

August
Eighth 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:

Simplify Your Life

In November 2017 fifty people from five states traveled to Virginia to a weekend conference on Simplicity. The participants and leadership came from the Church of the Brethren, Mennonites, Methodists, and more. Here are some of the tips that emerged from this conference.

“We are called to discern together so that our actions reflect our theology, not our identity as Americans.”

“IF EVERYONE LIVED LIKE WE DO, IT WOULD REQUIRE THREE TO SIX EARTHS. We don’t intend to cause harm by the way we live, but our way of living is fundamentally unjust.”

Common Responses to discussing simple living

1. **Denial** Conversation is shut down or labeled “liberal propaganda”
2. **Inaction** because of ignorance or because it’s the easiest thing to do. “These issue are not on the radar of most plain people
3. **Blame** everything on “the system” (corporations, government)
4. Limit responses to **token changes** without seeing the depth of the issue. This can lull us into a sense of self-righteousness.

Biodegradable shampoo and soap. Deodorant without aluminum

Low maintenance hairstyle

No makeup — it’s expensive and unnecessary

All jewelry is fair trade or purchased from artisans when traveling.

One of three cardigans that go with a variety of colors and patterns

Fair trade or secondhand clothes

Bike shorts under skirt for bicycling instead of driving

No clothing budget, rarely buy clothing, focus on long-lasting staple items

High-quality shoes that can be re-soled. One of three pairs of dress shoes.

“I’M DONE WITH THINKING THAT MY VALUE IS IN WHAT I WEAR”

In 1960, American households spent 10% of their income on clothing, 95% of it made in the US. This equaled about 25 pieces of clothing per person.

In 2012, US households spent about 2.5% of their

and don't buy it for a month. Donate the money.

- Take the food stamp challenge and try living on \$4 a day.
- Take an economic Sabbath one day per week; don't buy anything
- Have discussions about simplicity
- Document your financial transactions for five to seven days. Research who is connected to those transactions, such as farmers, service workers.
- Choose one or two items and explore ways to purchase them that are more fair and just.

SCRIPTURE CONTRIBUTING TO A THEOLOGY OF SIMPLICITY

The word "simple" in the Bible usually means foolish, as in Proverbs 8:5, "O simple ones, learn prudence."

1. *Creation* (Genesis 1-2 and John 1). Everything is made by God through Jesus, creation is good, and humans are to care for it.
2. *Sin damages creation* (Deuteronomy 28, Ezekiel 34:18-19, Hosea 4:1-3, Jeremiah 12:4). Restoration includes restoration of creation (Amos 9:13-15, Romans 8:19-21)
3. *Sabbath rest* (Genesis 2:1-4, Exodus 20:8-11, Leviticus 25:1-7, John 10:10, Matthew 11:28, Hebrews 4:1-11). God calls us to step away from financial transactions for a day each week. Physical rest protected farm workers and animals. Every seventh year the land rested.
4. *Wealth and poverty*. We should not worry about or treasure material things (Matthew 6:16-21, 25-34). We should not love money. Right worship includes economic justice (Isaiah 58, Micah 6:6-8). God's way includes generosity and radical sharing (Mark 10, Acts 2 and 4; Galatians 5:22)

The above material is drawn primarily from an article in Messenger. Copyright Messenger magazine, all rights reserved, used by permission, link to <http://www.brethren.org/messenger/articles/2018/simplify.html>

2. **We trust God to take care of our needs.**
3. **What we have is available to others.**

OUTWARD DISCIPLINES

1. **Buy for usefulness, not status**
2. **Reject anything that leads to addiction.**
3. **Develop the habit of giving things away.**
4. **Refuse propaganda from those selling gadgets.**
5. **Enjoy things without owning them (parks, library).**
6. **Develop a deeper appreciation for creation.**
7. **Be skeptical of buy now/pay later.**
8. **Use plain, honest speech. Avoid flattery.**
9. **Reject anything that oppresses others.**
10. **Shun anything that distracts from seeking first the kingdom of God.**

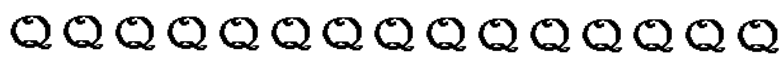
(Excerpts from Richard Foster's *Celebration of Discipline.*)

JESUS COMMANDS US TO LOVE OUR NEIGHBOR

In the parable of the Good Samaritan, we usually identify with the Samaritan, or sometimes the priests passing by. In fact, we are most like the robbers — although not intentionally.

Jesus calls us to repent from our sin. We are to acknowledge wrongdoing and to change. For too many of us, the definition of sin is too narrow: sexuality, entertainment choices, and bad habits.

Jesus tells us to bear witness to the gospel of the kingdom of God. "Our job is not to save the world but to point to the one who already has."



Been attending Spokane Friends for long enough to become curious about Quakers? Think you might be a Quaker? If so, please talk to Jonas Cox, Pam Emery, Lois Kieffaber, Anya Lawrence, or Bob Wiese, who will be able to answer questions and help you begin the pro-

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





Juanita Salazar

Teresa Townsend, Ken Lillie, and Alan Lillie, eight grandchildren and thirteen great-grandchildren. She raised her children as a single mother after her husband Gerald Lillie passed away. Another later marriage to Jess Salazar gave her many years of companionship when her children were grown.

Juanita was known to Spokane Friends as a long-time member whose children grew up in this church. For many years, she met with Edith Pinto, Mary Tippin, and Betty Bendixen weekly to pray for the church. She often shared her poetry during open worship. She became our liaison with Caritas and a dedicated volunteer there after Edith Pinto retired. After she left us to live with her daughter in Kentucky, she was a faithful correspondent and continued in her financial support of the church. We remember her as a willing volunteer, an encourager, and a woman of great faith who demonstrated God's love in all her relationships.

Spokane Friends Church was represented at her Memorial Service on July 29, 2018, by LaVerne Biel, Pam Emery, Lois Kieffaber, and Linda Nixon.

News from Caritas

During the month of June 2018, Caritas Outreach Ministries served **807** individuals from **337** households:

Children (0-18)	249
Adults (18-54)	358
Seniors (55 & over)	200



We distributed **15,732 lbs** of food through the Table of Plenty and Food Pantry.

We helped **6** families with emergency utility assistance for a total of **\$902.98**.

We connected families with **\$330.30** worth of hygiene and cleaning supplies.

We gave out **\$60** in fuel vouchers for transportation assistance.

We had **44** volunteers putting in **342** hours.

The 2018 Summer Meal Kits for Kids program is well under way. So far we have served **63** children from **34** families and distributed over **170** kits. We have surpassed our distribution numbers from the same halfway point last year and there are still six weeks to go! Donations of shelf stable, child-friendly foods or designated financial gifts are welcome all summer.

Summer temperatures are running hot, hot, hot! Caritas does not have AC so we are running on box fans and ice water to protect our volunteers and clients. Caritas is looking for donations of ice packs to keep food in safe temperature ranges at our Table of Plenty and as clients transport product home. Volunteers carefully comb through every donation checking for expiration dates, storage requirements, and signs of contamination. Protecting our seniors, young children, and disabled clients from food borne illness is a top priority!



at Eugene Friends Church on October 13 or October 20. Stay tuned for more information. The following Quarterly Gathering will be at West Hills Friends Church on February 16, 2019. Our next annual session will be May 17–19, 2019.

The Coordinating Committee recommends that members and meetings plan some threshing meetings to discuss the topic that we will be spending time with at our quarterly gathering at Eugene Friends on October 20th: “Who do we want to be?”

Specifically, we hope that there will be a discussion around the term “evangelical” as well as any other terms that have been used to describe us in the past as well as those that might be true about us going forward. We also encourage these threshing meetings be publicized in a such a way that people from other meetings can come to listen (not necessarily to participate, though that might be fun so we’ll leave it up to you) to how others are processing this query.

[**Note:** At our June Monthly Meeting (see Minutes in this issue) we decided to send some representatives to attend the next Quarterly Meeting of Sierra-Cascades. The more of us who attend this Quarterly Meeting, the better equipped we will be to decide whether or not we wish to affiliate with them.]

FWCC invites you to join Quakers around the world on 7 October for **World Quaker Day**, in its 5th year. The theme, Crossing Cultures, Sharing Stories draws us into our shared experience of worship, celebrating our wonderful diversity of expression. Church to church, meeting to meeting, country to country, and section to section, we feel the power of God collecting us into a faithful family. We welcome all expressions of Quaker worship! <http://www.worldquakerday.org/>

Quaker Earthcare Witness is meeting in Federal Way (near Tacoma), 11–14 October 2018. A link to registration

Farm Bill Update

We are finally in the last phase of having a new Farm Bill! The House Conference Committee members were made public last week, and they will now work with the Senate Conference Committee to forge a final version. Our state and national policy partners are working to ensure that the bipartisan Senate version, which was approved 86-11, is adopted. This version keeps the SNAP program intact with some improvements, whereas the House version increases work requirements and will have a long-term negative effect on enrollment. The House Bill was very partisan and was approved by only one vote.

Initiative 1631

We celebrate the success of gathering enough signatures for the November ballot. With I-1631 we have the opportunity to ensure that our state adopts clean air and clean energy solutions to create a sustainable future. Thanks to everyone who helped gather signatures and spread the word!

Now, we have a chance to lead the fight for clean air, clean energy, and stronger communities. [Become part of the movement here.](#)

Sunday Morning Worship Leadership Schedule

- ◆ Aug 5 Kim Burnham
- ◆ Aug 12 Rev. Ed Pace; (Potluck)
- ◆ Aug 19 Lois Kieffaber (MM for Business)
- ◆ Monthly Meeting will host a short presentation on the Alternatives to Violence Project)
- ◆ Aug 26 Rev. Dan Berg

Want to Host an Exchange Student?

My name is Ella Sommer, and I am an Outreach Coordinator for International Experience, which is a nonprofit student exchange organization. My mother is a Quaker in Northfield Minnesota, and through her I have been introduced to the kindness and social advocacy of Quakers around the globe. It is in this spirit that I reach out to you today to see if any of the members of the Spokane Friends are either able to host an exchange student themselves for either 5 or 10 months, or perhaps know of someone who might be interested in this volunteer opportunity.

I have sent a flyer (now posted on the Bulletin Board) with some additional information; and our website is e.sommer@international-experience.net in case you would like to take a look at what kind of organization I work for. If a host family is found because of a

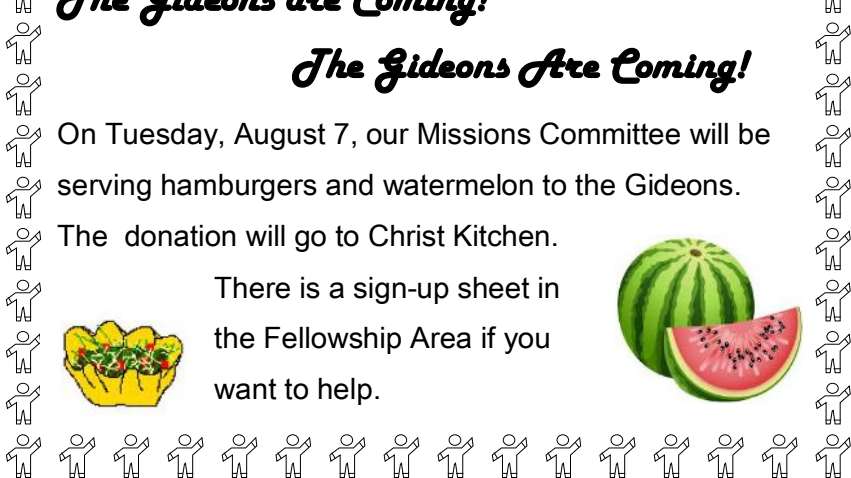
The Gideons Are Coming!

The Gideons Are Coming!

On Tuesday, August 7, our Missions Committee will be serving hamburgers and watermelon to the Gideons.

The donation will go to Christ Kitchen.

There is a sign-up sheet in the Fellowship Area if you want to help.



Note to on-line readers: Sometimes we print pictures that we have as hard copy, but not an on-line version. We cut them out and paste them in before making the Newsletter copies. Thus the on-line version does not include them and you see a blank space instead. Sorry.

Sometimes our Friends serving abroad ask us not to post certain letters from them on our website

Those who attend services at Spokane Friends will find the missing material in the Newsletter posted on the Bulletin Board.



*Amber Joplin
And
Howard Martinson*

*announce their
marriage on July
22, 2018. We wish
them many years of
happiness together.*

