The Sugar Season and recent events at BHFH

By Katherine Fisher, Clerk, Program Cmte.

We hope you’ll join us at 7:30 p.m. on May 7 for a discussion with author Douglas Whynott about his latest book The Sugar Season: A Year in the Life of Maple Syrup, and One Family’s Quest for the Sweetest Harvest.

Doug is a regular guest at BHFH, spending one night a week with us when he’s teaching writing at Emerson College.

Here’s what author Tracy Kidder says about Doug’s new book: “Maple syrup. Who knew that behind the calendar image lay a veritable factory of the woods, a big business fraught with striving and skullduggery and interesting characters. In Doug Whynott’s graceful hands, this story about a maple syrup manufacturer and dealer becomes an intersection of subjects: of technology and business, American history and climate change, friendship and family. A wonderful and fascinating book.”

At the May 7 event, Doug will share some of the story behind the book, he’ll do a brief reading, and then we’ll throw things continued on page 3 →

Seeing the light in community

By Nora Wright, resident

When I made the trek up to Boston from my family home in Philadelphia on the first day of this New Year, I had no idea what to expect. I didn’t know exactly what the definition of a co-op was or what it would be like to have a roommate again for the first time since my time at a Quaker boarding school almost ten years ago. Sitting alone in my room, across from a well-made bed that belonged to someone else, I wondered if this experience would be for me. As I felt the weight of transition loom over me, I entered into a Quaker worship of sorts, searching for stillness in this new room, in my new home, in a new city.

On the surface I felt confusion, but if you’re a Quaker, then you can guess that in the silence, I found a deeper peace and a still small voice inside. I accessed a felt sense of comfort and heard an internal voice which spoke of a life transformed in this space, with these unknown people. Indeed, a great learning about the value of community has occurred for me in these past months. I am grateful for this.

As I lounge in the kitchen on Saturdays or linger after a shared dinner, I like to listen to stories people tell of what the house was like in the past, how at one point its residents were mostly international students, and that, depending on the year, a shared sense of housie-companionship has waxed and waned. We laugh about how strict things used to be and get curious about what this community will look like 20 years from now.

I am struck by this community’s capacity for spontaneity, laughter and serious reflection. In today’s busy and competitive world, it’s so unusual to become close to 20 individuals who I did not choose as friends. In fact, I think it is extraordinary. It’s a lesson I take seriously as I engage in my work continued on page 7 →
BHFH volunteers at Haley House soup kitchen

By Lucas Braun & Danny Eapen, residents

Haley House is a residential community and soup kitchen in the South End, on Dartmouth Street. Several Beacon Hill Friends House residents volunteer time in the Haley House soup kitchen, which serves more than 60 homeless men every morning. The menu ranges from Cajun style chicken to grilled cheese and tomato sandwiches. The Haley House residents and volunteers strive to provide well-rounded and nutritious meals to their guests who range in age from mid-teens to well into seniority.

Why do we volunteer?

Danny: I volunteer at the Haley House to connect with a part of our community that is often overlooked. Serving others is the tenet central to the teachings of Jesus Christ and other great spiritual leaders and I strive to follow those examples. I feel quite fortunate that Lucas made me aware of Haley House and the work they do.

Lucas: I first started volunteering when I moved to Boston because a high school friend was living at Haley House at the time and encouraged me to go. She has now moved on, but my Tuesday morning shift holds a special place in my weekly routine. I feel at home in the Haley House community and have grown and learned a great deal about homelessness in my time there.

What is the food like?

Danny: Most of the food at Haley House is donated from local food banks and served by volunteers. We take pride and care in the preparation of each dish, so although we lack professional know-how, the food is made with love. I think this attention to quality on the part of the volunteers and residents is evident in the tastiness of the food.

Why is the breakfast only for men?

Lucas: I was told that when Haley House was established, the founders saw various women-only soup kitchens and identified a need for a similar place just for men. In my own experience in this and other single-sex communities, I find the environment provides a space where men can stop acting out the role of the hyper-heterosexual that is so encouraged in our modern culture. It allows the guests to connect on a deeper level as friends, and ultimately strengthens the community.

What’s been hard about this experience?

Danny: I notice that the individuals who frequent Haley House tend to be unconcerned with the quality of the calories they ingest. Although Haley House makes fruit and vegetables available, a large portion of the patrons choose not to partake in those dishes, opting instead for sugar and carb-heavy options. I wish there was an effective way to educate this population on the importance of healthy dietary choices.

What is it like to go from a large house in the wealthiest neighborhood in Boston to a soup kitchen that serves some of the city’s poorest inhabitants?

Lucas: Biking down off of the Hill is exhilarating and often one of the best parts of my Tuesdays. The city is unusually still at 5am and the air is cool and clear. The stars still shine in the winter and the colors of sunrise inspire the imagination in the summer. You forget that anyone thinks of one part of the city as nicer than another part: the glory of the place is in the sky above and the dark buildings that loom all around, harboring thousands of sleeping citizens. In these moments, I feel a brief connection to those among the homeless who identify themselves as street people, those who choose to spend their nights and days outdoors instead of cramming into the loud, often dangerous shelters.

In that way, the trip itself doesn’t tend to make me examine my own comfortable life. I find myself drawing more comparisons between the experience of eating in the two Houses. Many things are similar: at both houses a subset of the community prepares the meal for the rest of us, and therefore sometimes everyone is happy and sometimes people aren’t satisfied with what is available. The difference is that we have access to a seemingly bottomless pantry if we aren’t totally thrilled by the dinner menu. The men who come to Haley House breakfast don’t have many other options, so they usually eat what we serve, even if it isn’t their favorite. Since Haley House has to work with whatever they get in donations and from the food bank, sometimes we’re serving pasta, sweet potato chili, or grilled cheese for breakfast. It’s sad to see guests throwing full plates of food in the trash, but it does happen when we don’t do our best.

Haley House isn’t just about getting calories into hungry bodies though. One live-in volunteer told me that you would have to try pretty hard in order to starve in Boston. There are even vans that drive around the city at night handing out sandwiches. As I see it, Haley House’s most valuable contribution is the safe haven it provides to men who have little escape from the violence and anonymity of the streets. When I see guys throwing out full plates of whatever meal we scraped together that day, I try not to take it to heart. As long as folks can come into Haley House and be treated with respect, recognized by name, and given some peace and rest, I think the soup kitchen is more than fulfilling its mission.
open for Q & A. We'll conclude at 9 p.m.
If you're able to join us for the event, please click JOIN on our Facebook page: bit.ly/bookchatBHFH.

The session with Doug is one of our monthly programs at BHFH, held the first Wednesday evening of each month.

In April, we held an evening with Matthew Cohen on the topic of “Communities and Anti-Oppressive Mental Health Paradigms.” Matthew has been involved in both alternatives to psychiatry and the cooperative movement since 2007. Recently, he has served at a non-medical recovery home in Northampton, MA, and helped to man-

By Annie Boyd, resident
One of the wonderful things about living in the Beacon Hill Friends House is the constant influx of new residents. Over the past few months, we’ve seen several new people move into the House, and I recently sat down with each of them to learn a little more about who they are and what brought them here.

Ben Lynch has been living in the Boston area since 2008, most recently in Somerville. He works as a counselor and advocate at a middle school for low-income Hispanic girls in Lawrence, MA, a job that he describes as challenging but that feels “very purposeful and important.” He loves the rich sense of culture and diversity in Boston, as well as the nearness to his family in central Pennsylvania. His favorite thing about BHFH is the sense of community we share, and while he was raised as a Unitarian Universalist, he really enjoys living in a Quaker community. Ben describes his favorite activity as “having thoughtful and engaging conversations with others.” If he was stranded on a desert island and could only bring one thing, he would bring either Martin Heidegger’s book Being and Time, or a friendly cat and a very large supply of tuna to keep them both happy.

Danny Eapen came to Boston from Bel Air, Maryland, to attend Launch Academy, a programming and web development school. He heard about BHFH from Craigslist and decided to apply. His favorite thing about Boston is that people stop at crosswalks to let you cross the road, and his favorite thing about BHFH are the friends he’s made in the community. He also appreciates, as do we all, that our Resident Chef, Myles, feeds him. Danny’s hobbies include reading, writing, and rapping. If he could have dinner with anyone, alive or dead, he would sit down with Robert E. Lee.

Amanda Gutowski moved to Boston from New York City about 10 years ago, and heard about BHFH through current residents Ben and Rachel Lawent. She loves the cultural institutions and atmosphere of intellectual curiosity in Boston, and how there’s always something to do. Her favorite thing about BHFH experiencing those “unexpected moments of fellowship and community,” like coming home late at night to cookies and conversation or spontaneously going out dancing on the weekends. Amanda also loves the warmth and welcome of the House. As for hobbies, she has a particular love for the performing arts and tries to see as much performance as possible. She even serves on the board of the Arsenal Center for the Arts in Watertown. She’s also working on starting a family-friendly co-op in the Boston area [see page 4 for a full article], and loves long bike rides, especially to relax. If she had a spirit animal, it would be an otter.

Nora Wright arrived in Boston from Ithaca, New York, where she was finishing her master’s in city planning at Cornell. She came to Boston for work, and is employed as a mediator and professional coach. She heard about BHFH through Quaker circles. Her favorite thing about Boston is that there’s always something to do, whether it’s concerts, cultural events, or other activities, and her favorite thing about BHFH is “all the play that we get to have.” Her hobbies include dance, playing the harp, and letter-press. If she could have any superpower, it would be the ability to heal people.

Fellowship and fun draw new residents
Canopy: a new child-friendly co-op

By Amanda Gutowski, resident

While currently a resident at BHFH, I’m also working with a group of collaborators to start a new, child-friendly co-op. We are The Canopy, and our mission is:

To pioneer a progressive, cooperative family living model and cultivate networks of support for people who want to raise children in community.

Put another way: we’re a group of open-minded co-op enthusiasts who are going to buy a big house in Boston and put a treehouse out back.

Children and their caregivers stand to benefit immensely from the resource-sharing that cooperative living makes possible, including shared chores, meal preparation, and childcare, but we’re not aware of anything quite like The Canopy that exists in the greater Boston area. Other co-ops may include children, but weren’t set up with that as their focus. Cohousing tends to be child-friendly, but its model of private ownership at market rates makes it unaffordable for many and shifts the focus of the household toward family units and private space more than our group is interested in doing.

So, while creating a new co-op is a lot more work than joining an existing one, we’ve identified an unmet need that The Canopy will address.

In addition, there are broader problems in the Boston housing market that The Canopy can help to solve. Firstly, in general the supply of co-op housing in Boston has not kept up with demand; we’ve talked to co-op households who report getting over 20 applications every time they have an available room. Secondly, even though it’s technically illegal, housing discrimination against people with young children is rampant in Boston and those who can’t afford to buy find themselves shut out of many apartments. Our long-term vision is that The Canopy will be one step in a movement to mobilize and organize, and to combat that injustice.

Our current core group of members has diverse personal reasons for why this feels like the right choice for each of us. Personally, I grew up with the benefit of a large network of extended family; my babysitters were grandparents, aunts and uncles, or cousins. (As far as I know, my parents never once paid for a babysitter.) As I start building a family of my own (which will definitely include close caretaking relationships with children, whether they are biologically related to me or not), I seek to recreate that network of support, which benefits everyone involved.

A helpful resource during this process has been the book Creating a Life Together, by Diane Leafe Christian (the former editor of Communities magazine). Among the key factors that successful and long-standing co-ops share, she points out that the most important may be an investment of time upfront in defining their mission and core values. We have prioritized this work, sharing stories from our own childhoods and strategically crafting our dreams for the future, in our weekly meetings since last fall. The shared community values that have emerged include:

We value education and exploration. Ours is a house of books and board games, art projects and musical instruments, science experiments, creativity, calculus, and curiosity.

We want to raise confident, resourceful, independent, responsible, empowered people, which means we must embody these qualities as parents.

We choose humor. We like fun. We like nature.

We are committed to contributing to the well-being and care of the people around us.

There are more: The full list is posted at our website (see below).

On other technical matters, we’ve consulted with other co-op founders, loan officers, and lawyers, and are grateful for the guidance they’ve provided. At present, we are officially incorporated as a nonprofit corporation in the state of Massachusetts, and are considering applying for 501(c)3 federal tax exemption. We are actively recruiting new members and are planning some exciting fundraising events, with a plan to purchase a property accessible by public transportation in the next one to two years. To learn more about The Canopy and receive updates, visit our Facebook page (facebook.com/thecanopycoop) or website (canopycoop.weebly.com).
Why good enough is just right

By Bill Mitchell, resident

You know how certain words seem to sum up where you are at any given point in life?
Our lives have tended to swing between a couple: adventure and stability.
Our life at Beacon Hill Friends House feels like an unusual balance of the two, prompting a new word: Enough.
Not only enough adventure and enough stability, but enough of most of the elements that go into each: enough new, enough familiar; enough fun, enough work; enough easy, enough hard.
Not that we’ve got it all worked out. This week finds us still wrestling with a question Carol posed on our blog a few months ago: Keep or sell the car?
That would be a foolish question in several places we’ve lived, especially Florida. But life with the MBTA rumbling beneath the house (the Red Line between Park and Charles Street stations) frames the question in larger terms.
The combination of our senior citizen T passes (just a buck a ride as opposed to $2.50) and those Zipcars stashed along the Green Line suggests we may have quite enough transportation at our disposal without the hassle of maintaining a car on Beacon Hill.
There may be enough resident parking places available for people willing to fight for them and/or in critical need of a personal vehicle. Perhaps not enough parking places for people – like us – with workable alternatives.
Enough has also emerged as the critical metric of shelter. Is our one-room-toilet-down-the-hall arrangement enough space? Enough convenience? A couple of recent New York Times pieces spanned the range of what’s enough: one piece summed up by the headline, “Freedom in 704 Square Feet,” and one piece about a 9,000 square foot home as the centerpiece example of “Big is Back.”
Closer to home, the Boston Globe fronted an article recently about a condo just a few doors down from BHHF on Chestnut Street: “For Trinity Church rector, a $3.6 million home.”
Not that long ago, my assessment of these housing options would have been fueled by moral judgment. These days, I find myself asking a question instead: “What’s enough?” There are wildly different answers to this question for each of the people profiled in the three articles, of course.
Increasingly, we find ourselves answering the “enough” question with other questions: If we have this much physical space, for example, does that leave enough psychic space for us to live the lives we want to live?
The risk of having “more than enough” – of space, food, you name it – is the likelihood of throwing your life out of whack. In this context, the idea of “good enough” doesn’t connote settling; it connotes calibrating.
Increasingly, we’re discovering that less is more when it comes to the enough question. To offer just one example, there’s something about living in a smaller space that prompts talk of bigger topics.
Our friend, Julie Moos, posed a question on Facebook recently with a link to a New York Times essay about keys to a successful long-term marriage titled, “Good enough? That’s Great.”
“Long-time marrieds,” Julie asked, “what do you think?” Coming up on 44 years married, I guess we qualify. My response to that headline: Exactly right.
This article originally appeared at www.ayearinroom.com, Bill & Carol’s blog about their time at BHHF. More articles, as well as related links and comments, can be found online.

A spiritual reconnection at PantheaCon

By Ryan McGrath, resident

On a recent Saturday night, I stood in a ballroom in California full of topless people. Most were women, but there were people of all gender identities, all sizes, and all ages. We were chanting and singing out love songs to the Goddess, calling to Her and seeing, in our varying degrees of nakedness, Herself in our bodies. Our hearts were ablaze with passion as we remembered that we were Her, that She lived in our hearts and was present in our lives. We were beautiful. We were bright. We were sacred!
This evening was part of PantheaCon, a convention for Pagans and assorted Goddess-worshippers that’s been held for the past 20 years in the Bay Area. Modern Paganism is part of a revival of ancient Goddess-worship and polytheistic Nature worship that started with the development of Wicca in England in the mid-20th century. Since then, people have been exploring ancient cultures to revive the worship of ancient gods and goddesses, recontextualizing them into our modern world.
I became a Pagan over twenty years ago. On a Halloween night, in 1993, I dedicated myself to worshipping the Goddess in Her many forms.
But over the years, due to philosophical differences and many other reasons, I drifted away from Paganism and forgot the sort of vitality and perspective it gave me.
Several months ago, I realized how much I missed my connection to this modern, vibrant, joy-filled form of worship and decided to book a trip to California to experience PantheaCon firsthand. I got to see old friends, make new friends, and experience worship as I had not felt it in a long time. I celebrated and feasted. I experienced a world that I had, in some ways, never experienced first-hand but had always known existed.
PantheaCon rekindled the flame in my heart and soul that She first lit over twenty years ago. I have remembered.
Alumni news from the US and abroad, recent residents and decades past

Susan Baldwin Stroh ’65

I lived at BHFH in 1963 through part of 1965. I’ve lived in California since 1968.

I’ve been married to my husband for 35 years – a lawyer/surfer/potter/painter. We have one thriving grown son who lives in Santa Barbara, and an unofficially adopted Danish daughter. When her father died in 2004, she visited us, we fell in love and she claimed us as her American parents and thereafter spent parts of many summers here. She lives and works as a medical doctor in Copenhagen.

I have spent my adult life working in the arts; including theater and all aspects of filmmaking, but my latest hat (since 1997) is writer. In the last seven of those years I’ve written biographies and ghostwritten memoirs. I teach memoir, edit and coach book writers, and am hard at work on writing three books: two memoirs and one book on memoir writing.

BHFH continues to give and give over the years. My husband and I love coming back to BHFH when in New England and always try to stay one night. Ernest and Esther Weed’s energy still permeates the atmosphere. It would be wonderful to reconnect with some of the residents of those early years, but in the meantime, I wish them (and all of you readers) good health and flourishing lives.

Kim Chevalier ’77

Friendly greetings from France. I lived at BHFH for a year in 1976-1977 but I was a regular attender at Beacon Hill Friends Meeting between 1975 and 1990. Since 1994 I’ve been living in the French Pyrenees with my English husband and (until they both flew the nest in 2010) our two daughters. I attend a Friends meeting in Toulouse that has existed since 2001 and in the past couple of years have gotten more involved with Friends on a national level. (There are only about 100 active Quakers in France.)

My business is building web sites so I’ve taken on the task of updating the sites of the Société religieuse des Amis de France. One of them is for the Centre Quaker of Con-génies in the Languedoc region, between Nimes and Montpellier. It also offers bed and breakfast rooms, so if you’re traveling in the south of France it’s a very nice place to stay. See maison-quaker-congenies.org

I don’t expect to live in the US again in my life, but I do miss Boston sometimes. I had a chance to visit BHFH last June and it brought back many memories. The kitchen hasn’t changed in 30 years!

Seth Inglis ’10

I earn a decent living as a house painter. Seeing the inside of people’s houses has always excited me as I feel I was raised in a fairly boring interior design schematic.

I crave meeting an enigmatic client who hunts in Africa (not a fan of it, but fun stories to hear) or just have good conversation about music with my fellow painters. It’s a simple life.

I choose to board rather than rent apartments. I find the roommate relationships to be healthier in that instance and I enjoy my current spot in Denver. I referee soccer and watch a lot of it at home. I would welcome any and all visitors to take in some amazing spring weather in Colorado.

Zach Alexander ’13

I quit my first programming job in San Francisco and am looking for another (one offer as of this writing). I recently moved into Dovetail, a big funky warehouse loft above a Mexican restaurant with seven other people, after over six months of complicated real estate intrigues. Dovetail was recently honored to host BHFH resident Seth Alter, although we didn’t do a good job because we temporarily don’t have a proper guest room (it was like half the Bulfinch Garret).

My carnitas tacos recipe was a hit at a recent joint dinner party between Dovetail and Langton Labs (another warehouse community in SF). In general though, I am happy to cede management of the house kitchen to Squirrel, the self-proclaimed Kitchen Despot.

Obituary: Katharine Kane

We were saddened to learn last fall that Katharine Kane, a long time friend and neighbor of the Beacon Hill Friends House, passed away. Kathy moved in next door at 10 Chestnut Street just after Beacon Hill Friends House was founded, and for several years she taught religion classes in the house for Beacon Hill Seminars. In addition to being a champion of the arts and the first woman to serve as Deputy Mayor in Boston, Kathy will be remembered here as a friend to many generations of BHFH residents.

Susan Baldwin Stroh with her husband

Katharine Kane in 1968
of training professionals and incarcerated individuals alike in forms of communication and mediation that can enhance their capacity to both contribute and heal.

The lesson I share with them is this: When we see ourselves in a world of scarcity, where there is only one winner and one loser, we all lose out. Opportunities shrink and our ability to love is weakened. When we acknowledge that in order for our lives to be abundant and fulfilled, we must welcome that kind of abundance for others, then a new reality opens up. That abundance and celebration of others is powerfully learned and reinforced here at the Beacon Hill Friends House. As I begin to trust others enough to be joyful, vulnerable and share my needs, a set of 20 strangers become my friends, and indeed my family.

The little light of God in every person that Quakers so often speak of is alive and vibrant in the Beacon Hill Friends House. It is present at the dinner table, at our Wednesday night worship or our Monday night meditation. It is present when we jump into a car to find the best Vietnamese food in Boston or when we train ourselves in the exquisite practice of sugar scrub foot massages and toenail painting. It is present when someone initiates a movie night or is bold enough to cook us all dinner on the weekend. It is present when we host a lecture on homelessness.

We’ve found one of those critical ingredients to a good life – spontaneous play and a willingness to participate and share in the joys of the other. This light is, of course, not unique to this special Quaker house. It is everywhere, in every person. The difference perhaps is how visible it is here. I believe this to be the result of a commitment to certain principles we live by, including shared work, Quaker process, self-listening and listening to the other, and a deep desire to be present for one another.

Perhaps the greatest gift that we’ve given each other is not so much found in all the daily activities we share, but in our new ability to conceptualize a kind of community so rare in today’s modern world. Even after we’ve left the sheltered streets of Beacon Hill, the lessons of shared work and shared play, and of finding the spirit in strangers and making them friends, will stay with each of us forever. As the newest member of the Beacon Hill Friends House, I express deep gratitude for the warmth I’ve experienced here. And I’m ready to welcome the next batch!

Chef’s notes: dressing up our CSA veggies

By Myles Louis Dakan, Resident Chef – Kitchen Manager

Last summer our kitchen began a rewarding relationship with Silverbrook Farm. First we purchased two shares in their Community Supported Agriculture (CSA) program. After paying for the season, each week we received a generous portion of the harvest from several local farms. Walking back from the farmers market at City Hall, my cart overflowing with vegetables, preserves, and eggs, was a highlight of the summer. Then in the fall and early winter we hosted a new CSA drop off point.

Starting June 19, BHFH will again be a Silverbrook drop off site. The CSA provides diverse and delicious food, and through supporting local agriculture reduces our carbon footprint. Anyone in the area can sign up for a share online at www.silverbrookdarthmouth.com.

Last season our CSA included lots of lettuce, pea greens, sprouts, mizuna, and other leafy treats. Here’s a quick recipe for a vinaigrette to add color and a burst of flavor to salads. This recipe is an excellent template for experimenting with other berries, vinegars, and sweeteners.

Ingredients:
- 2 cups frozen cranberries
- 1 cup white wine vinegar
- 1 cup honey
- 1/2 cup extra virgin olive oil
- salt & pepper to taste

Directions:
1. Add all ingredients – in the order listed – to a blender or food processor.
2. Blend until smooth & colorful.
The mission of Beacon Hill Friends House is to embody the Quaker principles of faith, simplicity, integrity, community, and social responsibility in order to nurture and call forth the light in all of us.

Weed Memorial Lecture on Sep 14 with George Lakey

Inspiring one another to be bold: Applying what Friends learned from the LGBT struggle to climate justice

Rather than being intimidated by the enormous challenge of the climate crisis, Friends might learn from the enspirited and rapid change catalyzed by LGBT activism, in which Quakers have played a part. Beneath the surface differences in the two movements are surprisingly common themes, including a re-visioning of what it means to be a community.

George Lakey startled the Quaker world when he came out to the Friends General Conference plenary in his 1974 keynote. He became a gay activist outside as well as inside the Society of Friends, as well as participating in the civil rights, peace, and economic justice movements. He’s keynoted many Yearly Meetings in the U.S. and abroad, led 1500 social change workshops on five continents, and co-founded the Movement for a New Society, Training for Change, and Earth Quaker Action Team. A professor at Swarthmore College, his eighth book is Facilitating Group Learning.

Save the date: BBQ on July 12

On Saturday, July 12 BHFH will hold its Second Annual Midsummer BBQ from 1 to 5 p.m. Friends, family, alumni, and neighbors are all invited to attend this festive open house with residents. We’ll provide the grill with lots of summertime favorites, and guests may bring non-refrigerated desserts and snacks to share.

RSVP on our website: bhfh.org/calendar.

Subscribe online: news@bhfh.org!