

**The Monthly Silence**  
**The Monthly Newsletter for Hopewell Centre Meeting of**  
**the Religious Society of Friends**  
**The Eleventh Month, November 2024**



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  
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

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### **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

Francine and John Guiser  
Robyn Harris  
Janet Harrison (awaiting kidney transplant)  
Eloise Haun who is coping with declining health  
Hilde Matheson.  
Betty McCormick, her daughter Susie  
Andy Mosholder (donated a kidney)  
Karen Nelson (recovering from knee replacement)  
Laura Nell Obaugh  
Sally Seabright

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**Meeting for Worship for Business**  
**Hopewell Centre Monthly Meeting, October 13, 2024**  
**Clerk Dick Bell, Presiding**

The Clerk opened the Meeting with a moment of silence.

**CQE:** (Continuing Quaker Education) *As I was turning, he caught me by the hand, and with tears in his eyes said, "Come again to my house; for if thou and I were but an hour of a day together, we should be nearer one to the other"; adding that he wished me no more ill than he did to his own soul. I told him if he did he wronged his own soul; and admonished him to hearken to God's voice, that he might stand in his counsel, and obey it; and if he did so, that would keep him from hardness of heart; but if he did not hear God's voice, his heart would be hardened. He said it was true.* George Fox on his visit to the Lord Protector Oliver Cromwell, 1651 (?)

Comments included: Fox was a very impressive character; You can get along with each other no matter what your differences are; Fox speaks Truth to Power; Fox brought out the best in people.

**Thanksgiving and Concerns:** We all gave thanks that Karen Nelson's surgery went well. We hold her in the light during her recovery. Donna Knight gave thanks that her father and stepsister made it through Hurricane Milton and only have a big mess to clean up. Margie Riley reported that Sally Seabright is now at Rose Hill Health and Rehab in Berryville and doing well. We are holding Judy Enterline in the light for her upcoming surgery on October 16. We are also holding Eileen Lewis in the light. She is a good friend of Pam Hambach who is suffering with an advanced stage of cancer.

**Treasurer's Report:** Jim Riley gave the treasurer's report for September:  
Major items included:

Contributions :

Individual and Family	\$ 500 (partial amount. Entries in progress)
Use of Centre	120

Expenses:

Kitchen of Hope dinner	\$ 214
Mowing	365
Utilities	402

Checking Account Balance:	\$ 15,957
Rogers Fund	43,000
Sarah Zane Fund	3,096

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

**Ministry and Counsel:** Donna Knight gave the following report:  
The committee met on October 7, 2024 via Zoom.

We discussed communications and several potential remedies for keeping the WiFi transponder from overheating in its current location.

We set the RE's through November:

October 13<sup>th</sup> – **Meeting for Worship with a Concern for Business**

October 20<sup>th</sup> – Monthly potluck at Centre (a change)

October 27<sup>th</sup> – Norman Donoghue *Prisoners of Congress* about Quaker exiles in Winchester. He will present at Hopewell where he will offer his book for sale at \$30.00 rather than \$45.00.

November 3<sup>rd</sup> – Robin Miller will present the history and mission of WATTS

November 10<sup>th</sup> – **Meeting for Worship with a Concern for Business**

November 17<sup>th</sup> – Continued discussion of queries from *A Tender Time*

We discussed the power of Zoom: as a connector to those unable to attend and as an opportunity to reach out to stranded Quakers such as those in Asheville, NC.

Becky Ebert offered to begin the process of updating the directory.

We also discussed, as per our annual charge, the state of and number of meeting trustees. Both are fine.

Respectfully submitted,

Ministry and Counsel                      October 9, 2024

It was suggested that we purchase a copy of Norman Donoghue's book for the Meeting. The Meeting approved.

**Social Concerns and Outreach:** Margie Riley reported the following:  
The committee met on Thursday, October 3, 2024.

Attending: Betty McCormick, Anne Bacon, Martha Hanley, Becky Ebert, Margie Riley

Next WATTS date...Saturday, Nov. 16. Becky will coordinate using much of the same pattern as usual - chicken from Martins, etc.

Anne and Josh are continuing to collect items for Cleaning Kits for Church World Services in Winchester. The project was interrupted for a number of reasons, but please do bring items and we'll get organized to finish up the kits and deliver them.

Martha attended a session at Annual Meeting about welcoming newcomers to your Meeting. We do a good job of making people comfortable, however, there is room to grow with what information we have ready to share...and offering more connections to newcomers. Martha will lead a working group on this to update materials and our communication process.

We discussed supporting voting in November with our sign for the polls and newspaper. In reviewing polling sites, the committee felt it would be overwhelming to try to get signs out to all the sites. However, if anyone is interested in putting a sign up where they vote, the committee can help with getting a sign.

The committee does recommend using the sign wording for a 1/2-page Winchester Star ad to be published on Oct. 17, 24 (Thursdays) and Nov. 4 (Monday). The cost for this is \$425. Per ad, total of \$1,275.

*After considered discussion about cost and size of the advertisement, the Meeting approved this action with the following adjustment: The Meeting will cover \$705.00 of the expense (this is what 1/4 page ads would cost) with donations covering the remaining \$570. (several members felt moved to donate for the larger ad size.)*

The committee also felt we should have large signs made with the same message to be displayed in front of both Centre and Hopewell Meeting House. The cost for this would be .... 3 x 5' signs - \$120. each. (Vital Signs, Winchester - best quote) 4 x 6' signs - 192. each

*The Meeting decided to have one of each size made - the smaller to be displayed at Centre Meeting House, the larger at Hopewell.*



Margie will continue to represent us with the Valley Interfaith Council. They continue to work on Regenerating programming. Our text for the ads/signs was shared with the Steering Committee. We can send the text out to everyone again - all are encouraged to share it as you feel led.

Building and Grounds: Pam Hambach reported the following:

Tree work has been completed on the Caretaker House grounds. The cost was \$1,850.

Estimates are being sought for carpet replacement on the worship side of Centre.

Jonathan Tolman has agreed to clean the worship side of Centre once a month.

He will be paid \$100 per cleaning.

Jim Riley reported for the Graveyard Committee:

An employee from Mount Hebron Cemetery will begin work this week repairing gravestones in the Hopewell graveyard. The cost will be app. \$1,000.

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

Laura Nell Obaugh

Robyn Harris

Francine and John Guiser

Hilde Matheson

Janet Harrison

Andy Mosholder

Betty McCormick's daughter Susie

Eloise Haun

Karen Nelson who is recovering from knee replacement surgery

Sally Seabright

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

Announcements:

WATTS dinner on November 16

Men on a Mission food fest on November 2. See Jim Riley or Betty McCormick for tickets.

Jonathan Tolman will be one of the chefs.

In Attendance: Clerk Dick Bell, Jim Riley, Betty McCormick, Dan Riley, Margie Riley, Ellie Haun, Donna Knight, John Guiser, Pam Hambach, Charlie Mortensen, Christian Mollitor, Mike Hambach, Kristin Zimet, and Becky Ebert.

Respectfully submitted by Dan Riley, Recording Clerk

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From the clerk

The singer stood in front of the band. He and his wife were celebrating their 25<sup>th</sup> wedding anniversary. And to cap it off Fred sang Frank Sinatra's "Time After Time" to his wife Debbie. He did it well. Fred Teitgen sang "Time After Time" to his wife Debra Byars at their wedding, every anniversary, and every day of importance since they first met when Debbie moved to Madison, WI to become the state public administrator who shepherded the state budget through the many committees of the legislature decades and decades ago. At the time he was a divorced structural engineer with three daughters. She was redoing the fix-it-up house in Madison she had just bought. They ended up married and traveling the world together.

Fred was diagnosed with pulmonary fibrosis in 2021. I saw him and a bevy of other friends this past August to celebrate a mini-bellringer reunion at Fred's and Debbie's beautiful house on Lake Wisconsin. Fred was in the pink of health, relatively. His current pulmonologist's report showed him with normal lung function – to everyone's delight. Fred credited not only the array of meds he was taking but several supplements pals of his had recommended. Fred had beat the diagnosis of two years remaining by over a year and appeared to be in superb health. That was two months ago. Last month he entered the hospital. Today he will die.

Fred Teitgen was a strapping Mid-Westerner. He loved to travel, work outside, take on projects, and serve his community. He was elected to his local county's planning commission, I believe, for terms totaling 12 years. I remember visiting Fred and Debbie at their home near the one they reside in now. I got up for breakfast and was chatting with Debbie, whom I've known well since we were in our early teens. I asked her where Fred was. "Oh, he's outside piling up brush into piles." I excused myself and went out to help Fred. The dew was still on the ground; mist was still in the air. Fred was dragging this huge branch and flung it onto the top of the second of two mammoth piles of brush. He was done. I muttered something about "when did you get up." Fred answered, "A couple hours ago. Just wanted to get this knocked out before the day got going."

Fred built his own final house on the shores of Lake Wisconsin. Debbie and he designed it themselves. It could handle guests and Fred's and Debbie's burgeoning family. It was also gorgeous. He was always busy taking care of some detail. During my August visit Fred vaccinated his trees against blight. The vaccination was quite the tricky task.

Debbie, who after public service, went on to become and retire as senior vice president of Oscar Meyers also took on community service as a mission where she is now president of the League of Women voters.

When you visited Fred's and Debbie's you inevitably were entertained by one of their photo journals. Their final one was of their adventures through Portugal and Spain. It was fantastic. Those journals and Fred's singing.

This last time to the hospital Fred's doctors told him there was nothing more they could do. They could move him to hospice and gradually remove the 'heavy' oxygen which was keeping him alive. Today is the day that process ends. Fred will pass holding his beloved wife Debbie in his arms.

"I only know what I know  
The passing years will show  
You've kept my love so young, so new

And time after time  
You'll hear me say that I'm  
So lucky to be loving you" (Frank Sinatra's "Time After Time")

*Requiescat in Pace, Fred*

Respectfully submitted.  
R. Dixon Bell, clerk    October 17, 2024

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## CALENDAR

- October 27th** --- Norman Donoghue *Prisoners of Congress*
- November 3rd** --- Robin Miller -- the history and mission of WATTS
- November 10th** --- Meeting for Worship with a Concern for Business
- November 17th** --- Continue discussion: queries from A Tender Time



An abstract graphic on the left side of the page. It features a dense cluster of small, semi-transparent dots in various colors including green, yellow, orange, and red. These dots are interconnected by thin, light-colored lines, creating a complex, web-like structure. The background of the entire page is a dark, gradient brown, with a lighter, circular glow behind the network graphic.

# Blogs and Items of Interest

FROM THE MEMBERS OF  
HOPEWELL CENTRE MEETING

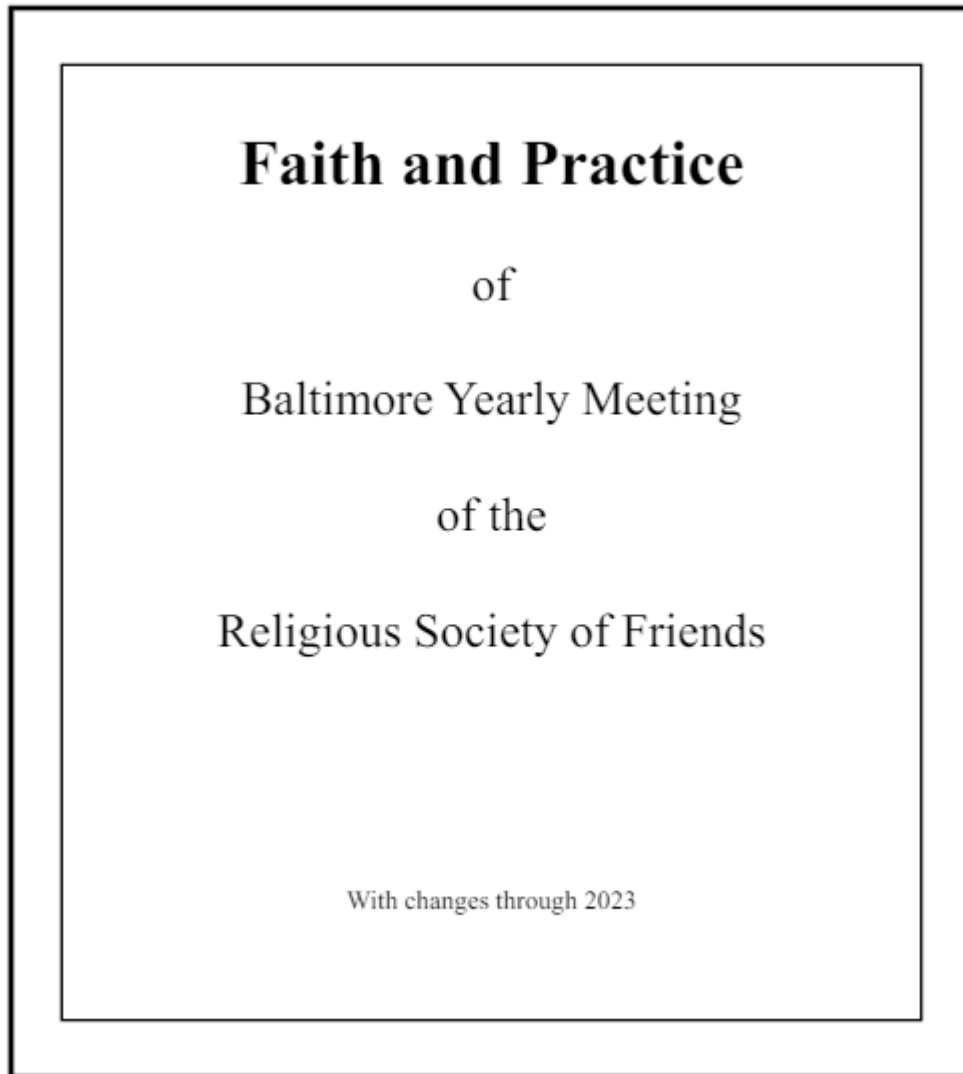


**Anne Bacon announces the marriage of her son,**

**Matthew David Bacon to  
Kelsey Gayle Morgan**

**In Chester, Va on October 12, 2024  
They will continue to reside in Chester, Va.**

FAITH AND PRACTICE



Newly reprinted copies of Baltimore Yearly Meeting's Faith and Practice are now available at Hopewell

This version includes all approved changes through 2023.

# **Help hold our country in silent community prayer.**

**No matter how you vote or what you  
believe, join your heart with ours.  
We will be praying for this community  
and nation to remain steadfast in Love,  
honoring one another and taking  
care of one another with gentleness,  
kindness and mutual consideration.**

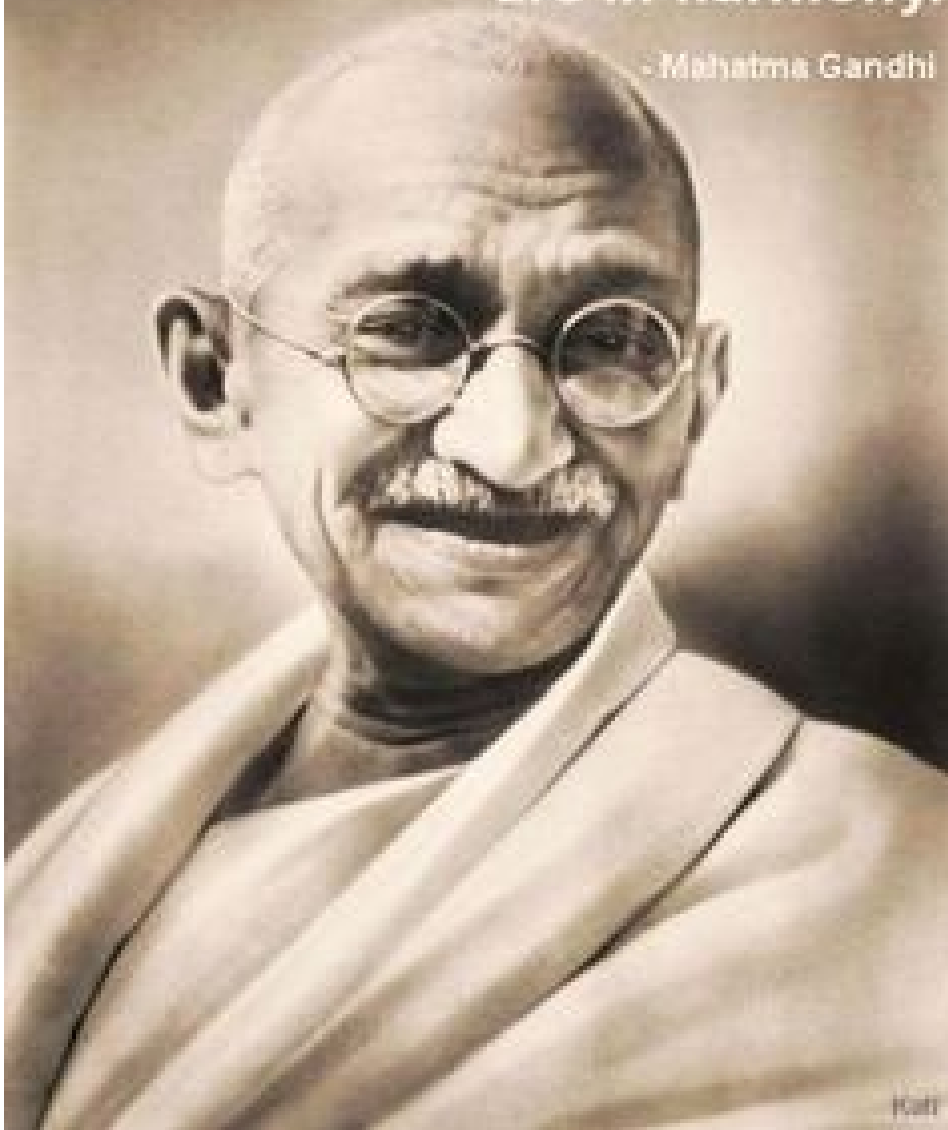


**Hopewell Centre Friends  
[winchesterquakers.org](http://winchesterquakers.org)**



Happiness is when  
what you think, what you say,  
and what you do  
are in harmony.

- Mahatma Gandhi



## Three Zoom workshops on understanding and addressing racism, October 19, October 26, and November 16

The BYM Working Group on Racism is sponsoring three interactive Zoom presentations this fall designed to help Friends understand racism and how to undo the harm it causes:



**Saturday October 19 at 10 a.m.** Smith College Professor Loretta Ross will discuss with Friends how bringing empathy to our antiracism and other social justice work can make it more effective and more enjoyable. She is an activist, public intellectual, and scholar. Her passion is innovating creative imagining about global human rights and social justice issues. As the third director of the first rape crisis center in the country in the 1970s, she helped launch the movement to end violence against women that has evolved into today's #MeToo movement. You can register for the workshop at this [link](#).



**Saturday October 26 at 10 a.m.** Debby Irving, author of [\*Waking Up White, and Finding Myself in the Story of Race\*](#), will use historical and media images to examine how she used her white-skewed belief system to interpret the world around her. She explores how she spent decades silently reaffirming harmful, archaic racial patterns instead of questioning the racial disparities and tensions she could see and feel. This workshop is designed to support white people in making the paradigm shift from 'fixing' and 'helping' those believed to be inferior to focusing on internalized white superiority and its role in perpetuating racism at the individual, institutional, and cultural levels. There will be pauses for reflection, dialog, and Q&A. You can register for the workshop at this [link](#).

**Saturday November 16 at 10 a.m.** Debby Irving will help Friends learn how to engage in transformational conversations. Because dominant white culture encourages us to avoid conflict, many of us raised in it have not fully developed the insight, skill, and emotional stamina necessary to broach and navigate differences of perspective and opinion, especially when harm to a member of a marginalized group is part of the mix. Too often these conversations are completely avoided or broached only to go from bad to worse. There is a different way. In contrast to the social norms of whiteness are norms designed to develop the vulnerability, skill, and courage necessary to create deep connection and resilience; ways of being that sustain and grow us personally and collectively. This workshop will explore how to embed new, transformational norms into our personal and institutional practices. You can register for the workshop at this [link](#).

## 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

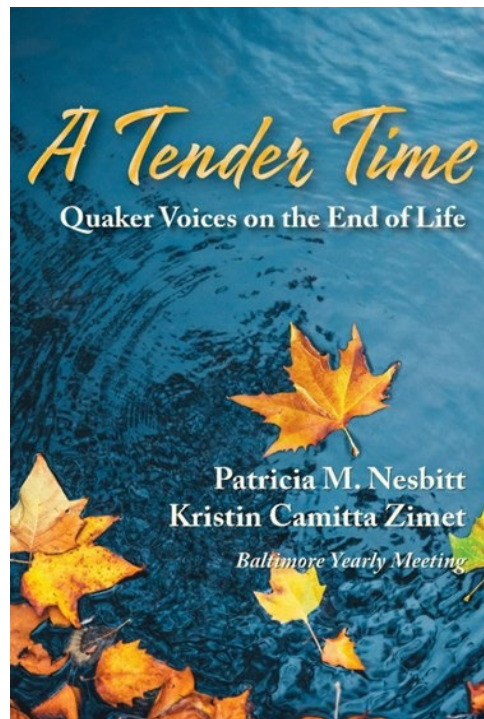
- Website: [www.quaker.org](http://www.quaker.org); What do Quakers Believe? How do Quakers Worship? How do Quakers Live? Find Quakers
- Friends Journal**; monthly publication, many back issues at Hopewell, website [friendsjournal.org](http://friendsjournal.org). All issues available on the website
- 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)

### 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.





**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.

# COACHING PEACE

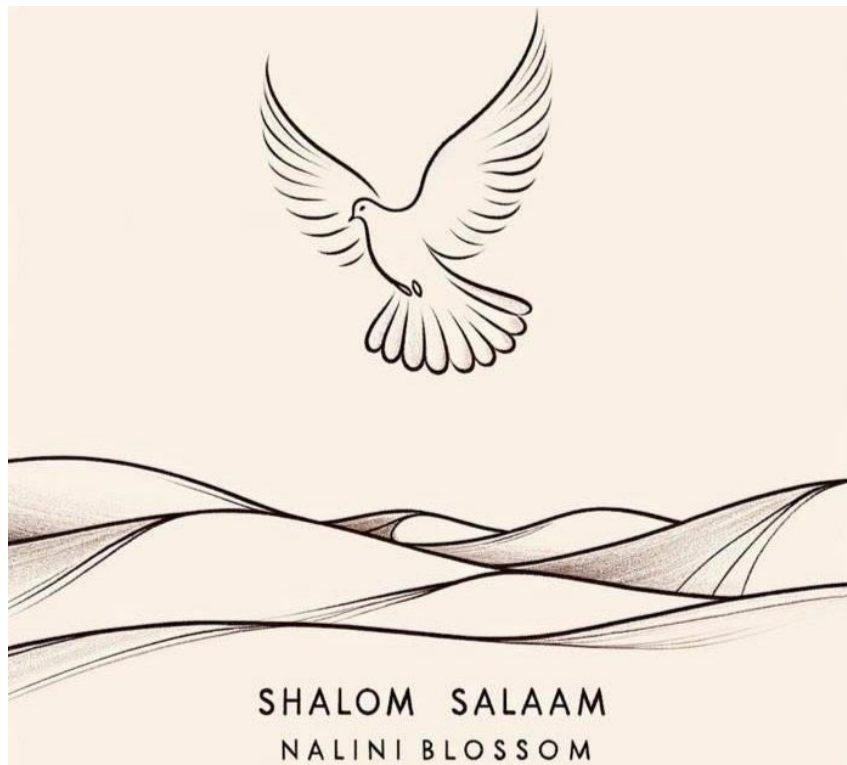


Linda Wilk, MAPC

[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)

## ***Election Violence Prevention Lecture***

<https://pendlehill.org/events/election-violence-prevention-in-the-virtue-of-that-life-and-power-that-takes-away-the-occasion-of-all-wars/>



**Perspective of Palestinian Quakers Recording Now Available**

<https://youtu.be/eeJoXj8yQfE?si=7D94yLamRE-vlzf5>



Men on a Mission food fest on November 2. See Jim Riley of Betty McCormick for tickets. Jonathan Tolman will be one of the chefs.

WATTS dinner on November 16

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



<b>Lisa Mortensen</b>	<b>November 1st</b>
<b>Dick Bell</b>	<b>November 7th</b>
<b>Becky Ebert</b>	<b>November 10th</b>
<b>Bob Huntsberry</b>	<b>November 14th</b>
<b>Peter Ford</b>	<b>November 17th</b>
<b>Betty McCormick</b>	<b>November 17th</b>
<b>Michelle Christopher</b>	<b>November 20th</b>
<b>Pam Hambach</b>	<b>November 26th</b>

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

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Friends  
604 Hopewell Road  
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