing on some of my memorable Quaker personal friends – almost all gained from conferences or occasional meetings. Week in and week out the core of my friends appear from natural Quaker activities. Certainly, our own monthly meeting is a prime example of that phenomenon. Worshipping together, serving on committees together, eating together, attending conferences together, talking together, all naturally encourage friendships among like-minded people. It is the principal accomplishment, in my opinion, Quakers carry out into community.

The way we enjoy each other and support each other is about as human and natural as you can get. We live the possibility that religion can give: creating moral communities.

It is no exaggeration to say: Quakerism is the manifestation of Spirit's 'Beloved Community.'

We, of course, like the nation in which we live, are not perfect. But we are committed to always carrying the love and peace of God with us.

We do not judge others by their religion.

We see the Light of God in everyone else. We refuse to let others' beliefs estrange us.

We stand up for our friends and ourselves when we see evil and injustice in the world.

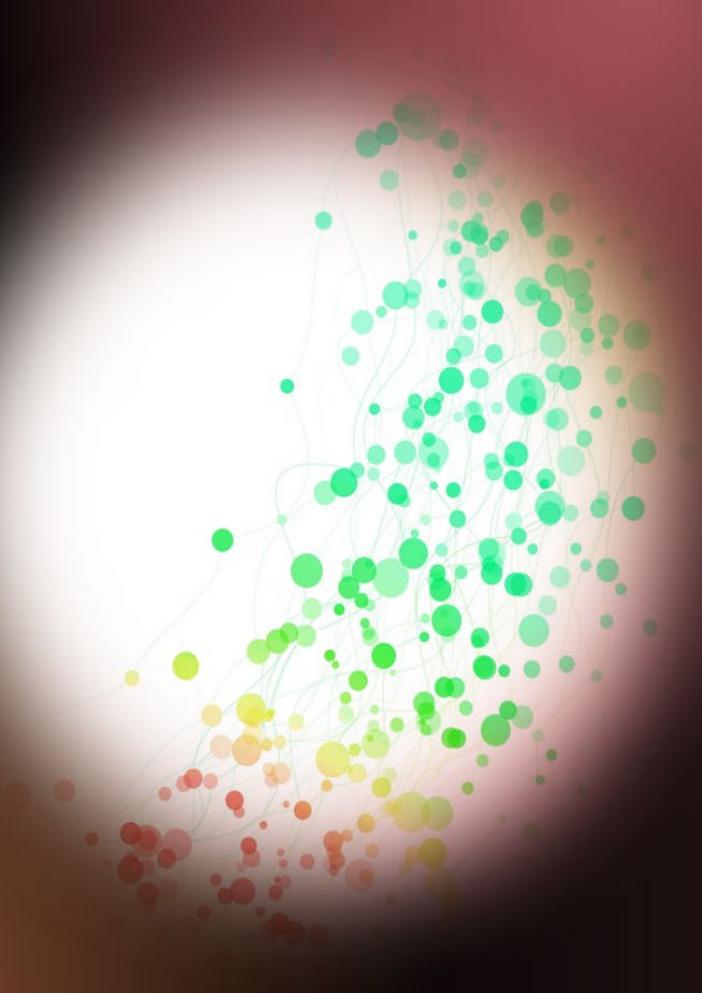
We actively relate to others.

For us, religion is never about an hour on Sunday. It is how we live our lives with religion in it.

Like the world – and the universe – we are continually evolving.

We continually look to bring love into our lives...and share that love with others.

Respectfully submitted,
R. Dixon Bell April 17, 2025



Blogs and Items of Interest

FROM THE MEMBERS OF
HOPEWELL CENTRE MEETING

HAPPY MOTHER'S DAY

TO ALL WOMEN
THAT NURTURE, GUIDE,
TEACH AND PROTECT
CHILDREN EVERYWHERE!



Patsy Clairmont

Helpful information submitted by Margie Riley – possibly to use in May 4th and 11th RE discussions.

Spirituality (AI - google)

Spirituality, in general, is the search for meaning, purpose, and connection, whether to something larger than oneself, others, or a sense of the, and it can be expressed through various practices and beliefs, often distinct from organized religion.

Key Aspects of Spirituality:

- **Search for Meaning and Purpose:**
Spirituality often involves a quest to understand the "why" behind life and one's place in the universe.
- **Connection:**
It can encompass a sense of connection to something beyond the self, whether it's nature, art, other people, or a higher power.
- **Sacred or Transcendental Experience:**
Some people find spiritual experiences as sacred or transcendent, while others may describe it as a deep sense of aliveness and interconnectedness.
- **Personal and Diverse:**
Spirituality is a deeply personal experience, and there's no single way to be spiritual. It can manifest in various forms, including religious practices, philosophical beliefs, or simply a sense of awe and wonder.
- **Not Necessarily Religious:**
While spirituality can be intertwined with religion, it's not limited to it. People can be spiritual without being religious or adhering to a particular religious tradition.
- **Personal Growth:**
Spirituality can also involve a focus on personal growth, self-reflection, and the development of one's inner dimension.

Examples of Spiritual Practices:

- **Meditation and Mindfulness:** Practices that focus on present-moment awareness and inner reflection.
- **Prayer and Rituals:** Engaging in practices that connect with a higher power or sacred traditions.
- **Service and Compassion:** Acting with kindness and empathy towards others and the world.
- **Nature Connection:** Spending time in nature and appreciating its beauty and interconnectedness.
- **Art and Creativity:** Expressing oneself through creative outlets like music, painting, or writing.
Spirituality is about seeking a meaningful connection with something bigger than yourself, which can result in positive emotions, such as peace, awe, contentment, gratitude, and acceptance.

Five characteristics of spirituality include: meaning, value, transcendence, connecting (with oneself, others, God/supreme power and the environment), and becoming (the growth and progress in life).

From 2023 Faith and Practice:

Pg. 10

The Quaker experience can be challenging as we try to discern the Light in ourselves and in our interactions with the secular world, which may include work for justice, equity, peace, care for the earth, and the well-being of all. We often struggle as we work to deepen or re-deepen our faith and seek to love one another. When we open ourselves to the Spirit, especially as we struggle, we are inevitably changed.

We are transformed individually and collectively in order to become agents of transformation in the world. That's what it means to be a Quaker. (Ben Pink Dandelion, 2014)

Pg. 13

True worship is a living experience. By and through it we enter into a life so vital, so vivid, so large and glorious that, by comparison, our life of ordinary activities seems narrow, dull, dead. By bodily action the body comes alive. By mental action the mind comes alive. So by spiritual action the spirit goes alive. Worship is spiritual action. By means of it our spirits awake, mature, and grow up to God. (Jean Toomer, 1947).

Our own...Building a Community of Faith, June 2018

Members One of Another - The Dynamics of Membership in Quaker Meeting, Thomas Gates, Pendle Hill Pamphlet 371, c. 2004

A deep dive into Quaker meeting membership...what are we after? Peace? Service?
Shared values/testimony? A deepening of our faith?

"Membership is a kind of journey, from individualism to individual-in-community, to being "members one of another" in the context of covenant community. the journey is a complex totality." A foundational sense of belonging and acceptance which transforms through journey...that includes challenge, discomfort, uncertainty...which may be large deeds or small deeds, service visible to all or quiet service of support.

Pg. 19.

"This transition (relationship between individual, community, and God) may first come to our awareness through a vague feeling of discomfort, a sense that something is about to happen, or perhaps that something unknown is struggling to be born. Before, we have been seeking, but now we are aware of being sought. Before, we have been turning toward God, but now we sense God turning toward us. Before we have depended upon our own initiative, but now we are being asked to respond to God's initiative."



Interfaith Saturday Spiritual Retreat

21 participants gathered on March 29 to join in spiritual practices intended to connect and recharge the Spirit. Elizabeth Bava, Reiki Master and energy healer, started the retreat with a centering sound bath. Five different workshops, led by local interfaith mentors, shared meditation, art, writing, and silent reflection experiences. At the end of the morning, participants spoke of appreciation for the gift of the Meeting House, practicing with like-minded people, feeling the history of those who have come before, immediate connections with each other, and gratitude for a heart-filled day.

Thich Nhat Hanh's "In-Out" meditation, from *Peace Is Every Step*, sums up the experience:

Breathing in, I calm my body.

Breathing out, I smile.

Dwelling in the present moment,

I know this is a wonderful moment!



GOOSE CREEK MINUTE

The Goose Creek Religious Society of Friends Meeting is concerned for the physical safety and humanitarian needs of undocumented immigrants and refugees in this country, especially in light of changing political priorities. We are aware of our interdependence with immigrants, documented and undocumented alike, as well as the contributions these persons make to our community. Consistent with our testimonies, we affirm that all persons are entitled to liberty and the opportunity to work and pursue their goals. We abhor the dehumanization of persons by policies that separate families and round up, detain, or deport individuals as though they were less than human.

We believe it is essential to establish responsible, fair, and reasonable criteria for future immigration and amnesty policies and processes. We believe current undocumented immigrants should be provided a path to permanent residency and citizenship. We advocate the expansion of guest registry for foreign workers, which would enable them to temporarily work in this country with legal status. Our immigration laws should be tightly enforced throughout the system but with consistency, fairness, and basic respect for human needs.

We intend to participate with other Meetings, Quaker organizations, faith communities, and groups to address this concern.

This was worth repeating

Anchored in Song

featuring *The Lighthouse Keeper*
by Jake Runestad

Friday, April 25, 2025

7:30pm

Front Royal Presbyterian Church
115 Luray Ave.
Front Royal, VA

Sunday, April 27, 2025

3:00pm

First Baptist Church of Winchester
205 W. Piccadilly St.
Winchester, VA

Tuesday, April 29, 2025

7:30pm

All Saints Catholic Church
9300 Stonewall Rd.
Manassas, VA

Sunday, May 4, 2025

3:00pm

Trinity Episcopal Church
9108 John S. Mosby Hwy.
Upperville, VA



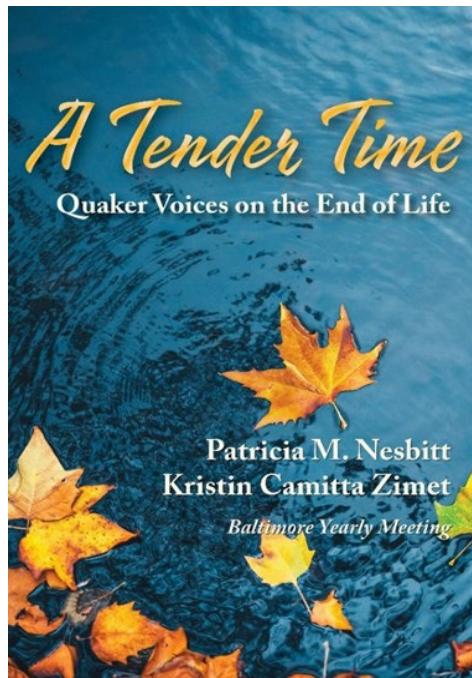
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Artwork by: Harold Newton

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A wise blend of practical advice and spiritual grounding. This book is optimistic and upbeat. It can be referred to again and again."

*Terence McCormally, MD, Clinical Professor, Geriatric Medicine,
Virginia Commonwealth University*

"A delightful read! Not just for Quakers:

it is spiritually wise, clinically sound, and exceedingly pragmatic."

*Jim Higginbotham, Associate Dean, Professor of Pastoral Care and Counseling,
Earlham School of Religion*

"A gentle conversation, like talking to a trusted friend."

*George Schaefer, former Care & Aging Coordinator,
Philadelphia Yearly Meeting*

In the End-of-Life Working Group of Baltimore Yearly Meeting, ***A Tender Time*** explores practical, emotional, and spiritual aspects of aging and dying well. A unique collection of voices, historical and contemporary, illustrates making end-of-life decisions.

This open-hearted primer moves through personal experiences from aging to dying and then outward in widening circles of caregiving. Intimate stories give poignant examples of aging and dying well, without fear. There are multiple ways that Love can guide us to the end.

Patricia and Kristin offer guidance on pastoral care at the end of life. The book includes resources for families, friends, and Quaker meetings, including checklists, sample forms, queries for clearness, and an annotated list of further readings.

A Tender Time is for sale now from Pendle Hill Bookstore and from FGC QuakerBooks. It will be available from major commercial outlets in Fall 2024. Contact admin@bym-rsf.org for bulk sales.

COACHING PEACE



Linda Wilk, MAPC

https://open.substack.com/pub/lindawilk/p/all-is-suffering?utm_source=share&utm_medium=android&r=b37x

RESOURCES TO LEARN ABOUT QUAKERISM AND THE WORLD

We want to provide a list of some resources for Friends to learn about what Quakers believe; what Quakers do in the world and a little bit about how to understand what is going on in the news. This list is by no means comprehensive, and we encourage others to send in resources that have been helpful to them.

LOCAL

- the **libraries** at Hopewell and Centre; lots of books, prior issues of Friends Journal, pictures and other materials
- the **Hopewell Centre Meeting** website: www.winchesterquakers.org
- the **Baltimore Yearly Meeting** website: www.bym.rsf.org; go here to access the latest **Faith and Practice** which is in the process of being revised. New paper copies of Faith and Practice will be coming soon.
- the **BYM camping** website: www.bymcamps.org
- in the library at Hopewell is a **QuakerSpeak DVD** about “What Quakers Believe” Check it out.
- Friends Wilderness Center**; www.friendswilderness.org

NATIONAL AND INTERNATIONAL

- Website: www.quaker.org; What do Quakers Believe? How do Quakers Worship? How do Quakers Live? Find Quakers
- Friends Journal**; monthly publication, many back issues at Hopewell, website friendsjournal.org. All issues available on the website
- Podcast; Quakers Today** sponsored by Friends Journal
- Thee Quaker Project**; weekly podcast; www.theequaker.org
- Quaker Speak**; bi-weekly Quaker video sponsored by Friends Journal; www.QuakerSpeak.com
- Friends General Conference bookstore**; www.quakerbooks.org
- Friends General Conference** website; www.fgcquaker.org
- Friends Committee on National Legislation**; Quaker lobby organization; www.fcnl.org
- American Friends Service Committee**; www.afsc.org
- Friends United Meeting**; www.friendsunitedmeeting.org
- Pendle Hill**; Quaker study and retreat center in Pennsylvania; www.pendlehill.org

- Friends World Committee for Consultation; Quakers around the world; www.fwcc.world
- Right Sharing of World Resources; www.rswr.org
- Quaker United Nations Office; www.quno.org
- Friends Library; www.friendslibrary.com

OTHER

- many in the meeting subscribe to a daily newsletter from Heather Cox Richardson called **Letters from an American**. She writes about current and historical events from a historical perspective. Good for putting events of the day in a broader context.
<https://heathercoxrichardson.substack.com>

What have we left out? Let us know.



Saturday, April 26th Clean-up day: anytime after 9am

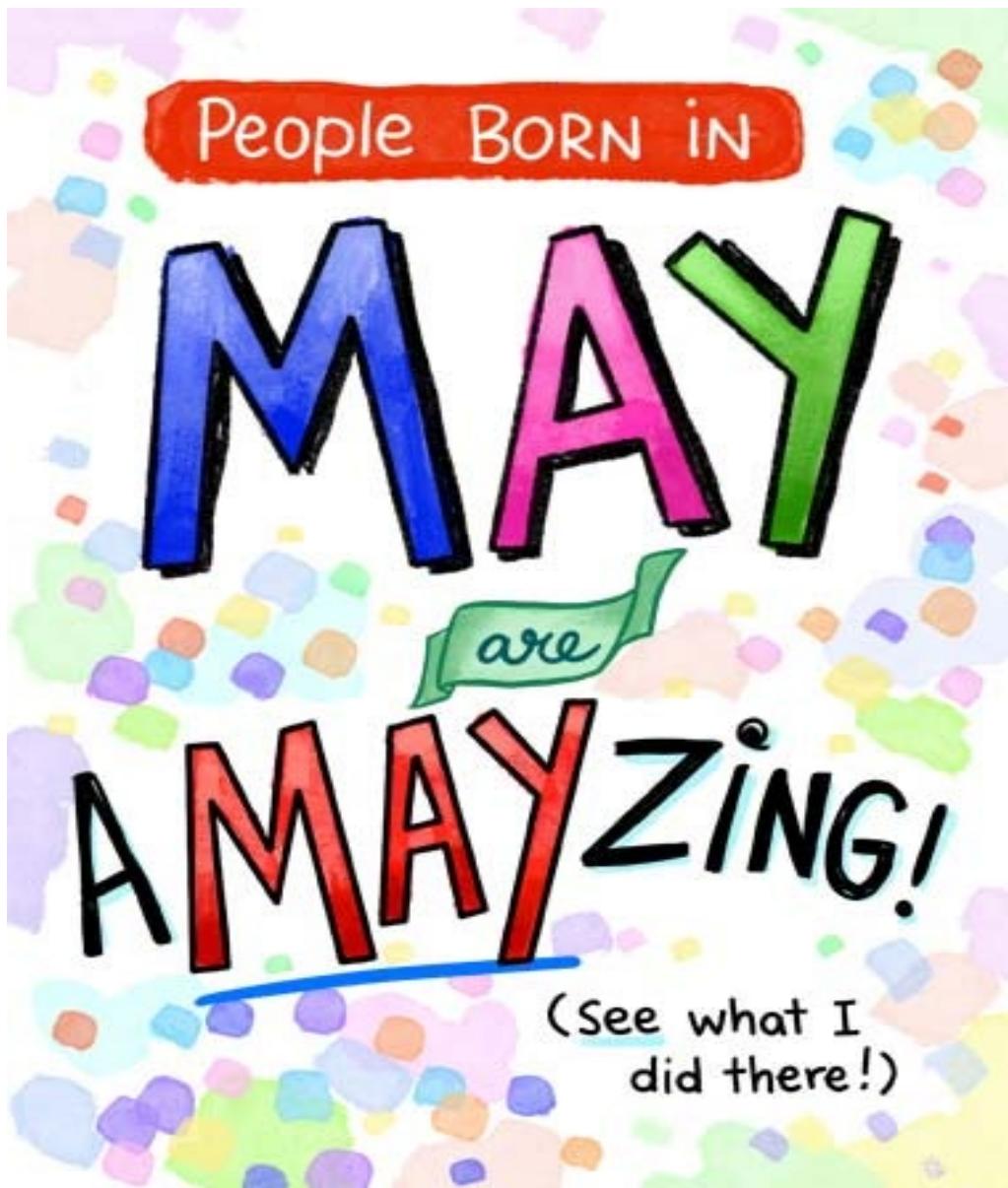
Sunday, April 27th Blue Ridge Singers at First Baptist Church, 3:00 p.m.

Friday & Saturday May 2nd and 3rd Apple Blossom Festival in Winchester VA, park at Centre

Saturday, May 17th VIC (Virginia Interfaith Council) Community Kindness Family Fair at Centre

Saturday, June 28th Spiritual Retreats 8:30-Noon

(Please send links, coming events, or interesting items you would like to share with Friends and readers to Donna Knight)



(Why, yes they are!!)

Donna Knight May 8th

Sally Anderson May 15th

Anne Bacon May 28th

(Check the Hopewell Directory for your birthday, contact Rebecca Ebert if we need to add it)

Hopewell Centre Meeting of
Religious Society of Friends
604 Hopewell Road
Clear Brook, VA 22624