

THE LIVING LIGHT

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

Volume 61, Number 7

Whittier First Friends Church

July/August, 2022

Helping Friends On The Move

Join other Friends to help support Friends Theological College in Kaimosi, Kenya, to purchase a much-needed vehicle replacement. They are looking for a rugged and sturdy 4x4 for dual-use capacity for the college. It is needed to transport students as they go out to work in villages, and also will be used to haul needed resources (food, supplies, equipment). They are thinking about a Toyota Land Cruiser as a good option as it tends to last longer, can be readily serviced in Kenya, and parts are readily available.

Our Meeting's goal is \$1,000.00. Send your donation to the church and put in the memo line 'FUM Summer Mission Project.'



What all well-equipped Quaker students in Kenya are driving!

Onward and Upward!

What a celebration we had in our annual Meeting for Worship recognizing the children, youth, and young adults who are moving on to new heights! Some of these Friends have been with us their whole lives, while others are blessings we received during our isolation.

Certificates were given to Landon and Avalon Caringella celebrating their participation in Meeting for Learning. Most of the year was online but they stuck with it, and the on-site experiences were even richer! Landon will move to seventh grade and Avalon to fourth grade in the fall.



Kenna Dutil-Baker and Elyse Woirhaye, both high school students, were recognized with Davidson Awards for sharing their gifts with the Meeting. Kenna participated in youth and young adult meetings and



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Friendly Fare by Lea Wright

Dear Friends, The Friendly Fare 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, dinosaur sightings, and school or work news. Summer is here. Do you all have special plans? It's time to relax and pursue summer hobbies or travel. Please write in and share what you have done and we'll include it in the September issue of *The Living Light*.

Friends About Town: **Milton Wright** and **Mindy Van Dorn** participated in the 20th Anniversary Donate Life Run/Walk 2022 on June 4, in honor of



Aubrie Wright's dad. Aubrie is granddaughter-in-law to **Milton & Donna Wright**. Here they are with *The Living Light* continuing our tradition: "The Living Light Travels." (Remember, your submissions are welcome and needed.) **Deanna Woirhaye** was honored

with 2nd place for her art piece called, "Greetings from Planet Claire" at the Whittier Art Gallery's juried June art show, "Summertime." She was so grateful for the honor.

Friends At Home: A happy greeting to all the Friends from the parsonage front yard (and Loletta Barrett) where the cactus are happy and blooming!



Friends Visit: **Bob & Sabron Newton's** daughter Miriam visited them from Minnesota for the week of Mother's Day. She helped Sabron send a collection of the papers of her father, who

was a Friends pastor in Iowa, Indiana, and New York, to the Quaker archives at Earlham College.

Friends Move: **Harry & Anne Eggleton** helped move son **Micah** and his wife **Julie** (and dog Tucker) to Missoula, Montana in June. Julie will start her residency in family medicine at the University of Montana, and Micah is lucky to be able to retain his



job as an environmental water consultant working from home. They are excited to be in such a beautiful location, surrounded by mountains, rivers and spectacular scenery. Please hold them in the Light!

Friends at School and Work: **Bob & Sabron Newton** are also happy to report that their grandson Noah graduated from high school in Minnesota and is about to start college there. His sister Amanda will be returning to college this summer after foreign study in Chile.

Friends Travel: **Liz Ellis** had two trips canceled recently. Trips to her granddaughter Hazel's graduation from Creighton in Omaha, and to Maui with Iris, had to be canceled because of flight cancellation and illness! On a brighter note, her whole family was scheduled to be together to celebrate her birthday at Alisal Ranch in the Solvang area in June. **Carrin Bouchard and family** also had a trip to Maui scheduled for this summer,

and we look forward to hearing more about it.



Friends Correspond: **Ami Troedsson** says hello to all the Friends from Oregon. She sends her love and appreciation for *The Living Light*, cards, calls and prayers.

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, or deliver to me at church on Sunday. See you in September!

Loletta's Lines

I have been reading "Four Thousand Weeks; Time Management for Mortals" by Oliver Burkeman. Although Burkeman has an easy, pleasant writing style, it is not an easy read. He challenges all the time management



techniques I have tried: like making "smart" lists, strategic goal setting, and A, B, C priorities. When I was an emergency manager, projects kept being added exponentially, especially in between ongoing disaster response, recovery projects, and preparation for the next "big one." It became impossible to prioritize so I asked the sheriff, "Which projects do you want us to do and when?" His answer was, "All of them. Now." His time management advice was not helpful.

Burkeman says the problem is that time management misses out on the biggest piece of the puzzle. It is not reality. I developed some queries from this. If you applied every efficiency measure, could you do more than you can do? Can you add two hours to your day? Does your irritation at how long it takes to boil water for pasta make it boil faster? Can you make popcorn finish popping by removing it from the microwave 30 seconds early? If we hurry up to complete projects so we can hurry up to complete projects, do we even know what projects we are completing? If we work to gain wealth or possessions but do not enjoy them, are they "real"? If we deny ourselves fun and adventure now to save for retirement, will we enjoy them more then than we would now? If what I am doing now is my choice, and I am not happy with what I am doing, do I get that time back later?

Summer is here, but it will soon be over. We need to cram in every bit of fun, picnics, sunsets, walks in the park, and vacations we can. We need to hurry up to enjoy it and relax! I need to hurry up and finish Burkeman's book so I can loan it to you.

But that would negate his whole purpose! And I think Jesus would approve paraphrasing him. Can any of you by hurrying, making lists, or becoming an efficiency expert on your life add

This Month in Meeting for Worship

July 3	Eden Grace brings the message <i>God of All Nations</i>
July 10	Loletta Barrett brings the message <i>The Hardest Commandment</i> Luke 10:25-37; Deuteronomy 30:11-14
July 17	Loletta Barrett brings the message <i>Hospitality</i> Genesis 18:1-15, Luke 10:38-42
July 24	The Understanding Through Sharing Worship Group brings the message - <i>Pride</i> Psalm 139:14
July 31	Loletta Barrett brings the message <i>Rich Toward God</i> Luke 12:13-21, Colossians 3:1-11
August 7	Robert Wafula, Friends Theological College, Kenya brings the message
August 14	Loletta Barrett brings the message <i>Fire in the Vineyard</i> Isaiah 5:1-7; Luke 12: 49-56
August 21	Loletta Barrett brings the message <i>Sabbath Behavior</i> Isaiah 58:9-14; Luke 13: 10-17
August 28	Loletta Barrett brings the message <i>Avoiding Indigestion</i> Jeremiah 2:4-7; Luke 14, 1, 7-14
Sept. 4	Nikki Holland, Belize City Friends Center, Belize brings the message

a single hour to it? Store up/collect/spend time with treasures of heaven. For what your heart treasures--is you.

Russ' Reflections

Summer, Stops, and September

July and August bring the end of the choir season (section leaders this year) and the opportunity to shift our music for other expressions, including organ or piano selections or vocal solos. This year, I am planning to work on some more significant organ repertoire for Sundays: my list includes *Litanies* by Jehan Alain, a Prelude and Fugue by J.S. Bach, a Felix Mendelssohn piece, a couple of works by Cesar Franck, *Suite Medievale* by Jean Langlais, and a classical French work that uses the "Grands Jeux" (a combination of reed stops).

Another project that I have been contemplating is to record a sort of blog talking about and demonstrating various organ stops that are found in our Harris organ. Our organ has a wealth of color and it might be interesting for you to hear and see individual ranks of pipes and learn more about them and how they are used. If this comes together well, I will post my recordings on YouTube and provide you with a link in our weekly e-news.

I am not completely certain when we will be able to reactivate the Friends Choir in the fall, but I am feeling led to start planning for it. I want to get feedback from the Music Committee as well as former and potential choir members to determine protocols, interest, and develop a schedule. Please pray for discernment about the direction we should take. If you have interest in singing in the Friends Choir, please let me know.

I hope you have a relaxing but Spirit-filled summer. As opportunities arise for hymn-singing this summer, please join in with confidence. Thank you for your continued support of our Music Ministry.



News from Whittier Friends School

"More grows in the garden than the gardener sows." This Spanish proverb authentically portrays the growth we have witnessed this year at Whittier Friends School. The teachers, as the gardeners, plan what to teach, sowing the seeds. But so much more blossoms than just what we plan! Children learn from each other, and we learn from the children! It was a joy to acknowledge and honor this year's growth at our annual recognition ceremony. Students, parents, committee members, staff, and donors were recognized on June 8. Friends in attendance were treated to quotes about gardens and blossoming, and the 11 elementary children were honored with certificates expressing a positive character trait that their friends see in them. Preschool graduation on June 23 was an opportunity to honor seven preschool graduates, plus seven other children who will continue in preschool.

Another positive community activity for our school occurred off campus at Mother's Beach in Long Beach. We got to enjoy our annual family beach trip for the first time since 2019!

We had attendance by all elementary

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Three "mermaids" at Whittier Friends School show off their sand-made tails.

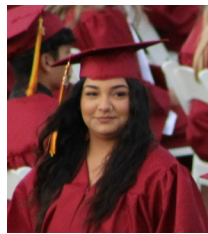
We welcome and encourage your comments as well as your contributions and photos for inclusion in The Living Light. Kindly send your email to Elisabeth Elliot at communiquaker@gmail.com.



facilitated the youth Meeting for Learning in March while Loletta Barrett was on vacation. Elyse continues to participate in all aspects of the Meeting's life, including the American

Friends Service Committee community garden, ushering and facilitating technology in the meetinghouse, and contributing to leading Understanding Through Sharing group discussions.

Our Jessup Scholarships were given to five young adults to support them in their college classes. Ashley Ryder plans to start her college career at Rio Hondo College in early childhood education. Cedric Woirhaye

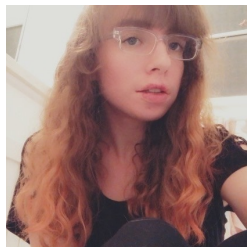


finished his associate's degree at Rio Hondo College and will continue his biology studies at Cal Poly Pomona. Cedric is determined to help our beautiful planet switch to more sustainable and nutritious food sources. Kat Ryder is finishing her work at Cal



Poly Pomona in animal science. Anatheia Woirhaye is studying at Redlands University, with a major combining history, film, literature, and social sciences.

Bosé



Erinmwingbovo will be completing her work in communications at Cal State San Marcos.



We also celebrated two college graduates. Bella Sturr graduated from The University of Redlands with degrees in biology and religion. She plans to attend medical school. Rita Barakat earned her doctorate in neuroscience from the University of Southern

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children, plus three preschool families, two of which will be joining our elementary in the fall. As children dug sand castles, splashed in the water, and played on the impressive playground, families were able to socialize in a relaxed setting. As community is one of the important Quaker testimonies, it is such a joy to be able to once again experience it in person.

Our preschool is full for the summer, but we still have openings for preschool and elementary this fall. Visit whittierfriendsschool.org.

--Cassie Caringella



At Monthly Meeting for June, we approved this year's nominating committee. Serving will be Marilyn Fant, clerk; Eisabeth Elliot, Darrell Warren; Tish Purkiss and Vikki Kendrick.

We are continuing work on our compliance with the Child Protection Act, and are now rewriting our document to conform with Quaker language and conventions. We're continuing to form a group to look at the option of adding a staff member to coordinate outreach and Christian education.

Volunteers will again staff the parking lot on Monday Concert in the Park nights during the summer.

The concern was raised that many members are feeling extremely burned out with the many tasks of getting our Meeting for Worship to a fully-hybrid format, as well as other tasks relating to adjusting to the new normal. We approved that all committees take a break during the month of July for a much needed prayerful breather.

There will be no Monthly Meeting for July. Monthly Meeting for August is August 14 at 2:00 p.m.

Stoking the Fire - Your Life a Candle, This Day a Match

This year's STF retreat was a hybrid meeting with 36 Friends across the country. Four images of candles were provided. A new candle with a burning match just ready to light an untouched wick. A candle burning brightly in the darkness. A bright flaming wick in a remnant pool of wax. A candle with a wick giving off more smoke than flame. Which image reflects the state of your soul?

The retreat included worship in music, presentations by several Friends, break-out groups to allow discussion of queries, a time of service or reflection on our own, and a choice of workshops. Workshops included Faithful Meetings, Embodying the Good News, and Exploring Eldering as Spiritual Nurture. The latter was especially interesting; allowing exploration of the difference between eldering and being a Weighty Friend, and the responsibility of all Friends to grow and develop skills and offer gentle spiritual and emotional encouragement, insight, and support as elders to all other Friends.

Nate Macy, pastor of Worship at North Valley Friends in Newberg, Oregon led worship in music with his guitar and singing. Lisa McMinn is a Spiritual Director and Writer-in-Residence at George Fox University. She gave the group resources for prayer which can refill our candles, center our flames, and guide us in where to shine the Light. Pam and Ron Ferguson, co-pastors at Winchester Friends, Indiana, have ministered together for decades. They shared their insights about how their ministry has remained strong for many years; God, each other, and the example and support of amazing Friends they served with in Africa through civil wars, and in the US through outreach to the community in food pantry and visiting people in prison. Sussie Ndanyi, an M.Div. student at Earlham School of Religion served as the first female Administrative Secretary of Friends Church Nairobi Yearly Meeting in Kenya and has extensive experience in ecumenical settings. She has been grounded spiritually by the United Society of Friends Women.

Throughout the weekend, Friends were



Hudson Aguirre	Laura Kaneko
Eric Bald	Kathy Hood
Loletta Barrett	Lynda Ladwig
Ellie Bewley	Emma McIntosh
Carrin Bouchard	Jane Moody
George Bouchard	Bruce Nelson
Letty Brooks	Linda Oberholtzer
Amy Burke	Elinore Petoletti
Cassandra Caringella	Tish Purkiss
Jon-Paul Cook	Gloria Rice
Amanda Cramer	Rob Settlage
Francoise Dutil	Mel Sturr
Harry Eggleton	Christy Tavernelli
Marilyn Fant	Marcia Vaden
Linda Flournoy	Don Votaw
Pat Garland	Deanna Woirhaye
Virginia Julian	Philip Wright
	Glenda Yost

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!

encouraged to find ways to tend to our own Light so we can share the Light with others. We were reminded that our union with God is a given. We have the choice to attune with it and to say yes to the flow of God's movement in and through us. We remember that the purpose of abiding with Christ is so that we can be healthy seeds sown to actively live into the world's sorrows and needs.

It's Always Sunny in Philadelphia

Part 2

A report from Friends Council on Education
Continued from the June issue of *The Living Light*

In the afternoon of the first day of the gathering, we got to rejoin with the Heads and went on a walking tour of Philadelphia, led by Jenn, the history expert at Arch Street Meeting House. She was a wealth of knowledge as she told us about the grounds' history, first as a burial ground given to the Quakers by William Penn, and then built as the largest meetinghouse of its time (it's still a very large meetinghouse!). Throughout her tour, she discussed the paradox of Quaker history in Philadelphia, such as Quakers who owned slaves but fought for equality, or Sarah Mae Douglas, an attender of Arch St. Meetinghouse in the early 1800s who wasn't allowed to be a member because she was black. After the tour, we had a dinner that was just Heads of Friends Schools (and Lea and Hudson).

The next morning, the Gathering continued, with announcements of upcoming FCE business that pertains to Heads, such as workshops that FCE leads (Parent Workshops, Educators New to Quakerism Workshops, etc), and a quick overview of the Committees that make up FCE (Membership, Finance, Development, Governance, etc). There was a brief discussion about Membership Renewal and the SPARC (Spirited Practice and Renewed Purpose) program.

Then we split into two groups by school size (I was in the "less than 200" group), where we had some time to talk about hot topics. Topics discussed included:

- Re-kindling Community and Quaker Life (ie. Meeting for Worship in school) in a Post-pandemic world.
- Creating Culture of Belonging for students and families who are minorities (specifically students of color, LGBTQ, and those with Learning Differences).
- Scholarships/financial aid that the various schools offer.
- Recruiting Staff and Students (the topic I brought up), and retention.

Finally, we ended the 24-hour event with another session of Meeting for Worship, this time in the historic Arch Street Meetinghouse's "Monthly

Meeting for Business" room, which was a more intimate room that is used for their Meetings for Business.

It was so helpful to see FCE in action, to hear about their programs in person. Since the pandemic, FCE has been dedicated to making meetings more accessible to people who are not in the general area of Philadelphia, so now more than ever it is easier to take part and be involved. Several people from larger schools made an effort to greet me personally while I was there, and Drew Smith (Executive Director) and Deborra Sines Pancoe (Associate Director) also really made sure that I felt at home, even though it was my first gathering, and we are such a small and seemingly insignificant school.

It was also so refreshing to touch bases with other educators who also find value in the same things we do, such as equality, peace, and community, with a similar open-ended, child-centered approach to curriculum and learning that we do. I could see our own school community mirrored in these other school communities, as I heard these heads talk about their own schools. We look forward to continuing to be in contact with, and be inspired by, these other schools and their leaders.

--Cassie Caringella

'Onward and Upward' continued from page 5



California. Rita's specific interest is in language and reading ability, particularly addressing disorders such as aphasia and dyslexia.

Ashley Ryder led us in prayer, while Rita Barakat shared reflections and sang "In My Life," by the Beatles. Bella Sturr then expanded Proverbs 17:22--"A cheerful heart is good medicine, but a crushed spirit dries up the bones," and on the value of community in her message "It Takes a Village."

All of these Friends have full and interesting lives that you will want to ask them about, especially if you missed the presentations at Promotion Sunday!



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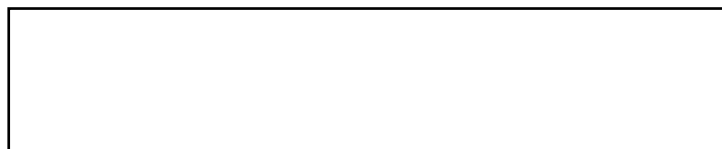
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Greetings in the Spirit of Love to Friends throughout the United States

We write to share with you an "Urgent Call to the Religious Society of Friends" concerning the current extensive threats to our U.S. democracy. We are led to speak out against the lies, extremist movements, and anti-democratic actions that are the opposite of our Quaker understandings of Integrity and Truth.

We encourage your prayerful discernment of this Urgent Call to ask you to consider how you might be called to act with integrity in response to these concerns.

We invite all concerned Friends and friends to join us in the first of a series of national conversations on these issues to be hosted by the Earlham School of Religion on either Monday, July 25 (4:00 to 6:00 p.m.), or Sunday, July 31 (noon to 3:00 p.m.). You can find more details and register at quakercall.net.

We are a group of Quakers who believe in the power of Truth and who have faith in the witness of Friends. We know that the individual and collective actions of Friends and friends can have a powerful impact in our communities and in our individual faithful journeys. We welcome your questions, suggestions, and resources at info@quakercall.net.

In faithfulness,

The Urgent Call Steering Committee: Bruce Birchard, Sam Caldwell, Gretchen Castle, Mary Ellen McNish, Diane Randall, and Michael Wajda, clerk



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

Barbara Cote
Kathy Hood
Rose Nedrow
Kathy Robison
Ami Troedsson
Carol Urner
Gerry Wolfe