



Seeking Wholeness 2015 FGC Gathering

*Daily
Bulletin*

July 5 to July 11, 2015

Western Carolina University, Cullowhee, North Carolina



Friday Evening Plenary - 7:00

Tieraona Low Dog "Life is Your Best Medicine"

How can we be faithful in our care of each other and the earth unless we are also taking care of ourselves? Modern science is now confirming what many indigenous peoples long believed, that much of our health and vitality comes from the way we live our lives. Tieraona Low Dog became an herbal healer before attending medical school. She offers a practical blueprint for achieving good health in daily living. As one of the world's leading experts in integrative medicine, she has a message of hope and transformation for the 21st century. Read more at: <http://www.fgcquaker.org/events/tieraona-low-dog>

Singer-songwriter Steve Deasy will lead pre-plenary singing from 6:30-7:00 at the Bardo Theater.

Join us for a sweet treat after Plenary! Friends Journal will provide snacks and drinks in the Bardo Lobby.

Today's Events

12 Step Center

1:30, Coulter 204. Al-Anon meeting.

4:30 pm, Coulter 204. Please join us for an Open AA Meeting. All 12 Steppers welcome!

Jr. Gathering Multigen

1:30, Balsam 305. Today we have a special presentation prepared by the "Learning the Line" Oak group (middle school age) workshop.

Today's Queries

How does my own value for independence help or hinder my sense of personal and corporate wholeness?

What does respect for self and others have to do with the journey into wholeness?

Reading to Children

1:30, UC Cardinal 214. We read to people of all ages and races/ethnicities from our collection of books about and by people of Color.

Another Chance to Chant

1:30, Coulter 260. Come join three experienced chant leaders to soothe your soul, lift your spirits and heal your heart. The chants are short, repeated and easily learned. All are spirit filled.

QUIP Bookstore Talk

1:30, UC Illusions. Are you a writer, publisher, editor, blogger, songwriter or bookseller? Join Quakers Uniting in Publications members to share experiences in the ministry of the written word.

Gathering of Elders

1:30, Forsyth 114. This is a chance for those called to eldering to meet each other and talk about our experiences.

Meeting for Worship to Lift Concerns for Young Men of Color

3:15, Blue Ridge MultiPurpose Rooms A/B.



Friday, July 10, 2015 & Saturday, July 11, 2015

Today's Events - Continued

Quaker Arts Center Reception

3:15, Quaker Arts Center, First floor of UC. You are invited to share your experiences at this year's Gathering. Meet the artists, share your story and support Fellowship of Quakers in the Arts.

Olney Friends School

3:15, Forsyth 114. Live, learn, work, play in a vibrant Quaker boarding school. For students, parents and people interested in working or volunteering.

Quaker Song-Chants

(Correction from Thursday's Daily Bulletin)

3:15, Coulter Recital Room. Join Paulette Meier in singing "song-chants" from her CD, *Timeless Quaker Wisdom in Plainsong*.

Kites, Wind and Spirit Flying

9:15, Reid Gym (next to Contra Dancing). Come join or watch as we seek wholeness and oneness with our kites indoors after the evening plenary.

Announcements

2016 Gathering T-Shirts

There are a limited number of 2016 Gathering t-shirt for sale in the Bookstore. Help spread the word about the next Gathering. \$16 each.

2015 Gathering T-Shirts

Last chance to pick up your pre-ordered 2015 t-shirt! When the Information Desk closes today at 10 pm, we will be turning them over to the Gathering Office. If mailed, you will be charged postage.

FGC Housing Enquiries

The posted Conference Associate phone number found on dorm bulletin boards is ONLY for WCU Housing emergencies. It is NOT an FGC phone number or info number. Please contact the FGC Info Desk with inquiries.

NC Yearly Meeting Photo

NC Yearly Meeting, Durham Friends Meeting and all affiliated NC Friends group photo. Meet at the fountain at 1:00.

Richmond VA Friends Photo

1 pm, outside Starbucks. All members of Richmond (VA) Friends Meeting meet for a photograph.

Message Board

Please check the message board across from the Info Desk. You might be surprised to find something there for you.

Dining Hall Grace in Song

Join the Soulful Singers at 5:15 (prior to our moment of silence) in singing this mealtime grace:

"As we gather for our food

Let us pause a moment n gratitude."

Celebration for Sally Campbell

All are invited to our celebration of Sally Campbell, who served the FGC Gathering for many years as Access Resources Coordinator and has now retired from that role. There will be refreshments, music, and an opportunity to offer appreciation. Sally will also perform several original songs. 3:30 in Blue Ridge 302.

Lost and Found

Please check at the Info Desk and WCU Guest Services in UC 2nd Floor for your lost items.

Hike on Appalachian Trail

Four mile round trip to Siler Bald. Moderate difficulty. Carpools must drive 45 miles to trailhead. Meet at Info Deck in UC at 1 pm, returning around 7-8 pm.

Tent Campers

There will be a thank you card for our hosts at Full Spectrum Farms waiting at the Info Desk. Please stop by and sign the card.

Announcements - Continued

FGC Updates!

Want to receive news about FGC and the Gathering year round? Sign up for our monthly eNewsletter, *Vital Friends!* Visit <http://bit.ly/fgcupdates>

Public Education & Racial Disparity

Friends who seek resources and connection in support of educational equity, contact Pat Enciso, LEYM, Columbus, OH. 614-596-6972 or email eniso.4@osu.edu

Mental Diversity Peer to Peer

Persons with shared experiences of Mental Diversity meet up and dialogue on a mental health ministry. Receive affirmation and peer supports. Meet from 2:00-3:00 at Starbucks.

Rebuilding Black Churches Effort

Friends, consider joining the Muslim Anti-Racism collaborative's effort to rebuild Black churches that have been torched (Wilma Campbell, NYYM; Josh Paolino, SEYM; Karen Taborn, NYYM). Website: <http://tinyurl.com/q5njzmg>

SATURDAY EVENTS AND DEPARTURE INFORMATION

Closing Worship

9-10 am, UC Grand Room (3rd floor space that has housed the FGC bookstore). Worship under the care of the Gathering Committee. Come close your week of Seeking Wholeness with worship.

Saturday Clean-Up and Bus Assistant

Volunteers needed to check dorm rooms after checkout or help with bus departures. Sign up sheet is in the Gathering Office. Found items will be returned to Philadelphia and held for a month.

Choose One Saturday Lunch Option

- If you asked for a box lunch, pick it up between 7:00 am - 12:00 Noon on Saturday at the McAlisters Kitchen (downstairs) in the Courtyard Dining Hall.
- Pick up the box lunch choice you ordered. Please do NOT pick up a box lunch AND eat a cafeteria lunch on Saturday. There are no special accommodations for people missing more than one meal due to early departure.

High School Check-Out

Parents and sponsors: Please remember to check your high school participant out by 10 am. Parent/sponsor must be present to sign them out. Make sure the room key and card are returned.

General Check-Out Instructions

- Depart by NOON.
- Take your recycling to the bin in the dorm lobby.
- Return card and key to the box labeled *Leave Key and Card Here*. Sign return list on clipboard.
- Return furniture to its original location.
- Leave linen (sheets, towels and blanket) in room.
- Please remove Gathering signage and tape.

Friday, July 10, 2015 & Saturday, July 11, 2015

Departure Shuttles

If you have a reserved seat on a shuttle bus:

- You should have received an email with your confirmed bus time to Asheville airport. The final list is also at the Info Desk.
- The buses will be loading in Lot 1A in front of HF Robinson Administration Building. You must be there at least 15 minutes BEFORE your departure time. If the bus is not yet there when you arrive at Lot 1A, please wait.
- Remember to pick up your box lunch if you signed up for one (see above).
- If you need a golf cart to get to the bus, please check with Golf Cart Central (UC Lobby) to find out if arrangements are still possible.

If your departure time has changed:

You can check with the Info Desk to find out whether a seat is still available on a different bus. Please DO NOT change buses on your own! If you decide not to use your bus seat, PLEASE LET US KNOW at the Info Desk! This process is set up to aid Gathering staff and other travelers.

People who did not reserve a bus seat:

There are a few seats left for sale at the Info Desk until 3 pm today. The price is \$39 for the airport bus and \$39 for the Greensboro bus (no special arrangements possible).

Payment:

If you have not yet paid and would like to use a credit card, please see Susan Lee Barton in the Gathering Office from 9 am - 1 pm and 2-4 pm today.

Hope to see you next year!

**2016 FGC Gathering
July 3 - 9, 2016**

be humble, Be Faithful, Be Bold

**College of Saint Benedict
St. Joseph, Minnesota**