



543 South Mountain Avenue

Ashland, Oregon 97520

(541) 482-0814

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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)

1 October No First-Hour Activity

10:30-11 am: Circle of Light

8 October No First-Hour Activity

Rise-of-Meeting:

Soul Food Sunday *Details Page 5*

15 October

8:30-10 am: Business Meeting

22 October

Quaker Education: How to Quaker

29 October

Peace & Social Concerns: Christian
Nationalism *Details Page 3*

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 Worship on Back
Porch: 11 am - 11:45 am

SOUTH MOUNTAIN FRIENDS MEETING

THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

Unprogrammed Worship in Ashland, Oregon

Tenth Month 2023



Find yourself in the Enneagram —an ancient wisdom tool for self-discovery and spiritual transformation. Enneagram newbies, dabblers, and experienced practitioners all welcome.

We'll explore Enneagram personality types through our varied capacities for doing, thinking, and feeling. Integrating the three can help free our best qualities; supportive spiritual community can encourage us through our temperamental challenges. With complementary spiritual practices, the Enneagram fuels a life-long journey toward wholeness and the Holy.

The retreat will include group worship, teaching, experiential practices, quiet time, small group sharing, and whole group reflection. **This retreat is** part of the *Way of the Spirit* program for spiritual rootedness and faithful action **from the heart of Quaker spirituality**. We welcome sincere seekers from varied faith communities or none at all. Facilitated by Christine Betz Hall.

Guiding Queries:

How do you recognize and articulate signals of your True or best self in action?

What are your unique strengths, challenges, and blind spots in doing, thinking, and feeling? What spiritual practices help you integrate these three realms?

What are the implications for your relationships, including relationship with the Holy/God/Christ/the Spirit?

How will you listen and encourage others in self-discovery and soul growth through contemplative group processes?

Group size is limited. Apply by 27 September 2023

For details about the Enneagram
and about this workshop, click here:
Enneagram: Integration to Grow Your Soul

Afterthoughts Upon Attending This Year's Friends General Conference (FGC) Gathering

South Mountain Friends in Attendance:
Ká Hering, Crystal Bosbach, Rochelle Webster,
Valeria Breiten, Ken Deveney, Bob Morse

One Learning from Attending the Friends General Conference Gathering

Our FGC Gathering experience was so very enriched by sharing it with five other South Mountain Friends. Reconnecting with Friends from former Meetings added joy to the Gathering and allowed for deep reflections. Early morning Chi Gong, a real spiritual practice, grounded my day. When discussing race, I'm more uncomfortable in all white groups. SMFM might appreciate exploring identifications that intersect with sex and gender, as such delving is common nowadays among young folks.



One Learning from the Specific Workshop Attended Each Morning

Clearness committees are primarily based on the members posing appropriate, probing questions, and clearness differs from anchor or support committees. Everyone doing anti-racism work needs a small support committee; equally important is doing my job in a people-centered imperfect way. "Listening in tongues" as a means for bringing Meetings and organizations into wholeness requires listening past the spoken words to find the underlying, perhaps unconscious, concern. Upon such discovering, the healing can begin. Keeping hands busy and focusing on what is front of us calms the outer-world chatter and allows the goodness of life to flow through. Learning indigenous Earth wisdom includes engaging in such inter-species communication as listening to trees, a practice akin to listening to the voice of spirit within.

One Learning from the Gathering's Offerings Besides the Workshops

Sharing experiences with the larger "family" of Friends demonstrates how human we all are. When we Friends obsess on our shortfalls or enter into times of discord, stepping back and listening is a vital means for Way to open. Panel Discussant Cherice Bock addressed the connection between Quaker concerns for pluralism and splits in the Quaker family tree. Cherice offered examples of Annual Sessions that are inclusive of both programmed and unprogrammed Friends. Key note Carl Magruder offered wisdom about leading a lamentation process, an idea for a future Soul Food Sunday. Jamila Woods's music can be treated as a sacred text: <https://www.youtube.com/channel/UCCLTVS3dVv9vKXYS-OSNNkw> Both Alaska and New England Quakers have allowed themselves to become intimately acquainted with local native people—listening to their neighbors' historic, painful interactions with Euro-settlers and learning how to become beneficial allies.

Southern OR PRIDE

Parade with Quakers



Saturday 7 October
Meet at 10 am
Union Street, Ashland
Look for our Quaker Banner

**South Mountain Meeting is a
sponsor of SO PRIDE**

Event Details:

<https://www.sopriderg.org/>

Christian Nationalism

9 am Sunday 29 October

The Peace & Social Concerns Committee will facilitate a discussion about how to advance our work around Christian Nationalism. The primary focus will be outreach to other congregations in the county, perhaps sending out the minute we adopted, perhaps inviting them to a forum at which understandings of the relationship between church and state, faith and patriotism, can be shared in a non-judgmental setting.



There are no constraints on what we might do, so please attend either in person or via Zoom and contribute your insights to the process of discernment.

—Herb Rothschild

Hearing Assistance in Our Meeting Room

*Hearing-challenged people are welcome to use our hearing-assistance system.
This state of the art system avoids the need for microphone runners.*



How To Use:

- A) In the South Mountain office, turn on the power strip (labeled: "Sound System") that is mounted on the wall just above the desk (The Ampetronic unit should already be switched on).
- B) Plug a headphone set into a portable receiver (from the basket in the hallway). This turns the receiver on, indicated by a small light. The volume is adjusted by a black knob.
- C) After use, unplug the headphone set from the receiver and leave it on the desk in the office for cleaning. It's important to unplug the headphones as this prevents drain on the internal batteries. Turn off the power strip. *If you need help using this system, a greeter may be able to assist.*
- D) If you have hearing aids that are compatible with an induction loop system, you need only switch them to the "T" setting. You won't need to use the headphones and receiver. Remember to switch your hearing aids back to your normal setting when you turn off the power strip.

Technical Description (If you care):

The system has a microphone in the middle of the ceiling in the worship room that picks up sound waves and sends an electrical signal to an amplifier in the office, which broadcasts it to an induction loop in the attic. Portable receivers accept the inducted signal. The headphones convert the electrical signal back into sound waves. The advantage of this system is that it eliminates annoying feedback (that squealing noise you hear when a conventional microphone picks up sound from an amplified speaker). —Merlin McDaniel



America's First Black Scientist Was Quaker

Last winter, the Black Quaker Project's virtual programs highlighted five individuals through documentary video and panel discussion, acquainting me with Benjamin Banneker. Born free in 1731, Benjamin was fully self-taught beyond the three years of attending Quaker School. Benjamin went on to become a mathematician and astronomer, crafting Maryland's first almanacs. At 22, Benjamin dismantled a pocket watch, drew larger, scaled versions of the gears, traced them onto wood, and assembled the region's first all-wood wall clock which kept exact time until Benjamin's death in 1806. Influenced by his Quaker affiliation, Benjamin was an abolitionist who wrote Thomas Jefferson confronting him on his hypocrisy—an enslaver who penned the nation's founding documents proclaiming the freedom of all men. Benjamin became the surveyor of the land set aside to be Washington, DC, on a team operating under the auspices of Thomas Jefferson.

Learning about Benjamin, I felt drawn to walking the 100 acres where Benjamin lived from age six onward, now an Historic Park and Museum in Catonsville, MD. Thus, this summer as I began driving toward Evanston, IL, to be with my grandkids, I listened to *Benjamin Banneker and Us: Eleven Generations of an American Family*. I soon learned that author and narrator Rachel Jamison Webster, who is white, had discovered through DNA testing her Black ancestry and her being Benjamin's descendant. Intertwined with exploring her Banneker ancestry, Rachel met three Black cousins whom she hadn't formerly known and enriched her book with cousin-to-cousin dialogues updating each other on Banneker family lore and new Banneker findings. Rachel's book uniquely time-travels between revealing the past and living in a present during which the revelations are being discovered.

I had anticipated that the book would simply deepen my acquaintance with Benjamin. I've long felt the painful hush shrouding the intersection of Black and white lives. As the stories in Rachel's book unfolded, I increasingly felt acquainted with not just Benjamin but also an expanded "us," the many people with mixed-race, multi-ethnic ancestry. Rachel's writing normalized combined African and European descension within extended family through chronicling Benjamin's lineage.

While passing through Portland, I heard Rachel say that it was youth in this city whom she taught creative writing early in her career. She instructed them in getting to know their ancestors by imagining and then writing them into existence. Relatedly, Rachel alternates her present-day discoveries with biographies of her ancestors, beginning with Benjamin's white English indentured-servant grandmother who eventually purchased, freed, and married Benjamin's grandfather, a Senegambian prince, kidnapped and enslaved. These narratives were based on thorough research and enhanced by Rachel's imagination.

Ironically, Rachel now is an Assistant Professor in the English faculty of Northwestern University in Evanston, where my son Jordan holds a similar post in the Political Science Department. Before I reached Illinois, I began my first letter to Rachel, acknowledging her ushering in a new literary genre. Besides blurring the line between accepted fact and fictionalized narrative, she interspersed her own *process* of pondering and discerning into the *content* of her relatives' lives, especially vocalizing her doubts as to whether it was ethical for a white descendant to be telling the story of Black ancestors.

Rachel immediately responded to my letter, recognizing the parallel impacts her book has had on each of us. At Rachel's request, I tweaked my letter into my first-ever book review and placed it on the Goodreads website. In our next round of correspondence, Rachel confirmed that she and Jordan had previously met as fellow panelists at a Northwestern event. Rachel explained that due to Benjamin's "complexion," he was restricted to sitting in a back row when attending Quaker worship. I informed Rachel of the thread of racism that runs through the history of the Religious Society of Friends, referencing Vanessa Julye's book *Fit for Freedom, Not for Friendship*.

Moving beyond Illinois, I spent a few days hiking on the land of my youth, North Jersey, known during Benjamin's lifetime as West Jersey, the part of the colony inhabited by Quakers. As I explored my roots, I realized my proximity to Catonsville, re-arranged my route, and spent a weekend walking the trails on Benjamin's land. I was fortunate to arrive at the Banneker acreage just as Benjamin's cabin opened for the day. I marveled to have the shack and the docent to myself, allowing for a deep discussion, learning details from each other, enriching our understanding of life in this home nearly three centuries ago.

Just as I completed my foray into Benjamin's environment, Rachel's next email arrived. My eyes moistened as I read. Rachel acknowledged the significance of my having shared an abridged history of Friends' ambivalent welcome to Black people attending Quaker Meetings and requested permission to share my letter with her cousins who continue researching Benjamin's affiliation with Quakerism. Rachel soon sent an email, introducing me to her cousins, attaching my letter. I feel so honored to have become a contributor to unveiling the history of the first Black US scientist, Quaker Benjamin Banneker.

—Bob Morse

Great News About Ceila

SOU Student Who Attended FCNL's Spring Lobby Days

Ceila Rodriguez—one of the two SOU students our Quaker Meeting and our local FCNL advocacy team sent to Friends Committee on National Legislation's Spring Lobby Days in March—was chosen as one of only 20 young people from across the nation to keep promoting Congressional funding of grassroots violence interrupters. Her work began following her graduation in June. It's a paid position.

After spending ten days in Washington, DC at the Summer Intensive Training, Ceila returned to Medford to work from August '23 through May'24. Ceila is tasked with recruiting local volunteers for violence interrupter work and organizing grassroots lobbying efforts for Congressional funding of such programs around the country



Violence interrupters help mitigate violence before it happens by

- ◆ Encouraging dialogue and averting violent, sometimes deadly, conflict.
- ◆ Coaching and assisting people in accessing social services.
- ◆ Helping individuals attain critical documents needed to access employment and housing, such as state IDs, birth certificates, and social security cards.
- ◆ Connecting individuals with mental health resources.
- ◆ Building trust and community connections by visiting school grounds and potential hotspots for violence.
- ◆ Organizing local events to spread the message of nonviolence.

A new study by the Center for Gun Violence Solutions of Johns Hopkins University revealed that Safe Streets—a violence interrupter program in Maryland—reduced homicides and nonfatal shootings overall from 2007 to 2022 in Baltimore. It reduced such shootings by as much as 32% in some sites.

To sustain this work, FCNL wants Congress to invest at least \$50 million in federal funding for the Community Violence Intervention program in the FY2024 Commerce, Justice, Science, and Related Agencies Appropriations Bill.

—Herb Rothschild

Soul Food Sunday

Rise of Meeting on 8 October 2023

Sharing Food: The Friendship and Hospitality committee will supply the basics for our “Build your own Sandwich” lunch. Bread (gluten free included), Humus, eggs, cheese, and condiments will be provided. Please bring something to add to the table. Yet you are most welcome to join us, even if you are empty-handed. There is always plenty of food for everyone. It is your presence that helps build our community.

Sharing Ourselves: Following lunch, we'll get to learn about the **Friends Committee on National Legislation**, lobby days, **FCNL** training, and violence interrupters **directly from Ceila**. We'll hear Ceila's stories, see her pictures, and dialogue with her. Moreover, we'll **celebrate Ceila's** being hired by FCNL to promote funding, recruit volunteers, and organize lobbying all geared toward reducing gun violence.

Meeting for Business 17 September 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, Crystal Bosbach, Valeria Breiten, Ken Deveny, Herb Rothschild, Ann Gaffney, Andra Hollenbeck, Bob Morse, Jean Semrau.

Quote & Reflection: “As Quakers we are called to honor that of God in every person, to live in harmony with others, and to avoid subtle and overt forms of violence. We are called to respect and be good stewards of this precious earth, knowing that it is a gift from God. We are reminded not to accumulate earthly treasures while others have nothing. We are called to examine our needs and wants with a pure and tranquil heart living in simplicity and restraint to promote ecological and spiritual renewal. We understand the interconnectedness of all things and seek to walk gently and graciously on this earth.” — Buddhist Quaker Valerie Brown, *The Mindful Quaker*



2023.9.1 Friends approved as presented the Minutes from the 4 June Meeting for Worship for Business, the called 18 June Meeting for Worship for Business, and the called 20 August Meeting for Worship for Business.

Treasurer's Report: The Meeting's financials are good. Spending over the summer was minimal, and regular donations continued.

Nominating Committee: Meeting reviewed the proposed officer slate as put forth by the 2023 Nominating Committee, which was presented for seasoning at the called August 20th Meeting for Business. A Friend suggested someone who might be interested in being the Library contact person. Jean Semrau, Bill Ashworth, and Fran Curtis would provide support for this position. *All officers, committees, and interest groups/contact people are ALWAYS listed on the final page of our newsletter. Page 8 of this edition of the newsletter shows the list as updated by the approval of the nominating slate.*

2023.9.2 Friends approved as presented the proposed slate of nominations.

Ministry & Council Committee: *The SMFM retreat is on the 30 September at Willow-Witt Ranch.* Information will be forthcoming in the Weekly Bulletin. Purpose of the retreat is to have fun together, get to know each other better, and focus on our SMFM vision and sense of mission for the coming year. Friends suggested that the Bulletin contain a link with an email address and subject line with whom to RSVP. Approximate counts are needed in order to plan for food. Friends are welcome to come even if they forget to RSVP.

Other Information:

Friends shared announcements about upcoming events, the details of which have been/will be in the Newsletter and/or Weekly Bulletin.

Crystal shared that people from our Meeting will represent us at SOU's Meet Ashland, an event to introduce SOU students to organizations in the community. It takes place from 11-2 on 27 September at SOU. Anyone may participate; feel free to stop by.

Friends suggested that the Building & Grounds Committee plan and work with Joint Committee to plan a Fall Clean-Up/Work Day. The suggestion was made that the House Manager be a part of Building & Grounds to facilitate coordination and cooperation of the house management.

A greeter is still needed for Fourth Sundays beginning in October. Contact Friendship & Hospitality if you are interested.

Respectfully submitted, Andra Hollenbeck, Clerk, Ann Gaffney, Interim Recording Clerk

Advices & Queries on Simplicity

True simplicity should connote not poverty but, rather, a richness of spirit, a joy in living, the nurturing of creativity, sensitivity to the natural world, and love for all its creatures. As an expression of this love, this true simplicity, we must then, too, commit ourselves to building a more equitable world – a world in which this simplicity may thrive and be enjoyed by everyone. —Ann Kriebel, 1984



Simplicity is one of the fruits of a faithful life centered on a commitment to the Spirit of God. A simple life need not be cloistered and may even be a busy life. Its activities and expressions are correlated and directed toward the purpose of keeping our communication with God open and unencumbered.

Friends strive for simplicity in the use of our earnings and property, in our speech, and in our manner of living, choosing that which is clear and useful.

All that leads to fullness of life and aids in the service of Truth is to be accepted with thanksgiving. We each determine by the Light we are given what helps and what hinders our search for inner peace.

*Do we center our lives in the awareness of God
so that all things take their rightful place?*

*Do we clutter our lives with things and activities? What are the ways out?
What helps us avoid commitments beyond our strength and light?*

*How does our Meeting help us simplify our lives?
How do we order our individual lives to nourish our spiritual growth?*

*Do we keep to simplicity, moderation, and honesty
in our speech, our manner of living, and our daily work?*

It may surprise some of us to hear that the first generation did not have a testimony for simplicity. They came upon a faith which cut to the root of the way they saw life, radically reorienting it. They saw that all they did must flow directly from what they experienced as true, and that if it did not, both the knowing and the doing became false. In order to keep the knowledge clear and the doing true, they stripped away anything which seemed to get in the way. They called those things superfluities, and it is this radical process of stripping for clear-seeing which we now term simplicity. —Frances Irene Taber, 2009

Quaker-Hosted Events Open to the Greater Community

Every MONDAY 3 – 5 pm: Free Writing Friends (Location: In the Meeting House Kitchen)

Participants write as inspired from stream of consciousness, then share their writing, if led. Then participants write for 20 minutes from prompts. Feedback is available, if desired. There is no critique.

—Becky Hale (bec.hale4@gmail.com)

Second TUESDAYS 6:30 pm: Song Circle (Location: In the Meeting House Meeting Room)

We take turns choosing a song to sing together in a circle, usually from *Rise Up Singing* and *Rise Again* songbooks, although folks are welcome to bring and teach other songs. Guitars and other acoustic instruments are appreciated for accompaniment.

—Rochelle Webster (rochellenp@gmail.com)

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

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

Standing Committees

Ministry and Counsel: David Runkel 210-0031, Rochelle Webster 646-5186, Becky Hale 601-3084, Bob Morse 482-8849, Crystal Bosbach 930-4222, Andra Hollenbeck 601-6421, Valeria Breiten (*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:** Ká Hering, 778-5206, Crystal Bosbach, Karen Maleski, Cathy McDaniel, Wyatt Banks; ***Greeters:** Jean Semrau, Rochelle Webster, Karen Maleski

*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 770-3318

***Child Care:** Ken Deveney 488-5506

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

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

***Library:** open

***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:** open

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

** = 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