

FMW Quaker Spiritual Development Programs

September 2023

Friends who participate in FMW's Quaker Spiritual Development (QSD) programs can support and enrich their spiritual journey. Monthly and recurring QSD programs currently available through FMW can be found [here](#). In addition to the recurring programs, the Ministry & Worship Committee facilitates Workshops and Presentations that address topics of interest to Friends which are listed below. See the calendar below for the dates and times of all QSD programs this month.

Current Classes, Workshops & Presentations

Fall 2023, Quakerism 101: Introductory class: Friends Meeting of Washington's (FMW) Fall 2023 Quakerism 101 class is an introductory class on Quaker faith and practice. It will be held from **October 3rd through October 31st** from 7:00pm - 8:30pm via zoom only. The class consists of five sessions that provide a strong foundation of understanding as you begin your spiritual journey into the rich tradition of the Quakers - Religious Society of Friends. [Details of class here.](#) [Register here.](#) Contact B. Vohryzek vohryzek.co@gmail.com if you have questions.

Spiritual Formation Mini Retreat- Winter 2024 - Alan Evans and Amy Schmaljohn from BYM will facilitate a mini retreat on Spiritual Formation at FMW. Wisdom traditions across cultures and time affirm that our spiritual lives are deepened when we maintain both intention and attention on the journey. But what helps us to sustain this intention and attention? The Spiritual Formation Mini Retreat will invite us to consider how to strengthen our spiritual lives on a personal level, meeting level and within our community. Bring a brown bag lunch. Date TBD

Read about the Spiritual Formation Program using the QR code below:



Kriat Hakodesh (Reading the Sacred) with Rabbi Leila Gal Berner, October 13th - November 17th online. Rabbi Leila Gal Berner will offer *kriat hakodesh* classes by Zoom on Friday mornings from 10:00 a.m. – 11:15 a.m. EST for 6 sessions on October 13, 20, 27 and November 3, 10, 17, 2023.

Rabbi Leila bases her new Jewish practice, *kriat hakodesh* (reading the sacred), on a Christian medieval contemplative practice, *lectio divina*. We listen to a biblical text in deep contemplation and then enter into silence, after having been asked personal questions which pertain to the text and to our own lives. It is a powerful experience in which we enter into a new gateway to the Bible, connecting it to our own life experience. The sessions are enriched through deep listening, silence, chanting and sharing. The tuition will be \$25/session or \$150 per person for the six weeks. Each participant must commit to the full series of six sessions. There must be a minimum of 10 participants.

Payment should be sent to: Rabbi Leila Gal Berner, 402 Homewood Circle, Frederick, MD 21702. *Questions?* Please get in touch with Sabrina McCarthy, sabrina.mccarthy@verizon.net, cell 240.778.5234.

Spiritual Friendship Circles

Spiritual Friendship Circles of 3 or 4 Friends meet monthly to reflect and share discernment around specific queries addressing their spiritual lives. In order to learn more contact: Tish Thames, viticia@gmail.com.

If you would like help in starting a group for FMW's Quaker Spiritual Development program, please contact Ann Herzog at aherzog333@yahoo.com, cell 202.246.5125.

SEPTEMBER CALENDAR

*First Sunday, September 3rd - **Reading Quakers Together** – 9:15 - 10:15 am. **Newcomers welcome. Join by Zoom.** By phone, dial: **(646) 876-9923**. On prompt enter meeting ID: **2025778431#** We respond in worship sharing to a Quaker text chosen in advance. Then we respond to the query, "How is Spirit dealing with Thee?" Contact Sabrina McCarthy, sabrina.mccarthy@verizon.net, cell 240.778.5234 for the reading materials and the monthly order of worship.*

*First Sunday, September 3rd, **Friendly Bible Study** – noon: **Join by Zoom.** By phone, dial: **(646) 876-9923**. On prompt enter meeting ID: **2025778431#** and the Meeting*

password is 254224. Each participant is asked to share their responses to a standard set of five questions concerning the short passage we are studying, but auditors who just listen to the responses that others share are also welcome. Contact: David Etheridge, david.etheridge@verizon.net, cell 202.577.8431.

*First Thursday, September 7th, **Spiritual Formation Group*** – starts at 6:30pm. In a sacred circle, Friends explore spiritual issues in their lives to deepen their connection to the Inner Light, the Meeting and the community. The program is sponsored by Baltimore Yearly Meeting. Contact: John Bluedorn, johnbluedorn@gmail.com

*Weekly on Thursday, September 7th, **Quaker Bible Study*** – 7:00 p.m. [Join Zoom Meeting](#), Meeting ID: 832 2846 6514, Passcode: 858281, phone: 301-715-8592. Contact: Gene Throwe, gthrowe@gmail.com

*Weekly on Thursday, September 14th, **Quaker Bible Study*** – 7:00 p.m. [Join Zoom Meeting](#), Meeting ID: 832 2846 6514, Passcode: 858281, phone: 301-715-8592. Contact: Gene Throwe, gthrowe@gmail.com

*Third Sunday, September 17th, **Friendly Bible Study*** – 12:00 p.m. in the Terrace Room or [Join by Zoom](#). By phone, dial: **(646) 876-9923**. On prompt enter meeting ID: **2025778431#**. The Meeting password is 254224. Each participant is asked to share their responses to a standard set of five questions concerning the short passage we are studying, but auditors who just listen to the responses that others share are also welcome. Contact: David Etheridge, david.etheridge@verizon.net, cell 202.577.8431.

*Third Sunday, September 17th, **A Deeper Dive - Book Study Group*** - 12:15-1:45pm. Interested in a “Deeper Dive” into Quaker thought and practice? Through this in-depth *Book Study Group* you will read and discuss thought provoking books on Quaker faith and practice. Contact Joe Izzo, jizzo4102@gmail.com if you have any questions.

*Weekly on Thursday, September 21st, **Quaker Bible Study*** – 7:00 p.m. [Join Zoom Meeting](#), Meeting ID: 832 2846 6514, Passcode: 858281, phone: 301-715-8592. Contact: Gene Throwe, gthrowe@gmail.com

*Weekly on Thursday, September 28th, **Quaker Bible Study*** – 7:00 p.m. [Join Zoom Meeting](#), Meeting ID: 832 2846 6514, Passcode: 858281, phone: 301-715-8592. Contact: Gene Throwe, gthrowe@gmail.com

*Fourth Sunday, September 24th, **Ignatian Prayer Group*** - 3:30pm to 5pm. **Newcomers welcome.** [Join by Zoom](#). By phone, dial: **(646) 876-9923**. On prompt enter meeting ID: **2025778431#** Contact Sabrina McCarthy, sabrina.mccarthy@verizon.net, cell 240.778.5234, for the monthly order of worship.

*Fourth Sunday, September 24th, **Anti-racist Spiritual Friendship Group*** - noon to 1:30 p.m. in the Quaker House Living Room. FMW's Change Group for Racial Equity encourages us to think deeply about the role of race, racism, and white privilege in our own lives, our Meeting, and the wider society. This is difficult work, best tackled in the context of a compassionate community. We are inviting Friends to a monthly spiritual friendship group centered on both racism and compassion. Contact: David Etheridge, **david.etheridge@verizon.net**, cell 202.577.8431