

SPOKANENWORD

June
2024



Spokane Friends

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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 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**

Reflections

TIRED

By Ken Peacock

Memorial Day! A big holiday for our country. It ranks up there as one of the high holidays of our country. Parades and B-B-Q's, many accompanied by fireworks. God and Country are venerated. Sometimes the Armed Forces are revered. Story after story is told of heroism and sacrifice. Noble Sentiments... that seems to be the consensus among the public at large. Listening to all this can be tiring. As a Quaker, our testimony for Peace seems to put us at odds with our society and our country. There are stories within Quaker history of those who suffered for being true to their convictions. Many of these suffered greatly, some became martyrs, giving their life for the sake of Peace. Quaker history is replete with stories of those who paid dearly for their convictions to seek and promote peace, not war. Contemplating this is tiring.

We could wrestle together around the historically salient testimony of Peace practiced by The Religious Society of Friends. That would make us confront some of the "Of Course" responses.

Quakers seek and promote Peace. Of Course.

Quakers have been doing this for ... centuries. Of Course.

Quakers are respectful in their testimony of Peace. Of Course.

Quakers try to live with Integrity as to how they give testimony for Peace. Of Course.

Quakers are resolute in their convictions for Peace. Of Course.

This too, is tiring.

I confess that those "of course" responses often make me uncomfortable. There is diversity among Quakers, both at the Meeting level and individually. Quakers are not all the same. But regardless of where we land on the spectrum of Quaker Peace perspective, I am comforted that Peace remains the Goal. What does that mean for me today? Wretched question! Wretched because it often creates a great deal of personal discomfort. Israel' government and Hamas are at war. They are attacking each other like two enraged rams who have lost any sense of reality, humanity, or common decency. The details of war are traumatic. Any war. This one included. I try to keep the news at an arms length. Add to the war climate, the current political climate is divisive and contentious. I often avoid it when I can. But...whether at home or abroad, if I have any integrity, I have to face the awfulness of what is happening on my watch. And, equally valid, I must be careful to not trigger past trauma or create any new trauma. The dilemmas are many and they pile up so very quickly. That is... so tiring.

Tiring, tiring, tiring. Why do Quakers have to be the ones to ask the hard questions? Why do Quakers have to be counter-cultural? Why do Quakers have to stick out like a sore thumb? Why do the problems of society have to challenge Quaker values? Why am I confronted with soul-wrenching challenges every day?

Did you know that sometimes we get tired of "being Quaker"? (continued on next page)

T(continued from last page) This is a real problem, a very real thing. How shall we support each other when we are tired of being Quaker? Reality will dictate that our tiredness will not drain us at the same rate, nor will it leave us in the same places, nor will our tiredness hit us at the same time. This can easily result in feeling alone. This sense of loneliness tends to make our tiredness more pronounced. See how this begins to spiral downward, ... like a runaway train..., there it goes, it is picking up speed. What shall we do to counter act the downward spiral of feeling tired of being Quaker?

Awareness is important. Let us recognize this is a real thing, and that it affects us in very personal ways. Support: we are here for each other. Talk to someone. Our response is not to lecture or to problem solve. We listen. We empathize. We ask permission to share our own story. We practice self-care. Physical activity, exercise, are good responses. Sharing our stories and giving space for others to share is very important. Self-compassion: truly important. We need to treat ourselves with grace and caring. There is no need to be hard on ourselves. Be careful of the expectations we have for ourselves. There are many other ways to respond: Breathing exercises, yoga, journaling and meditation; and so many more. If you prefer, do your own research. Look up stress reduction, self-care, compassion fatigue.

What is truly exciting is that we have a lot of good resources within our community already. Our worship incorporates time for meditation. We have a history of listening well to each other. This is a safe space for us to express our emotions, a safe space to care for each other. This sense of safety is what drew us to this community of faith, and what keeps us coming back. I think one of the most important features of our faith community is our faith in God, God who cares and God who listens. We have the opportunity to be the hands and feet of God, as we respond to each other in the love and care of the Divine. We do not do this perfectly. No, and navigating our imperfection in the midst of our meeting might add to our tiredness. I do know this! It is well worth the effort to keep trying. Our togetherness is our most beautiful asset.

If you are feeling some kind of fatigue, I encourage you to find someone to listen to your story. I encourage you to find ways to reduce your stress. When we listen, we listen without judgement. We listen without offering advice or trying to problem-solve. We do not fail to gather together, to worship together. It is important to not get isolated. Our community, our togetherness is one of our biggest and best strengths. Our personal strength and resilience, grows from the togetherness of our Meeting. We experience the Divine in the company of the meeting. We hear the voice of God in the togetherness of the Meeting. It is worth it. We are worth it.

I am Ken and I share with you my heart!

Vocabulary Challenge:

What does the word **Greenmail** refer to?

- (a) an environmentally sound postal delivery system
- (b) a new flavor of ice cream (Ben and Jerry's)
- (c) the color copper turns when it oxidizes
- (d) A ploy used by financial investment companies

Answer on page 6

Speaker Schedule

June 2 John Kinney

June 9 Ken Peacock

Recording of New Friends

June 16 Ruthie Tippin

June 23 Johan Maurer



From a recent Letter to the Editor:

I am part of a majority of citizens in our city who are trying hard to counter the very polarizing national politics and make Spokane a comfortable place for all races and faiths to live peaceably together. The hate and intolerance we now experience on a daily basis (media) is only one story, but many believe it. We want to tell a different story -- that we have more commonalities than differences and can learn from each other -- we can have a richer and fuller life than we have experienced in the past three years.

Financial Report

| | April 2024 | Year to Date |
|-------------|--------------|---------------|
| Income: | \$10,619.30 | \$23,737.53 |
| Expenses: | 5,289.56 | 20,179.81 |
| Difference: | + \$5,329.74 | + \$ 3,557.72 |

MONTHLY MEETING FOR BUSINESS MINUTES

May 19, 2024

The meeting was called to order with prayer by Clerk LaVerne Biel. Eighteen people were present.



Minutes: The Minutes were read and **approved** as read.

Elders Report: The secretary's hours have changed. Diana is now working Wednesday afternoon and Thursday and Friday mornings.

It was recommended and **approved that Taylor Blackwell, Russ Brickner and Andrew Nakushian be recorded as new Friends.** There will be a celebration on June 9.

Due to his upcoming surgery, John Kinney's next message will be given on June 2, and Ken Peacock will speak on June 9.

Treasurers Report: The report was presented by Pam Emery and discussed. We are reminded of three ways to donate: in person, by mail, and through the website.

Stewardship Report: Bill Emery reported that the heating system has two boilers. The pump in one boiler was broken, thus causing the building to be chilly. It has been repaired.

One downstairs classroom is being renovated. Wallpaper and carpet have been removed. New carpet has been purchased.

Walter Simon's Report: He believes Greater Spokane Inc. can assist us in church growth. He will be meeting with one of their representatives to discuss a program for homeless veterans. Much discussion followed about parking lot paving with recommendations made to not pave for environmental reasons. Don Hyslop recommended that we NOT pave it, because our present parking lot is better environmentally than any of the suggested updates.

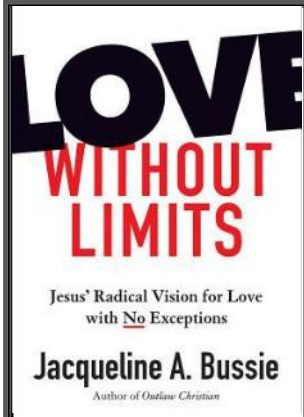
Pastors Report: Ken looks forward to recording new Friends joining our Quaker community.

Clerks comments: Attendance and donations have increased since 2023.

There being no further business, the meeting was closed with prayer by Russ Brickner.

Respectfully submitted,

Susan Keehnen, Recording Clerk



JUNE'S BOOK OF THE MONTH

Tired of today's political climate? Wonder how to react to culture wars, false information, and loss of civility and respect? Get yourself a copy of this month's book, Love without Limits by Jacqueline A Bussie, and it may have some answers. And you can join our end-of-month discussion and perhaps receive encourage not to give up hope.

"The love of God crosses all boundaries. Every. Single. One. Every day, millions of people . . .wonder if it's possible to cultivate a love big enough to overthrow hate and heal our hurts. With courage, authenticity, and relevance, Jacqueline A. Bussie proclaims, "Yes! It's possible!" and urges readers to widen love's wingspan and to love as God loves--without limits or exceptions. In Love Without Limits, Bussie

imparts practical solutions for people of faith who yearn to love across division and difference in these troubled times. Through poignant personal memoir, engaging theological reflection, inspiring true stories of boundary-busting friendships, creative readings of scripture, and surprising shout-outs to some of love's unsung heroes, Bussie challenges readers to answer God's call to practice a love so deep, it subverts the social order; so radical, it scandalizes the powerful; so vast, it excludes no one. "A must-read for all Christians interested in inclusivity for their communities." --Publishers Weekly"

Read this book during June . . . and discuss it with us on June 30 . . .in person or on Zoom



Caritas Food Bank started the month out with a bang — serving 40 households a day. This is not the norm. It is usually slower because a lot of our folks received their EBT cards early in the month. Then as the month progresses, Caritas gets busy because their funds have run out. I hope this is not an indicator of things to come.

I have been hanging information on our walls about budgeting, meal planning, education and other resources. I hope they are reading and taking advantage of these resources to better themselves.

In the month of April Caritas enrolled 71 new households that equates to more than 284 individuals.

The total amount of households that we were able to provide food to was about 448 and about 1,400 individuals.

Caritas rescued about 10,000 lbs of time-sensitive food from Safeway, Natural Grocers, and DeLeons that would have been either tossed in the landfill or given to ranchers to feed their critters.

Our 2024 campaign is to find the funding for 3 items:

1. To have an addition to our building for the clients to wait. Currently, they stand outside in the elements. It's sad to see them in snow, rain and the heat.
2. To purchase a 3-door commercial, glass front cooler. The cooler we have is running louder and longer. I actually watched how many times the doors are held open and closed during a distribution and it was well over 100 times. That is taking a toll on the compressor and burning our energy.
3. To hire a part time volunteer coordinator. I am overseeing 60+ plus volunteers and it gets overwhelming. During the summer months a lot of them take time to travel and we must have a minimum of 6 volunteers at each distribution.

Once the addition has been built, I would like to dedicate an area for cooking demonstrations. I am still amazed at how many people don't know how to cook. Currently, I bundle items together with a recipe. I add options and ideas on the recipe in case they don't have the item and need to substitute. I know it's working because we are refilling those items throughout the day.

As always, THANK YOU to those who support Caritas Food Bank! I know the challenges that are out there with dwindling parishioners and the rise in cost of EVERYTHING...

Chris Tabat,

Executive Director of Caritas

Quaker News

- ⇒ **Sierra Cascade Yearly Meeting** will have its Annual Sessions on June 7-9 at Canby Grove, in Canby, Oregon. Darren Kenworthy is the speaker and the topic is how to move forward as a Yearly Meeting in an era of young people turning away from the church pew to different ways of reaching toward God, focused on service and direct experience. Lois Kieffaber plans to attend.
- ⇒ **North Pacific Yearly Meeting** will have its Annual Sessions on July 10-14, 2024, at University of Montana in Missoula, Montana. The theme is "Cross the Divide" and will consider divides between us and the earth, politics and poverty, race and resources, and finally between us and Spirit. Alan Binnie, Walter Simon, and others from "downstairs" plans to attend.
- ⇒ **Northwest Yearly Meeting** will hold Annual Sessions on July 21-24, 2024, at George Fox University.
- ⇒ **Friends World Committee on Consultation (FWCC)** has introduced an interactive map and directory of Friends in the Americas. Use the map tool at fwccdirectory.org to find the nearest Quaker worship.
- ⇒ **Right Sharing of World Resources (RSWR) seeks General Secretary** who will be responsible for the effective management of all its affairs as it partners with marginalized women in developing countries to improve their quality of life. For more info, go to rswr.org/careers. Ruthie Tippin is on their Board.
- ⇒ **FCNL Advocacy**



A Retrospective on Mother's Day

Mother's Day for Peace

by Ruth Rosen.

Mother's Day wasn't always like this. The women who conceived Mother's Day would be bewildered by the ubiquitous ads that hound us to find that "perfect gift for Mom." They would expect women to be marching in the streets, not eating with their families in restaurants. This is because Mother's Day began as a holiday that commemorated **women's public activism**, not as a celebration of a mother's devotion to her family.

The story begins in 1858 when a community activist named Anna Reeves Jarvis organized Mothers' Works Days in West Virginia. Her immediate goal was to improve sanitation in Appalachian communities. During the Civil War, she and other women cared for the wounded on both sides. Afterward she convened meetings to persuade men to lay aside their hostilities.

In 1872, Julia Ward Howe proposed an annual Mother's Day for Peace. Committed to abolishing war, Howe wrote: "Our husbands shall not come to us reeking with carnage... Our sons shall not be taken from us to unlearn all that we have been able to teach them of charity, mercy and patience. We women of one country will be too tender of those of another country to allow our sons to be trained to injure theirs".

For the next 30 years, Americans celebrated Mothers' Day for Peace on June 2.

Many middle-class women in the 19th century believed that they bore a special responsibility to turn America into a more civilized nation. They played a leading role in the abolitionist movement to end slavery. In the following decades, they launched successful campaigns against lynching and consumer fraud and battled for improved working conditions for women, protection for children, and public health services and social welfare assistance to the poor. The connection between motherhood and the fight for social and economic justice seemed self-evident.

In 1913, Congress declared the second Sunday in May to be Mother's Day. By then, the growing consumer culture had successfully redefined women as consumers for their families. As the *Florists' Review*, the industry's trade journal, bluntly put it, "This was a holiday that could be exploited."

The new advertising industry quickly taught Americans how to honor their mothers — by buying flowers. Outraged by florists who were selling carnations for the exorbitant price of \$1 apiece, Anna Jarvis' daughter undertook a campaign against those who "would undermine Mother's Day with their greed." But she fought a losing battle. Within a few years, the *Florists' Review* triumphantly announced that "Miss Jarvis was completely squelched." Since then, Mother's Day has ballooned into a billion-dollar industry.

Americans may revere the idea of motherhood and love their own mothers. Poor, unemployed mothers may enjoy flowers, but they also need child care, job training, health care, a higher minimum wage and paid parental leave. Working mothers may enjoy breakfast in bed, but they also need the kind of governmental assistance provided by every other industrialized society.

With a little imagination, we could restore Mother's Day as a holiday that celebrates women's political engagement in society. During the 1980's, some peace groups gathered at nuclear test sites on Mother's Day to protest the arms race. Today, our greatest threat is not from missiles but from our indifference toward human welfare and the health of our planet. Imagine, if you can, an annual Million Mother March in the nation's capital. Imagine a Mother's Day filled with voices demanding social and economic justice and a sustainable future, rather than speeches studded with syrupy platitudes.

Some will think it insulting to alter our current way of celebrating Mother's Day. But public activism does not preclude private expressions of love and gratitude. (Nor does it prevent people from expressing their appreciation all year round.) Nineteenth century women dared to dream of a day that honored women's civil activism. We can do no less. We should honor their vision with civic activism.

Ruth Rosen is a professor of history at UC Davis. This piece was reprinted with permission.

<http://www.peace.ca/mothersdayproclamation.htm> [Edited a bit due to space considerations]

SPOKANE FRIENDS WELCOMES DIANA DAVIS

by Walter Simon



In support of Spokane Friends, Diana Davis was recently appointed as Administrative Assistant to assist ongoing programs by working part-time in the Office of Spokane Friends. Her extensive resume reflects strong Christian values as well focused community interaction.

Ms. Davis’s community experience highlights church and outreach programs. She holds a BA degree in Psychology from Houghton College, a Christian institution.

Connected and relevant, Spokane Friends enjoys a growing presence in the affairs of the City of Spokane. To point: With the arrival of Chaplain Ken and Diana, both fully qualified in community service and spiritual growth, we strive for a more interactive and positive voice in our region. As members of Greater Spokane, Inc., Spokane Friends hopes to become an open door for expanding community outreach.

Think of it this way: Your voice, your community serving the societal needs of our Spokane.

Ken Peacock’s Office Hours

Sundays 12:00 to 4:00 pm

Wednesdays 2:00 to 6:00 pm

or by appointment

Mobile: 509-279-9625

Email: ken.spokanefriends@gmail.com

Diana Davis’s Office Hours

Wednesdays 3:00 to 6:00 pm

Thursdays and Fridays 10:00 am to 2:30 pm

(flexible as needed)



Greenmail

is defined as the practice of buying enough shares in a company to threaten a hostile takeover so that the target company will instead repurchase its shares at a premium. Regarding mergers and acquisitions, the company makes a greenmail payment as a defensive measure to stop the takeover bid.

CHERYL HARRIS BENDIXEN

1954 - 2024

Cheryl (Harris) Bendixen was born May 4, 1954 in Seattle, WA to Don and Gloria Harris. She died May 5, 2024 of metastatic colon cancer and is now out of pain and with her savior, Jesus Christ.

Cheryl graduated from Lewis & Clark High School in 1972. She then married the love of her life, Ken Bendixen, whom she met in Sunday School. Cheryl worked at Ken’s CPA firm as the Office Manager for almost 40 years and they built the firm together.

Cheryl loved babies and wanted to get pregnant as soon as she was married, but they waited till Ken finished his schooling. In 1978 they welcomed Tami and in 1979 Keri (Keri is now the accountant for Spokane Friends) completed the family. When grandchildren began to come along, she was ecstatic. First came Jillian, Tami’s first child. Ken thought the name was appropriate because he figured she was going to cost him “jillions” of dollars. Next came Saoirse, Keri’s daughter. And finally Scott, Tami’s second child, rounded out the grandchildren.

Cheryl, Ken, Keri and Saoirse attended Spokane Friends for a few years when mother Betty Bendixen, a long-time member of Spokane Friends, was still living. Cheryl served on the Missions Committee and others, while Keri and Saoirse were very involved in our Vacation Bible School program. Eventually they returned to the Free Methodists, their home church. Cheryl’s greatest wish was for her children and grandchildren, along with her extended family, to come to know and believe in Jesus.



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.

- Kaycee and family returning to Bridgeport and settling into new home.
- Andrew's clearance to fly again and his visit with family in New York.
- Renewal of protection order achieved in only one visit to court.
- Acceptance of autistic first grader by friends at school.
- Those traveling during the summer months.
- The McConaughey family grieving the loss of Roy (our former pastor).
- Children traumatized by domestic violence.
- Two friends facing the recurrence of cancer.
- David, suffering from Parkinsons and dementia, who has begun to fall often, and his caregiver Carol.
- Lack of compassion, respect and civility that overshadow our political alliances and separate us.
- Tragic loss of life due to violent outbreak of hostilities between Palestinians and the Israeli government.
- Groups working for peace in both Russia and Israel.
- Conclusion of hostilities between Ukraine and Russia and between Hamas and the Israeli government.



"We shall overcome because the arc of the moral universe is long, but it bends toward justice"
— Martin Luther King Jr.



Spring is here and radishes are up! Try turning those radish leaves into delicious pesto.

Makes about 1 cup

Ingredients:

- 4 cups radish leaves, packed, any thick center stems removed
- 4 cloves of garlic
- 2 T fresh lemon juice (1/2 large lemon)
- 1/2 cup sunflower seeds
- 1/2 cup grated Romano or parmesan cheese
- 1/3 cup extra virgin olive oil, more if needed
- Salt to taste

In the bowl of a food processor or blender, place the garlic, lemon juice and a pinch or two of salt. Let sit a few minutes, then blend.

Add the radish leaves, sunflower seeds, cheese and olive oil. Process until smooth, scraping the sides of the bowl as needed.

Add more olive oil if needed to get a thick sauce consistency.

Taste and adjust for salt, and enjoy!

Pendle Hill May 2024 E-Newsletter

Death is not extinguishing the light; it is putting out the lamp because the dawn has come.

poet, philosopher, author, Nobel laureate

— Rabindranath Tagore,

[https://landscouncil.org/
events/legislative-summit](https://landscouncil.org/events/legislative-summit)
Lands Council

Through Faith in His Name

An Interview in Palestine

I asked him, “What is faith?”

“I cannot say.”

The man, no longer young, paused thoughtfully,
Straightened, shifted his bag of seed. “You see.”
From birth I was a cripple . . . “

“If I may

Interrupt — I have the facts, I think. The way
The healing happened — mere words — “I give to thee
Such as I have!”

How strange they seemed to me!

No silver or gold? For what else could I pray?
And then, ‘Rise up and walk!’ What a command!”
I watched his face. “I could not walk. Why try?
Absurd, of course.”

“Of course. So nice to talk

This way. But this faith — I still cannot understand —”
The man turned to his sowing. “Neither can I.”
He smiled. His arm swung free. He said, “I walk.”

Poet's Corner

Definition

a prayer.

Ken Gibble
Reprinted from *Messenger*, March 2024

The fact is, on average, 70 women in the U.S. are shot and killed by an intimate partner each month, and the presence of a gun in a domestic violence situation makes it five times as likely a woman will be killed. Data from the CDC shows guns were the leading cause of death for children in 2020, surpassing motor vehicle crashes, drug overdoses, cancer and, yes, even Covid.