

543 South Mountain Avenue

Ashland, Oregon 97520

(541) 482-0814

communications@ashlandquakers.org

www.ashlandquakers.org

(Near Southern Oregon University)

SUNDAY MORNING SCHEDULE

First-Hour Activity

9 to 10 am

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

7 May

Film-Based Discussion on Christian
Nationalism (Hybrid) *Details Page 2*

10:30-11 am: Circle of Light

14 May No First-Hour Activity

Rise-of-Meeting:

Soul Food Sunday *Details Page 4*

21 May

8:30-10 am: Business Meeting

28 May

Quaker Education: How to Quaker

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>

Outdoor Meditation

4 pm Every Second Friday/Month
Blue Heron Park, Phoenix, OR
—Ká Hering (541-778-5206)

SOUTH MOUNTAIN FRIENDS MEETING

THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

Unprogrammed Worship in Ashland, Oregon

Fifth Month 2023

“Arise, All Women Who Have Hearts” Activities Leading Up to Mother’s Day

In the United States, the origins of the official holiday go back to 1870, when Julia Ward Howe – a Unitarian abolitionist best remembered as the poet who wrote “Battle Hymn of the Republic” – worked to establish a Mother’s Peace Day. Howe dedicated the celebration to the eradication of war.



Arise, all women who have hearts, whether your baptism be that of water or of tears! Say firmly: “We will not have great questions decided by irrelevant agencies, our husbands shall not come to us, reeking with carnage, for caresses and applause.”

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.

From the bosom of the devastated earth a voice goes up with our own. It says, “Disarm, disarm! The sword is not the balance of justice.” Blood does not wipe out dishonor nor violence indicate possession.

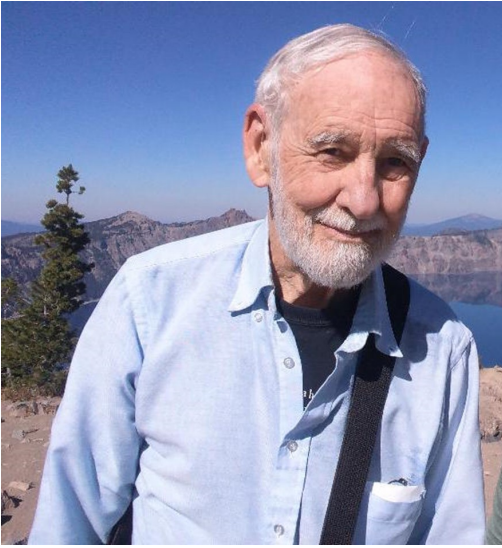
As men have often forsaken the plow and the anvil at the summons of war, let women now leave all that may be left of home for a great and earnest day of counsel. Let them meet first, as women, to bewail and commemorate the dead. Let them then solemnly take counsel with each other as to the means whereby the great human family can live in peace, each learning after his own time, the sacred impress, not of Caesar, but of God.

In the name of womanhood and of humanity, I earnestly ask that a general congress of women without limit of nationality may be appointed and held at some place deemed most convenient and at the earliest period consistent with its objects, to promote the alliance of the different nationalities, the amicable settlement of international questions, the great and general interests of peace.

Related song by Motherlode: [Walls and Windows - YouTube](#)

—Bob Morse

Getting To Know Ken Deveney



Ken has quietly, but very actively, inspired South Mountain Friends and the Southern Oregon community since retiring to Ashland in 1991. Raised as Presbyterian in New Jersey, he embraced a more atheistic view as a teen and was later drawn into the Unitarian Universalists choir as a NUT (Non-Unitarian Tenor). He was first introduced to Quaker values by discovering a Meeting in Quakertown, NJ, some 45 years ago. Many of us know Ken as a teacher and practitioner of co-counseling, as well as a strong believer in the value of deeply listening to all views.

This commitment to Quaker values and the peace testimony support much of Ken's ongoing community work. He has dedicated significant time to the Peace & Social Concerns committee, writing letters to the editor and legislators, and working with SOCAN (Southern Oregon Climate Action Now).

Ken's love for music continues to focus much of his spiritual and activist life, having written several climate-focused songs and compositions for string quartet. In 2001, he started the local composers group that's now a part of the National Association of Composers. Ken would like to see more music and singing activities in our Meeting.

Ken's career as a high school math teacher and provider of remedial instruction with middle schoolers has developed his love for young people, especially for his daughter Robyn, whom many of us have met. His long life has allowed him to develop his diverse interests in nature photography, hiking, the sciences, OLLI classes, classical music, linguistics, psychology, travel, painting, and gym activities—but not popular culture! He's a bit of a renaissance man.

When asked what wisdom and advice he might have for South Mountain Friends Meeting, Ken suggested:

- ♦ Quakers demonstrate “how to live,” and a good question to ask is “What would Quakers do?”
- ♦ Partake and savor, always listen and learn. “The world is so full of a number of things. I think we should all be as happy as kings!”
- ♦ Support positive change by asking “What's going well?” “What's next?” “What support is needed?”
- ♦ More community outreach, bringing people together to share and to build compassion and understanding, like the Better Angels. He added that the key is learning that “people are good.”
- ♦ Focus our activism on the importance of climate change.

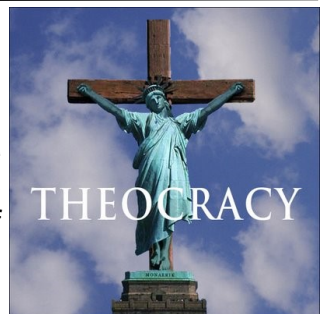
Feel free to share your thoughts with Ken, as he loves to listen and learn. He will be celebrating his 88th birthday this month. —Becky Hale

Film-Based Discussion: Christian Nationalism

9 am Sunday 7 May in Person and by Zoom

During the April business meeting, we discerned the importance of more deeply (and viscerally) educating ourselves before we educate others on the perils of Christian Nationalism. This video captures the current infiltration of Christian Nationalism into the progressive college town of Moscow, ID.

—Bob Morse



Books Behind Bars

For the past year, I've been volunteering at the Rogue Liberation Library, one of the many programs that Peace House sponsors. We match donated paperbacks to requests from prisoners from a variety of state and federal prisons. The requests come as personal letters from the inmates whose interests vary from general fiction to dictionaries, nonfiction, how-to books, adult coloring books, language learning, and graphic novels. Often the letters contain great appreciation for our services.

"I am writing to say thank you to everyone for sending the wonderful Indian Relic Books. I was so happy to get them and really enjoyed them. Thank you very much from the bottom of my heart."

I've been a librarian most of my life. I've worked for schools and for public libraries and for Trinity's Parish Library. But I never knew before the value books might have for someone confined to a small cell. During the pandemic, incarcerated people had even less access to move about. Books provide a way beyond.

"Thank you so much for the past selections you sent. The Berlin Diaries was a very good read, a unique look at the perils of war. I would love some more books. Memoirs or biographies would be awesome. Historical fiction is also a treat. Thank you for all the good work you do for us behind 'free line.' I always felt you can time travel a bit through books. That's a good thing in here! I look forward to reading your gifts. Blessings to you and yours."

Many indigent prisoners have no other way to receive books. We open about 40 such letters every week. For each inmate, after we've selected three or four titles matching their requests, we check their status at the given prison and print out mailing labels to match. We deliver completed packages to the post office, with postage being a major expense, averaging about \$4 per package. The demand is great. From January to April 2022, we shipped 543 packages.



"I appreciate your intent to reach the corners of the world that appear unreachable. Your dedication to humanity through peace and kindness, spreads through the positive spirit of compassion you give prisoners . . . You changed my life by helping me learn how to read. Some time back, you donated a book to a prisoner, who then donated said book to me that started a journey in my life that I couldn't visualize back then . . . I'm now a writer who would like to publish and market my writing. So, if you could send me a book that provides addresses and contact information to execute this objective, please send it to me . . . Thank you!"

We have a donation box at Peace House, where we accept donated paperbacks in good condition. But we especially need help with postage. **You can donate to Peace House, designate RLL for Rogue Liberation Library, at 543 South Mountain Avenue or mail to Peace House, PO Box 524, Ashland, Oregon.** You can learn more about Rogue Liberation Library by visiting <https://peacehouse.net/RLL>.



"The sheer joy of receiving a package from you guys is the closest thing we get to unwrapping a present behind bars. These books do not come here to just die. They are passed around and enjoyed by so many others before they are eventually donated to the unit library. Thank you so much for giving a damn about our sanity. I can't tell you how much it is appreciated."

Written by Ann Magill; Contributed by Jean Semrau

Soul Food Sunday

Rise of Meeting on 14 May and Subsequent 2nd Sundays

Sharing Food: We'll supply two different vegan and gluten-free soups as a base for the lunch meal, one of which will be made with people's food sensitivities in mind. You are encouraged to bring a side for yourself or enough to share.

Sharing Ourselves: Following lunch, we'll celebrate **Mother's Day Through Song:**

We are so grateful to have two singer/songwriters coming to our Mother's Day Soul Food Sunday event to share their music. Friends may have met Sammy (also known as Felina Rose) who has begun attending Meeting and Denny Caraher who has previously attended our Meeting. Sammy will be bringing her mom with her. Denny will be singing some songs about mothers. Singing is such a wonderful way to raise spirits, enhance community, get to know each other better, and celebrate! —Becky Hale



Greening Your Life One Wash at a Time

There are many toxins around us. Here's a simple way to green your life while decreasing both your carbon footprint and water consumption: Greenify your laundry detergent.

A new addition to wash day is laundry strips. Tru Earth Eco-Strips are sold at both the Medford and Ashland Food Coops. There are thirty-two strips in the basic cardboard-like packaging, one per load. The flip-side of the package describes how the strips are free of Parabens, Phosphate, and 1,4

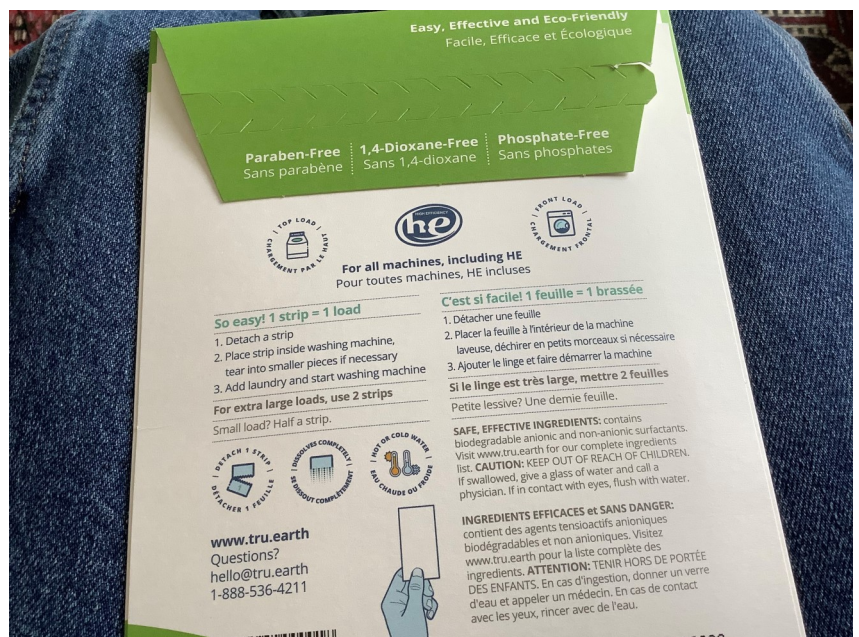
Dioxane. So, besides reducing the amount of phosphates ending up in the water system, the overall quantity of water is diminished by not creating the typical heavy plastic bottles, typically filled with water-based detergents.



There are additional laundering green tips, beginning with: Launder less! In the book *The Day the World Stopped Shopping*, the chapter on clothes washing explains how Americans are slightly crazed about washing.

Not only have washing machines become bigger but also Americans have increased the frequency of washing our clothes. Washing with cold water—and air drying—will decrease your energy consumption. By following these tips, your clothes last longer, AND the environment will thank you.

—Ká Hering



Meeting for Business 16 April 2023

Land Acknowledgement

This Meeting gathers in the traditional, sovereign territory of Indigenous Takelma, Latgawa, Shasta, and other peoples who have cared for these lands for millennia and continue to do so today. May we honor these original stewards and their rights of self-determination, continue dismantling the systems of oppression that have dispossessed them of their lands, and participate in the care and protection of our shared home.

Friends present: Bill Ashworth, Melody Ashworth, Ken Deveney, Andra Hollenbeck, Bob Morse, Herb Rothschild, Adam Thompson, Ka Hering, Fran Curtis, Crystal Bosbach, Valeria Breiten, Wyatt Banks

Quote & Reflection: "True religion is not narrow and bigoted, but rather broad and tolerant; it is not exclusive, but inclusive; it does not seek to establish its own supremacy, but rather to serve the common good and to promote peace and goodwill among all people." —Rufus M. Jones, Quaker theologian and philosopher

2023.4.1 Friends approved 19 March 2023 Minutes for Meeting for Worship for Business.

Treasurer's Report: Adam reported that spending and contributions are both running under budget, the main checking account balance is looking healthy, and that money was raised and

spent for FCNL Spring Lobby Days.

Finance Committee: Fran reported that the Finance Committee will present the new budget in 1-2 weeks, and raised the matter of giving Friendship & Hospitality additional funds to facilitate more meeting events with food, such as memorial services. Funds for memorial services raised, to be addressed as a separate matter.

2023.4.2 Friends approved an increase in F&H budget and tasking F&H with approving other committees' requests to use food budget for special events.

Ministry & Council: Ann Gaffney requests membership, is currently speaking to clearness committee.

Peace & Social Concerns: Friends discussed how to go about sharing the Peace and Social Concerns minute opposing Christian Nationalism, and what else to do to address this concern.

Herb announced that the students who attended FCNL Spring Lobby Days will join us on 30 April at 9 am to tell us about the experience, including showing photos from the event.

2023.4.3 Friends approved a 2-part approach to releasing the Peace and Social Concerns minute opposing Christian Nationalism, to include sending the minute to spiritual communities of all kinds in our area and inviting them to a public discussion which SMFM will plan and host.

North Pacific Yearly Meeting: Bill expressed interest in representing our Meeting as attendee of the NPYM Coordinating Committee which meets by Zoom three times a year. The Nominating Committee will determine SMFM Friends' interest in involvement with the wider Quaker community.

Respectfully submitted,
Andra Hollenbeck, Clerk
Wyatt Banks, Recording Clerk

Anima Mundi Productions Presents Honoring My Sister's Beauty 3 pm Sunday 7 May SOU Musical Recital Hall, Ashland

Join us on a journey of music and poetry that celebrates the classical forms of both the African American and European musical traditions through the lens of sisterhood. LA-based singers Lindsay Patterson Abdou and Brooke Iva Lohman, and violinist, scholar, and poet Dr. Lesa Terry will be joined by pianist Joseph Williams and Anima Mundi Productions' resident poet Tiziana DellaRovere for a unique concert that combines art songs with blues, spirituals, and improvisation to explore women's struggles for greater equality and racial reconciliation.



TICKETS: www.HumanityTickets.com or tickets@animamundiproductions.com or 541-833-3066. Special reduced ticket pricing is available at the door for students under 25 and Oregon Trail cardholders. Please arrive 30 minutes early to purchase discounted tickets.

—Ethan Gans-Morse is the Executive Director of Anima Mundi Productions (and my son —Ed.)

Colleen Graham and a Can of Chili

The day of Colleen's passing was a typical one for me. I walked a bit, did some reading and watered the plants. I went grocery shopping. I broke two cardinal rules on this trip. I went on an empty stomach and without a shopping list. I was also tired. I wandered around like a kid playing hide and seek without a friend. Food was my target and although I was hungry, my appetite for cooking was no where to be found. I did something that I hadn't done in a long, long time. I bought a can of chili.

I came home and put the chili on the kitchen counter. It was by itself and out of place. If it were a human, it might have swiveled its head and whispered, "Where the heck am I?"

I checked my email and there it was: the announcement that Colleen had died. My heart sank, my eyes watered and a pit of sadness opened inside me. A waft of sorrow began. It comes and goes. It can be unforeseen. It can come when shopping, riding a bus or reading a book.

Not so long ago, after Meeting for Worship, Colleen surprised me. She asked, "Would you like to go for lunch?" We went to the Wendy's on Ashland Street. Wendy's is about halfway between the Meeting House and Tolman Creek Road where we both lived. Our lunches became regular. We would eat baked potatoes and chili. Nothing else.

Colleen has passed away and a once-in-a-decade can of chili is on my kitchen counter. A fluke? The coincidence stuns me.

It didn't take long to find a photograph of a Wendy's baked potato and one with the two tables inside Wendy's where Colleen and I typically sat. These two photos were on my computer monitor on my dining table. The chili was in a bowl in front of me. We had lunch.



During our lunches at Wendy's, we talked about family, children and the challenges of being parents. We pondered the tribulations of being humans on this earth. Sometimes we were siblings; sometimes we traded roles as parent and child.

I can say we were honest with each other. I can say we were spiritual cousins. I can say that we felt for one another. I can use many words to describe our relationship. But, if I force myself to use just one word, it would be, "authentic."

Maybe, someday, on some cloud, somewhere in heaven, I'll surprise Colleen and say, "Let's have lunch. You bring the potatoes. I'll bring the chili."

—Collin Boyd, twinsong@outlook.com, Silver Spring, Maryland (formerly of Ashland, Oregon)

Advices & Queries on Stewardship of the Self

“Therefore be still awhile from your own thoughts, searching, seeking, desires, and imaginations, and be stayed in the principle of God in you, that it may raise your mind up to God, and stay it upon God.”

—George Fox, 1658

Taking care of our physical, mental, and emotional health, as we are able, is a form of stewardship. Living the most balanced and healthy life we can brings us wholeness and promotes our spiritual well-being. How we use and treat our bodies can help us to find a new self in partnership with the Creator. Just as we seek timely medical help for our physical bodies, we attend appropriately to our mental and emotional health needs.

Our testimonies of simplicity, integrity, and stewardship encourage us to choose ways of living that rest and strengthen the body, and that refresh and enrich the mind and spirit. We choose recreations in keeping with our values around the right use of money. We consider how we use the time and energy that have been given to us. We make considered choices about the food we eat. We also think about the effects that our choices have on the welfare of others and of the Earth as a whole as well as on our own lives.

Some activities can become obsessions, leading to lives inconsistent with integrity and simplicity and creating barriers between individuals and their families and communities. Although we are now less concerned about mild forms of gambling such as raffles and door prizes, traditionally Friends have

opposed all forms of gambling as distractions from our connection to God that could also lead to family ruin.

As Friends we recognize that the incautious use of alcohol and drugs can be a spiritual danger as well as a threat to our physical, emotional, and social selves. Any activity taken to an extreme can divide us from God.

Physical Activity as a Spiritual Discipline.

Many forms of recreation or physical activity can be used as spiritual disciplines. Intentional immersion in re-creative activity can enable us, as George Fox advised, to be still awhile from our own thoughts and to be stayed in the principle of God. We can find focus in rhythmic physical activity or in the regular activities of preparing food, washing dishes, or caring for each other. Changes in our physical ability need not shut us off from the opportunities to experience the Spirit through recreation. Our attitude matters more than proficiency or the nature of the activity performed.



Along the way to singleness of focus, the activities of play and rhythmic exertion offer pleasure. Social relationships in a class, play group, or team can ease the tasks of preparation and warmup. Playing in a group is a way to follow Jesus' instruction to become like children, in order to enter the kingdom of Heaven (see Matthew 18:3).

Do we choose recreations which strengthen our physical, mental, and spiritual lives and avoid those which may prove harmful to ourselves and others and to the world around us?

How do we make time in our lives for healthy play?

How do our food choices reflect our values as Friends?

Do we recognize all our own addictions and compulsive behaviors?

How do our relationships with the Spirit and with our meeting communities help us deal with them?

“Our bodies have so much to teach us. When we listen, they are offering us a constant commentary on our thoughts and actions. ...[T]he body has a mind of its own. It is not just the obedient servant of the mind. Too often we treat the sacred vessel of our lives like a support system for the head. “

—Jaya Karsemeyer, 2010

Officers

Presiding Clerk: Andra Hollenbeck 601-6421
Treasurer: Adam Thompson 201-8255
Recording Clerk: Wyatt Banks 404-502-9523
Communications Clerk: Jean Semrau 488-6855
Joint Committee Delegates: Ariel Love 925-212-2118;
Bill Ashworth 778-9470

Standing Committees

Ministry and Counsel: Cathy McDaniel 770-3318,
David Runkel 210-0031, Rochelle Webster 646-5186,
Becky Hale 601-3084, Bob Morse 482-8849, Crystal
Bosbach 930-4222, Andra Hollenbeck (*ex officio*)

Nominating Committee: Valeria Breiten, Wyatt Banks,
Richard Spencer, Melody Ashworth, Linda Spencer

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

***Finance:** Fran Curtis 482-1095, Jean Semrau, Adam
Thompson (*ex officio*)

***Friendship and Hospitality:** Crystal Bosbach
930-4222, Ká Hering, Karen Maleski, Cathy McDaniel
Newsletter submissions are due to Bob Morse
(morse@mind.net) Tuesday after Business Meeting

All area codes are 541 unless otherwise noted

Interest Group Contact Persons

***Adult Education:** Bill Ashworth 778-9470
***Art Displays:** Becky Hale 601-3084
***Building & Grounds:** Merlin McDaniel 770-3318
***Child Care:** Ken Deveney 488-5506
***Circle of Light:** Crystal Bosbach 930-4222
***Free Writing Friends:** Becky Hale 601-3084
***Library:** Fran Curtis 482-1095
***Men's Group:** Ken Deveney 488-5506
***Neighbors in Need:** Alex Reid 707-499-9146
***Outdoor Worship:** Ká Hering 778-5206
***Racial/Climate Concerns:** Bob Morse 482-8449
***Tech Support:** Valeria Breiten 480-688-7442

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

Small Local Groups

***Dancing Bears group:** Valeria Breiten 480-688-7442
***Outliers group:** Pam Johnson 535-1940 & Becky Hale
601-3084
***Quaker Neighbors:** Jean Semrau 646-8225
***Late Afternoon group:** Ken Deveney 488-5506

** = new and longtime participants welcome*

South Mountain Friends Meeting

543 South Mountain Avenue

Ashland, Oregon 97520