



SOUTH MOUNTAIN FRIENDS MEETING

THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

Unprogrammed Worship in Ashland, Oregon
Fourth Month 2020

543 South Mountain Avenue
Ashland, Oregon 97520
(541) 482-0814
ashlandquakers@gmail.com
www.ashlandquakers.org
(Near Southern Oregon University)

1st HOUR: Discussions & Meetings

2nd HOUR: Worship

Meeting for Worship:

11 am Sundays

Childcare During Worship

First Hour & Rise of Meeting:

TENTATIVE SCHEDULE

5 April

9:30 am: No First-Hour Activity
(Quaker author and instructor Marcelle Martin who was to facilitate our 4-5 April Meeting Retreat has canceled; Ministry & Counsel is looking into other facilitators for a possible Meeting Retreat in the fall)

10:30 am: Circle of Light *(the Circle has been postponed, but the Light goes on forever)*

Rise of Meeting: Honoring Sunday night Shelter Volunteers
(Celebration has been postponed)

12 April

9:30 am: To Be Determined

19 April

8:30-10:30 am: Business Meeting

26 April

9:30 am: Adult Education: Linda Spencer to speak on Spiritual Direction and lead an experiential activity

**Five Perspectives:
How to Stay Safe
and Calm During
This Time**



This is a time for us to come together and each contribute the best we can to keep each other healthy. For a relatively small Quaker Meeting, we have a large number of healthcare providers. Steve Wells, Crystal Bosbach, Valeria Breiten, Rochelle Webster, and Karen Malesky have all taken time to talk with me about how they are staying physically and emotionally well during this Coronavirus epidemic. Many thanks to all of our contributors for generously sharing their time and expertise.

Steve Wells, MD, is Chief of Staff at Asante Ashland Hospital and a Family Physician at La Clinica. His first priority is to follow recommendations from the Centers for Disease Control and Oregon Health Authority (see sidebar). Although he has been a physician for over twenty years, he is humbled by a new virus, knowing it is best to refer to the experts, as new evidence is always coming in. Steve loves history and shared this anecdote from the Spanish Influenza of 1918:

“In October of (1918) Dr. Rupert Blue, US Surgeon General, urged local authorities to ‘close all public gathering places if their community is threatened with the epidemic,’ such as schools, churches, and theater. The mayor of St. Louis quickly took that advice. The death rate rose but stayed relatively flat over that autumn. By contrast, Philadelphia took none of those measures; the epidemic there had started before Dr. Blue’s warning. Its death rate skyrocketed (Sheri Fink, *New York Times*, 13 March 2020).”

During this stressful time (both personally and professionally!), Steve finds balance by prioritizing his relationship and a happy family life at home.

Crystal Bosbach, a former nurse, is a Reiki practitioner and is very involved in Jackson County’s Community Emergency Response Team (CERT). Crystal and Steve have been self-quarantining as they have lately returned from a conference, cruise, and cross-country road trip. Steve developed a cough on the way home, and so they treated it as they always would at home, with extra vitamin D-3 and monitoring (he never developed a fever and is feeling better). In order to boost her own immune system, once Steve got sick, Crystal increased her vitamin C intake. As they would do anytime a family member has a cold, they are airing out the house regularly, washing their hands more than usual, and not visiting their immunocompromised friends. Crystal says, “you know, just common-sense stuff.”

What has mainly struck Crystal is the amount of panic that swept the nation as they drove home. “In a matter of days, grocery store shelves were cleared before our eyes.” Every morning, Crystal meditates and holds the Circle of Light as she always does.

Continued on Page 2

Pandemic

What if you thought of it
as the Jews consider the
Sabbath—
the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.
And when your body has become
still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and
beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.
Promise this world your love--
for better or for worse,
in sickness and in health,
so long as we all shall live.

--Lynn Ungar

Sidebar: CDC Recommendations for Coronavirus

Clean and disinfect frequently
touched objects daily.
Wash your hands often, lathering for
20 seconds.
Avoid touching your face.
Avoid contact with others; keep 6 feet
distance.
If you are sick, stay home (except to
seek medical care), cover
coughs and sneezes and
wear a face mask if you must
be around others.

Five Perspectives (Continued)

Crystal has also added a new practice. She breathes in the fear that she senses in our community, sees it for what it is, and breathes out love. This makes her feel better, and she feels that it helps add balance. "Panic mode is undesirable; it also freezes us, so we can't do much."

Valeria Breiten has been a Registered Dietician for 45 years, a Homeopath for almost 30 years, and a Naturopath since 2001. In the face of the Coronavirus epidemic, she is "mostly continuing her healthy habits" of exercising, taking vitamins A, D, and K, and eating foods that contain plenty of antioxidants. She has added the immune-boosting herbs osha and echinacea to her routine and is taking a homeopathic flu remedy.

Valeria certainly doesn't wish to contract the Coronavirus; however, her knowledge of homeopathy makes her less afraid of it than she might be. "With homeopathy, recovery rate is better, and you will be less miserable." Homeopathy is "pretty straightforward in epidemics," and homeopathic medicines can be taken preventatively. Homeopathy performed very well in the 1918 epidemic. Valeria has generously offered to provide a 15-minute online coronavirus consultation, by donation, to anyone that would like one. In order to stay grounded during this time, Valeria meditates every morning. She is not a television-watcher and limits her news intake, while making sure to get plenty of exercise.

Rochelle Webster is a family nurse practitioner. Since she is not feeling well, she has been seeking medical care, taking naps and isolating even "more than the 'social distancing' I would otherwise be practicing to thwart the pandemic." To stay calm and grounded, she is reaching out to friends and family more online. "I let myself worry, grieve, and rage, and then turn my attention purposely to something pleasant. I've been taking walks on abandoned streets and greeting people and their dogs from a distance." Like Steve, Rochelle refers Friends to Oregon Health Authority and the Centers for Disease Control (sidebar) for the latest information.

Karen Maleski has been a Homeopath for over 20 years and is the host of the show Community Health Matters on KSKQ (third Fridays at 1). In order to stay healthy at this time, besides her usual self-care routine (hydration, nutrient-dense food, exercise), she is taking elderberry for prevention (not to be used if sick), vitamin C and probiotics for gut health. She believes that fresh air and exercise in nature are wonderful for both our physical and mental health and recommends at least 20 minutes of sunshine every day. Karen emphasizes regular handwashing with plain soap, as antibacterial soap can lead to intractable fungal infections.

Karen feels it is helpful to accept and acknowledge that this is a hard time we are living through, and it may be this way for a long time. She feels it is important to reach out to others and share the help we can. She has extended the length of her morning meditation to include a gratitude practice. Karen feels that sleep is incredibly important. She makes sure to turn off all screens an hour before bed and uses Hyland homeopathic nerve tonic when she has trouble sleeping. She uses the practice Jin Shin Jyutsu to help balance her energy system. When she feels afraid, she takes the homeopathic medicine Rescue Remedy.

—Lisa Nichols

LOCKDOWN

Yes there is fear.
Yes there is isolation.
Yes there is panic buying.
Yes there is sickness.
Yes there is even death.
But,
They say that in Wuhan after so many years of noise
You can hear the birds again.
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.
They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them.
They say that a hotel in the West of Ireland
Is offering free meals and delivery to the housebound.
Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood
So that the elders may have someone to call on.
Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless, the sick, the weary
All over the world people are slowing down and reflecting
All over the world people are looking at their neighbours in a new way
All over the world people are waking up to a new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.
So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.
But there does not have to be loneliness.
Yes there is panic buying.
But there does not have to be meanness.
Yes there is sickness.
But there does not have to be disease of the soul
Yes there is even death.
But there can always be a rebirth of love.
Wake to the choices you make as to how to live now.
Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing.

--Author Unknown

Advices & Queries on The Meeting and Friends of All Ages



The meeting community is the seed-bed of our spiritual lives. Meetings heed the needs of their members and attenders as they move along their life journeys.

Every age group brings its own gifts—and its own challenges—to the meeting community. Children can enlighten adults with their questions; adults can be role models for children. Teenagers often struggle with reaching independence while elders often struggle with giving it up.

As Friends, we place a high value on intergenerational activities to nurture life in the Spirit. Meetings may sponsor intergenerational activities, including worship-sharing, that can help Friends of all ages share their perspectives and respond lovingly. We take care to look for that of God in each person, no matter how young or old they are.

How do we recognize and cherish the contributions that Friends of all ages make to our Quaker community?

How does our meeting stay tender to those who may be discomforted by children?

How do we value each other as children of God without prejudice based on age?

How does our meeting walk alongside members and attenders at all stages of their lives?

How does living in Quaker community nurture a meaningful life?

Experiencing Spiritual Direction

Adult Education: Tentative Schedule: 9:30 am 26 April 2020

The word "direction" in Spiritual direction can be a misleading term. It is not direction, as in someone telling you what to do. It is "direction" as in two people moving together in understanding. In the Quaker context, two F/friends sit together in companionship seeking to understand the work of the Spirit in a person's life. How does Spirit console us in our suffering? Where is Spirit leading us? How is Spirit enabling us to carry out God's will? It is a chance to explore your spirituality with someone who listens deeply to you.

For the "director," it is all about listening and asking questions to help the "directee" to look for spiritual leadings, examine the stuck places, shine a gentle light on woundedness, and just be more attentive to the work of the presence in their life. For the "directee," it is all about having an open heart and a willingness to explore how Spirit works in their life and to accept the transformations of the Spirit taking place.

We will engage in a group spiritual direction exercise. You will be both "director" and "directee" as we begin with the question to us all, "How is Spirit working in your life?" We will then question each other and probe more deeply by our questions to help each person see that work more clearly. —Linda Spencer

North Pacific Yearly Meeting Annual Session

Planning for the 2020 NPYM Annual Session is now under way. We are assuming that the current public health issues will be resolved by then—so planning continues. This year's theme is **Deepening the Roots in Troubled Times**. We have a capable planning committee and are now looking to all of you, Friends throughout North Pacific Yearly Meeting, to fill the vessel we're creating with Spirit and Love, the roots we most need to deepen. Annual Session can be a wonderful time to do just that as we each follow our own leadings and discern how to participate and support the deepening for all. I welcome your ideas, energy, and support to help make this the best and most memorable Yearly Meeting experience for all. I'm especially looking for ways that people of all ages and colors of skin can share meaningful time and enjoy being together.

This year's Annual Session will be held at the campus of Western Oregon University in Monmouth, Oregon, 22-26 July. Please email me at as_event_planner@npym.org with any ideas or offers of support. The following outlines some of the main possibilities for participating in program activities:

Those interested in having a table at Quaker Fair on Friday evening, please send an email to Diane Hollister at: as_quaker_fair@npym.org with a description of your display, including table size needed.

***Interest Groups** will be coordinated by Susan Jones. For your Interest Group to be selectable during online registration, you must submit your proposal for approval. Susan asks those who want to hold an Interest Group (Thursday afternoon, Friday afternoon or Saturday morning) to please complete the proposal form at: https://npym.org/registration/interest_group_form.php5*

*Those interested in leading a small **Worship Group** (Thursday-Sunday mornings), please contact Barb Goldfeder at as_worship_group_coord@npym.org and indicate which type of group you would be willing to facilitate—Worship Sharing, Worship Sharing for People of Color, Worship Discussion, Worship Walking, Worship in Music.*

*Those interested in helping plan **program activities for children**, please contact **Mim Lilly Coleman** at as_child_prog_coord@npym.org*

*Anyone interested in helping plan **creative activities**, including but also beyond the customary ones: contra dancing (International Dancing instead?), Open Mic or Community Night, please contact me, Lew Scholl, at as_event_planner@npym.org with "Creative Activities" in the Subject line.*

Please bring yourself, your family, members of your meeting, and your talents to NPYM Annual Session. Registration will open at <https://npym.org> on 1 May. A flyer, information booklet, and other information will be available online at that time.

With thanks to all for your past, present, and future support for Annual Session!
Lew Scholl, 2020 AS Event Planner

Bringing Friends Together



Friends General Conference (FGC), with Divine guidance, nurtures the spiritual vitality of the Religious Society of Friends. FGC helps meetings guide Friends to discern the leadings of the Inward Teacher and to grow into ministry. FGC offers services that help Friends, meetings, and seekers explore, deepen, connect, serve, and witness within the context of our living faith.

Founded in 1900, FGC-affiliated meetings are typically in the "unprogrammed" Quaker tradition, meaning they take place without a prepared order of worship or a designated pastor who leads a service. However, there are also a number of affiliated Friends churches or meetings with pastoral leadership. As a quirk of Quaker history, these yearly and monthly meetings are mostly in the Midwest and on the East Coast of the US, as well as in Canada.

Quakers and their meetings need not be affiliated to benefit from all that FGC has to offer. FGC's programs include traveling ministries, religious outreach, interfaith relations, book publishing and sales, religious education, and an annual conference.

The 2020 FGC Annual Gathering

The Gathering is a week of Quaker worship, workshops, and community for all ages. Friends come together from across the US and Canada (and sometimes further) to deepen connection to one another and the Spirit. The Gathering is typically held on a college campus in late June/early July, and location changes from year to year. Attenders range from newborns to elders in their 90s and include both long-time Friends and those newer to Quakerism. In structure, it's part conference and part family camp. In content, it provides an abundance of opportunities to learn about Quakerism and to foster your spiritual life—and to have fun together.

Although current movements toward social distancing dampen travel planning, it is uplifting to know that a Quaker experience where Spirit can and often does breakthrough in unpredictable and astonishing ways awaits us. There will be vibrancy and variety experienced by those immersing themselves in a community of Friends during the week of 28 June to 4 July at the FGC 2020 Gathering at Radford University. This school is located in Radford, Virginia, in the heart of the New River Valley, near the scenic Blue Ridge Mountains of Southwestern Virginia.

The theme of this year's Gathering is "Way Will Open." Friends sign up for week-long morning workshops and then gather in the evenings for interest groups, speakers, and concerts. Afternoons are times for presentations and exhibits by Quaker organizations, sing-alongs, and field trips. Mealtimes are ideal for making new f/Friends. **Early registration takes place during the first two weeks of April, followed by regular registration from 22 April to 31 May.** May it be that Way Will Open for you to attend this year's FGC Gathering. More details can be found at:

<https://www.fgcquaker.org/connect/gathering/welcome-2020-gathering> —Bob Morse

Immune Boost with Meditation

One of our beloved Friends (I'll let you guess which one) has a poster that says "I'm a Quaker. In case of emergency, please be quiet." Perhaps our way of worship not only grounds us spiritually, but it also supports our physical and mental health.

According to the website <http://www.LiveAndDare.com/benefits-of-meditation>, meditating boosts immunity by 50%, while reducing depression by 75% and reducing anxiety by 30%. Citations from medical journals are listed at the link above for those who would like to learn more.

—Lisa Nichols

Answering The Call

Two Quakers Reflect on their Volunteer Work Responding to Letters from People in Prison

Read, respond, fold, stamp, mail. This is how we answer the call for social justice. As members of the community of Friends, we knew that AFSC could help us fulfil that special type of quiet activism best suited for us as seniors, so we joined AFSC in accompanying those behind prison walls.



Every year, AFSC receives thousands of letters from people in prisons, jails and detention centers across the country. The contents vary: Some are simply asking for reading material and other resources while others are complex and heart-wrenching. A letter, from a person in Arizona, was filled with such anger and frustration, we struggled how to respond. After nearly three weeks of reflection, we wrote back apologizing for our delayed response and giving the strongest words of comfort we could muster.

Another man wrote asking us to help him understand what the judge meant by “running his sentences consecutively” and, why people are telling him he had 224 years to go. With each letter, we gain more and more clarity into the harshness of America’s criminal justice system. We hear from teenagers, sentenced to 30 years to life, or, a man in his late 60s—with another 75 years to serve; men who have served 30-plus years already and have been before the parole board six or more times only to be repeatedly denied.

We also realize that these people, fellow human beings, have lost contact with their families completely, so no visits, no letters, ever. Many are in solitary, for years, so one worries about their mental state. Some are on death row. All are lonely, very lonely.

And while some, understandably, are angry and bitter, most of them are apathetic, or simply, beaten. Many have sought comfort in religion. Many are grateful for any help we can offer, however slight. Many are resigned. Some have given up hope. They all have stories, but too often, the stories overlap—not being wanted, little education, poverty, abuse, a need to survive somehow.

But in the main, they are philosophical. Some are even cheerful. Was the man writing indignantly about the violation of his human rights—he said he couldn’t get a signal on his cell “phone!”—just pulling our leg? We may never know, but does it really matter?

One poignant letter that struck us both was from a man who’d been in prison for over 20 years, and our letter to him was the first time his name had been lifted up at mail call. He shared with us that he now felt that he mattered.

As Friends, we are called to many kinds of service in the criminal justice system. Such service is undertaken in order to help heal all involved in community conflict while challenging the monster of mass incarceration and its many tentacles. In each letter we receive, we hear the harmfulness of the system and in each response, we strive to serve, consistent with our Quaker values and testimonies.

—Beverly Archibald, Manhattan Monthly Meeting,
and James Shipline, Cambridge Meeting (UK)

SMFM CALENDAR

Tentative April 2020 Schedule

Sun	Mo	Tue	We	Th	Fri	Sat
			1	2	3	4
5 9:30 am No First-Hour Activity 10:30 am Circle of Light Postponed	6	7 3-5 pm Free Writing Friends Postponed 4-6 pm Ministry & Counsel Committee Meeting	8	9	10	11 Ashland Food Project Pick-up
12 9:30 am Activity To Be Determined	13	14 3-5 pm Free Writing Friends 7-9 pm Ashland Song Circle	15	16	17	18 9 am - Noon Buildings & Grounds to Organize a Work Party: All Are Welcome! Wear Outdoor Work Clothes and Bring Gloves
19 8:30 - 10:30 am Business Meeting	20	21 3-5 pm Free Writing Friends	22	23	24	25
26 9:30 am Adult Education: Experiencing Spiritual Direction	27	28 3-5 pm Free Writing Friends	29	30		

FCNL Priorities

On Sunday 8 March, our Peace and Social Concerns Committee convened a discussion of our Meeting's recommendations for priority actions to be taken by the Friends Committee on National Legislation. The following are the results as submitted to FCNL by Ken Deveney and Herb Rothschild:

- #1 Addressing climate change: We were in unity that this should be FCNL's first priority. It's the existential threat at hand.
- #2 Opposing U.S. militarism in all its forms: Given the Friends' historic peace testimony, FCNL should oppose military intervention, military spending, and weapons manufacture and transfers.
- #3 Promoting nuclear abolition: Encouraging the U.S. to ratify the UN Treaty to Prohibit Nuclear Weapons and the other policy positions in the Back from the Brink package.
- #4 Democratizing our economic and political systems: Promoting the meeting of basic needs, especially housing and access to college, but redressing inequality requires rebalancing power in the workplace.
- #5 Reducing incarceration: Currently, we're working to end a major expansion of our county jail capacity. We regard mental illness and chemical addiction as challenges to public health, not criminal justice.
- #6 Creating new protections for LGBTQ people: Ending violence against the transgendered is especially important.

Comment: Our group did not discuss other priorities but trust that FCNL will continue our traditional concern for Native Americans.

MEETING OFFICERS & COMMITTEES

Clerk: Lisa Nichols 488-5577

Assistant Clerk: Jean Semrau 488-6855

Recording Clerk: Alex Reid 707-499-9146

Treasurer: Adam Thompson 201-8255

Weekly e-Bulletin Editor: Adam Thompson 201-8255

Newsletter Editor: Bob Morse 482-8449, assisted by Pam Johnson and Sylvie Weaver

Web Administrator: Bob Morse 482-8449

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

Art Coordinator: Becky Hale 601-3084

Children's Education & Spirituality: Ken Deveney (convener) 488-5506, Cathy McDaniel

Joint Committee Representatives: Herb Rothschild, Steve Wells

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*

All area codes are 541 unless otherwise noted

Finance Committee: Scott Plummer, Beth Aspedon, Bill Ashworth, Treasurer *ex officio*

Buildings & Grounds: Steve Wells, Merlin McDaniel, Raymond Scully, Hazel Ward

Nominating Committee: Beth Aspedon, Alex Reid, Anna Monders

Friendship & Hospitality Committee: Crystal Bosbach, Cathie McDaniel, Kathleen Hering, Valeria Breiten,
Greeters: Steve Radcliffe, Sylvie Weaver, Alex Reid, Javan Reid, Valeria Breiten, Karen Maleski, Terri Brain (sub)

Peace & Social Concerns Committee: Herb Rothschild (clerk), Ken Deveney, Javan Reid, Pam Allister, Andra Hollenbeck

Library Elves: Melody Ashworth, Jean Semrau, Steve Wells, Fran Curtis

Adult Education Committee: Becky Hale, Jim Lobsenz, Terri Brain, Melody Ashworth, Kathleen Hering

Ministry & Counsel Committee: Gabrielle Leslie (co-clerk) 897-4458, Maureen Graham (co-clerk) 326-9609, Rochelle Webster 201-8255, Cathy McDaniel 770-3318, Jim Phillips 482-2388, Clerk or Assistant Clerk *ex officio*

South Mountain Friends Meeting

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Ashland, Oregon 97520