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(Near Southern Oregon University)

# SOUTH MOUNTAIN FRIENDS MEETING

## THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

Unprogrammed Worship in Ashland, Oregon

### Second Month 2021

## An Anarchist Quaker's Prayer to Soothe Anxiety



**Hello sweet one.** I see how much you care about the world, about your communities, about all of us surviving plagues and capitalism and a world on fire.

**That clench in your throat,** the knot in your gut, the tightness in your breath — this is how our bodies try to

hold the world's anguish. We write the wrongness into our bodies, a beautiful and devastating lament.

**Just because your body** can hold all the tragedy, the panic, the tension, that it is holding right now, that doesn't mean that you must go on holding it, all, forever. The loving grandmother in you knows this to be true.



**Set it down.** Somewhere nearby, so you can pick it up again when you need to, but just for a moment, relinquish your illusions of control. Allow yourself to See the many-headed Truth monster: It might not all be okay. It might end in flames and death and horror, no matter what you do. Take a moment to acknowledge how f\_\_\_\_\_ awful and sad that Truth is. And how not even the worst possible scenario would take away from your inherent worthiness.

**Simultaneously, it is True** that human beings have always fought for one another, cared for one another fiercely, and carried the world's anguish in our bodies. And there are small Truths, like that we cannot control the future, no matter how much we wish we could. (Don't worry when the Truths contradict one another, real Truths often do.)

**No matter what,** whether it turns out okay in the end or not, you carry the Divine within you. You are Enough, not because of the things you do but because of who you are fundamentally. Intrinsically. Always and without exception. Take a breath or two to allow yourself to Know this.

**And when we pick up** the anxiety again, let us aim for flexibility. Movement space for breath to get in and out of your rib cage, gentleness for the things we can't do, and Integrity giving us the strength and resolve to turn our sometimes-excruciating caring into solidarity, mutual aid, and direct action.



**We are each one person,** breathing this one breath, with common Divinity.

**We can do this.** Together.

—Anonymous (Submitted by K Hering)

## SUNDAY MORNING SCHEDULE

### First-Hour Activity

9 to 10 am (new earlier time)

#### Discussions via Zoom

All are welcome. Full Zoom invitation in weekly e-news.

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

<https://us02web.zoom.us/j/85099502775?pwd=VmgxVFFzVkhYUkhRYkpNYmJ6TGZUdz09>

### 7 February

Uprooting Racism Worship Sharing on "Black-led organization BASE's recent efforts to shift local policing from punitive to protective"

### 14 February

Spiritual Listening on "(How) Is our Friends Meeting impacted by our country's polarity?" (details on p. 3)

### 21 February

Meeting for Business (9-10:30 am)

### 28 February

Worship Sharing on excerpts from Rex Ambler's "The Mystic Way of the Quakers" Part 2, convened by Ministry & Counsel Committee

### Meeting for Worship

11 am to Noon

At Quaker Meeting House (space limited due to social distancing)

Or, join us by Zoom at:

<https://zoom.us/j/99810847118?pwd=R3poNVQxMFEyWFBRVZFcTjYybDNYZz09>

<https://zoom.us/j/99810847118?pwd=R3poNVQxMFEyWFBRVZFcTjYybDNYZz09>

# Wise Women Speak Out



## When Silence Is Betrayal

“America was born with a birth defect of white supremacy and until we cure it and renounce our love affair with the violence required to uphold that ugly wound, the sickness displayed [during the storming of the US Capitol] on 6 Jan 2021 will always reside in the heart of the American experiment.”

—Emma Jordan-Simpson, Director,  
Fellowship of Reconciliation

## The Two Hands of Nonviolence

“Barbara Deming gave us the image of two hands: inside us there is the yes and the no. I imagine my right hand is palm up and facing outward saying ‘no,’ I will do everything I can to stop the injustice I am witnessing, and my left reaches out saying to the antagonist, ‘yes,’ I invite you to your wholeness. We belong to each other.”

—Ellen Murphy, lifelong nonviolence practitioner  
(Barbara Deming, “Two Hands of Nonviolence”  
in an essay *Revolution and Equilibrium*)



## This Is A Work In Protest

“Anti-racism work doesn’t start and end when the protests do. It’s a practice, which means we do it consistently, over time and with vigor. Racism is our default practice. Therefore, we need to consciously commit to practicing anti-racism in all that we do.”

—Nicole Cardoza, Editor-in-Chief, Anti-Racism Daily  
(a free, brief daily blog that I find to be current  
and informative [www.antiracismdaily.com](http://www.antiracismdaily.com) –Ed.)

## May America Become Wise

“The arrogant mind is blind to the vicissitudes of both the darkness and the light. Yet the humbled mind can see amazing things. Now it’s time for something many of us haven’t tried before: a humility toward a power higher than our own, atonement in our hearts for distracting ourselves so much from the suffering of others and taking for granted the extraordinary blessings this country has afforded us. And from that place, as enough of us in the quiet of our hearts, in the sacred chamber of our own self-reckoning, fall to our proverbial knees and admit to ourselves the part our complacency played in the path that brought us here, America will begin to turn around.” (Submitted by Gizelle Luccio)

—Marianne Williamson, Activist, Author, Spiritual Leader



## Celebration to Welcome our Newest Member, Valeria Breiten

Even though she has been a member of the Religious Society of Friends and our South Mountains Friends Meeting for several months, we have never had the chance to officially welcome Valeria. There have been no potlucks, nor social time together to get to know her over these past months. Why wait until the pandemic is over? We can still do it safely. F&H invites you to write a note or card of welcome to Valeria. You might include what SMFM means to you personally, what drew you here originally, or some other experience you would like to share with a new member. Please mail to South Mountain Friends Meeting, 543 South Mountain Ave, Ashland, OR 97520 (Attention Valeria)—**post marked by 10 February** so we can present them to her after Meeting for Worship on 14 February 14, Valentine's Day. You can join us in person (with social distancing) or on zoom for the Welcome Party. Mark your calendar and dip your pen in the ink well to get started. Click [here](#) to review the summary of Valeria's membership clearness committee.

—Crystal Bosbach, Clerk,  
Friendship & Hospitality Committee

## The Heart Rising Project

Dear Friends and friends of the 5,000 plus neighbors who lost their homes to the Alameda Fire,

The Heart Rising project is helping one family at a time by forming teams of 5 or more to “adopt” a family that is without the necessary resources to get re-established. Would you be interested in joining a Quaker team to adopt a family who is still in a motel or temporary housing?

I joined a team that adopted a Latinx family of 6 whose uninsured manufactured home burned. They were living with 6 other family members, yes! 12 in a two-bedroom home. We were able to gather Christmas presents, winter clothing, gas cards, and grocery credit. Bilingual team members assisted them to find homes to rent and accompanied them to visit with landlords, since language was a barrier.

This is just one example of what a team might do, though other families may need job search help, tutoring for children, etc. For more information about the private nonprofit, click: [HeartRising Foundation - Rise up, Reach out, Receive!](#). If you are interested in helping to create a SMFM Heart Rising team, please contact a homeless outreach committee member: Becky, Bob, Alex, or Terri.

—Becky Hale



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## (How) Is Our Meeting Impacted by our Country's Polarity? A Spiritual Listening Session 9 am Sun 14 Feb

Friends General Conference recently stated, “*In times of crisis, many people turn to their faith tradition and faith leaders for direction and reassurance.*” Ministry & Counsel has pondered whether or not South Mountain Friends Meeting is sensitive or aware of how our nation's polarity may be impacting our own community. In a desire to “*be available to the spiritual needs of these seekers and available for the broader needs of people across this land*” (as stated by FGC), it is important to explore whether or not Friends feel honored for that of the Divine in each other.

In an effort to speak to that of God within us all and to practice Quaker Witness Testimony, M&C will hold a spiritual listening focused on exploring how (or if) the Meeting has been affected and how we can meet this need as a community. Some questions that M&C raised include: How do we open our Meeting up to see if there is a need for exploration about “common ground”? If the public at large is having difficulties conversing with each other, how may we model such allowance and tolerance within our own community? How do we determine whether or not this a condition within our Meeting? Queries to consider:

*How are we making others feel welcome to our Community? Is our Meeting too liberal or too conservative?*

*Do we use alienating or dualistic language (i.e., liberal vs. conservative, Democratic vs. Republican, etc.)?*

*How might we be unconsciously biased by social polarity?*

*Are we meeting the needs of our attenders/members/participants across the political spectrum?*

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# Meeting for Business

## 17 January 2021

Friends Present: Bill Ashworth, Melody Ashworth, Beth Aspedon, Terri Brain, Valeria Breiten, Fran Curtis, Ken Deveney, Maureen Graham, K Hering, Bob Morse, Andra Hollenbeck, Gizelle Luccio, Alex Reid, Herb Rothschild, Adam Thompson, Mary Ward

**Centering Worship** “True silence is the rest of the mind; it is to the spirit. What sleep is to the body, nourishment and refreshment.”  
— William Penn

### Minutes

**2021.1.1 Friends approved the minutes for the 20 December 2020 Meeting for Business.**

**Treasurer** With some big expenses this month, we are now in deficit for the month and the year. The Treasurer will send SMFM contributors an accounting of their total donations for the calendar year. The Meeting referred to Joint Committee questions regarding adding an audio/visual equipment fee to the room rental agreement and the Peace House Manager’s collection and distribution of mail. Since 2015, Friends Fiduciary has been holding investments now totaling \$23,000 for SMFM in the Quaker Green Fund, a fossil-free fund. Now FF is discontinuing this fund and all their remaining funds are fossil-free. Unless the Meeting decides otherwise, our investments will be transferred 1 February to the Quaker Growth & Income Fund

**2021.1.2 Friends agreed to continue with Friends Fiduciary and allow our investments to automatically transfer to the Quaker Growth & Income Fund. As other options arise within Friends Fiduciary, the Finance Committee will bring any recommendations to the Meeting for consideration.**

**Ministry & Counsel** is reviewing the Mutual Care surveys that have been returned before starting the temporary sub-committee on Pastoral Care. With some encouragement from Friends General Conference, they are publishing an invitation in local newspapers for anyone in need of solace or resources in this difficult time to attend our Zoom Meetings. In preparation for including guests, M&C requested a spiritual listening based on the query “Is our Meeting impacted by our country’s polarity?” M&C has postponed Curt Jones’s Memorial until it can be held in person. Jaime McLeod-Skinner’s transfer request has been received and her committee has been formed. The idea of holding a silent retreat in April or May is under consideration.

**Homeless Outreach Committee** There are now three Circles of Friends in operation, one of which is conducted in Spanish.

**Ad Hoc Uprooting Racism Action Team** There were three positive responses to the Meeting’s Letter to the Editor regarding the death of Aidan Ellison, including one from the new City Councilor in Phoenix, OR. The Team has been researching local, Black-led organizations and has been impressed by BASE, which stands for Black Alliance and Social Empowerment, a non-profit with a community-organizing focus that works collaboratively to provide resources and support for Black families. The Team intends to propose at February’s Meeting for Business that SMFM serve as a financial sponsor for BASE. In preparation for this request, two video clips will be shown at the next Uprooting Racism 1<sup>st</sup> hour to demonstrate the work BASE is doing with local law enforcement to change their approach from punitive to protective. Finally, Team

members have been on a listening quest to find out how Quakers might help make our community safe and equitable for all. To date they have talked with members of the Interfaith Social Justice Coalition, a local Chamber of Commerce, and a City Councilor. They will be attending a panel discussion on the formation of a Racial Equity Commission. The Meeting was asked if there were any objections to these activities, and none was expressed.

**Peace & Social Concerns**  
**2021.1.3 Friends agreed to endorse a CAHOOTS-type mobile crisis outreach unit for Jackson County as recommended by the Real Solutions Coalition.**

**Joint Committee** Peace House and SMFM each contributed a second \$500 to Joint Committee because we still cannot rent out the building. There is \$250 remaining in a fund set aside for this purpose.

**Nominating** is happy to announce that Maureen Graham and Terri Brain have joined Beth Aspedon and Valeria Breiten in staffing this committee.

**Friendship & Hospitality** has completed care calls to SMFM participants and continues to reach out to those who are less active. F&H’s plans for welcoming our newest member, Valeria Breiten, are detailed on page 3.

**Adult Education** has prepared presentations for the next four months that will be included in the Newsletter calendar.

Respectfully submitted,

Andra Hollenbeck, Co-Presiding Clerk  
Alex Reid, Recording Clerk

# Celebrating Black History Month

## Anti-Racist Resources in South Mountain Friends Library

### Books

*White Fragility* by Robin DiAngelo

*This Book is Anti-Racist* by T. Jewell and A. Durand

*Black Fire* by Harold Weaver

*Say the Wrong Things* by Amanda Kemp

*Building a Movement to End the New Jim Crow* by Dan Hunter

*Pigment of Your Imagination* by Joy Zarembka

*The New Jim Crow* by Michelle Alexander

*Transforming Power for Peace* by L. Aspey

*So You Want to Talk about Race* by Ijeoma Oluo

*Facing Social Revolution* by J Powelson

*Uprooting Racism* by Paul Kivel

### Pendle Hill Pamphlet #415

*Living our Testimony on Equality: A White Friend's Experience*

### DVDs

*I am Not Your Negro* (James Baldwin)

*Brother Outsider* (Bayard Rustin)

(Submitted by Fran Curtis and Jean Semrau)

**Check 'em out!**

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## ***Between The World and Me*** New FREE HBO Special Movie

First published in 2015, *Between The World And Me* was written as a letter to Coates's teenage son and recounts the author's experiences growing up in Baltimore's inner city and his growing fear of daily violence against the Black community. Based on the 2018 adaptation and staging of the book at the Apollo Theater, the HBO Special combines elements of the Apollo's production, including powerful readings from Coates's

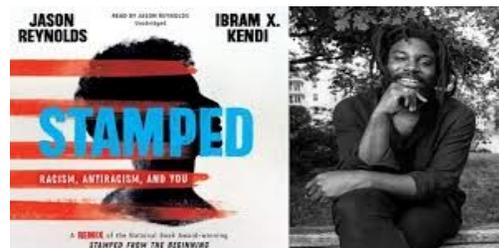


book, and incorporates documentary footage from the actors' home life, archival footage, & animation.

**[Between the World and Me - Watch the HBO Original Special | HBO](#)**

## A Breath Of Fresh Prose

***Stamped: Racism, Antiracism, and You***  
by Jason Reynolds  
and Ibram X Kendi



This remarkable reimagining of Dr Ibram X Kendi's award-winning *Stamped from the Beginning* reveals the history of racist ideas in America and inspires hope for an antiracist future. It takes the reader on a race journey from then to now, showing why we feel how we feel and why the poison of racism lingers. It also proves that while racist ideas have always been easy to fabricate and distribute, they can also be discredited.

Reynolds has quite engagingly created a chronology that substantially differs from a standard history text. He converges future-impacting past events with the current lived experience of today's Americans. Uniquely, Reynolds frequently steps out of his history narration and speaks directly to the reader to emphasize contradictions, pause from the pain, or warn that a type of violence formerly eliminated has been re-instated. This book shines a light on myriad insidious forms of racist ideas in ways with which readers can identify so to stamp out racist thoughts in our daily lives.

—Bob Morse (who's donating his copy of *Stamped* to our Quaker Library)

## In The Moment

In this moment we sit together in silence.  
I hear the winter winds swirling around us.

In this moment a child is born.  
In this moment someone dies.

In this moment a wolf howls in the winter  
snows of Denali.  
In this moment an owl sleeps in the tree  
next door.

That very owl whose song called to us last  
night,  
drew us out into the moonlight to gaze in  
wonder,  
at its presence at the top of the pine.

Stirred by its haunting call, we were filled  
with joy.  
As its mate answered the call so close to  
us.

Earth and air, fire and water. All of life.  
The plants, trees and astounding  
creatures.

All the human beings in pain or joy or  
somewhere in between  
The whole chaotic cauldron of life.

Present in this moment.  
Held in silence.

—Maureen Graham  
Meeting for Worship, 27 Dec 2020

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## September 1, 1939 (The Final Stanza)

Defenseless under the night  
Our world in stupor lies;  
Yet, dotted everywhere,  
Ironic points of light  
Flash out wherever the Just  
Exchange their messages:  
May I, composed like them  
Of Eros and of dust,  
Beleaguered by the same  
Negation and despair,  
Show an affirming flame.

—W.H. Auden

## Ceremonial Circles A Reflection of a Midlife Crisis

When I enter in circles,  
in tribes,  
between tribes,  
I join—sometimes graciously,  
or snarling, held back,  
still defending my own precious ways—

but I come.  
I have aged.

I can no longer resist. I give in  
to cosmic, gut-stirring,  
and hard psychic shove.

I give in.

to these shock waves of feeling,  
of in-flowing newness,  
and the staggering, unthinkable thoughts.

I feel changed.

But if I lose my gained ground,  
fall back into boredom or angst  
or the shoulds of my tribe,  
I must silence the critics inside me  
who loudly scorn common prayer  
and imperfect do-gooding  
as whining or begging,  
conniving,  
a con and a scam.

What if I try joining in  
with these dissatisfied souls  
in ceremonial circles,  
with those searching like me  
in quest of new ways,  
and generously, quietly  
give in to the melding?

My full Self is needed.  
At last, my full Self is mine

—Marybeth Webster, Updated 2021

# Advices and Queries on Witness

We are glad to tell in words as well as deeds about the Truth and Faith that are in us. We seek fellowship with others of our own faith and with all people, realizing the oneness of humanity under God. Our witness is characterized by humility and a willingness to learn from others. We are constantly reminded that Truth is greater than the knowledge any one of us has of it. God did not put all the fruit on one branch.



Throughout our history Friends have testified that our lives are not meant to conform to the ways of the world but that we are meant to contribute to the transformation of the world through the Light of Truth.

We remain open to new leadings of Spirit, while taking care not to outrun our Guide.

Witness calls us into action.

We follow the witness that we are called to, with a whole heart, understanding that no one person can carry the weight of the whole world.

While we seek affinity with others who share the same concerns, we also seek opportunities to find common ground with those who have differing points of view.

Speak Truth to power with love.

*How do our lives testify to our convictions as Friends?  
What are we doing to share our faith?*

*How do we speak Truth tenderly, so that others may hear it?*

*What ways do we find to cooperate with people and groups with whom we share beliefs and concerns? Do we listen with love and respect to those with whom we disagree?*

*How do we respect and encourage the witness that arises out of our meetings?*

*Are we faithful in witnessing to Truth in our community and to the world?*



**“We must be alert that the warm coziness which we find enveloping us at Yearly Meeting and in our Monthly Meetings does not snare us into imagining that this is all of Quakerism. A vital religion is one which goes from an encounter with the love of God to an encounter in service to that love, no matter how hopeless the situation may be.”**

**—Pacific Yearly Meeting, 1967**

**“Start from the premise that to remain silent on crucial issues is to make a conscious decision. It is therefore pointless to remain silent in order to avoid accountability. We will be held responsible for our silence, as well as for our activities; just as the university teachers of the Germany of my childhood were held responsible —morally and fraternally—for their silence and their collaboration with an evil system. We need to think clearly and to speak out together with insights coming from the collective knowledge, experience, and conviction of our community.”**

**—Ursula Franklin, 2000**

# MEETING OFFICERS & COMMITTEES

**Co-Clerk:** Andra Hollenbeck 601-6421

**Co-Clerk:** Bill Ashworth 778-9470

**Recording Clerk:** Alex Reid 707-499-9146

**Corresponding Clerk:** Beth Aspedon 778-1564

**Treasurer:** Adam Thompson 201-8255

**Weekly e-Bulletin Editor:** 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

**Children's Education & Spirituality:** Ken Deveney 488-5506, Cathy McDaniel

**Joint Committee Representatives:** Herb Rothschild, Valeria Breiten

*Please direct all Meeting-related electronic correspondence to [ashlandquakers@gmail.com](mailto:ashlandquakers@gmail.com)*

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

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

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

**Nominating Committee:** Valeria Breiten. Beth Aspedon, Maureen Graham, Terri Brain

**Friendship & Hospitality Committee:** Crystal Bosbach, Cathy McDaniel, K Hering

**Greeters:** Steve Radcliffe, Alex Reid, Javan Reid, Rochelle Webster, Karen Maleski, Terri Brain

**Peace & Social Concerns Committee:** Herb Rothschild, Ken Deveney, Javan Reid, Pam Allister, Elizabeth Hallett

**Library:** Fran Curtis, Melody Ashworth, Steve Wells

**Adult Education Committee:** Jim Lobsenz, K Hering, Melody Ashworth

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

**Ministry & Counsel Committee:** Gizelle Luccio 897-4458, Jim Phillips 482-2388, Steve Radcliffe 479-3487, Linda Spencer 865-3682, Co-Clerk *ex officio*

South Mountain Friends Meeting

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