

1: Bench seat - Wikipedia

Page 1 Facing Bench THE news and inspiration for the Evangelical Friends Church's Eastern Region Summer/Fall Vol. 25, No. 2 A Trip of Purpose The Dominican Republic, long an.

George Fox, founder of the Society, spoke contemptuously of churches as "steeple houses" and Friends were convinced that there was no necessity for special buildings for worship. The idea of a steeple grew up as a political compromise between a church and the local merchants, where legally the church had to be the tallest building in town, so the local merchants built a tall, thin and mostly useless tower on the church. However sheer growth in numbers made it necessary to create specific meeting houses, generally without steeples. Some were adapted from existing structures, but most were purpose-built. Briggflatts Meeting House is an example of the latter. The hallmark of a meeting house is extreme simplicity and the absence of any liturgical symbols. A meeting house will usually consist of: The meeting room itself is a place for Friends to withdraw from the world. The seating was originally long, hard and wooden. While earlier Friends had no ministers, numbers of meetings had a distinct front to the meeting room. The single long bench behind the facing bench is known as the back bench. Traditionally, elders of the meeting would sit on the facing bench and back bench. The back bench might be elevated six inches for better visibility. In front of the facing and back benches, meeting benches were often laid out in a square, with several benches facing the center from the other three directions. Other meetings simply had numbers of benches degrees toward the facing bench, with aisles left between benches, in a more traditional church layout. Some meetings had benches arranged in a perfect square with no apparent facing bench. A few meetings grew quite large, large enough that the meeting rooms were built to amplify speakers speaking from any point in the meeting room. Some very large meetings feature multiple rows of benches on risers, the better for everyone to see and hear every other person. Meeting rooms generally have little ornamentation, no crosses, and no stained glass windows. Unprogrammed meeting benches typically have no holding racks for hymnals. Movable boards were often used to temporarily divide the meeting room into two equal rooms. Often, these meetinghouses had two separate and equal doors, one door into each half of the meetinghouse. Today the furniture layout in a meeting room is usually separate chairs. A preferred modern layout is a circle, square or rectangle of one or two rows of chairs facing inwards to an empty area in the middle. Friends will generally choose a single circle where everyone can be seen, unless there are too many Friends to form a single circle. A few meetinghouses have tried octagon formations of benches to simulate circles. A few modern meetinghouses still feature wood floors for maximum speech amplification of various speakers. Almost all have doors to contain hall noise -- Friends can be hypersensitive to noises, more so than most denominations. In general, Friends have a reasonable awareness of wheelchair access design. Many meetings are poor and many meetinghouses are centuries old and historic, so call ahead of time for accommodation to particular disability needs. Numbers of modern meetinghouses have invested in sound systems to help Friends with hearing problems. Large business meetings in auditoriums typically have one or more portable microphones passed by microphone runners to speakers. Sound is sometimes broadcast on radio frequencies to personal earphone sets worn by hard-of-hearing Friends. In response to a small epidemic of chemical sensitivity, numbers of modern meetinghouses have been built to strict petrochemical solvent-free standards. A number of meetinghouses have set aside fragrance-free zones near windows or have scheduled fragrance-free meetings. This page uses content from Wikipedia. The original article was at Friends meeting house. The list of authors can be seen in the page history.

2: Bench facing an altar - Daily Celebrity Crossword

In conclusion, if you are facing charges of any kind, having an experienced defense lawyer in your corner will prove invaluable. In a case of failing to appear for the court and having a bench warrant in your name is an issue that will cause added expenses and headaches.

Is it because you want to live healthier lives, help release stress after a long day work, or to increase your strength and cardio? For me, I just want to look good naked. Being able to walk around naked comfortably is like taking your first steps as a baby; it is just an exciting moment in your life. One body part that is a must for a sexy, naked body is the chest. Some common exercises you might see people performing for their chest are the bench press and push-ups, but the exercises I want to focus on today is the Dumbbell Bench Press. There are a couple variations for the DB bench that you will see when watching people perform this movement: Today I want to talk about each one of these variations of the DB bench press. By using dumbbells, you are giving the bench press a greater range of motion. In other words, you are putting your muscles on a longer period of tension. You have a greater range of motion in a DB bench rather than barbell bench. Your chest stops you during a barbell bench, and dumbbell bench can get your range of motion lower than your chest. The longer the tension; the more your muscles work and the stronger they will get. Dumbbells can move a lot more than a barbell, so your body has to recruit a lot of other muscles to help stabilize the dumbbells over your head. Dumbbell bench with palms facing forward towards your feet is very similar to the standard barbell bench. When performing this exercise, you are using more of the anterior portion of your shoulder and your pec muscles, giving you those massive pecs that you have been looking for. One of the reason why it works more of you pecs and anterior shoulders is because your shoulders are internally rotated more than they would be if palms are facing each other. Dumbbell bench with palms facing each other is more beneficial when it comes to holding weights up over your head. The reason for this is because your shoulders are more externally rotated, so you are working more of the muscles that help stabilize weight up over your head. The palm facing DB bench still works your pec muscles, but not as much as palms facing your feet. This exercise works more of your lats and triceps. I believe while being externally rotated you are also working more of your whole shoulder to help stabilize the dumbbell, rather than just anterior portion of your shoulder like it does in the palms facing feet DB bench. Sometimes at the gym you will see people start with palms facing each other, but at the top they will end with palms facing their feet. This movement is pretty much a combination of both combined, but you are recruiting and losing different muscles throughout the movement. In conclusion, there is no wrong way to perform a DB bench press, but which one do you perform is the true question. The best way to decide is to ask yourself what your weaknesses are; if you already have a strong chest, but a weak overhead position, then I would choose palm facing DB bench. Then vice versa if you have a weak chest. Just remember, whichever one that will help you look good naked, you should probably perform that type of DB bench.

3: Bench (furniture) - Wikipedia

The Phillies need to find some diamonds in the rough this offseason. Phillies fans are enamored by the possibilities presented this offseason, and rightfully so.

This article needs additional citations for verification. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed. August Fiat Multipla with bench seat AMC Ambassador with a reclining front bench seat offering room and seat belts for three adults The bench seat was the traditional seat installed in American and Australian automobiles. This seat featured a continuous pad running the full width of the cabin. The second row of seating in most sedans is usually a bench. The third row of most SUVs and minivans, which may be forward-facing or rear-facing, is also a bench seat. Design[edit] The front bench seat typically allowed three people to sit abreast, or six passengers in most four-door sedans with this type of arrangement. Originally, bucket seats were associated with imported cars in the s and s. The Volkswagen Bus was originally available with three rows of bench seats seating up to nine passengers, but since then most minivans have been configured to seat seven or eight with front bucket seats. To this day, the Falcon Ute is still offered with a bench seat and column shift in the front and availability of a front bench seat in the Falcon sedan and wagon lineups was only discontinued with the introduction of the FG Falcon in Part of the success of the Chrysler K-cars , the Dodge Aries and the Plymouth Reliant , was that by retaining front bench seating rather than adopting bucket seats usually fitted to compacts, they could still function as the six passenger cars they were designed to replace and compete against. The traditional sedans with full-width bench seating offered nearly the same passenger capacity as the newer three-row SUV or minivan. Some models, such as the Chrysler Pacifica , feature a center console in the second row, rather than room for a passenger in the middle. Decline[edit] Even in the United States, the bucket seat has largely replaced the bench seat; the bucket is viewed as "sportier", and smaller cars have made the middle position less viable. For high performance cars, bucket seats help keep the driver in place during cornering. Until recently, around the mid s,[when? The Toyota Avalon is among some of the newest models to drop availability of this feature, and models such as the Buick LeSabre replaced by new models such as the Buick Lucerne and Cadillac DTS in which it is offered as an option. As of , it was reported that only one American automobile, the Chevrolet Impala was sold with a bench seat, and the option was terminated in the next model year. AMC to Willys to Retrieved 21 August Retrieved 22 August

4: The Dumbbell Bench Press - Invictus Fitness

Dumbbell bench with palms facing forward towards your feet is very similar to the standard barbell bench. When performing this exercise, you are using more of the anterior portion of your shoulder and your pec muscles, giving you those massive pecs that you have been looking for.

Improvised street bench in Naples Italy , made from wooden pallet. A park bench in the Drottningholm Palace park Benches facing each other in Niagara Falls, Ontario Often benches are simply named for the place they are used, regardless of whether this implies a specific design. Park benches are set as seating places within public parks , and vary in the number of people they can seat. Garden benches are similar to public park benches, but are longer and offer more sitting places. These tables may have table legs which are collapsible, in order to expedite transport and storage. Scenic benches are situated to provide a comfortable means of enjoying the contemplation of a beautiful landscape, a busy street scene, or perhaps a specific event. Perch benches are usually situated in high traffic areas to enable people to take a quick break. A storage bench is a combination of sitting space and a storage box, often used for keeping gardening supplies or grill equipment. A form is a backless bench that was used for seating in dining rooms, school rooms and law courts. Church benches and pews can come in various styles including traditional, modern and curved to match and complement the architectural styles and spaces of places of worship. Bench materials[edit] Benches come in a variety of different materials, but there are some venue standards that account for use, durability, and maintenance patterns. Aluminum benches are often found in outdoor, sideline settings at recreational venues like sports fields or courts and as a compliment to bleacher systems. The material affords for a lightweight, corrosive-free bench, so it is a portable and economical option for indoor or outdoor settings. Concrete benches are very heavy and are a more permanent furnishing. They are often installed in facilities that are not expected to change or transition often, if at all, such as military bases, state parks and official buildings. Concrete is very durable, so it is appropriate for any climate. Concrete can be composed of many different materials to afford benches different accents, depending on what it is composed of. Fiberglass is a versatile material so fiberglass benches can come in a variety of designs and finishes or colors. The material is great for indoor or outdoor use because it will not corrode or rust, is very low maintenance, and can be manufactured to compliment any facility. Common places where fiberglass benches are installed include food courts, restaurants, and office buildings. Powder coated steel benches are often found lining entryways for different venues, like retail centers, medical facilities and country clubs. While powder-coat is a common finish on many commercial site furnishings, it is often featured on strap metal benches because of its anti-corrosive qualities and ability to strongly bond to heavy duty steel constructions. Powder-coated benches also come in a variety of colors and designs, from classic strap metal benches to extremely intricate designs. Recycled plastic benches are low maintenance, available in a variety of colors and styles, and are appropriate for any environment, including typically-corrosive salty, ocean side facilities. Recycled plastic components can vary based on the manufacturer, but it is commonplace that a high percentage is post-consumer material and will contribute to LEED certification. For these reasons, they are commonly found at a wide range of venues, including convention centers, office buildings, universities, retail centers, schools and stadiums. Thermoplastic is an environmentally friendly coating for metal benches. Thermoplastic benches are very commonplace, located in facilities ranging from schools, parks, recreational spaces and office buildings. The material itself is graffiti resistant and easily repairable, as opposed to other metal coatings and, with a thorough coat, will help a metal bench withstand a variety of climates. There are endless color options and six different common pattern styles: Expanded metal is often seen in casual park settings, featuring a lattice-like look while strap style can be commonly featured trail side or embellishing a sidewalk. Wood benches are a very high maintenance option because they need to be regularly treated with an insect repellent or coated with polyurethane or similar coating to maximize the life of the material. They are typically found along walking trails and state parks, while high-quality wood products like teak, redwood and mahogany are commonly found in residential furniture lines, resorts and restaurant settings. Other common lumber furnishing materials include oak and

southern yellow pine. Examples of benches[edit].

5: What is the significance of having a plaque on the bench near Bruno's house? | eNotes

Sauna Bench Facing. Bench facing covers the space between the high and low benches Western Red Cedar Sauna Bench Facing. Constructed out of smooth 1x3 western red cedar.

Incline bench presses The pectoralis major muscle is comprised of a clavicular and a sternocostal head upper and lower pec. The purpose of the incline press is to focus more of the work on the upper pecs. The main benefit in performing incline presses is to develop the upper portion of the pectoral muscles. Also, because of the angle of the bench, this exercise puts less stress on your rotator cuff, which is a common area for injury when using the flat bench. However, there are some cons when performing an incline chest press. Because the incline chest press puts more stress on your upper pec, it develops this muscle group more, while the flat bench tends to build mass over the entire pec. You never want to overtrain your muscles, which can happen if you train the same muscle group two days in a row. Overusing any muscle can lead to injuries. Incline chest press, step by step Share on Pinterest Lie back on an incline bench. Make sure the bench is adjusted to between 15 and 30 degrees on an incline. Anything higher than 30 degrees mainly works the anterior deltoids shoulders. Your grip should be where your elbows make a degree angle. Using a shoulder-width grip, wrap your fingers around the bar with your palms facing away from you. Lift the bar up from the rack and hold it straight over you with your arms locked. As you breathe in, come down slowly until the bar is an inch away from your chest. You want the bar to be in line with your upper chest the whole time. Your arms should be at a degree angle and tucked into your sides. Hold this position for one count at the bottom of this movement and, with one big exhale, push the bar back up to your starting position. Lock your arms, hold, and come down slowly. Do 12 repetitions and then place the bar back on the rack. Complete a total of five sets, adding weight after each set. Flat bench presses As mentioned, the pectoralis major is comprised of the upper and lower pec. When flat benching, both heads are stressed evenly, which makes this exercise best for overall pec development. The flat bench press is a much more natural fluid movement, compared to your everyday activities. However, just like the incline chest press, there are some cons. Also, the angle of the flat bench press puts the pec tendons in a vulnerable position. Most shoulder injuries and overuse injuries can be stemmed from flat benching. Many torn pecs in bodybuilding have been the result of heavy flat bench presses. With flat benching, you need to make sure you have full shoulder mobility and scapular stability to reduce the potential for injury. If you find discomfort at all during the flat bench exercise, you should really consider the incline bench exercise or use dumbbells instead. The flat bench press does a better job of developing your pecs. But many trainers agree that the incline press is safer on your pecs, shoulders, and rotator cuffs. With so many exercises to strengthen your chest, the chest press with either bench will be effective. Flat bench chest press, step by step Share on Pinterest Lay down on the flat bench so that your neck and head are supported. Your knees should be at a degree angle with your feet flat on the floor. If your back comes off the bench, you might consider putting your feet on the bench instead of the floor. Position yourself underneath the bar so that the bar is in line with your chest. Place your hands slightly wider than your shoulders, with your elbows flexed at a degree angle. Grasp the bar, palms facing away from you, with your fingers wrapped around it. Exhale, squeeze your core, and push the barbell off the rack and up toward the ceiling using your pectoral muscles. Straighten your arms out in the contracted position, and squeeze your chest. Inhale and bring the barbell down slowly to your chest, again about an inch away. It should take you twice as long to bring the barbell down as it does to push it up. Explode back up to your starting position using your pectoral muscles. Do 12 repetitions and then add more weight for your next set. This is dangerous to your rotator cuff and to people around you. Then lower the dumbbells to your thighs and then down to the floor. If no spotter is available, then be cautious with the amount of weight you use. This workout was created by Kat Miller, C. She has been featured in the Daily Post and is a freelance fitness writer and owner of Fitness with Kat.

Page 1 *THE Facing Bench news and inspiration for the Evangelical Friends Church* "Eastern Region - Vol. 27, No. 2
"The Christmas -Thanksgiving Connection".

This material is protected under copyright laws and is reprinted with the permission of Friends World Committee for Consultation. Experience is the common denominator upon which new people can be brought together. A first-hand experience of the power, love and judgment of God through faith in Jesus Christ is what we need. For several generations we have been trying to fan the fires of a once flaming faith with second and third-hand knowledge of Christ. Our parents and their parents were diligent to provide the means of handing on the torch of Christianity, but the flame became small and flickering when Friends became preoccupied with insuring a "Head-knowledge" to the neglect of a "Heart-Experience. The "Presence in the Midst" must be so real as to cause the response of each person to become one of honest confession and humble obedience. We need recovery of the emphasis on a first-hand experience with God if we are to be relevant Christians during the rest of this century. At one point in His ministry Jesus said that men do not light a candle and then put it under cover, but rather on a candle-stick so that it will give light to all who are in the house. This is precisely what Friends must do about the knowledge gained through a first-hand experience with God. We need a recovery of witnessing; that authentic sharing which is a careful avoidance of anything like propaganda, but is still light-giving to all the world. This must be accomplished by the responsible exercise of membership of all who call themselves Friends. Each one is a minister. Each Meeting can be as a city, "set one a hill" which cannot be hid. Furthermore, we must correct the tendency of former generations to locate a Meetinghouse down the road, behind a hill, unmarked, untended and unused except one day per week. If we are to recover the art of being publishers of truth, that art must be seen in every aspect of our individual, group and community life. We cannot afford the luxury of being a religious secret society, or a satisfied and comfortable church group, or a proud Quaker fellowship that regards the stranger with suspicion and questions as to whether or not he would be good Quaker material. The life of the Spirit is like fire. It cannot be contained if there is combustible material near. I am convinced there is a great host of people in the world, unaware of the vitality of the Quaker message, untouched and unreached by loving Christian fellowship, who upon hearing the Good News, would gladly seek the source. How shall they see, if we do not hold up the Light? A tongue-in-cheek attitude toward anything religious; a skepticism about talk of a belief in God; a discounting of the need of God by any man because he has everything anyway; are three mental attitudes of that host "out there. We need a recovery of intellectual honesty in all our relationships. Where are the Friends who have the courage to throw away their masks of piety, proper Quakerism and weighty influence to be really honest with God, one another and with the world? Freedom is Christ is the freedom to be as He creates us and intends us to be. The world, of which Friends are very much a part, is calling for the way of freedom. When Jesus said "Ye shall know the truth, and the truth shall set you free," he spoke of a very practical and achievable condition of mind and heart. Men bind other men in order to try to free themselves only to find that they, too, are in bondage. The freedom expressed by intellectual honesty creates the kind of spiritual climate that permits new birth to take place and liberty-giving truth to flourish. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets. The "Meeting for Sufferings" is a genuine manifestation of members of the body of Christ being "members one of another. We need a recovery of matching faith with good works accompanied by the explanation of why we care so much. Each member of the body was significant when it found its place. The publishing of Truth with evangelistic zeal would relate Truth to all of life when it is done so in balance with a firsthand experience, intellectual honesty, and humanitarian concern. Otherwise, evangelism would sink to mere defense of the faith and a legalistic system of religion. Intellectual honesty protects the Christian Quaker from an endless search and never coming to the knowledge of truth when kept in the context of experience, joyful sharing, and the love of neighbor as oneself. Seeking and finding, then seeking again to find deeper truth and experience is the rhythm of Christian fellowship with God and life as a member of the society of

men. Humanitarianism will not be tempted to become mere humanism with its attempt to elevate the spirit of man without the Spirit of God when kept in balance with firsthand experience with God, an evangelistic concern, and intellectual honesty. To attempt to serve mankind any other way is to end up in disappointment and disillusionment, and with no healing ministry. The view of Quakerism from the facing bench is a vision of hope. There is a new people to be gathered. At our point in history we must accept the fact that there is a religious Society of Friends and a Christian Society of Friends. It is confusing to many that there are those in the Christian Society whose words and actions seem to be mere religious trappings, and some in the Religious Society whose attitude is to all outward appearances, sincerely Christian. There are deep-seated difference between the two parts of Friends, but we cannot abandon hope that God will bring us together again under a common loyalty to Jesus Christ. The discipline of history will reconcile at last those who have been kept apart so long by jealousy and mistrust. The Holy Spirit will breathe life again into the remnant of a lively, dynamic community. The new people may have a much different organizational structure than the present. New forms of worship, evangelism, Christian Education and service may emerge and we must be open to them. It will be imperative that a sensitivity to the leading of the Spirit be cultivated in all members in order to discern that which is prompted by God and that which is human. Friends will be a people sent as well as called: Friends will go as well as gather; they will be on the move, penetrating society with both the practice and the proclamation of the Gospel. But there is the 21st century around the corner of time. That century will be the present for at least one third of those who now call themselves Friends. What God is doing in us and through us now has meaning for every "Present."

7: The horror facing Catholics in Nicaragua: attacks, arson, desecration | Deacon Greg Kandra

A BIZARRE bench facing the wrong way has left residents of a Sussex town scratching their heads in confusion. Instead of facing the street, the council have installed the new bench so it faces.

8: Friends meeting house | QuakerWiki | FANDOM powered by Wikia

This teak bench also includes front-facing doors for an elegant cabinet look when placed in your corner. Naturally water resistant, the teak shower bench includes all stainless steel hardware and adjustable rubber padded feet for safety, stability, and durability.

9: "A View From the Facing Bench," T. Eugene Coffin

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