

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

July/August 2026

Honoring Youth - Promotion Sunday



and class leaders were recognized for their contributions to our Christian Education program.

Cedric Woirhaye, a graduate of Cal Poly Pomona with a B.S in Environmental Science and a minor in Agribusiness brought the message in Meeting for Worship. He spoke about his growing faith and how his academic journey and Native American heritage have led him to a strong alignment with the Quaker testimony of stewardship. He recalled reading about an oil spill in 5th grade that led him to an awareness of the consequences of global warming. In the following years, he learned about how conventional animal agricul-

ture, particularly cattle ranching, has contributed to deforestation, excessive water consumption, and greenhouse gas emissions.

Cedric shared that he has grown to connect with his ancestral Gabrielino-Tongva culture, which led him to embrace the belief that plants and animals are part of family and one must show gratitude to them for providing resources. He feels called to protect wildlife and only use needed resources, being careful not to waste, as this would be a sign of disrespect to ancestors and the Creator. Growing up as part of the First Friends faith community, he learned about the Quaker testimony of stewardship and realized how closely this aligned with his own inner leadings.

As a result, Cedric has participated in Earth Day events with the church, contributed to our solar panel installation celebration, and advocated for efficient lighting throughout the buildings. Personally, he has eliminated animal products from his diet, drives a hybrid car, picks up trash he encounters, and minimizes his use of plastic straws. Most recently, he has discovered *chapulines*, edible grasshoppers from southern Mexico that he has introduced to family, friends, and brave members of the First Friends community. His future dreams include launching an edible insect business, and he asked us to consider how our lives speak to this testimony.

Marilyn Fant, Clerk of Christian Education and Outreach (CEO) and Lori Graham, CEO member,

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Friendly Fare by Lea Wright

Dear Friends, Summer is here! I love the long days with time to do lots of activities. Wednesday evening picnics at Michigan Park are always fun, as well as the Monday evening concerts in Central Park. We also have organ concerts every Tuesday evening through July. What else can we look forward to?

Friends Celebrate: There were so many things to celebrate on Sunday, June 21! It was not only Father's Day and the summer solstice, but also a joyous 73rd anniversary for **Ted & Mary Marshburn** who were married in the old red brick Meeting House on June 21, 1953.



Friends About Town: In May, **Randy & Sylvia Graber Pas-trone** joined **Milton** and **Dan Wright** for a Studebaker car show in Fullerton. Here are Randy and Sylvia with their 1953 Studebaker and Mil-



ton with his 1921 Studebaker along with the Living Light continuing our tradition: "The Living Light Travels." (Remember, your submissions are welcome and needed.)

Jerry Coffin (Carrin Bouchard's brother), shown with his daughter **Ella**, had some family fun in the Philippines where they live. Carrin

knows he'll get a kick out of being in the LL. **Deanna Woirhaye** was recognized with two "Honorable Mention" awards at the Whittier Art Gallery's Summer Show recently. The titles of her photos are, "Taking the Waters" (an image of the Roman Baths in Bath, England) and "Traversing the Coming Unknown" (an image of **Anathea Woirhaye** hiking along a path on Pendle Hill, England).

Friends Visit: Last month **Ted & Mary Marshburn** had visitors from Maine: daughter **Carol Marshburn**, her husband, **John**, and their daughter **Lake Érsek. Weston Van Dorn & Audrey** from Portland, Oregon, along with the **Van Dorn** and **Wright** families joined **Tammy Van Dorn** in Meeting for Worship to support Tammy's partner, **Dane Perczak**, who brought the message on June 21.



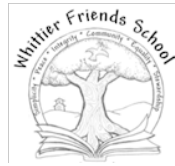
School and Work News: **Avalon Caringella** received the P.R.I.D.E. award at Benton middle school. (P- perseverance R- respect I- integrity D- determination E-excellence)

Friends Travel: **Bob & Louise Secord** so enjoyed their recent road trip. They traveled by car in these 20 different states: CA, OR, ID, MT, WY, ND, IO, IL, IN, OH, TN, NC, SC, GA, AR, MO, OK, TX, NM, AZ, and back to CA. The Southeast and Midwest were brutal due to high temps and humidity. Traffic was light except for metro areas where it was moderate. They drove trouble-free except for one flat tire. Visiting friends and relatives was most enjoyable, and it was a very good trip. **Candice & William Ryder** traveled to the Colorado Rockies in June for their Granddaughter's wedding. Their extended stay included stops at several mining towns to enjoy the local history and magnificent scenery. **Loletta Barrett** had a wonderful trip to Scotland, Wales, and England. She also loved being at Pendle Hill in Philadelphia. **Christy Tavernelli** got to meet up

Russ' Reflections

More Summer Organ Concerts

By the time you read this, we will have had two out of six Summer Organ recitals on Tuesday evenings at 7:30. The first was a demonstration of the organ (see photo). The second was a collab between Marina Harris, Michael Fausto, and Russ, presenting arias from oratorios, folksongs, and spirituals, and some "Bible" songs. July 7th will be 250 years of American Organ Music. July 14 will feature music from television. July 28, "The Mystical Organ," will include music by Arvo Pärt, Olivier Messiaen, Herbert Howells, and a piece by Alan Hovhaness for 2 oboes and organ, played by Noah Breneman and Evan Sanchez. The final program will present early organ works by the "Whippersnapper," Johann Sebastian Bach.



News from Whittier Friends School

The month of June has some meaningful traditions at Whittier Friends School. Our school community held June Recognition Ceremonies celebrating our Preschool and Elementary classes, with the theme "Discovering our Place in Time and Space." Seventeen Elementary students were honored on Wednesday, June 10, and 17 preschool students were honored on Tuesday, June 16, including 12 preschoolers who were honored as "graduates," wearing caps and gowns. Along with recognizing the growth and accomplishments of our students, we also recognized parents, volunteers, committee members, staff, and donors. Whittier Friends School could not be the incredible school it is without all the support it receives.



Our annual Mother's Beach trip on June 9 had a great turnout, and we actually had sun this year! June is usually a gloomy month for the beach. Over 40 kids, parents, and friends were in attendance, and along with swimming, wading, digging, and climbing (it has a very fun playground), a highlight of the trip included seeing a jellyfish!

Summer is already off to a fun start, so keep tabs on our adventures on social media: Facebook facebook.com/whittierfriendsschool and Instagram instagram.com/whittierfriendsschool.

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 Zelle (paid to finance@whittierfriendsschool.org) or Paypal at finance@whittierfriendsschool.org; Or consider visiting our school's Amazon Wishlist at amzn.to/2QK8Yp8.



Summer Worship

Summer worship will be a little simpler as we move into Fellowship Hall. I am planning to introduce a couple of new bits of music that we will sing multiple times, and I hope to have some occasional instrumental music: if you play an instrument and would like to play a piece at the beginning of worship, please contact Russ and indicate your interest.

Reaching Out

Don't forget to reach out beyond our walls to share the Quaker way with those around you who may be struggling with the craziness in our country

Russ' Reflections Continued on Page 4



presented the awards and certificates. Cedric received the book *Holy Silence* by J. Bill Brent and *The Gospel in the Anthropocene: Letters from a Quaker Naturalist* by Brian and Darcy Drayton.

The Davidson Award, a monetary gift from an endowed fund provided by the generosity of Larry, Lucy, and George Davidson in recognition of students that use their gifts to serve the meeting, was awarded to Avalon Caringella and Landon Caringella. This award recognizes the recipients' artistic and creative talents, leadership and exemplary behavior, dependability and consistency in attendance, and the joy and enthusiasm they share with the Meeting.

The Jessup Scholarship was presented to Elyse Woirhaye. This monetary award is from an endowed fund established in 1985 by the family of the late Mildred Votaw Jessup, a beloved Sunday School teacher at First Friends. The funds are meant to aid with the purchase of books and general supplies for college students.

Additionally, youth participation certificates were presented to Hudson Caringella, Avalon Caringella, Landon Caringella, Adrian Day, and Anabelle Day for their Sunday morning class participation. The following adult leaders of the children's class were recognized: Jennifer Bermudez, Lynda Ladwig, Carrin Bouchard, Cassie Caringella, and Marilyn Fant. And certificates were presented to Candice Ryder and Loletta Barrett for their leadership in the Adult Meeting for Learning class.

with Loletta while she was in Philadelphia. **Bosè Robinson**, has moved to Brazil. She sends greetings. Here she is on the trail to the beach by her house.



Friends Correspond: It is always nice to hear from **Gerald & Sara Adams**, former members who transferred their membership to Grinnell Friends in Iowa in 1999 when they moved. They still enjoy reading the Living Light and staying connected to their Whittier Friends. We also received greetings from **Bruce & Debi Nelson**.

Friends Remember: Prayers for the family and friends of **Gordon Crocker** who recently passed to new life. Gordon was **Lori Graham's** father-in-law and friend of **Loletta**.

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. We are taking next month off, but will be back in September!

Russ' Reflections Continued From Page 3

and around the world and who may be seeking ways to quiet their minds and find positive and constructive ways to live. Ask people about their spiritual journey and listen. Then, perhaps, you can offer a Quaker perspective and invite them to experience our community. When someone you don't know attends Meeting for Worship, say hello and welcome them warmly. Answer their questions, and focus on them instead of retreating into your usual conversational groups and the busyness that often happens before Meeting. Don't crowd them with too much information or invitations to join, but welcome them to our community.

Peace Cafe 2026

This year's Peace Cafe was an overwhelming success! Over 60 attendees from First Friends, the Mission Collaborative, Harmony Center friends, families, and supporters of peace gathered in Fellowship Hall on Saturday evening, May 30th. The event featured plenty of delicious food, crafts, entertainment, and fellowship to support First Friend's weeklong Peace Camp for elementary age kids this summer.

Carrin and George Bouchard prepared a generous spread of food for the occasion including charcuterie, salads, sandwiches, and delicious desserts. George also debuted his new, long-anticipated Fellowship Hall sound system which resulted in much improved audio quality over previous years. Jo Nita Beede coordinated the open mic entertainment which featured music, singing, poetry, and storytelling.

Several artisans displayed their artwork and jewelry, including crafters Pam Laswell and Justine Whitehead who brought their handmade textile items and Cate Luehr from the Mission Collaborative who had a custom button-making machine with inspirational messages. Holly Overin honored



her late mother, and long-time First Friends member, Janet Church, with her artwork and books. Deanna Woirhaye brought a

collection of her award winning photo greeting cards, and her son Cedric shared the benefits of seeking alternatives to beef protein in our diets with samples of edible grasshoppers. And Darrel Warren from the FCNL Advocacy Group talked with attendees about how to make a difference by lobbying our elected representatives.

Jo Nita opened the evening's entertainment with her original song, "Orangewood" - a touching

tribute to her childhood and her mother - followed by her newest cover song, "Be OK With It" by Jack Tempchin. Dennis Bryan, from Harmony Center, played piano and sang a vocal solo with the lines, "There is love, there is joy, there is peace, there is a choice...we can create change." This was followed by a song urging us to, "Get dialed into peace...peace can set us free" with piano accompaniment and audience participation. One brave Harmony Center youth, Maevyn, sang a moving a capella rendition of "Blackbird" by the Beatles. Adam Day played his drum accompanied by his twins, Anabelle and Adrian, who clapped rhythm and took turns on the drum. Holly Overin performed several original pieces, and Norm Beede surprised the au-



dience with his improvisation on the piano. Other memorable moments included a variety of folk songs and familiar 1960's ballads calling for peace as well as thought-provoking poetry, personal stories, and laughter. It was a night of hope for the future and inspiration to work for peace.

Carrin Bouchard shared a bit of Peace Cafe history. After the fallout from 9/11, Carrin felt called to do something to promote the Quaker testimony of peace. Since then, this cabaret style event has raised money for Peace Camp each year (only interrupted by the Covid lockdown). "This year was our best year ever," said Carrin. "Not only was it the best attended, but also raised the most money." Overall proceeds amounted to over \$1200 to support Peace Camp. This year's camp theme is "Unity in Diversity" and runs from July 13 through 17th, 9 am to 2:30 pm. It is open to all children going into 1st through 5th grade, and it is not too late to register. If you, or someone you know is interested in Peace Camp registration, email friendspeace-camp@gmail.com to request the information.

American Friends Service Committee "Roots for Peace" Community Garden Open House

On May 28, members of First Friends Whittier joined the staff, community members, and supporters of the American Friends Service Committee "Roots for Peace" (RFP) Community Garden in Los Angeles for their open house. Also known as the South L.A. Community Farm, the garden was established in 2019 at a long vacant lot in collaboration with All People's Community Center to provide fresh produce to a low-income neighborhood and serve as a safe space for youth development, transformative healing, and food sovereignty. The site features dozens of raised family garden beds, an outdoor community space, and educational workshops that teach sustainable food practices.



The open house was an opportunity to see how the project has "blossomed" since our last visit when it was first opened. The evening featured guided tours of the grounds which included raised garden beds for community members, brightly colored murals, a compost station, and a gathering space. Other activities included card making, heritage seed sharing, delicious homemade plant based food, and passionate talks by staff, community members, and youth involved in the educational programs.

One community member shared how the site has been a safe space to bring her young daughter compared to the neighborhood playgrounds which leave them vulnerable to community violence and

immigration raids. She encourages allies to "build communities, not cages."

A high school youth talked about how, although she only joined the program a few months ago, finds it a calming place where she has

learned to speak up about injustices and step outside of her shyness. She called it a place of smiles, laughter, education, and engagement with her peers.

Another student who joined when the AFSC recruiter visited her high school and asked for volunteers who want to "change the world" spoke about how she has learned about oppression and equity. Through the training, she has acquired a greater understanding of policies that perpetuate institutional injustice and has learned how to advocate, organize, campaign, and fundraise. She attends UCLA now and dreams of establishing a center for undocumented people.

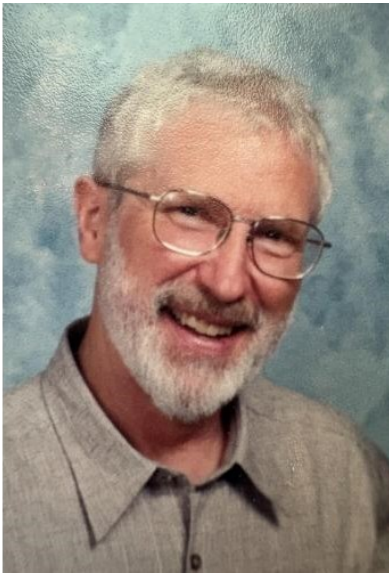
Crystal Gonzalez is the Director of Roots for Peace, Los Angeles, and the daughter of migrant farm workers. She expressed her joy at being able to host so many supporters, a number from Quaker meetings, for this inspiring and affirming occasion. She encouraged us to continue our support both spiritually and financially and to spread the word of their work so they may continue to build strong youth organizers and make a difference in the everyday lives of their community members.

To find out more about RFP, LA and/or donate visit afsc.org/programs/roots-peace You can also find them on Instagram or Facebook. And be sure to spread the word.



Remembering Robert Settlage

August 30, 1938 - April 18, 2026



Robert "Rob" Hurd Settlage was born to Arnold Fredrick Ernest Settlage and Katharine Hurd Settlage on August 30, 1938, in Akron, Ohio, the oldest of five siblings, and the only one born in Ohio. During WWII, his father Arnold went overseas with the U.S. Army and Robert lived with his mother

Katharine and younger brother Randy in Massachusetts. In 1945, his father returned from the war and moved the family to Downey, California. They lived there briefly before Arnold set up a private practice in the Crenshaw/Baldwin Hills neighborhood where Rob attended 54th Street Elementary School, Audubon Junior High School, and Dorsey High School - graduating in 1956.

Rob knew from a young age he would become a doctor as he was to be the fifth generation of doctors in the Settlage family. He attended Stanford University before moving on to UCLA Medical School. He completed his internship at Los Angeles County General Hospital and then a four-year residency in OB/GYN (following in his father's footsteps) at UCLA before graduating in 1968. He then obtained a Master's in Public Health in 1969 before spending two years in the Air Force stationed at Travis Air Force Base where he obtained the rank of Major.

While in medical school he met his first wife Diane and became a father to his first daughter Rachel before he and Diane divorced in 1975.

Rob was intrigued by public medicine and went to work for the Los Angeles County Department of Health Services at LA County/USC Medical Center in 1971, where his duties included oversight of the entire OB/GYN department and assisting some of the highest risk pregnancies in Los Angeles.

In 1975, Rob met Sue Friedhof while both were

participating as Greek folk dancers. This love for Greece and Greek dancing was transformational in both of their lives, bringing them close friendships and amazing travel experiences over the years. Rob and Sue married quickly, and they briefly lived in West Los Angeles before moving to Whittier, California, which remained their home for the rest of their lives. Together they had two daughters: Chrysanthi and Amanda.

Rob became an active member of First Friends Church, Whittier in 1983. This led him to become involved at a national level with the American Friends Service Committee. He also served on numerous committees at First Friends, most recently as Clerk of Ministry and Counsel.

In 1985, Rob joined the Rotary Club where he enjoyed deeper involvement in the Whittier community. Rob remained an employee of Los Angeles County Department of Health Services for 41 years, and after retirement in 2004, became a Trustee for the Whittier Public Library, served in the Los Angeles County Medical Reserve Medical Corps and on the Whittier Community Disaster Committee. He also served as a docent at the Bailey House. Rob was an avid runner and participated in countless 5k's, half marathons, and marathons. When an Achilles injury ended his running career, he took up lap swimming.

Robert passed to new life on April 18, 2026. He lived a long and full life surrounded by loving family. He was preceded in death by his parents, his wife of 49 years, Sue Settlage, and his youngest brother Arnold Settlage. He is survived by daughters Rachel Gonzalez Settlage (husband Paul and son Alex), Chrysanthi Leon (husband Miles, children Margaret and Robert), Amanda Settlage (daughter Trinity), and his siblings Randy Settlage, Katharine Settlage, Dorothy Settlage, Mabeth Settlage.

Services will be held at 1:00 p.m. on Sunday, July 26th at St. Marks Lutheran Church, 2323 Las Lomas Drive, Hacienda Heights, CA, 91745. In lieu of flowers, the family asks that donations be made to your local Planned Parenthood, the Whittier Public Library Foundation, Rotary International, The National Parks Foundation, and the American Friends Service Committee (AFSC). To plant trees in memory, please visit the Sympathy Store.

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Sunday, July 12

Visit by **J. Brent Bill**, beloved Quaker author of numerous books including *Life Lessons from a Bad Quaker* and *Holy Silence*. He will join the Sunday Morning Adult Class for a book talk, followed by his message in worship and a potluck luncheon in Fellowship Hall afterward. All are welcome to participate in each event.