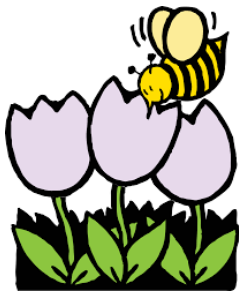


SPOKANEWORD

April
2022



Spokane Friends
1612 W Dalke
Spokane, WA 99205
(509) 327-7852
www.spokanefriends.com
spokanefriends@gmail.com



Sunday Schedule

Traditional worship in stillness
begins at 9:00 a.m.
when first person sits down

Programmed worship 10:00 am
In-Person (masked)
and Via Zoom
See Website For Link

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

Something for Easter

by Robert Kunkel

There is a mnemonic verse, rather like "Thirty days hath September ...," that goes as follows: "No need for confusion if we do but recall, that Easter on the first Sunday after the full moon on or next after the vernal equinox doth fall." Isn't that nice?

Of course, as we all know, Quakers don't celebrate religious holidays, or holy days, for the good and simple reason that all days are equally holy. Nevertheless, Easter-unlike, say, Maundy Thursday or Whitsuntide-is so well publicized that even a Quaker could hardly fail to notice it. So it seemed to me you might find that lovely little poem useful, particularly if your calendar doesn't have Easter on it.

No doubt you are now bursting to know where the formula for determining the date of Easter came from in the first place. Well, my research hasn't turned up the name of the actual inventor, but I have found out that the formula was made "official" by the Council of Nicaea in 325 A.D. Up to then Christians had celebrated Easter on various dates-some not even falling on Sundays-and the Council decided this untidy state of affairs needed to be straightened out. However, despite the Council's edict, the untidiness persisted for many, many years. For instance, northern England didn't agree to go along until the Council of Whitby in 664 A.D.

We naturally tend to connect Easter with the spring of the year, as Housman did in the familiar stanza:

Loveliest of trees, the cherry now
Is hung with bloom along the bough,
And stands about the woodland ride
Wearing white for Eastertide.

Indeed, in English the very word Easter hints at the spring season, because, according to the venerable Bede, Easter originally was the name of the Saxon goddess of the spring. However, we mustn't be hemispheric chauvinists; remember, down in the Southern Hemisphere, Easter occurs not in the spring, but in the fall.

The pagan note persists not only in the name of the holiday, but in other ways as well. In its egg-and-bunny aspect, our Easter is a thinly disguised fertility festival. But of course, even if the story of Jesus' resurrection is in some way connected with ancient fertility myths, Easter isn't primarily a fertility festival. What it is primarily about is the conquest of death. A central element of the original Christian gospel, the good news preached by the Apostles, was that God had decided to save us from death. So you see, Jesus' resurrection didn't just go to demonstrate his own divinity; like the resurrection of Lazarus, it lent credibility to the promise that God will someday resurrect all the dead: "O grave, where is thy victory?" But in order to understand this aspect of the Easter story, we need to know something of the background.

I take it that the two big questions about death are, first, whether it is inevitable, and second, whether it is final. My guess would be that in response to the first question, most of us would say yes, nobody lives forever; (continued on next page)

bodily death is inevitable. As to the second question, I would be a bit surprised if Friends were all of one mind. Many thoughtful persons are convinced there will be an afterlife, and many others aren't.

What does the Bible say about our two big questions? First, in general, the Hebrews of the Old Testament appear to have accepted both the inevitability and the finality of death. Remember, they believed that Adam and Eve had been cast out of the Garden of Eden because God didn't want them to eat the fruit of the tree of life, and consequently live forever. "You are dust," God said, "and to dust you shall return." This was taken to mean that death was not only inevitable, but final - or anyway, almost final. Here and there, the Hebrew Scriptures reflect a belief that shadowy, impersonal remnants of the dead survived in a dismal place called Sheol, a word the King James Version of the Bible usually, and misleadingly, renders as "hell." According to Ecclesiastes, residence in Sheol wasn't a prospect anyone would welcome: "Whatever your hand finds to do, do it with all your might; for there is no work or thought or knowledge or wisdom in Sheol, where you are going."

Eventually, though, the Judaic view of death altered, under the influence of other Middle Eastern religions. By the time of Jesus, many Jews had come to believe death was only temporary; eventually, God would resurrect the dead from their graves and restore them to life, after which they would be immortal. Please notice that according to this belief the dead were dead, all right, and would stay dead until God in the fullness of time brought them back to life.

Jesus was among those Jews who believed in bodily resurrection. So were the Pharisees. Among the conservatives who thought resurrection a heresy were the Sadducees, some of whom tried to trip Jesus up with a story about a lusty widow who outlived seven husbands. After the resurrection, whose wife would she be? Bodily resurrection also sounded queer to Paul's gentile converts at Corinth, as, I suspect, it does to most Christians today. Think about it. If you're to be resurrected bodily, what body would you expect to be resurrected in? The one you had when you died? According to the New Testament, Jesus himself was resurrected just as he was, and to prove it he invited doubting Thomas to finger his wounds. But suppose you die at 90, when your mortal envelope is riddled with infirmities. Would that be the body in which you would like to live forever? Paul told the Corinthians not to worry, that the bodies they would get at the resurrection would be brand-new, and spiritual rather than fleshly. Whether the Corinthians found this answer persuasive is not recorded.

The early Christians also believed the world would soon be coming to an end, on a day of wrath when the quick and the dead would be called before the seat of judgment. Note that it would be unnecessary for the quick, that is, the living, to be resurrected. So it turns out, you see, that for the early Christians death wasn't inevitable. After all, they might still be alive on Judgment Day, and go straight to heaven without ever dying. As for those who *had* died, they would be quickened, which is to say, restored to bodily life.

Even today, Christians who recite the Apostles' or Nicene creeds continue to declare that they look for the resurrection of the dead. The Roman Catholic view was stated by Pope Paul VI in 1968:

We believe that the souls of all those who die in the grace of Christ, whether they must still be purified in Purgatory or whether from the moment they leave their bodies Jesus takes them to Paradise, are the people of God in the eternity beyond death, which will be conquered on the day of resurrection when these souls will be reunited with their bodies.

Here you can see that the doctrine of bodily resurrection on a day of judgment has been merged with another doctrine that we haven't talked about, which is that you have an immortal soul that can go to paradise without waiting for your body to be resurrected. But if your soul is immortal anyway, you might wonder, why should God go to the trouble of reinserting it in a human body? Can there be delights in paradise that a mere disembodied soul would be powerless to enjoy?

What do Quakers say about these things? I rather doubt that many Friends of the unprogrammed tradition believe in a day of judgment on which the dead will be bodily resurrected. But the real sense of the meeting would seem to be that even if such questions are worth thinking about, they don't warrant a lot of *talking* about.

(continued on page 4)

MONTHLY MEETING FOR BUSINESS MINUTES March 20, 2022



The meeting was opened by Presiding Clerk, Jonas Cox. 16 people were in attendance.

The Minutes from the February meeting were read and approved with one correction. The new bathroom lights have not been installed as of today.

Treasurer's Report: We are still doing well. Some expenses are paid monthly, quarterly or yearly. Laverne Biel has been helping with the Statement of Position. Ben and Rhoda from Everance Investments will be meeting with Stewards and Trustees concerning moving our money from Friends Foundation to something they might deal with.

Stewards and Trustees Report: The room across from the library needs new flooring that will cost about \$750. This amount was approved by the meeting. The installation will be done by the group. A work day will be scheduled sometime in April, probably on a Saturday from 9-12, to do work/cleaning on the inside and outside of the church. A rail needs to be placed by the piano to help getting up on the platform steps and some color of strip needs to be placed on the edges of the stairs.

Elder's Report: Speakers and messages have been reviewed. We discussed involvement that we might have again with Family Promise. A Hospitality Table will be set up again in the foyer with Bob and Mary Wiese being in charge. We discussed starting up a Movie night again. We will be sending invitation letters to people that are not members but are regular attenders to possibly become new members.

New Business: We need to come up with a Land Acknowledgement Statement. The property our church sits on was taken years ago from the Spokane Tribe of Indians. We will discuss this, after people have had a chance to consider this, at our next scheduled meeting. We also would like to ask if anyone else would like to be part of any of the church Pillars that they would let the church know.

With no other old or new business and all hearts and minds were clear, Lois Kieffaber dismissed in prayer.

Respectfully submitted,

Linda Nixon, Recording Clerk



XX Brain: The Groundbreaking Science Empowering Women to Maximize Cognitive Health and prevent Alzheimer's Disease

by Lisa Mosconi, PhD

Reviewed by **Randy Vigil**

Dr. Lisa Mosconi, PhD, INHC, is the associate director of the Alzheimer's Prevention Clinic at Weill Cornell Medical College (WCMC)/NewYork-Presbyterian Hospital, where she was recruited as an Associate Professor of Neuroscience in Neurology. She also is an adjunct faculty member in the Department of Psychiatry at NYU School of Medicine, in the Department of Nutrition at NYU Steinhardt School of Nutrition and Public Health, and in the Departments of Neurology and Nuclear Medicine at the University of Florence (Italy). Formerly, Dr. Mosconi founded and was the director of the Nutrition & Brain Fitness Lab at New York University School of Medicine (NYU), and an assistant professor in the NYU Department of Psychiatry, where she served as the director of the Family History of Alzheimer's disease research program. Dr. Mosconi holds a dual PhD degree in Neuroscience and Nuclear Medicine from the University of Florence, Italy, and is a board certified integrative nutritionist and holistic healthcare practitioner. She is well known for her research on the early detection of Alzheimer's disease and is passionately interested in the mitigation and prevention of memory loss through lifestyle modifications including diet, nutrition, and physical and intellectual fitness.

In this revolutionary book, Dr. Lisa Mosconi, director of the Women's Brain Initiative at Weill Cornell Medical College, provides women with the first plan to address the unique risks of the female brain.

I bought this book to learn more about women in general and my wife in particular. It is very well written as a book for women to know more about hormones and how they affect daily lives and brain health. The author states that 75% of the cases of Alzheimer's disease occur in women. Why would that be? Well, this book goes through some of the reasons and what we can do to mitigate the causes.

She speaks particularly of brain health through diet (she gives recipes) and other lifestyle changes. The author includes web sites that you can visit to get more information on some of the issues she discusses.

Men can benefit from reading this book as well. Not only to know our loved ones better, but as humans (XY) we can increase our healthy brains too.

(continued from page 2)


What of the early Friends, such as Fox and Penn and Barclay? As far as Jesus was concerned, they accepted as a matter of course that he had been resurrected bodily on the third day after his death by crucifixion and that he later ascended bodily to heaven to take his seat at the right hand of God. They accepted all that just as they accepted that he had been born of a virgin. They weren't "demythologizers," and where the Bible was explicit, they were prepared to take it quite literally. In this they were of their time; in the religious controversies that raged in 17th century England, it was taken for granted on all sides that the Bible was inerrant.

But of course early Friends also believed in an eternal Christ who was always with God and is God, who dwells within each of us, and who has come to save his people now. They took to heart passages like these from the Gospel according to John: "Those who hear my words, and believe in him who sent me, have eternal life. They will not be judged, but have passed from death to life." "We know that we have left death and come over into life; we know it because we love our brothers. Whoever does not love is still in death." "God has given us eternal life, and this life is ours in his Son." Now listen to George Fox: "By nature we are born of Adam, and in Christ we are made children of God, by Grace in Christ, and quickened, and made alive, and restored to life everlasting in him." There are many similar passages, but the short of it is that for Fox the only life that matters is spiritual and eternal, and we are called to live it now.

However, if you want to enter into eternal life now, remember, there's a rub; according to the early Friends, you can't have it both ways. Before you can have eternal life, your old, sinful self must die.

And with that, Friends, I turn this discussion over to you. What would Friends like to say about Easter?

Robert Kunkel is a member of Chapel Hill (N.C.) Meeting and this article is taken from a talk given by him there. Reprinted from the March 1994 issue of Friends Journal



**Shadle Park Library
Book Sale**

Hours: Friday: 10 am to 4:30 pm
Saturday: 10 am to 1 pm


AND on Saturday, you can buy a bag of books for just \$3 or a box of books for \$5.

Proceeds benefit the Friends of the Spokane Public Library.
Bring your own reusable bags and stock up your home library!

Sunday Speakers

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

Apr 3	Sarah Scott
Apr 10	Ruthie Tippin
Apr 17	Deborah Suess
Apr 24	Johan Maurer
May 8	Ruthie Tippin





**SHARRON JEAN TEMPLETON
1945 - 2022**

Sharron Jean Templeton, 77, of Spokane, WA, went to be with her Lord and Savior on February 17, 2022. Sherri was born in Albany, OR, and moved to Spokane after receiving a degree in psychology from George Fox University.

She was an active part of the community, working at a local radio station, building a successful clothing business, and volunteering regularly at church and her children's school. Her passions included traveling, playing bridge with friends, golfing, and especially spending time with her grandkids.

Sherri was kind, patient, gentle, loving, fun, easy-going, and surprisingly independent. Everyone who knew her will remember her as the sweetest person they have ever met and feeling better every time she walked into a room. She is survived by her husband Larry, sons Gary Larsen and Greg Larsen, daughter Kathy (Johnnie) Bevan, son Steve (Megan) Larsen, four step-children, and many grandchildren.

Sherri was a member of Spokane Friends for many years. Friends there remember her painting rooms, organizing projects, singing in choral groups, leading singing, and being involved in all aspects of community life within the Meeting.

DID YOU KNOW. . .

. . .that March 31 was National Potato Day??
Neither did I, but now that I do, I am including a recipe to honor this special day.

Irish Potatoes (Candy)

These Irish Potatoes look so much like potatoes you'd swear they were the real thing*... until you bite into one! This recipe makes for 60 of these little imps.



Directions:

Cream together using electric mixer:

~ ½ Cup Butter

~ 1 Cup Cream Cheese

When smooth, add slowly and continue mixing:

~ 1 tsp Vanilla

~ 4 Cups sifted Confectioners' Sugar

Stir in:

~ 2 ½ Cups Flaked Coconut

Roll mixture into potato shaped balls (the size of a large Easter egg) and then roll them in:

~ Cinnamon

Keep the sweets separated on a cookie sheet and refrigerate to set.

*they're also a lot smaller than regular potatoes.

Taken from current Pendle Hill Newsletter

Caritas Spring Events

EASTER EGG HUNT
Saturday, April 9th, 11 - 2.
Kids up to age 12.



CARITAS RAFFLE FUNDRAISER
Saturday, April 23rd
2 to 9 pm at the Inland Cider Mill.

Hors d'oeuvres served from 3 to 6 pm. Five lovely baskets will be raffled off. Raffle ticket drawing at 8:45 pm. You need not be present to win.

JOINT PARKING LOT SALE

We will be joining with Northside Church of Christ to sponsor the sale. Caritas will be selling parking lot stalls so bring your sellable goods, crafts or whatever you want to get rid of. Your cost is \$10.00. You are responsible for your own goods. You keep your profit. Call 509-326-2249 for more information.

Spokane Friends Church is excited to announce Renee Girard Video Study

6 Week Study starts April 21st
Thursdays 7-8 p.m. via Zoom

Put two three-year-olds in a room with 20 different toys. One starts to play with a toy, and you know where this is going. The other child wants to play with the same toy. What if it is two different countries and resources? Tensions rise. To avoid violence the countries unite against a common victim, a scapegoat. The scapegoat is destroyed. Order is restored. Repeat the cycle over and over again. What does any of that have to do with the Bible? Turns out a whole lot, according to the ideas of Renee Girard. For one, Jesus came to break the cycle.

*****Our "book" will be a six-part video series that does an excellent job of making Girard accessible. Each video is about 15 minutes. Meeting format: Opening prayer, watch a video, discuss, close with prayer. No book to buy. No reading assignment.*****

If you are interested in attending, contact:
LaVerne Biel at spokanefriends@gmail.com
or call Spokane Friends Church at 509.327.7852

What We've All Been Waiting For!

We're going to have
a community meal again



After 2 years of masks and social distancing, we are planning to have a potluck meal together. At rise of worship on Sunday, April 17, you are invited to participate in our



Easter Brunch/Potluck

In the basement fellowship hall. All are welcome.



Successes in the 2022 Legislative Session

Below is a partial list of bills that were part of the FAN legislative agenda which were passed in the 2022 legislative session. Thank you for promoting social justice and racial equity across our state!

- * Expanded free lunches to all students [HB 1878 - Rep. Riccelli]. This will expand meals for 92,000 students
- * Aged, Blind, or Disabled (ABD) monthly cash grant maximum increased from \$197 to \$417 for one person, and eligibility is extended to human trafficking victims.
- * Funding for the Housing Trust Fund was increased by \$114 million. The legislature invested a total of \$829 million in homelessness and housing services.
- * Support for refugees [Rep. Thai] will be provided via \$28.4 million in one-time refugee resettlement funding for the DSHS Office of Refugee and Immigrant Assistance, to serve all refugees, including those from Afghanistan and Ukraine.
- * Safer communities will be created through high capacity magazine restrictions and closing the ghost guns loophole.

We will continue calls for reform of our policing & criminal justice systems and to continue to promote environmental justice. We regret that none of the bills in these two sections of our agenda passed.

WORLD RELIEF ASKS FOR HELP
Temporary housing
 New arrivals often need temporary places to stay while we find a more permanent housing solution. If you or someone you know has a space for temporary, separate housing for refugees, please email wrspokane.org or call us at 509-484-9829.
Donations needed

Mattresses	Box springs
Bed Frames	Toys
Coffee tables	Chair Sets
Cutlery	Pots and pans
Plates	Household cleaning items

Items should be in good condition, without stains. Items can be delivered to our office address. For pickup, please send us a message. Thank you for your support.

Office Mailbox Dear Spokane Friends Meeting,
 Thank you for sharing your space with us. We appreciate it very much.
Carolynne Myall and Sydney Chambers, members at former Spokane Friends Worship Group (North Pacific Yearly Meeting) now laid down

Quaker News

- ⇒ Sierra-Cascade Yearly Meeting of Friends is looking forward to their in-person **Annual Sessions at Canby Grove Christian Center** near Canby, Oregon on June 17-19, 2022.
- ⇒ **"Quaker Action for a Just World"** is a virtual gathering of Friends to discuss what we can do to build a vision of a sustainable, just, and peaceful future. A keynote speech from Winona LaDuke and a worship session led by Colin Saxton will be a part of AFSC's annual corporation meeting, April 3-7, 2022. Visit <https://www.afsc.org/corporation2022> for more information and to register.
- ⇒ North Pacific Yearly Meeting has created a draft **Minute of Right Relationship with Indigenous People** for consideration at their Annual Seesions July 13-17, 2022 at Western Oregon University in Monmouth, OR. You can find this Minute at <https://www.npym.org/>. Sierra-Cascades YM is collaborating in creating this Minute.
- ⇒ The 2022 Gathering of Friends General Conference will be held **online** July 3rd through 9th, 2002. Registration for the virtual Gathering will open in May.
- ⇒ **Friends Committee on National Legislation** is hiring a Director of Human Resources, Grasstops Advocacy Manager, National Field Organizer, and more! Visit [Work with FCNL | Friends Committee On National Legislation](#) to learn more and apply.
- ⇒ Klamath Falls Friends Church, an open and affirming semi-programmed Meeting of the Society of Friends (Quakers), in beautiful southern Oregon, is currently **seeking a part- to full-time Interim or Settled pastor** to guide us along our journey. KFFC is a Christ-centered and seeker-friendly Meeting. For more information, visit klamathfalls-friendschurch.org.
- ⇒ Camp Tillicum, Quaker Cove, Quaker Hill, and Twin Rocks Friends camps are seeking **ministry-minded high school and college-age summer staff**. If you know of a student that would be a good fit, please encourage them to apply. Contact each camp for specific details.