



# OCTOBER

Kennett Friends Meeting Newsletter

125 W Sickle St, Kennett Square, PA 19348 ♦ KennettFriends.org  
610-444-1012 ♦ coordinator@kennettfriends.org

Thursday, Sept. 26	6:00 PM - Coordinator Office Hour with Selina Toedter 7:00 PM - Meeting for Worship for Peace ( <i>see flyer below</i> )
Saturday, Sept. 28	10:00 AM - Workshop with Rev. Rhetta Morgan ( <i>all are welcome – please see flyer below for more information</i> )
Sunday, Sept. 29	9:30 AM - A Quaker Woman: Joan Baez presentation by Barbara Clark ( <i>intergenerational</i> ) 11:00 AM - Meeting for Worship ( <i>childcare will be available</i> ) 12:00 PM - Cake and ice cream to celebrate the Mushroom Festival fundraiser
Monday, Sept. 30	7:00 PM - The Right Way to Eat: a handbook on wholesome food presented by Ray Armat
Thursday, Oct. 3	7:00 PM - Meeting for Worship for Peace ( <i>see flyer below</i> )
Saturday, Oct. 5	8:00 AM - Men's Breakfast at Liberty Place
Sunday, Oct. 6	9:30 AM - Adult Discussion: 8th Query led by Jessie Cocks 11:00 AM - Family Sunday Meeting for Worship ( <i>childcare will be available</i> ) 11:30 AM - Refreshments provided by Laura McKelcan, Margaret Moore, Thomas and Betsy Neville
Thursday, Oct. 10	7:00 PM - Meeting for Worship for Peace ( <i>see flyer below</i> )
Sunday, Oct. 13	9:30 AM - Meeting for Business

	<p>9:30 AM - First Day School (<i>members please get your security clearances so that everyone can assist and/or teach</i>)</p> <p>11:00 AM - Meeting for Worship (<i>childcare will be available</i>)</p>
Thursday, Oct. 17	7:00 PM - Meeting for Worship for Peace ( <i>see flyer below</i> )
Friday, Oct. 18	6:00 PM - Dann Pell performance ( <i>see flyer below</i> )
Saturday, Oct. 19	9:30 AM - Western Quarterly Meeting welcome & coffee, meeting for worship, and 'Happy birthday George Fox' program by Jordan Landes. Buffet lunch served at 11:30 followed by 12:00 meeting for worship with attention to business
Sunday, Oct. 20	<p><i>*Final day for submissions to the November newsletter*</i></p> <p>9:30 AM - Adult Discussion - Jim Nelson will be leading 'Song Sharing.' Please select a song that has meaning for you to share with the group! We will be able to play your choice for everyone to hear.</p> <p>11:00 AM - Meeting for Worship (<i>childcare will be available</i>)</p>
Wednesday, Oct. 23	7:00 PM - Spirituality Book Discussion in-person and on <a href="#">Zoom</a> ( <i>more info below</i> )
Thursday, Oct. 24	7:00 PM - Meeting for Worship for Peace ( <i>see flyer below</i> )
Friday, Oct. 25	10:00 AM - Maceo Davis memorial at KMM ( <i>volunteers needed</i> )
Sunday, Oct. 27	<p>9:30 AM - Adult Discussion: Social Concerns led by Dave Park</p> <p>11:00 AM - Meeting for Worship (<i>childcare will be available</i>)</p>
Thursday, Oct. 31	7:00 PM - Meeting for Worship for Peace ( <i>see flyer below</i> )
Sunday, Nov. 3	<p><i>*Daylight Savings Time ends*</i></p> <p>9:30 AM - Adult Discussion: 9th query led by Irene Mille</p> <p>11:00 AM - Family Sunday Meeting for Worship (<i>childcare will be available</i>)</p> <p>7:00 PM EST - National Zoom Call For Worship</p>

### 10th Query: Witnessing in the World: Ministry of Outreach

- How does our meeting communicate Friends' presence and principles to the wider community?

- How does our meeting join with other faith communities in worship, in spiritual dialogue and in social action?
- What are we doing to invite persons to attend our meetings for worship, to welcome them when they come, to listen sensitively to their needs and hesitations and to encourage their continued attendance?
- How do I share my spiritual life and experience with others?
- Does my life as a Friend attract others to our religious society?
- What opportunities have I taken to worship with people from other religious and cultural backgrounds and work with them on common concerns?



### **Parking fundraiser update**

Thank you for volunteering for our Mushroom Festival Parking Fundraiser. If you haven't heard, we raised a total of \$5,554.46, including \$149.46 from PayPal.

There will be a celebration and time to talk about all the fun we had at the rise of Meeting on Sunday September 29th in the Fellowship Room with plenty of cake and ice cream for everyone. There's going to be enough cake for the whole family!

Having so many volunteers is what made this event successful, so thanks again for your support.

Peace and Love,

Lars Farmer  
(302) 299-2111

**The Right Way to Eat: a handbook on wholesome food presented by Ray Armat**

Ray Armat, Ph.D., a farmer, materials scientist, food packaging engineer and former NASA grantee, was recently invited to present his findings on mental health, brain-body balance and neuroendocrine channels, curbing bad habits, depression, anxiety and addictions, plus independent science of nutrition, in a large Amish Homesteading event (pictured) and several Pennsylvania Rotary Clubs.



His books are now available to the public (please see book previews below) and he will be reviewing his books on Monday, September 30 at 7 pm at the Kennett Meetinghouse for those interested in learning more about health. Please RSVP to Rita via email [ritadf40@hotmail.com](mailto:ritadf40@hotmail.com) as light refreshments will be served.

In friendship,  
Rita Funchion Armat  
408-827-5985 (text/phone)

**Child Care Provider job opening**

Kennett Monthly Meeting is seeking to hire someone who is wonderful, gentle, protective, caring, and kind with kids to provide consistent, reliable care to the children

of Kennett Meeting on Sundays from 9:30am-12noon. Additional availability for special events is a plus.

Need not be a Quaker, and no teaching is required—just providing safety, care, fun activities, and supervision for KMM kids when they are not with their parents/guardians.

Please send your resume and any questions to Selina Toedter at [coordinator@kennettfriends.org](mailto:coordinator@kennettfriends.org) to apply.

### **Spirituality Book Discussion from Barbara A.W. Clarke, AIA**

Spirituality Group will meet on October 23 (the fourth Wednesday) at 7:00 PM.

We will consider seven sayings in the Gospel of Thomas (88-95). Plus we will continue with *Wisdom's Daughters: Stories of Women around Jesus* by Elizabeth G Watson. For October, the focus will be on the final two chapters, thirteen and fourteen, Mary of Bethany and Mary the Mother. There are comments and reflections at the end of each chapter which we will review and discuss. Come prepared or ready to listen and share. Please join, all are welcome!

We will gather around the big screen to include Zoom participants.

<https://us02web.zoom.us/j/86739314909?pwd=QnJmUWxWQ2ZPVzRkQ3M2YklDRWp2QT09>

Meeting ID: 867 3931 4909 - Passcode: 391875

### **Pendle Hill Democracy Lecture**

KMM's own Irene Miller recently completed a translation of Wilhelm Sollman's 1948 article on Germany's post-war democracy.

Drawing on Irene's translation, [First Monday Lecture "Towards a Just Democracy: Spiritual Grounding and Principled Action"](#) will be held November 4th, 7:30pm-9pm in-person and via Zoom. Dinner is available before the lecture (Irene is looking for a ride if anyone is planning to attend the dinner and lecture in person – please reach out to her directly if you are open to carpooling).

Free to the public! Registration required for both Zoom and on-campus participation.

**Flyers and further info**

## About the Author and the Book

Humans are the only species that regularly eat what is bad for them and makes them sick. In contrast, wild animals are selective in what they eat and do not suffer from the chronic diseases and cancers suffered by humans, pets and zoo animals raised on processed food. Even wild bears with all that body fat live healthy lives without any diabetes medication! Today, humans with access to processed food and expensive medicines live about 25% of their lives with pain, disease and declining energy (vitality). In the US, we spend 20-25% of our GDP on treating the sick.

Good food is essential for nourishing our guts, otherwise known as our "second brain" because they are innervated by the second largest neural network in the body (after our brain). Our intestines also host the largest bacterial colony in the body, which produce modulators of our immune system, mood, digestion and metabolism. Yet, much of the food we eat today ravages our digestive tract instead of nourishing it because food is now a profitable commodity carefully designed, denatured and marketed to maximize corporate profits and not its metabolic contribution to our body.

Ray Armat, Ph.D., a graduate of University of Michigan and Case Western Reserve University, is a polymath, food packaging expert and former NASA grantee who shares with us his own unbiased research about food metabolism. As a farmer scientist, he offers simple dietary principles and rules of thumb for eating well, plus little-disclosed facts about eggs, dairy, fruits, meat, gluten and detox protocols. Visit [RayArmat.com](http://RayArmat.com) for his other writings.

RAY ARMAT, Ph.D.

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A Handbook About Wholesome  
Food

### About the Author and the Book

Humans are the only organisms on this planet that knowingly do what is bad for them, their families, their habitats and their species. Most humans today have no idea why they struggle with giving up bad habits and why they walk on a very fine line between depression and addiction, anxiety and recklessness, fatigue and burnout. Why are we so prone to blindspots, self-delusions and fooling ourselves?

Today, human brains have invented expensive tools to diagnose diseases, and costly crutches to patch us up. Yet few humans realize it is these very same imaginative brains that are causing trouble because they have hijacked our body's immune system and metabolism. As clearly explained in the book, this unique hard-to-balance metabolism (energy budgeting) is the root of most psychological and physical disorders in humans. Today, humans suffer mostly from abuse and deception by their own brains, and fight their most formidable battles inside their brains. Yet most of us know more about our phones, apps, games, pets, homes, cars and jobs than about our own brain and body, and how they communicate, or get burned out, together.

A graduate of University of Michigan and Case Western Reserve University, Ray Armat, Ph.D., is a polymath (farmer, materials scientist, chemical engineer, former NASA grantee) with years of interdisciplinary teaching and research experience in balancing industrial product formulas. Once he realized his own body and mind were imbalanced, he walked away from a lucrative corporate career to learn more about the feedback loops connecting the human brain and body, habits, behaviors and diseases. What he has found and shared in this book is essential knowledge needed to maintain mental and physical health but often not taught in high schools and colleges. As a humble philosopher scientist, storyteller, farmer and educator, he uses simple language to explain how our body and brain communicate, and how certain neurochemical soups make our brains prone to metabolic imbalance, self-delusion, addictions and bad habits. Visit [RayArmat.com](http://RayArmat.com) and his Substack accounts for more of his writings about health, nutrition, philosophy, history and farming.

THE **ROGUE** BRAIN

RAY ARMAT, Ph.D.

## The **ROGUE** Brain



Understanding the Unruly Mind Behind  
Our Bad Habits, Anxieties, Diseases and  
Blind Spots

RAY ARMAT

# DAN PELL



KENNETT FRIENDS MEETING  
OCTOBER 18 - 6 PM

Singer-songwriter and fingerstyle guitarist from  
Lancaster County making meditative folk music



Free to the public  
more information at  
[kennettfriends.org](http://kennettfriends.org)



# SEEKING MY INNER LIGHT

## Continued with Reverend Rhetta Morgan

**Kennett Friends Meeting**

125 W Sickle Street  
Kennett Square, PA

**CONTACT**

Jessie Cocks  
jessiecocks@gmail.com  
484.888.6966

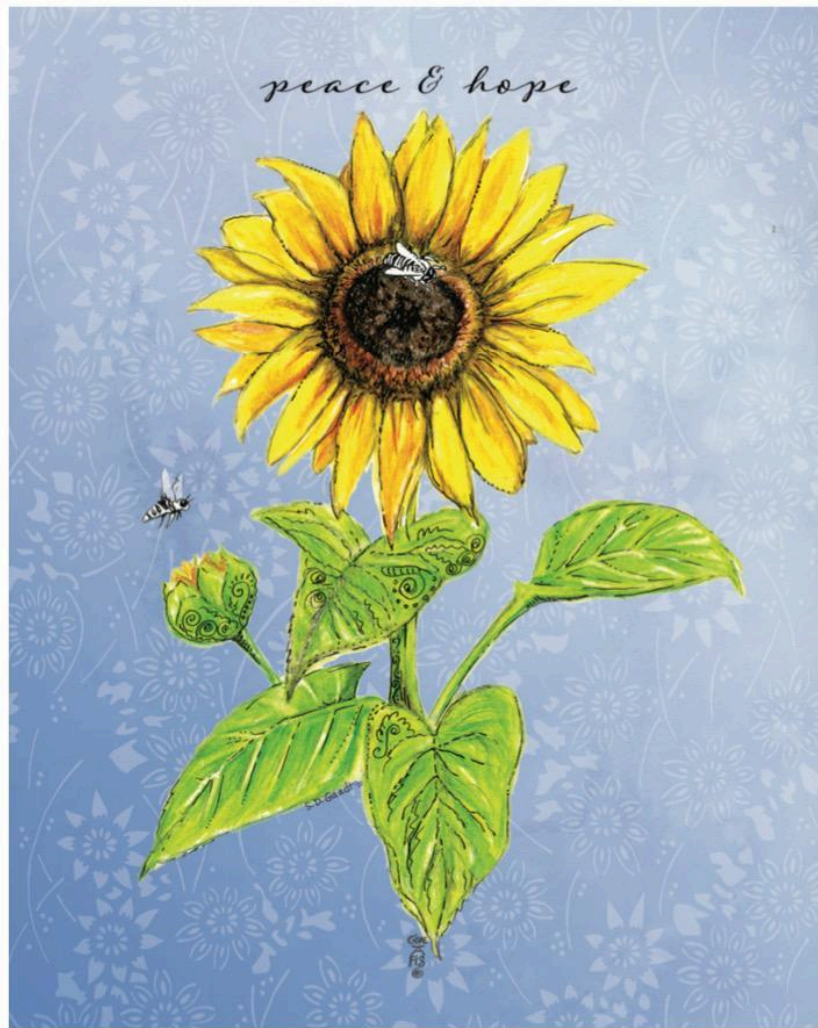
**Saturday,  
September 28  
10am-2pm  
FREE  
Please RSVP**

**Revisit** journeying to your inner light with fellow seekers. We invite you to come with an open heart and mind for a half day tune up since our retreat.

**Meet Reverend Rhetta Morgan**

And <http://reverendrhetta.com/>

**BROWN BAG Lunch**  
Coffee, tea & water provided



# KENNETT FRIENDS MEETING

**7PM every Thursday**

125 W Sickle Street  
Kennett Square, PA 19348  
7-8PM  
KennettFriends.org

The Worship Room at Kennett Friends Meeting will be open from 7-8PM for a Community gathering for Meeting for Worship for Peace in the manner of Friends.

Come join us in shared time together for reflection on peace for the world community, aligning with a higher consciousness for the greater good.

Image used with permission from artist, Suzanne Gaadt.

She's donating all profits from sales of this fine-art print available at <https://gaadt.com>.  
Order by 3/25/22

Thank you for reading the newsletter! If you have anything you would like included in future newsletters, please call, text, email, or grab coffee with Selina Toedter at

484-631-5028 and [coordinator@kennettfriends.org](mailto:coordinator@kennettfriends.org)

"To begin, begin." – William Wordsworth

