

SPOKANE WORD

September
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.

Reflections from Ken

COMMUNITY

Ephesians 4: 15-16.

Summer is drawing to a close, temperatures are changing for both night and day. Our lives are ramping up with activity and many of us engage in a variety of schedules. Schools and Universities are beginning their academic calendars. Families are returning from travels and making connections with a variety of social circles. We are catching up with neighbors and friends, with church communities and work circles. I think of Autumn as a time for re-engaging with our communities after a Summer of taking a break from many of these communities.

One community which is important to us all is our church community. Whether we engage more consistently with our church community or with our work community, we are people who value and encourage community. Community is one of our Quaker ideals. We value community. The Apostle Paul encourages us to engage in community. From the letter to Ephesians, Paul says: " Rather, speaking the truth in love, we are to grow up in every way into Him who is the head, into Christ, from whom the whole body, joined and knit together by every joint with which it is supplied, when each part is working properly, makes bodily growth and builds itself up in love." Ephesians 4: 15-16.

This means we get to support one another in a variety of ways. It could be near our home, or far from it. We may pray for each other. We may water plants and lawns for friends or we may accompany our "neighbor" to a medical appointment. We may sit and listen to the cares and concerns of each other. We follow up with each other and check in with each other. We are not alone. We are there for each other. We are connected and feel connected. We are in community and we belong.

These efforts and commitments reflect what we value: community. This is one of the so-called "testimonies" which Quakers desired as part of their identity. We are joined and knit together; according to Ephesians 4, we are community. What makes the biggest impression on me is that when each part is working properly, the community is growing and building itself up in love. The reason for our community is the expressions of love we give each other. Loving each other creates a sense of belonging. While love may be expressed in a variety of ways, it is an expression of that core value we Quakers call community.

Let us not neglect to be in community with each other. Let us not tire of being Quaker.

Ken Peacock is the Chaplain and Pastor of Congregational Care for Spokane Friends.

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
at rise of worship

Last Sunday of the Month
Book Club at rise of worship

Do not fear, take heart

This is a story from the First Nations Version of the New Testament:

His followers were still in the canoe, far from land. The wind blew strong against them, and the waves pounded the canoe and began to toss it about.



Late into the night, just before the morning light, Creator Sets Free (Jesus) came near them, walking on the water! When his followers saw him, they cried out in terror, "It is a ghost-spirit!"

But he heard their cries and called out to them, "Do not fear, take heart. It is I."

"Wisdomkeeper, is it you?" Stands on the Rock (Peter) shouted back to him. "If so, tell me now to come to you on the water."

"Come!" he said to him without any hesitation.

With reckless abandon, Stands on the Rock (Peter) climbed over the side of the canoe and began to walk on the water toward him. The wind howled and the waves splashed against him as he made his way toward Creator Sets Free (Jesus).

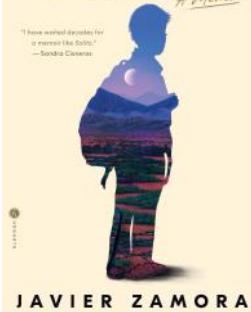
But when he felt how strong the wind was, fear took hold of him. He began to sink and cried out, "Wisdomkeeper, save me!"

Creator Sets Free (Jesus) quickly reached out and took hold of him. "Man of small faith," he said, "what made you hold back and doubt me?"

The wind stopped blowing and the waves grew still as they climbed into the canoe. All twelve of his message bearers gave honor to him, saying, "Truly, you are the Son of the Great Spirit."

These Scripture quotations are reproduced from First Nations Version: An Indigenous Translation of the New Testament, copyright © 2021 by Rain Ministries, Inc., Intervarsity Press, and appeared in **Messenger**, July/August 2024.

Solito



SEPTEMBER'S BOOK OF THE MONTH

In this memoir, Javier Zamora tells the story of his harrowing migration from El Salvador to the United States at the age of nine. To undertake this three-thousand-mile journey, he will leave behind his beloved aunt and grandparents to reunite with a mother who left four years ago and a father he barely remembers. Both parents' migrations were caused by the U.S.-funded Salvadoran Civil War. Traveling alone except for a group of strangers and a coyote hired to lead them to safety, Javier's *trip* is supposed to last two short weeks.

All Javier can imagine is rushing into his parents' arms, snuggling in bed between them, living under the same roof again. He does not see the perilous boat trips, relentless desert treks, pointed guns, arrests and deceptions that await him; nor can he know that those two weeks will expand into two life-altering months alongside a group of strangers who will come to encircle him like an unexpected family.

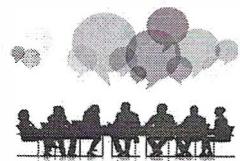
Solito was a New York Times Bestseller, a Los Angeles Times Book Prize Winner (2022) a Goodreads Choice Award and a Nominee for Best Memoir & Autobiography (2022). The book is available for Kindle and as an Audiobook from Random House Audio. Call the Office if you need help getting the book.

Read this book during September . . . and discuss it with us after worship on September 29 . . at the Meeting House or via Zoom.

MONTHLY MEETING FOR BUSINESS MINUTES

August 18, 2024

The meeting was called to order by Clerk Laverne Biel with prayer. There were 16 people present.



Minutes: The minutes were read and approved with two corrections: the monthly charge for Adobe Pro on the Office computer is \$21.79 and the Publicity Meeting between Walter Simon and LaVerne is on the second Thursday of each month at 2:00 pm.

Elders: There was no Elders Report.

Stewardship / Trustees: Regarding the approved purchase of a second vacuum cleaner, the best option may be a robot vacuum cleaner (\$500-1,000) and it can be programmed to suit our needs, including vacuuming between and under the pews in the Meeting Room. A manual cleaner would cost only \$150-300. It would also be possible to hire someone to do the janitorial work.

A revision of the Building Use Contract was discussed, including how much to charge, any discounts or exceptions, fee structure, etc. Kent Biel will clean up the contract and the fee will continue to be negotiable.

CCLI charges an additional \$300 to transpose music into a different key for ease of musicians and song leaders. Consideration of this expense has been postponed until finances are better.

Treasurer: Pam Emery reported that we are running a deficit for the year.

Chaplain: Ken Peacock reported that he continues to focus on pastoral care. He has been interviewed by Cindy Hval, who writes for FaVS and the Spokesman-Review. He thanked the people who helped with church history. He is writing a letter of commissioning in support of David Roberts, who graduated from a chaplaincy program for first responders. He declined to take part in the silent worship group's discussion of whether to affiliate with a Yearly Meeting. He has also provided care and counseling for several members, both in person and by text.

Other business: Krista and Jon Maroni have been taking pictures for the Instagram account.

Those who have not completed the Elders Ministry Survey are encouraged to do this.

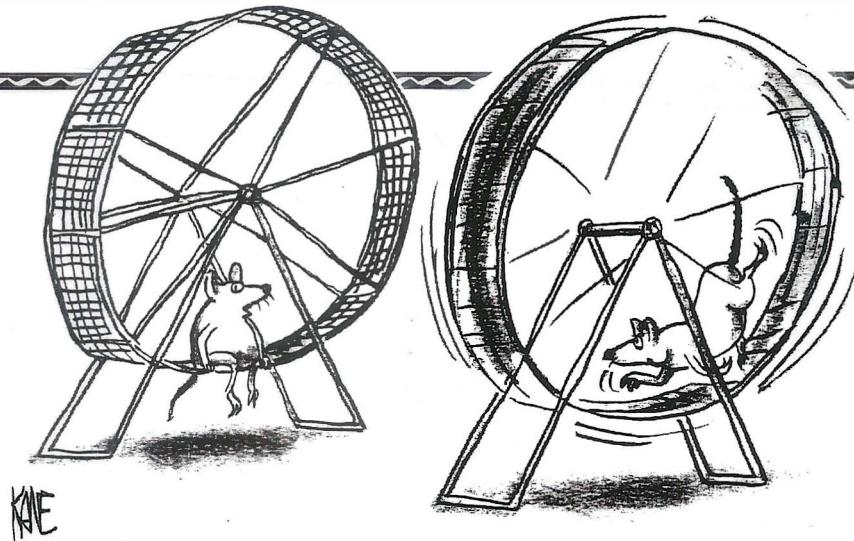
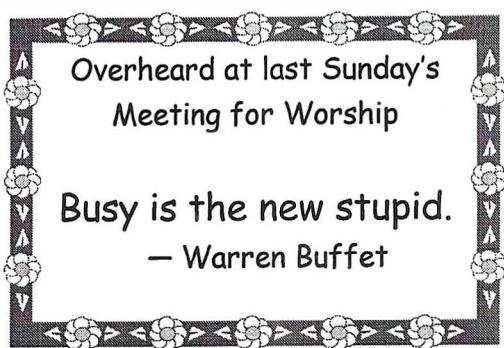
Walter Simon has been tasked with getting information regarding grants for solar panels.

Susan Keehnen resigned as Recording Clerk, effective today at this meeting.

There being no further business, the meeting was closed with prayer by Ken Peacock..

Respectfully submitted,

Susan Keehnen, Recording Clerk



"I had an epiphany."

Pessimism Reflex

By Matt Ridley

We overestimate crime's frequency because it dominates our news.

Random violence is newsworthy because it's rare.

Routine kindness isn't reported; it's too common.

Relax! Our world's doing better than you imagined.

Poet's Corner

For Broken Little Families

God, pity broken little families

Where there were three and now there are but two . . .

Where there were two and now there is but one . . .

Pray, comfort those as only thou canst do.

Send peace to houses where there is a crib,
Unwrinkled now its wild-rose bordered spread,
Too smooth its pillow that, brief days ago,
Hollowed to hold a tiny, curl-framed head

Or where an untouched place is laid above
An empty chair, facing which, one must sit
And sup alone. . . Or where a chintz-hung room
No more has gay, untidy youth in it . . .

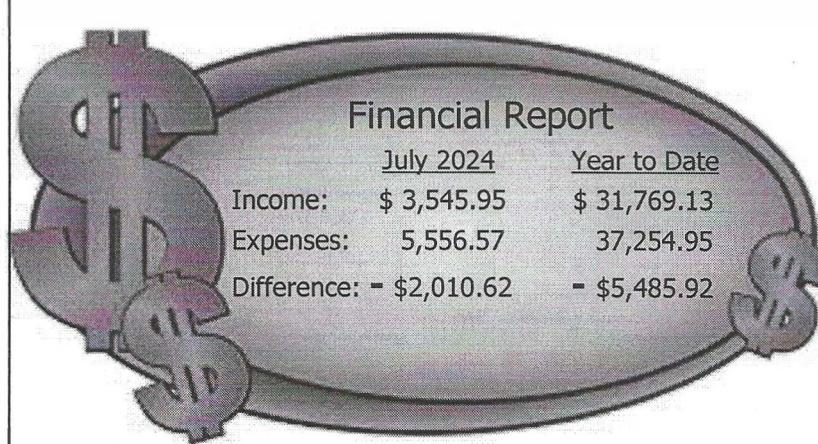
Or where a curtain now hangs straight that long
Was knotted up, so that a fragile hand
Might wave to neighbors as they came and went
Past two tired eyes across the wintry land.

God, teach all broken little families
To bear such interims self-conqueringly . . .
As thou to Mary gavest thine only Son
And as she gave him back on Calvary.

— Violet Allen Storey, A Poet Prays, 1959

Quaker Connections

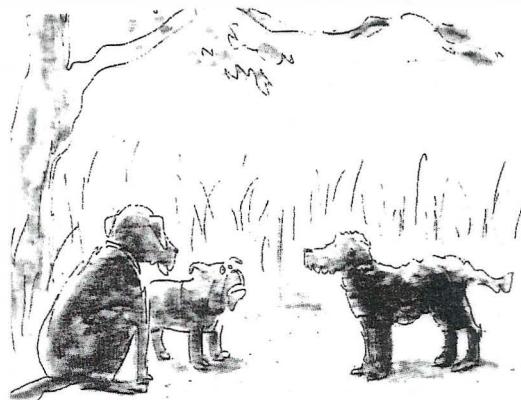
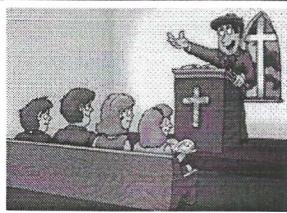
- ⇒ **Sierra-Cascades Yearly Meeting** is meeting for their Quarterly Gathering on October 5, 2024 at Eugene Friends. And in what is becoming a tradition, the youth are hosting an Intergenerational Game Night on October 4 featuring Dungeons and Dragons. All are welcome to participate regardless of previous knowledge or experience.
- ⇒ **World Quaker Day** is on Sunday, October 6. Friends are invited to read and share the Epistle from the World Plenary within our local Friends community. We are also encouraged to visit a Quaker meeting or church that is different from ours and discuss the Epistle.
- ⇒ Coincidentally (or not??) the **“downstairs” Quaker worshipers** are planning to visit Sandpoint Friends on October 6th to discuss the possibility of becoming a Worship Group under their care and affiliated with North Pacific Yearly Meeting.
- ⇒ What's the Difference between **“Programmed” and Unprogrammed” Quaker worship?** So glad you asked, because that's the title of a QuakerSpeak YouTube video that will answer the question in just 7 minutes. Find it at <https://www.youtube.com/watch?v=CWwURmBJ-v8>.
- ⇒ **Friends Committee on National Legislation** (FCNL) seeks a volunteer Treasurer for their organization, along with many other volunteer opportunities. They also offer several paid positions for young adults recently graduated from college or grad school. For more information, go to <https://www.fcnl.org/about/work-fcnl>
- ⇒ And Baltimore Yearly Meeting has just published a new book, **A Tender Time: Quaker Voices on the End of Life**. a unique collection of Quaker voices, historical and contemporary, that explores practical, emotional, and spiritual aspects of aging and dying. It moves in widening circles, from aging to dying, and from primary caregiver to friends to the whole faith community. It illustrates how individual Friends make end of life decisions guided by the Spirit and Quaker values. It is available through Barclay Press.



"Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver."
II Corinthians 9:7

Speaker Schedule

Sept 1 David Roberts
Sept 8 Judy Maurer
Sept 15 Ruthie Tippin
Sept 22 John Kinney
Sept 29 Johan Maurer
Oct 6 Walter Simon



Summer Garden Stewed Zucchini

When I was growing up, on summer Saturdays, my Dad often made a very simple but delicious stew of zucchini & tomatoes. It's very easy to make, but tastes gourmet!

~Carol Sciarra, Dining Services Manager,
Pendle Hill

- 3 medium zucchini, cut in half moons
- 1 white or yellow onion chopped fine
- ~8 - 10 large fresh tomatoes, coarsely chopped
- 1 cup fresh Italian parsley, chopped
- 1-2 T dried oregano
- 3 cloves garlic, minced
- Olive oil
- Salt & pepper

Optional: extra produce from your garden that needs a home-like green beans!

In a large skillet, add about 2 T olive oil. Sauté the onion until translucent on low heat. Add the garlic, cook just a bit. Mix in the oregano.

Add all the tomatoes and let them cook down until they are broken down and sauce like. You may have to add water. This might take about 20-30 minutes.

Add the zucchini (and any extra produce!) and parsley. Cook until the zucchini is tender. Add salt & pepper to taste.

That's it! Enjoy on its own with some wonderful Italian bread or over rice. Sprinkling some Romano or Parmesan cheese on top is extra delicious!

— from Pendle Hill's August 2024 E-Newsletter



Some Office Hours are Changing at Spokane Friends

Please note the following Fall Office Hours:

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 11:30 am to 2:30 pm

Fridays 8:30 am to 2:30 pm

509-327-7852

Walter Simon's Office Hours

Tuesdays 10:30 am to 3:00 pm

Wednesdays 10:30 am to 3:00 pm

509-564-4070 or 509-327-7852.

Note: The opinions expressed within this Newsletter and on our website are those of the authors, not the Meeting or the editor Lois Kieffaber.

HAPPY BIRTHDAY, GEORGE!



And so we come to the end of Spokane Friends' celebration of August as Quaker Month in honor of the 400th anniversary of the birth of George Fox, considered the co-founder of Quakerism along with Margaret Fell. We sang the Quaker songs, heard messages with Quaker themes, and had a big birthday cake. More publicly, our Chaplain Ken Peacock was interviewed by local news media (see story below).

The worldwide Quaker community continues to celebrate his birth for the entire year. To read about these activities, past and future (of which some are available online via Zoom, go to the FWCC website at <https://fwcc.world/event/fox/>

CARITAS Needs and News

Here are the Caritas needs this week
[\$ Store indicates items easily purchased at Dollar Store.]

Food:

Canned black, red, white beans
Boxed cold cereal...\$ Store

Peanut butter

Jam or jelly...\$ Store

Pancake mix...\$ Store

Non Food Items:

Can openers...\$ Store
10 pack razors...\$ Store
Shampoo...\$ Store
Deodorant...\$ Store



Caritas will not be holding a Fall Fundraiser this year. We do have some donated items that we will raffle off, auction online, etc.

Would anyone like to hold a hygiene drive? Please let me know.

Thanks to all who continue to support us through your generosity!

With Gratitude,

Christine Tabat
Executive Director
1228 W. Nebraska Ave

Quakers in the News

Ken Peacock, our Chaplain and Pastor of Congregational Care made local headlines in **FaVS News** (Faith and Values) on August 22, 2024. Reporter Cindy Hval, who interviewed Ken and took pictures, also writes for the Spokesman Review and other local news sources.

The interview is titled "**In a world of conflict, Spokane Quakers offer a quiet, steadfast voice for peace,**" and it includes not only some history of the Meeting, but also an



introduction to Quaker worship and the testimonies by which they try to organize their lives — simplicity, peace, integrity, community, equality, and earth stewardship. Hval

also explores Ken's background and preparation for his current position at Spokane Friends.

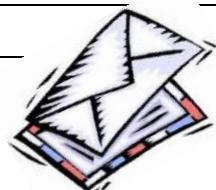
You can access the whole interview from the Meeting's website or by going to <https://favs.news/in-a-world-of-conflict-spokane-quakers-offer-a-quiet-steadfast-voice-for-peace/>

From the Meeting Mailbox

My dear Friends,

It was so lovely to finally join you again after a long absence. I have had a challenging summer full of doubt and trepidation as I take the steps along an uncertain path of career transition.

It is profoundly uncomfortable to leave the financial and emotional security of a job I've grown confident in doing, even as I can feel in my heart that my decision is supported by our God. The warmth and love I felt from our meeting --even thought I was only online — brought me a flood of relief. I now enter my final week of classes and will begin 4 to 5 months of unpaid internship before I will become a licensed professional counselor in early 2025. I may not be able to donate or attend as much as I would like, but I wanted to thank you for your community.



Heather Branstetter