



*ARCH provides support for Friends from New England and New York Yearly Meetings in our journey of growing older in community, grounded in love and care for one another.*

*“Everyone likes to give as well as receive. No one wishes only to receive all the time.”*

~ Chief Dan George

Each of us has something to offer; all— Friends as well as the Quaker-curious—are warmly welcomed to share stories and resources. We listen deeply with heart and mind. What we tell can be personal, so specifics must remain within the group as we gather the lessons of love and take them with us into the world. Events are focused toward older adults but others are also invited as we all share this journey.

**Origins:** ARCH originated with New York Yearly Meeting and has been active for over 15 years. As the programs evolved, ARCH has transitioned from a “helper-recipient” focus to a mission of “mutual accompaniment.” Mutual accompaniment recognizes that each person both gives and receives when we allow ourselves to share our vulnerabilities as well as our gifts. A small staff and many volunteers provide services and support to aging Friends.

Friends may feel uncomfortable seeing themselves simply as recipients and may be reluctant to ask for help. ARCH provides structure, resources, and support for Friends and friends to lean on each other. Support can come in many different forms, whether assisting with immediate needs or sharing personal and spiritual journeys, in-person or virtually.

Patti Muldoon is New England Yearly Meeting’s Aging Resources Consultation and Help (ARCH) Coordinator and is a part-time member of the NEYM staff. Patti is also a trained end-of-life doula and president of the Funeral Consumers Alliance of Eastern Massachusetts. She is a member of Friends Meeting at Cambridge.

- Patti’s contact info: email [arch@neym.org](mailto:arch@neym.org) text 339-223-3300

- NEYM/ARCH website: <https://neym.org/strengthen-your-local-meeting/care-one-another/aging-resources-consultation-and-help>

## New England ARCH Events

- **Advance Planning Workshop Series**

This Valentine's Day give a gift of care to your loved one that keeps on giving, even after you are no longer here. Everyone over the age of 18 needs to do some measure of advance planning, yet two out of three adults have not put together an advance care and death plan.

Have you told your loved ones what you want? Have you asked for their help to make that happen? If you were incapacitated or if you died, would you be leaving them a clear path to follow? Don't wait for a crisis. Imagine changing your loved one's story from "*I wish I had known ...*" to "*It really helped that ...*".

This three-part series runs on Feb. 14, Feb. 28, Mar 13, 7:00–8:30 p.m. It will be presented by Yearly Meeting's ARCH Coordinator, Patti Muldoon. This workshop is pay-as-led with a suggested fee of \$30, which includes your own copy of the Quaker Values and End of Life Decision-Making Workbook. Please register by Feb. 4 if you want the workbook mailed to you.

- **End of Life Reflection Group**

NEYM ARCH holds a monthly drop-in group that you are warmly invited to attend on the second Tuesday of each month at 10:00 am. Currently the group alternates its meetings between open sharing on suggested topics and a discussion of a relevant Pendle Hill pamphlet (PHP). Patti Muldoon facilitates or co-facilitates with one of the group members. Please click here to register for each date and receive the link:

<https://neym.org/events-calendar/2023/11/end-life-drop-reflection-group>

### 2024 Winter/Spring Schedule for End-of-Life Reflection Group

<b>January 11</b>	Theme "Aging as an Experience of Letting Go," with The Welcoming Prayer, led by Jerry Sazama
<b>February 8</b>	<i>In God We Die</i> / Warren Ostrom (PHP #385), 2006, led by Beth Hansen
<b>March 14</b>	Open sharing
<b>April 11</b>	<i>A Death Chosen, A Life Given</i> / Hannah Russell (PHP #432) 2015
<b>May 9</b>	Open sharing

**June 13**      *Plain Talk about Dying: The Spiritual Effect of Taking My Father off Life Support* / Shulamith Clearbridge (PHP #479) 2023

PHPs are available for purchase from Pendle Hill bookstore:

<https://pendlehill.org/product-category/view-all/> Note: To see a complete list of all electronically available Pendle Hill pamphlets, please visit [Amazon](#) (linked) or [B&N](#) (linked) websites.

Previous Pendle Hill Pamphlets (discussed and highly recommended)

- *On Hallowing Ones Diminishments* / John Yungblut (PHP #292) Pendle Hill Publications, 2013. Reflections led by Fran Brokaw
  - *Dear Gift of Life: a Man's Encounter with Death* / Bradford Smith; foreword by Mark Van Doren. (PHP #142) Pendle Hill Publications, 1965. Reflections led by Skip Schiel
  - *A Song of Death, Our Spiritual Birth: A Quaker Way of Dying* / Lucy Screechfield McIver (PHP #340) Reflections led by Patti Muldoon
- **Future Offerings**
    - Grief—Online Resource List
    - Caregiving and Caretaking Meetup Group
    - Spirituality and Aging Workshop
    - Invitation to Patti to visit your Meeting or Quarter—shape the event together

**New York ARCH opens its Groups and Workshops to New England Friends**

- New York Yearly Meeting's ARCH Program is expanding its groups with a focus on other specific aspects of aging that include "over eighty," "aging without children," etc. You can register for these groups here: <https://nyym.org/content/arch>.
- The ARCH **Foundations Workshop** is a four-part introduction to ARCH, with opportunities to connect and think deeply about aging, and to practice developing communities of mutual care. The Foundations Workshop is open to anyone in NYYM and NEYM and is offered twice a year in spring and fall. This four-week Foundations Workshop is engaging, reflective, nourishing, informative and fun. [Register here](#) for the **Spring 2024 Foundations Workshop** starting in March.

**Additional Resources**

- 2023 New England Yearly Meeting Sessions: ARCH Coordinator Report, audio version <https://www.audacy.com/podcast/then-i-heard-a-voice-9e44f/episodes/2023-advance-documents-arch-coordinator-3c20e>

- Quaker Aging Resources, online resources gathered by New York and Philadelphia Yearly Meetings: <https://www.quakeragingresources.org>
- Langley Hill Friends book: Planning for and Coping with Decline and Death  
[http://langleyhillquakers.org/death\\_decline.aspx](http://langleyhillquakers.org/death_decline.aspx)