

**The Monthly Silence  
The Monthly Newsletter for Hopewell Centre Meeting of  
the Religious Society of Friends  
The Tenth Month, October 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](http://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](mailto:knel23@yahoo.com)

Donna Knight, Newsletter, [Donnaknight@allpointscountertop.com](mailto:Donnaknight@allpointscountertop.com), 540-771-8118

\*If possible, The Monthly Silence will be published on or soon after the 20<sup>th</sup> of each month. Please send items you want included in the newsletter by the 17<sup>th</sup> 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

Anne Bacon's Cousin, Marion Stump

Judy Enterline

Francine and John Guiser

Hilde Matheson.

Betty McCormick, her daughter Susie



**Meeting for Worship for Business**  
**Hopewell Centre Monthly Meeting, September 14, 2025**  
**Clerk Dick Bell, Presiding**

The Clerk opened the Meeting with a moment of silence.

**CQE: (Continuing Quaker Education)**

*“Decisions about nuclear weapons and about military things in general, they’re all taken by men. It seems right that it should be women [protesting]. I began to have visions of women walking down the road with our banners and our placards. We walked from Cardiff, the capital of Wales, to Greenham Common. The press were not interested. We had to do something more dramatic, and we decided to chain ourselves up to the gates of Greenham when we got there. We had to stay a night, and another night, a week two weeks... gradually, the support did come in. It was the biggest women’s demonstration ever, I think, in this country.” Anne Petit*

Comments included: It's inspiring - the power of women. And the power of quiet persistence. It's significant that the demonstration started small and then grew.

**Thanksgiving and Concerns:** Judy Enterline extended her thanks to everyone who contacted her during her recovery from surgery. Becky Ebert gave thanks for the life of Laura Nell Obaugh, who passed away recently.

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

Major items included:

Contributions :

Individual and Family	\$ 1,870
Use of Centre	150
Sarah Zane Fund	400

Expenses:

BYM quarterly payment	\$ 1,801
Insurance quarterly payment	2,880
Repair of library table	442
Tree debris cleanup at Centre	400
Graveyard wall repair at Hopewell	2,100

Checking Account Balance: \$ 14,206

Fund totals:	Rogers	\$ 52,452
	Sarah Zane	3,580

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

Responding to a request from last month's business meeting, Jim presented the following report on the average monthly financial donation per household:

The total annual unrestricted contributions from the last couple of years has been a little more than \$30,000 and the number of contributing households identifiable by name has been around 28. Please take out your calculator. It seems that the average monthly household donation is somewhere around \$90 - \$95. As always, we appreciate any donation of any size.

**Ministry and Counsel:** Richard Cooper celebrated his birthday by giving the following report:

Ministry and Council Meeting, September 2, 2025, by Zoom

A member shared her efforts on behalf of an attender who is seeking help with her disability. She asked Ministry and Counsel if she might make her appeal to the meeting-at-large. We agreed to her request.

Communications are going well.

We completed RE's through the end of October

(August 31<sup>st</sup> – Kevin Slick and his music

September 7<sup>th</sup> – Nine Core Quaker Beliefs (as offered by Arthur Larrabee) 1. There is a living, dynamic, spiritual presence at work in the world which is both within us and outside us. 2. There is that of God in everyone. 3. Each person is capable of the direct and unmediated experience of God.)

September 14<sup>th</sup> – Meeting for Worship with a Concern for Business

September 21<sup>st</sup> – Nine Core Quaker Beliefs (as offered by Arthur Larrabee) 4. Our understanding and experience of God is nurtured and enlarged in community. 5. The Bible is an important spiritual resource, and the life and teachings of Jesus are relevant for us today. 6. The revelation of God's truth is continuing and ongoing.

September 28<sup>th</sup> – Potluck at Centre

October 5<sup>th</sup> - Nine Core Quaker Beliefs (as offered by Arthur Larrabee) 7. We welcome truth from whatever source it may come. 8. Our inward experience of God transforms us and leads us into outward expressions of faithful living, witness, and action. 9. Modeling God's presence in our lives is more important than espousing beliefs.

October 12<sup>th</sup> – Meeting for Worship with a Concern for Business

October 19<sup>th</sup> – Choosing a personal estate agent.

October 26<sup>th</sup> – Potluck at Centre

We reviewed and approved a minute of introduction for Paul Britner and Karen Nelson when they move to Lancaster, PA. We agreed to send a copy to Dan Riley, Recorder.

We discussed candidates for replacing Karen Nelson on Pastoral Care and adding more folks to that committee. September will be her and Paul's last report.

Clerk away visiting family September 27<sup>th</sup> – October 4<sup>th</sup>. Donna Knight will be clerk in his absence.

We discussed an attender interested in joining Buildings and Grounds.

We discussed an elderly couple, members, whose car has died. We are carefully monitoring the situation as they develop other ways of getting around and doing chores.

Respectfully submitted,

Ministry and Counsel      written September 4, 2025

**Social Concerns and Outreach:** Margie Riley reported the following:

Social Concerns and Outreach has communicated via email, no in-person committee meeting.

Becky Ebert is checking with WATTS and once their schedule is out we plan to be involved again this year.

As it turns out, Shepherdstown, Goose Creek, AND Frederick Meeting are on board for a fall regional gathering! The suggestion is to meet on a Sunday - have regular Meeting for Worship, followed by a potluck and program time. Does the Meeting approve Sunday, Nov. 23 for this? We would be host. YES - APPROVED

Next year the 5th Sundays occur in March, May, Aug, and Nov. and we will rotate who hosts for each. As we share we will learn from each other and open opportunities to support one another, join efforts, combine energy and output, and grow individually and collectively.

Our next Interfaith Saturday Spiritual Retreat is coming up on Oct. 4. The flyer has been sent out and we look forward to this outreach. We've already had 4 people respond who are not members/attenders. We'd like to continue this next year with a Spring, Summer, and Fall retreat and we'd like to have it included in the 2026 budget.

It has been requested that we host a "Watch Party" for the keynote speaker of The Annual Environment and Spirituality Summit (held online) by 'faith in place' on Tuesday, Sept. 30, 2025, in the evening. This years summit theme is "strong and supported" with keynote speaker Robin-Wall Kimmerer, author of Braiding Sweetgrass, scientist, and enrolled member of the Citizen Potawatomi Nation. Note: She will speak via Zoom from 7:30 -8:30, the event will be from 7 - 9 p.m. and hosted by Margie Riley and Julia Storberg-Walker. APPROVED

It was suggested we invite the general public to this and Margie will post it with Winchester Worth Fighting For - a nonprofit with a central, widespread listing of nonpartisan area events.

We are wondering if anyone has ideas for recognizing World Quaker Day on Oct. 4? *Post meeting note:* There was no response discussion during the meeting, but afterwards Vicki Quarles suggested we host a table on the Winchester Mall and she and Margie will pursue that idea.

**Building and Grounds:** The graveyard wall is starting to be repaired.

**Interiors:** Becky Ebert reported that the committee approved the use of a small triangular table for the Zoom microphone replacing the crate. The heirloom Lupton table belonged to Virginia Riley and the crate belongs to Dick Bell who can now happily take it back home to stuff some stuff in it.

**Graveyard:** Becky Ebert reported that the Hopewell graveyard cleanup has been completed for now.

The Hollingsworth graveyard has been cleaned up around the outside of the wall and a plan for a picnic table to go there is in the works. The local Sheriff's office has unclaimed ashes from cremations that at some point might find a resting place in one of our graveyards.

**Pastoral Care:** Karen Nelson gave the following report:

**Please hold these Friends in the Light:**

**New concerns:**

Laura Nell Obaugh passed peacefully in her home last month.

Hilde Matheson has moved in with daughter. Here is her new address:

Hilde Matheson  
c/o Deborah Fitzner  
426 Yellow Springs Road  
Yellow Springs, West Virginia. 26865

Martha Hanley has asked members for their continuing support of Jennifer Dyer. A fundraising page (similar to Go Fund Me) has been set up for Jennifer at [givebutter.com/OiHLBW](http://givebutter.com/OiHLBW).

Maggie and Peter Stetler need rides to appointments, the store, etc. Contact them directly (they're in the Directory) or speak with Richard Cooper or Martha.

**Ongoing Concerns:**

Donna Knight asked that her friend Patricia Dick be held in the light. Patricia's husband recently died of cancer.

Judy Enterline continues to recover from hip surgery and would like calls and visits.

Ann Bacon's cousin Marion Stump, who has metastatic cancer.

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

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

If anyone has any concerns or health issues to report, please let me know so I can reach out to them. Thanks.

Respectfully submitted,  
Karen Nelson

Today is a very sad day for us as this is Karen's last Pastoral Care report. Karen and Paul will be moving to Lancaster, PA the first week of December. Karen has graciously agreed to continue with the sending of cards to those needing pastoral care.

We will need a replacement for her on the Pastoral Care Committee. If you are interested, please see Karen or Paul or the Clerk for more details.

## **New Business:**

Jim Riley announced that the memorial service for Laura Nell Obaugh will be held on October 25 at Hopewell (time tba) with a reception after the service. Zoom will be available for those unable to come in person. Ministry and Counsel will discuss the details of the service. Margie Riley has volunteered to write a memorial minute for Laura Nell and will bring it to the October business meeting for approval. Laura Nell left her body to science so there will be no immediate burial. However, her ashes will probably ultimately be returned to Hopewell to be buried with her husband Felix under her tree behind the Meeting House.

## **Announcements:**

September 25: Community Connect and Serve 3 - 6 p.m. at the LDS Church (dinner to follow). See Margie Riley if interested.

September 30: Watch Party at Hopewell 7:30 p.m. See the Social Concerns and Outreach report above for all the details.

October 4: Our third Spirituality Retreat at Hopewell from 8:30 - noon. Check your email for the flyer, pick your session, and email Margie with your choice. This is a free event with a light breakfast starting at 8:30.

October 5: World Quaker Day. Plans are in the works.

November 23: Regional potluck with three other Meetings. See the Social Concerns and Outlook report above for details.

## **In Attendance:**

Clerk Dick Bell, Jim Riley, Margie Riley, Dan Riley, Richard Cooper, Donna Knight, Diane Popik, Mike Hambach, Pam Hambach, Anne Bacon, Betty McCormick, Becky Ebert, Josh Riley, Karen Nelson, Vicki Quarles, Judy Enterline, and Jonathan Tolman.

Respectfully submitted by Dan Riley, Recording Clerk





#### From the clerk

In 1787 on September 17<sup>th</sup> in Philadelphia, delegates from every state (except Rhode Island, which didn't want its outsized influence under the Articles of Confederation government diminished) signed the initial draft of the United States Constitution. The result as Dr. Benjamin Franklin so wryly put it was, "A republic...if we can keep it."

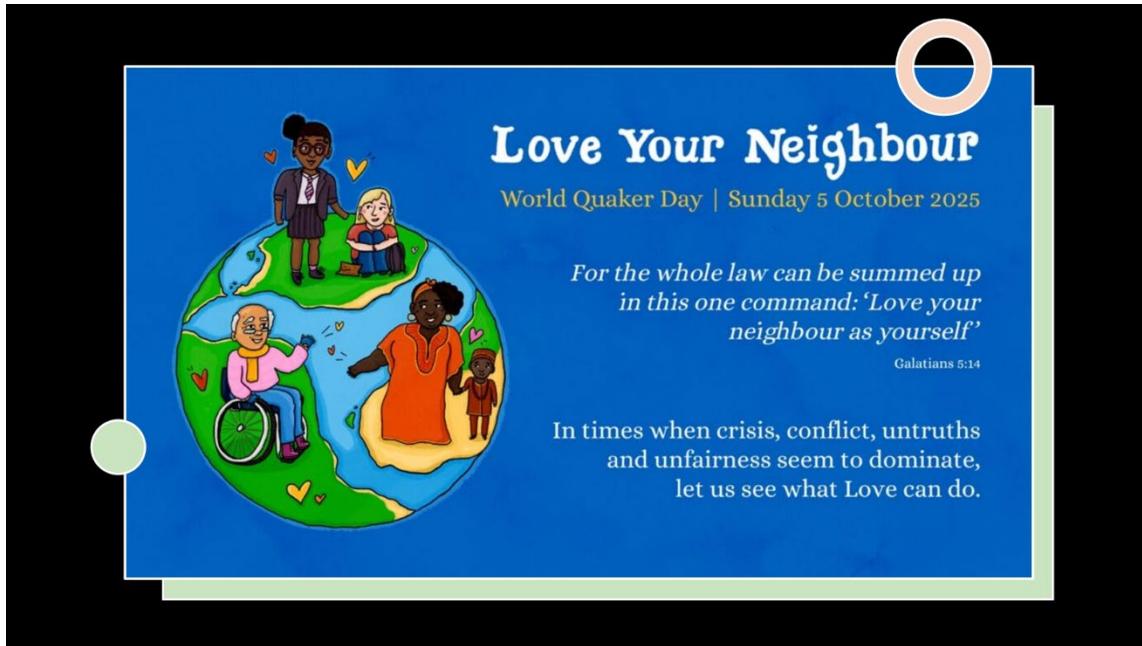
The document was a marvel in governance. It outlined a strong Congress counterpoised with a strong executive, the President. A third branch, the Judiciary, was nebulously defined and outlined, the founders relying on Congress to largely create the Judiciary's levels and role. One thing, for sure, was the federal judges had life-time appointments and there would be a Supreme Court. No one realized there was a John Marshall out there to finish defining that court's role – a least well enough to get the nation started.

My search engine says there were no Quakers among the delegates of that convention. But one can say that the convention itself which ran from roughly May, 1787 until September was structured on a Quaker meeting model. Certainly Washington, who was elected president of the convention, ran it much as a clerk might run meeting for worship. He spoke little and concerned himself chiefly with beginning and ending sessions. He was determined not to be part of the debate. Various members voiced leadings. They decided not to keep an official record of the debate or of the convention. The document would emerge from behind a veil of silence with virtually every member on board. They reached a remarkable 'consensus.'

We Quakers have our fingerprints and footprints all over the beginning of this country – our strengths...and our foibles. Some of the harder issues such as democracy and slavery (and its attendant racial legacy) are still gaining clarity in the national psyche. But 240 years ago we got off to a good start.

Although, there's still plenty to do.

Respectfully submitted,  
R. Dixon Bell, clerk



## CALENDAR

**September 21<sup>st</sup>** --- 9 Core Quaker Beliefs, Arthur Larabee #4-6

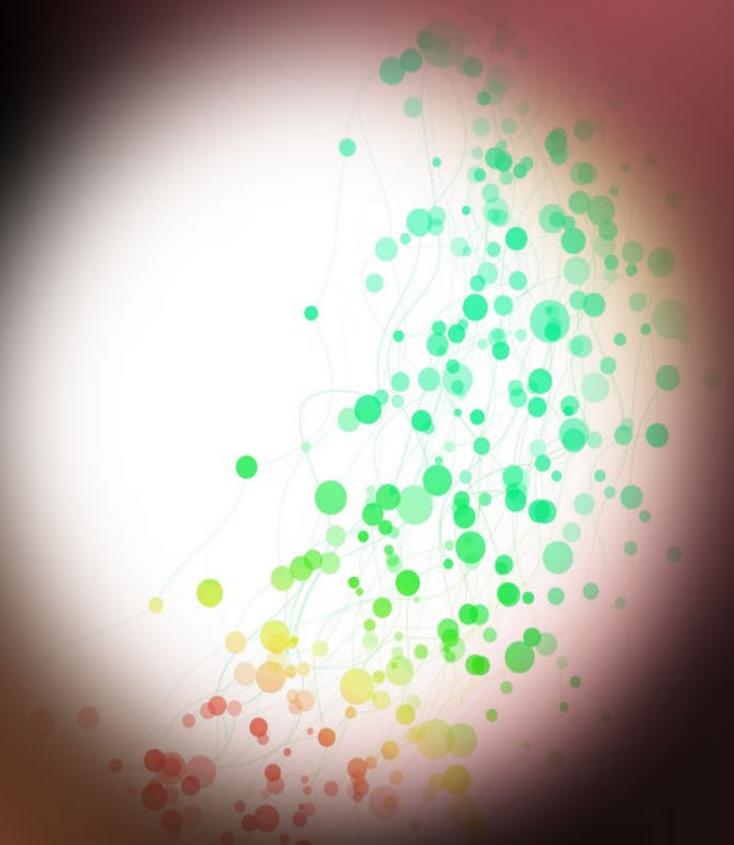
**September 28<sup>th</sup>** --- Potluck at Centre

**October 5<sup>th</sup>** --- 9 Core Quaker Beliefs, Arthur Larabee #7-9

**October 12<sup>th</sup>** --- Meeting for Worship with a Concern for Business

**October 19<sup>th</sup>** --- Choosing a Personal Estate Agent (tentative)

**October 26<sup>th</sup>** --- Potluck at Centre



# Blogs and Items of Interest

FROM THE MEMBERS OF  
HOPEWELL CENTRE MEETING

Congratulations to Kristin Zimet for placing “Best in Show” in the **13th Annual Eastern West Virginia Juried Exhibit** at Berkeley Art Works in Martinsburg, WVA. Meg Kinghorn had taken Kristin for a respite walk on Great North Mountain where they spent the morning exploring homestead ruins. With her artistic touch, the photograph of devastation transformed into conveying “hope”. Martha Hanley also has work on display...the Art Works is an hour drive north of Winchester and a visit is definitely inspiring! The Berkley Arts Council was formed in 2009 to “bring arts and audiences together.” Charlie and Lisa Mortensen are also active with this group. The exhibit runs until Nov. 2. Check the website for details and hours: <https://berkeleyartswv.org/>



*Kristen Zimet stands in front of her award winning photograph*



*Martha Hanley stands in front of Berkeley Art Works*

**We had a wonderful Homecoming Celebration at Hopewell** last month. Zakee brought his granddaughters, Nalani and Lailah who told us all about their BYM Quaker Camp experience and led us in a rousing rendition of the George Fox song. Karen Nelson led us in a beautiful song about Love finding the Way and we remembered Friends who are gone or we just haven't seen for a while. As each name or couple was mentioned, ooo's and ah's could be heard across the meeting. "Remember, they used to sit right there!" "Remember when she said.....".

The 2<sup>nd</sup> hour was over too soon and we were ready to make our way to the kitchen for food then on to the shelter for a delicious lunch and lots of catching up. The shelter had been decorated beautifully! We even had comfortable conversation areas set up on the patio! And the food.....well let's just say if anyone went home hungry that day, it was their own fault, lol

Sunday Cote submitted pictures:



1.















Distraction or message?

the little voice playing  
drifts in to Meeting for Worship  
bringing young energy  
as we sit so quietly

silence punctuates with  
"yay - I got it!"  
a note of success  
traveling the air

toys jumbling  
child's chatter  
surely God is smiling  
as I am

*Picture and Poem written and submitted by Margie Riley, Hopewell Centre Meeting*



## Interfaith Saturday Spirituality Retreat

Saturday, October 4, 2025

8:30 a.m. - Noon Hopewell Meeting House, Clearbrook, VA

- hosted by Hopewell Centre Religious Society of Friends (Quakers) -

Note: No charge for participation.

Please join us for a vegetarian/vegan breakfast bar during arrival: 8:30 - 9:00 a.m.

9:00 Welcome and Opening Wisdom Practice: Guided Meditation with Elizabeth Bava

9:30- 9:40 Break

9:40 - 11:10 Choose ONE workshop

Please email your choice to [mcweducatorphone@gmail.com](mailto:mcweducatorphone@gmail.com) for confirmation.

### Soul Collage for Self-Discovery... with Martha Hanley

Embrace your intuition and innate creativity as you quietly sort through images and find ones that leap out to you. Create cards to access your inner wisdom for self-acceptance, healing, and personal empowerment. As you sit with a card and listen, it speaks to you of a particular source of inner energy, a resource from your own inner truth. Sharing this process in a group empowers, honors, and acknowledges what emerges. Materials provided, bring a notebook.

### Cultivating Inner Hospitality...with Sunday Cote

We will explore our senses and three-center awareness (thinking, feeling, body) using parts work, contemplative welcoming practice, and Unified Mindfulness techniques. These are helpful when working with the parts of ourselves experiencing difficult emotions, thoughts, or physical sensations as well as helping us deepen into equanimity and self-love. Understanding our false self in action is an essential practice for spiritual awareness and growth, as well as for accessing our True Self.

### Spiritual Movement with Tai Chi and Qigong... with Christine Kestner

FAI-Certified Tai Chi Instructor Christine Kestner will present the principles and benefits of Tai Chi and Qigong and provide an opportunity to practice basic movements.

11:10 Break

11:20- Noon Closing Activity; Reflection

## About our presenters:

**Elizabeth Bava**, of “E” Energy Healing, has been a Reiki Master and energy healer since 2009 working with people and animals alike, helping them feel better on all levels of their being, physical, emotional, mental and spiritual. She not only does intuitive energy healing but has recently been guided to offer cosmic diamond light healing and spiritual growth guidance. Elizabeth is also a minister with The Rays of Healing Church and an intuitive energy healer instructor with the Lasseter Lundy Institute.

As a holy listener, **Sunday Cote** draws insight from ancient wisdom traditions as well as cutting edge science, supporting others in their own spiritual practice and growth. Sunday is an ordained minister with Centers for Spiritual Living, a Certified Unified Mindfulness teacher, and a Certified Enneagram Professional. She has recently embarked on completing a Masters Certificate in Spiritual Direction at Moravian Seminary. Find out more about her work at [www.RememberingEssence.org](http://www.RememberingEssence.org)

**Martha Hanley** worked in public service as a teacher and school counselor for 37 years in WVA and VA.

In her 30's and 40's she rediscovered and remembered her core spiritual and artistic leadings.

Trained in teaching and group counseling coupled with 30 years in Art, she learned Soul Collage from Friend Janet Harrison. In 2018-2019 she trained at Pendle Hill with Quakers Valerie Brown, Marcelle Martin (Our Life is Love), artist Damini Celebre (The Landscape of the Soul), and Catherine Anderson (Soul Collage). She has offered Soul Collage groups through Berkeley Arts Council (WVA) and other settings for the last 7 years. She sees her work in Art and Soul Collage as her ministry. See soul [collage.org](http://soulcollage.org) for more information.

**Christine Kestner** is a Nutrition, Lifestyle Medicine, Public Health, and Health Education professional. She is a Certified Nutrition Specialist, a Diplomate of the

American College of Lifestyle Medicine, and is certified by FAI as a Tai Chi instructor.

Christine has a Master of Science degree in Nutrition and Integrative Health as well as a Master of Public Health degree. To find out about her healthy lifestyle group programs, visit her website at <https://4forceswellness.com> or email [christine@4ForcesWellness.com](mailto:christine@4ForcesWellness.com) .

“As you live deeper in the heart, the mirror gets clearer and cleaner.” - Rumi



Quaker Pirate

Pendle Hill's 95th Anniversary Gathering  
On Campus and Online: Sep 26, 27, 28



# SEPTEMBER 21

## 1:30-8:00 PM

ERUCC Downtown Community Room  
15 W Church St. and Baker Park  
Frederick, MD

### *Events Include*

1:30-3 PM ~ Film Showing:  
*"There is Another Way"*

3-4 PM ~ Conversations:  
Braver Angels Ambassador & Others  
Rotary Club Peace Efforts

4-6 PM ~ Group Walk to Baker Park  
Sing-A-Long & Music  
Art Projects: Making Peace Signs  
Origami: Folding Cranes  
Tattoos & Face Painting

6-8 PM ~ Return to the Community Room  
Potluck Supper

*Sponsored by:* Grace UCC, ERUCC,  
and Frederick Friends Meeting

For more information, contact: Grace UCC  
[pastorchange.graceucc@gmail.com](mailto:pastorchange.graceucc@gmail.com)

## Support the Highland Food Pantry

The main fundraiser for the Highland Food Pantry called Men on a Mission will be held at the First Presbyterian Church in Winchester on **Saturday, November 1 from 5 to 7 pm**. This is a yearly event where attendees can sample dishes created by volunteer chefs who are men in the community. Dishes include appetizers, soups, chili, main dishes and desserts. There will also be a live auction. Information about the food pantry will be on display as well as other surprises.

Hopewell Centre Meeting has been a faithful supporter of the Highland Food Pantry for many years. One hundred percent of the ticket sales goes to support the pantry since sponsors and the church cover other expenses. Tickets are \$30 but remember, it all goes to the pantry. Betty McCormick and Jim Riley have tickets so please support this project if you can.

If you want to learn more about the Highland Food Pantry, visit their website: [highlandpantrywinc.org](http://highlandpantrywinc.org).



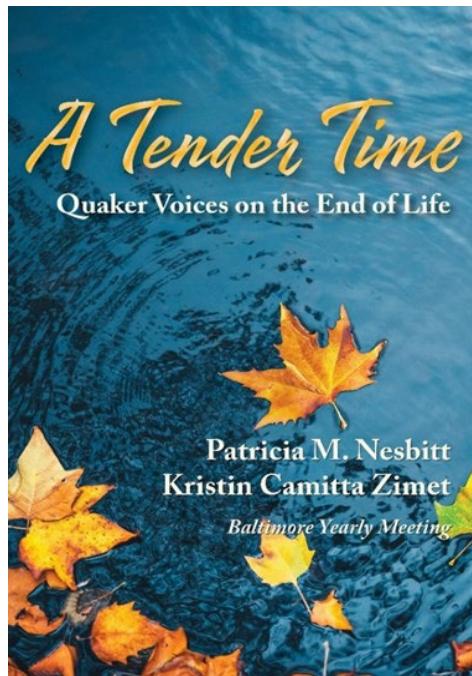
*FEED ONE ANOTHER*

**MISSION**  
PROVIDE FOOD AND OTHER  
ASSISTANCE TO THOSE IN NEED AND  
ENGAGE OUR COMMUNITY  
IN THE FIGHT TO END HUNGER.

**VISION**  
HIGHLAND FOOD PANTRY  
ENVISIONS ENDING  
HUNGER IN THE NORTHERN  
SHENANDOAH VALLEY.

TUESDAYS  
9AM TO 11:30AM & 6PM-7:30PM

446 HIGHLAND AVENUE  
WINCHESTER, VA 22602



**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](mailto:admin@bym-rsf.org) for bulk sales.

**We have Re's using queries from this book from time to time.  
(Get a copy, you will be glad you did)**

# COACHING PEACE



Linda Wilk, MAPC

[https://open.substack.com/pub/lindawilk/p/all-is-suffering?utm\\_source=share&utm\\_medium=android&r=b37x](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](http://www.winchesterquakers.org)
- the **Baltimore Yearly Meeting** website: [www.bym.rsf.org](http://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](http://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](http://www.friendswilderness.org)

### NATIONAL AND INTERNATIONAL

- Website: [www.quaker.org](http://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](http://friendsjournal.org). All issues available on the website
- Podcast; Quakers Today** sponsored by Friends Journal
- Thee Quaker Project**; weekly podcast; [www.theequaker.org](http://www.theequaker.org)
- Quaker Speak**; bi-weekly Quaker video sponsored by Friends Journal; [www.QuakerSpeak.com](http://www.QuakerSpeak.com)
- Friends General Conference bookstore**; [www.quakerbooks.org](http://www.quakerbooks.org)
- Friends General Conference** website; [www.fgcquaker.org](http://www.fgcquaker.org)

- Friends Committee on National Legislation; Quaker lobby organization; [www.fcnl.org](http://www.fcnl.org)
- American Friends Service Committee; [www.afsc.org](http://www.afsc.org)
- Friends United Meeting; [www.friendsunitedmeeting.org](http://www.friendsunitedmeeting.org)
- Pendle Hill; Quaker study and retreat center in Pennsylvania; [www.pendlehill.org](http://www.pendlehill.org)
- Friends World Committee for Consultation; Quakers around the world; [www.fwcc.world](http://www.fwcc.world)
- Right Sharing of World Resources; [www.rswr.org](http://www.rswr.org)
- Quaker United Nations Office; [www.quno.org](http://www.quno.org)
- Friends Library; [www.friendslibrary.com](http://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.

## Helpful Resources for Immigrants

⚠️⚠️ THIS IS MEANT TO BE A NON-EXHAUSTIVE LIST, PLEASE ADD TO IT WHEN YOU SEE FIT! ⚠️⚠️

### General Enforcement

- Know Your Rights Card: <https://www.nilc.org/resources/know-your-rights-card/>
- Know Your Rights: What to Do if You Are Arrested or Detained by Immigration: <https://www.nilc.org/resources/know-your-rights-what-to-do-if-arrested-detained-immigration/>
- Warrants & Subpoenas: What to Look Out for and How to Respond: <https://www.nilc.org/resources/warrants-and-subpoenas-facts/>
- Know Your Rights: Trump's Registration Requirement for Immigrants: <https://www.nilc.org/resources/know-your-rights-trumps-registration-requirement-for-immigrants/>

### Locating Loved Ones

- How to Find a Loved One After a U.S. Immigration Arrest: <https://www.nilc.org/resources/how-to-find-a-loved-one-after-a-u-s-immigration-arrest/>
- Tracking the CECOT Disappearances: <https://www.nilc.org/resources/tracking-the-cecot-disappearances/>

### Education

- Know Your Rights: Immigrant Students and Schools: <https://www.nilc.org/resources/protecting-our-students-and-families/>
- Education Providers and Immigration Enforcement: Know Your Rights & Your Students' Rights: <https://www.nilc.org/resources/education-providers-and-immigration-enforcement-know-your-rights-know-your-students-rights/>
- Protecting Immigrant Students & Employees: Guidelines for Higher Education Institutions: <https://www.nilc.org/resources/protecting-immigrant-students-employees-guidelines-for-higher-education-institutions/>
- Protecting Our Students: What You Need to Know About the Rights of Immigrants and the Threat of Deportation: <https://www.nilc.org/resources/know-your-rights-immigrant-students-and-schools/>

### Workplace

- A Guide for Employers: What to Do if Immigration Comes to Your Workplace: <https://www.nilc.org/resources/a-guide-for-employers-what-to-do-if-immigration-comes-to-your-workplace/>

### Health Care

- Know Your Rights: Health Care and Health Insurance for Immigrants: <https://www.nilc.org/resources/health-insurance-and-care-rights/>
- Health Care Providers and Immigration Enforcement: Know Your Rights, Know Your Patients' Rights: <https://www.nilc.org/resources/healthcare-provider-and-patients-rights-imm-enf/>
- Know Your Rights: Immigrants' Participation in Protests: <https://www.nilc.org/resources/immigrant-participation-in-protests-rights/>

### How to be a Good Ally/Informing your Community 101

- Planning in case of an immigration emergency <https://familiesuniteddcmetro.org/>
- Filming of an ICE arrest <https://www.youtube.com/watch?v=s2wGxRN5YPM>
- Zine demonstrating ICE Operation Disruption <https://zinesforever.com/z/karens-guide-to-disrupting-ice>

*This list was sent to us by Zakee McGill*



September 21<sup>st</sup> International Day of Peace

September 26, 27, 28 Pendle Hill 95th Anniversary

October 4<sup>th</sup> Interfaith Spirituality Retreat 8:30-Noon Hopewell

October 5th World Quaker Day -- Social Concerns and Outreach to have a table on The Loudoun St. Mall, Winchester Details coming soon

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



**October 20<sup>th</sup> Kellan Wolf Goepp**

**October 27<sup>th</sup> Richard Harris**

(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