



PHOENIX QUAKER MEETING NEWSLETTER

(Noticias de la reunión de los Amigos de Phoenix)

OCTOBER 2026

FEBRUARY 2026		
Sunday, October 4	9:00 – 10:00am	Faith and Practice Discussion
	10:00 – 11:00am	Meeting for Worship
	10:00 – 11:00am	Childcare Ages 0-5
Sunday, October 11	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, October 18	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, October 25	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

- Advices and Queries
- Thoughts on Autumn
- A Report on the Half Yearly Meeting
- New in the library this month!
- First Day School and 0-5 Childcare
- Raising Children in a Quaker Home
- Harvest Home Concert
- Call to Action!

ADVICES AND QUERIES



AdVICES

Seize the present -

Make the most of your time every day of your life. We usually let time get away from us. We miss the possibilities of the present by continuously thinking ahead to the next activity, planning for the next day, the weekend, the future. Our conscious lives are continuous fast-forward. Others of us seek to escape current problems or dissatisfaction or boredom by constantly looking back to events that took place in the past. Take advantage of today—for your own sake and the sake of your family, your community, and all of humanity. Know that way will open, no matter how difficult the present may appear. The philosopher Alfred North Whitehead wrote, “The present contains all that there is. It is holy ground.”

~from A Quaker Book of Wisdom by Robert Lawrence Smith

Queries

- In what ways does your life reflect your faith? In what ways does your faith illuminate your life?
- How do you distinguish between the leadings of the Divine and the pressures of the needy?
- Mindful that the light leads us in different ways, how do you demonstrate your respect for others' modes of service?

~from Intermountain Yearly Meeting Faith and Practice

THOUGHTS ON AUTUMN

A gentle unwinding

I see it not so much as an abrupt change but a gentle unwinding of the growing season, with all life slowly taking on reduced activity. Having said that, I am still surprised at how quickly the light reduces. I've watched the swallows gathering each day until they left towards the third week in September. I like the very still days when there is not a breath of wind but also find an autumn storm quite exciting. With such an extended summer the leaves have been slow to change colour, but no doubt will do so now chillier nights are here and likewise the ground vegetation is beginning to die back. I was sitting a few paces away from a small mouse recently, clearly changing the bedding in his den – we all need to deal with the bed linen eventually.



Noticing small changes

As with all connections to the natural world, it is always best to get outdoors fairly frequently. It is also often recommended you visit the same place regularly as then you are more likely to see changes. There is a wealth of evidence that getting outside has huge mental and physical benefits for us and for those who find this too challenging there is the idea of sitting by the same window each day, noticing small changes. Furthermore, I was very surprised to find the birds were quite happy to visit feeders in my tiny front garden, next to a busy road and footpath. A large, lush garden isn't always needed.

A chance to let go

Try to live simply. A simple lifestyle freely chosen is a source of strength. (Advices & queries 41)

I think the season offers much as a metaphor for personal development which may contribute to our spiritual awareness and our efforts to live in keeping with Quaker principals. I often think of the epithet 'In autumn, trees show us how to let go beautifully', and find myself considering what would it mean to let go 'beautifully'. There is so much we may need to let go of. It might be practical by

simply losing some of the ample 'stuff' we all seem to acquire. Also, it might be emotional, perhaps letting go of a past hurt or realizing an episode in our life has come to its natural end, even though we need to let go of a relationship or friendship.

Rejoice in the splendour of God's continuing creation. (Advices & queries 42)

In my opinion to do this beautifully we must engage with learning from the trees. No tree loses all its leaves in one go, even after a strong wind. Neither do they hurl them to the ground but let them gently drift away. In letting go of things we need to follow suit, engaging in a process that is slow and gentle and, in many ways kinder to ourselves. I often find I nag myself, saying 'I must' do this or must do that. But if I replace these words with 'I will try to' or 'maybe I might' – it all seems much easier, more achievable and significantly more comfortable.

Moving on and embracing change

I also find I need to remember sometimes letting go is more nurturing than holding on. Like many of us I can ruminate over a hurt or offence, replaying in my mind what was said or done and what I would have liked to have said in response. But I have become aware how this leads to feelings of tension and in many ways, of experiencing that hurt all over again. Feeling anger and hurt is perfectly understandable but there comes a point where you need to move on, for your own well-being. I think it is quite likely that many of the hurtful actions that take place in society on both a small and a large scale may be due to people holding onto a past hurt way beyond what is helpful. Vengeance is after all, driven by such underlying emotions.

I think if there is one message this season teaches any of us it is simply to embrace change wherever possible and as a gentle process whenever possible, summer does not change to winter overnight.

The art of living must be studied, as must every art. It calls for imagination, so that every advance, every change, is not merely a difference, but a creative act. Achievement, at any level above the lowest, calls for courage to hold on, in spite of current moods, and for exacting self-discipline. (Quaker faith & practice 20.21)

~Gina (Beccles Quaker Meeting)

A REPORT ON THE HALF-YEARLY MEETING

By Nancy Marshall

From all over Arizona, Friends gathered again at the Methodist Camp Emmanuel Pines outside Prescott for our fall gathering of Arizona Quakers,— Arizona Half Yearly Meeting.

The setting is a beautiful mix of oak, juniper and ponderosa pine, with manzanita in the mix. The camp is definitely family -style, with bunk beds and bring-your-own-blankets for families and a few cabins for those needing gentler housing. The dining hall again served up delicious meals three times a day for all Arizona Quakers, as well as two other groups engaged in their own spiritual retreats. As our adults gathered for worship and business in the Chapel, the young people centered in the lower cabin and hiked past the creek to ropes and beams area, then returned for crafts and play on the soccer field.

Our theme was how to clear some of our clutter on the way to honoring the testimony of simplicity—emotional, organizational and physical clutter and barriers to letting go. We shared ideas of how to help ourselves and each other in accomplishing our goals.

One of the gifts we Friends have, in our silent worship and worship-sharing, is the actual process of listening. If you were listening, you would have come away with at least one new idea of how to de-complicate your life.

Phoenix Meeting was represented by Vance and Nancy Marshall, who have seen their children through years of loving fall AHYM in Prescott to their adulthood. Tom Haines and Margaret White came for the Saturday business meeting but were unable to stay for the wonderful afternoon intergenerational activity led by the Highland Nature Center in Prescott, and our traditional after-dinner campfire with s'mores. The Highland Center has made a presentation for our intergenerational activity for three years, and each year we learn something new about our natural environment. This year, we shared silent listening to record which sounds we heard right around us—from a leaf scuttling across the dirt to a bird in the trees. We imagined what this spot might be like in 100 years, and we found out what woodpeckers do to provide food for themselves in winter.

The children and youth program was well-represented by a cadre from Tempe Friends Meeting and Pima Meeting. It's been gratifying over the years to watch as the young people relax and feel at home in this natural setting, become comfortable with other Quaker kids from around the state, and mature into terrific human beings grounded in Friends' values.

Arizona Half-Yearly Meeting is a time to enjoy a spiritual retreat and renewal with Friends from around Arizona. This Spring, some weekend in March 2027, PHOENIX MEETING will host this event (date TBA). Make it a priority. Mark your calendars for an enriching time for you and your family.



Above: Observation chart: acorns fallen from local oak trees in woodpecker-pecked holes in neighboring ponderosa tree

Right: Acorns fallen from local oak trees in woodpecker-pecked holes in neighboring ponderosa tree

Below: Imagining Emmanuel Pines Camp in 100 years



NEW IN THE LIBRARY THIS MONTH

Two copies of the book, ***Nonviolent Communication***, plus a copy of the ***Nonviolent Communication Companion Workbook***, are now available in the library. If you haven't read it/them, it's a must. If you have, it's probably time for a tune-up.

These books will be in the "free box" in the bookshelf on the east wall of the Library. Take them, they're free. ***Black Fire***, ed. by Harold D. Weaver et al, 2011 and ***Race, Systemic Violence, and Retrospective Justice***, by Harold D. Weaver, Jr, Pendle Hill Pamphlet #465, 2020.



Friends have the special opportunity to read, in depth, from Quaker and Quaker-related Black Americans about Spirituality and Human Rights. ***Black Fire*** is a well-edited series of essays by spiritually-based activists including Sujorner Truth, Howard Thurman, Barrington Dunbar and Bayard Rustin. The 31-page pamphlet gives us, in short form, a series of ideas of what we can do, as individuals, in our Meetings, and in our communities.

When you borrow from the Library, find the sign-out book, and be sure to return it when done. Thank you!

A new book in Free Box is, ***The Dance Between Hope and Fear***, by John Calvi.

John Calvi is a long-time Quaker healer of deep traumatic wounds. His book is a powerful story of the work he has done. I have been in John's presence, and even without his healing hands, I have felt his healing spirit. The book is in the Free Box for the taking. If you or someone you love may need this book, take it. [donated by Nancy Marshall]

Submitted by Nancy Marshall

FIRST DAY SCHOOL AND 0-5 CHILDCARE



0-5 Childcare will be offered every Sunday in October. *Please reach out to Jay or Elizabeth if you are willing to volunteer in the childcare room.*

First Day School will meet on **Sunday, October 18th**, taught by Candace, unless otherwise noted!

“When I go up to kiss my sleeping children and linger with them, in quietness and love, that is prayer.”

Anne Hosking, 1984

Member of South Wales Area Meeting

Raising Children in a Quaker Home

Quakerism is a spiritual journey. It is a search for understanding. It is a search to find The Way. This search expands into our parenting. Parenting is a search for understanding of how to live with and guide our children.

Our search is based on the belief that there is a Way and that the Way will open. For parents, this means there is a Way even with the most obstreperous child. Quakers seek out that Way in their times of silence, meditation, and worship. Children repeat their undesirable behaviors, giving parents time to meditate on and to discern how they want to deal with them.

The Quaker belief is that we are to live each moment to the best of our ability, in tune with our understanding of the Way. So it is with parents, who are to live with and guide their children according to the best of their current understanding and skill.

Testimonies give us guidance. They give us a vision of how our lives might demonstrate our faith. For parents, the testimonies can be guides giving them a vision of how they can guide their children; that parenting is not merely a process of saying, “no,” of setting limits and boundaries. Instead, parents can dream of what is possible, of what their children are able to become. Furthermore, when they

analyze the Testimonies, parents identify attitudes, information, and skills their children will need to be able to live the possibilities.

Questions and queries keep us alert to what is possible and to what, maybe, we should be doing. They are a vital part of being able to live according to the Testimonies. Questions and queries for parents can guide the discerning process as they seek out how to nurture their children, as they strive to help their children become who they are meant to be. Following the Peace Testimony, how will I deal with my children fighting in the living room? Does “living simply” state something about my children having yet another video game?

Quakers believe there is that of God in every person. We are advised to look for the good in everyone, regardless of circumstances. We are to treat each person fairly and with respect. For parents, this belief raises profound questions: Where is that of God in my two-year-old who is having a temper tantrum in the super market or in my teenager who only rolls her eyes when asked to take out the trash? If there is that of God in my children, what is my role as their parent?

Our Quaker faith gives parents a profound vision of how parenting can become a vital part of a person’s spiritual journey. The Quaker Parenting Initiative has written questions and queries that integrate current developmental knowledge about children with our understanding of how our Quaker faith supports parents. Parents can use these questions and queries as they search to find how best to nurture and guide their children. The Initiative is also collecting ways of responding to children that parents have found helpful, as they integrate their Quaker faith into parenting. Members of the Initiative seek to join with parents on their spiritual journeys following our Quaker faith as we seek how best to nurture our children.

*Written by Harriet Heath, Coordinator of the Quaker Parenting Initiative,
a member of Radnor Monthly Meetings, Philadelphia Yearly Meeting.*

Published in Western Friend Issue September 2017, Inward Light.

FREE!

donations welcome

October 17, 2pm-4pm

Harvest Home

An Intergenerational Celebration of Music, Dance & Tradition

Featuring

Arvel Bird, Kate Rose & Armand Ramirez

@Fiddlers Dream

1702 E Glendale Ave., Phoenix, AZ, 85020

Celebrate the Celtic harvest season with music, storytelling, and tradition at Fiddlers Dream. Inspired by ancient festivals, we gather across generations through music and dance.

ARVEL BIRD • CELTIC INDIAN

Internationally acclaimed **violinist**, fiddler, flutist, and storyteller Arvel Bird brings together his Native American and Celtic heritage in a thrilling blend of Celtic, folk, rock, and Indigenous musical traditions. A four-time Indiana State Fiddle Champion and former touring musician with Glen Campbell, Arvel has performed around the world, from Grand Ole Opry to Royal Albert Hall to the Smithsonian. His passionate live performances weave virtuosic fiddle, Native flute, and unforgettable stories into a sound uniquely his own.

Irish fiddler Kate Rose and masterful multigenre **guitarist** Armand Ramirez join Arvel. Kate learned traditional music among the fiddling farmers of County Clare, where music and the land are deeply intertwined.



FREE!

donations welcome

This event is part of the nonprofit Fiddlers Dream's Wild Phoenix Concert Series, supported in part by the City of Phoenix Office of Arts and Culture.

CONTACT: 928-380-8489

DIRECTOR@GOWILDSTEPS.ORG

CALL TO ACTION:

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.

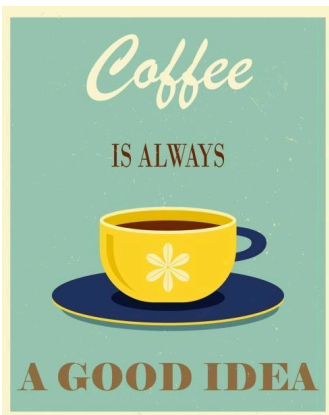
Thank you, every donation counts!

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, 111Simpson 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!

Quick Lessons for First Day School

Want to teach but not prepared? What if a family with a child walks in on a day when we do not regularly have an FDS class, and a teacher is not around that day?

This box is for you! In the FDS classroom, on the west shelf, is a box with a few prepared lessons or projects you can pluck out of the box and use right away.

It includes worksheets and booklets--that you can take home and bring with you, prepared, in the event that an adult would need to step in because there are no teachers for that Sunday. Of course there are more books and lessons and materials in the classroom. There are books and booklets of the Quaker kid curriculum to take out and plan with.

Submitted by Nancy Marshall

Singing Resistance

What: Singing Resistance Central Phoenix - a movement of singers across the US singing in grief, power, and solidarity.

When: Saturday, October 3, 4:00pm - 5:30pm

Where: 1702 E Glendale - Fiddler's Dream

Email srcenpho@proton.me for more info

Follow on instagram [@singingresistancephoenix](https://www.instagram.com/singingresistancephoenix) to know when we're next rehearsing!

Submitted by Candace Wilkinson

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 September's Saturday reminder emails:

- My Life with Cerebral Palsy: Finding Equality in a Faith Community
<https://www.youtube.com/watch?v=n50PxRnr3jY>
- Every Single Quaker Mentioned In Film
<https://www.youtube.com/watch?v=sDU31n10mGU>



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