

# SPOKANEWORD

*April*  
**2023**

**Spokane Friends**  
1612 W Dalke  
Spokane, WA 99205  
(509) 327-7852  
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[spokanefriends@gmail.com](mailto:spokanefriends@gmail.com)



## Sunday Schedule

Traditional worship in stillness  
begins at 8:45 a.m. or  
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

## **A Quaker Approach to Living with Dying**

by Katherine Jaramillo

I've been present with hundreds of people as they've died, hundreds more who were already dead by the time I was paged, and hundreds more who were in their dying process. I've accompanied spouses, parents, children, friends and family members as they've experienced the horror and sorrow of grief. For the past 20 years, I've been a chaplain, mostly in hospitals, a few with hospice. . . Those of us on the interdisciplinary healthcare team struggle, as best we can, to provide our dying patients with a "good death," however they and their families define such. Often, Quakerism is defined as a way of life. Some questions that I have carried for years in the ministry of chaplaincy include the following:

- What does our Quaker faith and spirituality offer us as we face decline, diminishment, and death?
- What can we say, as Quakers, with regard to dying and death as a personal and spiritual experience?
- Is there a Quaker way of dying? How do we, as Quakers, do this?

My formative experience with regard to the Quaker way of dying was by accompanying a Friend through her decline and death. Her final illness, dying process, and death were Quaker community and meeting experiences. Her experience wasn't a private or family-only affair. When she couldn't come to meeting, small groups of Friends were dispatched to her home, hospital, or nursing facility to have meeting for worship with her. Friends from meeting stayed with her overnight in the hospital when she had to be on the breathing machine and was so uncomfortable and scared. She had a committee of trusted Friends who arranged for her practical needs when she was still able to live independently, including staying with her 24/7 when just home from the hospital and at times of extreme debility. These Friends helped with discernment regarding transition from independent living to a skilled nursing facility. In what turned out to be her final hospitalization, these Friends helped her discern her choice to decline heroic life-sustaining treatment and allow herself a natural death. Friends reflected with her about her desire for integrity and living in alignment with the testimonies, and her beliefs about an afterlife. She was afforded the opportunity, through her Quaker way of living, to proceed to a Quaker way of dying. One First Day, as we knew death was approaching, our meeting of about 80 Friends decided to meet in a hospital conference room for worship. About halfway into the worship hour, a Friend came downstairs to announce our Friend's death. It was a gathered meeting. Our Friend died the way she had lived.

Last year I facilitated an interest group I called "The Quaker Art of Dying" at the Pacific Northwest Quaker Women's Theology Conference. The conference brings women together from the divergent Friends traditions in the Pacific Northwest, primarily from Canadian, North Pacific, and Northwest Yearly Meetings, as well as other independent meetings and churches, to articulate our faith and to learn from each other. The group was well attended and diverse. [Note: Some Spokane Friends were part of this group.] I presented three queries to the group for discussion. We broke into small groups each taking one of the queries, then reconvened into the large group to get the bigger picture.

### **What is a Quaker approach to declining health, dying, and death?**

Friends reported their understanding that all life is sacred and Spirit informs all life. A Quaker approach would be a mindful, conscious, and prepared approach, with an excitement—or at least a willingness—to enter the mystery of death.

(continued on next page)

(continued from last page) It was agreed that a Quaker approach would involve less denial that someone is dying or that death is imminent. There is value to listening, hearing one another's experiences, and entering new situations with curiosity, not offering answers. Especially for Liberal Friends but for some Evangelical Friends as well, there was less focus on an after-life. A Quaker approach would be a well-ordered approach, with orderly records, legal documents, and final letters and lists of wishes. Friends agreed that cremation was customary and in alignment with Quaker values. The writing of a memorial minute was another Quaker tradition to document the passing of a Quaker life. As one Friend stated, "The Quaker approach is portable; you can take the heart of the Quaker way wherever it needs to go."

### **How do our beliefs, testimonies, and values inform our approach to the end of life?**

Friends agreed in their understandings that we have a direct connection with the Divine. Some Friends voiced a lack of fear about death. Others voiced fears about the decline of physical and cognitive abilities and the actual process of dying, such as the possibility of pain, loss of competence, being a curmudgeon, or depleting family resources. One Friend likened the burdens of dying to birthing: "Both are hard work." Friends agreed that upholding the dying person in community benefits the community as well as dying person. Friends voiced an intention to allow support and presence of others as we approach the end of life, as well as taking all the alone time we need.

### **How can we prepare for death? Our own and that of our loved ones? A list emerged.**

We need to:

- Pray.
- Think about what we want.
- Talk about what we want, even though it is difficult, especially with our children.
- Talk about what others want.
- Talk with our families about our wishes.
- Pray some more.
- Deal with unfinished business—either finishing it or leaving it unfinished, but dealing with it intentionally.
- Educate ourselves about health decline and the dying process by reading books like Atul Gawande's *Being Mortal*.
- Talk with our spouses or significant others about things we'll need to know if they can't tell us themselves for whatever reason.
- Prepare for the process:
  - ◇ Who do we want involved? Who do we not want involved? Do we want a care committee or not?
  - ◇ How do we want our remains disposed? Do we prefer cremation or burial? If we want to be cremated, do we want our remains to be scattered, interred, or buried?
  - ◇ What do we want for a memorial or funeral?
  - ◇ Do we want an obituary? A eulogy? What would we want said in our memorial minute?
  - ◇ We need to help meetings and churches prepare for the decline, debility and deaths of their members and attenders.
  - ◇ Keep praying.

This conversation continues. In a recent meeting of our Quaker women's discussion group, I facilitated a robust discussion about a Quaker approach to end-of-life issues and posed similar queries to the group. Evangelical Friends spoke of the "continuum of life" that transcends death, the need for "being right with God," and the peace that "being with Jesus" will bring. Liberal Friends spoke of "entering the mystery" and "going into the Light." There seemed to be agreement and assurance that "all will be well" at the end of physical life. Some women focused on the need to enter this time of life with their "affairs in order." Other women spoke of their experiences accompanying a dying person in their meeting or church or in their own families. All seemed to enjoy the discussion of "things we don't usually get to talk about" and voiced an intention to encourage further discussion in our churches and meetings. Later this month, I will attend my own meeting's retreat where the topic will be "Spirituality As We Age." No doubt, we will be continuing the discussion of how we Quakers intend to die as we have live.

**Katherine Jaramillo** is a staff chaplain at Legacy Good Samaritan Medical Center in Portland, Ore. She has worked in healthcare chaplaincy for over 20 years. She is a member of Bridge City Meeting in Portland. The essay above has been edited slightly because of space considerations. It was originally published in the August 2017 issue of *Friends Journal*.

## MONTHLY MEETING FOR BUSINESS MINUTES 19 March 2023



Clerk Laverne Biel opened the meeting with reflections on the message presented by Johann Maurer, followed by prayer. 11 people were present.

The Minutes of the last Meeting were read and approved as corrected to show they were for the February meeting.

There was no Treasurer's report.

Elders report was read by Laverne Biel. The speaker schedule was reviewed and this has been satisfactory. Several new people will be contacted for fresh voices. It was noted that Walter's wife has passed; condolences were expressed. Tina Weaver resigned from Elders for health and personal reasons. Discussion by the greater meeting of the job description for a part time pastor was delayed until more people are present.

Stewards report: Kent Biel reported. An estimate of \$32,000 has been obtained for roof repairs of the flat area only. A work day will be scheduled for outdoor cleanup.

Pillar Reports. The Sharing the Light pillar is working on a theater and theology night and also a book discussion group.

Walter Simon reported that the silent worship group is deciding between meeting for only 45 minutes, or moving the convening time to 8:45 am to have a whole hour of worship with a time interval between services.. There was approval for either option they choose.

Grants: Walter Simon has researched protocols and federal grants. HUD is a source of funds to repair the roof. Approval was given to pursue this.

He also reported that Jonas Cox asked him to research obtaining grants in order to purchase guns to turn into plow shares. It was determined that Walter's focus is to be obtaining grants for the Meeting.

The meeting was adjourned with prayer by Don Hyslop.

Respectfully submitted,

Susan Keehnen, Recording Clerk

## Great Moments in Christian History

**After 571 years, on March 30 2023, the Vatican finally rejected its "Doctrine of Discovery"**

The Doctrine of Discovery has its roots in a papal decree issued by Pope Nicholas V in 1452 that specifically promoted the conquest, colonization, and exploitation of non-Christian territories and peoples. It legalized the theft of land, labor and resources from indigenous peoples across the world and systematically denied their human rights. Following Columbus's journeys, there was an explosion of exploration, exploitation and conquest with explorers from different European nations each claiming the land for their own country. Pope Nicholas V solved the problem by giving rights of control and ownership to whoever got there first.

In 1823 the Christian Doctrine of Discovery was quietly adopted into U.S. law. Treaties made with Native Americans were understood by them to be sacred agreements witnessed by the Creator. But the U.S. repeatedly broke and violated treaties in their desire to acquire more land. In all, over 500 treaties were made with indigenous tribes and all 500 of them were changed, nullified, or broken. Each time a treaty was broken, land was taken and tribes were forced out, allowing White Europeans to come in and settle the land.

For generations, Indigenous people have asked for a rejection or a repudiation of the old decree.

A similar "great moment in Christian history" occurred on October 31, 1992 when **Pope John Paul II formally apologized for the Church's condemnation of Galileo** in 1663 for claiming that the Earth revolved around the sun. Galileo took back his statement but still lived under house arrest for the rest of his life. It took 359 years to formally recognize the wrong and apologize for the Church's treatment of Galileo.

## Quaker News

- ⇒ This one sounds like us! A **Zoom workshop on Hybrid Meetings** will occur on Tuesday, April 25 at 4 pm PT. Led by David Coletta, it may address a few technical questions, but the majority of the emphasis will be on the spiritual aspects of how worship and other meeting activities unfold in a hybrid (partly online, partly in-person) setting. We have much to share from our past 5 years (Is that possible?) and maybe some things to learn in this setting. Read more and register at [/www.scymfriends.org/newsletter](http://www.scymfriends.org/newsletter), Bulletin 3.2.2023.
- ⇒ **4th Annual Sierra-Cascades Ministers Conference** is scheduled for May 1st-3rd, 2023, at Edgefield McMenamans, Troutdale, OR. All released, recorded, retired, and aspiring Friends ministers affiliated with (or tangential to) SCYMF are invited to a two-day conference at Edgefield McMenamans in Troutdale, OR for a time of connection and relaxation. Partners/spouses are welcome! Each attendee is responsible for their own costs (room reservation, meals, etc.). To RSVP or get more information, email Matt Boswell at [matt@camasfriends.org](mailto:matt@camasfriends.org).
- ⇒ **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.
- ⇒ **Northwest Yearly Meeting of Friends** will hold its annual sessions at George Fox University on July 23-27, 2023.
- ⇒ **American Friends Service Committee** is advertising 30 jobs from volunteers to interns (\$20/hr) to top dogs (Associate Regional Director, West Region at \$81-98K). For more info, put "American Friends Service Committee jobs" in your search engine.
- ⇒ **FCNL** is advertising for a **Legislative Director for Foreign Policy** and also for **Economic Justice Policy and Advocacy Manager**. They also have many volunteer opportunity for young adults. More information is available at <https://www.fcnl.org/about/work-fcnl>
- ⇒ **Northwest Yearly Meeting of Friends** is advertising 5 jobs, including three pastors, an office manager, and a camp director. For more info, go to <https://nwfriends.org/job-openings/>

## From the Office Mailbox . . .

. . . a note from **Becky Williams**:

*Thank you for sending me the newsletters. Of course my Spokane Friends family is close to my heart, and I do pray for you. The newsletter gives me more specifics on how to pray for you.*

*Mom and I are doing well. All the rain here has been a time of rejoicing! Drought does that! And we even had 0 inches of snow! Unusual for Anderson.*

*Hope and pray I will be able to come for a visit this summer! Miss you all, Becky*

## Basic Alternatives to Violence Workshop Returns to Spokane Friends

Saturday, April 29, 2023

8 am - 5 pm

followed by three evening sessions on consecutive Wednesday evenings (May 3, May 10, May 17)

Contact church office for more information or to register



## Caritas Needs This Week



### FOOD

Canned soups	Canned fruits
Flour and Baking supplies	Raisins
Water packed tuna	Different cereals
Pancake mix	Canned peas
Side dishes--rice or noodles	Granola bars

### NECESSITIES

Kleenex	Band-Aids
Dish soap	Laundry soap



Thank you so much.  
Caritas Staff and Volunteers



# April 2023



Spokane Friends Meeting  
 Spokanefriends@gmail.com  
 www.spokanefriends.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b> 8:45 Silent Worship 10:00 Worship in Meeting House AND via Zoom —see	<b>3</b> <i>Tina Weaver</i>	<b>4</b> 7th Story 4:30 pm	<b>5</b>	<b>6</b> TOPS 1:30 pm Northside Jammers 4-6 pm	<b>7</b>  <b>8</b>	
<b>9 Easter</b> 8:45 Silent Worship 10:00 Programmed Worship in Meeting House and via Zoom 	<b>10</b>	<b>11</b> 7th Story 4:30 pm <i>Kent Biel</i>	<b>12</b> Elders Meeting 6:30 pm	<b>13</b> TOPS 1:30 pm Northside Jammers 4-6 pm	<b>14</b>	<b>15</b> <i>Nick Block</i>
<b>16</b> 8:45 Silent Worship 10:00 Programmed Worship in Meeting House AND via Zoom 11:15 Monthly Business Meeting	<b>17</b>	<b>18 Income Tax Due</b>  7th Story 4:30 pm	<b>19</b>	<b>20</b> TOPS 1:30 pm Northside Jammers 4-6 pm	<b>21 EID AL-FITR</b> End of Ramadan 	<b>22</b> 
<b>23</b> 8:45 Silent Worship 10:00 Programmed Worship in Meeting House AND via Zoom	<b>24</b> <i>Birthdays and Anniversaries</i>	<b>25</b> 7th Story 4:30 pm	<b>26</b>	<b>27</b> TOPS 1:30 pm Northside Jammers 4-6 pm	<b>28</b>	<b>29</b> Alternatives to Violence Workshop 9am—6pm



Spokane Friends Meeting  
1612 W. Dalke Avenue  
Spokane, WA 99205

Holding in the Light. During Meeting for Worship, many share joys about changes in their lives, new opportunities, new ministries, unexpected blessings; others share concerns. You may wish to carry these joys and concerns in your heart and remember them in your prayers.

- Thankfulness for sunshine and the promise of spring.
- Tina on the road to recovery from COVID.
- Celebrating Easter by listening to "Jesus Christ, Superstar".
- Wellpinit (Spokane Tribe) wins first State 1B boys basketball championship in school history.
- Don and Lorna's reconnection with Brian.
- Parents grieving the loss of their 3-week old baby.
- Treatment addressing causes of Chris's trips to the emergency room.
- Jay, recovering from back surgery.
- Emmerson, returning to school but still suffering painful back spasms.
- Healing for pets suffering from various ailments.
- Distress of young people facing the passage of over 400 discriminatory LGBTQ laws.
- Legal issues surrounding court protection for abusive situations.



*"I have decided to stick with love because hate is too heavy a burden to bear."*

*— Martin Luther King, Jr.*

Gil George in recorded interview with Judy Maurer

*“we may be in conflict, but we still belong to each other?”*

**Judy Maurer**

That's a good point.

**Gil George**

I mean, we wouldn't be in conflict if it wasn't important to us.

Sierra Cascades has an opportunity to model what loving conflict can look like. Where we can have disagreements about things like faith and practice, and still sit down at the table together, and eat and laugh and hug our kids and be in some ways, the family for each other, that we may not necessarily have

Because if the conflict is brushed over, that's not lovingly engaging in it. That's avoidance. I have worked in the business world. I'm currently the operations manager for a nonprofit. I've been a minister. Nothing destroys any kind of organization more quickly than avoided conflict.

**Gil George**

And in a lot of ways, the ways we avoid conflict end up doing more damage than engaging in the conflict would

**Judy Maurer**

Yes. It takes courage, though, to engage in the conflict.

**Gil George**

Yeah, and I do think that one of the more important roles of leaders in the Quaker community is holding folks to account for the ways we engage in conflict, and carrying the organization through the conflict.

"...to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work."— Ephesians 4:12-16

Hi Lois,

Thanks so much for writing! I'll be sure to let Becky know how much you appreciated her column!

I'm glad you enjoyed the column on Buechner too!

I'm so honored you want to use some FāVS content in your newsletter. For Becky's column, please just give credit to SpokaneFAVS.com. However, for the other column I'm afraid that's material from the wire - a subscription we pay for. Since it's not our original content, we aren't at liberty to give reprint permissions.

By the way, I'm always looking for new columnists and we are lacking a Quaker voice! If you know of anyone in your congregation who you think might be in-





Express to making...

**Note to on-line readers:** Sometimes we print pictures that we have as hard copy, but not an on-line version. We cut them out and paste them in before making the Newsletter copies. Thus the on-line version does not include them and you see a blank space instead. Sorry.

Those who attend services at Spokane Friends will find the missing material in the Newsletter posted on the Bulletin Board.

*Kelsie Rowland*

Operations Manager  
Caritas Outreach Ministries

### *Jaizé Prayer Service*

4:15 to 5 pm Thursday afternoons

The Ministry Institute (TMI)

405 E. Sinto, 2 blocks north of St. Aloysius Church

We welcome you to this time of reflection and contemplation.

## Sunday Leadership Schedule

# Letters from Friends

Our Latest Communication from Elizabeth Todd

Deborah and Still Small Voice

Donate at [paraclete.net/Todd](http://paraclete.net/Todd)

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

Gena Ankeny at North Valley Friends



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*This drawing, gifted to FAN by artist Rev. Dan Erlander, is an early depiction of the kind of multi-faith movement for justice our founders envisioned. It is replicated on the certificate received by each faith community when they join our network. In this season calling for FAN's public witness, may we find courage and synergy together!*

**FAITH ACTION NETWORK**  
A Partnership for the Common Good



