

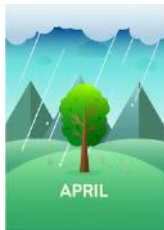
SPOKANENWORD

April
2020



Spokane Friends
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Spokane, WA 99205
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Sunday Schedule:
Unprogrammed Worship
9:00—9:45 am
Programmed Worship
10:00 am.
Fellowship 11:00 am

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

Stuck at Home: Not All Bad

by Heidi Scott

With global social distancing and self-quarantining, is it any wonder that a growing number of people are now having dreams of being imprisoned or locked away? The human mind is a funny thing. In difficult circumstances, our brains tend to want to fixate on negative topics. Particularly when those topics are as visible as a pandemic.



But through every crisis in history, humanity has shown that our brains also have an incredible ability to override the negative. POWs of the Hanoi Hilton in Vietnam, one of the most brutal environments in history, found ways to bear the harshness of their captivity by convincing themselves that they would only be there for six months. They used a tap code to communicate through the cement walls of their confinement. They offered support and concern for their fellow prisoners. They even passed lines of Shakespeare to lift each other's spirits. When they were separated to the point where they could no longer hear the tapping, they found other ways to connect – sweeping with brooms, flashing lights, or even blinking their eyelids.

The Power of Optimism

In 2013, 40 years after their release, a study was published by the Robert E. Mitchell Center for Prisoner of War Studies detailing how these men had survived after the trauma. The study found that most of them went on to lead productive, happy lives due to a sense of optimism. They allowed their brains to dwell on hope, rather than the horrific isolation and brutality they faced every day. In fact, the study showed optimism to be the strongest predictor of resilience, regardless of the severity of trauma they experienced.

As we grapple with Covid-19, our brains continue to work overtime at processing the stream of information coming our way. In our homes, we are shut away from human interaction and so we turn to the Internet for connection. There, we find a constant stream of Covid-19 discussion, creating a feedback loop of fear. Dr. Lynn Fraley recently appeared on KHQ to discuss ways to mentally break free. Her mental health practices are seeing an uptick in people seeking relief from feelings of anxiety, depression, and helplessness due to virus-related changes in their lives. She advises people to “look but don't stare.” Her advice is to keep our brains healthy by not making this pandemic the center point of our attention through the day.

She suggests trying to focus on those aspects of your life you can control and to look for the good things that are happening. Perhaps it is the chance to reconnect with family. Perhaps it is more rest. Or even the chance to finally dive into that passion project you've always wanted to do. Like the POWs in Hanoi, we can dig deep and find that innate human sense of optimism to help us be resilient.

Making The Best

In today's unprecedented times, people continue making the best of their circumstances. The world is often unaware of these moments of hope because they are not loud. They are not forceful. But they are always there, shining light and finding ways to bring out the best in humanity. Amazing acts are taking place all over the world.

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Great Britain took part in a national "Clap for Carers" tribute that rang through the skies on Friday, March 27. Museums like the Guggenheim in New York, the British Museum of London, and the Louvre in Paris are opening their virtual doors for free. Global efforts like the World Health Organization's Global Citizen campaign #togetherathome is bringing concerts into the living rooms of the world for free via Instagram Live and YouTube, where megastars donate their time and talents to uplift our spirits. The Metropolitan Opera is streaming nightly HD presentations, and countless symphony orchestras are now streaming live for virtual audiences free of charge. Spontaneous expressions of encouragement are popping up throughout the world.

What's Happening Locally

On a local scale, people are volunteering their time to sew masks for health care workers and JoAnnn Fabrics is giving away kits to make them. Spokane area school districts are giving away sack lunches to any child under 18, with no proof of residency requirement. Distilleries like Dry Fly are making and distributing free hand sanitizer. Starbucks is giving free coffee to health care workers. And the Women's and Children's Free Restaurant gave out 5,800 free meals in two days when they typically give out 2,000 in a week.

Individually, local acts of generosity and optimism are incalculable. A man was spotted walking outside of Holy Family Hospital with a sign that said, "Thank You Workers!" A Spokane resident set rolls of toilet paper on their doorstep for neighbors in need. A woman was seen teaching an elderly resident in an assisted living center how to knit through a window. One of the most heartwarming reminders of our human resiliency is that windows and driveways have been decorated with colorful words of encouragement by our local children declaring, "We Got This Spokane." land entrusted to us by God, it's a small price to pay.

Heidi Scott is a freelance writer and editor who moved with her family into a 100-year-old farmhouse north of Spokane. When not working, she grows and preserves much of the food her family eats throughout the year. She enjoys adventures with goats, sheep, cows, chickens, rabbits, barn cats, and a hummingbird named Mildred, who visits Heidi every day in the summer while she milks her goats. This story appears at <https://spokanefavs.com/stuck-at-home-not-all-bad/>

MARTHA PUCKETT

1930 - 2020

Dear Spokane Friends Family,

Dear Spokane Friends Family, We just wanted to let you know that our sweet mama, Martha Puckett, passed away on March 25, 2020 at 11:30 pm in Coeur d'Alene, Idaho. She had moved to Sheryl's house only a few weeks prior after spending 9 years at Friendsview Manor (where she moved with our dad in 2011). Our hearts are warmed with the knowledge that she was wrapped (literally and figuratively) in the exquisite love of our sister, Sheryl, who cared for her the last few weeks of her life. Even though she didn't consciously remember that Spokane had been her home for most of her adult life, she definitely relaxed and settled into Sheryl's home with a smile (perhaps feeling in her heart that she had finally come home and was ready to make her Journey to her "final home").

She had a few mini-strokes starting the Saturday before she passed, and it became clear that her time to leave would be coming soon. At the time of her passing, she was lovingly being cared for by her daughters, Sheryl and Janelle. Carol and Judi were together in Indiana and got a chance to say goodbye before she lost consciousness via video chat (unable to travel since they were still in quarantine after having returned from Spain 10 days before)! We were able to sing to her and she seemed to smile as she remembered all those times of practicing together with our dad, preparing for songs to share with the people they loved so dearly in the Spokane Friends Church (Meeting).

We will all miss her sweet smile and gentle Presence, but we know she is now in a better place where she has been reunited with our dad and her family who have passed on before her. She struggled a lot after my dad passed, especially as her memory started fading more and more each day. She was ready to go home and finally got her wish to "move up north" (a phrase she used in many conversations we had with her the last year or so of her life but because of her dementia, we didn't know if she meant back to Spokane or way up north to heaven)!

Due to flying restrictions and wanting to be sure everyone is safe (and no large gatherings allowed at this time due to the Coronavirus), we will wait to do a memorial service until later in the year. She and dad always felt like Spokane Friends was the "home of their heart" so it seems like her return "up north" will bring her full circle and back to the people she loved and shared her life with for so many years. We will keep you posted on a date for her Memorial Service, but in the meantime we certainly appreciate your thoughts and prayers as we navigate the loss of our beautiful loving mama!!

Much love to all of you, *"The Puckett Girls"* (Carol, Sheryl, Janelle & Judi)



Caritas Stats for February 2020

Individuals served	723
Households served	281
Children (0-18)	242
Adults (18-54)	306
Seniors (55 & over)	175
Lbs. of food through the Table of Plenty & Food Pantry	
	17,141
Emergency utility assistance	\$ 200.00
Hygiene & Cleaning Supplies	\$ 27,579.00*
Fuel Vouchers	\$ 10.00
Number of Volunteers	59
Volunteer Hours	1271
Bus Passes	15

COVID-19: For now, we ask that you keep neighbors in your prayers, stay healthy, and consider sending a financial gift instead of donating items so you can self-isolate as much as possible. Caritas intends to remain open for pre-packed Grab-&-Go food kits for clients and are temporarily suspending our boundaries and documentation requirements so we can help as many people suffering financially as possible. The next few weeks are uncertain for our community, but our God is unchanging as are God's commands for us.

"They rise in the darkness as a light for the upright; they are gracious, merciful, and righteous. It is well with those who deal generously and lend, who conduct their affairs with justice. For the righteous will never be moved; they will be remembered forever." Psalm 112:4-6 (NRSV)

Kelsie Rowland

Operations Manager
Caritas Outreach Ministries

***Editor's Note:** I didn't believe it either, BUT Northwest Harvest Food Bank gave Caritas many, many boxes of mascara sets, each priced at \$80 each! Go figure . .

Opportunity (continued from column to right)

Each day the retreat will offer a thought on how to trust God more deeply in the midst of self-isolation and uncertainty (including job loss and loneliness) as well as hear participants' thoughts. Jan says "Even better we'll offer a simple exercise to do throughout the day to experience God's goodness. Of course, this is free. I can't wait!"

The retreat starts Monday, April 6th, and is one week long. If this sounds like something you might like to try, here is where to go to sign up:

<https://trustinggodretreat.com>

Sue's Corner



AMERICAN DIRT

by Jeanine Cummins



This is the book that came out with great reviews, only to be soon followed by equally wild criticism. From what I can tell, the criticism was based on 'how dare a white woman speak for the immigrant experience, and it was

thought she appropriated a story that wasn't hers to tell. I admit that the reason I bought the book was because of the negativity.

In reading her Author's Note, she says she married an undocumented immigrant. He wanted his green card before he proposed but after five years of dating, they found the only way to get a green card was to get married. Ms. Cisneros researched for four years (reading and interviewing, one of whom was Pedro Rios of the American Friends Service Committee). While she herself is not an immigrant, there has been considerable research done and some personal experience that motivated her writing.

The story was not as brutal as what I think actually happens; the descriptions barely scratch the surface. I engaged with the characters; I liked the ones I was supposed to but never really disliked the bad guys. They were either too personable or just too slimy. I did want to shake Lydia for not suspecting Javier was the local cartel jefe.

OPPORTUNITY



In Chinese, "crisis" means "OPPORTUNITY", they say. Jan Johnson is a writer, speaker, seminary professor, and spiritual director. You can learn more about her at janjohnson.org. But a very special talent is giving on-line retreats. This one is an opportunity designed particularly for these times.

Jan asks whether our questions are something like this:

- How does the rainy weather create traffic congestion for *me*?

(instead of how the earth needs rain, especially here in SoCal)?

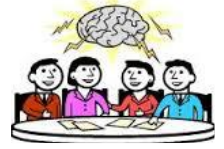
- How do I prefer or dislike the style of worship at my church (regardless of how it encourages or discourages others)?
- Finally, how does the Coronavirus inconvenience *me*? (instead of caring about my next-door neighbors and global neighbors)

She says she is inspired by this quote from Dallas Willard:

"As you engage with others, ask Jesus to bless them. You can consciously *will* the peace, joy and confidence that you are experiencing to pass from you, like "living waters," to those with whom you are interacting. Sometimes it occurs by a "good speaking," and sometimes in complete silence, spirit to spirit. Watch it happen. Trust that God can work in and through you in these ways." (see column to left)

MONTHLY MEETING FOR BUSINESS MINUTES

23 February 2020



The meeting was opened by Presiding Clerk, Jonas Cox. The January minutes were read and approved as read. 18 people were in attendance.

Treasurer's Report: Jon Maroni was approved by the meeting as the new Treasurer. A big thanks from the meeting to Wade Schwartz for his years of service as the prior Treasurer. Wade is working with Jon during this transition. Things are becoming more clear using the Quick Books. We probably need about 4K a month to continue in the direction we are going.

Elder's Report: Charlene Cox has been approved by the meeting as a new Elder. We had good Peace Month speakers. Good Quaker messages during February. We may have youth speakers in the month of May. We need to work on our Mission statement. Charles Salina (a friend of Jonas Cox) has offered to help with this statement. This was previously done with the help of Craig Hinenkamp. Joyce Nelson has resigned as the go-to person regarding the Gideon Meal due to health issues and being unable to drive. Lorna Hyslop has agreed to coordinate this effort with the continued help of Becky Tsompas and the congregation. It was approved that we start putting the weekly statistics (attendance, tithes and offerings) in the bulletin every week. Concerning our church Web page, it would cost approximately 1K for Sarah Peterson to set up the new Web. Ethan Moon has offered to help with this. We decided our cap for a refresh would be 1K. We may need to see if this can be done

Stewards & Trustees Report: We still need a report on the Caritas statistics. Kent Biel has a proposal for Caritas and will give it to Bill Emery for their upcoming Board meeting. The proposal raises their donation from \$550 to \$900 a month.

Pastor's Report: Paul Blankenship received an email from someone that had been to one of our services in the past. They support the LGBTQ community and needs to know if they would be accepted and affirmed if they attended. Paul asked for everyone at the meeting to express their views. A long amount of time and silent prayer was given before anyone spoke. Everyone expressed their feelings and opinions, and Paul said he would try and come up with something to respond back to them in an email.

With no further old or new business and all hearts and minds were clear, Lois Kieffaber dismissed the meeting with prayer.

Respectfully submitted:

Linda Nixon, Recording Clerk

NOTE: The March 2020 Monthly Meeting for Business was canceled due to the COVID-19 outbreak.

It's a Letter from Becky Williams!

I just returned from LA after staying with my 98-yr-old dear Auntie. It was a delight to help her until a caregiver could be found. It was 24/7 for a month, and though it was wearisome, I was glad to be able to spend some time with her.

Sure is great to be home though I was only home a week from Hawaii before leaving to LA. It's an early spring here, with wild glowers and green grass under the olive trees and in the orchard! But we so need the rain. It was a dry February and with fire season coming up, we need rain! Praying we will have a wet March and April.

I surely do miss my church family and Spokane friends, but God is good and I'm slowly adapting with God's help. Greet the church family for me, though I hear you have new faces that are coming! 😊 Yay! Love and Prayers, Becky



The 2020 Legislative Session is Over - Your voice bent the moral arc of the universe more towards justice! The very intense 60-day legislative session ended on March 12. **Approximately 1,455 bills were introduced and about 250 reached the governor's desk!** The capital budget reserved \$40M for affordable housing via the Housing Trust Fund, and the transportation budget increased just enough to restart the transportation projects that I-976, which implemented a \$30 car tab limit, put on hold.

Several bills FAN worked on passed which had a significant racial equity or environmental impact. Our state legislature is more culturally diverse than ever before, and the prime sponsor of each of these bills are members of color.

- **HB 1783, Rep. Gregerson** - Establishes a state racial equity office within the Governor's office, the first of its kind in the nation.
- **HB 2551, Rep. Lekanoff** - Allows Native American students to wear their tribal regalia during their graduation ceremony.
- **HB 2567 Rep. Thai** - Courts Open to All Act: Prohibits federal immigration agents from communicating with and arresting people at and around county courthouses.
- **HB 2602, Rep. Morgan** - Establishes hair styles as a protected civil right, especially in workplaces.
- **HB 5323, Sen. Das** - Bans the sale of single-use plastic bags in all commercial outlets and establishes the price of a single paper bag at 8 cents.

Other bills that passed which FAN worked on or supported towards racial equity and economic justice:

- **HB 1694 Rep. Morgan** - Allows apartment move-in fees to be paid in installments.
- **HB 2231 Rep. Pellicciotti** - Bail jumping bill: Reforms our current bail system to create more racial, economic, and legal equity by allowing judges the right to determine consequences for missed court hearings, rather than prosecutors.
- **HB 2277 Rep. Peterson** - Bans the use of solitary confinement in our juvenile justice system.
- **HB 2441 Rep. Entenman** - Reforms the Temporary Assistance for Needy Families (TANF) program around time limits and sanctions.
- **HB 2455 Rep. Kilduff** - GRADS bill: Creates childcare opportunities for teenage parents to attend high school and create self-sufficiency.
- **HB 2456 Rep. Callan** - Extends the assistance received from the Working Connections Child Care program from the current 4 months to 12 for families experiencing homelessness.
- **HB 2576, Rep. Ortiz-Self** - Authorizes the Department of Health to study the effects of private detention in our state agencies.
- **HB 2632, Rep. Valdez** - Swatting bill: Designates the false reporting of crimes or emergencies as a felony offense.
- **HB 2660, Rep. Riccelli** - Increases access to free school meals for high-eligibility areas.
- **SB 6261, Sen. McCoy** - Removes the nonprofit exemption from farm labor contracts to protect farm workers from unsafe practices and retaliation.
- **SB 6309, Sen. Lovelett** - Increases the WIC/Farmer's Market Nutrition Program voucher amount to \$28.
- **SB 6442, Sen. Saldaña** - Prohibits the Department of Corrections from using private contractors for incarceration unless it is a Governor-declared emergency.

There were two major bills that passed but FAN did not work on, that we wanted to highlight because we may see them on our fall ballot: sex education and expanded sports gambling.

Thank you for your calls, emails, and meetings with your legislators this session

Quaker News

The Pacific Northwest Quaker Women's Theology Conference has been **postponed** until next summer due to COVID-19 restrictions. The new date is June 9-13, 2021 at Cascades Camp in Yelm, WA when we will explore together the theme "Cultivating Faith and Hope in Troubled Times."

Klamath Falls Friends Church, an open and affirming semi-programmed Meeting of the Society of Friends (Quakers), is currently seeking a full-time pastor to journey with us. Our desired pastor will plan and present weekly messages/meditations to guide our Meetings for Worship and be called to equip and encourage all people to respond to God's love and transforming spirit. For information and inquiries, email: klamathfallsfriendschurch@gmail.com

Sherwood Community Friends Church seeks Family Life Associate Pastor. Go to www.sherwoodfriends.org for more information.

Northwest Yearly Meeting annual sessions will be held at George Fox University July 20-22, 2020.

Annual Gathering for Sierra-Cascades Yearly Meeting of Friends will be this June 12-14, 2020, at Canby Grove.