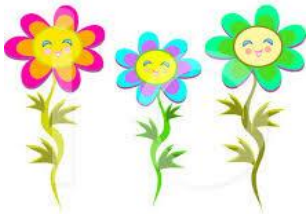


SPOKANEWORD

June

Sixth Month

2018



Spokane Friends

1612 W Dalke

Spokane, WA 99205

(509) 327-7852

www.spokanefriends.com



Sunday Schedule:

Doors Open at 9:00 a.m.

Worship begins in stillness
when first person sits down.
Worship continues with song
and messages 10:00 am
Fellowship 11:00 am

Second Sunday of the Month:
After worship we gather for a
Community Potluck Dinner .

Third Sunday of the Month:
Monthly Meeting for
Business begins at rise of
worship.

Bloomsday Thoughts

by Spokane Friends

[On May 6 (Bloomsday Sunday) Spokane Friends considered the following queries during morning worship: What is the hardest thing you have ever done? How did it turn out? What support did you get? The messages given during Open Worship were so Spirit-led that we decided to share some of them with our "larger family."]

I remember the first Bloomsday. I have done several of them. Never for really making good time. I've done some with friends that had never done one before. Bill and I did one with our kids when they were in junior high. There is a special camaraderie between people that are running or walking it.

There used to be lots of communities around Spokane that held small runs like 3 or 5 miles. We did several. I soon started to be interested in doing a marathon . I had coworkers that were encouraging me to try one. They were planning on doing the Honolulu marathon in December of 1986. Preparing for the run was the hardest part. Every Tuesday and Thursday after work and Saturdays for 3 months. The Saturday run was 15 miles. Maybe you are saying WHY would I do this. This marathon started my journey to challenge myself not only physically but mentally. I'm so fascinated by what the human body can do. I remember the last mile of that marathon. I was walking by then but I decided I didn't want to WALK across the finish line and I suddenly got a burst of energy and ran across that line. It was exhilarating.



I never ran again but I did get interested in biking and that led to an Oregon coast bike ride with our kids and across the state of Washington with Bill. Those both were tough and each lasted 5 or 6 days. They are experiences that create bonds with the people you are with. We all look out for each other and want all of us to succeed.

The last thing I did 3 years ago was a Spartan race. My very special friend that was half my age did it with me. I was very encouraged by her and others that go to the gym I go to. Sometimes it is hard for me to believe in myself, but when you have people around you that do it is empowering.

I have a lot more endurance than I do speed. For me it is not about the time it takes to do anything but that I finish.

The journey can be tough. It's not easy to prepare for the race, but crossing the finish line is an ultimate high. Knowing that I trained; that I kept going when the going got tough. I'm reminded that my spiritual journey is very similar. Reminds me a of couple scriptures: Acts 20:24: ***However, I consider my life worth nothing to me, my only aim is to finish the race and complete the task the Lord Jesus has given me—the task of testifying to the good news of God's grace.*** And Hebrews 12:1: ***Therefore since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.*** Pam Emery

The hardest thing I've done in my life doesn't seem to be a personal experience ~ as in something that happened to me directly. All the moments that come to mind seem to be things that have happened to someone I care for or feel responsible for — family, friends, and my students. Most of these moments have involved mental health. A large part of my job is helping students experiencing the lows of their mental health conditions get the resources they need to make it through. When I think about the hardest things people near me must do, it's to acknowledge that they have a condition that will

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exist forever. They probably won't be able to look back at the time that they're trying to make it through a moment or a season, but not over a finish line. They probably won't be able to look back at the time they "beat" their condition. They'll try and find some cyclical and temporary peace from their depression or PTSD, addiction or Obsessive Compulsive Disorder. What I've learned is that it's one of my joys in life to help them find that peace, even if it's only temporary. I think it's my calling. That's been true for me in my very non-traditional job, and in many ways foster care. It's also what I think Quakers offer the world and the Church - it's what drew me to them at least. Krista Maroni (Residence Director at Whitworth University)

In thinking about the hardest thing I have done, there were physical challenges that I have dealt with that have been difficult, but they are only hard for a limited period of time. Something like climbing to the top of a big hill, hard to do but over when you get there, or difficulty dealing with a period of physical pain such as recovery from surgery or chemotherapy, but there always was an end in sight. Emotional pain is different; the pain from loss changes over time but is always hard. Losing my husband four years ago was incredibly hard and I live with that loss everyday, but I think there is an even more difficult reality that we face when we have to give up control over what we thought our life should be and the plans that we have made.

When we experience a life-changing event, such as the loss of a spouse or child, a debilitating physical event, or even the failure to meet a long held dream or goal, we are forced to acknowledge that our lives will not follow the plan we had laid out for ourselves. I will never have the chance to retire and spend time traveling with my husband, others will never have the children that they dreamed of, some will never find the one person they wanted to build a life with. When we are faced with the knowledge that our lives are not turning out the way we wanted, it is hard to give up on our dreams and expectations.

It is easy to say that God has a plan, that His plans are not ours, and that things will work out for the good, but those are platitudes that are easy to say but hard to live with. God does not rejoice in our suffering, he weeps when we weep and knows the sorrows that we have. What we can be certain of is that in the midst of our grief and sorrow over loss of the life that we thought we would have, we do have a God who loves us and will be with us as we chart a new course for our lives. We are not alone and we can face the uncertain and frightening future confident that we will find the strength to chart a new course and see what new doors and opportunities might open for us when we trust in a new future and the God that brings joy and life. Linda Pierce

The hardest thing I ever did in my life physically was to pass the test to be on the Ski Patrol. I was a newly divorced mother of three small children with little resources for fun and community. Being on the ski patrol would allow me to stay physically fit, to challenge myself in a whole new way, and to provide free fun for both myself and my children.

The challenge was a big one. Being more physically fit than I had ever been became an obsession, and although I had never excelled in athletic endeavors, I somehow found a rhythm and a unsuspected talent conquering a mountain. The test involved two sections, one was based on first aid, avalanche patrol, treating injury on the mountain and transporting the injured off the mountain. The other was the actual skiing aspect of the job. I had to demonstrate proficiency and class in my skiing ability, plus climb a mountain with skis on! In the actual test which was timed, I inadvertently kicked off a ski, had to keep my head and reset quickly and continue to climb the mountain. You can't imagine my elation when I passed both tests with flying colors and got to wear the maroon jacket with the navy blue cross upon it!

What I learned about myself during this challenge, is that really I can do just about anything I put my mind to, if I'm willing to work hard enough. This lesson has spurred me on in innumerable situations where I just had to keep on going to achieve a goal. Remembering myself putting my ski back on, keeping my cool, and continuing to climb up the mountain has been a metaphor for my life. Anya Lawrence

PIZZA NIGHT

FUNDRAISER FOR CARITAS

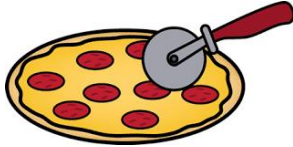
At Round Table Pizza

1908 W. Francis Ave.

(509) 324-2414

20% of Dine-In and Carry-Out orders
will be donated to Caritas!!

WE LOOK FORWARD TO SEEING YOU THERE!



June 12, 5:00—9:00 pm

Mark your calendar

Excludes beer & wine, delivery, online orders,
coupons, and sales tax

News from Caritas

During the month of April 2013, Caritas Outreach Ministries served **747** individuals from **334** households:

Children (0-18)	228
Adults (18-54)	327
Seniors (55 & over)	192



We distributed **11,477 lbs.** of food through the Table of Plenty and Food Pantry.

We helped **4** families with emergency utility assistance for a total of **\$657.41**.

We connected families with **\$2,024** worth of hygiene and cleaning supplies.

We gave out **\$40** in fuel vouchers for transportation assistance.

We had **54** volunteers putting in **484** hours.

Little Free Pantries!

Caritas is being given a unique opportunity to serve our NW neighbors in need! We will be building **Little Free Pantries** (www.littlefreepantry.org) later this summer. These are small mounted cupboards that will be stocked with non-perishable pantry staples and information about Caritas. Our goal is to meet immediate need where it is, out in the neighborhoods! And connect families with Caritas for more stable assistance. Many of our clients come through our doors after a friend or neighbor shared our contact information. A lot of people in need simply do not know that assistance is available and live silent lives of desperation.

Caritas is looking for churches and individuals who would be willing to host a ready-made and fully stocked Little Free Pantry on their property. Every Pantry will include a copy of the Good Samaritan Act and Food Keeper Guide and will be restocked regularly. This is also a great opportunity for neighbors to contribute directly to a Little Free Pantry or seek help during that short gap in income, or a sudden illness, or personal loss during a natural disaster.

Kelsie Rowland
Operations Manager, Caritas Outreach Ministries

Corrections

for your Church Directory

Please make the following changes in you Church Directory:



Chris Hurd
325 E. 20th Ave. (not St.)
Spokane, WA 99205

Mark Hurd
4556 Haney Rd.
Loon Lake, WA 99148

Andrea Tuinstra
1417 W. Maxwell Ave.
Spokane, WA 99205
509-216-3350



Now that Spokane Friends has officially left Northwest Yearly Meeting, the Office will no longer forward NWYM information or Sierra Cascades YM information. If you want to get on either mailing list, go to nwfriends.org for NWYM or www.scymfriends.org

for Sierra-Cascades Yearly Meeting.

Family Promise News

We had an incredible time at our second annual Un-Gala at the Centerplace Event Center. We raised over \$70,000, sold out our 360 seat capacity, honored volunteers, learned about poverty and had a lot of fun with friends. Thanks for your support and encouragement.



We were able to see two more families get into homes in April and May. These families would have had a challenging time getting into a home without our relationships with a landlord. We can't emphasize enough the importance of strategic relationships with landlords. We need your help! If you know a landlord, could you introduce us?

We will be bringing in three more families this Sunday. They were all selected from the families at OPEN DOORS to receive more in-depth case management and support through our BRIDGES program.

In our OPEN DOORS program (24/7 Emergency Center) we averaged 56 during the day and 46 at night.

Spokane currently has a vacancy rate of 0.5%, or one half of one percent. Even with university students leaving town for the summer, we are seeing families, even those with jobs, in the shelter for up to two months. Those without jobs and receiving assistance have little chance to find a landlord willing to work with them. There is much need for the services Family Promise provides.



MONTHLY MEETING FOR BUSINESS MINUTES

15 April 2018



The meeting was opened by Presiding Clerk, Jonas Cox. 11 people were in attendance. The minutes of the March meeting were read and **approved** with 2 corrections. 1. The non profit designation is called a 501c3 not a 5013c. 2. The maximum for the Emergency Funds pay would be \$100.

Treasurer's Report: The Friends Foundation Account is back above \$15K. We might look at moving this money into a higher interest investment.

Elders Report: We have reviewed the previous sermons and have proposed future speakers. We are going to have the meeting room piano tuned. We are working on updating our Website. Since Pam Emery is on the church Costco card, she will pick up items for the church kitchen like sugar, creamer, coffee and butter. They will also be used during the Gideon meal. We need to add one more trustee for check signing. Bill Emery was asked and agreed to be this trustee.

Stewards & Trustees: Bill Emery is attending the Caritas meetings. They are still paying the lower rate per month because their finances are not in good shape. They are looking for someone to do grant writing for them. We are continuing with the old agreement for now including of the old donation amount of \$350/month.

Education and Peace with Justice: no reports

Our Presiding Clerk asked those who were at meeting for their initial thoughts about the options we are looking at for our local meeting. He asked that we stay in prayer until our next meeting, asking for Christ's leading. We may be able to make a decision at our next business meeting.

New Business: In the future we may want to consider supporting a refugee family.

With no further business and all hearts and minds clear, Linda Nixon closed in prayer.

Respectfully submitted, Linda Nixon, Recording Clerk

MONTHLY MEETING FOR BUSINESS MINUTES

20 May 2018



The meeting was opened by Presiding Clerk, Jonas Cox. 14 people were in attendance. The minutes of the April business meeting for worship were read and **approved** as read.

Treasurer's Report: Wade Schwartz reports that we are still doing well. Will look into whether we still need to pay L&I costs considering our secretary is working as a contract employee.

Stewards & Trustees: Bill Emery has agreed to be the new signer for the churches checking account and Bob Vaughn's name should have been removed considering that he passed away some time ago. The other two signers are Norman Pasche and Wade Schwartz. The sprinkler system has been recently repaired. Linda Tuinstra has been getting the peace garden started and would appreciate help from anyone else with a green thumb who is interested.

Elders: We have had good response to the previous sermons and presenters. We have several scheduled into June. Action items: 1. The meeting **approved** to continue keeping the Potluck meal on the second Sunday of each month and the Business meeting on the third Sunday of each month. 2. The business meeting for June will be moved to the 24th instead of the 17th due to Father's Day. 3. Mary Ann Ballard was approved to do minimal janitorial work under Lois Kieffaber's supervision. A record of her hours will be kept by Lois.

Education: no report

Peace & Justice: All news will be given through bulletins and the monthly church newsletter.

New Business: A minute is recorded at this time that it is the consensus of the meeting to leave Northwest Yearly Meeting. We have made no other decision about what will come next.

The committee working on the 501c3 preparation will contact CPA Ken Bendixen to ask for his help in this matter.

With no other business and all hearts and minds clear Krista Maroni dismissed us in prayer.

Respectfully submitted, Linda Nixon, Recording Clerk

Federal Policy Updates from FAN

As advocates and organizations from across the country raised their voices to oppose hunger and poverty, **the Farm Bill (HR 2) was defeated** in the House last Friday 213-198! That means that major cuts to the Supplemental Nutrition Assistance Program (SNAP) have been put on hold. This is good news for the 2.6 million people who faced extreme hunger and food insecurity if the more than \$20 billion in cuts went through. Thank you for your advocacy on this!

Faith Action Network is supporting efforts in Congress to reduce recidivism, fight mass incarceration, and help fix a broken criminal justice system. FAN has placed its support behind the **Sentencing Reform and Corrections Act**, a bi-partisan bill sponsored by Sen. Grassley-R from Iowa. It combines prison reform with sentencing reforms.

Initiatives Update: FAN is supporting I-1639, **"Reduce Assault Weapon Violence: Safe Schools, Safe Communities."** The initiative will increase public safety and implement gun safety by:

- Raising the age to purchase semi-automatic rifles to 21
- Creating an enhanced background check system similar to what is required for handguns
- Requiring completion of a firearm safety training course
- Creating standards for secure storage to prevent guns from falling into dangerous hands.

FAN also supports **I-1631**, Clean Air Clean Energy Washington. This initiative calls for the carbon tax on large industrial polluters called for by Gov. Inslee but not acted on by the State Legislature.



News

Evening News, so
Grating
And
Ever braking

A Fort Lewis Memorial
Nine dead

Lifeless Boots, their service no longer required
Plotted like rows of white crosses
At Leafless Autumn Dawns

Rifles at attention
Fingerless triggers
Inanimate

Impaled helmets
Uniformly bowed
Dog tags
Limp

Uncertain of all this attention
With no heaving chest to warm them

And I wept

Oh Jesus
Bring them home!
Politics Be Damned.

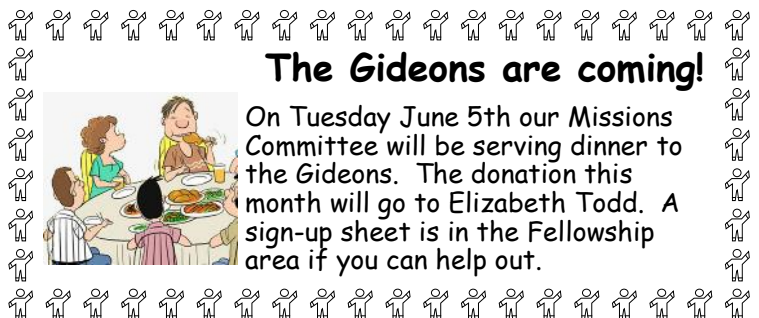
Home to Mothers
Home to fathers
Home to spouses
Home to children
Home to jobs
Home to churches
Home to communities

Turn the page

Sunday Morning Worship Leadership Schedule

- ◆ June 3 Dr. Irv Brendlinger, Professor Emeritus of Religion at George Fox and member of Reedwood Friends Church
- ◆ June 10 "God Spelled Backward:" Pam Emery will share what she has learned from her dogs.
- ◆ June 17 Lorna Hernandez Jarvis, Chief Diversity Officer and Associate Vice President for Diversity, Equity & Inclusion at Whitworth University, will speak on inclusiveness and diversity.

The Gideons are coming!



On Tuesday June 5th our Missions Committee will be serving dinner to the Gideons. The donation this month will go to Elizabeth Todd. A sign-up sheet is in the Fellowship area if you can help out.

Is God giving you a message for Spokane Friends? If so, please contact an Elder or the Meeting Office and we will put you on the schedule for a Sunday morning Meet-

