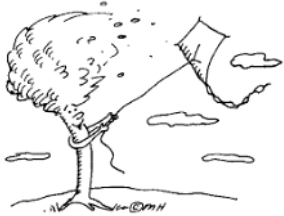


SPOKANENWORD

March
2023



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

Following the teachings of the Living Christ, we are an open, loving, and affirming community. We believe that God's Light is inherent within all people. There are no exceptions.

Sunday Schedule

Traditional worship in stillness
begins at 9:00 a.m.
when first person sits down
Programmed worship 10:00 a.m.
In-Person and via Zoom
See Website For Link

First Sunday of the Month
Potluck Meal at rise of worship

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

Twenty Nickels Make a Dollar

by Keith Scott Dickerson

Although I thought I had gone to medical school to become a clinician, it turns out now, twenty-plus years into my medical career, that I actually went to become a teacher. Early on, it became apparent that others viewed me as a good teacher. I did indeed enjoy teaching, so I chose to become a physician teacher of resident physicians and medical students, a role I have filled for the last sixteen years.

Early in my career as a teacher of medicine, I struggled with what it meant to be a teacher – specifically, what skills and background and techniques one should have. It is the darnedest thing that, although folks get their PhDs in Education, within the field of medical education, most folks become teachers of medicine with no formal training in the art and science of education. Some physician teachers undertake a one-year fellowship in either education or “faculty development,” but in my experience, the vast majority do not. There seems to be a common presumption that, just because you have been taught medicine by teachers, it follows that you, by an osmosis of some sort, have learned how to teach medicine yourself. It is likely an extension of that old medical adage, “See one, do one, teach one,” seasoned with some good, old-fashioned doctor hubris.

One piece of advice that is often given to young doctors and medical faculty is to identify other physicians as role models and copy their styles – physician teachers you enjoyed, or were meaningful and impactful to you. My perceived problem was that, by and large, I did not see any overt mentors I wanted to emulate. In fact, for many years, I bemoaned that I lacked that one, great mentor – the person whose footsteps I wanted to walk in.

About five years into my teaching career, as I intentionally self-educated myself on adult learning theory, I more or less stumbled upon Parker Palmer’s book, *The Courage to Teach*, which was published in 1998 and became an instant classic. How had I missed it for the first part of my career? I had heard Palmer’s name in Quaker circles, but I came to find out that he has been a prominent voice in adult education and even medical education for decades, with an annual award actually named after him.

Courage to Teach is built on the foundation of two simple premises:

- “Good teaching cannot be reduced to technique; good teaching comes from the identity and integrity of the teacher.”
- “Renewing the inner lives of professionals in education” is crucial.

The book also emphasizes a few other key concepts, including:

- Good teaching embraces the various seeming paradoxes or polarities inherent to teaching, such as: solitude vs. community, discussion vs. silence, and facts vs. feelings.
- Good teachers bring their authentic selves to their teaching; “deep speaks to deep” and “uniting soul with role.”
- Good teachers engage in active, ongoing self-reflection; they continually re-examine where their identity and integrity fit into their work.
- Ultimately, good teachers embrace and nurture the “courage to teach.”

(continued on next page)

(continued from last page) In the several workshops I have given in the field of medical education, I have used the following questions from Palmer's work to provocatively stimulate teachers:

What are some of the noble reasons we become teachers?

What are some of the selfish, self-gratifying, or shadow reasons?

Recall a moment when you knew you were "born to teach" – a real high point or meaningful teaching interaction.

Recall a very difficult or challenging teaching moment. How might you handle it differently in light of what you have since learned and experienced?

Along with *Courage to Teach*, I have found touchstones in the books of Rachel Naomi Remen, a visionary physician who notably has created "The Healer's Art" curriculum, now used at most U.S. medical schools. Remen pursues the noble goal of inoculating young doctors against premature cynicism. Her books *My Grandfather's Blessing* and *Kitchen Table Wisdom* are nothing short of inspirational.

Remen's formulation of the "Three Question Journal" has universal applicability: "What surprised me today?" "What touched my heart?" and "What inspired me?" I have used these questions countless times at the dinner table and around the campfire, to stimulate discussion and invite grace.

Over the last twenty-five years, I have seen many varied teaching styles work well. Some appeal to me more than others. There are certain techniques, tools in my tool belt, that I pull out from time to time, certainly in hopes that they will help my learners, but truthfully, also because I enjoy those particular techniques. I am more convinced than ever, though, that good teaching cannot be simplified to proper techniques. The art of teaching, the secret sauce, is genuine enthusiasm, a word that comes from the Greek "enthous," meaning "by God, inspired."

I was recently asked by an interviewer, "What do your students value about your teaching?" to which I cheekily replied, "I don't really know; I suppose you would have to ask the learners that!" I hope what I bring is a genuine joy for learning, along with a deep sense of care for individual patients and for improving the overall system of healthcare. I hope I role-model "walk the walk if you talk the talk," as well as "work well, play well." I hope I role-model life balance, not just work/life balance, but overall life balance, of which a meaningful, engaging career should be an important part. Wendell Berry says it best, "... when we work well, a Sabbath mood rests on our day and finds it good."

Although I may not have had the one overarching mentor in my career that I once sought, one of my bosses shared with me the following perspective: It is OK to learn a little bit each from numerous colleagues and sources, rather than one grand influence. "Twenty nickels make a dollar," he said with a joyful twinkle in his eye. ~~~

Keith Scott Dickerson, M.D. practices family medicine in Grand Junction, CO. He was selected as the 2020 Teaching Physician of the Year by the Colorado Academy of Family Physicians. Dickerson is a free-range Quaker who attends Intermountain Yearly Meeting with his family whenever possible. The above essay appeared in the September/October 2020 issue of *Western Friend* magazine.

The 100-day Dress Challenge

What would it be like to wear the same dress 100 days in a row? A company specializing in merino wool clothing offers a \$100 gift card to customers taking up this challenge. Thirteen people responded the first time this offer was made, and the offer still stands today, along with a similar 30-day dress challenge (\$30 gift card). But not everyone can spend over \$100 on a garment of clothing.

The concept seems to fit with the Quaker value of simplicity. It suggests being a careful consumer and reducing one's environmental footprint. Merino wool has many natural benefits. It is wrinkle-resistant, breathable, odor resistant, quick drying, soft, and temperature regulating (cool in summer, warm in winter)..

One customer said "I had much less laundry. Fewer items and less often. Merino wool just doesn't capture stink as much as most other fibers. This cut back on environmental impact -- water, energy, heat, detergent-- as well as time spent doing laundry." And what to wear becomes the easiest question of your day.

Many who took the challenge were surprised how few people noticed what they wore, especially when the dress was paired with jackets, leggings, scarves, etc.

Want to give it a try? Here you go: <https://wooland.com/pages/faq>



MONTHLY MEETING FOR BUSINESS MINUTES

15 January 2022



The meeting was called to order by Laverne Biel with prayer. Fourteen people were present.

The Minutes for the January 2023 meeting were read and approved with no corrections.

Elders report was given by Krista Maroni. The Elders had discussed pastoral care description being more relational rather than administrative, with limited administration as necessary. An example of job breakdown would be 50% visitation, 40% "in office" and 10% "other". Qualifications are still being discussed: what is the meeting looking for when the opportunity is presented.

Stewards. Bill Emery indicated that the flat portion of the roof shows the most wear. It will be checked this spring.

Pillars. A discussion should be had regarding 1) are they working? 2) are they necessary?

Each Pillar will be contacted for a monthly report of activity and plans. Jon Marconi volunteers to look into organize tents and people we could support. Treasurers Report. The reports are encouraging. We have some new givers.

Walter Simon reported again on what he does. He is exploring a variety of ways to advertise our presence.

The meeting was dismissed with a reminder to be of service.

Respectfully submitted,

Susan Keehnen, Recording Clerk

Financial Report January 2023	
Income 1/1/23-1/31/23:	\$914.44
Expenses 1/1/23-1/31/23:	\$4497.50
Difference:	-\$3583.06

Sunday Speakers

- Mar 12 John Kinney
- Mar 19 Johan Maurer
- Mar 26 Ruthie Tippin
- Apr 4 Danny Beard
- Apr 9 John Kinney
- Apr 16 Ruthie Tippin



Do You Still Do Correspondence by Snail Mail?

If so, you might come across some used commemorative stamps?

We are collecting stamps and first day envelopes from the U.S. and foreign countries in support of **Right Sharing of World Resources**. The box for you to donate your used stamps is near the peace lily in the hospitality area at Spokane Friends.

Right Sharing of World Resources is an independent Quaker not-for-profit organization sharing the abundance of God's love by working for equity through partnerships around the world. It gives grants to groups of marginalized women in Kenya,

Sierra Leone, and India to fund individual micro-enterprise projects.

The stamp program now accepts stamps of all issue dates and countries, both used and unused stamps, sheets of stamps, albums, boxed collections of stamps, envelopes, and postcards.



The opinions expressed within this Newsletter and on our website are those of the authors, not the Meeting.

Caritas Is Hiring !!

Executive Director, Caritas Food Bank

This position has full accountability for the daily operations of the food bank in meeting its mission of ministry to client services, volunteer management and maintaining member church and community relations. Approximately 20% of time will be dedicated to Fund Raising.

Full description is available on our website at <https://caritasoutreachministries.org>

Contact:

Bob Walker

509-981-1891

CaritasSpokaneJob@gmail.com



Caring for neighbors in need through your generosity.

A THOUGHT FOR TODAY:

That community is already in the process of dissolution where each man begins to eye his neighbor as a possible enemy, where nonconformity with the accepted creed, political as well as religious, is a mark of disaffection; where denunciation, without specification or backing, takes the place of evidence; where orthodoxy chokes freedom of dissent; where faith in the eventual supremacy of reason has become so timid that we dare not enter our convictions in the open lists, to win or lose. -Learned Hand, jurist (27 Jan 1872-1961)

Potatoes Romanoff

Also known as funeral potatoes, this rich and decadent side dish is a great way to use up any leftover roasted or baked potatoes.



Pre-heat the oven to 350F.

Ingredients:

6 large potatoes, peeled and cooked until just tender

2 cups cottage cheese

1 cup sour cream

2 cloves of garlic, minced

1 tsp salt

1 cup red onion, minced

1 cup cheddar cheese

Butter

Directions:

Cut the potatoes into cubes. Toss with the cottage cheese, sour cream, garlic, and onion and turn out into a buttered casserole dish. Top with the cheese, dot with butter, and sprinkle the top lightly with paprika. Bake, covered, for about ½ hour. Uncover and bake another 15 minutes until golden brown and bubbly.

Quaker News

- ⇒ **Northwest Yearly Meeting of Friends** will hold its annual sessions at George Fox University on July 23-27, 2023. It is also advertising for two lead pastors. For more information, visit nwfriends.org/job-openings/
- ⇒ **FCNL** is advertising for eight staff members and also has many volunteer opportunity for young adults. More information is available at <https://www.fcnl.org/about/work-fcnl>
- ⇒ Elsewhere in this issue of the Newsletter, you will find a **request from FCNL** for input from Meetings across the country regarding FCNL's lack of position on the issue of reproductive health and especially abortion, issues that Quakers are not in unity about.
- ⇒ **Friends United Meeting (FUM)** is searching for a **Coordinator of North American Ministries** to work closely with the staff team, board committees, and Friends leaders to coordinate FUM's programs to support the congregational health and spiritual vitality of North American members. While a candidate who can work from FUM's office in Richmond is most desired, we will also consider applications from those who live outside the region and are open to remote work.
- ⇒ **Camp Tillicum** is advertising for three full-time yearlong positions: Camp Program Administrator, Kitchen Staff, and Housekeeping Staff. <https://camptilikum.org/employment-at-tilikum/>
- ⇒ **Twin Rocks Camp** is looking for an Assistant Food Service Director. For more information, go to www.twinrocks.org/about/#staff
- ⇒ **Quaker Cove** would be happy to host your camp, event, or have you as a guest using their RV hook-ups or cabins. Quaker Cove is a Christian camp located on Fidalgo Island in Washington State. It is a refreshing place to get away from the busyness of daily life. For more information, go to quakercove@gmail.com
- ⇒ **Friends United Meeting (FUM)** is searching for a **Coordinator of North American Ministries** to work closely with the staff team, board committees, and Friends leaders to coordinate FUM's programs to support the congregational health and spiritual vitality of North American members. Richmond residence preferred, but remote worker is also a possibility.
- ⇒ **World Quaker Day for 2023** is Sunday, Oct. 1. This is an annual event where we celebrate the diversity of Quakerism around the world and build connections to make our community stronger.

Queries for Discernment on FCNL's Policy on Reproductive Health Care.

Friends Committee on National Legislation (FCNL), our Quaker lobbying group at the national level, has requested our help discerning its policies on reproductive health care, including abortion. Their foundational document states that since Friends are not in unity on abortion issues, "FCNL takes no position and does not act either for or against abortion legislation." After the Supreme Court's ruling overturning Roe vs. Wade, Friends around the country expressed concerns to the Policy Committee about FCNL's lack of position on the issue of abortion.

The Policy Committee invites Quaker discernment groups to focus on the issue of reproductive health care, including abortion, and advise FCNL whether they should revise their policy statement. If there are those in our Meeting who wish to have input on FCNL's position, we should form a group who would meet together and report our discernment by May 5. If you are interested in participating in such a group, contact an Elder or the Meeting Office.

A letter to the Meeting from Bridget Moix, the General Secretary of FCNL, says in part:

Queries and structure to support discernment were also suggested:

- What does reproductive health care look like in the world that you and your community seek?
- How are the Quaker values and testimonies relevant to the issue of abortion?
- Should the FCNL Policy Statement be revised on the issues of reproductive health and abortion?
- If so, what should the Policy Statement say?

Finally, resources are available to assist in facilitation emotionally sensitive topics such as this.

CARITAS IS IN DESPERATE NEED OF VOLUNTEERS

What might a Volunteer do??

- Workers Distributing Food: Work Days--Mon, Wed, and Thurs, Hours--9:30 am to 2:30 pm
- Data Entry: Work day--Wednesday, Hours--9:30 am to 2:30 pm
- Stockers: Must be able to lift 20 pounds but team lifting encouraged. Work Days--Mondays, usually after 3 pm, but hours are flexible

Call Caritas Food Bank at 509326-2249 to leave a message.

CURRENT CARITAS NEEDS

Necessities:

Laundry Detergent
Kleenex

Food:

Peanut butter-smaller jars, not the huge ones
Jelly/jam
Pancake mix
Syrup
Diced tomatoes
Canned vegetables
Chili
Soups

THANK YOU SO MUCH!!

A Psalm*

By Charlene Krueger

The Lord is my Prodder.
I want way more than I need.
E pushes me down to lie in the mud.
E drags me beside still waters and dunks my head.
E drags me down the paths of righteousness
gripping and complaining for E's sake.
I cower and whimper as I walk near death.
I remember with fear the evil I have done.
Eu prod me with your pointy stick.
Eu prepare a table where I watch my enemies eat the food I crave.
Eu pour oil on me, ruining my shoes.
My life will probably continue to suck.
Until I say yes.

Charlene Krueger is a member of Claremont Friends Meeting (PacYM)

*The author uses "E" for the nameless God and "Eu" when addressing that God.



Celebrate with The Fig Tree

This year The Fig Tree celebrates **50 years** of publishing the annual **Resource Directory**, which connects people in need of resources to transform their lives (and is also a great source for networking). You may pick up your own copy of the Directory in the hospitality area of the Meeting House.

There are two opportunities to join the celebrations:

March 3: Benefit Lunch at 11:30 am, Cataldo Hall, Gonzaga University (also on Zoom)

March 15: Zoom only Breakfast-time Benefit

Each celebration will feature a short program with speakers from four Spokane agencies who share the Resource Directory with clients, followed by a short video featuring people whose lives have been affected by the Resource Directory. There will be an opportunity to donate to The Fig Tree.

To attend one of these celebrations you can RSVP at development@thefigtree.org or call 309-535-4112 or contact Wade Schwartz, our representative on the Fig Tree Board.

Copies of the **Resource Directory** are available to pick up in the hospitality area of the Meeting House if you want your own copy.

