

The Traveling Friend

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Amy Ostigny (l) and Heidi Bright
(photo by T. Parales)

A champion among us

Two Cincinnati organizations supporting people with cancer have recognized one of our faithful attenders, Heidi Bright, with two awards. Cancer Support Community named her their 2017 Champion in Cancer Care, and Cancer Family Care presented her with their 2017 Unsung Hero Award. The awards were presented during two different events.

“Heidi, who has been in radical remission from highly aggressive end-stage sarcoma for six years, embodies the words Champion in Cancer Care,” says one of her award nominators Amy Ostigny, Executive Managing Director of *eWomenNetworkCincinnati*. “She champions genuine hope and hundreds of healing solutions for cancer patients. Her compassion shines through when speaking and writing because she knows the devastation of being told there are no medical options and to get one’s affairs in order.”

Tara L. Robinson, publisher of *Whole Living Journal*, nominated Heidi for the Unsung Hero Award, saying, “Heidi is truly an inspiration beyond words. Not only is she an unsung hero because of her own personal

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Dick and Sharon Patterson

Remembrances of Sharon

Sharon (*Perry*) Patterson completed her earthly journey on September 25 at Jewish Hospital in Cincinnati with her family by her side. She was born on June 9, 1938 in West Hartford, Connecticut, where she graduated from Hall High.

She is survived by her husband Dick, her daughter Lynn Reminga and husband Rohn, son Lee Patterson and wife Sabina, five grandchildren, Corbyn, Ashlyn, Ryan, Christopher and Caleb, and one great-grandchild, Kaydence. She is also survived by her sisters Deb and Caryl, along with many friends.

She was walking home one day with her best friend when she met the Dean of Women from Earlham College and immediately decided that is where she wanted to go to college. Soon after arriving at Earlham she was set up on a blind date and married that man (*Dick Patterson*) in 1961.

She became a teacher, first in Illinois, then moving to Ohio to teach at Mariemont and Deer Park. Dick and Sharon bought their home in Greenhills in 1969 and it

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..... from Jim Newby

Pastor's Corner

Trying to sort it all out or discernment



"I am just trying to sort it all out." He looked tired and strained as he held his head in his hands, weeping. John had been diagnosed with an inoperable brain tumor, and I was meeting with him just a day after he and his family had received the news. He called it a 'death sentence,' and now he was thinking about life issues that before his tragic news he had thought about with only passing attention. *Why me? Why did God do this to me? How will my family survive without me? What is God really like? How do I live what is left of my life?*

They were all questions that were part of our conversation, and there would be more questions in the days to come. "I am just trying to sort it all out" Although John's 'sorting' was now on a fast track because of his diagnosis, it is a process in which we are all involved, a process that takes a lifetime to work through. Each of us is at various places along this *sorting continuum*, but regardless of our stage of life, education or profession, we are all on it.

Quakers would call John's sorting process *discernment*. Discernment has been a frequent guest throughout my life as I have sought to understand my own response to the universal question, *why am I here?* I have tried to imagine what my life would have been like with different parents a different neighborhood a different faith tradition.

How did it happen that I was born in Midwest America, the son of a Quaker minister? Why not Black or Hispanic? Why not Mississippi instead of Minnesota? Why not sharecroppers for parents instead of a minister and a musician? I don't know.

I do know that the family in which I was reared and the culture in which I was formed has made me who I am. Of course there have been choices the person I would marry the college I would attend, etc. All of my choices, however, have been played out within the confines of family traditions and cultural influences.

In the movie *Forrest Gump*, Forrest is standing over the grave of his wife Jenny and he is talking to her. The monologue had to do with whether or not our lives are planned and that each of us has a destiny to fulfill, or if we just float through life like a feather in the wind, going here and there, at the mercy of wherever the wind takes us. Forrest concludes, as I would conclude, "I think it is both."

Life presents us with many and varied experiences, all of which offer us opportunities for spiritual growth. Some have experienced such growth through the traditions and practices within their faith communities, or, like St. Francis or John Woolman, in times of connecting with the natural world. A deepening connection with God can come through reading the Bible, the classics of devotion, a novel or through a simple conversation with a friend.

And such growth also comes, as it did for John, in the sad realization that one's physical life is in peril. Such news focuses our minds and our hearts on the most important task of our lives, *to grow spiritually*, which is the intended outcome of seeking to connect with what Quakers call *the Inner Light*.

During these cold and dark days of Winter, 2018, complete with all that is coming out of the White House and Washington, may we be about our most important task of discerning the path that God would have us take, what issues in life that God would have us live, *sorting it all out*. My late friend Malcolm Muggeridge once said, "every happening great and small is a parable whereby God speaks to us and the art of life is to get the message."

As we seek to be more faithful in our various experiences of discernment, may we become ever more conscious of the 'art of life' and learn how God is speaking to us individually and as a faith community.

Sharon Patterson *(continued from page 1)*

was there they welcomed Lynn and Lee. When her children were in junior high she delivered flowers for Village Green, where, Dick notes, she also found many new places where she could purchase things. She finished her career at Cincinnati Financial, where she retired in 2005 after 19 years of service.

Sharon had many loves, her family and friends foremost. She always had a full social calendar and was known for her organizational skills. She also did love to shop! She had collections that included Longaberger baskets and Cats Meow Village. Most of her shopping, however, was for others and she always managed to pick out just the right gift for any occasion. "Sharon had this uncanny way of finding the perfect gift for recipients," Dick recalls, "whether it was for family, friends or acquaintances. She would say after a purchase 'this is just what they need.' The recipient would say 'I never thought of having such a thing, but I use it all of the time.' We were so blessed to have her with us all these years."

She had one of those smiles that was contagious, that would light up a room. Some said that when she smiled her eyes would sparkle.

from her sister Debbie Blankenship

Sharon was the first-born in our family, the first child, first niece, first grandchild on both sides of the Perry-Naedele family. When she left to go to Earlham College the Lord already knew she would meet her husband there and that she would learn a new way to worship the Lord and that she would begin to use the gifts God had given her for organizing and administration as she trained to be a teacher.

As a Quaker, she and Dick opened their door to me every summer while I was in school. I came to the CFM Meeting House several times during those years. Sharon became the shepherd in our family. She never forgot a birthday, graduation or anniversary. Her walk with God was a quiet one, but a very deep and private one (*typical New Englander.*)

In the last five years I have seen the love of God flow through her even when she was hurting. To most she was stoic but inside the physical pain was building up. Yet as friends got sick or had hard times, she was right there giving comfort with a visit, a card, an email or phone call. Although her health kept her from attending worship, you were all right there with her in her mind and in her prayers. She would ask Dick how people were. She would remind him of upcoming activities.

She would re-arrange their schedule so Dick could attend meetings. It was with much pleasure at her memorial service that I got to meet so many of those Friends she spoke of.

from Jim Newby

I became acquainted with Sharon during my first tenure at CFM in the late 1970s. Upon my return in 2016, I was grateful for the opportunity to become re-connected with both Dick and Sharon. Sharon's battle with cancer and her hip problems may have made her physically frail, but her spirit remained strong. On the Friday night before she passed away on Sunday, I received a text from her where she expressed her concern for my torn meniscus. She was in rehabilitation after her hip surgery, but she still expressed her concern for my knee problems, even when she was suffering from her own physical difficulties.

Sharon was a strong woman whose presence in this world is dearly missed, especially by her loving husband Dick. She remains alive and a part of each of us through our memories, and in faith we affirm that Sharon is now at home with our God.

from her dear friend Mary Peck

I once remarked to my dear husband Maurice that my precious friend Sharon lived dedicated to the following philosophy:

*Here hath been dawning a new day,
silver and green and gold,
I will live so that sunset will
find me worthy the day's gifts to hold.*

Loving, cheerful and courageous she was, she who inspired those qualities in those who knew her. I shall always treasure the memory of her friendship.



And so farewell from all of us dear Friend/friend Sharon, she who lived to the fullest the Golden Rule. We will think of you amidst the memories of so many sunrises and sunsets at your very favorite place to be, your Lake Erie cottage, surrounded by the laughter and love of family and friends. Such can never be forgotten.



Thee of sharing spirit

With the guiding and tender spirit of our Peace and Social Concerns Committee, we came together this holiday season in a way that touched our lives and the lives of mothers and teenagers served by Bethany House. While our hearts first wanted to share with the young children at Bethany House, we were reminded of the mothers and teenagers often forgotten during the holidays that focus so much on the dreams of small children. So often these mothers and teenagers defer their own needs and interests to support their children and younger siblings.

We are blessed as a generous community to have provided \$1,125 in \$10, \$15 and \$20 gift cards just for teenagers and mothers in our sharing wreath. We also provided scarves and other warm items knitted and crocheted by our Prayer Shawl group, as well as other donated items.

Our holiday outreach followed our outreach to Bethany House in November where we filled buckets with cleaning and household supplies valued at nearly \$400. **This has been a time of blessings for Bethany House and for us. Thank you to each generous spirit for sharing!**



Thank you from Permaganic (Luke Ebner)

We thank all who donated their time, money and resources during 2017. Over 300 volunteers helped beautify the EcoGarden and prepare our new 'storefront' at 1636 Main Street. We held our 'Peasant Food' fundraising event in June. We donated hundreds of pounds of produce to community groups like Shelterhouse and more. All in all, 2017 was a success.

Luke and Angela Ebner are CFM attenders. Permaganic is one of our areas of outreach. Go to: permaganic.org

The *Traveling Friend* is a publication of Cincinnati Friends Meeting. Please contact us with comments or questions, for more information on any of our stories, to add names to our mailing list or to have your name removed from our mailing list, and for change of address.

Contact us at office@cincinnati-friends.org.

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Jim Newby, Minister Judy Leasure, Editor

Kristin Lally, Design and Distribution

Heidi Bright (continued from page 1)

growth work, but also because she has been determined to help others with what she has learned from her experience." It was Heidi who inspired Tara to create an award in 2014 called Voices of Women to recognize outstanding achievement in personal growth. "Heidi is the epitome of this award," she notes.

Heidi, who has a Masters in Divinity, is a national speaker and traditionally published author of *Thrivers Soup: A Feast for Living Consciously During the Cancer Journey*, as well as *Hidden Voices: Biblical Women and our Christian Heritage*. In *Thrivers Soup*, she emphasizes healing one's life to open space for the body's natural healing abilities to rise.

Heidi shared her journey and empowering message with us as she facilitated a class at CFM called *Subduing the Dis-ease Dragon: The ABCs of Creating Conditions of Healing* in which she shared three key ingredients for improving your life after a diagnosis of a chronic condition.

More information about *Thrivers Soup* is available at <http://thriversoup.com/>. More information about *Hidden Voices* can be found at <http://www.helwys.com/sh-books/hidden-voices/>.



Tying Up the Cat

CFM member Donne Hayden and our former pastor, uses this most intriguing concept in her article, with the same title, that appears in the December, 2017 issue of *Friends Journal*.

In her article, she couples her 2012 experiences attending the Friends World Committee for Consultation World Gathering of Friends in Kenya, where she saw the Spirit move in the singing and dancing of Friends with the story of a Zen spiritual teacher and his disciples trying to tie up a kitten because it made too much noise as they met for evening meditation. In her article she asks her readers to consider how religion can become tangled up in trivia to the point that certain practices take on significance never intended by the originator.

Donne is the writer and executive producer of our film documentary, *Quakers: That of God in Everyone*.



Welcome new members



We welcomed the Page family into CFM membership on January 7, 2018, including children Christian, Bryce and Chloe and parents Hope and Brian.

The Page Family have been worshipping with us for more than four years and have felt the leading to become members. "CFM was already an important part of our family for years," shares Brian. "Becoming a member is just a formality. The people of the Meeting make us better. They share our values and their spirit has always been uplifting." Hope shares that she is thankful for a place to go to be quiet and still amongst the chaos of life.

Their three children have been active Young Friends since they started attending Meeting. "I love the Youth Group," says Bryce. "I like playing board games and love the retreats!" Chloe echoes those sentiments. "I'm very thankful to go to Meeting with some of my friends. The Youth Group and the retreats are a lot of fun!" Christian shares that he is very happy to be part of our Meeting's 200 year history. "In particular, I love my Youth Group and am thankful for the leadership and time of Linda (*Daigle*), Jeff (*Arnold*), and Nan (*Hatch*) give to us."

Brian is an educator who focuses on teaching students to manage their own money. Hope is a senior manager with Worldpay. Christian, Bryce and Chloe attend Cincinnati Country Day School, where they each excel academically in their own way. Christian is freshman class president and on the honors track which begins in the upper school. He competes on a select school rowing team. Bryce is in the

fifth grade. He is a select soccer player and enjoys science and math. Chloe is in the fourth grade. She is a cheerleader and also enjoys dancing, music and art.

Quaker tradition and history is nothing new to the Page family. Hope is a proud graduate of Wilmington College. Brian's family on both sides are Quakers. His ancestors include Isaac and Sarah Harvey, whose statue is featured on the grounds at Wilmington College. Isaac and Harvey traveled to Washington, D.C. to visit Abraham Lincoln to lay before him their belief that the federal government should compensate southern slave owners for their slaves and then free them, which Lincoln then acknowledged.

Welcome Dick Read

Before her death, Dick's friend Pat Gaston wanted to find a Quaker Meeting and to learn more about these people called Quakers. As her friend, Dick helped her locate Cincinnati Friends Meeting. On January 7, along with the Page Family, we welcomed Dick as one of our new members, after spending the last year and a half with us.



Dick is one of those who is with us for worship every week. In good weather we can tell as soon as we pull into the parking lot that he is going to be in worship. His Honda motorcycle, the one he has been riding since 2011, assures us of that. He began riding again in 2011, long after his teenage years when he had a bike and "drove rather recklessly." His life after that focused on being a husband to his late wife and a father to his son Ken and his daughter Laura.

Dick is now grandfather to nine and great-grandfather to 16, including his newest, Nathaniel, born January 20, 2018.

He was born in Ann Arbor, Michigan and lived in Indiana before coming to Cincinnati. He was in the United States Air Force during the Korean War. He worked as an electrical engineer for Cincinnati Milling Company for 25 years and was self-employed for a number of years. He taught for 18

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The Event - CFM's Flood and Firefrom Jeff Arnold

On the morning of Monday, November 6, I got a phone call from Allen and Sharon Riley. They had dropped by the Meeting House to pick up Sharon's mail (*Sharon serves as CFM Treasurer*). As soon as they entered the building they smelled a strong, acrid odor an electrical smell like ozone. As they entered the office/sanctuary area they saw a thick hazy cloud hanging in the air of the sanctuary. Entering the office and library, they saw that all surfaces were covered with a thick dust, settling out of the visible haze/cloud. It was 'snowing' inside the Meeting House.

I came right over. After seeing and smelling the same things they had, I headed for the basement and saw water standing at the ramp, about 12-14 inches deep. I could not enter the basement at that time. I called the plumber, who came over in about an hour and got a pump going. I called Jansen HVAC, who said they would send someone over after the water was removed and we could enter the basement.

I shut off the thermostat and opened all the doors and windows. Joan (*Effertz*), who is our custodian, came over to take a look. We both agreed that she would not be able to do the cleaning, even though we had found and addressed the cause. There was a level of what I can only call toxicity, both in the odor and in the particulate itself and an overwhelming volume of dust on every surface that



One of the desks in the office where layers of dust accumulated after 'the event.'

called for professional level 'disaster' cleaning.

Thus began the long sequence of events that make up what I now refer to as 'The Event.' The flood was caused by a clog in a major groundwater and basement drain line that runs to the creek, which got cleaned out on Tuesday. As near as we can determine, the rising waters got up into the furnaces. The furnace that serves the office and library was running, so the water got drawn up into the fan and blown into the electrical circuitry, which melted down and, with the water vapor, got blown up into those rooms and carried over into the sanctuary, and, to a lesser extent, the lobby and Fireside Room. The sanctuary and Fireside room furnaces were left operable, but damaged.

With Cathy Barney's help, we located a disaster clean-up company, Servpro, who began the cleanup the following Monday. The insurance company agreed to pay for the repair of the furnaces but the Trustees decided to apply that money to the replacement of all the furnaces, along with new humidifiers and thermostats, giving us a new and very energy-efficient heating system.

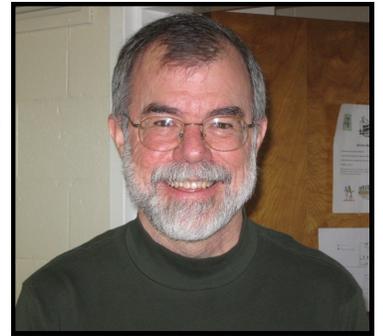
Our pastor and office administrator could not work in the building until the clean up was completed. We were also fortunate to be able to hold Meeting for Worship at Armstrong Chapel for one week and we are grateful to them for their support. We did have to cancel worship that first Sunday.

Clean up included wiping down every single thing in the office and library all the books, papers, furniture and so on. The ductwork and carpets all were cleaned. Electronics, including our copier, had to be sent out to get professionally restored. Jim's (*Newby*) laptop did not survive but we were able to get the data off of it.

By December 3 we were able to come back to the Meeting House for worship, although not everyone was comfortable with the residual odor. It was good to be back.

When the clean up was complete, we ran ozone

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The Event *(continued from page 6)*

generators, which are effective in removing odor from the air and from the surfaces in the rooms that were producing the odor. On December 11 we had the air tested by Encheck Environmental Service. The results were that we are well and safely below all OSHA limits. We were not even close to borderline.

During our recent intense cold spell we've been having, we have had some difficulty getting our new furnaces to get the temperature in the sanctuary up to comfort level, but that is improving as we find out more about how to best regulate our new system.

As Clerk of Trustees, I want to express my appreciation to all the Trustees who pitched in as needed; to Cathy Barney, who provided an essential connection to ServPro; to my wife Joan for all her help; to Jim Newby for his calm and steadying approach throughout; and especially to our most competent and effective officer administrator Kristin Lally, without whom we would still be floundering.

Our Trustees include: Jeff Arnold, Clerk; Judy Born; Jim Kimmel, Rick Reckman; Hans Streuber and Glenn Williams.



Dick Read *(continued from page 4)*

years, 13 at Gateway Community College and five years at ITT Technical Institute.

He enjoys Jim's (*Newby*) messages and does like that they are fairly short. He is drawn to the quietness and so the time to sit and reflect during centering down time and during worship is important to him, as is coming to worship every Sunday. "I used to sing in church but my singing voice is gone now," he smiles, "so I like the quietness."

Another important thing to him is our outreach. "I think what we do in the community, the way we do things with and for the community, is what we should be doing. I'm really glad to see us involved."

We at CFM are really glad as well, glad to welcome this man of quiet reverence into our beloved community.

Uniting for dreamers

During our December, 2017 Meeting for Business, we came together in unity with MARCC (*Metropolitan Area Religious Coalition of Churches*) and in the fullness of the spirit of a Solidarity Congregation to speak our truth on behalf of the dreamers and for passage of DACA (*Delayed Action for Childhood Arrivals*) legislation.

Following approval, our Minute has been shared in a formal letter signed by our pastor Jim Newby and Clerk Mary Ellen Krisher and forwarded to elected officials. Individual members and attenders have also shared their concern with their elected officials.

Minute:

For more than 200 years Cincinnati Friends Meeting (*Quakers*) has faithfully spoken truth to power as directed by our testimonies of peace, justice and equality. From the days of our faithful member Levi Coffin and the Underground Railroad to the challenges facing us today in and around our community, we continue to stand firmly in the foundation of those testimonies that require us to give voice and to take action.

We are now taking this action to contact you to reverently and fervently plead that you join with us in our commitment to peace, justice and equality by using your position as a voice for all the people to support the passage of the 2017 Dream Act.

You have in your hands not only the lives and futures of more than 500 young people in our community, you have the faith and deep concern of those who proclaim our Quaker faith and tradition.

In brotherhood with congregations from across our community, all of us depending on you to take action that will result in dignity, justice and equality for these young people. We stand in unity with them and for them and look to you to stand with us.

An invitation

Our Trustees invite interested members and attenders to join them in stewardship of our Meeting House grounds by volunteering to serve on an Ad Hoc Committee to develop a long-range landscaping plan that will both maintain and enhance our grounds. Please contact Glenn Williams for more information and to volunteer at gvw354@mac.com or call the office at (513) 791-0788.

Cincinnati Friends Meeting

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Cincinnati OH 45243



RETURN SERVICE REQUESTED



Within the deep darkness and cold of a December night there came these gifts to us on Christmas Eve the gift of light from candles in the windows and in our *Silent Night* circle the gift of music from Eric Hatch and the Williams Family singers the gift of silence to center us and remind us of the promise and meaning of the season that there resides in every faithful spirit the expectation that we yet may know peace on earth and good will to all and the realization that that peace must begin with us.
(photo by Eric Hatch)

Sharon would just smile

A neighbor of the Patterson family has a daughter who is Set Designer for *Extremely Wicked*, a film about notorious serial killer Ted Bundy that is being filmed in Cincinnati and Northern Kentucky.

Denise, their neighbor, knew Dick was going through things after Sharon's passing and wondered if there might be some items from the 60s and 70s that Sharon had accumulated and kept that could be included in the film, including a metal high chair. It just so happens that the metal chair they wanted for the film was sitting in the basement of the Patterson home.

Jennifer Durban, the Set Designer, came to Dick's house and as she was wondering around the basement, she also found a gold throw rug that was perfect for the film. She bought the rug, glasses and high chair and now they may live on in cinematic history.

Jennifer plans to stay in touch with Dick and let him know when the film will be released so he can see if their family items are featured in the film.

Seeking God daily through simplicity, peace, integrity, community and equality.

CFM Perks: You know about the cake; learn about the plots on March 4



.... from Cathy Barney

Many of us are familiar with Jim Newby's quip that, with membership at CFM, you get a cake and a plot. The cake is that perk once a new member has been 'officially' welcomed into membership and we come together during our fellowship time to enjoy cake together.

There is that other 'perk' that is not as obvious and not as easy to talk about as enjoying a slice of cake. All members of CFM have the option of "free" burial plots at Spring Grove Cemetery and Arboretum. Spring Grove has 733 acres and is the fourth largest cemetery in the U.S. It is registered as a National Historic Landmark.

To provide more information about the Quaker section at Spring Grove, reservation process for plots and for some history about our section, our Burial Committee (*myself and Sabrina Darnowsky*) has invited Pam Deshler to join us on Sunday, March 4, following our time of fellowship. She will share information about options that are available and decisions that should be made in advance. Sabrina will also offer a peek into the history of our section at Spring Grove from her book, *Friends Past and Present: The Bicentennial History of Cincinnati Friends Meeting (1815-2015.)*

Room to Grow - - - If you have ever visited Spring Grove's Section 101, the burly 380-year-old White Oak and the Levi Coffin monument erected by "the colored people of Cincinnati," you know the tranquility and peace of this special place. If you haven't visited Spring Grove, please do plan to attend our informal informative session to learn more about our history and more about reserving a plot for yourself or other CFM members in your family.

We own 24 lots, with the potential for 30 traditional casket burials. Cremation urns take half a space. Both caskets and urns require a vault, which is cemetery

regulation. There is no scattering of ashes or planting of individual trees at Spring Grove, however, they do offer a Legacy Tree program, which Pam will discuss. The current value of a full space is \$4,200. There are other associated cemetery and funeral costs that may be surprising. We have charts we can share with you with more of that information.

Green Options - - - There are green options for burial and cremation at Spring Grove outside of our Quaker area, at the full expense of those reserving this service. Pam will also share more information about this.

Reservation Process - - - To reserve a plot, contact Sabrina or me. We will confirm membership and then help you choose an appropriate space. Once selected, CFM sends an official letter to Spring Grove that serves as the reservation. Spring Grove offers pre-need plans, a form of insurance, if you wish to pre-pay for services now and lock in today's costs.

Tools to Plan - - - CFM offers a thoughtful booklet entitled "At the time of my death" that outlines steps for pre-planning. Sabrina and I are updating it now. Copies are available in the office from Kristin Lally and electronically.

Sabrina and I take joy in our work on the Burial Committee in terms of helping members make use of the cemetery, being available in times of need and helping navigate the process so that we can perpetuate this historical gem and membership benefit. If you would like to join us a member of the Burial Committee, please let us know or make sure you share your interest with our Nominating Committee. **Please do join us on March 4.**

Note: This marker for Levi and Catherine Coffin is the only above ground marker in the Quaker section at Spring Grove. The wording on the marker is from the freed people who made and erected it in gratitude for the abolitionist work of the Coffins.





Happy smiles all around at our Young Friends Retreat, from (l-r) Ashley Staples, Audrey Bristol, Caroline Gaede, Jeff Arnold (leader), and Christian Page.

Retreat Reflections

..... from Linda Daigle and Jeff Arnold

It was the ABCs at our Young Friends Fall Retreat on December 16-17. The A is for Ashley Staples, Albert Ebner and Audrey Bristol. The B is for Bryce Page. The Cs are Caroline Gaede, Chloe Page and Christian Page. Rachel Gaede also joined us. Leaders were Jeff Arnold, Linda Daigle and Nan Hatch.

We split into two groups - the Foxes for the younger kids and the Fells for the older kids. The Foxes were with Nan and did some reflections on spiritual gifts. The four older youth (+1) met with Jeff and Linda to hit the 'light' topics of Fear and Faith.

Discussion included open talks on what fear is and isn't, what faith is and isn't. Journaling, stories and a time of silence in the woods near midnight provided the opportunity for inner reflection.

We split the group discussions up with fun and games, watched a film and had lots of yummy food. We even had a game where a ball of Saran Wrap was unfolded rapidly to reveal hidden pieces of candy.

Some managed to overtake the library and First day room to create fun sleeping areas. The morning came too soon but the aroma of Jeff's pancakes and Nan's bacon filled the air as we gathered for our morning meal. We concluded our retreat at First Day school, where we shared candid comments and discussed plans for future activities.

The gifts of art



One of the images from Eric Hatch's one man show, the old post office in West Townshend.

Works by two of our CFM creative spirits have been featured in two different exhibits. Eric Hatch's first one man show opened on December 6 at the Middletown Arts Center and was scheduled to run through the end of January. The show, "*Hard Times for These Times*," explores changes in Middle America in the past 50 years, treating architecture and artifacts as expressions of inner states of mind. There are 16 pieces in the show, all printed on aluminum with a satin finish.

Valerie Shesko was one of 15 area artists to have her *Sunlit Valley* selected for an exhibit at the Cincinnati Art Galleries, which opened in October.



With meaningful work comes happy smiles as friends gathered in October to do much appreciated and needed maintenance on our trails. Pictured are (l-r) Christian Page; Hal Angus; Jim Kimmel and Linda Daigle. Thank you to others who also volunteered.