



543 South Mountain Avenue

Ashland, Oregon 97520

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www.ashlandquakers.org

SUNDAY MORNING SCHEDULE

First-Hour Activity

9 to 10 am

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

Details about this month's
activities: See page 3

1 December No 1st Hour Activity

10:15-11 am: Circle of Light

8 December No 1st Hour Activity

15 December **ZOOM ONLY**

8:30-10 am: Business Meeting

22 December No 1st Hour HYBRID

9 am Solstice Breakfast followed
by a **Seasonal Sing-Along**

29 December

Let Your YEAR Speak

Meeting for Worship

11 am to Noon

Hybrid: Both at the Quaker
Meeting House and by Zoom
(link below):

<https://us02web.zoom.us/j/7477317797pwd=SW1sd3pTZjhlbGRmUWpOY3pZaUFDdz09>

SOUTH MOUNTAIN FRIENDS MEETING

THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

Unprogrammed Worship in Ashland, Oregon

Twelfth Month 2024

Quaker Eldering



Eldering should always be aiming to build someone up, even when it is done in response to harmful behavior.

Throughout our Quaker history, there have been Friends who try to enforce cultural norms or maintain systems of power under the guise of eldering. These Quakers often act as if eldering is an authoritarian role rather than a nurturing one. This misuse has caused many Friends to mistakenly believe eldering is about chiding, dictating how things “should” be, upholding tradition, or censoring. It should be none of those things.

Eldering is about potential and growth and helping to create conditions that bring out the best in each of us; this kind of relationship is full of humility and love. Eldering involves looking beyond our own limited perspective so we can see others with Spirit’s vision. True eldering is about loving, seeing, naming, and inviting.

When eldering or being elderd, my relationship with my Inward Teacher has to be the central one. Without that, I am just seeing others with my limited human understanding. When I allow Spirit to lead me, I am brought into a state of humility so I can listen to the words of others and allow myself to be changed. When I allow Spirit to use me, I am given leadings, opportunities, words, and resources that guide me in my relationships.

My biggest challenge in this is my relationship with myself. I can run ahead of or lag far behind my Guide. There are times when I do not want to do what Spirit is guiding me to and other times when my ego gets puffed up in self-importance, forgetting the inner Christ at my center. It is at these times that I need eldering—trusted people who can listen as I process what I experience, reflect back what they see and hear, and offer gentle suggestions or direction that help me return my attention to my Inward Teacher. Any of us can be guided to nurture the spiritual lives of individuals in our communities.

Excerpted from **Growing into Our Perfect Selves**
by Mary Linda McKinney in *Friends Journal Sep 2024*

The Whispering

And in this moment in history
With fascism ever near
We will not hear the whispering
If we abide in fear

We voted and we lost
The result was not our choice
But let us not pay the cost
Of shutting out that voice

Let us not remain in misery
It's our only chance
The message is no mystery
"Surrender to the dance"

Move at first in mourning
Our tears will flood the earth
Feel yourself transforming
To the rhythm of rebirth

Hold to one another
Let no one feel alone
Be child, father, mother
Trust in the unknown

Say "I love you!" often
Especially to the mirror
Let your anger soften
Remember why you're here

To breathe and bear witness
And now let us begin
The whispering is always with us
The voice of God's within.

—Denny Caraher
(intermittent South Mountain attender)

**"We've got to be as
clear-headed
about human
beings as possible,
because we are
still each other's
only hope."**

—James Baldwin



**I think joy and sweetness
and affection are a
spiritual path. We're here
to know God, to love and
serve God, and to be
blown away by the beauty
and miracle of nature. You
just have to get rid of so
much baggage to be light
enough to dance, to sing,
to play. You don't have
time to carry grudges; you
don't have time to cling to
the need to be right.**

—Anne Lamott

Poems & Quotes
Contributed by
Becky Hale &
Anya Kumara

Clearing

Do not try to save
the whole world
or do anything grandiose.
Instead, create a clearing
in the dense forest of your life
and wait there
patiently,
until the song
that is your life
falls into your own cupped hands
and you recognize and greet it.
Only then will you know
how to give yourself
to this world
so worthy of rescue.

—Martha Postlewaite



**"My work is to quiet my mind and open my
heart and relieve suffering wherever I find it."**

—Ram Dass

Unique Opportunity for New & Longtime Friends

Quaker inclusivity begins in our foyer by our making each other, visitors, and seekers feel welcome. Welcoming is a brief and simple way to deepen our acquaintance with other Friends, regardless of whether we are a longtime or a new participant at Meeting.

Please consider taking advantage of this unique opportunity: The first seven Friends to contact me get to choose in which of the next seven months they will be the welcomer at our front door on both the 2nd and 4th Sundays of their chosen month.



Many of us recall the Friend who welcomed us the first time we attended a Quaker Meeting. Whose life might you change by your being the first to welcome them?

If you're not sure what welcoming entails, please ask me. If it's going to be your first time welcoming and you'd like some company, please ask me to join you. —Bob (morse@mind.net; 541-482-8449)

Two Notes about How To Quaker

HOW TO QUAKER will not meet during the year-end holiday season.
HOW TO QUAKER will return on Sunday 26 January 2025.

The current series of **HOW TO QUAKER** is being video recorded (via Zoom technology). Links to the recordings are now posted on our South Mountain Friends website (www.ashlandquakers.org). At the website, click on the "Our Meeting" tab and then click on the "How to Quaker" tab.

—Valeria Breiten and Bob Morse

Solstice Celebration Breakfast

9 am Sunday
22 December at
the Meeting House



Followed by a Seasonal Sing Along
Please bring your voices, instruments,
and/or Spirit —Friendship & Hospitality Committee

Zoom-Only Business Meetings

To simplify our business meetings, we're experimenting during the winter months with all of us being on Zoom. To see the agenda and finance report on Zoom, open "chat" and click on the links. To toggle back and forth between the report and everyone's face, press the "Tab" key while holding down the "Alt" key.

—Ministry & Counsel Committee

Let Your YEAR Speak: 9 am Sunday 29 December

A longtime tradition in our Quaker Meeting has been to honor the passing of one year into another. For years, this special worship sharing literally took place New Year's Eve. Now we hold this event during first hour on a Sunday near New Year's. Worship sharing consists of gathering in silence and inwardly pondering one or more queries. We then take turns speaking our thoughts aloud, not in response to each other, but speaking that which Spirit brings forth within, allowing silence between speakers. These are the queries that we'll be pondering:

- How has Truth (or Spirit) fared with thee during the past year?
- How does thee expect Truth (or Spirit) to fare in the year that is about to arrive? —Bill Ashworth

Advices & Queries on Community

“Let your life speak” is traditional advice for Friends. The life of a Quaker meeting also speaks: by giving practical support for members and attenders in need; cherishing the children and young people finding their spiritual paths; encouraging, guiding, and elderring Friends with love in discernment or in following leadings; welcoming new seekers; and stepping forth in Spirit-led witness in the wider world. Thus, community acts as a spiritual as well as a practical safety net—a place for communal discernment and for testing leadings within the shared wisdom of the group.

Being part of a community requires us to practice compassion and patience. As members of a community, we pay attention to each other and rely on each other; we consciously nurture our interdependence. It’s not always easy. It’s nevertheless vital to our shared spiritual journey.



The spirit of a Friends community might be described as “the testimonies made visible” through the interactions and mutual care of its members. Creating a community of love, trust, compassion, and forbearance, where differences are respected and every voice is valued, is important to our witness to the world. The Friends community inspires, nurtures, and supports our concerns for peace, social justice, and environmental action; it is the seedbed from which our actions grow.

“In the kindergarten of the School of Love that we attend with one another in community, we can lead one another by meeting love with love. With grace, we may even be able to meet unlove with love.” —Patricia Loring, 1999

How do we foster love, truth, and harmony within our meeting community?

Is our community a shelter where we can grow in the Spirit? How can our community provide the best combination of safety and challenge to encourage spiritual growth?

*How do we as individuals share our gifts with the meeting?
How do we as a community help individual Friends find their own gifts
and share them with others?*

*How do we as individuals support the spiritual health of the meeting?
How do we as a community support the spiritual health
of individual members and attenders?*



*How do we make our meeting a beloved community and a living testimony—for all members and attenders,
wherever they are in their own spiritual journeys?*

How do we create a radically inclusive culture in our Quaker community?

How does our meeting community reflect the Spirit and Truth at the center of our lives?

“Community is not just about those closest to us, or those with whom we feel the most comfortable. I believe that God calls us to break out of our comfort zones and build community across differences. This means promoting a multicultural and inclusive vision for our society.”

—Danielle Short, 2007

THINK OF OTHERS: A Minute-and-a-Half Video
<https://youtu.be/aG-EOLiRHWo> (contributed by Becky Hale)

Meeting for Business 17 November 2024

Friends Present: Bill Ashworth, Melody Ashworth, Crystal Bosbach, Valeria Breiten, Ken Deveney, Ann Gaffney, Fernando Gapasin, Althea Godfrey, Ká Hering, Andra Hollenbeck, Ariel Love, Bob Morse, Herb Rothschild, Jean Semrau, Nancy Spear, Adam Thompson.

Land Acknowledgement: We are on the traditional lands of the Takelma, Latgawa, Shasta, and other indigenous peoples. As Quakers we honor their stewardship and share in the care and protection of our home.

Quote & Reflection: “You don’t have to understand life. You just have to live it.” —Matt Haig from *The Midnight Library*

One change was proposed to the October Meeting for Business minutes. Nancy Spear asked that her last name be listed within the body of the minutes. This change was made. Friends also requested that the Recording Clerk pay special attention to making it clear which person is speaking, including more detail than just first names to determine the identity of the speaker when the attendance list is not sufficient.

2024.11.1 Friends approved as amended the Minutes from the October Meeting for Worship for Business.

Treasurer Report: We spent slightly more than we brought in in October, but there were some checks at the end of the month that weren’t deposited until Nov. We try to keep a minimum of \$3,000 in our checking account and we have a little over \$8,000.

Herb asked about the amount that both the Meeting and Peace House add monthly to the account managed by Joint Committee. His understanding is that this increased monthly amount was due to the drop in rental income during COVID. Bill shared that there are a number of items in need of upgrade or repair related to capital expenses (e.g., sidewalk work, replacing the heating system). Thus, Joint Committee would prefer to keep the amounts the same.

Andrew “Yav” Yavelow passed away earlier this year and left the Meeting \$6,100 in his will. Finance Committee will make a recommendation for what to do with that money. Ann asked Friends who may have some insight into particular areas close to Yav’s heart to please share them with Finance Committee (Adam, Nancy, and Ann).

Ministry & Counsel: *Details on the following items are on Page 3.* M&C is experimenting with holding zoom-only business meetings throughout the winter. How to Quaker sessions have been recorded and can now be retrieved through links on our website. M&C is offering Meeting participants a unique opportunity to help our Meeting be inclusive and welcoming.

The recent presence of a 9-year-old girl and her mom at meeting and an announcement of our Meeting’s children’s program as ashland.news reminded us of the need to better prepare for children arriving for Meeting, even as this girl was prepared to sit in worship with her mom.

Friendship & Hospitality: Social snacking between How to Quaker and worship was successful and will continue. After much discussion we decided to gather together in our Meeting’s kitchen at 9 am on 22 December for breakfast and then sing together. Bill will check to see if the piano needs tuning. When Ka is absent, Fernando will host the peace meditation.

Building Accessibility: Joint Committee and Building & Grounds are working to repair the driveway and curb such that the building is more accessible for those with mobility needs. Discussion was had about increasing accessibility including making sure folks know about the access through the carport and up the ramp onto the porch. Friends suggested we prioritize putting a railing in and consider a shuttle service up to the building from the lot (perhaps with a magnetized car sign).

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

Quaker Events Open to the Greater Community

**Free Writing Friends: 2:30 – 4:30 pm every MONDAY
& Song Circle: 6:30 pm 2nd TUESDAYS**

Details at [OUR SCHEDULE | AshlandQuakers](#)



**Outdoor Worship on the Meeting House’s Back Deck
11-11:45 am Sundays (weather permitting)**

Officers

Presiding Clerk: Valeria Breiten 480-688-7442

Treasurer: Adam Thompson 201-8255

Recording Clerk: Ann Gaffney 603-490-7193

Communications Clerk: Jean Semrau 488-6855 along with Mary Ellen Gordian and Kitty Cable

Joint Committee Delegates: Ariel Love 925-212-2118; Bill Ashworth 778-9470

Standing Committees

Ministry and Counsel: Bob Morse 482-8849, David Runkel 210-0031, Crystal Bosbach 930-4222, Andra Hollenbeck 601-6421, Althea Godfrey 261-5329, Merlin McDaniel 301-6054, Valeria Breiten (*ex officio*)

Nominating Committee: Richard Spencer, 707-543-6330, Wyatt Banks, Althea Godfrey, Nancy Spear

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

***Finance:** Nancy Spear, Ann Gaffney, Adam Thompson (*ex officio*)

***Friendship and Hospitality:** Ká Hering, 778-5206, Crystal Bosbach, Cathy McDaniel; **Welcomers:** Rochelle Webster, Andra Hollenbeck, and YOU

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

Interest Group Contact Persons

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

***Art Displays:** Becky Hale 601-3084

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

***Child Education:** Ad Hoc Children's Committee

***Circle of Light:** Crystal Bosbach 930-4222

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

***Friends Men's Group:** Ken Deveney 488-5506

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

***Library:** A Friend

***Neighbors in Need:** Alex Reid 707-499-9146

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

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

Other Contact Persons

Interfaith Ministries: Gizelle Luccio 944-0748

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:** Ken Deveney 482-2173

** = All new and longtime participants welcome*

All area codes are 541 unless otherwise noted

South Mountain Friends Meeting

543 South Mountain Avenue

Ashland, Oregon 97520