

543 South Mountain Avenue

Ashland, Oregon 97520

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SUNDAY AM SCHEDULE

First-Hour Activity

9 to 10 am

Spirit-Based Discussions
Hybrid: Both In-Person and
via Zoom (link below)

1 February No First Hour Activity
10:15-11 am: Circle of Light

8 February Quakerly Discussion:

Ministry & Counsel wants to hear our thoughts about their proposal to return business meeting to being only in person. Why this change? To deepen the spiritual experience of decision-making amidst an ambiance of worship. Please bring creative ideas, an open heart, and yourself. *(Details on page 4)*

15 February ZOOM ONLY

8:30-10 am: Business Meeting

22 February How To Quaker:

Discourse and then Worship Sharing on the Testimony of Integrity

Simple Breakfast to Follow

Meeting for Worship

11 am to Noon EVERY Sunday

Hybrid: Both at the Quaker Meeting House and by Zoom

<https://us02web.zoom.us/j/7477317797pwd=SW1sd3pTZjhIbGRmUWpOY3pZaUFDdz09>

[RmUWpOY3pZaUFDdz09](https://us02web.zoom.us/j/7477317797pwd=SW1sd3pTZjhIbGRmUWpOY3pZaUFDdz09)

SOUTH MOUNTAIN FRIENDS MEETING

THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

Unprogrammed Worship in Ashland, Oregon

Second Month 2026

Nonviolent Civil Disobedience

Erica Chenoweth and Maria Stephan collected data about all 323 violent and nonviolent mass actions around the world from 1900 to 2006 and analyzed them in the context of 160 variables. **Countries where resistance campaigns were nonviolent were 10 times as likely to transition to democracy compared to countries where resistance turned violent**—regardless of whether the campaign succeeded or failed in the short term. Even when nonviolent campaigns were not immediately successful, they still tended to empower moderates or reformers within the ruling elites who would gradually initiate changes.

Key ingredients of a successful nonviolent resistance movement:

A large and diverse population of participants that can be sustained over time.



The ability to create loyalty shifts among key regime-supporting groups such as business elites, state media, and—most important—security elites such as the police and the military.

A creative and imaginative variation in methods of resistance beyond mass protest. Street protests often lead to violent repression, and it is the protesters' actions taken after authorities try to take back the streets that can make or break a resistance movement.

Creative responses have included stay-at-home strikes in which protesters have banged pots and pans while remaining indoors. Injecting humor into places where the government has complete control is essential in breaking down, in people's minds, the invincibility of the regime.

Organizational discipline is needed to face direct repression without having the movement fall apart. Gandhi talked about having a constructive program, creating alternative institutions, and actually building the society you are trying to achieve.

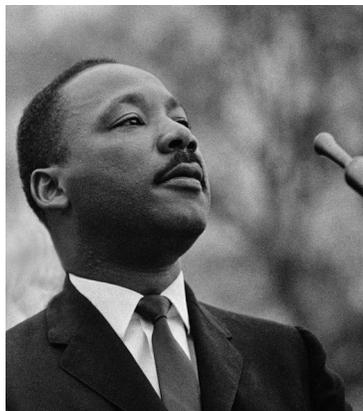
Excerpted from the article, [Erica Chenoweth illuminates the value of nonviolent resistance in societal conflicts | Harvard Kennedy School](#), which offers both greater depth and further resources.



South Mountain Friends Defending Our Neighbors

—Bob Morse

MLK's Principles of Nonviolence



- Nonviolence is a way of life for courageous people.
- Nonviolence seeks to win friendship and understanding.
- Nonviolence seeks to defeat injustice, not people.
- Nonviolence holds that suffering can educate and transform.
- Nonviolence chooses love instead of hate.
- Nonviolence believes that the universe is on the side of justice.

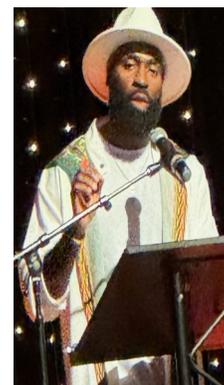
Excerpted from Stride Toward Freedom by Rev Dr Martin Luther King Jr

As a form of reparations, **our Quaker Meeting sponsors** the community-building-and-educating endeavors of **BASE through monthly financial contributions.**

BASE Celebrates Kwanzaa & Trains Teens

BASE (Black Alliance & Social Empowerment) chose to celebrate on the third day of Kwanzaa, the day honoring the value of Ujima or collective work and responsibility. Each of the other six days is guided by one of the other Kwanzaa principles: unity, self-determination, cooperative economics, purpose, creativity, and faith.

BASE's founding director Vance Beach explained to me that the older teens in the local Black community were beginning to detach themselves from BASE's myriad youth-focused activities. So, Beach and BASE initiated a year-long Youth Leadership Accelerator Program to provide these older adolescents with needed skills for successfully transitioning into adult roles. The program focused on "turning competence into action," well aligned with Ujima. Some of these teens described their projects at BASE's celebration of Kwanzaa, 28 December 2025.



Vance Beach



Teens as young as eleven and as old eighteen who had demonstrated diligence and commitment through their prior involvement in BASE activities, delved into self-initiated but mentored, heart-led projects. Their ventures ranged: The youngest participant visited the African country of Ghana and announced at the Kwanzaa celebration that "I wasn't born in Africa, but immersing myself in African culture and history, Africa was born in me." A high school student who just last year was still learning drumming with the other BASE youth shifted to becoming the drumming instructor this year. A teen curious about enacting an adult role while still in high school joined the

all-adult BASE police-liason team. A youth without prior photography experience spent the year snapping stills and making videos while viewing BASE's many activities through a camera's lens

—Bob Morse

**Support and Interact with BASE at BLACKBRILLIANCE:
an Exhibit of Art in a Range of Media by Black Youth, Adult, & Elder Artists
Community Reception/Meet the Artists on Friday evening 20 February
Rogue Gallery & Art Center: 40 South Bartlett Street, Medford**

Kindness

Before you know what kindness really is
you must lose things,
feel the future dissolve in a moment
like salt in a weakened broth.
What you held in your hand,
what you counted and carefully saved,
all this must go so you know
how desolate the landscape can be
between the regions of kindness.
How you ride and ride
thinking the bus will never stop,
the passengers eating maize and chicken
will stare out the window forever.

Before you learn the tender gravity of
kindness
you must travel where the Indian in a white
poncho
lies dead by the side of the road.
You must see how this could be you,
how he too was someone
who journeyed through the night with plans
and the simple breath that kept him alive.

Before you know kindness as the deepest thing
inside,
you must know sorrow as the other deepest
thing.
You must wake up with sorrow.
You must speak to it till your voice
catches the thread of all sorrows
and you see the size of the cloth.
Then it is only kindness that makes sense
anymore,
only kindness that ties your shoes
and sends you out into the day to gaze at
bread,
only kindness that raises its head
from the crowd of the world to say
It is I you have been
looking for,
and then goes with you
everywhere
like a shadow or a friend.

—Palestinian American
Poet, Naomi Shihab Nye



Quaker as a Culture of Place

*Our Meeting's interest group, which
endeavors to bring our Meeting into right
relationship with local Native people,
convened a worship sharing on 11 Jan 26
on how our Quaker Meeting and culture
expresses to other humans the messages of
light and stewardship for all of creation.
Here's a composite of thoughts shared out
of worship.*

"When we try to pick out anything by itself,
we find it hitched
to everything else in the Universe."
—John Muir

If Quakers are people of place, we have to
know more than just the part of the world
that humans have built—notably, the other
humans and non-human beings.

Hurting animals while thinking that animals
don't have souls is not okay, because they
do have souls. All of life is important to God.

My body is the part of the Earth for which
I'm responsible.

It's our Quaker tradition to send light to all—
the oppressed and the oppressors alike.
When we surround one person in loving
light, we may find the light extending to all
beings, to all of creation.



Many “convinced” Friends (Friends not born
into a Quaker family) speak of having had
an early-in-life knowing of our connected-
ness to the all. How do we honor daily our
childhood connection to all that surrounds
us? Quaker ways allow the soulful
connection to all beings to remain intact and
align us with our Indigenous neighbors who
know and have never forgotten this
connection.

—Tomi Hazel Ward, Althea Godfrey,
Hazel Jordan, Bob Morse

Meeting for Worship for Business 18 January 2026

Friends Present: Bill Ashworth, Melody Ashworth, Valeria Breiten, Ken Deveney, Ann Gaffney, Fernando Gapasin, Ká Hering, Andra Hollenbeck, Bob Morse, Steve Radcliffe, Herb Rothschild, Jean Semrau, Nancy Spear, Adam Thompson, Rochelle Webster

First People Acknowledgement:
[South Mountain Friends Meeting](#)

Quote & Reflection: “Good Order of Friends during Meeting for Business. *The Quaker method for reaching decisions involves searching for the right corporate decisions and arriving at the “sense of the meeting” or unity. Friends seek divine guidance, are patient with each other, and are concerned for the good of the meeting as a whole. During the meeting, Friends speak briefly and to the point, express their own views, avoid refuting statements made by others and credit purity of motive to all. Before speaking Friends seek recognition from the clerk. Friends speak directly to the clerk. Friends hesitate to speak more than once on an issue.”* ~North Pacific Yearly Meeting’s *Faith and Practice*

The Question of Joining Friends General Conference (FGC): Last month, Friends met to discuss the proposal from North Pacific Yearly Meeting (NPYM) to become an affiliate of Friends General Conference (FGC). Friends there were in support of affiliating with FGC for a number of reasons including the alleviation of past historical reasons for not joining (including Beanite sensibilities becoming more commonplace in Meetings within FGC), the nature of the support provided without setting policy, and the affiliation of other groups similar to NPYM. With that background, Friends present continued to be in support.

2026.01.1 South Mountain Friends Meeting is in favor of North Pacific Yearly Meeting (NPYM) becoming an affiliate of

Friends General Conference (FGC).

Peace & Social Concerns (P&SC): The Vigil for Gaza continues from 12 to 2 on Fridays at the corner of E Main and Central in Medford. P&SC had concerns about the job description for their committee and is requesting that what was initially the job description be incorporated into the procedures. They are requesting the new job description wording, which has been sent to Nominating Committee, as is the process. P&SC is requesting that the Meeting consider reaching out to (one or both of the) other Quaker churches nearby, which are relatively conservative, in order to have a discussion (under the guidance of Braver Angels) to develop a dialogue with them and learn from each other and learn how to bridge gaps in ideologies. Unity was not reached and friends will discuss this again at a future business meeting.

Ministry & Counsel (M&C):

2025.12.01 Friends gladly approved Kathleen Donham’s membership to South Mountain Friends Meeting, as presented for seasoning last month.

A traveling Friend will be visiting on 13 March and would like to share a concert, Songs to Ground, with the community. Friends discussed having a dinner potluck at 5:30 pm followed by the community event at 7. M&C and F&H will coordinate.

M&C would like to have Friends consider moving the Meetings for Business back to in-person because there is a strong feeling among M&C members that there has been difficulty getting the sense of unity when meeting virtually. M&C recognizes that the time may also need to be reconsidered. Friends were clear on needing more time to discuss this issue in depth, including the issue of making our Meetings for

Business more spiritual and run more smoothly. A winnowing session (a Quakerly discussion) on this topic will be conducted at 9 am on Sunday 8 February (see pg 1).

M&C reminded Friends that there is a process for financial assistance should Friends need it, and have updated the documentation detailing that process.

M&C would like for the Meeting to explore, “If our Meeting lived our most courageous future, what would it look like and what would my role be?” It was suggested that this felt more like a retreat topic than a winnowing session. M&C will coordinate further on this retreat possibility.

Friendship & Hospitality (F&H): F&H has requested a connection on M&C in order to coordinate better. F&H will continue to host simple breakfast monthly after How to Quaker.

Joint Committee (JC): A review and acceptance of the budget for Joint Committee will be postponed until next month.

Joyful Money Report: The committee to discuss how we use our abundance with joy will be meeting Sunday 25 January.

Technology: The Technology committee gathered more information about purchasing an OWL, which is a device commonly used by other meetings to provide video and sound for virtual participation in Meeting. The committee has considered, discussed, and has a plan for ways to provide off-camera access and participation for those who would like that. The OWLs come with a 30-day money-back guarantee and that will allow the Meeting to use it, test it, and return the device if it is not what we were hoping for.

CONTINUED ON PAGE 5

Advices & Queries on Peace

We practice love and peace-making within our families, in our meetings, and in the greater Quaker community. This experience will support our testimony of peace as we are involved in the larger world.

Peace is the state in which we are in accord with the Divine, the earth, others, and ourselves. We know that true, lasting peace among us is attainable through unity in the life of the Spirit.

Friends turn to the weapons of the spirit – love, honesty, good will, imagination, compassion, humor – which allow God to reach out through us to those with whom we are in conflict.

When a conflict is beginning, we take steps to resolve it quickly and reduce the damage it does. When a conflict has ended, we take steps toward forgiveness, reconciliation, and restoration. In this way we help break the cycles of violence.

We work to create the conditions of peace, such as freedom, justice, cooperation, and the right sharing of the world's resources.

George Fox declared that he lived “in the virtue of that life and power that takes away the occasion of all war.” As we work for peace in the world, we search out the seeds of war in ourselves and in our way of life. We refuse to join in actions which lead to destruction and death. We seek ways to cooperate to save life and strengthen the bonds of unity among all people.



Do we live in the virtue of that life and power that takes away the occasion of all war?

Do we refrain from taking part in war as inconsistent with the Spirit of Christ?

In what ways do we take part in war indirectly?

What are we doing to remove the causes of war and to bring about the conditions of peace?

Where there is hatred, division, or strife, how are we instruments of reconciliation and love?

Do we recognize that we are capable of both violence and peace?

How do we build bridges that lead us to face and resolve conflict?

How do we communicate to others an understanding of the basis of our peace testimony?

As we work for peace in the world, how are we nourished by peace

within ourselves, our families, and our meetings?

Business Meeting

CONTINUED FROM PAGE 4

Treasurer Report: Donations were at a record high for December with approximately half of the donations for the year coming in during this month. Thank you, Friends. Expenses were typical, and we continue to be financially sound.

Announcements:

Volunteer openings are currently available on M&C and Joint Committee

Nominating Committee is re-forming to start in March for the new year

Respectfully submitted,
Valeria Breiten, Clerk
Ann Gaffney, Recording Clerk

Free Writing Friends Group

Details at [OUR SCHEDULE](#) | [AshlandQuakers](#)

A welcome
respite
A place to be
In shade
And breezes
With my
writing tribe
At my side.

We are on the
same side
The side of
Soul
The side of
Truth
The side of
whimsey
unforeseen
And the side of
dreams

That make us
whole.

Our own and
Each others'
dreams,
Written,
spoken,
Or sung in
Spirit Tongue.

Out of these,
our path is
woven,
In words
spoken
And
unspoken.

The silence
before the

word,
The silence,
out of which
Each word
arises
The silence
into which
Each sound
returns.

The silence
surrounds us,
And grounds
us.

The silence
shared
Is a home to
return to
Again and



again,
In this circle
Of Spirit kin:

No matter
what,
No matter
when,
It allows us
to
Begin again

And again
And again

—Nancy
Bloom

Officers

Presiding Clerk: Valeria Breiten 480-688-7442

Assistant Clerk: Rochelle Webster 646-5186

Treasurer: Adam Thompson 201-8255

Recording Clerk: Ann Gaffney 603-490-7193

Communications Clerk: Jean Semrau 646-8225 with Kitty Cable (tech support) and Marian Spadone (admin support)

Joint Committee Delegates: Richard Spencer 707-543-6330

Standing Committees

Ministry and Counsel: Andra Hollenbeck 601-6421, David Runkel 210-0031, Zach Klaphaak 646-5584, Jean Semrau 646-8225, Jim Lobsenz 206-399-2782, Valeria Breiten/Rochelle Webster (*ex officio*)

Nominating Committee: Adam Thompson 201-8255

***Peace and Social Concerns:** Herb Rothschild 531-2848, Ken Deveney, Jim Lobsenz, Steve Radcliffe, Fernando Gapasin

***Finance:** Ann Gaffney, Jean Semrau, Adam Thompson (*ex officio*)

***Friendship and Hospitality:** Ká Hering 778-5206, Crystal Bosbach, Cathy McDaniel, JoAnn Sustrick

Welcomers: Andra Hollenbeck, Bob Morse, Tara Jones, Fernando Gapasin, Richard Spencer

All area codes are 541 unless otherwise noted

Newsletter submissions are due to Bob Morse (morse@mind.net) Tuesday after Business Meeting

South Mountain Friends Meeting

543 South Mountain Avenue

Ashland, Oregon 97520

Interest Group Contact Persons

***Adult Education:** Bill Ashworth 778-9470

***Applied Improv:** Rochelle Webster 646-5186

***Art Displays:** Becky Hale 601-3084, Marian Spadone 503-252-1624

***Building & Grounds:** Merlin McDaniel 301-6054

***Circle of Light:** Crystal Bosbach 930-4222, Nancy Spear 626-4377-8913

***Free Writing Friends:** Becky Hale 601-3084

***Friends Men's Group:** Ken Deveney 482-2173

***Friends Women's Group:** Althea Godfrey 261-5329

***Meditation on Peace/Love:** Ká Hering 778-5206, Fernando Gapasin 503-917-1286

***Outdoor Worship:** Ká Hering 778-5206

***Racial Concerns:** Bob Morse 482-8449

***Song Circle:** Rochelle Webster 646-5186

***Young Adult Friends:** Hazel Jordan 360-229-5498

***Zoom Support:** Samantha Archer 385-645-1546, Rochelle Webster 646-5186

Other Contact Persons

Librarian: Tara Jones 817-471-5120

Newsletter: Bob Morse 482-8449

NPYM Coordinating Committee: Bill Ashworth 778-9470

Web Site Administration: Bob Morse 482-8449

Monthly Neighborhood Gatherings

***Dancing Bears group:** Herb Rothschild 531-2848

***Outliers group:** Becky Hale 601-3084

***Quaker Neighbors:** Jean Semrau 646-8225

***Sunday Afternoon group:** Lucy Edwards 941-7539

***Quaker Kin:** Bob Morse 482-8449

**All new and longtime participants welcome*