

SPOKANEWORD

October
2020



Spokane Friends

1612 W Dalke

Spokane, WA 99205

(509) 327-7852

www.spokanefriends.com

spokanefriends@gmail.com



Sunday Schedule
during
Covid-19 Restrictions

Morning Worship

10:00 am

At Meeting House

And Via Zoom

See Website For Link

Secrets in the Friendly Home

by Anonymous

I'm getting very tired of this. Sometimes I am afraid of the person I am stuck with in this house during the COVID-19 pandemic of 2020.

I am afraid because he yells at me a lot. Sometimes I yell back, of course, but his yelling is louder than mine and more full of hostility. If he ever hit me, it would hurt.

Last night I woke up in the darkness with his dream voice bombarding my mind, playing over and over: "I have explained it to you *twice*, and you aren't *listening*." As usual, his reprimanding tone felt deprecating and hostile with this implication: "What's wrong with you anyway? You're not *listening* like a good Quaker should." At dinner yesterday, I had challenged something he said that didn't jive with my understanding of historical Friends' Faith and Practice.

This mature man blithely ignores his own tone of voice. In his effort to make himself feel better, to relieve whatever tension is building up inside him, he takes it out on the person he lives with. But he would not admit that this is what he is doing. He has never hit me; he says he can't stand violence, but often I can sense the urge within his body to push me around.

I am trying to understand what I could say or not say that would persuade him to stop putting me down. He is always quick to counter anything I say and usually manages to find fault with it. He has a deep need to be always *right*. Never have I heard him use that same tone of voice with anyone else — certainly no one in our Quaker community.

This man, who yells at and demeans his intimate partner at home, is a leader among Unprogrammed Friends. Friends who know him, who know us, would be disbelieving if details of his actions towards me were revealed. His public persona is carefully cultivated, and I do nothing to undermine his reputation.

Most of us are still learning how to deal with the insecurities of our times. But resorting to what comes easily — barking at the person we live with — is not a good response.

I have decided not to confront him for now, about our conversation yesterday. But someday, I intend to ask, "What would you prefer that a person say or ask if they don't understand — or if they question — your version of the truth? What is your idea of "listening?"

Because of the lockdowns resulting from the coronavirus pandemic, it's been many months since I have had freedom of movement and association with other humans. I feel like I've worn out my list of old friends and family members who are willing to talk with me by whatever means we can use. I am seeing that there is a limit to our pretense that we are coping well in this pandemic.

There is a shelter for abused women in our town, but of course, it can't take anyone new during this lockdown. I guess I could drive to a hotel and check in. We have two cars and driving is not forbidden, just discouraged, unless for an important reason. But things are not that bad yet.

(continued on next page)

(continued from last page) So far, I have not seen anything in Quaker pamphlets or books or on-line resources that teach Friends how to deal with domestic emotional and psychological violence within the context of Quaker tradition and testimonies. Abuse of any kind among Friends towards intimates is simply too far out for most Friends to contemplate.

The dynamic I am referring to here is hidden, not spoken about within Quaker culture. I believe the subject would be met with profound skepticism if I brought it up in a meeting context. Is it too scary and embarrassing to admit? Even I, someone who is not known as shy or timid, am chicken when it comes to outing this situation.

My most common reaction is to stay quiet, not aggravate him, leave the room, or go for a walk. In an effort to stay centered, I practice my own type of meditation and really look at my surroundings. I try to see the trees, the flowers, the green grasses in a fresh way,. I try to let wonder and appreciation prevail in my own mind. Often I change my mood by leaning into fingers on my piano with familiar classical music. Sometimes this works, but today I am feeling sad, uneasy, and trapped.

As I write in mid-May, news reports are starting to include more stories about violence against women, based in part on a sharp uptick in 911 calls about domestic partner abuse.

Most of us in our meeting are retired. We magically still get automatic deposits into our bank accounts, so money is not a big issue for most people in my meeting. However, I am aware that many folks in my community are still out of work and many are unlikely to be rehired. Not everyone is getting government relief and if they are, it's not enough. Many have been working from home while their children are required to stay at home, too. These parents are expected to cooperate with home schooling as well as continue their daily work or search for work or financial safeguards. I expect that these circumstances are aggravating factors in the recent surge in domestic abuse. I fear for the children who are witnessing this and might themselves become the brunt of it.

I doubt that Friends will dig in any time soon to examine the continuous and prevailing tradition of domination in some Friendly homes, which I expect occur in same-gender couples as much as in any relationships. There should be no place for abuse of any kind in any home.

It exasperates me that even a hint of these attitudes and behaviors still exists in the year 2020. We've all been through the second wave of Feminism, the #Metoo movement, and sincere attempts by many men to mend their ways and move away from the patriarchal legacy.

I pray that Friends might someday find a way of calling upon our history and traditions to counter this development in our global, national and community cultures, to develop instead more Friendly ways of domestic life, based on kindness.

This piece was published in *Western Friend*, July/August 2020.



The Overstory by Richard Powers

Sue's Corner



By Sue Keehnen

This is a long book (502 pages). Listening to it as an audio book was wonderful. The reader did an excellent job.

It is a "novel about trees and people who understand them" and " an impassioned work of activism and resistance. "

A handful of people, all unknown to each other at the start, all become environmental activists of one sort or another. There is the brilliant computer geek, a paraplegic due to falling out of a tree as a child whose computer games keep building on themselves because of input from those who play the games. (Connection to trees: they all interlock in their own ways. All that is explained quite well in the book.) The young woman who connects with the 5th or 6th generation landowner who has just lost the family farm in Iowa to the corporation farm. They migrated to Oregon and joined an activist group and live 200 feet up in an old growth pine tree for a year. Then there is the college student who gets high, is electrocuted and briefly dies. When she revives, she hears voices telling her.....things.

The characters all become impassioned with trees. The trees are as people to them.

MONTHLY MEETING FOR BUSINESS MINUTES

20 September 2020



The meeting was opened by Presiding Clerk, Jonas Cox. 16 people were in attendance. The minutes of the August meeting were read and approved as read.

Stewards and Trustees Report: Jon Maroni, Jonas Cox and Bill Emery met with the Caritas Board and an epiphany was had by both groups. Caritas thought they were ahead on their payments, not behind. This came from the Memorandum Of Understanding (MOI) that Nick Block had written up for them back before they started using our building.

Jonas Cox was approved to form a subcommittee to meet with the Caritas Board after meeting with each other. They have met. The original MOU is very outdated. Those who agreed to serve with Jonas are Lois Kieffaber, Pam Emery, and possibly Bob Wiese and Kent Biel. This was approved by the meeting. We need to have better communication with Caritas.

Elders Report: Pam Emery gave the report. They are continuing to review the Sunday messages that have been brought to the meeting.

The Public Mission Survey of our meeting has been sent out to members and attenders of the meeting. Several have been completed and returned to the church office. We want to thank Walter Simon and others that worked on preparing this survey. Considering the ideas of Quaker material to add to our library, we have decided on ordering pamphlets from Pendle Hill. The cost is \$250. This amount had been approved previously by the meeting. Another survey may be coming out regarding the Shared Life of the meeting.

Treasurer's Report: Not available today but some numbers are placed in the weekly bulletin

Old Business: The website update has been tabled as well as the request from Caritas to place a building next to our shed to house kitchen appliances that have been donated to them.

With no further old or new business and all hearts and minds were clear Bob Wiese dismissed us in prayer.

Respectfully submitted,

Linda Nixon

Recording Clerk



Indigenous People's Day in Spokane is an Official Holiday

The Lilac City changed the name of the official holiday in 2016 to honor those first to inhabit America. The federal government still considers the holiday Columbus Day.

Federal employees as well as state employees in Idaho have the day off. State employees in the state of Washington do not observe the holiday. Spokane City offices are open as usual, and garbage collection is on a normal schedule. However, you do not need to pay for parking meters in Spokane today.

There is a strength, a power even, in understanding brokenness, because embracing our brokenness creates a need and desire for mercy, and perhaps a corresponding need to show mercy. When you experience mercy, you learn things that are hard to learn otherwise. You see things you can't otherwise see; you hear things you can't otherwise hear. You begin to recognize the humanity that resides in each of us.

— Bryan Stevenson



Bryan Stevenson is an American lawyer, social justice activist, founder/director of is an American lawyer, social justice activist, founder/executive director of the Equal Justice Initiative and a clinical professor at New York University. He is the author of the book Just Mercy, which was re-

Caritas Stats for August 2020



Individuals served	519
Households served	267
Lbs. of food through the Table of Plenty & Food Pantry	26,964
Hygiene & Cleaning Supplies	\$ 271
Utility assistance	\$ 504.38
Number of Volunteers	40
Volunteer Hours	858

*“For I was hungry and you fed me,
I was thirsty and you gave me a drink,
I was a stranger and you invited me into your home.”*
Matthew 25:35 (NLT)

Kelsie Rowland
Operations Manager
Caritas Outreach Ministries

Caritas Needs

Food

Canned Goods	Chili
Boxed Goods	Soup
Ramen noodles	

Necessities (Our clients are requesting these more often)

Paper towels	Shampoo
Toothpaste	Laundry soap

Thank you for your generous outpouring of paper bags and egg cartons but we currently overwhelmed with them! Plastic bags are still needed.



The Faith Action Network's
ANNUAL DINNER
Nov. 15, 5:00 p.m.

RISE UP TOGETHER

We have seen faith communities and individuals in the state of Washington rise up together to face COVID-19, systemic racism, economic uncertainty and environmental devastation. And now we are rising up to encourage others to VOTE their values to ensure a brighter future. Regardless of what happens in November, we will need to RISE Up TOGETHER to rebuild our democracy, repair divisions, resist systemic racism and refocus on economic and environmental justice.

You are invited to attend FAN's Annual Dinner to help energize us and celebrate how our vision of a just world helps sustain us and keep us going in 2021

The Annual Dinner will be virtual this year and is free to everyone. While the food served will be in your own homes, the program will be energizing and interactive.

Please RSVP by Friday, November 13 to let FAN know that you will be there and to receive the link to the program: bit.ly/FANDinner2020.

Quaker News

⇒ Sierra-Cascades Yearly Meeting of Friends **Quarterly Gathering** will be a virtual Zoom event on October 24. If you would like to offer a 60-90 minute Workshop at this event, go to gathering@scymf.org.

⇒ Mary Klein, editor and executive director of the magazine *Western Friend* has recently started an **online community forum** for ongoing mutual support among Friends in the West. Find it at <https://westernfriend.discussion.community/>

⇒ **Working Toward Right Relationship with Indigenous Peoples** Conference is a series of 6 online webinars from Pendle Hill. Lois Kieffaber is attending the series, but one or more sessions can be attended individually. Sessions (4:30—6:00 pm PDT) yet to come are:

Oct 12 Intergenerational Trauma and Healing for Indigenous Peoples

Oct. 26 Truth and Healing

Contact the Office if you would like to attend one.

⇒ This Sunday is **World Quaker Day!** This is an opportunity to recognize the global community of Friends of which we are a part and are but one expression. We also recognize that, even within our meeting, we are diverse in our expressions of Quaker spirituality. This year's theme is: **“What does it mean to be a Quaker today? Living a Faithful Live in a Changing World.”** Matt Boswell of Camas Friends has shared these queries for us to consider:

What does faithfulness to the Quaker tradition call me to, in this time?

What is the heart of Quaker spirituality, for me?

What Quaker practices have been most important in my journey?

How is the world changing and how can Quakers

Two options to worship at
Spokane Friends this month

The Meeting House is now open for those who wish to **meet in person** for worship. For your safety, we follow the health guidelines for public meetings.

Those **attending via Zoom** will use the link on the Welcome page of the Meeting's website at spokanefriends.com just as