

THE LIVING LIGHT

For the fruit of the light is found in all that is good and right and true.
Ephesians 5:9

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Whittier First Friends Church

Sixth Month, 2023

Let Your Lives Speak

The commonly quoted Quaker saying “Let your lives speak” is actually a paraphrase of George Fox’s counsel to early Friends to “Let your lives preach” taken from his 200th epistle. Over time, the word *preach* evolved into the more relatable term *speak*, and the advice has become an often repeated reminder to be sure our actions reflect our values. This issue of the Living Light is brimming with evidence of our Quaker values in action.



of our precious resources, and *Whittier Founders Day* as the founding church of our beloved city. In this issue you will read about efforts of our local FCNL Advocacy Team to reach out to legislators about the importance and cost-effectiveness of peace building programs, as well as pastor Loletta’s sabbatical work in Washington D.C. And look for notices of upcoming summer programs, outreach events, and community building activities such as Whittier Friends School summer enrichment, the Summer Recital Series, Picnics in the Park, and Peace Day 2023. We encourage you to join in as you feel led, and we hope this issue inspires you to ponder the query, “How can I let my life speak?”

- Candice Ryder



This spring, Friends actively participated in and supported several community events such as *Shelter’s Right Hand 5K* to raise funds for and bring awareness to the issue of domestic violence, *Whittier’s Earth Day* (held on the FFC campus) to support stewardship and sustainability

A CHRISTIAN PEOPLE CALLED TO LISTEN, GATHERED TO SEEK PEACE, AND SENT FORTH TO SERVE,

Friendly Fare by Lea Wright

Dear Friends, Every month I deal with the challenge of what friendly news can I share with our Friends? The Friendly Fare in the *Living Light* is the place to share with your "First Friends family" the non- church events that happen in your life. This can include holiday news, family news, travels, milestones, special projects, celebrations, special events, and school or work news. We love hearing from our Friends, and I hope you will consider sending in something to share sometime soon. See my email address at the end.

Friends Celebrate: First time parents, **Shane & Kristen Purkiss**, welcomed **Roy Harrison Purkiss** on May 10 who joins cousins Wesley



and Cora. He's a new grandson for **Tom & Tish Purkiss**.

Friends About Town: As a singer-songwriter, **Jo Nita Beede** has always dreamed of sharing her music as a solo artist with the world. That road

has been long and winding with many ups and downs along the way. Jo Nita has spent a lot of time over the years honing her skills as a singer/songwriter, performing mostly other people's songs in small clubs and coffee shops. After years of hard work and dedication, she has recorded her first full-length album with six original and nine cover tunes from a few of her favorite songwriters. Now she needs to package and distribute it to a wider audience. Her concert on May 6, in the meeting house was a good start towards that. She extends a big thanks to everyone that helped and all who



came to listen and support her concert. She said it was so much fun to share her music with friends and to have her brother **Norm Beede** accompanying her on the djembe drum.

School and Work: **Katerina Ryder** graduated from Cal Poly Pomona with a BS in Animal Science and worked at the Cal Poly petting zoo at the L.A. County Fair in May. **Jenna Sturr** graduated from American Public University.

Friends Travel: **Carrin Bouchard** and her sister **Janice Lindsay** traveled together on a cruise



from Miami to Rome stopping at 14 ports along the way. Here they are at Cinque Terre (La Spezia), Italy. They walked the narrow alley way of the village and shops to reach this historical church and castle from the 16th century. **Elinore Petoletti** recently went on a "California Vines, Rails & Redwoods" journey through five

Russ' Reflections

Russ Offers Summer Recital Series

Since there are fewer opportunities to play organ pieces at Meeting for Worship on Sundays, beginning Tuesday, July 12th, I will be presenting a weekly series of 30-45 minute recitals featuring our Harris organ. Each one will focus on a different genre of music. I will be joined by a friend or three in a couple of the programs. One will feature our Steinway piano. These are offered free of charge although you are welcome to make a donation to our Organ Fund. Invite someone and come to the Meeting House for a colorful assortment of music.



News from Whittier Friends School

Spring is wrapping up at Whittier Friends School, but that doesn't mean it's time to stop learning! We continue to provide full and half-day preschool for potty-trained children 2-5 years old, plus we provide weekly Summer Enrichment opportunities for children of elementary age. Summer preschool is a chance for the children to have the continuity of school routines, while getting to take part in fun activities. Summer Enrichment for elementary kids will occur on select weeks, Tuesday through Friday, from 12 to 3 pm. It is an opportunity for kids to work on educational skills in a casual, multi-age setting, while getting a chance to socialize.



Here is a tentative schedule:

July 12th	<i>Early Organ Music</i>
July 18th	<i>French Organ Music</i>
July 25th	<i>Modern Sacred Song with Michael Fausto</i>
August 1st	<i>Modern Organ Music</i>
August 8th	<i>Nicholas Galinaitis - Rachmaninov Piano Works</i>
August 15th	<i>At the Movies</i>
August 22nd	<i>Organ and Other Keyboards</i>
August 29th	<i>Songs of Middle Earth</i>
September 5th	<i>Bach Organ Works and a Reger Toccata</i>

At the beginning of May, Whittier Friends School held our annual Silent Auction online with an in-person performance called, "Welcome to our Castle!" Funds raised from this Spring Event surpassed Spring Event funds raised during the past two years. We were fortunate to have the return of Whittier's Founders Day this month as well, with several WFS families and School Committee members helping at our school booth. We shared the good news about our value-based education with local families, sending home coloring pages with motivational messages on them. Also in May, our school children had the opportunity to return to the Los Angeles County



of the most beautiful and bountiful regions in California. She enjoyed sights that included the redwoods, Madonna Inn, and the Golden Gate Bridge. In April, **Darrell Warren** attended the 54th Manzanar Pilgrimage. The Pilgrimage remembers those imprisoned at Manzanar and hopes to prevent another such event from ever happening again. The Manzanar National Historical Monument is in the Owens Valley, about 240 miles northeast of Whittier. The Pilgrimage featured speakers from several broad communities, all supporting equality and social justice. The UCLA Kyodo Taiko Drummers, always a favorite, also performed. It is held on the last Saturday in April. Shown here is Darrell with Monty who used to speak with Darrell's students during their Manzanar Field Trips.

Friends Correspond: It's always nice to hear from **Ami Troeddson**. She wrote in saying that she read the last *Living Light* from beginning to the very end and is anxiously looking for the next.

Friends Remember: Our friend **Joanne Camp** passed to new life on Friday May 19, in Whittier. Please hold her family and friends in the Light during this time of goodbye. Her memorial service will be held on June 15th at 11:00 (both in-person and via zoom). **Friends Sharing News:** Help to keep the Friendly Fare going. Email me a quick note and tell me your news. Send to Lea at lealouw@gmail.com.

Fair. It was our first time attending since fall of 2019! We look forward to sharing more pictures from this trip in the next *Living Light*, since the trip occurred after press time. Between our increased success in our Silent Auction, and the return to Founders Day and LA County Fair, it really does seem as though things are almost back to normal after over three years of learning through a pandemic.



Coming on June 7 and June 22, our Elementary and Preschool will have Recognition and Graduation ceremonies. If you would like to attend our ceremonies, contact Cassie for more information. They are always sweet opportunities for our community to share its appreciation of our students, and to see how much the kids value each other, too.

We are currently accepting applications for elementary and preschool, both for summer and the fall! You can contact cassie.wfs@gmail.com for enrollment information. We also appreciate financial support, in the form of checks, mailed to Whittier Friends School or First Friends Church (memo line: Whittier Friends School) or through paypal at finance@whittierfriendsschool.org, or you can visit our school's Amazon Wish List at <https://amzn.to/2QK8Yp8>

-Cassie Caringella



Dear Friends,

As you read this, I have safely returned from my Egypt trip, and, if God wills, (Muslims say "In-shallah" in Arabic), I am in Washington, DC as a Friend in Washington with Friends Committee on National Legislation. I am staying in the apartment upstairs from the Welcoming Center, next

door to the office, just across the street from the offices of our representatives in Congress. Here are some of the things I may do in June in support of FCNL:

- Conversations with other pastors at Friends' churches/meetings to listen to their communities' needs and how work with FCNL can support them.
- Advise and support staff in developing their ministry – approaching and orienting their work towards spiritual accompaniment.
- Connect with staff and supporters, including guests at Friends Place, around how Quaker beliefs and practices intersect with FCNL's work and develop ways to encourage encounters. One activity may be hosting Wednesday Silent Reflection and other times for gathering and speaking about the spiritual journey and connection between faith and action to staff and constituents.
- Develop a plan for groups to host hospitality hubs for the November 2023 Annual Meeting (as we did at our meeting!) to expand participation and outreach. I also hope to visit some of my favorite Smithsonian museums and perhaps a Friend or friend or two. It is all very exciting and energizing!

~Peace, Loletta

A Successful Walk Around the Neighborhood

First Friends walkers were up early on Saturday, April 22nd, to support Shelter's Right Hand and the Women's and Children's Crisis Shelter! We joined with over 650 other walkers to gather at Central Park and accomplish the walk route. We enjoyed refreshments, entertainment, and prizes along with contemplating displays that served as poignant reminders of our shared purpose. With the help of our donations and enthusiasm, Shelter's Right Hand raised over \$61,000 for the crisis shelter that is located nearby in our community.



Some of the participants in the 5k walkers included Elizabeth Camp, Bob Newton Marilyn Fant, Loletta Barrett, and Brendon, Deanna, and Elyse Woirhayne

First Friends walkers were also part of a larger effort to raise awareness and funds. Upon our invitation, the SELA Collaborative Group, which we have recently joined, sent several other church groups to participate in the walk. Because of our efforts, new awareness has been raised in church communities around us. Thank you to all Friends who walked or made donations and continue to pray for victims of domestic violence in our community.

~Marilyn Fant

FCNL Whittier Advocacy Team Acts

Our newly formed Friends Committee on National Legislation Whittier Advocacy Team had three actions recently. We had an information table at the Whittier Earth Day event in tandem with a display about the First Friends solar project in 2018, and we had information at the Founders Day event in May. We also joined the recent California Team online meetings with staff at Senator Feinstein and Senator Padilla's offices in which eight teams were represented.

In addition, we scheduled a visit with Congresswoman Linda Sanchez to present the FCNL "ask" for 2023: allocation for three specific peace-building funds within the State Department and Foreign Operations Bill. These are the Complex Crises Fund, the Atrocities Prevention Fund, and the Reconciling Programs. We had a good conversation. She was supportive of peace-building, however, not very encouraging about these sorts of appropriations in today's contentious climate in Congress. We look forward to developing an ongoing relationship with Linda and her staff.



We hope to continue raising awareness about the cost-effectiveness of peace-building efforts. For example, \$1 spent in preventing violence saves \$16 in responding to violence or military spending. There also seems to be a connection with immigration: the lessening of conflict in other countries may lead to fewer people leaving to seek asylum. We are hopeful that Congress will support these kinds of programs. If you have interest in joining our advocacy efforts, please let Darrell Warren or Russ Litchfield know.

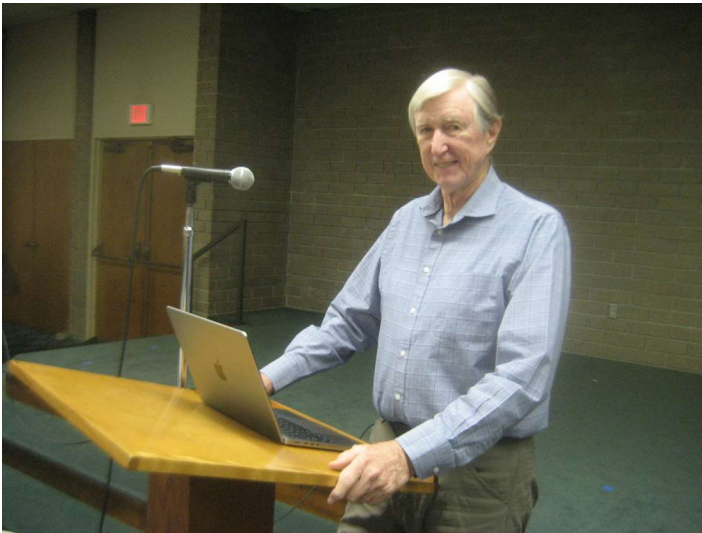
~Russ Litchfield

Save
the
Date

Peace Day 2023
"I've got Peace Like a River"
FREE Family Peace Festival
Saturday, August 26
12:30-3:30 pm
CRAFTS—STORIES—SNACKS
Special Guest: Tide Pool Animals
From Aquarium of the Pacific

OUR WILD PLANTS BEAUTIFUL BUT OFTEN DEADLY!

Since retirement from his first career as a neurosurgeon, Bruce Everett has developed a second absorbing occupation, as a naturalist and nature photographer. His beautiful illustrated lectures have delighted many civic and church groups in the Whittier area, including our own All Friends Fellowship Night. Bruce returned to AFFN Wednesday evening, May 10. An especially bountiful potluck supper and Bruce's latest slideshow celebrated the resumption of AFFN after nearly three years of pandemic layoff.



This time Bruce concentrated on toxic plants in the Whittier Hills. Fellowshipippers were surprised at how many plants growing in our cherished open spaces are poisonous. For instance, wild hemlock, an attractive flowering bush introduced from Europe to America in the mid-1800's, is now common in the Whittier Hills. It contains a deadly alkaloid substance that, in ancient times, was used to execute prisoners, including Socrates the philosopher. It is very similar in appearance to another common plant, Queen Anne's Lace, which is used to make herbal remedies. Best not to make herbal tea without the advice of an expert like Bruce! Other toxic plants that are occasionally encountered by grazing livestock are datura ("jimson weed") and milk vetch

("locoweed"). The toxins in these plants produce hallucinations in humans and strange erratic behavior in animals.

Many herbs growing in our local hills are edible or medicinally useful. Miner's lettuce is a tasty salad ingredient. Fortunately, it is readily recognizable by its smooth round leaves. Oldtimers in California knew how to make wine from the fruit and attractive white flowers of the elderberry. The thickly-clustered red berries of the lemonberry bush, a variety of sumac, can be eaten raw or cooked. White sweet clover and yellow sweet clover are used as a diuretic and to treat stomach ulcers.

Friends expressed great appreciation to Bruce for a fine finale to a short AFFN season, which now gives way to summer picnics in the park. AFFN resumes in September.

Bob Newton

Upcoming Sunday Messages

JUNE 4th	<i>Scott Wagoner brings the message</i>
JUNE 11th	<i>Promotion Sunday</i>
JUNE 18th	<i>Lynda Ladwig brings the message</i>
JUNE 25th	<i>Todd Cramer brings the message</i>
JULY 2nd	<i>Rex Jones brings the message</i>
JULY 9th	<i>Lynda Ladwig brings the message</i>
JULY 16th (Loletta Returns)	<i>Anne McIntosh brings the message</i>

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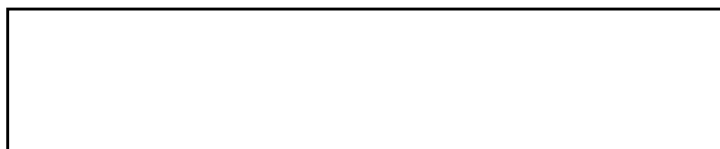
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If we've missed your birthday, we apologize
 (and happy birthday)! We work hard to keep our
 birthday calendar up-to-date, so please let us know if we're
 forgetting anyone. Thank you!



Please remember in prayer those Friends
 unable to worship with us regularly.

Barbara Cote, Kathy Hood, Rose Nedrow
 Kathy Robison, Ami Troedsson



Summer Picnics in the Park

Join us for summer pot luck
 picnics at Michigan Park,
 Whittier, on Wednesday
 evenings at 6:00 pm beginning
 Wed., June 14th. Bring your
 own plate, utensils, and food
 to share. All are welcome and
 encouraged to join this fun
 social event. Come visit with
 long-time friends and make
 new ones. Hope to see you
 there!