

SPOKANEWORD

July
Seventh Month
2019



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

Third Sunday of the Month:

Monthly Meeting for
Business begins at rise of
worship.

Supporting Post-traumatic Stress Disorder Victims

By Jack Ciancio

"War is eternity jammed into frantic minutes that will fill a lifetime with dreams and nightmares." —John Cory

Post-traumatic stress disorder (PTSD) is the emotional ghost of a life-threatening event. It lingers in the shadows of the victim's mind looking for an opportunity to poke a tormenting finger into any secure sanctuary sought by the victim. In sleep, it is a nightmare; awake, it is a struggle to contain that nightmare. Those who strive to help the victim are often left feeling helpless as the victim is pulled ever deeper into an emotional abyss that is cognitively, perceptually, and emotionally off-limits to others. Quakers have an esteemed history of reaching out to victims of war to assist in the healing process. Post-traumatic stress disorder, however, is so complex that it defies the normal helping process. If we, as a religious community, want to help veterans with PTSD, we must first appreciate the physical, emotional, and mental vicissitudes of this destructive disorder; if not, we run the risk of heaping more trauma onto the traumatized.

Post-traumatic stress disorder is most often associated with military combat. The first study of PTSD was Jacob Mendes Da Costa's "On Irritable Heart" (1871), which described stress symptoms in American Civil War veterans. Other wars in our history have given this syndrome other names: shell shock, combat fatigue, psychoneurosis. Following the Vietnam War, the medical community was confronted by large numbers of veterans displaying a cluster of biopsychosocial symptoms that did not fit into any one comprehensive diagnosis. It was not until 1980 that this cluster was formally recognized as a diagnosable syndrome and given the name post-traumatic stress disorder.

According to the American Psychological Association, it results from the following:

having experienced, witnessed, or being confronted with an event or events that involved actual or threatened exposure to death or serious injury, a threat to the physical integrity of self or others, or sexual violation resulting in intense fear, panic, helplessness, or horror.

The recent wars in Afghanistan and Iraq have revealed a new area of combat related trauma known as moral injury. According to *PTSD Research Quarterly*, moral injury is defined as "an act of serious transgression that leads to serious inner conflict because the experience is at odds with core ethical and moral beliefs." Moral injury is related to PTSD but is not a necessary component. Recent wars have also created an extremely high incidence of traumatic brain injuries (TBI), which is a result of a blow to the head that alters consciousness. TBI is not only devastating in its own right, but also increases the likelihood of PTSD.

Flashbacks and other symptoms

Although PTSD is characterized by a cluster of symptoms, there are some very specific characteristics that PTSD victims exhibit. Re-experiencing (distressing recollections, dreams, flashbacks) is a basic symptom in which the sufferer not only recalls but also relives the traumatic event, experiencing the same array of emotions of panic, fear, and helplessness. Flashbacks are more than thoughts about what happened. The stored memories of the traumatic event cause the victim, like my friend Chris, to emotionally and cognitively relive the situation. Flashbacks are powerful because emotions are powerful memory generators.

In a traumatic event, all the accompanying emotions (the fear, anxiety, panic, and helplessness), as well as the sensory stimuli (the smells, sights, sounds) are rammed into a part of the brain, the limbic system, where they will reside permanently as a memory. From that moment on, any sensory experience similar to those experienced during the trauma (even a prayer prayed during the event) may trigger the traumatic memory and cause the victim to relive the terror once more. As for the moral injury, the long-term memory of what is right is confronted

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with a recent act of wrongdoing, requiring the victim to morally justify that action. These psychobiological conflicts are emotionally exhausting and lead to anxiety, depression, guilt, and despair.

In an effort to avoid anything that might trigger a memory or flashback, many victims will physically, socially, and emotionally withdraw from engagement with the world. Some, especially veterans, will find a place to live far away from neighbors; others will avoid social gatherings. Unemployment is preferable to any job where a sight, noise, or smell might cause a resurgence of traumatic emotions. Inability to work leads to poverty, which leads to homelessness—and both lead to further isolation.

Too often, PTSD victims will numb themselves in an attempt to blunt their anxiety. Alcohol and drug abuse runs two to three times higher than in the general population, with depression three to six times higher. These lead to higher rates of suicide. Some victims sublimate their anxiety into creative experiences such as working with victims, social work, political reform, or the arts. Others write about their combat experiences as a way of dealing with his mental demons in a manner they can control

Many PTSD victims live in a continuous state of hyperarousal, that is, guardedness, lest they be attacked again or something trigger a flashback. This hyperarousal contributes to insomnia, irritability, outbursts of anger, and difficulty concentrating. All of these contribute to aggressive behaviors, domestic violence, divorce, unemployment, substance abuse, incarceration, guilt, homelessness, as well as distancing them from their spiritual potential. It also wears down the immune system, making PTSD victims more vulnerable to stress-related diseases such as type 2 diabetes and heart disease.

PTSD symptoms can start immediately after the event or surface intermittently. There may be no symptoms for weeks, months, or even years. What sort of stimuli can trigger an acute PTSD reaction? Sometimes nothing, it just spontaneously occurs. Witnessing or even hearing about another traumatic event; stress; a certain sight, sound, or smell; medical illness; any situation that makes the victim feel helpless; or loss of whatever coping mechanism the victim was using to survive—all, some, or none of these can send a PTSD sufferer into an emotional crisis.

There is no magic bullet for curing PTSD. For many victims the symptoms will resolve without treatment. For others, the disorder can be successfully treated by appropriate medical and psychological interventions. Those who think that a PTSD victim can willfully “just get over it” or “pray it away” should know that such expectations only heighten the victim’s anxiety and contribute to their suffering. The complexity of the disorder requires that all treatments be done by professional practitioners experienced in treating PTSD.

The religious community as Good Samaritan

If lack of appropriate social support after the traumatic event is a contributing factor in the duration and intensity of PTSD, then the religious community should focus on offering appropriate support. Along with the physical and emotional consequences, PTSD victims experience a moral anguish; they have been robbed of a belief, be it in the existence of goodness in the world, in themselves, or the goodness of a kind and merciful God. Victims may not find that God again until they see his goodness in action.

The religious community should serve as a bridge from evil to goodness. And what better model for that is there than the Good Samaritan (Luke 10: 29–37)? He provided the victim unconditional support—physical assistance, immediate medical care, lodging, and financial support—with no questions, no expectations, no advice, no admonishments to be more careful, no criticism of his behaviors.

In a world where tragedies are inevitable, PTSD reminds us of just how fragile we humans are and how much we need God’s and one another’s help. Spiritually, the religious community must be “the one to show mercy” (Luke 10:37). When traumatic victimization leads an individual to ask, “Where was and is the kind, merciful God?” it is a heart-rending and difficult question to answer, one too often answered with meaningless, patronizing platitudes. What has meaning is offering good back into the victim’s life. Expect acceptance and avoidance of help as the victim’s anxiety level waxes and wanes, but be ever-forgiving and ever-present to help again.

Perhaps the most important role for the religious community is to speak truth to power and say, “Enough!” We can call for an end to the senseless wars, humiliation of women, and the diversion of finances from education and basic social needs. We can say “enough” to the rapacious military-industrial complex and the accumulation of wealth through exploitation. For Quakers, the peace testimony must garner more than a few paragraphs in our *Faith and Practice*; it must become part of our ongoing identity reflected in our actions.

Jack Ciancio is a member of Ararat (N.C.) Meeting. He is a veteran, retired psychiatric nurse, educator, and author of *Where Christ Presides: A Quaker Perspective on Moral Discernment* (Redemption Press). He is currently working on a book on the Gospel of Mark. **Copyright: Friends Journal, all rights reserved, link to <https://www.friendsjournal.org/supporting-post-traumatic-stress-disorder-victims>.** The article is condensed slightly to fit into the available space.



Classic PTSD Symptoms

- Intrusive re-experiencing of trauma
- Avoidance of stimuli that might invite traumatic memories or experiences
- Numbing
- Hyperarousal

MONTHLY MEETING FOR BUSINESS MINUTES

The June Monthly Meeting for Business was cancelled because so many people were out of town or celebrating Father's Day elsewhere.



WELCOME, PAUL!

We are happy to introduce to you Paul Blankenship, our new part-time interim pastor.

Early this year Paul Houston Blankenship and Veronika Dvorak began worshipping with our community, which led to him bringing us Sunday messages twice. The relationship continued and has now culminated in a call from Spokane Friends to Paul to serve as our part-time interim pastor for one year beginning on June 1, 2019. Our covenant with Paul includes preaching twice per month and devoting approximately 8 hours per week to his ministry with us.

Paul is currently a PhD candidate at the Graduate Theological Union in Berkeley. He has taught theology and religious studies at Seattle University, Fordham University, and UC Berkeley. He is now completing his dissertation about the spiritual and religious lives of people experiencing homelessness in Seattle. He asks the question of how we can help people experiencing homelessness experience the Living Light and flourish in their everyday lives.

Paul grew up in San Diego and has lived and worked with people experiencing homelessness since he was a child and his mother headed a non-profit for homelessness and at-risk youth there.

His undergraduate education at Vanguard University led to degrees in Social Studies and Religion. Paul met Veronika, whose mother immigrated from the Czech Republic, when they were students at Vanguard University. They now live in Peaceful Valley with their dog, a golden-doodle named Wendell (after Wendell Berry). Veronica is a Special Education teacher with the Mead School District. Paul likes to spend time along the Spokane River near their home and also visiting lakes in our region.

We are delighted that Paul and Veronika have decided to share their spiritual journeys with our community for this period in their lives.



Love to Jam?

Anyone can drop into the Deer Park Community Center for a gospel jam. Bring instruments to play or join in songs of praise. Every Friday night at 7 pm — with snacks and fellowship afterward.



For more information, contact Andrea at andreatuinstra@gmail.com

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: We ourselves feel that what we are doing is just :
: a drop in the ocean. But if that drop was not :
: in the ocean, I think the ocean would be less :
: because of that missing drop. I do not agree :
: with the big way of doing things. To us what :
: matters is the individual. To get to love the :
: person we must come in close contact with him. :
: If we wait till we get the numbers. then we will :
: be lost in the numbers. And we will never be :
: able to show that love and respect for the per- :
: son. I believe in person to person; every person :
: is Christ for me, and since there is only one Je- :
: sus, that person is the one person in the world :
: at that moment. — Mother Theresa :
:.....

News from Caritas

Here are the Service Reports from May 2019

Individuals served	1057
Households served	441
Children (0-18)	318
Adults (18-54)	476
Seniors (55 & over)	263



Lbs of food distributed from Table of Plenty & Food Pantry	\$ 17,811
Emergency utility assistance	\$ 400.23
Hygiene & Cleaning Supplies	\$ 559.50
Fuel Vouchers	\$ 90.00
Bus Passes	2
Number of Volunteers	56
Volunteer Hours	831

Little Free Pantries — Caritas planted two new Little Free Pantries to increase 24/7 food access in NW Spokane. Thanks to project funding from the Spokane Rotary 21, we now have four pantry locations: St. Francis of Assisi Catholic Parish, St. Andrew's Episcopal Church, *Shadle Park Presbyterian Church, and *Queen St one block from the VA Hospital. Donations earmarked Little Free Pantries will go toward continued support of filling and maintaining these satellite locations, or visit sites directly to *Take What You Need, Give What You Can*.

Kelsie Rowland
Operations Manager

(Photo Here)

Suggested Pantry Items

Soups
Ramen Noodles
Tuna Packets
Hamburger Helper
Rice Dish Packets
Apple Sauce
Fruit Roll-Ups
Granola Bars
Snack Mixes
Mac and Cheese
Canned Veggies
Beef Jerky
Cereal
Baking Supplies
Fem. Care Products
Deodorant
Tooth brush/paste
New socks

Sunday Leadership Schedule

- Lois Kieffaber July 7th
- Paul Blankenship July 14&21
- Jonathan Williams July 28
- Irene Morrow August 4
- Please tell an Elder when you would like to take a turn.



A note from Nadine

6-19-2019

Spokane Friends Church,

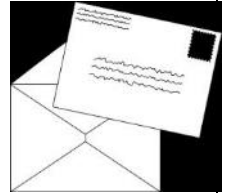
About 30 years ago Milt and Nadine asked to join your church by transferring from Hillsboro Friends Church.

No one ever let us know if that happened! We just assumed it did because we were put on committees!

Now Milt has graduated to heaven so is no longer a member. I wish to withdraw my membership also. (I have attended another church for years.)

I wish your body well. Thanks for including Milt in your prayers these past years. We both appreciated that.

May God bless. Nadine Asher



Quaker News

North Pacific Yearly Meeting is July 17–21, at Linfield College in McMinnville. The theme is Abyss: Faith, Hope, Kinship. For more details, go to <https://as.npym.org/>

Come walk with **West Hills Friends** into the future. We are seeking an exceptional individual to join our welcoming and uniquely diverse Quaker community as a full-time released minister. If you are interested in learning more about this position, go to <https://westhillsfriends.org/jobposting>.

Newberg Emerging Friends Church is seeking to fill three part-time positions: Youth Pastor, Children's Ministries Coordinator, and College and Young Adult Ministries Coordinator. For details, go to www.newbergemerging.org

Northwest Yearly Meeting of Friends will conduct their Yearly Meeting Annual Sessions at George Fox University on July 21–24, 2019 |



Leann Williams

was recorded by Sierra- Cascades Yearly Meeting
at their Annual Sessions on May 25, 2019

On Sunday, June 23, Spokane Friends celebrated the Recording of Leann Williams by Sierra-Cascades Yearly Meeting of Friends

in recognition of her public ministry. Leann brought the morning message and was blessed by Spokane Friends. After the worship service Friends and family of Leann and visitors from other Quaker Meetings joined us for dinner in the Fellowship Hall. Leann has been a member of Spokane Friends since 2008, has served as an Elder, and has provided leadership for various outreach projects in the Coeur d'Alene area. We have been much blessed by her ministry among us.

Leann Williams grew up primarily in the San Francisco Bay Area of California. Part of a church-going family, she first attended a Swedish Covenant church in Oakland, CA. It was there in childlike faith she began her walk with Jesus. Later childhood and teenage years were spent worshipping in a Bible church in Berkeley, CA. From those folks Leann learned a deep love of scripture and respect for those whose lives bore witness to their experience of walking with God. As a young person Leann desired to enter Christian ministry which at that time meant becoming a missionary or pastor's wife since women were not ordained in her church.

In preparation for ministry with children, Leann attended Appalachian Bible Institute in West Virginia, and a community college in California to earn an early childhood certificate. She became a part of several church plants during her 20's and 30's where she developed early childhood curriculum and programs in these churches.

In the 1990s Leann began teaching in Christian schools as a kindergarten teacher and eventually teaching in Idaho at the high school level and finally in fifth grade. Teaching became a focus of her ministry in In the 1990s Leann began teaching in Christian schools as a kindergarten teacher and eventually teaching in Idaho at the Hayden Friends church various settings for most of 15 years.

While a member of Hayden Friends, Leann became involved at NWYM and served in SInI the 1990s Leann began teaching in Christian schools as a kindergarten teacher and eventually teaching in Idaho at the high school level and finally in fifth grade. Teaching became a focus of her ministry in In the 1990s Leann began teaching in Christian schools as a kindergarten teacher and eventually teaching in Idaho at the Hayden Friends church various settings for most of 15 years.

eral positions. It was about ten years ago that God started stirring a leading to serve those who had walked away from traditional church. From that leading Bridges was born, an outreach ministry to those God gathered to reconnect with God and faith community.

Leann left teaching and retrained as a massage therapist about seven years ago. While developing her private practice, Leann started noticing that people brought their soul along with their body to receive ministry and healing. God was at work doing the healing and only asked for her to be a conduit in the process. This was not something learned in massage school! She began sensing a need for more training in spiritual accompaniment. The Way of the Spirit program provided valuable training and resources in her journey to become better equipped to provide soul care along with her healing touch. When regular retreats with WOS caused Leann to change her schedule, clients often asked about the program. In the context of scheduling a massage God was present bringing the conversation around to the deeper matters of the heart and soul that have an impact on physical health. In the trust relationship that develops between Leann and her clients God often nudges a client to ask about what it means to follow Christ, be a Quaker, or how to develop spiritual practices. Leann often calls herself a massage pastor. Her clients understand what that means.

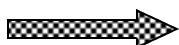
Through the last several years Bridges has developed into a home church with a web of relationships throughout north Idaho. Former students, people who had once been part of a homeschool coop, parents of former students, massage clients, and other friends gather in different settings for spiritual nurture and care. Leann co-pastors Friends in Common which includes regular weekly meetings, book groups, women's spiritual nurture groups, and pastoral care of whomever God brings her way.

The Church

And

(Cartoons here)

Technology



"I downloaded them from a cloud"

"This week's sermon is about how we all need to simplify our lives. Unfortunately I lost the whole thing when my computer crashed."

Let's Celebrate!! Nearly 40 bills for which FAN advocated during the 2019 Legislative Session have made it to the Governor's desk! Here are just a few examples of our legislative successes:



FOR THOSE IN POVERTY

Temporary Assistance for Needy Families (TANF) gives cash to families in need.

Emergency Assistance Grant Program helps post-secondary students with food, utilities, childcare, transportation so they can continue their education.

CRIMINAL JUSTICE REFORM

Postsecondary Prison Education expands education opportunities for those in prison.

Juvenile Detention Reform eliminates the use of detention for juveniles committing minor offenses.

MORE PATHS TO HOUSING

Housing Trust Fund funded at \$175 million, \$24 million for mental health housing.

Religious Zoning helps faith communities build affordable housing on their properties.

ENVIRONMENTAL STABILITY

100% Clean Electricity will remove fossil fuels as sources of energy by 2045.

Oil Spill Prevention prevents oil spills by extending tug escorts for vessels transporting crude materials in the waters around the San Juan islands

Toxic Pollution will identify and reduce top pollutant chemicals, making our communities and waterways safer.

CIVIL RIGHTS:

Missing & Murdered Indigenous Women improves law enforcement response to indigenous women's safety

Gun Responsibility restricts access to guns for people with a history of violence or recent mental health issues.

Keep Washington Working separates local law enforcement from ICE so that immigrants in Washington can safely attend work and other places they frequent without fear of local law enforcement

EXPANSION OF HEALTH CARE

Mental Health System Funding - \$280M in the operating budget for new facilities and \$174M in the capital budget, including \$150M for the University of Washington's mental health hospital.

Read details about these and many more laws passed during this legislative session at fanwa.org. Thanks for your support. Spokane Friends is a member of FAN.

ANNIE LONGSTROTH TYCKSEN

1945 - 2018

(Photo here)

Annie Longstroth Tycksen completed her journey to heaven on October 13, 2018. She was born June 26, 1936, the oldest of four, grew up in southern Idaho and graduated from Greenleaf Friends Academy in 1954. She met the love of her life, Earl Tycksen, at George Fox College, as they co-directed a play for Homecoming. They became engaged within months and were married in 1959 at Whitney Friends Church in Boise, ID.

Annie thought of herself first and foremost as a pastor's wife. She and Earl valued family and relationships. They gladly welcomed daughter Lynnette while pastoring in La Junta, Colorado and then their son Mike while living in Jerome, Idaho. The next move to Meridian, ID, expanded their

church family and added six Vietnamese sons in 1975. Hoa Dong lived with the Tycksens while earning his college degree. Other "sons" settled throughout U.S. and maintain contact even today. After ministry in Meridian, ID, and Silverton, OR, they served Spokane Friends Church in Spokane, WA, from 1986 to 1997. Then after pastoring at Nampa ID, they moved to Newberg, OR, to "retire. Eventually they made their home at Friendsview Retirement Community. Many residents recall their warm welcome to Friendsview from Annie and Earl.

Annie was involved in many church communities throughout her life. She enjoyed typing Earl's sermons and working or volunteering as church secretary over the years. While in Idaho, she worked many years in the business office of St. Luke's Hospital in Silverton, OR. She also enjoyed a job in the business office of the Mt. Angel Abbey. She volunteered as a SMART reader at a local school in Newberg, and served on proofreading and dining service committees while living at Friendsview. Annie remained sharp-minded until her final days even as her physical body declined around her. Even in her last months she impacted many of her healthcare providers as she inquired about their lives and expressed her care and appreciation for them.

Surviving Annie are her daughter, Lynette Cortez of Silverton, OR; her son, Mike (Amy) Tycksen of Richland, WA, who is a non-resident member of Spokane Friends; Hoa (Lori Nguyen) Dong of Renton, WA; nine grandchildren and three great-grandchildren, as well as many nieces, nephews, extended family and dear friends who will remember her and mourn her passing. **[Note:** We regret the delay in printing this memorial due to a mix-up in obtaining biographical information.]