



PHOENIX QUAKER MEETING NEWSLETTER

(Noticias de la reunión de los Amigos de Phoenix)

AUGUST 2026

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Sunday, August 2	10:00 – 11:00am	Meeting for Worship
Sunday, August 9	10:00 – 11:00am	Meeting for Worship
Sunday, August 16	10:00 – 11:00am	Meeting for Worship
Sunday, August 23	10:00 – 11:00am	Meeting for Worship
Sunday, August 30	10:00 - 11:00am	Meeting for Worship



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SUMMER NEWS & ANNOUNCEMENTS

- SAVE THE DATE! Half Yearly Meeting, September 25-27
- Compassionate Communication: 4 Session Class
- Conscientious Objection: Is This For You?
- Please Spread the Word-Letter from Andrew Gorby on Registering For the Selective Service
- What are Friends doing this summer?
- The Summer Day - Mary Oliver
- Watermelon Salad Recipe to cool you down!
- Fun with Jackson!
- Call to Action!

SAVE THE DATE:

Half Yearly Meeting

Quakers in Arizona love to get together with one another, and twice a year we do just that in what we traditionally call a “half yearly meeting” — essentially a regional gathering that brings Friends from across the state into community with each other. Our meetings from Flagstaff, Phoenix, Tempe, and Tucson (Pima Meeting) all come together to share fellowship, worship, and conversation.

We hold two gatherings each year. In the spring we meet in the Tucson or Phoenix area, but our fall gathering has a special character all its own. We meet at Emmanuel Pines, a Methodist retreat center nestled in the woods near Prescott — and if you are coming from the Phoenix or Tempe area, the cooler mountain air alone feels like a gift.

Emmanuel Pines offers dormitory-style lodging and a few cabins, as well as space for tent and RV camping. Those who prefer more privacy will find motels conveniently nearby in Prescott. It is a particularly wonderful place for children, who have room to run and explore, and for adults who enjoy walking among the trees and watching for birds and deer.

Our time together is lightly structured by design. We gather around themes that matter to us — last year we reflected on the value of friendship, and this coming fall we plan to explore simplifying our lives. There are also small group Worship Sharing sessions, five shared meals, and a campfire on the final evening. The cost for the full weekend, including two nights of lodging and all five meals, is approximately \$175 per adult.

Most people come away from Emmanuel Pines feeling genuinely refreshed. We hope you will join!

When: September 25-27

Where: Emmanuel Pines in Prescott, AZ

WEBSITE: <https://emmanuelpines.com>

Theme: When we talk about “clutter,” it’s often more than just the physical objects in our homes; it’s the mental “to-do” lists, the social obligations we keep out of guilt, and the old identities we no longer inhabit. We will explore ways to unpack this with interactive and fun activities for all ages!

Compassionate Communication

Don't we all want and need relationships where we are seen and heard accurately, where our feelings and needs are recognized and respected?

Further, don't we want to offer that same receptivity and attunement to people who matter to us?

The NVC process-created by Marshall Rosenberg, PhD-provides a framework that invites us to notice aspects of ourselves we may not be fully aware of and to be with those parts. Usually, this quality of presence helps us become more gentle and less self-critical and judgmental. Most often, we can offer the same kindness to others in our lives when we are ready. The aim is to live in the flow of life.

This class is designed to encourage self-connection as a foundation for relating to humans, animals, and plants. We will open with a greeting ritual and intention setting. Class activities will include gentle mirroring movement, listening to music, singing, writing, sharing in triads and in the entire group of 15. If you like, there is the possibility to meet with an "empathy buddy" to practice mutually expressing ourselves authentically and listening empathically between classes.

How to prepare:

1. Read this summer:
"Being Genuine: Stop Being Nice and Start Being Real" by Thomas d'Ansembourg
2. Bring paper and pen
3. Allow yourself to be curious.

*Based on the work of Marshall Rosenberg, PhD, "Nonviolent Communication: A Language of Life"

This four-session class meets Tuesdays: Sept. 15, 22, 29 and Oct. 6, 2026.

Franciscan Renewal Center, Scottsdale -

<https://www.thecasa.org>

Facilitator: Christine Dove - cdove1033@gmail.com

Pre-registration is required by Sept 14

Fee: \$125 per person

Register at <https://frc.retreatportal.com/events/?p=101:13:::RP,13:P13> PROGRAM ID:78487

Email lora@thecasa.org for scholarship information.

**Being
Genuine**
Stop Being Nice, Start Being Real



THOMAS D' ANSEMBOURG

Submitted by Christine Dove

Conscientious Objection: Is This For You?

Discerning, Deciding, Documenting and Defending

a CO Claim with Selective Service

Effective December 18, 2026, eligible males (assigned at birth) aged 18 to 25 will be automatically registered for the military draft pool using existing federal and state records, removing the need to register manually. **How do we respond as Friends, and prepare the young people in our lives and communities?**

Join Friends for this comprehensive, interactive workshop for all teens and young adults, of any gender, as well as all interested adults or mentors, of any age. **The workshop covers Selective Service legislation, definitions of conscientious objection, activities to discern one's beliefs and articulate them, and finally some strategies to defend them.** By the end, participants will have a better understanding of conscientious objection, a deeper grounding about the source of their convictions, and a "CO letter" articulating their beliefs. *The workshop provides extensive materials, including a workbook to document personal reflection, activities, and discussion.*

The Selective Service process has no place to indicate a conscientious objection claim and says it can only be done if a draft is re-instated and a person gets an induction notice.

That's too late — this workshop addresses that gap.

The workshop is a collaboration between [Quaker Religious Education Collaborative](#) (QREC), [Durham Friends Meeting](#) (DFM), and [Quaker House](#) (QH). The facilitator, Curt Torell, Ph.D., serves on the Steering Circle of QREC and is a long-time board member of Quaker House, a Friends witness for peace that serves members of the military who are questioning their role. Conscientious objection has been a cornerstone of the QH work. Curt is a member of Chapel Hill Meeting in North Carolina.

When: August 10, 13. & 17, 4:00 to 5:00 pm PST

Where: Online with Zoom from anywhere, or attend in person at Durham Friends Meeting

How: [Link to register](#)

Submitted by Candace Wilkinson

PLEASE SPREAD THE WORD:

Dear Friend, could you help spread the word to youth about objecting to war and registering with the Selective Service System as a conscientious objector?

My name is Andrew Gorby and I am emailing from Stony Run Friends Meeting in Baltimore City. As an educator in Baltimore City Public Schools for the past 18 years, a dad to three boys and a military-discharged conscientious objector, I hope this resource provides a foundation for your Meetinghouse community to begin the important work of helping youth document their opposition to war well in advance of a draft. I also hope it helps build a community of support to assist them with the spiritual development and documentation of their beliefs as conscientious objectors.

- Can you print and display 10 copies of our one-page leaflet in your Meetinghouse and post to social media (suggested language below)? These would also be great to share at annual sessions!

["Registering with the Selective Service System as a Conscientious Objector to War"](#)

- *This can also be found on our website: <https://stonyrunfriends.org/co/>, along with a companion presentation on conscientious objection and a blog post.*
- *We will update this resource before December 18, 2026 when male youth between the ages of 18-25 are automatically registered with the Selective Service System - the first step in the conscription process.*

This practical and actionable one-page leaflet assists youth - and those who support them - in documenting their beliefs as conscientious objectors to war.

This resource was developed out of a need to assist a young Friend with registering with the SSS as a CO and finding that while there is a lot of information out there, it isn't all in one place.

Let me know if you have any questions or other support - feedback is always welcome too. Thank you for **printing, posting and sharing...**

Kindly,
Andrew Gorby

WHAT ARE FRIENDS DOING THIS SUMMER?

QVS comes to AZ. Jonny and Carla, two graduates of Quaker Volunteer Service, who served for a year in Minneapolis and spoke of their experiences at IMYM at Ft. Lewis College in Durango, visited with Nancy & Vance Marshall in Flagstaff during their travel in the Southwest.



Kari, Jason and Sylvia had a beach vacation in Oxnard, California. They had a blast and a much needed break from the AZ heat!



THE SUMMER DAY

Who made the world?

Who made the swan, and the black bear?

Who made the grasshopper?

This grasshopper, I mean—

the one who has flung herself out of the
grass,

the one who is eating sugar out of my hand,

who is moving her jaws back and forth
instead of up and down—

who is gazing around with her enormous and complicated eyes.

Now she lifts her pale forearms and thoroughly washes her face.

Now she snaps her wings open, and floats away.

I don't know exactly what a prayer is.

I do know how to pay attention, how to fall down

into the grass, how to kneel down in the grass,

how to be idle and blessed, how to stroll through the fields,

which is what I have been doing all day.

Tell me, what else should I have done?

Doesn't everything die at last, and too soon?

Tell me, what is it you plan to do

with your one wild and precious life?



By Mary Oliver

Watermelon salad recipe with cucumber and feta to cool you down!

Watermelon and Cucumber both have cooling properties, and are great for the AZ summer heat!

Dressing Ingredients:

- 2 tablespoons honey
- 2 tablespoons lime juice
- 1 to 2 tablespoons olive oil
- pinch of salt

For the Watermelon Salad:

- 1/2 watermelon peeled, cut into cubes
- 1 English or Hot House cucumber, cubed (about 2 cupfuls of cubed cucumbers)
- 15 fresh mint leaves, chopped
- 15 fresh basil leaves, chopped
- 1/2 cup crumbled feta cheese, or more to your liking

Instructions:

Make the dressing: In a small bowl, whisk together the honey, lime juice, olive oil and pinch of salt. Set aside for a moment.

Make the salad: In a large bowl or serving platter with sides, combine the watermelon, cucumbers, and fresh herbs.

Finish and Serve: Top the watermelon salad with the dressing and gently toss to combine. Top with Feta cheese and serve!



Fun with Jackson!

Last day of FDS in the childcare room: Jackson takes some playful teasing from the children.
See you all in September!!



Photos submitted by Nancy Hicks Marshall.

CALL TO ACTION:

Join Our National Meetings in August, September and October

We at Quaker Call to Action are calling upon each of you to take action to protect our democracy prior to, during, and after the upcoming November election.

Our next national video call on August 30 will provide you with specific suggestions and resources to enable you to plan and carry out your own chosen actions. Two more follow-up meetings will be held in September and October to share more information and provide you with an opportunity to share what actions you have taken and what you have experienced in defense of democracy.

These three meetings will be held, over Zoom video conferencing, from **7:00 pm to 8:30 pm Eastern Daylight Time (EDT)** on these dates:

- Sunday August 30
- Sunday September 20
- Sunday October 18

[Register here for the next meeting, or for all three.](#)



Election Defense Scenarios

By Daniel Hunter

Election Defense Scenarios is a 73-page field guide for protecting democracy in the 2026 mid-term elections. This resource includes 18 detailed scenarios—from voter roll purges and redistricting attacks to armed intimidation at polling places and post-election battles over the certification of vote tabulations.

It is clear that the current administration and its allies around the nation are already engaging in attempts to change or undermine the rules governing our elections (which are actually under the control of state authorities). It is reasonable to expect that such efforts will increase, culminating in plans to discourage or prevent voters from voting on Election Day, and quite possibly to prevent the honest counting and reporting of votes after the election. All of this is intended to sow confusion and

distrust among voters, which in turn prepares the ground for challenges by the extreme right to the legitimacy of election results. The ultimate goal is to make all of us feel confused and helpless so that the MAGA forces can steal the election.

So, the goal of this manual is to help all of us understand what is happening and how we can prepare for the most likely scenario or scenarios in each of our communities. Thus empowered, we should be able to act to protect our sacred democracy.

This manual is organized into three major sections:

1. **Prior to Election Day:** Six scenarios such as purging voter rolls, establishing new rules requiring identity documents such as passports and original birth certificates, changes in rules or deadlines for mail-in ballots, and bogus investigations by the U.S. Department of Justice into “election fraud.”
2. **On Election Day:** Five scenarios including challenging large numbers of voters at the polls, spreading disinformation about the location of polling places and hours of voting, and stationing armed civilians or National Guard troops at polling places.
3. **After Election Day:** Five scenarios such as requiring election recounts or “hand counts” of ballots, refusals by local or state officials to legally “certify” the results or sending in federal law enforcement to seize ballots.

ELECTION DEFENSE SCENARIOS



Each of the various scenarios includes a clear description of what we might expect and how this tactic has been used in other times and places, an explanation of how each threat is likely to unfold, how people have responded effectively to similar attempts in the past, and a list of steps we can take in advance and at the time to resist or prevent the plan from being carried out. And in the first couple pages, there is a brief list of situations you may face in your state or community and an accompanying list of which scenarios you should read. For instance, for those in a state that has passed new restrictive voter ID laws, there are 3 scenarios that you should review, or if you live in an area with armed militias, then you should read one particular scenario.

In sum, this is a thoughtful, well organized and easy-to-use guide about how we all can act to protect our elections and save our democracy.

[Download or order here.](#)

Food Donations Wanted



Phoenix Quaker Meeting is currently accepting non-perishable food donations, as well as pet food, for the Paradise Valley Food bank. You may bring them into the Meeting House and look for a bin in the main room to put the items in. They will be delivered directly to the food bank. If you are not able to bring donations to the Meeting House, please consider finding a food bank close to home to take your donations to.

Thank you, every donation counts!

Submissions for This Newsletter!

Do you write poetry, or create artwork? Would you like to share it with the community? Did you come across an interesting article and wonder if others at the Quaker Meeting would enjoy it? If so, send it along to Kari at acumoxamama@gmail.com to be added to the next newsletter!

IN CASE YOU MISSED IT...

Here are the links to *QuakerSpeak* that were included in July's Saturday reminder emails:

- A Metaphor for Understanding Quaker Theology
<https://www.youtube.com/watch?v=9LW1msHuDVY>
- Ice Tried to Silence Them – These Quaker Women Fought Back
<https://www.youtube.com/watch?v=Q36bWUeA3Zc>



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