Greening & beautifying with residents & alums

By BHFH Staff

Greening the house on Workday

At the most recent Workday in April, one of the teams significantly reduced the environmental impact of the house by reducing our future energy and water use. Team Stewardship installed a number of new, efficient LED light bulbs, and lower-flow showerheads in all the bathrooms.

LED lightbulbs are gaining in popularity as an alternative to CFLs. The differences aren’t drastic, and the technology is always changing, but currently, LED bulbs seem to be slightly more efficient than CFLs and provide better light, without containing toxic mercury. The main downside is a higher upfront cost, which is why the house is planning to phase them in gradually.

This workday we installed LED bulbs in some of the most high-traffic areas, and in last room in the house still using incandescent: the dining room. We had never found CFL candelabra bulbs that we were happy with, but Kevin had us order some newly-released LED candelabra bulbs (by Tuwago), and they look great. We also replaced the incandescent light strings.

On the showers, we actually already installed “low-flow” showerheads a few years ago, which ran at 2-3 gallons/minute. But the standards have changed since then, and the technology has improved, so we wanted to bring our showers down to about 1.5 gallons/minute. With about 500 showers a month in the building, this will drastically reduce our water and energy usage.

And the showers feel great!

Joanna Brelstaff ('10) paints foyer!

Joanna Brelstaff has been back for several weeks visiting from “the other Cambridge” (UK). Having generously offered to do some projects around the house, Shearman Taber, Clerk of the Building Oversight Committee, suggested she paint the walls and the trim in the foyer. She did a smashing job with invaluable advice and supplies.

What makes BHFH Quaker? 5: Decision-making

By Holly Baldwin, Director

One of the distinctive characteristics about Friends’ practice is the way we make decisions. The process we use in our “Meetings for Business” or “Meeting for Worship for Business” is an extension of our worship. In both “silent” worship, and in the Meeting for Business, we are listening deeply to hear the voice of God as our guide. (For the purposes of this article, I have oversimplified these practices and of the theology of the many Quakers in New England and the rest of the world.)

The deeply spiritual nature of our decision-making process presents a challenge to bringing the model to groups that don’t have worship or belief in God at the core of their identity. Even so, there are some things about the way Quakers do business that make this a compelling process for secular groups as well.

Quakers approach our Business Meetings or decision-making, as a collective seeking of God’s will for the community. Another way this has been phrased is as seeking a “Godly outcome” (this phrasing moves away from the idea that God has precisely ONE way forward for us to figure out – “Godly outcome” is a little looser than “God’s will.”) The clerks guide the discussion, listening to what is being said and not said, and listening for the “sense of the
from Shearman and help from several others: Jack from Charles Street Supply who milled the trim to match the old mouldings, Robert Skorupa and Dan Rochon who helped out with the mouldings as well, and most especially to Caleb King who spent many hours helping Joanna, cleaning the windows, mirrors, and more. Give Joanna a big thank you if you know her.

If you’d like to come back and work on a project, we’ve always got a list of things that could be painted, repaired, built, gussied up, etc! Just let us know when and how you’d like to be put to work! Volunteers are needed for:

- Garden work: weed, plant, and shore up the bed frames.
- Data entry (help us migrate to a new database this summer!)
- Paint a bathroom
- Organize the archives
- Volunteer to cook meals to give the Kitchen Manager more time for office work
- Volunteer to be the “host” for concerts in the meeting room
- And so much more!

Energy-saving window inserts

We were busy this winter building window inserts that will improve our energy efficiency in the cold weather. They are similar in concept to the technique of putting plastic film over the windows with double sided tape – but in this case, the plastic is put on both sides of a plastic removable and reusable frame. The double layer of plastic increases the insulation value, while the removable frame makes it more appealing to residents who are reluctant to seal off their window for several months at a time. Each insert takes about 1 hour to build, and 30 inserts were built this winter. Many thanks to Shearman Taber, Ed Skricki, and Jonathan Stutts who put in many hours to make this possible!

If you would like to make your own, check out “www.arttec.net/Thermal-Windows/index.html.” We used these plans from Guy Marsden, a Quaker in Maine.

Building community at BHFH spring retreat

By Laura Heath, Resident

When I returned to the house after this year’s Spring Retreat, I was exhausted but joyful. “This is why I live at Beacon Hill Friends House,” I kept thinking to myself. With its theme of community, the retreat expressed our values perfectly.

After dinner on Friday night, we watched a documentary about Koinonia Farm, a multiracial and antiracist farming community in southern Georgia before and during the Civil Rights Movement. The movie spurred a great conversation about race, privilege, and community among those who wished to participate, while other housies left to play Sardines, a hide-and-seek style game that has become a retreat standard in recent years.

We spent Saturday at Wellesley Friends Meeting, a lovely space outside the city, allowing us to leave our day-to-day lives behind for a while. In the beautiful meeting hall there, we played games and shared the things we love about the house and the things that irritate us. Even as we shared our frustrations, the attitude in the room was one of warmth and love.

After lunch, we had free time to explore the walking paths nearby. Holly, Rachel G., and I took a lovely walk and enjoyed each other’s company and the beautiful April day. It was great to get a chance to mingle with different people than our usual closest friends. When we returned from our walk, we found our housemates playing a rousing game of Frisbee on the front lawn.

We spent the afternoon at workshops designed by various housemates. The two I attended were discussions that allowed me to learn about my housemates’ values and think about my own. First, I attended Sasha’s discussion of zero-waste theology, which tied together my Unitarian Universalist belief in the “inherent worth and dignity of every person” and a frustration with food waste born during my time as a Food Not Bombs activist.

Then I went to Ben’s discussion of the ethics of charitable giving, which led me to rework my budget as soon as I got home in order to bring it more in line with my values.

We finished retreat on a light note, with “high tea” in fancy accessories (I brought a feather boa). After tea, cookies, and group photos, we headed back to Boston tired but fulfilled. The whole weekend was a lovely blend of fun, community-building, and hard thinking about social justice and privilege.
Meet the new residents at the Friends House

Angeline Pacy

Angeline is a writer and researcher in the life sciences. She is passionate about health, wellness, and healing from the inside-out. She is also an intuitive artist. Her spiritual path connected with the Quakers a few years ago and she found herself attracted to the Quaker's commitment to racial equality and non-violence. She studied the mind-body connection and medical applications for System's Theory and enjoys integrating these principles within the communities she reaches.

Prior to living at BHFH, Angeline was caring for a lot of sick loved ones in Boston's Metro West area, where she was born and raised. She first learned about BHFH through the Acton Friend's Meeting. She had no clue what an intentional community entailed. After learning about a vacancy at BHFH, Angeline says "I was shocked to find a place where people were committed to the values that were important to me and that all these people want to live together! I felt like I had died and gone to heaven!"

Angeline describes herself as a grateful "housie." "My life has become richer and more meaningful since moving to BHFH. I'm surrounded by love and support wherever I go."

Rachel Gross

Rachel became connected with BHFH through her fiancé and resident, Ben Lawent. Prior to arriving at BHFH, Rachel studied accounting in Milwaukee, WI. Rachel continues her accounting studies at Bentley College's graduate program. But prior to studying accounting and tax preparation, Rachel received her master's degree in plant biology and conservation and worked as an ecologist.

Rachel comes to BHFH looking for intentional community. She genuinely prefers the sustainable use of resources and the lower carbon footprint that BHFH leaves on the planet. Emotional and social nourishment is also an important aspect for Rachel. Rachel appreciates the collective skill-set of the community and values the gifts that each "housie" shares with the community.

Kevin Boyd

Prior to moving to BHFH, Kevin lived in a Co-op in Ithaca, NY, and he really enjoyed the experience. He found BHFH through a Boston coops listserv (bostoncoops.net) and discovered that BHFH was where he wanted to be!

Kevin graduated from Cornell University in 2011 with a degree in mechanical and aerospace engineering. Kevin wanted to use his education for something more than the typical roles that engineers play; he wanted a career where he could use his degree outside of industries that lack ethical regulation. As a practical approach, he moved into the field of housing sustainability and retrofit. He is now a home energy advisor and works with customers to save money and use less energy in their homes.

Kevin enjoys so many aspects of BHFH, but community is at the top of the list. If he hadn't chosen to live at BHFH, he would live alone and come home to an empty house at the end of a long day. But as a BHFH community member, he enjoys the fellowship of interesting people who challenge him to grow.

Mykal Slack

Mykal, BHFH's new Residency Manager, was looking for work he would feel good about. Ministry opportunities opened up in the Boston area and at the same time, he located the residency manager position on Idealist.com (a non-profit job board). The manager interview process went smoothly and he fell in love with the space and the ideals. He quickly accepted the invitation to join the community as a staff member and resident.

Prior to his new role as residency manager, Mykal was a clergy candidate at Vision of Hope Metropolitan Community Church in Mountville, PA. There, he learned the many facets of being a pastor and leading a congregation. He enjoyed preaching, children's ministry and leading outreach ministries. He eventually became the director of worship and choir director. After his clergy candidacy ended, he gained approval to continue on page 7 →
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meeting” – the shared understanding of how we are led to proceed. We expect we will come to unity – unity with each other, and in our shared understanding of God’s vision for our community. When we aren’t in unity, we may hold the item over for a future meeting or assign a group to “season” the item – to work on it a bit. If after a few meetings there is still impasse, the clerks may “lay down” the item, determining that we will not reach a decision at this time.

At BHFH, as at other Quaker institutions, not all residents share a common belief in God, so we use a variation of the process. The vital element is the shared commitment to searching for the answer that is right for the group, one that deeply resonates with those present. At BHFH, we may not call it “a Godly outcome”, but we can think of it as “the decision that is right for the community” or a truth or decision that is “greater than me or my own self interest.”

People often refer to our decision making process as consensus – because rather than voting, we expect to all come to unity. I would say that our process is a sub-set of consensus. What is key about our form of consensus is that we approach the meeting for business with the implicit understanding that we are seeking what’s best for the community, rather than our own self-interest. We contribute our own ideas and opinions, as we discern them, but then we leave them for the clerk and the meeting as a whole to listen to. Sometimes we recognize that the good of the community goes against our self-interest, and we support that decision.

Here’s how it works. The clerks and the meeting as a whole, listen to everything that has been said, and try to name the place where we are. If everyone agrees with the clerk’s assessment, then we have unity. If not, we keep going until we get it right. Sometimes this takes more than one meeting. Sometimes the “sense of the meeting” is very clear – perhaps it sounds like something someone said earlier in the meeting, which many people seemed to resonate with. Other times the Clerk has to listen more deeply, and rely on their inner sense of what “the sense of the meeting” is. It’s OK to get it wrong – the meeting will express a correction, and that very process may help the group find the sense of the meeting. Sometimes the only thing the meeting seems able to find unity on, is the lack of unity. It may be helpful to write that down as well. When we hear the clerk call the sense of the meeting, we often feel a deep sense of rightness; when the whole room feels that way, particularly when the process has been difficult, it can be very powerful, and we have a strong conviction that we’ve made the right decision.

Practicing this at Beacon Hill Friends House is hard. Few of us have much experience with this process before coming to live here. We are impatient with the time it requires. But we stick with it. This spring, we are considering changes to our house meetings. Quaker process is not on the table – but everything else is. We began with a consideration of how many meetings are required for residents to attend. Some people felt that we couldn’t achieve a strong sense of community without very high participation in meetings; others wanted there to be more liberty for residents. On all sides, people felt very strongly about the nature of our community, and the discussions were charged. We ended up writing a statement that captured our feelings about the importance of house meeting being a priority in our lives, and we loosened our restriction on attendance – we can miss four meetings a year now, rather than two. The sense of (comm)unity we felt at the end of the meeting was great.

We made those important decisions, but there was still work to be done to address the frustrations many residents felt about house meetings: the check-ins take too long, or we don’t have enough time for decision-making, or some activities feel frivolous. The Clerks have led us in a thorough evaluation of the elements of our house meetings: our check-in time (known as talking rock); our community building time (called Meeting for Reflection), and the balance of time between these elements.

Where we will end up is still unknown, but if we are faithful to the our tradition, the process will be one of deep listening for the right path forward, and will result in a decision that feels right for this current community, and for subsequent groups of residents.
The Breaking Light: Cracking the Cosmic Egg

Lucy Duncan, American Friends Service Committee Liaison and member of Gosehn Meeting (Philadelphia Yearly Meeting), gave the Weed Lecture this May, titled “The Breaking Light: Cracking the Cosmic Egg.” Sharing stories, she told of the chaos of the world, and invited us to explore how God is calling us to work together to heal the brokenness.

A pamphlet of the talk will be published in August.

By Hugh Gelch

The Development Committee of Beacon Hill Friends House would like to thank all of those who attended the 2012 Weed Lecture on Sunday, May 20th. Lucy Duncan spoke to the power of Quaker faith in difficult times and how we can transform that faith into action. It was wonderful to see the welcoming dinner for Lucy the previous evening, the mix of visitors and residents at the lecture, and the community that grew during coffee afterward!

We hope that those of you in Massachusetts received our postcard invitation to the Weed Lecture, which was the beginning of our outreach efforts to keep you informed about events at BHFH. Our next task is to update our email list so that we are able to share our activities online. Look for more contact in the coming months!

As always we welcome your financial support for our mission to provide a center than nourishes residents and non-resident participants in the principles of Quaker values and develops outreach and leadership to create a better world. Please donate to keep our beacon of Light shining!

Excerpts from Lucy Duncan’s Weed Lecture

My sense is that within the chaos and these tribulations there is a manifestation of God striving to be born, that the cracks revealed in our human systems, in our religious communities, in our treatment of the earth and fellow creation reveal new possibilities and ways we might live more faithfully.

I believe we are called to assist in that work, to be midwives of the emergent spiritual transformation trying to be born. I believe we are called to witness and lovingly hold our communities, our home, as the breaking open leads to deeper truths and greater light.

We are called to gather together to listen attentively for God’s still small voice and to use our hands in the work to which God invites us. The wounds are yearning for healing, the cracks are openings for transformation, the hurts we’ve experienced and caused are windows onto compassion – if we can be faithful, if we can surrender to doing our part in God’s plan.

...It’s hard to witness the ramifications of the separateness – it’s hard to see how far our obsession with abstraction can distance us from the gift of life and how much damage we have done and are doing. It is in living with and perceiving the grief and pain of the consequences of such spiritual separation that we can recall, recollect, remember, recognize and reclaim our birthright of kinship with God and creation and become Friends of Truth by doing what God asks of us.

So, what might God’s invitation look like? How do we find our way home? What is this midwifery to which we are called? How does it work? What does it look like? I don’t have the answer, the answer comes in community and in continual discernment, but I would like to tell you some stories that might help give a sense of how such a call can begin to be answered.
By Zach Alexander, Kitchen Manager

I recently launched a food blog called “Cooking for 20,” based on my Friends House culinary exploits. I’ve started posting recipes and photos, and may indulge in occasional musings on nutrition and food politics. The URL: www.cookingfor20.com.

My main goal is to record and share what I’m learning and working on with the outside world – alumni and board members who want to keep in touch (or drop by for dinner), other co-op/boarding house chefs who need large-scale recipes, and anyone interested in environmentally low-impact, simple, delicious food.

But it’s also neat to have a different medium for interacting with fellow houssies about what I’m cooking – because I can only say so much in the pre-dinner announcement. One resident, for example, has added the blog to her RSS feed reader, and likes finding a recipe for portobello steaks, say, mixed in with posts about goth fashion (the main kind of blog she follows).

So far I’ve posted recipes for my trademark beet & fennel soup, maple walnut sorbet, roasted asparagus, and balsamic portobello steaks. I also wrote a memorial to my mom, who passed away just before I started here, and who was a wonderful chef.

And as of this writing, I’m posting about this week’s Pride-themed menu – each night has a theme color, and all the dishes that night are that color. Tuesday, for example, was the yellow dinner (see photo). You can follow the blog at www.cookingfor20.com, and if it’s easier, you can follow it by email, by entering your address in the right-hand side of the page.

And if you’re on Facebook, you can “like” the blog’s Facebook page, at www.facebook.com/cookingfor20, to see occasional recipes and updates in your Facebook feed.

Alumni are always welcome to come by for dinner, as long as you give us some advance notice. With a day’s notice or more, you can email me at kitchen@bhfh.org, or call the office. For same-day requests, please text my cell (617-299-9291). Dinner is at 6:30, Sunday through Thursday, and costs $6 for alumni.

Welcome to Mykal

BHFH: Mykal, welcome to BHFH! How does working here fit into your life right now?

MS: My process of preparing for ordained ministry in Metropolitan Community Churches has been unique, most notably because I have a fairly non-traditional call that requires that I spend time with other communities of faith, walking with them as they address issues of sexuality and gender identity/expression in healthier, more life-giving ways. Because I’m not accountable to one organization or church all the time, it’s been important to also find work that is both meaningful to me spiritually, and flexible enough to enable me to continue to live out my call. Beacon Hill Friends House is exceptional in that it meets all these needs and more! I enjoy being part of a community that lives based on Quaker principles; I work in an environment that speaks to my gifts and with people who care deeply about me and my call to ministry; I encounter people of many spiritual paths, learning from them and more about my own journey; and the work is flexible enough that I can continue to do ministry outside the house in a way that feeds my spirit and fulfills my ministry accountability requirements.

BHFH: What about your past experiences do you want to share with BHFH community as you join our community as a staff member?

MS: I have been in process for ordained ministry for the past 8 years, beginning with study at Union Theological Seminary from 2004-2007. Since then, I’ve been serving Vision of Hope Metropolitan Community Church as a clergy candidate, worship director and congregational care minister. In my spare time, I offered workshops and retreats for churches and social service agencies who wished to walk with their LGBT siblings and clients with more love and understanding.

BHFH: Is there anything else you’d like to say to the greater community about your hopes or needs as you join our staff?

MS: My hopes are that I can 1) continue to get to know people in the wider community who consider BHFH a home, 2) help BHFH maintain its integrity as a vibrant Quaker center in the New England area, and 3) more actively engage culturally and racially diverse communities about the joys and challenges of living on “The Hill.” I’m really happy to be here and feel blessed that the residents and staff have invited me to share this time with them!!!!

BHFH: We’re really glad that you are here! We wish you abundant blessings on your work and ministry here, and in the rest of your life!
Alumni news: Boston, Boulder, and Bogotá

Adriana Cabrera Velasquez (‘09)

Adriana Cabrera Velasquez (2008-09) recently married Silvia Restrepo at the Manner of Friends, which is under the care of Bogotá Monthly Meeting in Bogotá, Colombia, on February 25, 2012. Silvia works in sexual and reproductive rights education for youth in Colombia, and Adriana serves as a Personnel Coordinator with Christian Peacemaker Teams. It was the first Quaker wedding ever celebrated in Columbia!

Paul McCarthy (‘68)

Paul McCarthy (1967-68) retired from teaching at a Japanese university (for 25 years) in the spring of 2011, and is now writing and translating. His recent literary translations are: The Moon Over the Mountain by Atsushi Nakajima (Autumn Hill Press), Word Book by Mieko Kanai (Dalkey Archive), and 101 Modern Japanese Poems (forthcoming from Anthem Press).

Victor Neumann (‘10)

Victor Neuman sends greetings from Shanghai, China, where he has been building green buildings since leaving BHFH in late 2010.

Seth Inglis (‘10)

Seth Inglis (2008-10) is currently in Shakespeare’s As You Like It, playing Orlando the Romantic in a Boulder, Colorado company called Theatre-Hikes, which puts on shows outdoors and incorporates hiking into the show. Theatre-Hikes is based in Chicago, Illinois.

Milos & Rebecca Nebesar (‘81)

Milos & Rebecca Nebesar (1979-81) have four children: daughter Jean, and sons Adam, who married Gina in 2011, Tim who graduated from Cornell this year, and Simon, who will be married to Jillian in June. Rebecca can be found these days working in Pittsfield, MA at Hancock Shaker Village, giving talks (in costume) in the Meeting Room on the origins of the Shaker religion (which has its roots in Quaker practice) & presenting Shaker music programs. Milos & Rebecca live in Canaan, NY.

Deborah Krisko (‘06)

Deborah Krisko (2005-06) and her husband, Hugh, have a daughter (Perrin) who’ll be graduating from high school in June and attending Boston University in the fall, and she is excited to be continuing her work as an Immigration Officer as meaningful changes in immigration reform get underway. They still live in Danvers, MA with Hugh’s mom Claudette and their two children.

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move forward in ordination. Today, Mykal is now approved for ordination and is considered an “Ordinand” in the church (until his October 27th ordination date).

Mykal truly values BHFH’s commitment to community development. He is amazed at the many people of all different backgrounds coming together to share space. But, he isn’t the least bit surprised that a Quaker-sponsored community inspires this kind of commitment to diversity.

Ben Lawent

Prior to living in Boston, Ben lived in Milwaukee, WI, where he studied actuary sciences at the University of Wisconsin. He found BHFH online while searching for the perfect Coop. He currently works as a life insurance actuary by day and enjoys taking walks and bike rides by night! Ben’s interests are diverse and include high-impact philanthropy, reading non-fiction and classic literature, and playing Frisbee.

Ben appreciates all that BHFH has to offer residents and is particularly grateful for the “great people, community, social opportunities, house dinners, and excellent location.”
Staff transitions: new Residency Manager

By Holly Baldwin, Director

In February, Christy Little left her position as Residency Manager, and moved with her partner, Will Jennings to the Lucy Stone Co-op, a Unitarian Universalist Co-op we are fond of, which opened last year in Roxbury.

Since then, Mykal Slack working as our Residency Manager. (Mykal is pronounced like Michael).

I asked them each a few questions about these transitions in their lives.

Farewell to Christy

CL: I’ve recently felt called to only do things I’m passionate about, meaning that I’m trying to avoid doing things just because they seem like a good thing to do. I’m very idealistic, and I often end up doing things that I believe in, but that I don’t actually enjoy doing, which means I don’t do as good as a job as I would if I were passionate about the activity.

Several changes have come from listening more carefully to my own wants. I decided to quit my job at BHFH to make room for searching for a job that aligned better with my interests. I’ve turned down opportunities that seemed interesting, but that I decided I wouldn’t love doing. I’m getting better at making decisions, because I trust myself more.

I decided to change my name from Christy to Clementine. I’ve wanted to change my name since 8th grade, because I didn’t identify with my name or like how it sounded. I chose Clementine because it for forgiveness and compassion (think of “clemency”), and I like how it sounds.

My partner, Will, and I are making plans to celebrate our relationship with our families and friends in 2013. We are not getting legally married, but we wanted to acknowledge and celebrate the support our communities give us, and to formally join our families.

BHFH: What did you take away from your time at BHFH, and what can you tell us about your life post BHFH?

CL: I learned a lot about how to be professional, about customer service, managing expectations, volunteer coordination, meeting facilitation, interviewing, and administrative tasks. One of the most important things I’m taking with me is friendships with housies.

I am loving living at Lucy Stone Co-op in Roxbury, where Will and I are improving our cooking skills each Sunday by making dinner. I am enjoying the search for activities and employment that I find meaningful.

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