

# SPOKANEWORD

March

Third Month

2019



Spokane Friends

1612 W Dalke

Spokane, WA 99205

(509) 327-7852

[www.spokanefriends.com](http://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.

## Listening as Peace-Making

by Krista Maroni

To start our time together, I would like us each to take a moment to consider conversations we have had in the past. Recall a moment when you were trying to share something important, but you knew the other person was not listening. It seemed like the person on the receiving end of your story did not understand you. Ponder this for a moment.

I will not ask you to share those stories, but they are important for our comparison. Now consider a time when you felt heard. When you knew the person receiving your story was really listening.

*How did you know they were listening? How did it feel to be heard?*

In second Corinthians, Paul explains that part of our new creation in Christ is that we are now ministers of reconciliation. This is perhaps the greatest appeal of the Christian life to me, that we are called to be active-peacemakers in the world. It is the aspect of the Friends tradition that most pulled me in when I was 19 and searching for a relationship with both Church and God that resonated with this call to peacemaking I felt.

*<sup>18</sup> All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation; <sup>19</sup> that is, in Christ God was reconciling<sup>d</sup> the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation. <sup>20</sup> Therefore, we are ambassadors for Christ, God making God's appeal through us. We implore you on behalf of Christ, be reconciled to God. (2 Cor. 5:18-20)*

In wanting to take this call of reconciliation seriously, I want to understand it. I want to know what it takes to start the process of reconciliation between individuals and groups. I think this reconciliation gives space and motivation for people to reconcile themselves to God.

What I have learned through studying conflict resolution is that the foundation of reconciliation is listening to each other. This month I spent 32 hours over two weekends in an advanced mediation class. The entire method is asking clarifying questions, repeating what the parties say and summarizing until both sides start to hear each other. We were not allowed to do anything else. No advice giving, no suggestions, no affirmations, nothing. It is called transformational mediation and the goal is to remain invisible. If I do my job well as a mediator, I am invisible because the parties are listening to each other.

In my first counseling class in college, the only class Jon and I took together, we read Michael Nichols, The Lost Art of Listening. I read this quote to my student leaders every year.

*Genuine listening means suspending memory, desire and judgement - and, for a few moments at least, existing for the other person. -Michael P. Nichols*

True listening is exhausting. So exhausting that I will only plan three individual meetings a day with students, because if I add a fourth within those eight hours, I cannot actually listen to them. I do not have the mental energy to fight off distraction, to remove my self-interest and to focus on hearing what the student has to say. If I am truly listening to someone, I do not exist for myself.

I am not speaking of every conversation I have, I am not talking about every dinnertime chat or phone call to a friend. What I mean is when I know someone needs to be heard. When someone says, "I need to talk. I need to process this." Or when I know someone just received challenging news or experienced a personal failure. Those are the moments I believe listening needs to be selfless.

This selfless listening is active listening. Listening that takes work. The best way to listen to someone is to employ a few simple tools.

1. **Repeat what you hear.** It is robotic and tedious, but effective. When someone says, "Yesterday I argued with my mom about how much money I owe her." You respond with "so you're in an argument with your mom about how much money you owe her." This feels redundant but this is how you know you are paying attention. If you can do

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2. **Ask clarifying questions.** To understand someone's story, you must demonstrate curiosity. Open-ended questions that bring more understanding to what someone ALREADY SAID, not to what you assume they have said. The best way to do this is avoid yes and no questions. Ideally, a question would have specific words repeated or a synthesis of what someone has said. "I noticed you said frustrated few times. What did you find most frustrating about your situation?" This type of question demonstrates that you were paying attention and that you are curious about their full experience.
3. **Pay attention to nonverbals and affirm emotional responses.** When someone is displaying emotions, addressing this is helpful. Pay attention to the whole person. "You seem nervous to tell me this. I notice you tear up when you talk about your friend. Wow this seems like it was really hard for you." These observations do not impose your own judgment or assumption, they just acknowledge how someone feels and bring that into your understanding.

Knowing what you should be doing is helpful. Perhaps more helpful is knowing what to avoid. I refer to these as Pink Flags. They are not red flags, but not quite white.

1. **Giving advice.** Advice is best received when it is asked for, and especially the first time you hear a story, it is important to really understand it. Ironically, good listening will often be enough for a person to understand more of what they want to do next, no advice needed.
2. **Relating a story to yourself.** When someone shares something that happens to him or her, it is tempting to try to understand his or her experience through a similar one you have had or someone close to you has had. "That's hard, when MY mother was diagnosed with cancer, this is how I coped..." but this is not listening. This takes the focus of the story from the person sharing and puts it back on you as the listener. This is natural but not usually helpful. Put this in the advice category and wait until someone asks if you have been through this experience before you share.
3. **Filling the silence.** Even as a Quaker, silence can feel awkward. My temptation is to fill it. When you feel the need to interject with a thought or idea, try to give someone 30 seconds of silence. This silence is gold for those people who need a little more time to form their thoughts. Often we are not listened to well and when we actually find someone willing to do the work of listening, it takes time to share all we need to.

From my perspective, active listening might just solve all of our problems. Conflict exists, but when we stop to understand a person's story, it makes a huge difference in how we interact moving forward. When I take the time to listen to a student, hear their experience, their perspectives and what they are learning about themselves, they are more willing to respond well to critical feedback I give them. They are more willing to be corrected. It is easy to dismiss someone who does not listen to you, much harder to ignore someone who has put energy into understanding you.

When I think of Christ blessing the peacemakers, I picture great listeners. Listeners who understand people so well that they can enact change because they get it. They have willing followers because people feel understood.

May we be those listeners. May we be peacemakers. I'll leave us with Michael Nichols' quote.

*Genuine listening means suspending memory, desire and judgement - and, for a few moments at least, existing for the other person.*  
-Michael P. Nichols

Consider what it means for you as a listener. How can we listen to those around us in an effort to be active peacemakers?

**Krista Maroni** is a Resident Director at Whitworth University who uses listening skills in her mediation work among students, faculty, and staff. Her post graduate work focused on adult student development and conflict resolution. Krista is a member of Spokane Friends Church and she gave this message on February 3, 2019, as part of our observance of "Peace Month."



## AVP Basic Workshop cancelled due to snow and ice

The Alternatives to Violence Project's Basic Workshop scheduled for two weekends in February was postponed due to inclement weather and consideration of the distance some participants would need to travel to take part. We are now in the process of rescheduling the Workshop for late April and/or early May. The participants who originally signed up will receive notification directly when the dates are set. If you wanted to attend but were otherwise committed during the two February weekends, call the church office to be placed on the notification list.

The intensive Workshop would meet Friday evening from 6:00-9:00 PM and on Saturday from 10:00 AM-4:30 PM on two consecutive weekends. The cost of the Workshop is \$30 and will include lunch on Saturdays.

AVP workshops seek to assist people in personal growth and change. We join together, participants and facilitators both, to explore our own corners of violence and seek more satisfying ways to respond. To learn more about AVP, please visit their website [www.avpusa.org](http://www.avpusa.org). Workshop space will be limited to the first 20 people who register. Participants should plan to attend all sessions.

# MONTHLY MEETING FOR BUSINESS MINUTES 17 February 2019



The meeting was opened by Presiding Clerk, Jonas Cox. 10 people were in attendance. The January minutes were read and approved as read.

Treasurer's Report: We have 14K in checking and all bills have been paid. There is 18K in the Friends Foundation. Wade Schwartz expressed that he would like to leave the job of Treasurer in the next few months. The Elders will need to look into finding a replacement.

Stewards & Trustees Report: The sink in the hall bathroom needs to be replaced. The foyer and the library/conference room have been measured for a new type of floor covering. We would like to increase the fee for church use to \$250: this was approved. We also need to look into replacing one of the kitchen refrigerators.

Elders Report: Our Sunday morning pulpit supply has been filled through March 31<sup>st</sup>. Messages continue to be inspiring. The AVP conference will be rescheduled. Pam Emery has been filling in for Lois Kieffaber while she was gone 2/15 through 3/1. Our church potluck will continue to be scheduled monthly either at the church or meeting at a local restaurant. Jonas Cox was nominated by Deborah Seuss, our former interim pastor, to represent Quakerdom at the national level of the American Friends Service Committee (AFSC). He will be traveling to Washington DC to attend meetings in the coming week. We are honored to have him represent us and the Quaker community.

### New Business:

1. Jon Maroni is handling the rescheduling of the AVP conference.
2. Pam Emery suggested since Jon and Judi Maurer are no longer doing missionary service that their name be removed from the Gideon Meal Contribution list. This will be turned over to the elders to possibly add a new recipient.
3. Pam Emery said at this time she would not like to be a fill-in for the secretary. It was also reported that Lois Kieffaber would prefer just working on the newsletter and not other secretarial duties. The Elders will need to bring a proposal on who to hire whether it be someone inside or outside the church.

We need to continue being mindful of our upcoming decision for the future of Spokane Friends Church.

With no further old or new business and all hearts were clear Jon Maroni dismissed with prayer.

Respectfully submitted,

Linda Nixon, Recording Clerk

(Cut and Past cartoon appeared here)

## Sunday Leadership Schedule



Mar 3 Lauren Taylor

Mar 10 Gary Jewell

Mar 17 Wade Schwarz & Lois Kieffaber

Mar 24 Walter Simon

Mar 31 Don Hyslop

Please tell an Elder when you  
would like to take a turn.



## News from Caritas

During the month of January 2019 Caritas Outreach Ministries served **740 individuals** from **304 households**:

Children (0-18)	223
Adults (18-54)	318
Seniors (55 & over)	199



We distributed **15,332 lbs.** of food through the Table of Plenty and Food Pantry.

We helped **6 families** with emergency utility assistance for a total of **\$635.02**

We connected families with **\$424** worth of hygiene and cleaning supplies.

We gave out **\$40** in fuel vouchers and **1 bus pass** for transportation assistance.

We had **49** volunteers putting in **511** hours.

Thank you for caring for your neighbors in need through your time, talents, and donations!

Every piece of the puzzle is appreciated and fits together according to God's perfect picture. As we map out the year ahead, we cannot foresee what new need will come through our doors, but we trust in God to faithfully provide before we even ask. He has put the pieces in motion!

Lots to look forward to this year!

Save the date for some of our 2019 events (more information to come):

Client Egg Hunt, April 20<sup>th</sup>

Client Resource Fair, May 13<sup>th</sup>

Boiler Room Raffle, May 23<sup>rd</sup>

Community Summer Yard Sale, TBD

*Matthew 22:37-40 (KJV) Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbor as thyself. On these two commandments hang all the law and the prophets.*

**Kelsie Rowland**

Operations Manager

Caritas Outreach Ministries



## Speakers will reflect on The Fig Tree's 35 years of publishing

The Fig Tree celebrates its 35th year of publishing at its 2019 Benefit Lunch on Friday, March 8, and Benefit Breakfast on Wednesday, March 13, in Cataldo Hall at Gonzaga University.

Four speakers at each event will address the theme, "35 Years: Informing, Inspiring, Involving," telling how The Fig Tree monthly newspaper shares news of people who are making a difference because of their faith and values, and the annual Resource Directory connects people in the caring community and is used by people in need to improve their lives.

Lunch speakers will be Jason Clark, executive director of Second Harvest; Sima Thorpe, executive director of The Arc of Spokane—both help deliver the directories—Sandy Williams, editor of The Black Lens, and Theresa Hart, founder/executive director of the Newby-ginnings program for veterans. Breakfast speakers will include Gary Stokes, general manager of KSPS-TV Spokane; the Rev. James Watkins, pastor of New Hope Baptist and a board member; Scott Cooper, director of parish social ministries with Catholic Charities and a partner in planning the annual Eastern Washington Legislative Conference, and Kim Harmson, owner of the Kizuri fair trade shop at the Community Building. The speakers will share their insights on the value of The Fig Tree and Resource Directory in their varied roles in the community.

Guests attend for no charge, but are invited to donate to support The Fig Tree. "Last year, we raised more than \$30,000 through these benefits, which were each attended by nearly 200 people. Our goal is 2019 is to raise \$50,000 through benefit events to help us build our capacity and involve more writers, editors and online media communicators," said editor and founder Mary Stamp.

In 1984, Mary and Holy Names Sister Bernadine Casey co-founded The Fig Tree—with what was then the Spokane Christian Coalition. In 2001, it became an independent nonprofit. Since 2006, it has also published the now 46-year-old Resource Directory. "Beyond the original goal of covering religion news, we connect diverse people, sharing their stories to build understanding, and explore how lives and views intersect on faith, justice and ethics issues, Mary said. Writers and editors include reflection and encourage dialogue, she added. The goal is also to help individuals and groups network, pool ideas and resources, and join in common action locally and globally.

The Resource Directory connects people and builds awareness of the many ways the faith, nonprofit and civic communities serve. In 2016, The Fig Tree published 12,000 copies of the directory, last year it published 16,000 copies with the help of community partners/underwriters.



Don't forget to **SPRING FORWARD** on **Sunday, March 10**

# Letters from Friends

## *It's a note from Becky Williams!*

Thank you for sending me the newsletter each month. . . Just a update on my moms health. She is doing amazingly well but it will take time for the fracture to heal. She came home from rehab only to go back into the hospital for blood clots in lungs and in one leg. It was encouraging to me to know you were asking help from the Great Physician. I was thankful that she came home before Christmas. She is having PT and walks with a walker. I am only too happy to be able to help mom. Right now she is having problems with her eye sight and eyelids are drooping closed when she uses them too much. Waiting for results on tests done to see what can be done about. Please pray for that issue to be resolved positively.

Please thank [Spokane Friends] for their prayers for Mom. I am learning first hand what it means to be a caregiver and with a positive lady like Mom, it makes it easier.

I pray for you and the Friends Meeting too! I miss them, and the way we Friends worship. Though I like the church I attend, especially the music. Blessings on all of you there in Spokane. Because of God's Grace, Becky



***New Quaker in Town?*** Last fall we were visited by a lady from Zambia named Francesca Mulazzi. She was visiting for a job interview. The Office recently received an email from her which we share below:

Good morning

February 6, 2019

My name is Francesca and I live in Zambia. I came to your meeting in November, around the time of Thanksgiving. I was interviewing for a job and exploring Spokane. As it turns out, I got the job and I will move to Spokane in July. Visiting your Quaker meeting was a highlight of my trip; I look forward to joining the meeting regularly..

I am feeling a bit overwhelmed in my plans for moving from Africa all the way to the west coast! My first order of business is trying to find a rental house. I wonder, does the Quaker meeting have a message board or announcement board where I might be able to post a note, detailing what I am seeking? It would be so reassuring to imagine that I found a place to rent through a kind Quaker connection.

Sincerely, Francesca Mulazzi

Second email, dated February 9.n response to our request to describe what she is looking for:

My name is Francesca Mulazzi. I will relocate to Spokane from Lusaka, Zambia, in southern Africa. I have accepted a job as a principal at the Saint George's School on Waikiki Road. I am looking for a house to rent in the range of \$1400 to \$1800 a month. I will be a very good tenant. I have three cats and two Labradors moving to Spokane with me. I would love to rent a house with a big backyard - preferably fenced. I am looking to rent from July 1st, 2019.  
THANK YOU! Francesca

*Please contact the office if you wish to contact Ms. Mulazzi directly about a rental property that might be suitable for her.*

**American Poet Mary Oliver**

Last month we noted the death of Mary Oliver, an American poet who has won the National Book Award and the Pulitzer Prize. The New York Times described her as "far and away, [America's] best-selling poet." Here are two more pieces from her book *A Thousand Mornings*.



I HAPPENED TO BE STANDING



















I don't know where prayers go,  
 or what they do.  
 Do cats pray, while they sleep  
 half-asleep in the sun?  
 Does the opossum pray as it  
 crosses the street?  
 The sunflowers? The old black oak  
 growing older every year?  
 I know I can walk through the world,  
 along the shore or under the trees,  
 With my mind filled with things  
 of little importance, in full  
 Self-attendance. A condition I can't really  
 call being alive.  
 Is prayer a gift, or a petition,  
 or does it matter?  
 The sunflowers blaze, maybe that's their way.  
 Maybe the cats are sound asleep. Maybe not.

While I was thinking this I happened to be standing  
 just outside my door, with my notebook open,  
 which is the way I begin every morning.  
 Then a wren in the privet began to sing.  
 He was positively drenched in enthusiasm,  
 I don't know why. And yet, why not.  
 I wouldn't persuade you from whatever you believe  
 or whatever you don't. That's your business.  
 But I thought of the wren's singing, what could this be  
 if it isn't a prayer?  
 So I just listened, my pen in the air.

FOOLISHNESS? NO, IT'S NOT

Sometimes I spend all day trying to count  
 the leaves on a single tree. To do this I  
 have to climb branch by branch and  
 write down the numbers in a little book.  
 So I suppose, from their point of view,  
 it's reasonable that my friends say: what  
 foolishness! She's got her head in the clouds again.


But it's not. Of course I have to give up,  
 but by then I'm half crazy with the wonder  
 of it — the abundance of the leaves, the  
 quietness of the branches, the hopelessness  
 of my effort. And I am in that delicious  
 and important place, roaring with laughter,  
 full of earth-praise.



















**The Gideons are Coming!**

















**The Gideons are Coming!**

Tuesday evening, March 5th, the Missions Committee will serve chicken alfredo to the Gideons. The donation will go to Elizabeth Todd. This is their annual "membership" meeting, so more folks than usual are expected. The sign-up sheet is in the hospitality area, if you can help supply side dishes to accompany the meal.



















The sign-up sheet is in the hospitality area, if you can help supply side dishes to accompany the meal.

**Jaizé Prayer Service**

4:15 to 5 pm Thursday afternoons  
 The Ministry Institute (TMI)  
 405 E. Sinto, 2 blocks north of St. Aloysius Church

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• The temptation to moralize is strong; it is emotionally satisfying to have enemies rather than prob-  
 • lems, to seek out culprits rather than flaws in the system. God know it is emotionally satisfying to be  
 • righteous with that righteousness that nourishes itself on the blood of sinners. But God also knows  
 • that what is emotionally satisfying can be spiritually devastating — William Sloane Coffin.

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