



PHOENIX QUAKER MEETING NEWSLETTER

(Noticias de la reunión de los Amigos de Phoenix)

SEPTEMBER 2026

FEBRUARY 2026		
Sunday, September 6	9:00 – 10:00am	Faith and Practice Discussion
	10:00 – 11:00am	Meeting for Worship
Sunday, September 13	9:00 – 10:00am	Peace & Social Concerns Meeting
	10:00 – 11:00am	Meeting for Worship
	10:00 – 11:00am	Childcare Ages 0-5
	11:30am	Potluck Lunch/Fellowship
Sunday, September 29	9:00 – 10:00am	Experiment with Light
	10:00 – 11:00am	Meeting for Worship
	10:00 – 11:00am	First Day School (Sunday School)
	10:00 – 11:00am	Childcare Ages 0-5
	11:30am	Business Meeting (MFWFB)
Sunday, September 27	9:00 - 10:00am	Book Club: Letters to a Fellow Seeker A Short Introduction to the Quaker Way by Steve Chase
	10:00 – 11:00am	Meeting for Worship
	10:00 – 11:00am	Childcare Ages 0-5

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PhoenixQuakers.org

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FALL NEWS & ANNOUNCEMENTS

- Randy Miller's Obituary
- Half Yearly Meeting, September 25-27
- Art, Drama & the Nervous System: A Different Approach to Resilience
- New in the library this month!
- A Walk In the Park
- For the Birds
- 0-5 Childcare and First Day School in September
- Call to Action!

RANDY MILLER'S OBITUARY

Randy Miller, a longtime active participant in our community, died on April 25 of this year, after a long illness. It is with great sadness that we say goodbye to Randy Miller. We wish his family great comfort and peace during this time.

Randy was born on November 22, 1944 in Cedar Rapids, IA, to Vernona Margaret ("Nony") Miller and Dean Burnett Miller. He grew up in Cedar Rapids, where he excelled academically and athletically. Randy graduated from Thomas Jefferson High School with honors in 1962 and earned both academic and athletic scholarships to the University of Iowa. After studying at Iowa and diving for the Hawkeyes, Randy earned a Bachelor of Arts in History, graduating with Special Honors and High Distinction in 1968 and a Master of Arts in History in 1971. Throughout his life and travels he remained an Iowa boy at heart and was a faithful follower of the Hawkeyes athletic activities.

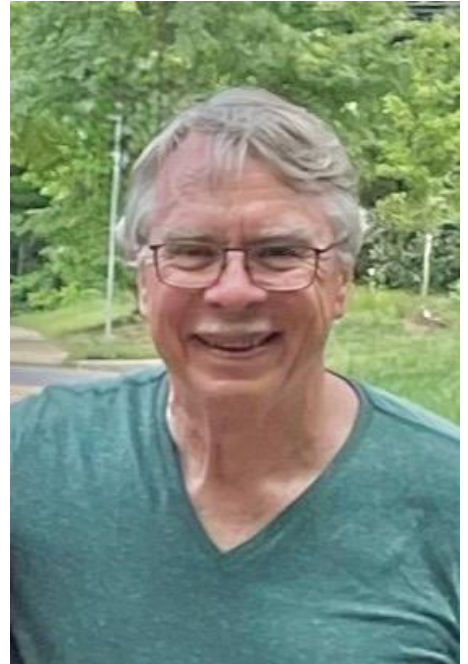


Photo tables at Randy Miller's Memorial.

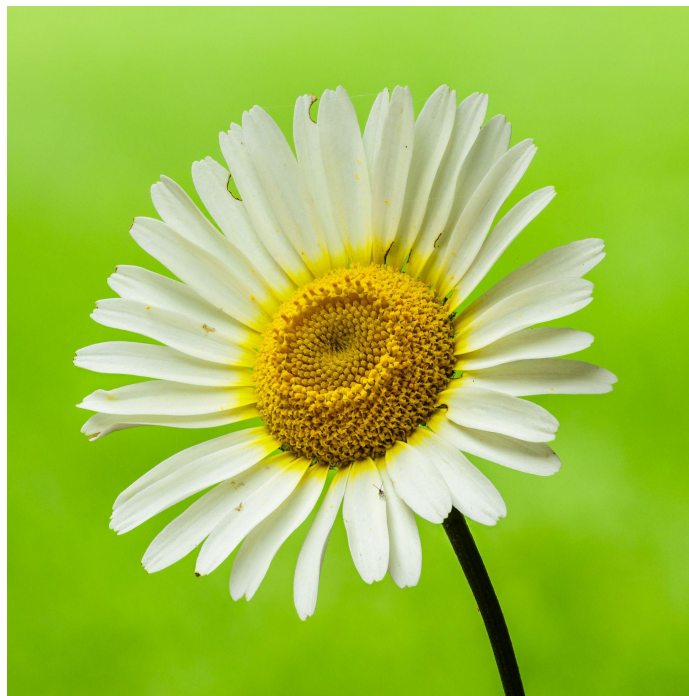
Randy was active in the Civil Rights Movement in the 1960s and strongly opposed the Vietnam War. He organized and marched with Martin Luther King, Jr. and was baptized at Ebenezer Baptist Church in Atlanta GA by Martin Luther King, Sr. His recollections of his time in this movement were often shared with us here at the Phoenix Quaker Meeting.

Randy's passion for history, as well as his commitment to public education, led him to a vocation as a high school teacher in New York City where he taught history to high school students for decades.

After retiring from teaching, Randy and his beloved wife Barbara moved to Phoenix, where Randy continued to be generous with his time and money, volunteering and donating to numerous charities.

Perhaps because of his experience teaching at a school in Brooklyn NY operated by Quakers and his exposure to Quaker peace activists during the Vietnam War protests, Randy eventually found a spiritual home with the Quakers and here at the Phoenix Quaker Meeting, where he was a faithful participant in many of our activities.

His devotion to Barbara, the love of his life, was notable and his role as her dedicated caretaker in later years was appreciated and respected by friends and family alike.



HALF YEARLY MEETING

September 25-27



When: September 25-27

Where: Emmanuel Pines in Prescott, AZ

WEBSITE: <https://emmanuelpines.com>

REGISTRATION: <https://imym.org/ahym2026fallgathering/>

There are buttons on the webpage taking Friends to the two registration forms, one for adults (18 and up), and one for minors (under 18.)

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!

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!

ART, DRAMA, & THE NERVOUS SYSTEM:

A Different Approach to Resilience

Hi everyone,

I wanted to pass this opportunity along to you and ask that you share it with anyone in your networks who you think might be interested. We still have a few spots available for our **September 10–12 Encrucijadas Resilience Training**, but space is limited.

The training will be held **September 10–12, 2026, from 9:00 a.m.–5:00 p.m. each day at Neighborhood Ministries in Phoenix. This cohort will be offered in English.**

One of the important shifts happening in substance use prevention is a deeper understanding that we cannot only focus on the substance itself. We also need to understand what is happening in the **brain and body when people experience chronic stress, trauma, disconnection, and emotional distress**—and help people develop healthier ways of responding.

That is where Encrucijadas is different.

Encrucijadas Resilience Training brings together substance misuse prevention with neuroscience-informed, brain-body practices, expressive arts, movement, reflection, and community connection.

Participants explore how stress and trauma affect the brain, body, emotions, relationships, and behavior—and experience practical, arts-based approaches that can help people recognize what is happening within themselves, regulate stress, build resilience, and strengthen connection.

The training also includes practical substance use prevention education, including how to recognize and respond to an opioid overdose using naloxone.

No art or mental health experience is necessary. This is designed for community leaders, educators, ministry leaders, nonprofit staff, behavioral health professionals, youth



workers, and others who want practical tools they can use with the people and communities they serve.

The training is **free**, and in return participants commit to the full three-phase experience: the three-day intensive training, facilitating five Encrucijadas sessions in a community or organizational setting with coaching support from Neighborhood Ministries, and returning for a final learning and celebration gathering.

You can learn more about the training, see the promotional video, meet the trainers, and register here:

<https://nmpbx.com/encrucijadas-project/>

If someone comes to mind as you read this, I would be grateful if you would forward it to them. We would love to fill the remaining spaces with people who can take what they learn and carry it back into their organizations and communities.

Thank you for helping us spread the word!

*Blessings,
Jeremy Wood*

Submitted by Jessica Wood

NEW IN THE LIBRARY THIS MONTH

New titles will be on the Library glass table after Labor day.

Please sign them out in the 3-ring binder behind the door.

Build it! A Toolkit for Nurturing Intergenerational Spiritual Community (Created by the Youth Ministries Program of FGC)

Finding the Light in You: Bright Silent Worship with Young Friends (words by Marjorie M. Isaacs; and photographs by Eugenia M. Mills)



Women's Speaking Justified and other 17th century Quaker writings about Women (Quaker Home Service, London. 1989)

Margaret Fell's Women's Speaking Justified in Modern English (tr & nb by Paul N. Anderson, 2026)

The Snake Fence (by Janet Kastner Olszewsky, FGC 2013--youth novel : a time machine that transports us back to 1755 Pennsylvania, a Quaker lad facing conflicting views about the natives, settlers and Quaker values)

Submitted by Nancy Marshall

A WALK IN THE PARK

"Astronomers will tell you that in the right place and under ideal conditions...the human eye can discern no more than 2,500 stars at night. But ...this figure is absurdly low, because the stars that appeared above our heads [inside the Grand Canyon] were beyond counting, and as they tumbled down to the horizon on every point of the compass, we took note of something else, too.

"Although each tiny fleck seemed to glitter like an iridescent jewel--some emerald, others sapphire or turquoise--their fire was anything but uniform. A few burned with a sharpness that made them seem close at hand, while others flared faintly, their luster dimmed by distance. This merging of proximity and remoteness imbued the heavens with not only radiance, but also with dimensionality and depth, transforming the sky into a vast, inverted cauldron whose base was closely fitted to the horizon...



"This is what astronomers call celestial vaulting, the revelatory effect produced by the rushing awareness of two opposing impressions: the sudden apprehension of the vastness and the depth of the heavens, combined with the arrival of a moment of understanding that transmits, in a single burst, the tininess and the insignificance of earth as well as everything that moves or breathes upon its surface....

"This was a sky belonging to a time that no longer exists--a sky that has never been seen, or even imagined, by most people living in such places as Boston or Dallas or Los Angeles. A sky whose wildness can call forth and amplify the wildness of the land--and perhaps, too, the wildness within oneself--by offering up a glimpse of the darkness that our earliest ancestors once knew, back when humans must have lived in almost continuous humility and awe, transfixed by the inescapable sense of just how small and unimportant they were...

"The kind of sky, the kind of darkness, that will enable you to fully grasp for the very first time the true meaning of the word nightfall."

[A WALK IN THE PARK, by Kevin Fedarkio, New York, 2024]

Submitted by Nancy Marshall

FOR THE BIRDS



Friends, we need your help. After thoughtful consideration, the Building and Property committee decided that fewer (perhaps no) birds would crash into our big window and be hurt, if we moved the bird feeders over to the palo verde tree near the west FDS classroom.

We need someone to provide birdseed. For several years this has been a volunteer job--the bird loving person buys and brings birdseed to Meeting on a regular basis. Usually the Resident or a house mate has filled the feeder. This has been a generous in-kind contribution from the bird-loving contributor. Since we temporarily have an empty Residence, we may also need the help of regular Meeting members and attenders to actually fill the feeder too.

Are you interested? Please let Vance Marshall on the B&P committee know, and just start bringing in bags of birdseed. Currently we store them in the kitchen.

Submitted by Nancy Marshall

0-5 Childcare and First Day School in September:



Liz Pomerleau is the new lead for the 0-5 childcare. She located a junior from Sunnyslope High School, **Darian Woodhull**, who is happy to step in as our weekly child care person for the young children (ages 0-5), as Jackson has found another job and let us know he will not be returning this year. Please give Darian a warm welcome when you see her!! We are thrilled to have her join us.

0-5 Childcare will start **Sunday, September 13th**. Each week an adult volunteer will be needed in the childcare room to support Darian. Please reach out to Liz Pomerleau, if you would like to take a Sunday in the childcare room. It is truly a JOY to spend time with the little ones, so grab your spot soon! ***We are currently seeking a volunteer for the 3rd Sunday, September 20th.***

First Day School will gather once a month this year. The first Sunday we will meet is **Sunday, September 20th**. Nancy Marshall will be teaching.

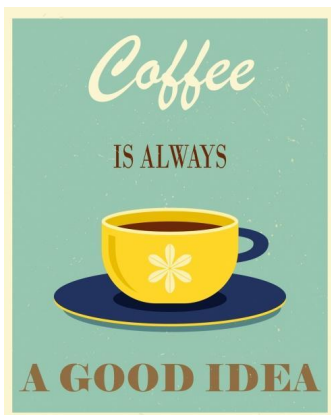
CALL TO ACTION:

Cuppa Coffee?

Phoenix Meeting needs your help! With the Residence empty and slated for renovations (probably August through October), we don't have a Resident on hand who will bring in coffee, make a pot for everyone in the morning, and make sure there is also hot water for tea and cool water to drink.

Can you volunteer to arrive a bit early and do this once or twice?

Can you bring a pound or two of coffee?



Can you wash the coffee cups in the kitchen at the end of Meeting and fellowship?

In "the old days," before we moved the Residence onto Meeting grounds in the 1980s and employed a Resident to do specific tasks, we did it ourselves. We just volunteered.

This is the first time in about 25-30 years we've again had to rely on ourselves. But it's not rocket science. It's like being at home. If you want to help and aren't sure, ask someone who is present in Meeting.

Please volunteer to do some of this work.

Here are the Sundays we need covered:

Sept. 6, 13, 20, 27.

Let Nancy Marshall know (nanmar4009@gmail.com). Sherry Thomas and Nancy are the Hospitality Committee and can coordinate for the next few months while the Residence is undergoing repairs. We may not be present until September, but if you get in touch we'll know the bases are covered.

Thanks!

Submitted by Nancy Marshall

Ukrainian Quaker Project

Anne Hainesworth, of Cape May Quaker Meeting, in New Jersey, visited Phoenix Meeting last year. She invited Friends here in Phoenix to send items for children in Ukraine to her, and she would get them to Ukraine. With the war in Ukraine now entering its fifth year, the needs of the children are increasingly urgent. Children have been displaced. They have lost loved ones. Their schooling has been disrupted. The First Lady of Ukraine, Olena Zelenska, has called for every day to be a "Children's Day".



Our response is to provide these children with warm clothing: handmade (knitted, crocheted, sewn) or purchased. Gently used items are also welcome. Winters in Ukraine are very cold. Electricity and heat are sparse. Summers are short and mild.

Also, we want to provide them with emotional support with arts and crafts projects, games and toys. Small stuffed animals (handmade or purchased) are a very welcome source of comfort.

We collaborate with Cape May Shelters Lutsk to ship our items to Ukraine. You can ship any of these items to: Anne Hainsworth, 111 Simpson Lane, West Cape May, NJ 08204.

A list of suggested items is provided. Please feel free to use your imagination when thinking about the way you want to help!

Examples of items needed for infants to 18 years of age; they can be knitted, sewn, quilted, purchased new, donated or any combination!

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 August's Saturday reminder emails:

- Looking for a Quaker Meeting Near You? Try This!
<https://www.youtube.com/watch?v=D-GtDWgYYZA>
- My Life with Cerebral Palsy: Finding Equality in a Faith Community
<https://www.youtube.com/watch?v=n50PxRnr3jY>



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