

# Welcome to Friends Meeting of Washington



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## Worship Service Options

**Sunday 10:30 a.m.** - In the large Meeting Room approximately 60-100 people gather each Sunday morning. This is a large diverse group with many new attenders each week.

**Sunday 10:30 a.m.** – Prefer a quieter smaller group to worship with? Come join us in the Quaker House Living Room (the next building along Decatur Place) for worship with a special welcome to LGBT friends.

Additional smaller services include Sundays 9:00 a.m., 6 p.m. and Wednesdays at 7 p.m.

## **GETTING STARTED AT FRIENDS MEETING OF WASHINGTON**

*FMW is a large urban Quaker Meeting with a number of opportunities for nurturing your spiritual journey, providing service, and joining a vibrant and welcoming community of seekers. Here are some options for you to deepen your involvement with the Meeting. Your participation will enrich us all.*

### **Join Us in Special Events and Activities**

- ❖ **Join us downstairs** at the rise of Meeting for juice and snacks in the Assembly Room.
- ❖ Pick up the Announcements page for this Sunday and see a **listing of events** today and this week.
- ❖ Check our **website** for upcoming events: [www.quakersdc.org](http://www.quakersdc.org)  
You are welcome to participate!
- ❖ Join our **FMW google group** to receive notices of upcoming events. Send an email to [admin@quakersdc.org](mailto:admin@quakersdc.org) expressing your desire to join.
- ❖ Join one of our many **committees, study groups or service opportunities** listed below.

### **Questions?**

- ❖ Ask our Friendly Office volunteers. Each Sunday a member is available to talk with you.
- ❖ Call or email our staff during the week at (202) 483-3310, [Admin@QuakersDC.org](mailto:Admin@QuakersDC.org)

## CHILDREN & FAMILIES



### Families and children are welcomed at Friends Meeting of Washington

**First Day School** begins at 10:30 **each Sunday**, usually as a group in the North Room. Please consult with our Friendly Office Presence (what Friends call our greeter) if you need help finding your class. *If you need to be later than 10:30, please stay a moment with your child to help them settle into the class.* Children in FDS are reunited with their parents in the final 15 minutes of Meeting for Worship to engage in the silence in community before we all come together for coffee hour.

**Points of Contacts for First Day School:** Kimberly Acquaviva, [Kdacqua@gmail.com](mailto:Kdacqua@gmail.com) or 202-488-3787, and Virginia Avanesyan at [FMWYouthProgram@gmail.com](mailto:FMWYouthProgram@gmail.com)

**Child Care** is available for parents needing a respite during worship. Children age 0 to 4 will be lovingly tended in the Decatur Place Room from 10:20 am to Noon on Sunday. Please contact Virginia Avanesyan at [FMWYouthProgram@gmail.com](mailto:FMWYouthProgram@gmail.com) for any child care related questions. **Child Care is also available for all ages of children during events on our campus upon request.**

**Families** - If you wish to be placed on the FMW Families list serve, please contact the office at [admin@quakersdc.org](mailto:admin@quakersdc.org)

## YOUNG ADULTS

Anyone interested in learning about Young Adult Friends at FMW or who would like to join the YAF list-serve, please contact Kate Oberg (kate.fmwyaf.list@outlook.com) . Young adults are roughly between the ages of 18 and 40ish.

## COMMITTEE WORK

Probably the best way to become involved at Friends Meeting of Washington is to sink into the work of the committees. Contact Beth Cogswell at [bethcogswell@aol.com](mailto:bethcogswell@aol.com) and work with her to discern where your gifts would grow best at the Meeting.

## SPIRITUAL GROWTH OPPORTUNITIES

**Adult Study Group** – Friends meet monthly to study and discuss Quaker history, biography and spiritual texts. All are welcome at every meeting. Contact John Scales, [johnkscales@aol.com](mailto:johnkscales@aol.com)

**Compassionate Life** – Friends meet monthly to discuss the findings, approach, and practice found in Karen Armstrong’s *12 Steps to a Compassionate Life*. For more information, contact Joe Izzo at [jizzo@Whitman-Walker.org](mailto:jizzo@Whitman-Walker.org)

**Clearness Committees** - Anyone facing a personal problem or crisis may ask the Marriage and Family Relations, Membership, Ministry and Worship, or Personal Aid Committee to form a small committee of Friends to help in seeking clearness about what to do. Contact the Clerks or email the office at [admin@quakersdc.org](mailto:admin@quakersdc.org)

**Healing & Reconciliation Committee** - The Healing & Reconciliation Committee offers to assist people facing difficulty resolving conflict with other members/attenders. Contact co-Clerks Merry Pearlstein ([merrypearlstein@gmail.com](mailto:merrypearlstein@gmail.com)) or Gray Handley ([handleygr@niaid.nih.gov](mailto:handleygr@niaid.nih.gov)) for help.

**Inquirers Class** – Twice a year, all are invited to attend the Inquirers Class, for those interested in learning about the Religious Society of Friends and the Friends Meeting of Washington. Contact Michael Cronin at [mcronin943@gmail.com](mailto:mcronin943@gmail.com)

**Spiritual Formation Program** - Join with Friends to study, reflect and share your spiritual growth with a small group. Friends meet twice a month sometimes at the Meeting House, sometimes in homes to support one another in a spiritual practice. Each participant commits to undertake their own individual spiritual practice (e.g., prayer, meditation, journal keeping, etc.). Friends may also attend a BYM Spiritual Formation retreat. For more information, contact Betsy Bramon at [betsy.bramon@gmail.com](mailto:betsy.bramon@gmail.com)

**Spiritual Journey Meditation Group** - The Spiritual Journey Meditation Group meets the fourth Monday of each month at 7:00 p.m. Each member of the group takes turns bringing a devotional writing. The group usually has a Saturday retreat in the Decatur Place Room in the fall and a weekend retreat at the Bellarmine Retreat Center in the spring. The exact dates of the retreats are usually determined several months ahead of time. Contact Leslie Jadin at [kljadin@gmail.com](mailto:kljadin@gmail.com)

## MEAL PROGRAMS

**Christ House Dinner:** Prepare and serve dinner to about 50 men and women on the fourth Sunday of each month from 3:30 PM until about 7 PM at Christ House, 1717 Columbia Rd., NW, a residential medical care facility for homeless men. Please coordinate with Gray Handley (703) 254-4127 or e mail him at [Handleygr@niaid.nih.gov](mailto:Handleygr@niaid.nih.gov)

**Church of the Pilgrim:** Four volunteers prepare and serve lunch for about 40 homeless people at the Church of the Pilgrims, 2201 P St. NW, two blocks south of Friends Meeting of Washington. Volunteers are invited to help set up from 11 AM to noon and /or serve from 12:45 PM to 2:00 PM on the first Sunday of each month. Please coordinate with Patty Murphy, 301-270-1105.

**St. Luke's Shelter:** Volunteers prepare and deliver dinner for 7 residents of a small, transitional shelter housed in St. Luke's Methodist Church, 3655 Calvert St, NW. Call Merilee Janssen (202-966-4192) or email her at [merileejanssen@gmail.com](mailto:merileejanssen@gmail.com).

**S.O.M.E. Breakfast:** Four to six volunteers prepare and serve a pancake breakfast for about 250 homeless people at "So Others Might Eat" (SOME) at 71 O St., NW from 6:30 AM until 9 AM on the first Saturday of each month. Please coordinate with Betsy Bramon at [betsy.bramon@gmail.com](mailto:betsy.bramon@gmail.com).

**The Grate Patrol (SoupMobile)** On the first Wednesday of each month, Friends are needed to help with as much as they feel comfortable providing. One or two of us prepares chili or soup for 120 in the afternoon. Next, we prepare a bagged lunch from about 5:30 to 6:30 PM. Finally, a couple of us deliver the sandwiches and chili-soup around town from the Salvation Army van between around 6:45 and 8:30 PM. Please coordinate with Steve Brooks at [sbrooks@uab.edu](mailto:sbrooks@uab.edu).

## SPECIAL PROJECTS



**HOLIDAY SHOEBOX PROJECT:** We fill more than 1000 shoeboxes with basic necessities for homeless men, women and children, and then wrap them in colorful comics for distribution to homeless shelters on a Sunday before Christmas. Call: Eric Nothman (301) 469-0173.

**WORK DAYS** Join our Property Committee's work days where we gather to clean, paint and enjoy fellowship together. Many friendships are made working together. Contact Jean Harman, [ellenjeanharman@hotmail.com](mailto:ellenjeanharman@hotmail.com)

**FOOD BASKETS:** Baskets are available in the hallway near the Decatur Place door for food donations to Martha's Table, which provides meals to children and others in Columbia Heights. Nonperishable items in boxes or cans are needed. Call Pam Callard (202) 829-9577.



FRIENDS MEETING OF WASHINGTON  
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“Walk cheerfully over the earth, seeking that of God in everyone.”

George Fox