

543 South Mountain Avenue

Ashland, Oregon 97520

(541) 482-0814

ashlandquakers@gmail.com

www.ashlandquakers.org

(Near Southern Oregon University)

SUNDAY MORNING SCHEDULE

First-Hour Activity 9 to 10 am

Discussions via Zoom

First-Hour Zoom Link: <https://us02web.zoom.us/j/85099502775?pwd=VmgxVFFzVkhYUkhRYkpNYmJ6TGZUdz09>

5 & 12 June Hybrid Winnowing
Extended time: 8:30- 10 am
Renewing our Meeting;
Reconnecting as Friends
Part 1 & Part 2; Details on page 1

19 June
Meeting for Business (8:30-10 am)

26 June Orientation to Quaker Process: Q&A between newer and long-time Meeting participants. Bill to convene. To be held at the usual first-hour time slot: 9-10 am

Meeting for Worship 11 am to Noon

At The Quaker Meeting House
or by Zoom at:

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

SOUTH MOUNTAIN FRIENDS MEETING

THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

Sixth Month 2022

Threshing Sessions On Renewing our Meeting and Reconnecting as Friends

8:30 – 10 am (Extended First Hour) Sunday 5 & 12 June 2022
Hybrid (Simultaneously in the Meeting House & on Zoom)

Like much of the world, our Meeting is in transition. We thus have a golden opportunity to peel back the veneer of complexities—which has dampened our joy and commitment—and re-align ourselves with Quaker simplicity to again feel nurtured by Meeting and connected with each other. As led by Spirit, we will discuss:

**Imagining that we're about to start a Quaker Meeting from scratch: What elements would we like to have?
What elements would we need to have?**

**Noticing where in our Meeting is there energy and Light
and discerning how to amplify it.**

**Tuning into which Meeting responsibilities call to us, inspire
our passion, bring us joy, and feel enough like a leading
that we volunteer for such role(s).**

**Making room in business meeting for deeper conversations
on invigorating topics in which we become more engaged
and act increasingly as a team?**

**Exploring our creating a worship group in Phoenix (Oregon)
or holding worship in Phoenix once a month.**

A threshing session is a process which invites Friends to speak plainly and truthfully, expressing our questions, concerns, and perspectives. Gathering together as our faith community, we will endeavor to listen to Spirit and respond to each other with love and thoughtful discourse. We will trust the quiet of the Light to bring us to places of clarity and resolve.. No decisions are ever made at threshing sessions; however, these in-depth discussions will help prepare us for decision-making at meeting for worship with attention to business. —Andra Hollenbeck and Bob Morse

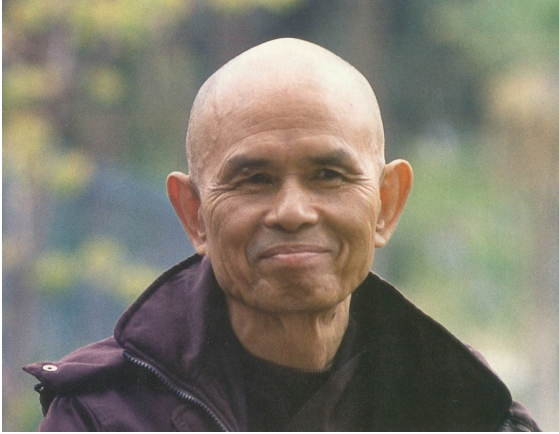
No Summertime Newsletter

There will be no July/August South Mountain Friends newsletter. Typically, there are few first-hour activities (discussions, meetings, gatherings held from 9-10 am) over the summer. If activities are arranged, they'll be announced in the midweek bulletin. To receive the bulletin, email ashlandquakers@gmail.com.

Bringing Mindfulness into our Lives and into our Meeting

Thich Nhat Hanh, often called "Thay," died at the age of 95 in January 2022. He was a Vietnamese Buddhist monk who brought the teaching of mindfulness to the world. Here are reflections that arose out of our 8 May 2022 worship sharing subsequent to our watching a documentary film chronicling Thay's life of inner peace within a world filled with much adversity and suffering.

To watch this 27-minute biographical documentary YouTube **A Cloud Never Dies:**
<https://youtu.be/DRObW9noiVk>



The feelings which surfaced while watching this documentary on Thich Nhat Hanh are the same feelings that I experience in silent worship.

I appreciated how Thay kept learning throughout his life realizing that what's currently happening isn't enough. I'm reminded of the importance of ongoing learning within ourselves and within our Meeting, picking up ideas from other traditions and practices, and being willing to explore, deepen, and grow that sense of interbeing.

I'm left with an overwhelming sense of awe and gratitude by witnessing to so many people wanting to change. These scenes renewed my hope.

It's been so long since I engaged in walking meditation, and now I'm reminded of how powerful is this tool to move our anger, frustration, or grieving through us by walking silently, mindfully. Might others want to join me in walking meditation on clear-weather days?

Thay said that we learn from many teachers, among them our own suffering. I'm mindful that the typical emotional responses to our recent climate-related conversations were indications of suffering—despair, overwhelm, hopelessness. Perhaps during our Quaker conversations when such deep, troubling emotions arise, might we take silence to become mindful of our suffering and listen to its lessons?

I can understand a community of acceptance, but what might Thay have meant by a community of resistance? The resistance was the inner work that allows one to respond to an emotional trigger by turning inward and re-centering in mindfulness and thus resisting a knee-jerk reaction; such resistance fosters finding peace within before responding outwardly. Resistance to the common way that things are done—the necessary resistance to such customary practices as consumerism or patterns of controlling others—is all part of being peace. Amidst a culture/world that is so politically divided, Thay's tenet of finding commonality and resisting judgment instead of taking sides is refreshing. The fight or flight response of anger is almost always rooted in fear; resisting the fear is an important step in order to create the world in which we want to live.

Among the things that Thay could not accept is killing other people—a possible reason for Thay's getting in trouble with war-raging governments.

Would our Meeting like to hold a circle in which we address transforming our feelings? People tend to feel lonely, isolated, and powerless. Coming together in a Quaker container could be a safe vehicle for such transformation.

—Bob Morse








Bill's 31 July Concert

Sponsored in part by the Southern Oregon Chapter of the National Association of Composers-USA

80 Years of Music!

A retrospective concert
in honor of the 80th birthday
of composer
William Ashworth



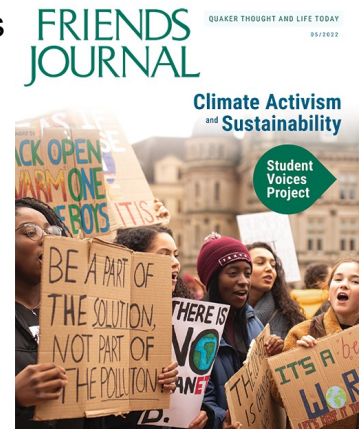
Kathleen Strahm, violin
Debra Harris, flute
Jennifer Matsuura, soprano
Cynthia Stauffer, piano

Grizzly Peak Winery | 1600 East Nevada Street | Ashland, Oregon
July 31, 2022 | 2:00 PM
Admission: Free!

Friends Journal

The May magazine features the 9th annual Student Voices honorees and focuses on Climate Activism and Sustainability.

To download the full issue PDF, click here: <https://www.friendsjournal.org/private/FJ-2022-05.PDF>



To read the articles online, including six web-only features this month, visit: <https://www.friendsjournal.org/issue-category/2022/climate-activism-and-sustainability/>

Men's Group for Friends (and friends of Friends)



A small established men's group, which went on hiatus during the COVID era, has begun meeting again at its usual pace of an hour every other week. There's no specific agenda except to share one's life. The group welcomes new participants.

Curious? Interested?
Contact me at kenndev@yahoo.com.

—Ken Deveney

Spring Maintenance And Outdoor Cleanup Grounds Around the Meeting House

9 am – Noon Saturday 18 June
All are welcome/Some are needed
—Buildings & Grounds Committee



Meeting for Business 15 May 2022

Friends Present: Bill Ashworth, Melody Ashworth, Crystal Bosbach, Valeria Breiten, Fran Curtis, Ken Deveney, Andra Hollenbeck, Bob Morse, Alex Reid, Jean Semrau, Nancy Spear, Adam Thompson

Quotation for Reflection “Come to Meeting with hearts and minds prepared to be open and faithful to the leadings of the Spirit. Then the conduct of business will lead to truth, unity and love.”

—*Faith and Practice*

Land Acknowledgement This Meeting gathers in the traditional, sovereign territory of Indigenous Takelma, Latgawa, Shasta and other peoples.

Minutes

2022.5.1 Friends approved minutes for the 17 April 2022 Meeting for Worship for Business.

Treasurer Donations in April were much lower than they have been recently, but there were only two expenses in April, so we came out slightly ahead for the month and the year to date. Higher expenses are expected in May and June, however.

Homeless Committee reported that they will expend their budget for the year by adding it to the inhouse Laundry Love Fund. They asked Friends to consider a name change for their committee such as “Friends & Neighbors” to better express equality with those served and the fact that not everyone served is without a home. Friends requested that the committee come back next month with a name that defined their committee’s scope and service more specifically.

Finance Committee presented for seasoning the SMFM proposed budget for FY 2022-23. Because the Joint Committee contribution will continue to be twice what was originally budgeted for this year, the proposed budget allows for only approximately half of the discretionary spending we make at present, even with the addition of \$1400 from savings to our income.

2022.5.2 Friends approved the proposed budget for seasoning with optimism that “the way will open.” (See the budget on page 6.)

The Presiding Clerk reported on her research dating back to Marjorie Kellogg’s original gift of her house to Peace House and SMFM with the legal obligation that they maintain it in a 50/50 ownership. The Clerk also

found a history of the house and a Joint Use and Maintenance Agreement between Peace House and SMFM, updated in 2007. Meeting participants can view these documents at the Meeting House. The Clerk noted that Building & Grounds is a subcommittee of Joint Committee rather than a SMFM committee. She reported that there have been no minutes of the Joint Committee filed in the Meeting House office since 2017.

2022.5.3 The Meeting requests that Joint Committee update its file of meeting minutes.

Friendship & Hospitality asked that Meeting participants send in their photos and birthdays to Ká Hering. There is now a sign-up sheet for those willing to take a turn with set-up and clean-up for snacks after Worship during the summer months.

Nominating Committee reported they had met to discuss how we might discover the individual leadings of Friends as well as the leading of the Meeting itself by reviewing the Meeting’s list of clerks and committees together. Friends decided to devote the first hour on both June 5 and June 12 to a threshing session on this subject (details on page 1). Meeting to worship at the Meeting House or elsewhere is another topic to discuss.

Ministry & Counsel expressed gratitude to Jean Semrau for the pastoral care she provides. They also asked Meeting participants to sign up to clean the Meeting House upstairs one month this summer or fall.

Quaker Climate Subcommittee reported they are reaching out to other Quaker meetings to ask about their views on climate change and to local government to learn more about climate awareness in Southern Oregon rural towns. The Interfaith Climate Team is inviting representatives from local faith communities to join the team and requesting that congregations choose to save water by not irrigating their house of worship lawns this summer. Cherise Bock is serving as a resource for reaching other climate teams and programs. The subcommittee requested the Meeting purchase an air purifier for the Meeting House. They will follow up with the Finance Committee.

Respectfully submitted,
Andra Hollenbeck, Presiding Clerk
Alex Reid, Recording Clerk

“Courage is the power to let go of the familiar.”

—Raymond Lindquist

Advices & Queries on INTEGRITY

Living with integrity presents the daily challenge of keeping our lives congruent with the Light—in essence, living in Truth. Our choices in how we use our time, spend our money, and form relationships are consistent with what we believe. Our conversation in public and private is a seamless whole. On those infrequent occasions when we are required to swear an oath, we can advance the cause of truth by simple affirmation. The greater discipline is to continually exercise care in speech, making statements that convey truth without exaggeration or omission of essential fact.



Conduct is integrity made visible. We cannot learn or think our way into faithfulness; it requires that belief and action be aligned. We are called to perform our daily tasks with measured care so that our work is sound. We behave honestly with individuals and toward organizations. Willingness to bear the consequences of our convictions leads to taking our lives seriously. A capacity for self-examination enables us to work toward integrity. The words and witness of Friends provide encouragement towards a life lived whole.

"Integrity is doing the right thing, even when no one else is watching."

—C. S. Lewis

The Light in our hearts leads us into ways we can meet the challenges of living a life of integrity.



We strive to maintain integrity in word and deed. We recognize the temptations to grow rich at the expense of others and how apparently harmless indulgence can lead to wrongdoing.

We avoid pretense in clothing, manners, and speech, realizing that false impressions may be conveyed by action and appearance, no less than by words.

In all the settings we find ourselves, we practice keeping a single and open manner of relating to others. We avoid using different characters in each role we fill.

We live our best lives as Friends when we focus on what Truth and Love require of us, not on our own comfort or contentment.

"I give myself this advice: Do not fear truth, let it be ever so contrary to inclination and feeling. Never give up the search after it; and let me take courage and try from the bottom of my heart to do that which I believe truth dictates."

—Elizabeth Fry, 1799

How do we use the resources and strength we are given to meet the challenges of living a whole and honest life?

*How do we keep to a single standard of truth in daily life?
Do we avoid taking judicial and other oaths?*

How do we fulfill the promises we make?

*Are we responsible about incurring and repaying debts?
Are we just and honorable in all our dealings?*

How do we take care that our spiritual growth is not sacrificed to busyness?

SMFM Proposed Budget for FY 2022-2023

	2021-22	2022-23
Income:		
Donations	(4/15) 10,100	14,500
From Savings	1,400	
TOTAL INCOME	(est.) 14,500	14,500
Fixed Expenses:		
Joint Committee Contribution	4,200	8,400
NPYM Dues	2,160	2,160
Parking Lot	936	936
Quarterly Meeting Dues	216	216
State of Oregon Tax	50	50
Website	150	150
Zoom	132	150
Total Fixed Expenses	7,844	12,062
Discretionary Expenses:		
Adult Education	100	0
Annual Session Abundance Fund	150	100
Children	100	0
Friendship & Hospitality	200	200
Homeless Support	1,000	500
Leadings Support	0	0
Library	150	100
Member Assistance	0	0
Ministry & Counsel	500	250
Misc/Office Supplies	110	80
Newsletter	200	150
Peace & Social Concerns	1,200	600
Uprooting Racism	1,200	600
Total Discretionary Expenses	4,910	2,550
TOTAL EXPENSES	12,754	14,642
Surplus (Deficit)	1,746	(142)

FAITH = Finding Answers In The Heart



Through the Eyes of a Poet Who Loves Earth: Catherine Pierce

Planet

This morning this planet is covered by winds and blue.
This morning this planet glows with dustless perfect light,
enough that I can see one million sharp leaves
from where I stand. I walk on this planet, its hard-packed

dirt and prickling grass, and I don't fall off. I come down
soft if I choose, hard if I choose. I never float away.
Sometimes I want to be weightless on this planet, and so

I wade into a brown river or dive through a wave
and for a while feel nothing under my feet. Sometimes
I want to hear what it was like before the air, and so I duck
under the water and listen to the muted hums. I'm ashamed

to say that most days I forget this planet. That most days
I think about dentist appointments and plagiarists
and the various ways I can try to protect my body from itself.

Last weekend I saw Jupiter through a giant telescope,
its storm stripes, four of its sixty-seven moons, and was filled
with fierce longing, bitter that instead of Ganymede or Europa,
I had only one moon floating in my sky, the moon

called Moon, its face familiar and stale. But this morning
I stepped outside and the wind nearly knocked me down.
This morning I stepped outside and the blue nearly

crushed me. This morning this planet is so loud with itself—
its winds, its insects, its grackles and mourning doves—
that I can hardly hear my own lamentations. This planet.
All its grooved bark, all its sand of quartz and bones



and volcanic glass, all its creeping thistle lacing the yards
with spiny purple. I'm trying to come down soft today.
I'm trying to see this place even as I'm walking through it.

MEETING OFFICERS

Clerk: Andra Hollenbeck 601-6421

Recording Clerk: Alex Reid 707-499-9146

Corresponding Clerk: Beth Aspedon 778-1564

Treasurer: Adam Thompson 201-8255

Newsletter Editor: Bob Morse 482-8449, Sylvie Weaver

Web Administrator: Bob Morse 482-8449

NPYM Coordinating Committee Contact: Sylvie Weaver 717-475-6940

Art Coordinator: Becky Hale 601-3084

Uprooting Racism Coordinator: Bob Morse 482-8449

Experiment with Light: Gizelle Luccio 897-4458

Circle of Light: Crystal Bosbach 930-4222

Joint Committee Representatives: Herb Rothschild 531-2848, Valeria Breiten 480-688-7442

All area codes are 541 unless otherwise noted

Please direct all Meeting-related electronic correspondence to ashlandquakers@gmail.com

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

MEETING COMMITTEES

Ministry & Counsel: **Valeria Breiten** 480-688-7442, Jim Phillips 482-2388, Steve Radcliffe 479-3487, Melody Ashworth 324-9824, Ken Deveney 488-5506, Clerk *ex officio*

Children's Education & Spirituality: **Ken Deveney**, Cathy McDaniel, Melody Ashworth

Finance: **Jean Semrau**, Fran Curtis, Treasurer *ex officio*

Buildings & Grounds: **Merlin McDaniel**, Raymond Scully, Terri Brain

Nominating: **Maureen Graham**, Valeria Breiten, Terri Brain

Friendship & Hospitality: **Crystal Bosbach**, Ká Hering, Cathy McDaniel; **Greeters:** Rochelle Webster, Karen Maleski, Nancy Spear, George Scholes

Peace & Social Concerns: **Herb Rothschild**, Ken Deveney, Javan Reid, Elizabeth Hallett, Jim Lobsenz, Steve Radcliffe

Library: **Fran Curtis**, Linda Spencer

Adult Education: **Ká Hering**, Jamie McLeod-Skinner, Jim Lobsenz, Melody Ashworth

Homeless Outreach: **Alex Reid**, Bob Morse, Becky Hale

*Names in **bold** indicate committee convener or clerk*

South Mountain Friends Meeting

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Ashland, Oregon 97520