

# 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 8

Whittier First Friends Church

Ninth Month, 2022

## Fulfilling Your Ministry

How does your faith community at First Friends fulfill the needs of your soul, your faith journey, and your everyday life?

Think on this for a moment--or several moments. It's a deeply spiritual question. I think you'll find the answer reflects your own talents, abilities, and interests.

First Friends is an inclusive and diverse community, and its ministries reflect that through Meeting for Worship, through music, through family togetherness, and through wisdom as to how we share our earthly treasure. It's also through putting our hands in the soil at American Friends Service Committee's community garden so inner-city families can have fresh vegetables, and through lively conversations with our youth, and through making sure Friends feel safe from contagious illnesses so we can meet together in worship in person. It's through preparing and serving a delicious meal, and it's through an accessible, safe, clean, orderly, and eye-pleasing space on our own corner in Whittier.

It's through listening to a Friend whose individual opinions and viewpoint is different from yours, and discerning God's will together, and it's through increasing our own strength by joining hands with other ministries around the world. It's through the beauty of a floral arrangement or decorations or the sharing of information in a clear and inspiring way.

*Continued on page 5*



### Summer Project for Kenyan Friends Crosses the Finish Line

When we began our Friends United Meeting Summer Project, we set a goal of raising \$1,000. --and then exceeded it by the beginning of August.

Our fun fundraiser on August 7 pushed us way over the top! Many Friends stayed after Meeting for Worship to enjoy the opportunity of having our picture taken and a ride in a Model T or Model A. We really appreciated Dan and Milton Wright bringing their treasures to share and chauffeuring us around! We raised \$255 that day, bringing our total to \$1,535 with five weeks still to go!

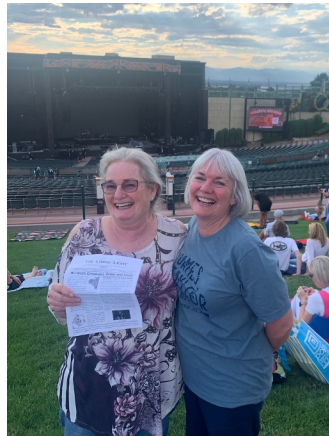
Thank you to all the Friends who support the college in accessing transportation for students and supplies. Our monthly meeting made a \$1,000 donation in the spring and we are grateful Friends have added so generously to the resources toward the purchase of a Land Cruiser for Friends Theological College in Kaimosa, Kenya.

## Friendly Fare by Lea Wright

**Dear Friends,** As always, it's been a long and short summer. It's hard to believe that the kids are back in school already. I've been loving hearing about the vacations that people have been able to take this year.

**School and Work:** **Russ Litchfield** has been producing a weekly video *Organ Stops Blog*, where he visits one particular stop on the organ each week. These have been linked or embedded in our weekly E-News. **Bob & Sabron Newton's** grandson Noah started college in Minnesota in late August. I know others have, too--and we would love to hear about them!

**Friends Travel:** Prayers for **Bob Newton** who made a visit to Washington state in early July to see his twin brother Mark who was seriously ill and has since passed away. **Tina & Jerry Post** and **Lyn Gruber** went to Denver for a James Taylor concert at Fiddler's Green to meet up with friends that they had met during the pandemic through a Facebook Book Club that was lead by Andrea Zonn, a musician and singer with James Taylor. They got to experience the beautiful scenery of Colorado, and visit their mother's childhood home. Here they are with *The Living Light* continuing our tradition: "*The Living Light Travels.*" (Remember, your submissions are welcome and needed.) **Bill, Candice,**



and **Ashley Ryder** traveled to Bill's hometown of Muscatine, Iowa for his brother's celebration of life. "It was a wonderful tribute to my brother and great to see many family friends I had not seen in so long," reports Bill. He also enjoyed communing with nature and taking numerous photos during the week. The **Woirhaye** family enjoyed a wonderful summer of Shakespeare in Utah, Shakespeare By the Sea, Shakespeare at Griffith Park, and a relaxing week at Laguna Beach (there isn't a Shakespeare at the beach). Adventures were taken to Omega Mart and the Neon Boneyard in Las Vegas and Bryce, Zion, and Kolob Canyons in Utah.



**Cassie & Steven Caringella**, along with **Landon, Avalon,** and **Hudson**, visited Steven's extended family in Springfield, Ohio this summer for three weeks. They stayed at the comfortable, homey Colonial Manor Bed & Breakfast, owned and run by his aunt and uncle, and enjoyed many delicious homemade breakfasts. It was Cassie and Steven's third visit to the B&B and the kids' second visit, so it is starting to feel like home! The Caringella family also visited with a couple of Steven's cousins and their spouses, and then got to spend lots of time with eight of the Caringella kids' second cousins. It is so special to spend time with family, and they look forward to many more summer visits in coming years, so that the second cousins can continue to grow up together.

**Carrin Bouchard** enjoyed a trip to Hawaii with her kids, **Matt & Kim** and **Stacy & Adam** and their kids **Anabelle and Adrian**. There were family beach days, a luau, a tour driving the road to Hana, another beach day, plus a glass-bottom boat ride, and more beach days.

**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](mailto:lealouw@gmail.com). See you next month!





## This Month in Meeting for Worship

<b>September 4</b>	Nikki Holland, Belize Friends Center
<b>September 11</b>	Loletta Barrett brings the message <i>Lost Sheep</i> Exodus 32: 7, 10, 12b-14 Luke 15:1-7, 1 Timothy 1:12-15
<b>September 18</b>	Loletta Barrett brings the message <i>Examples</i> Luke 16:1-13
<b>September 25</b>	Loletta Barrett brings the message <i>Lazarus' Heaven</i> Luke 16:16-17, 19-31



At Monthly Meeting for August on August 14, we approved the formation of a search committee for a Ministry Development position and a task group to plan for a remote annual meeting of Friends Committee on National Legislation in November. Updates for Covid-19 safety are in progress. Plans were discussed for fellowship dinners to be held in Founder's Court until Friends are in unity that All-Friends Fellowship Nights can safely return. Committee Clerks are now looking into possible committee reorganization to best serve the Meeting, and it is requested that all committees review their committee outlines and descriptions and provide feedback. Plans for the Family Christmas Dinner were discussed and we are in unity that we move forward with plans to return to in-person Monthly Meeting first. Plans for the renovation of restrooms to make them fully accessible have been submitted for approval to the city of Whittier.

Monthly Meeting for September is Sunday, September 11, at 2:00 p.m. on Zoom.

**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](mailto:communiquaker@gmail.com).**

## Loletta's Lines

In August, I was anticipating our fall together being amazing. I hope by the time you read this, the weather would have allowed feelings of change in season, including an end to the Coronavirus "season." In the meantime, we can celebrate what we have done, what we are doing, and what we look forward to doing, regardless of masking and distancing. This is because we place our hope in God. Nothing is impossible with God, and relying on God's love and Presence, we have the ability to move forward.



I admit I sometimes get bogged down in the past. I feel melancholy, wish for a time that has gone past, or remember things I wish I had not done or said. What do you do when you are in that place? The isolation of the pandemic has allowed me to spend more time processing. That can be a good thing. Sometimes life moves by so fast, I forget to process--I might be on a third activity long before I have enjoyed the first two. I might find myself forgetting what happened yesterday, or failing to enjoy today because I am rushing on to tomorrow. I also have things in my life I should have learned from but didn't. Those can be like a sore tooth drawing my tongue to see if it somehow healed itself.

Still, we must not rush through life without feeling the feelings. Learning why something feels good can teach us as much about ourselves as learning why something feels bad. Taking time to process feelings can help us not only pay more attention to the people, creation, and God moments around us, but help us learn more about the person we are and want to be and enjoy life! Processing the good stuff can bring the feelings of gratitude we need to put wings on our glider of hope. Wrapped in God's undeniable love we can get through, learn from, and let go of the other feelings. And what a joy to have Friends to move forward with, Friends who rely on God's love and Presence!

## Russ' Reflections

### Choral Praise

On March 12, 2020, the day of the last rehearsal of the Friends Choir, we were preparing music for Palm Sunday and Easter when Covid-19 intervened in our music-making. It was hard for some of us to adjust to a routine without singing together. Fortunately, we were able to find ways to provide music for worship with our section leaders, through recording and live presentation. A big thank you goes out to them!

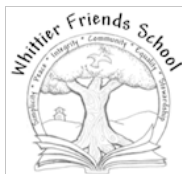
With support from the Music Committee and all the Clerks of the Meeting, we are planning to revive the Friends Choir this fall. We will be rehearsing Sundays from 9:00 a.m. to 10:30 a.m., followed by Meeting for Worship at 11:00 a.m., beginning September 11. We may call one rehearsal prior to that Sunday if all the singers can be present. Initially, we will prepare an anthem and hymn for each Sunday and will be preparing music for two Music Sundays on November 6 and December 18. We'll see how it goes. I invite your prayers for our ministry. Depending on the number of singers, we may rehearse in the choir room or in the meeting house. The physical arrangements for worship are yet to be worked out. We want to follow safe protocols, so masks will be required (N 95 or KN95 are preferred), and we will try to keep appropriate distances from each other.

If you are new to the Friends Choir, I hope to arrange a time to meet with you so we can talk to hear your voice and see how you will fit in the sound of the choir.

If you are interested in singing in the Friends Choir, please contact me at 562-309-5461 (phone or text).

*It is good to sing your praises and to thank you, O Most High, showing forth your loving kindness when the morning lights the sky. It is good when night is falling of your faithfulness to tell, while with sweet, melodious praises songs of adoration swell.*

--Psalm 92 (paraphrased).



## News from Whittier Friends School

What's black and white and red all over? Sun-burned students wearing zebra costumes! Whittier Friends School is back at it, starting our 48th year, though our students returned without too much sunburn, fortunately, and it's a little too hot for zebra costumes. Both preschool and elementary classes are fully open for learning with before and after care available. History and science topics this year are Civilizations and the Middle Ages, and Earth and Space. We look forward to all the reading, arts and crafts, and activities surrounding these topics, and are even hopeful for a few field trips to support this learning! Our board meetings will continue to be online, though we are hopeful we will be able to hold some family events in person. One example is our Family Work Day, which was held on Saturday, August 20 in-person on our campus. Keep your eyes peeled for stories and pictures in *The Living Light* about these opportunities for our families to be together.

Our school continues to rely on fundraising to support our budget. During the next few weeks, invitations will go out to support our Annual Giving Campaign. Please consider adding us to your regular giving. If you would like to receive information about how you can support the School, please email me at [cassie.wfs@gmail.com](mailto:cassie.wfs@gmail.com).

There are many ways you can support us. Scrip gift card orders are placed monthly. You can email Lea at [lea.wfs@gmail.com](mailto:lea.wfs@gmail.com) for information on scrip, gift cards where you receive the face value that you pay for while the company donates to us. It is a great way to budget your monthly spending or purchase gifts. You can purchase scrip and then donate it to our school to help with classroom expenses. We especially appreciate amazon.com and Petco scrip. Visit our Amazon wishlist from the link on our website.

We are so grateful to our First Friends community for the ceaseless support, and look forward to sharing with you all of the exciting things we do this year. Remember to refer us to local families seeking a new school.

--Cassie Caringella



*'Fullfilling Your Ministry' continued from page 1*

It's through the enlightenment that can only come from furthering our knowledge and education in a circle, be it physical or online when distance or ability makes that difficult, and making that technological faith portal available to all.

And on and on and on.

So here's the second question for your prayerful consideration. What are your gifts, interests, and talents, and how can they serve your faith community?

The many threads of our ministry are linked by an organizational structure of committees. But committees are so much more than meetings and files and labor. They give us the uncommon opportunity to engage in the joy of Quaker process, and to not just talk about otherwise dry and contained agenda items, but to have discussions of spiritual importance to the Meeting, to our ministries, and to you as an individual.

Is the work of the Business and Finance Committee just juggling a string of numbers and counting beans? Not hardly--it's discerning the best ways to make all of our ministries possible, and keeping faith with the investments of our members and attenders. The Communications Committee's mission is to stimulate the most meaningful and inspiring involvement in our ministries for all Friends, no matter what their most convenient communication channel. The Fellowship and Kitchen Committees celebrate our ministries through fellowship. Ministry and Counsel fulfills and enables the spiritual care of all of us, both singly and in community.

The Music Committee discerns how we create an atmosphere of worship, making use of the rich and inspiring work of not only Friends today, but generations of enlightenment expressed through music. The Christian Education and Outreach Committee is the spark that moves us forward in not only our lifelong learning and spiritual growth, but to also make real our leadings on issues of

morality, peace and justice locally and around the world. Our Trustees ensure that First Friends is not only a community of people, but also a place--a place where all Friends may grow and witness.

The Personnel Committees has within its care the professional relationships between the Meeting and the paid employees of First Friends.

Finally, the Nominating Committee prayerfully considers individual aptitudes and interests in recommending how the committee ministry is divided among all members and regular attenders of the Meeting.

The structure of each committee includes a clerk and however many members are determined by the Meeting--it varies widely from committee to committee.

If all of these committee descriptions sound like literary flights of fancy, prepare yourself for a surprise: they come directly from our existing Policies and Procedures, available for your review in the blue binder in the library.

Please take some time to think and pray about where you are led to serve and guide our ministries. It is now being considered that all committee Meetings for Worship with a Concern for Business will be accessible on Zoom, to enable distant Friends and those with travel restrictions to participate.

The Nominating Committee is beginning its work now and will be active for the next two months. They welcome your own discernment in what areas you are most interested in as a member of our community. Please share your thoughts and leadings with Marilyn Fant, the clerk of Nominating Committee, at [marilynsfant@gmail.com](mailto:marilynsfant@gmail.com). Members and attenders will also be contacted by members of the Nominating Committee to assist in discernment. The Nominating Committee is invested in helping make every Friend's ministry a vibrant reality.

*--Elisabeth Elliot*



Caryl Bradley	Sharon Huffaker
Joanne Camp	Siobhan Marsh
Hudson Caringella	Lea Thirkettle
Landon Caringella	Julie Urner
Steve Condou	Mindy Van Dorn
Anne Eggleton	Chris Votaw
Lyn Gruber	Mahlon Woirhaye
Marina Harris	Gwen Woirhaye
Randy Hays	

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!

## Back to the Garden

We are planning another trip to the American Friends Service Committee community garden in Los Angeles. All Friends are welcome to come and help in the garden, or come to see what a beautiful, wholesome, healthy place it is and meet the community that has grown with it and tends it so lovingly.

Our next trip will be on Saturday morning in November, so now's the time to make sure your gloves, trowels, sun hats, and water bottles are all in good condition. We look forward to getting our hands dirty!



## A Day of Peace and Fun

Peace Day was conceived as an alternative to our usual week-long Peace Camp. And it was a wonderful success!

Peace Day was full of all kinds of activities for young children and their families in the community. The children received a "passport" to record their activities with stickers, and a backpack to carry home goodies. Marie Kaneko headed up the welcome table. Marilyn Fant led a group with games and songs. Cassie Caringella facilitated a snack and story time. Jo Nita Beede was with the chalk sidewalk art. Deanna Woirhaye offered a family photo op. Barbara Healy Sprague, Justine Whitehead, and Candice Ryder headed up the rock painting, coloring, and sticker tables. Kat Ryder and Elyse Woirhaye were in the school yard with squishy animal souvenirs to celebrate the children's time with animals in our on-site petting zoo. The bunnies, ducks, goats, sheep, and various other friends were appreciative of the attention and patient with the children. It was a good outreach to our community and a fun day for everyone involved.

Thanks to all the Friends on the committee and to the Friends who showed up to help greet our guests and support the fun day.







## Food and Fellowship in the Park

What is there not to like about Picnics in the Park? The food is great, the company is wonderful and even the weather, flies, and ants generally cooperate. Our Wednesday night weekly gatherings were well attended and greatly enjoyed all summer. We gathered in prayer and then headed to the buffet table, dove into all the gourmet offerings, and enjoyed the fellowship. This summer, the experience was twice as sweet after having such a long dry spell of two years with no Picnics!

Having had such a rewarding experience, we're busy thinking up ways to meet, feed, and fellowship as we continue safely gathering during a pandemic.





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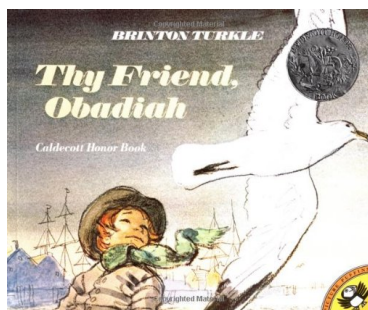
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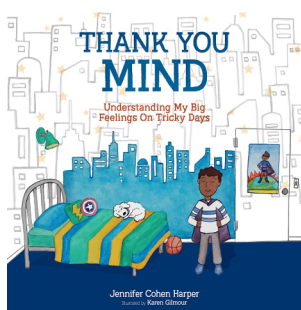
## Meeting for Learning--One Class, All Ages!



Join us for Meeting for Learning every Sunday starting September 11 at 9:30 a.m in person or online. We are returning to our popular intergenerational format. Friends of all ages will read a storybook that raises issues about acceptance, caring and working with others, and then engage in queries together.

Some of the books that we will start with are *What if We were all the Same?*, *Yoko, Thank you Mind*, *I am Jazz*, *All the Way to the Top*, *Thy Friend Obadiah*, *Pink and Say*, and *Amazing Grace*.

Friends are invited to buy their own copies of the books and donate them to a local school or library. Watch the Enews for announcements of the book of the week, queries to go with them, and Zoom information. If you have questions please contact Loletta Barrett at [pastorffc@verizon.net](mailto:pastorffc@verizon.net) or Marilyn Fant [marilynsfant@gmail.com](mailto:marilynsfant@gmail.com).



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