



Weekly Calendar

Friends Meeting at Cambridge

March 15 through March 24, 2024 (one week)

Go to our website at fmcquaker.org for an online version of this Weekly Calendar and much, much more!

There will be limited access to the Friends Center from Tuesday, 3/19 through Friday, 3/22 due to flooring work to be done in the foyer. [Click here for more details.](#)

Check for weather-related cancellations of on-site FMC activities at fmcquaker.org or by listening to the recorded message at 617-876-6883.

WE ARE HIRING!

FMC is seeking two childcare providers on Sundays from 9:00am-1:00pm. [Click here](#) for information about these positions, open until filled.

DATE	EVENT
Fri 15 5:00–6:00pm	Let's Talk! The Conversation Pit (Open Zoom). To participate, click this link or provide the meeting ID 783 475 1861 and passcode 1652 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact Cornelia Parkes at conversationpit@fmcquaker.org
Sun 17 9:15–10:15am	Forum (Parlor / Zoom). "To Know One Another in That Which is Eternal": A Journey of Spiritual Direction and Friendship" with Alex Kern. To participate using Zoom, click this link or provide the meeting ID 873 2175 9327 and passcode 537370 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact George Campbell / Jan Nisenbaum at forum@fmcquaker.org
10:30–11:30am	Sunday Morning Meeting for Worship (Meetinghouse / Open Zoom). To participate using Zoom, click this link or provide the meeting ID 783 475 1861 and passcode 1652 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact Jan Nisenbaum at careofworship@fmcquaker.org
10:30–11:45am	First Day School (FDS Rooms). Children join their families for the first 15 minutes of Meeting for Worship, and then follow the First Day School banner to their own program at 10:45am. Contact Zoe Zurad at youthministries@fmcquaker.org
10:45–11:45am	Meeting for Worship Outside Raytheon (In-Person, Off Site). Limited carpools leave FMC at 10:30 am. Contact John Bach at bolder@fmcquaker.org
11:45a–12:15p	Fellowship with Refreshments (On-Site). Enjoy conversation with simple refreshments served either in the Friends Room (mask optional) or outdoors (weather permitting). Contact Holly Lapp / Amanda Marcus / Caren Seagraves at refreshments@fmcquaker.org
12:00–12:30pm	Afterthoughts (Parlor / Zoom). Most Sundays there is an informal time for conversation on this Zoom link after the end of Afterthoughts. To participate using Zoom, click this link or provide the meeting ID 873 2175 9327 and passcode 537370 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact Sandy Sweetnam at afterthoughts@fmcquaker.org

Sun 17	12:15– 1:15pm	Simple Lunch (Friends Room). A \$6-7 donation is requested to cover the cost of the vegan soup, salad and bread provided, but you are invited regardless of whether you can contribute money. Contact Tom Sander / Alasdair Post-Quinn at simplelunch@fmcquaker.org
	1:15– 2:15pm	Bounty Film and Discussion (On-Site). Watch a short (9 minute) film <i>Bounty</i> about a visit by Penobscot Nation parents and their children to the old Massachusetts State House where orders to eliminate their people were signed. FORJ will lead a brief discussion after the film. Recommended for all, including families with children 10 or older. This same event will also be scheduled on Zoom on a weekday evening later. Contact Friends for Racial Justice Committee at forj@fmcquaker.org
	4:30– 6:00pm	Prison Fellowship (Zoom). To participate, click this link or provide the meeting ID 836 6893 0642 and passcode 245444 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact Sandy Sweetnam / Michael Carey at prisons@fmcquaker.org
	5:45– 6:45pm	Sunday Evening Meeting for Worship (Parlor). You are invited to attend this meeting for worship before the Young Adult Friends monthly on-site potluck in March. Contact Walker Bristol / MaryGrace Menner at yafs@fmcquaker.org
	6:00– 8:00pm	Fellowship & Outreach Committee (F&O) (Zoom). All are welcome to join us on Zoom as we consider initiatives and projects for the coming months. To participate, click this link or provide the meeting ID 837 8011 9360 and passcode 071398 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact Holly Lapp at fellowship@fmcquaker.org
	7:00– 9:00pm	Young Adult Friends Potluck Supper (Friends Room). All those 18-35ish are invited to this potluck dinner at FMC. Bring food to share if you would like, but please join us even if you do not bring a dish. After dinner we will spend time getting to know each other and talking about things we would like to do together. Contact MaryGrace Menner / Walker Bristol at yafs@fmcquaker.org with your questions and/or your ideas for future events and/or to be added to the Young Adult Friends Google Group.
Mon 18	1:30– 3:30pm	Blue Sky Group (Parlor / Zoom). Contact Jennifer Hogue at blueskygroup@fmcquaker.org
	6:30– 8:00pm	Stone of Hope Drumming Circle (Meetinghouse). Contact Minga Claggett-Borne / Daniel Fitzmartin at stone-of-hope@fmcquaker.org
	7:00– 8:30pm	Read Aloud Book Group on Quaker Eldering (Zoom). To participate, click this link or provide the meeting ID 890 9875 0878 and passcode 732166 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact Sarah Allen / Cornelia Parkes at elderingbook@fmcquaker.org
Tues 19	5:30– 7:00pm	Disability & Accessibility Awareness & Coordination Group (Zoom). Email Ariel Maddocks at thedaac@fmcquaker.org for meeting information.
	6:45– 9:00pm	Ministry & Counsel Committee (M&C) (Zoom). Email Sandy Sweetnam / Katy Cullinan at ministry@fmcquaker.org for meeting information.
Wed 20	8:30– 10:00am	Wednesday Morning Meeting for Worship (On-Site / Open Zoom). To participate using Zoom, click this link or provide the meeting ID 783 475 1861 and passcode 1652 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact Jonathan Vogel-Borne / Sara Sue Pennell at midweek@fmcquaker.org
	12:00– 1:00pm	Zoom Tech Hosting Group (Open Zoom). To participate, click this link or provide the meeting ID 783 475 1861 and passcode 1652 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact Holly Lapp at zoomtech@fmcquaker.org

Wed 20	5:00– 6:00pm	Let's Talk! The Conversation Pit (Open Zoom). To participate, click this link or provide the meeting ID 783 475 1861 and passcode 1652 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact Cornelia Parkes at conversationpit@fmcquaker.org
	6:30– 8:00pm	Community, Ministry, and Technology Group (Zoom). Email Leo Bray / Cornelia Parkes at cmt@fmcquaker.org for meeting information.
Thu 21	6:30– 7:30pm	Newcomers and Seekers (Open Zoom). Join us for an evening virtual gathering with long-time Friends from our community as well as others newer to the meeting who are exploring Quakerism and finding out more about our community. Stay until 8:00 pm if you want to dive deeper into the topics discussed or ask additional questions. To participate, click this link or provide the meeting ID 783 475 1861 and passcode 1652 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact Sarah Allen / Daniel Fitzmartin at newcomers@fmcquaker.org
	7:00– 9:00pm	Fundraising Committee (Zoom). Email Ariel Maddocks / Tom Sander at fundraising@fmcquaker.org for meeting information.
Fri 22	5:00– 6:00pm	Let's Talk! The Conversation Pit (Open Zoom). To participate, click this link or provide the meeting ID 783 475 1861 and passcode 1652 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact Cornelia Parkes at conversationpit@fmcquaker.org
Sat 23	6:00– 8:00pm	SciFi-Fantasy Reading Aloud (Zoom). To participate, click this link or provide the meeting ID 335 209 895 and passcode 398431 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact Jonathan Gilbert / Betsy Roper at scififantasy@fmcquaker.org
Sun 24	9:15– 10:15am	Forum (Parlor / Zoom). "My Personal Spiritual Journey" with Jessica Ronalds. To participate using Zoom, click this link or provide the meeting ID 873 2175 9327 and passcode 537370 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact George Campbell / Jan Nisenbaum at forum@fmcquaker.org
	10:30– 11:30am	Third Visioning Exploration of Worship (Meetinghouse or Open Zoom). An on-site Meeting for Worship will be held in the Meetinghouse at 10:30 am with microphones and a speaker to help amplify messages. A separate Meeting for Worship will be held on Open Zoom at 10:30 am. Hybrid Forum and Afterthoughts will happen as usual in the Parlor. There will be an opportunity to give feedback at the rise of worship in both venues. Come experiment with us and see how Spirit is moving. Contact the Visioning Group at visioning@fmcquaker.org with feedback. To participate using Zoom, click this link or provide the meeting ID 783 475 1861 and passcode 1652 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact Cynthia Knowles on-site / Wendy Sanford on Zoom only at careofworship@fmcquaker.org
	10:30– 11:45am	First Day School (FDS Rooms). Children join their families for the first 15 minutes of Meeting for Worship, and then follow the First Day School banner to their own program at 10:45am. Contact Zoe Zurad at youthministries@fmcquaker.org
	11:45am –1:00pm	Fellowship with Refreshments (On-Site). Enjoy conversation with simple refreshments served either in the Friends Room (mask optional) or outdoors (weather permitting). Contact Holly Lapp / Amanda Marcus / Caren Seagraves at refreshments@fmcquaker.org
	12:00– 12:30pm	Afterthoughts (Parlor / Zoom). Most Sundays there is an informal time for conversation on this Zoom link after the end of Afterthoughts. To participate using Zoom, click this link or provide the meeting ID 873 2175 9327 and passcode 537370 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact Jessica Ronalds at afterthoughts@fmcquaker.org

Sun 24	12:45- 2:00pm	What Are We Going to Do about Gaza? (Friends Room / Open Zoom). We will gather to share recent updates and discuss upcoming local demonstrations or actions we might join as a group. You are invited to bring a brown bag lunch if you wish. To participate using Zoom, click this link or provide the meeting ID 783 475 1861 and passcode 1652 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact Skip Schiel / Don Gianniny / Dinah Starr / Sarah Allen at gaza@fmcquaker.org
Sun 24 and Thu 28	7:00- 8:30pm	Bequest Survey Results Discussion (Open Zoom). The Bequest Process Discernment Group invites all in the FMC community to Zoom-only sessions to learn the results of the recent survey regarding use of the generous bequest from Marilee Wheeler. We currently have two sessions scheduled--7:00--8:30 on Sunday March 24 and Thursday March 28, which will include reading out aloud a short summary of findings. To participate, click this link or provide the meeting ID 783 475 1861 and passcode 1652 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. If you wish to participate in a walk-through of the survey results but cannot attend either of these sessions, please contact the group at bequest@fmcquaker.org so we can determine a time or times for additional sessions.

SAVE THE DATE

Mon 25	7:00— 9:00pm	New Story Group (Zoom). March's theme is "Soil, Air, and Water- Spiritual Elements" inspired by the documentary <i>Regenerating Life</i> by John Feldman. Come at 6:30pm for fellowship. Newcomers are always welcome. To participate, click this link or provide the Meeting ID 875 6881 1869 and passcode 101225 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact Cornelia Parkes at new-story@fmcquaker.org
Fri 29	8:30am- 10:30am	Good Friday Witness for Peace and Justice (Off-Site). This drop-in Meeting for Worship will begin outdoors (rain or shine) on the Boston Common near the Visitor's Center at 139 Tremont St. at 8:30am this year. At 10:00am the worship will proceed to Beacon Hill Friends House (BHFH) at 6-8 Chestnut Street in Boston for closing. After closing, all are invited to share a brunch together provided by Beacon Hill Friends House staff. Contact Don Gianniny / Michael Carey at peace@fmcquaker.org .
Sun 31	9:30— 10:15am	Make a Joyful Noise! Alleluia! – Singing Together (Friends Room / Zoom). We will not have a forum on Easter Sunday. Instead, you are invited to a sing in the Friends Room, using Worship in Song (the green Quaker hymnal)—harmony welcome! The event will be hybrid, but on Zoom you will need to stay muted and sing at home or listen to those gathered in the Friends Room. Bring a hymnal if you have one. To participate using Zoom, click this link or provide the meeting ID 873 2175 9327 and passcode 537370 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. NOTE: If you would prefer early silent worship, you are welcome to worship informally in the Meetinghouse or on the Open Zoom channel. Contact Sandy Sweetnam at singing@fmcquaker.org .
Sun 31	11:45a- 12:15p	First Day School Easter Egg Hunt (Garden). More details to come. Contact Beth Fuller at fds-youthprograms@fmcquaker.org
Sun 31	11:45a- 12:30p	LGBTQ+ Book Swap (Friends Room). March 31st is the International Transgender Day of Visibility (TDOV). This year we will be hosting an LGBTQ+ book swap at FMC in honor of TDOV. Please bring any books on LGBTQ+ themes that you are ready to part with, for community members to take! If you would like to drop them off before 3/31, please place them in the designated book box in the front hall of the Friends Center. All extra books at the end will be donated to More than Words . Stop by the table to learn about the new LGBTQ Affinity Group that is being organized. Click here for transgender info and resources from GLAAD (a non-profit a non-profit organization focused on LGBTQ advocacy and cultural change). Contact Charlie Silberstein / Leo Bray at lgbtq@fmcquaker.org .

Sun 4/7, 4/14, 5/5 and 5/19	12:15- 1:15pm	Simple Lunch (Friends Room). A \$6-7 donation is requested to cover the cost of the vegan soup, salad and bread provided, but you are invited regardless of whether you can contribute money. Contact Tom Sander / David Smith / Alasdair Post-Quinn at simplelunch@fmcquaker.org
Sun 4/7	1:15- 2:30pm	Presentation by Katherine Power, Prison Advocate (Parlor / Open Zoom). Katherine is the author of <i>Surrender: My Journey from Guerilla to Grandmother</i> . She will share her experience as a practical peacemaker and her history as a student activist, anti-war guerilla in the Vietnam era, fugitive, and prisoner. To participate using Zoom, click this link or provide the meeting ID 783 475 1861 and passcode 1652 (if requested) on Zoom.com , the Zoom app, or after calling 1-646-558-8656. Contact Sandy Sweetnam at prisons@fmcquaker.org
Fri dinner 4/26- Sun lunch 4/28		Women's Silent Retreat (Off-Site at Glastonbury Abbey in Hingham, MA). Registration opens March 30 and closes when filled or on April 14. Come to a weekend of reflection and fellowship. Open to any who identify as women or are non-binary. We begin and close with circles where we share our struggles and hopes. In between, in silence, we eat together, worship, knit or grade papers. Cost is \$180 (scholarships available). There is carpooling. Participation is limited to 15. More information to come. Contact Sandy Sweetnam at womens-retreat@fmcquaker.org

WIDER QUAKER WORLD

Tuesdays	8:30-9:00am	Prayer for Peace sponsored by the Friends World Committee for Consultation (FWCC) Europe and Middle East Section (Zoom). Free. Register here . Sponsored by FWCC .
Thursdays	5:30-6:30pm	Meeting for Worship with Attention to Peace in Palestine and Israel (Zoom). Free. Register here . Sponsored by American Friends Service Committee .
Fridays	12:00-1:00pm	Action Hour for a Cease-fire Now (Zoom). Free. Register here . Sponsored by American Friends Service Committee .
Sat, 3/16	12:00-5:30pm	Friends World Committee for Consultation (FWCC) Section of the Americas Meeting (Zoom). Theme: "Living the Spirit of Ubuntu: Responding with hope to God's call to cherish creation and one another." Schedule and advance documents here . Free. Part-time attendance ok. Register here . Sponsored by FWCC Section of the Americas .
Sat, 3/16	4:00-6:00pm	"Roots of Injustice, Seeds of Change: Toward Right Relationship with Native Peoples" (Zoom). \$20-50 requested, \$5 minimum. Register here . Sponsored by Toward Right Relationship with Native Peoples as part of Friends Peace Teams .
(Ongoing) Mondays 3/18- 4/1	7:30-9:00pm	A Quaker Way of Living with Dying eRetreat (Zoom). Through contemplation and community, we uncover the wisdom inherent in life's transitions, guiding us to embrace each moment with clarity and purpose. Includes weekly readings, queries, resources, and activities as well as the weekly community building calls. \$45 pay-as-led. Register here . Sponsored by Friends General Conference .

Wed, 3/27 7:30-8:30pm	Midweek Experiment in Faithfulness: Moving from Blame to Accountability (Reconciliation Leadership II) with Virginia Swain . (Off-Site at Beacon Hill Friends House / Zoom). Free. Register here . Sponsored by Beacon Hill Friends House
Sat, 3/30 9:30a-2:30p	A Day of Extended Worship—Yielding to the Power of the Living Seed (Mt. Toby Friends Meeting, Leverett, MA). 9:30am-12:30pm – Extended Worship. 12:30pm-1:15pm – Brown bag lunch and break. 1:15pm-2:30pm - Worship-sharing about our morning experiences. Part-time attendance ok. Inquire about carpooling and overnight hospitality. Sponsored by Mount Toby Friends Meeting
Wed, 4/3 7:30-8:30pm	Midweek Experiment in Faithfulness: Readers’ Theater: Howard (Thurman) and Rufus (Jones) with Welling Hall (Zoom). Free. Register here . Sponsored by Beacon Hill Friends House
Thu 4/4— Sun 4/7 Registration closes 4/1	Quakers in Pastoral Care & Counseling 2024 Annual Conference (Quaker Hill Conference Center, Richmond, IN / Zoom). Theme: “What Sustains Us: Working in the Light.” \$60 for online participants. Click here for more information and registration info. Sponsored by Quakers in Pastoral Care & Counseling
Sat, 4/6 10:00a-4:00p	New England Yearly Meeting Living Faith Gathering (Friends Academy, North Dartmouth, MA). There will be a morning program/worship, locally catered lunch, free time, and various afternoon workshops and lots of time for connecting with Friends starting at 9:00am. There will also be an optional Saturday potluck dinner opportunity with New Bedford Monthly Meeting. Pay-as-led. Get details about the plans and workshops and register here . Sponsored by New England Yearly Meeting .
Thu, 4/11 10:00-11:30am	End of Life Drop-In Reflection Group (Zoom). This month the group will have a time of open sharing. This New England Yearly Meeting (NEYM) group, facilitated by Patti Muldoon (NEYM’s Aging Resources Consultation and Help (ARCH) Coordinator), meets monthly on 2 nd Thursdays to give participants a chance to explore spiritual, emotional, and practical aspects of facing our final days. Free. Register here . Sponsored by NEYM ARCH .
Fri, 4/12 – Sun 4/14 Register by 4/10	Encountering Spirit Online Retreat (Zoom). This retreat will be a deepening event, a weekend for sharing together the experience of being in community with God and for exploring the Quaker understanding of Encounter. There will be structured offerings, intentional offscreen time and part of the agenda will be planned each day by the participants. \$75-\$125 sliding scale with work grants available. Click here for more info and here to register. Sponsored by Friends General Conference .

Reminders

To see the up-to-date calendar of FMC events with full descriptions go to our website [calendar](#).

The deadline for the next FMC Weekly Calendar is Monday, March 18 at 11:59pm. This next issue will cover events taking place from **Friday, March 22 through Sunday, March 31 (one week)**. Please send your announcement to publications@fmcquaker.org.

To request an event (Zoom, on-site or hybrid), email scheduling@fmcquaker.org.

To request an FMC meeting on your Zoom account, please include the Zoom link.

PERSONAL NEWS

[Blue Sky Bits - Issue 1 \(3/7/24\)](#). Read bits about members **MaryGrace Menner** and **David L. Myers**.

Longtime FMC member [Bruce Steiner died February 8, 2024](#).

Ruthanna Kern is performing in her last high school play on Saturday, March 16 at 2pm. It is entitled *Digging Up Dessa* by Laura Schellhardt. [Click here for details](#).

Katy Cullinan recently visited Yani and Leo Bray's newly built thatched Mayan house in Cozumel, Mexico. [Click here](#) to read her article and see lots of pictures of their house, Yani and their dog Brady.

On Saturday, March 17, from 4:00-6:00pm, **Rachel Goodwin**, pianist and Artistic Director of Convergence Ensemble, joins singer and actor Davron Monroe in performing African American Art Songs and Spirituals along with poetry and prose by literary performer and poet Regie Gibson at the First Baptist Church, 401 Ashmont St., Dorchester. Donations welcomed in lieu of ticket fees. [Click here](#) for more info.

On Saturday, March 24th at 4:00 pm, [Amy and Clara Greene](#) will be performing with the [Family Folk Chorale](#). They will be singing the music of Brandi Carlile which is a vibrant mix of fun, depth, and soul. The performance takes place at the Arlington Town Hall, 730 Massachusetts Ave., Arlington, MA. Tickets \$18/adult, \$14 kids/seniors. Tickets [here](#).

Longtime FMC attender [David Bonner](#) died November 10, 2023. His memorial will be Saturday, May 18 at 2:00pm at FMC followed by an on-site reception.

Longtime FMC member [Ian Harrington](#) died December 24, 2023.

ANNOUNCEMENTS

There will be limited access to the Friends Center from Tuesday, 3/19 through Friday, 3/22 due to flooring work to be done in the foyer. [Click here for more details](#).

[Be a volunteer!](#) See all the opportunities for service to the FMC community.

Please wear slippers at FMC (or shoes with clean, dry soles) on wet and salty/snowy days to protect our floors and rugs. Slippers are available to borrow.

From the Blue Sky Group: We Are Seeking Eldering Volunteers for Our Meetings and Events. Each time we meet, the Blue Sky Group would like to have at least one seasoned elder to join us to hold us and our work in prayer and help us to remain centered in Spirit. We would also welcome 1-2 other visitors at each meeting who are curious about eldering. We are reserving one of those spaces for a Young Adult Friend. If you would like to join us, please sign up using the following link: <https://signup.com/go/xZRnNH>. We look forward to your presence! Learn more about the Blue Sky Group [here](#) and/or contact them at any time with your ideas, feedback, and concerns at blueskygroup@fmcquaker.org

New Meetinghouse storm windows have been installed. For safety reasons, please DO NOT adjust the partially open storm windows.

We gratefully accept donations [on-line here](#).

[Click this link](#) to see additional community announcements. Scroll down the right-hand column.

Friends Meeting at Cambridge 5 Longfellow Park Cambridge MA 02138-4816 www.fmcquaker.org 617-876-6883 Office Manager: Amy Mercure office@fmcquaker.org 617-876-6883	Blue Sky Group TylaAnn Burger Jennifer Hogue MaryGrace Menner David L. Myers Tanzania Roach Gail Rogers Betsy Roper Tom Sander Eva Whittaker blueskygroup@fmcquaker.org Treasurer: Jane Jackson Assistant Treasurers: TylaAnn Burger Mark Webster treasurer@fmcquaker.org	Staff and Administrative Manager Lauren Mawe 617-876-1868 adminmanager@fmcquaker.org Youth Ministries and Education Coordinator Zoe Zurad 413-251-6512 youthministries@fmcquaker.org Maintenance Manager Alasdair Post-Quinn 617-354-3383 maintenance@fmcquaker.org
To publish an announcement, email: publications@fmcquaker.org To contact the Pastoral Care Team, use: pastoralcare@fmcquaker.org To request the Weekly Calendar by email or to join the FMC community listserve, use: office@fmcquaker.org To obtain a copy of the FMC Directory, go to https://community.fmcquaker.org/ or email publications@fmcquaker.org We invite newcomers to introduce themselves and indicate their interests by filling out the Newcomers Card here .		