

MARCH 2023 ^ VOL. 1 ISSUE 1

TRENTON FRIENDS NEWSLETTER

News and Updates for Friends and friends in our community



OTHER STORIES IN THIS ISSUE:

EVENTS AND
ACTIVITIES PP. 2, 3
CALENDAR P. 4

Introduction

Greetings. We hope to issue this newsletter on a monthly basis. It is expected that with this newsletter we can keep informed of what has recently happened and what is upcoming . Comments and suggestions to trentonquakers@gmail.com are welcome.

Be sure to keep even more up to date by visiting our website trentonquakers.org.

In Peace and Light,
The Communications Committee

ANDY MILLS VISITS

On March 5 at 11:30 our long time member Andrew (Andy) Mills joined us in conversation with us about his newest book, "Reporting For Duty: My Urgency for Justice and Peace". Just published, the book is a memoir of his long and active life in service to his Quaker values. Beyond a memoir, the book has history and analysis of situations and events that enlightened us, and it carries the message of encouragement to us all to join the struggle.

EGG HUNT ON APRIL 1

Religious Education Committee and the First Day School teachers have been creating regularly occurring events at the Meetinghouse for children and families from our community. On April 1 we will have the annual spring Egg Hunt. There will be lots of activities to go along with the hunt for eggs hidden around the Meetinghouse grounds - and food and snacks too.



Trenton Friends Meeting

Children's Egg Hunt

**Come to the Trenton Friends
Meetinghouse for our free
outdoor Egg Hunt!**

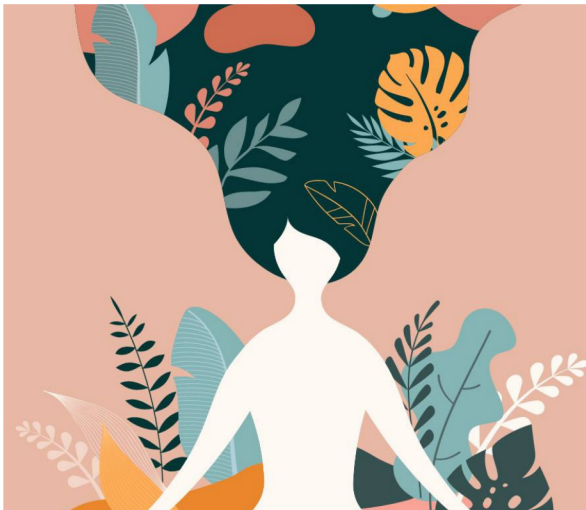
**Saturday April 1
1 to 3 pm**

**Families and children of all
ages welcome.
Snacks and games and FUN**

**trentonquakers@gmail.com
609-278-4551**

142 E Hanover St

MINDFULNESS MEDITATION



Learn and practice meditation with certified lovingkindness and mindfulness instructor, Djenaba Figueroa. Please arrive early.

Saturday, March 11th , 10 - 11 am

Trenton Friends Meeting House
142 E Hanover Street, Trenton, NJ
Every 2nd Saturday

Sponsored by T.R.I.B.E. and
Freestyle with Djenaba

Welcome to the Mindful Community! We are excited to provide a safe space for you to relax, breathe, and embody mindful awareness.

Register for this free event here: <https://bit.ly/3J9V1tv>

During the first 15 minutes, Djenaba Figueroa will lead you on a guided meditation and then transition into a period of silent meditation accompanied by soothing sitting music to help calm your mind, body, and spirit.

You must arrive early for this practice.

Regular meditation can bring you peace, healing, and joy and gathering as a "mindful community" can transform our work as we build a better environment in our homes, workplaces and communities. You are welcome to bring resources for sharing.

Come settle into a peaceful journey and allow yourself to just BE.

Please bring a friend.

Djenaba is a mindfulness instructor and seasoned practitioner, and has made it her mission to help others achieve a greater sense of awareness, serenity and self-love in their lives. She is certified and educated in Mindfulness and Lovingkindness Meditation by The Path and the Interdependence Project based in the heart of New York City, and has trained for years under gurus and Buddhist healers in the ways of self-growth through meditation across the Tri-State area.

Several years ago, she launched the Trenton Rebuilding Initiative for a Better Environment (T.R.I.B.E.), which establishes measurable solutions to address inequalities in urban communities. TRIBE works behind the scenes, to create and support sustainable collaborative projects that engage community members, increase revenue and strengthen existing programs and services.

Our vision: to improve the health and wellness of our people.

If you would like to join TRIBE as a partner, sponsor or member, please email djenabafigueroa@gmail.com.

Thank you Trenton Meeting of Friends (Quakers) for use of the space. Your partnership and friendship has been immeasurable.

Trenton Quakers

Thu Mar 9, 2023

6pm - 7pm Monthly OTN Residents Meeting

Where: 10 Wood street

Fri Mar 10, 2023

4:30pm - 6pm Property & Funds Committee

Where: Zoom

Sat Mar 11, 2023

9am - 12:30pm PYM Spring Continuing Sessions

10am - 11am Mindfulness with Djenaba

Where: Trenton Monthly Meeting 142 E Hanover St, Trenton, NJ 08608, United States

Sun Mar 12, 2023

9am - 10am Meeting for Worship with Attention to Business

Where: Trenton Monthly Meeting, 142 E Hanover St, Trenton, NJ 08608, USA

10am - 11am Meeting for Worship

Where: Trenton Monthly Meeting, 142 E Hanover St, Trenton, NJ 08608, USA

Sun Mar 19, 2023

10am - 11am Meeting for Worship

Where: Trenton Monthly Meeting, 142 E Hanover St, Trenton, NJ 08608, USA

10am - 1pm Quarterly Mtg

Where: Mount Holly Friends Meeting 81 High St, Mount Holly, NJ 08060, United States

Sat Mar 25, 2023

9am - 4pm BLM Spaghetti prep and distro

Where: Trenton Meeting of Friends, 142 E Hanover St, Trenton, NJ 08608, USA

Sun Mar 26, 2023

9am - 10am Religious Education Committee

Where: Trenton Meeting of Friends, 142 E Hanover St, Trenton, NJ 08608, USA

10am - 11am Meeting for Worship

Where: Trenton Monthly Meeting, 142 E Hanover St, Trenton, NJ 08608, USA

11:30am - 12:30pm Peace and Social Concerns Committee

Where: Trenton Monthly Meeting, 142 E Hanover St, Trenton, NJ 08608, USA

Sat Apr 1, 2023

1pm - 3pm Children and Family Egg Hunt

Sun Apr 2, 2023

10am - 11am Meeting for Worship

Where: Trenton Monthly Meeting, 142 E Hanover St, Trenton, NJ 08608, USA

11:30am - 12:30pm Adult Forum

Where: Trenton Meeting of Friends, 142 E Hanover St, Trenton, NJ 08608, USA