For the fruit of the light is found in all that is good and right and true.

Volume 58, Number 10

Whittier First Friends Church

November 2019

With Gratitude We Own

It's Stewardship Month, the time when we plan how we will care for our Meeting in 2020.

Your plan for support pays for not only our ministries, the maintenance of the property and salaries of our staff but also significant giving to those in need all over the world.

Please prayerfully consider the faith promise you will make with your plan for support.

If you did not receive a plan for support card, please pick one up in the office, email firstfriendswhittier@verizon.net or call the office to have one mailed to you. Plans for support are due on November 10, when the Business and Finance Committee hosts a free luncheon at Rise of Meeting for all members and attenders to celebrate the ongoing support of the Meeting, whether it is with time, talent or treasure. Monthly Meeting will follow afterwards



It's the Great Pumpkin, Cedric Woirhaye! See page 4 for details about Cedric's take on what makes a pumpkin great.



Friends had a wonderful and blessed time talking about the Quaker way at the inaugural Whittier Pride Festival in September.

Kenya To-Do List

If you are thinking about attending the Friends United Meeting Triennial in July, now is the time to get ready. You need:

- ☐ Passport with six months' validity and at least two blank pages.
- ☐ Tourist visa.
- ☐ Vaccination for yellow fever.

 There are no currency restrictions for entry.

 More information can be found at travel.state.gov.

Friendly Fare by Lea Wright

Dear Friends, Dan & I had a full house in October



when all of my siblings along with my visited, mother Elinore (Bates) Petoletti. Youngest brother Steve Bates (who lives in Denmark) brought his class over for a field trip and he arranged to stay an extra ten days after the class went home. My older brother Ward Bates (from WY) & sister Lynda Bates (from Antelope CA) also came to visit, and my mother managed to get a group picture of us.

Friends Celebrate: George & Carrin Bouchard celebrate their 35th anniversary, and Mike & Lynda Ladwig celebrated their 54th anniversary in October.

Friends About Town: Laura and Owen Torres will once again be in the Black Watch Color Guard leading the Whittier Christmas Parade on December 14. You might also see their group picture in promotional material for the parade. Anathea Woirhaye was recently declared a winner of the Whittier Harmony Center's 10th Annual Fine Art and Craft Fair in the high school division for her self-designed and handmade "Prom Dress." At press time, her prize distinction was not yet revealed. Deanna Woirhaye is participating in the Whittier Photographic Society's art exhibition "A Gathering of Photographers: Snap Judgment Show" from November 14-23. The art reception will be on Saturday, November 16. Deanna also anticipates entering The Framery's and Fine Art Gallery's Annual "5x5" art event, also in Whittier. The artists reception is Saturday, December 7 at the Framery gallery. The show will run until December 21. Michael & Elisabeth Elliot went to the Hollywood screening of "How the West Was Won" presented in the original Cinerama and found themselves sitting next to Randy Pastrone & Sylvia Graber Pastrone! The couples had no idea they shared a passion for classic films.

Friends Visit: Joanne Camp invited her niece Susan Walker Conta to accompany Joanne and her younger daughter Colleen on a trip to Iowa to show them where their mothers were born and to meet some relatives. Susan is Marilyn (Votaw Walker) Dickey's daughter. Marilyn and Joanne were sisters. Marilyn was

Ruth Beede's (mother of Jo Nita Beede) best friend and Susan and Jo Nita became best friends when her parents (Don & Ruth) started bringing the family to First Friends around 1964 when Susan and Jo Nita were 10 years old. And



that is your Friends genealogy lesson for the month.

The day before their trip Joanne and Susan joined Jo Nita for breakfast together at Arthur's coffee shop in La Habra (where Jo Nita works, but it was her day off.) Here they are with *The Living Light* continuing our tradition: "The Living Light Travels." (Remember, your submissions are welcome and needed.) **Robert Sydnor**, a retired engineering geologist and seismologist who lives near Sacramento, joined us for Meeting for Worship in October while in town for his 50th class reunion at Whittier College. On an earlier visit, he said that when working for the state he was in a position to certify that all hospitals and public schools in California were safely located with respect to



earthquakes. His **Marshburn** relatives remember that he attended First Friends while in college. His grandmother, Cora Sydnor, also a graduate of Whittier College, was a well-known Pasadena Friend.

Friends Travel: Loletta Barrett recently visited Ami Troedsson and her friend

Karen who is helping and supporting her with selling her house. During their move from California to North Carolina, Melissa (Jones) Grabmiller, and her husband, Alex, stopped in Ohio and visited with Rex & Paula Jones.

Friends Connections: Lynda Ladwig attended Friends United Meeting Board meetings in Richmond IN, filling in for our regular Western Association of the Religious Society of Friends representative, **Bob Secord**.

Living Light Archives: Did you know that issues of The Living Light dating back to 2011 are available to read online? They're all on our website at firstfriendswhittier.org/livinglight.

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 Meeting for Worship on Sunday. See you next month!

This Month in Meeting for Worship

November 3 Russ Litchfield brings the message

Who Are You, God?—What's in a Pronoun?

Psalm 100; Exodus 3:13-15

November 10 Loletta Barrett brings the message

Make New Friends

Haggai 2:3-9, Romans 12:1-8

November 17 Lynda Ladwig brings the message

Not Just a Potluck

Acts 2:42-47

November 24 Loletta Barrett brings the message

Cousins in Peace

Luke 1: 68-80, John 14:27

December 1 Loletta Barrett brings the message

What is God's Promise Fulfilled?

We Gather Together

The annual Community Thanksgiving Celebration is Sunday, November 17 at 5:00 p.m.

Featuring music presented by the choirs from many faith communities, the Celebration will be hosted by First Christian Church, as this is their last Thanksgiving in their current location on the corner of Hadley and Greenleaf.



At Monthly Meeting for October on October 13, Friends were encouraged to give thought to attending the Friends United Meeting Triennial in Kenya in July. There are some funds

available to help with travel and accommodations. We approved outreach funds be distributed to FUM's Global Impact Fund. The Envisioning Group is looking at options for the 2020 budget and exploring capital improvements that will make our facilities more attractive and functional for event and meeting rental. We approved that the Nominating Committee consider candidates for the board of Whittier Friends School.

Monthly Meeting for November is November 10.

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.

Loletta's Lines

We can get overwhelmed by the number of things going on in our lives and world, and the need to change things for the better. Where to start?! Bill Wright once advised Deanna Woirhaye: "Do the one thing that speaks to you the loudest." But first, we can gather with Friends to



worship, discuss, work, and talk to God!

Sometimes the words of Thomas Merton's prayer help me center:

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

I finally realized I did not know who Merton was so I Googled him and found a biography on Wikipedia: "Merton (1915-1968), an American Trappist monk, was a mystic, poet, social activist, scholar and pioneer in interfaith dialogue, and a quiet pacifist." I wish I could have talked with him about life! But sometimes he is even more wordy than I am. I admit even his beautiful prayer is too much to sort through when I am hopelessly worrying about stuff. So I shamelessly reworded it for myself:

I have no idea. But I will trust the Spirit's leading and focus on becoming. Even if I feel lost I am following the luring to all that is God. I am not alone.

With God and you, Friends, it's all good.



YOUTH FELLOWSHIP



The Cal Poly Pomona Pumpkin Fest got underway the first weekend in October, and our youths were there once again to check it out. The Pumpkin Fest helps fund the school's agricultural program. With expectations high and the promise of going through the well-remembered corn maze, we headed towards Cal Poly Pomona.

Upon arrival, we took our lets-all-gather-around group picture in front of the farm store. Later, Lara and Elyse wandered the three-acre corn maze that seemed just a bit smaller to them, now that they are older and taller. A few of us gravitated to the farm store complete with a sandwich deli and some interesting one-of-a-kind items. Then it was off to the five acres of pumpkins where Cedric found the perfect great pumpkin. Cedric's criteria? On the round rather than oblong side and firm, not mushy.

Students from various clubs on campus were staffing booths to raise money for their organizations, small children were having a good time playing ring toss games and going through the children's pumpkin patch. Deanna and Candy wandered through the sunflowers and pumpkins on the hill. We can't wait to see those pictures!

It was a hot day in Pomona and although shade was at a premium, we left refreshed and glad to have spent some time together.

—Lynda Ladwig



Lara and Elyse put together hygiene kits for our friends living on the streets.



Whittier Friends School students enjoyed a field trip to Amy's Farm, a non-profit educational and working farm. It strives to cultivate community life, friendships and social justice; to educate for healthy and sustainable people and places; and to preserve agricultural lands and organic ways of growing food. We were interested to meet Farmer Randy, who has a connection with Montclair Friends. He shared with us that food from their garden goes to a halfway house that primarily helps women transitioning from time in prison.



Whittier Friends School had 15 children and 12 adults visit the farm, where we were able to tour their gardens and view their irrigation system, experience milking a cow, brushing a horse, and also choosing a pumpkin to take home. The mission of Amy's Farm is to encourage young people's interest in farming. Our children left the field trip with the sense that though farming can be challenging work, it is also fun.

Whittier Friends School has completed presale for our Nuts and Candy sale, but don't worry if you didn't preorder because we will still have plenty of goodies available. Keep an eye out for your orders or pick up extra items on November 17 and November 24. Also remember your shopping and dining needs for the holidays and purchase scrip gift cards from our scrip fundraising program. Our school gets a percentage and you get the face value of the gift card! Speak to Cassie Caringella or Lea Wright for more information.

—Cassie Caringella

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Schedule for Sundays Unprogrammed Worship—8:30a First Day Classes—9:30 a Friends Choir Rehearsal—9:30a Meeting for Worship—11:00a					1	2
3 4:00p Cold Weather Shelter Kick-off Dinner	4 1:30p Writing Class	5 7:00a Spiritual Growth Group 9:00a Trustees Meeting 6:00p WFS Parents' Meeting	6 6:30p Business & Finance Committee Meeting	7 7:00p Choir Rehearsal	8	9
10 12:15p Stewardship Luncheon & Monthly Meeting	11 10:00a Needle Workers 1:30p Writing Class	7:00a Spiritual Growth Group 4:00p WFS Committee Meeting	Friendly Fare Deadline 6:00p All Friends Fellowship Night (AFFN)	14 7:00p Choir Rehearsal	15 Living Light Deadline	16
17 12:30p Youth Fellowship Lunch w/Mary Marshburn 12:30p Music Committee Meeting	18 1:30p Writing Class	7:00a Spiritual Growth Group 7:00p Ministry & Council Meeting	20 10:00a Christian Education Committee Meeting	21 7:00p Choir Rehearsal	22 10:00a Whittier Regional Symphony Concert Preview in Fellowship Hall	23
24 5:00p Community Thanksgiving Celebration-First Christian Church	25 10:00a Needle Workers 1:30p Writing Class	7:00a Spiritual Growth Group 7:00p Choir Rehearsal	27 Living Light Folding	28 Thanksgiving Day	29	30



Patrick Andrews J. William Bateman Marie Kaneko Lynda Bates Steven Bingman Judy Browning Avalon Caringella Samantha Cramer Judith Ellis

Christopher Jones Albert Langley Kent Marshall Rennie McIntosh Jerry Montgomery Stephanie Murillo Dawn Ortega

Zoe Overmyer Dylan Purkiss Mary Raymond Neva Root Ashley Ryder Bob Secord Kristina Shull Audine Votaw

David Warren Brendon Woirhaye Norman Wright Marygene Wright Lea Wright

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

Annual Publishing of Statement of Ownership, Management and Circulation

This statement must be published once a year in any publication

PS Form 3526 (All Pe 1. Publication Title FIRST FRIENDS CHURCH/LIVING LIGHT 2.			
CHURCH/LIVING LIGHT	Statement of Overiodicals Publicals	wnership, M cations Exc	Statement of Ownership, Management, and Circulation (All Periodicals Publications Except Requester Publications)
	2. Publication Number 316320	8096	3. Filing Date 09/26/2019
4. Issue Frequency 5. MONTHLY	5. Number of Issues Published Annually 11	olished Annually	6. Annual Subscription Price \$ 0.00
7. Complete Mailing Address of Known Office of Publication 13305 PHILADELPHA ST WHITTIER, Los Angeles, CA 90601-4386	ion		Contact Person MARY BOLTZ Telephone //RR2) RAB-2016
8. Complete Mailing Address of Headquarters or General Business Office of Publisher 13205 Philadelphia St Whitter, CA 90601-4303	Business Office of Pub	ilisher	2000 000 /500/
9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor	ner, Editor, and Managi	ng Editor	
Publisher (Azorne and complete mailing address) First Fleeds Church 13205 Philacelphia St Vihitler, CA 90601-4303			
Editor (Name and complete maling address) Elisabeth Elliot 13205 Philadelpina St Whitter, CA 90601-4303			
Managing Editor (Name and complete mailing address) May E Boitz 13205 Philadelphia St Whitter, CA 90601-4303			
10. Owner (Do not leave blank if the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding if percent or more of the total amount of stock. If not owned by a corporation amount and addresses of the individual owner. If owned by a permember, or other unincoproted firm, give its name and address as well as those of each individual owner. If the unkneador is publication to publication by a comportific organization, give its name and address.	a corporation, give the n olding 1 percent or more by a partnership or other ted by a nonprofit organi	ame and address of the total amount unincorporated firm zation, give its nam	If the corporation immediately followed by of stock, if not owned by a corporation, give is, give it is name and address as well as end address.)
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18. Signature and Title of Editor, Publisher, Business Manager, or Owner Title	itle	Date
Mary E Boltz	Managing Editor	09/25/2019 12:10:04 PM
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The Cycle of Grace

This summer, Bella Sturr and I attended Friends United Meeting's Stoking the Fire sessions in Indiana.

One of the difficulties of using fire as a metaphor is that a fire unattended and neglected often burns out. Burnout can be and often is a very real situation, at school, working on a project, in our jobs and even in our relationships. Stoking the Fire is a place that speaks to ways of reigniting the fire, introducing new fuels and perhaps poking the old embers to create sparks, and stir up ideas and passion for whatever path lies before us.

While the term burnout didn't come about until the 1970's, it is certainly not a new idea. Scripture tells us of Moses struggling to perform all the functions of leadership, wearing himself out; and of Jeremiah struggling with his call, confessing his disillusionment and cursing the day he was born. Even in the New Testament we find Martha exhausted and irritated at her sister Mary. Perhaps it was just a short-lived feeling and maybe it was expression of a deeper conflict.

In our first evening session at Stoking the Fire the idea was presented that we often put our emphasis on the results of what we do, what we have done, what have we accomplished. How are we being the hands and feet of Jesus? How are we following God? I don't know about you but sometimes, I begin to feel like I've been down this road before. What else can I do? Time gets away from me and I struggle to make time for God in the midst of my schedule.

Do you struggle? Or do you sometimes stay so busy doing things for God that you can't relax and just be with God? Walking our talk should not result in our spirits being weary and stressed. Jesus faced amazing pressure and overwhelming demands throughout his ministry but he did not experience the burnout so frequently found among us today.

This is because we tend to follow a Cycle Of Works, not a Cycle of Grace. We approach the cycle backwards. We start with Fruitfulness. It feels natural to most people to make achievement the starting point. This is where we put our time and energy. We work hard to make something of our lives. In life, this looks like focusing on our activities, our outcomes, our "fruit."

Then we try to find Significance. We depend on our achievements to make us significant in the world. We may find ourselves attaching our identity to what we do and how good we are at it.

From Significance, we seek Sustenance. If we achieve and are therefore significant, we are worthy of being sustained. If there is a lack of fruit, we may question our worthiness and struggle to request help for our needs.

And then—and only then—we will be Accepted. After all this straining and striving, we finally reach acceptance. This acceptance is based on the job well done, the fruitfulness, and consequent significance. Apart from this good work, there is no real sense of acceptance or being "ok."

Our natural tendency is to strive for acceptance, to do enough to be acceptable. But this backwards cycle is not a path to life. It leads only to weariness of our souls.

That path doesn't begin with achievement, but with the deep, transforming love of God for us—a love not based on anything we do. It's out of that life-giving place of knowing and delighting in God's love, accepting the grace, gifts, and goodness of God, that our significance, and finally our true ministry in life, flows. In the book *Cycle of Grace*, Trevor Hudson and Jerry Haas explain how we can learn the rhythm of living—the Cycle of Grace—that Jesus demonstrates throughout the Gospels.

In the Cycle of Grace, there is a balance, much like a gyroscope relying on the center point to be, well, in the center. And to accomplish this, here are the four steps in the cycle in the proper, "graceful" order.

Step 1 is Acceptance

In the Cycle of Grace, which we see modeled in the life of Jesus, the starting point is acceptance. Matthew 3:16-17 says:

And when Jesus had been baptized, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, "This is my Son, the Beloved, with whom I am well pleased."

Jesus heard the voice of acceptance from God before he did anything in ministry. Jesus knew that God loved him and was pleased with him, apart from anything he would accomplish.

Step 2 is Sustenance

After Acceptance comes Sustenance—those things God provides us that nourish us and keep us healthy. What examples of this do we see in the life of Jesus? He broke bread with others. He rested and slept. He celebrated life's moments. He spent time with people (especially those people he called friends). He went into nature to be alone and pray. These are just a few examples of the rhythms of life that kept Jesus going.



Russ' Reflections

Make a joyful noise! Worship God with gladness! We are his people! Enter her gates with Thanksgiving! God is good and its love endures! These are familiar phrases from Psalm 100, *Jubilate Deo omnis terra*. This text is a call to worship, community and

thankfulness. It is traditionally one of the Canticles for Morning Prayer in the Church. So, naturally, many composers have written many settings of Psalm 100 for use by choirs and congregations in liturgy and hymn singing. As we move into the season of Thanksgiving, it is appropriate for our Meeting to experience this text in a variety of musical settings, which we'll do all through November in Meeting for Worship. Composers will include C.V. Stanford, Arthur Sullivan, John Rutter, Henry Aldrich (Anglican Chant), and Emily Crocker. We will also sing Psalm 100 in rhyme and meter, Old Hundredth.

Psalm 100 invites us to sing together and offer our praise to God, to whom we belong. Why? Because God is faithful and loving. In addition to offering our praise we will consider how we address God with the use of pronouns. God's name is "I Am," according to the Old Testament. In some traditions, God's name is not spoken and other ways of addressing God are used. In current English usage, there are no genderless pronouns we can use to refer to God. In an effort to refer to God in a personal way, we mostly use he or his or, if we are daring, we could use she or hers. Both are exclusive of someone and do not really portray God as the mysterious entity that God is. Before the 1820's, they and theirs was possible and is an alternative coming back into usage. This is harmonious with the notion of the Trinity. We could also use it and its, but these words seem cold and more distant. Friends refer to the Light and the latter might seem fitting there.

We look forward to seeing you in Meeting for Worship this month, as we explore different renditions of this psalm, all the while making a joyful noise and praising and thanking God.

Walk in the power of the Truth that the name of the Lord God may be glorified among you, his renown may be seen in you and among you, and all the world may be astonished.

—George Fox, Epistle 79, 1654

Never have I seen my country more in need of astonishment.

—Shan Cretin, bringing the message at First Friends Church on World Quaker Day/Outreach Sunday, 2019 Subscribe to *Quaker Life*, the official publication of Friends United Meeting. *Quaker Life* publishes four time a year and each issue features reflections, images, art, and storytelling on a different theme. Feel connected and empowered as we deepen our lives of faith together.

Individual subscriptions start at \$40/year, but we can take advantage of a group discount if enough people subscribe., call the church office.

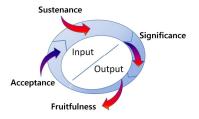
The Cycle of Grace' continued from page 7

Step 3 is Significance

Jesus's life wasn't significant primarily because of what he did, but because of who he was. His very presence carried the light and love of God. Before he ever did a miracle or gathered a crowd for teaching, Jesus was making an impact because of that built-in significance. Jesus knew who he was and what he came to do. He didn't have to strive more and do more in order to be significant. In fact, sometimes he avoided doing things people wanted him to do, because it was more important to be obedient to God.

Step 4 is Fruitfulness

Rooted in love and acceptance from God, nourished and filled up by those things that gave life to his soul, and knowing who he was and what he came to do, Jesus' life was active ministry. He preached the good news, he healed, he raised the dead, he cast out demons, and he taught. Jesus had incredible fruit! But his acceptance wasn't tied to his achievements. His achievements flowed out of his acceptance and unity with the spirit of God



It's important to note that the Cycle of Grace is just that—a cycle. As we do the work we feel called to do, we become depleted and need to be filled up again. We continually have to make our way around the whole cycle, being filled up by God spirit before we pour out for others.

The Cycle of Grace is not natural, nor easy to learn and apply. It takes great intentionality and work to grasp that the love and acceptance of God is not tied to our work and fruitfulness. ALL FRIENDS FELLOWSHIP NIGHT On Wednesday, November 13 we are privileged to have the New Century Singers bring a special musical program. Judy Kertes is the director and Russ Litchfield is the concert accompanist. Jean

Sponsler is one of the regulars and is the concert chair. The group will be singing a variety of songs with the theme of friendship, and it's bound to be a pleasing time.

Potluck dinner begins at 6:00 p.m. in Fellowship Hall with the program to follow at 7:00 p.m. Mary Marshburn will prepare the main dish of baked potatoes with all the add-ons. Sign up in the foyer to bring a main dish, salad or dessert. Drinks and bread will be provided. Please bring \$1 per person with food or \$3 per person if you do not bring food but will be joining us for dinner. There is no charge for youth 18 and under with their parents. Please come and enjoy the food, fellowship and program. A number of the singers will also be joining us for dinner.

—Ted Marshburn

A Mayor Goes to Machu Pichu

Owen Newcomer, former Mayor of Whittier and long-time City Council member, brought an engrossing slide-show travelogue to All Friends Fellowship Night in October. Owen and his wife Kristina went to South America in 2015 with a group associated with Rio Hondo College for a 17-day, 12-flight excursion.

Owen's presentation began with spectacular views of the fabled Copacabana Beach and Sugarloaf Hill taken from the high lookout at the giant Christ the Redeemer statue.

Since it was a month too early for Carnival, the group took off for Iguazu Falls, one of the Earth's great natural wonders. The broad Iguazu River winds through tropical forests and plunges over a ledge hundreds of feet high, creating continuous thunder, dense mist and rainbows. If you want a close-up view by boat (from the bottom!) or from a bridge along the top, wear your waterproofs.

The highlight of the trip was a visit to the mysterious abandoned city of Machu Pichu, which clings to a precipitous mountain top in a remote corner of the Peruvian Andes. Machu Pichu can only be reached by spending several hours via train and bus out of Cuzco, the ancient capital city of the ancient Incas. At 11,000 feet elevation, the group found breathing a bit difficult, and less so in the cloud forest at 7500 feet at Machu Pichu.

On Our Calendar	
Young Friends Fellowship Candy Making	December 7
Family and Friends Christmas Dinner	December 15
Cold Weather Shelter	December 16—23
Children's Christmas Workshop	December 20
Christmas Eve Meeting for Worship	December 24 at 8:00 p.m.
Young Friends Fellowship Snow Camp	January 31— February 2
Yearly Meeting of the Western Association of the Religious Society of Freinds	February 22 or 29
Friends United Meeting Triennial in Kisumu, Kenya	July, 2020

Wanted: Turkeys

The Family and Friends Christmas Dinner is Sunday, December 15 and we need turkeys.

If you are able to donate a turkey for the dinner, please call the church office, or the head turkey wranglers this year, George & Carrin Bouchard at 909-596-2685. Turkeys that are cooked, sliced and ready-to-go save the crew much time and effort!

We also need dinner helpers on Saturday, December 14 as well as the night of the dinner. Please contact the church office to sign up for this fun and rewarding holiday tradition Yes, it really is fun!



Owen's dramatic pictures showed mountain-tops and deep gorges enshrouded in dense clouds, enhancing the profound mystery of the magnificent stonework constructed sometime after the Spanish conquest in the early 1500's. The purpose of the city is not known—perhaps it was the final retreat of the governors of the Inca Empire. If so, the site was well-chosen—the Spaniards never found it.

The final feature of the tour was a visit to Iquitos on the Amazon in the vast Peruvian rain forest. The group got a look at boas, sloths and the dreaded flesheating piranha.

This extraordinary AFFN program was matched by a sumptuous potluck supper coordinated by Mary Marshburn with the help of several Friends. Return Service Requested Postmaster: send address changes to: The Living Light First Friends Church 13205 Philadelphia St Whittier, CA 90601-4303

The Living Light
USPS 316-320
Volume 58 Number 10
Issue Date: November 1, 2019

The Living Light is published monthly by First Friends Church, 13205 Philadelphia Street, Whittier, California, 90601-4303. Periodical postage paid at Whittier, California. Elisabeth Elliot Marie Kaneko.....Copy Editor Loletta Barrett..... PastorAssociate Pastor Lynda Ladwig...... & Christian Education Coordinator Russell Litchfield.... ...Director of Music Ministries & OrganistOffice Administrator Mary Boltz. Lorenzo MoraCustodian

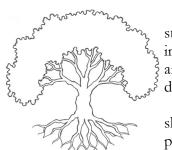
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Periodicals
Postage Paid at
Whittier California

What the Well-Dressed Quaker is Wearing



Orders are now being taken for three different styles of shirts featuring the Meeting logo. These include a forest green T-shirt, a white polo shirt and a white button-down Oxford-style long-sleeve dress shirt.

This is the first time in many years that church shirts have been available and are being made possible through a partnership with J&M Graphics, which is donating \$2.00 from every shirt

purchased back to the Meeting.

Prices range from \$10.00 to \$15.00 for T-shirts in child's and adult sizes. Polos are \$17.00 and dress shirts are \$30.00. Extended sizes are available upon request for a few dollars more.

Print an order form by clicking the link at firstfriendswhittier.org, pick one up in the church office, at Meeting for Worship on Sundays or email Elisabeth Elliot at communiquaker@gmail. All orders need to be prepaid by check or cash only.

Orders are being taken now through December 1. Wear your First Friends gear with pride!



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

Peggy Anderson
Jack Carlisle
Rose Nedrow
Paul Partington
Kathy & Klane Robison
Ann Smith
Clella Snider
Ami Troedsson
Carol Urner
Gerry Wolfe