

**GRASS VALLEY
FRIENDS MEETING**

*Of the Religious Society of Friends if the Truth,
College Park Quarterly Meeting,
Pacific Yearly Meeting*

13075 Woolman Lane, Nevada City, CA 95959 @
The Sierra Friends Center, off Jones Bar Road,
Nevada City, CA 95959

Website: www.grassvalleyfriends.org (NEW)

Email: grassvalleyfriends@gmail.com

First Days: 9:00am Singing at the Meeting House (in-person and zoom)

10:00 am Silent Meeting for Worship (in-person and zoom)

To receive the zoom link, grassvalleyfriends@gmail.com.

Newsletter, 11th Month, 2023

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MEETING CALENDAR

First Sunday

- Program to be announced.

Second Sunday

- Hybrid Silent Meeting for Worship Meeting, Potluck and for Worship on the Occasion of Business.

Third Sunday

- Program to be announced.

Fourth Sunday

- Spiritual Life

Fifth Sunday

- On Fifth Sundays we hold a Family Meeting for Worship. *Children and adults gather and spend 20 minutes in storytelling, 20 minutes in singing and 20 minutes in silent worship.*

- ✚ 1st First Day: Bible Story and Song
- ✚ 2nd First Day: A Story and a Craft or Activity
- ✚ 3rd First Day: A Story plus Time for Silent Worship
- ✚ 4th First Day: A Creative, Topical Curriculum
- ✚ 5th First Day: Family Worship (a story, singing and silent worship)
- ✚ **Online Worship:** every [Wednesday evening, 7:00-7:30 pm](#)

HAPPENING NOW

- Wednesday, Nov.15, 2023, 8:30a.m. – 10:00a.m.: Fall Clerks’ meeting via zoom
- Thursday, Nov.16, 2023, 5:30p.m.: Depolarizing Political Conversations Sunday, Nov 19, 2023. See page 12, 10th Month Edition of this newsletter.
- 11:30a.m. Frank Lawrence, pro bono attorney for CHIRP will join Grass Valley Friends to present information about CHIRP and the Nevada City Nisenan.
- Sunday, Nov. 26: Haudenosaunee Thanksgiving Address: Amy Cooke, see page 8 for details.

HAPPENING LATER

- Friday, Dec 1: Group Viewing of “Rustin” at Lawren & Dianne’s home, 1:00p.m. – 4:00p.m. See page 9 for details.
- Sunday, Dec 3: After the Rise of Meeting – Annual Christmas Party at Doug & Dorothy’s
- Sunday, Dec. 24: Birthing the Christ Within: Gordon Starr
- Friday, Dec. 29, 2023 – Monday, Jan. 2, 2024- [Western Friends Annual Young People’s Gathering](#)

GLOSSARY- Abbreviations and terms used in the GVFM newsletter.

SFC: Sierra Friends Center

M&O: Ministry and Oversight

PacYM: Pacific Yearly Meeting

PHP – Pendle Hill Pamphlet

FGC: Friends General Conference

QUNP: Quaker United Nations Project

FASE: Friends Association for Services to the Elderly

CPQM: College Park Quarterly Meeting

RSWR: Right Sharing of World Resource

UwN: Unity with Nature

Threshing Session: A meeting at a separate time specifically not for decision-making; normal practices of a Quaker meeting for business are relaxed so that Friends may speak more than once to an issue, speak to a point just made, or ask a question of a previous speaker.

Query: The Friends practice of examining our souls and seeking clarity. These questions & exercises help to give time to seek truth about ourselves and our spiritual condition and to tap into Divine insight.

[Grass Valley Friends Meeting Facebook link](#)

If you use Facebook, follow the Grass Valley Friends Meeting page, or join the Facebook Grass Valley Friends Meeting group. If you share a post from the page, your friends will see it, and it helps our visibility. Follow this [link](#).

GVFM MINUTES & RECORD, Meeting for Worship on the Occasion of Business, November 12, 2023

We met in a hybrid meeting on Zoom and in person.

Present: Dorothy Henderson (clerk); Gordon Starr (elder to the clerk), Jennifer Smith (recording co-clerk), Amy Cooke (recording co-clerk), Chamba Cooke, Stuart Smith, Cindy Bliss, Judy Hamilton, Reed Hamilton, Mary Starr, Don McCormick, Peter O'Rourke, Sharon Davisson, Cheryl Hendrickson, Doug Hamm, Diane Marshall, Dean Olson, Marilyn Guida, Fosten Wilson, Kathy McCreery, Lo Hamm, David Bowman and Fox the dog.

The Meeting opened with silent worship.

Clerk's Remarks and Query:

Our clerk, Dorothy Henderson, reminded us of the worship aspect of our Meeting for Business. This helps us reach for the Inward Light.

Dorothy referenced ministry given in the daily prayer circle for Carl Magruder in her remarks. Carl gave ministry about visiting an open house in their neighborhood, a challenging situation in light of how stimulating environments are difficult for him. He found a quiet place and a person whose quiet spirit was nurturing, bringing to mind the quote by Rufus Jones, **"I pin my hopes to quiet processes and small circles in which vital and transforming events take place."**

We expect to come together and be transformed by all of us, and our truths, during Meeting for Worship on the Occasion of Business. This is where we bring our strong opinions to be transformed by the group.

What do you pin your hopes to/on in the Meeting for Worship for Business?

Friends spoke out of the silence:

- Meeting for Business is where we come to find God's will, not my will.
- I try to come to Meeting for Worship on the Occasion of business without pinning my hopes on anything. I come hoping for a spiritual experience. This doesn't always happen. It is difficult to make Meeting for Worship on the Occasion of Business a true form of worship and not just an administrative meeting.
- The sense of the Spirit has come more alive for me through the actions that arise out of Meeting for Worship for Business.
- A Friend spoke to the sense of wholeness and unity that can come through long struggles - we become one in that process.
- I pin my hopes on our skills of deep listening, grounding, and waiting in silence. We have many people in this room who are skilled in these areas.

ITEMS SEASONING or CARRIED OVER (see Committee sections below)

- Scholarship fund: Stewardship Committee will formulate a recommendation to the Meeting and bring it back to the November Meeting.

COMMITTEE REPORTS

(see reports appended, committee clerk is noted in bold)

Spirit and Witness: Amy Cooke, Stuart Smith, Reed Hamilton, Sharon Davisson, Dean Olson, Dorothy

Henderson (ex-officio, GVFM Clerk), Gordon Starr (ex-officio, elder to the clerk).

AFSC Report: Sharon Davisson gave the report, appended.

Amy Cooke gave the committee report, appended.

Amy Cooke read the drafted letter to the College Park Friends Educational Association in support of them as they work to discern the future of this land.

Friends spoke out of worship.

- A Friend commented that the letter seems to say that we support the board. Should we say that we support the land?
- One Friend mentioned that they appreciated that we are not taking a position in the letter.
- Another Friend said that she trusts the board and supports the decision for the land to go to the Nisenan.
- There is an awareness of the contention over this issue. We want to hold these feelings and opinions tenderly. Rather than supporting one specific strategy, let us dive into the spirit that holds all of this.
- The word “seeking” is important - they are seeking, they have not yet arrived.
- We still don’t know how this negotiation will turn out. We should, instead, acknowledge and support the board and trust that they are looking for the correct way forward.
- Another Friend echoed agreement with supporting the board, and not a particular way forward.
- A Friend mentioned that maybe there is a third, collaborative way for us to go forward together with the Nisenan. A Friend responded that this might be a question better considered by the CPFEA. As the Grass Valley Friends Meeting, we can best support them by holding them in the light.

The clerk asked for us to consider if we are in unity.

- A Friend spoke to her sense of deep grief, and asked that we hold this in worship.
- A Friend spoke up about possibly including the Nisenan as part of our letter, acknowledging our desire to make reparations in our small way.
- Another Friend spoke out about how the act of returning hundreds of acres to the Nisenan could be a national event and an example of reparations. There might be blessings in disguise if we were to relocate our location for Meeting for Worship.
- We were asked to write a letter in support of the board. Should the meeting consider writing a second letter in support of returning the land to the Nisenan people? This second letter could take a public stand.

MINUTE 2023.11.01: The Grass Valley Friends Meeting approves sending the letter, appended, expressing our support to the College Park Friends Educational Association.

We considered the following statement: “To be seasoned/carried over: Spirit and Witness will consider drafting a statement in support of returning this land to the Nisenan people for consideration at the December Meeting for Worship on the Occasion for Business, while holding the deep concerns expressed by Friends that we might be seen as not supporting the board if we come out for a specific outcome, or that we would be acting without the full knowledge of the processes taking place.”

Should this statement be drafted after it happens, in celebration? Should we allow time to be our guide?

Another Friend spoke to a sense of time pressure, as the possibility of bankruptcy could remove the opportunities being explored.

It was noted that individuals are very welcome to express their personal support for specific outcomes to the CPFEA.

Spirit and Witness will continue to hold this issue, without being given direction to draft a statement at this time.

Stewardship: Mary Starr, Pat Phillips, Reed Hamilton, Gordon Starr, Doug Hamm, David Bowman. Dianne Marshall (ex-officio, Newsletter editor), Fosten Wilson (ex-officio, Treasurer), Don McCormick (ex-officio, Librarian),

Mary Starr gave the report, appended.

Carried over: Scholarship fund. The Stewardship Committee will formulate a recommendation about the Scholarship Fund and bring it back to the November Meeting. The Committee has decided to take no action at this time, and continues to discern how to disburse the funds in the scholarship funds.

MINUTE 2023.11.02: The Grass Valley Friends Meeting approves appointing Fosten Wilson, treasurer; Dorothy Henderson, clerk of Meeting; and Mary Starr, clerk of Stewardship committee as signers on the Grass Valley Friends Meeting bank account.

MINUTE 2023.11.03: The Grass Valley Friends Meeting approves applying for a credit card in the Meeting’s name, with a credit limit no greater than \$500 or the minimum allowed by the bank.

Amy Cooke, former website coordinator, offered to gift the meeting the cost of rebuilding the website. We acknowledge that all expenses incurred on behalf of the meeting must be approved prior to making the expenditure.

Welcome Committee: Peter O’Rourke, clerk (ex-officio, Website and Facebook coordinator), Kathy McCreery, Don McCormick, Pat Phillips, Cheryl Hendrickson, Cindy Bliss, Lo Hamm, CJ Patterson, Hailey Wilson (ex-officio, tech support), Judy Hamilton (ex-officio, email coordinator).

Peter O’Rourke, clerk, gave the report, appended.

Children's Program: Keely McDonald and Doug Hamm, co-clerks, Dorothy Henderson, Gordon Bishop, Judy Hamilton, Dean Olson, Reed Hamilton, Don McCormick, David Cowan, Lo Hamm.

There was no written report given.

Nominating Committee: (terms as noted) Judy Hamilton: 2022-2024, Gordon Starr: 2022-2024, Dean Olson 2023-2025, Sharon Davisson 2023-2025.

There was no report.

OFFICER REPORTS and REPRESENTATIVE REPORTS

- **Treasurer:** fosten wilson. Fosten reminded Friends of the need for contributions.
- **Interfaith Nevada County:** Dianne Marshall. The next meeting is at Ananda next week, and in January the meeting will be hosted by GVFM at Sierra Friends Center.
- **Sierra Friends Center:** Gordon Starr.
- **Pacific Yearly Meeting:** Doug Hamm. See report appended.
- The **2023 Annual Session Wrap-Up page** is now live, where you will find all the epistles, the minutes and reports packet, and other information to close out Annual Session:
<https://www.pacificyearlymeeting.org/wordpress/2023-annual-session-wrap-up-page/>
- **College Park Quarterly Meeting:** Doug Hamm.

ANNOUNCEMENTS

- If you use Facebook, follow the Grass Valley Friends Meeting page, or join the Facebook Grass Valley Friends Meeting group. If you share a post from the page, your friends will see it, and it helps our visibility. Follow this [link](#).
- The 2023-2024 PacYM General Directory is available! It can be found on the Yearly Meeting Website at: [pacificyearlymeeting.org > Resources > PacYM General Directory and Database > Obtaining the Directory](https://www.pacificyearlymeeting.org/resources/pacym-general-directory-and-database-obtaining-the-directory)

The Directory is available for use by members and attenders of monthly meetings and worship groups within Pacific Yearly Meeting and by Friends serving on Pacific Yearly Meeting committees. It is not to be shared beyond this community. Dorothy, Doug and Don have the new password for the PacYM Directory.

- Carl Magruder: You can follow Carl's healing journey on the CaringBridge.org website [HERE](#). Friends have also set up a daily Meeting for Healing from 7:30 to 8 am (Pacific) on Zoom [here](#) or contact Amy Cooke at amylisette@gmail.com for the link.
- Christmas Party December 3 at Doug and Dorothy's.
- Please remember Grass Valley Friends Meeting in your year-end giving. You can give by mailing a check to fosten wilson or through Tithely on the website.

ITEMS SEASONING or CARRIED OVER

Other: a concern was raised for the possibility that the US would restart conscription (a draft). It was stated that in the past, when conscription was happening, it brought many investigators to Quaker Meeting. Should we look into how we would respond to a restoration of the draft?

READING OF THE RECORD AND MINUTES

The record and the minutes were read, corrected and approved.

If you are giving a report to GVFM, please send the actual report to the recording clerk at grassvalleyfriends@gmail.com THE FRIDAY BEFORE MEETING FOR BUSINESS.

GVFM Newsletter Reminder: Please have items into Dianne Marshall by Tuesday at 10 am.

The Meeting closed with silent worship.

Respectfully recorded by Amy Cooke, recording clerk (outgoing) and Jennifer Smith, recording clerk (incoming).

APPENDICES:

- | | |
|---|---|
| 1. Spirit and Witness
Committee report | 1. Stewardship Committee
report |
| a. AFSC report | 2. Welcome Committee
report |
| b. Letter in Support of the
CPFEA | 3. Pacific Yearly Meeting
Monthly Report |

ADVICES AND QUERIES ELEVENTH: SOCIAL AND CIVIC RESPONSIBILITIES

In the words of William Penn, “*True godliness don’t draw men out of the world, but enables them to live better in it and excites their endeavors to mend it.*” Elsewhere he commented: “*It is a reproach to religion and government to suffer so much poverty and excess.*”

Poverty within a wealthy society is unjust, cruel, and often linked to skin color, gender, and language. We must examine our own privilege and role in the economic order that deepens this disparity. Friends should be alert to oppression and injustice, and persistent in working against them.

We value our part in shaping the laws of our country. Our task is to see that laws serve God’s purposes and build a just social order. Our first allegiance should be to God, and if this conflicts with any compulsion of the state, we serve our country best by remaining true to our higher loyalty.

If, by divine leading, our attention is focused on a law that is contrary to God’s law, we must proceed with care. Before acting, Friends should pray for further guidance and speak with the Meeting, family members, and all those who might be affected by the decision. If a decision involves disobedience to the law, we should make the grounds of our action clear to all concerned and be prepared to suffer any penalties without evasion. As a community, we must care for those who suffer for conscience’s sake.

What am I doing to carry my share of responsibility for the government of our community, nation, and world?

Am I persistent in my efforts to promote constructive change?

How do we attend to the suffering of others in our local community, in our state and nation, and in the world community?

Do we try to understand the causes of suffering, and do we address them as a Meeting?

How do we, individually and as a Meeting, support the organizations that work to bring the testimonies of Friends into reality in our society?

In Honor of Karen Olson



Written by Maria Popova, submitted by Heather Certik

The longer I live, the more deeply I learn that love –whether we call it friendship or family or romance – is the work of mirroring and magnifying each other’s light. Gentle work. Steadfast work. Life-saving work in those moments when life and shame and sorrow occlude our own Light from our view, but there is still a clear-eyed loving person to beam it back. In our best moments, we are that person for another.

In Honor of Karen Olson who offers “beam back” more than I could see myself. Heather Certik

The Thanksgiving Address - The *Ohen:ton Karihwaterkwén*

On Sunday, November 26 our Spiritual Life program will be an interactive reading of the The Thanksgiving Address (the *Ohen:ton Karihwaterkwén*), the central prayer and invocation for the *Haudenosaunee* (also known as the Iroquois Confederacy or Six Nations — Mohawk, Oneida, Cayuga, Onondaga, Seneca, and Tuscarora). It reflects their relationship of giving thanks for life and the world around them. The Haudenosaunee open and close every social and religious meeting with the Thanksgiving Address.

When one recites the Thanksgiving Address the Natural World is thanked, and in thanking each life-sustaining force, one becomes spiritually tied to each of the forces of the Natural and Spiritual World. The Thanksgiving Address teaches mutual respect, conservation, love, generosity, and the responsibility to understand that what is done to one part of the Web of Life, we do to ourselves.

The Haudenosaunee people have said that the words of the Thanksgiving Address are their gift to the world and are meant to be shared.

We will hold the reading at 11:30 am, starting with a period of worship and ending with worship sharing until we close at 12:30 pm.

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." Margaret Mead

GVFM SURVEY by Peter O'Rourke, Judy Hamilton, and Dianne Marshall

Recently, we sent to you a very brief survey regarding what information you want to receive from Grass Valley Friends Meeting, 3 questions total!

Now this survey may have gone into your spam filter, or you did not recognize the email address that it came from. Please look for messages from American river926@gmail.com or from dmarshall@pacific.net.

If we don't hear from you, we will try again. Thank you!

RUSTIN: Netflix Film

On Friday November 17, Netflix will show the movie about the Quaker Gay African-American Activist Bayard Rustin, and how he worked with Martin Luther King to create the March on Washington. The trailer for the movie is at <https://www.youtube.com/watch?v=4lBqMhZ3NBg> . Barack and Michelle Obama are the producers.



Lawren Giles and Dianne Marshall are hosting a gathering to watch this film about Bayard Rustin's life on Friday, December 1, 2023, from 1:00p.m. to 4:00p.m. at their home.

Bayard Rustin, adviser to Martin Luther King Jr., dedicates his life to the quest for racial equality, human rights

The film is approximately 1 hour and 36 minutes long. This will allow us time to settle, view the film and discuss it before it gets dark.

Seating will be limited (very - 6 seats max). Seats will be taken on a first-come-first serve basis. If demand is such perhaps another Friend may host.

Do let them know if you want to participate by email: dmarshall@pacific.net. Driving directions will be provided.

What's Going On at Ben Lomond Quaker Center:

An Interview with Quaker Center Director, Nico Wright, provided by Don McCormick

Q: What is the mission of Quaker Center?

A: To support the spiritual growth and faithfulness of Friends and others. And this is something we do.

Q: What's exciting about what Quaker Center is doing?

A: Unveiling the year's calendar is one of the most exciting things of the year. The Quaker Center programs transitioned to "pay as led." It's exciting that they're more accessible. 15 meetings now have a Quaker Center Annual Meeting Pass. That's exciting too, because with a pass you can say to newcomers, "Here's something else you can do—you can go to a Quaker Center program." Coming back from the pandemic, just being active

and open is still a bit of a thrill. We're coming to our 75th anniversary year. That's exciting. The whole year is going to be in observance of that, culminating in a five-day event at the end of August that will celebrate the past and look to the ahead to the future. We are going to be unveiling a new well. It should be a banner year.

Q: Are there any concerns?

A: Quaker Center needs one more place to live for the staff. We only have three homes for the staff, so unless you have couples, you can only have three live-in staff members. To do the basic things we want to do and to grow, we need at least one more person on the land.

Quaker Center needs money. The fact that Quaker Center is up, running, active, and solvent is really great, but we have some serious development work to do. It is not a given that Quaker Center can continue to bring in enough income to break even. We stretch every dollar. We are not extravagant spenders.

Q: How can Friends get involved?

A: The first way you can support Quaker Center is with a financial donation. And that's good because it really is our place. It's different from an organization like Amnesty International or the ACLU or other great organizations that I support. There you pay to support the staff and their work but you are a little removed from it. I don't go to Amnesty International headquarters or stay up late talking to people at the ACLU. At Quaker Center, the donors are also the participants.

A second way people can get involved is by attending programs. It's never been easier to come to a Quaker Center program. We continue to offer online programs, even though we are back to hosting groups and holding events in person. The pay-as-lead system and the online programs (we have four this year) mean that even if it's too expensive or you live far away from Quaker Center, you can still attend. And the online programs are "Quaker Century," they aren't just another online event. They are in the style of the in-person Quaker Center programs.

A third way to help Quaker Center is by helping your meeting to get an annual meeting pass. You can even buy one for your meeting. It's \$1,200. It pays for itself immediately. When you have the option to go to any program you want, you're more likely to go. San Francisco, Santa Cruz, and Strawberry Creek meetings send someone every other month. You can get an individual pass as well. That's \$800 and let's you come to every program for a year.

A fourth way is to get on our email list. You go to our website to do that, or you can contact anyone at Quaker Center. We don't send out a ton of stuff—just one email newsletter a month. If you are on the mailing list, you are in the know about what's going on in Quaker Center. You can get information about Quaker Center programs into your meeting's newsletter.

And a fifth way is to be the Quaker Center contact for your meeting, which means we send you calendars and cool program flyers and you put them on the bulletin board. And when people ask for announcements in your meeting you can say, "Look how fun this upcoming Quaker Center program is."

QUAKER CALL TO ACTION

We cordially invite you to this "Connect To Action" Zoom session with **Represent.us** on **Wednesday, NOV 15 from 8:00-9:15PM (Eastern Time): "Fixing Our Democracy Through State-By-State Anti-Corruption Campaigns."**

Learn about how **Represent.us** is working to fix our democracy through focused state-by-state pro-voter, anti-corruption campaigns to end the influence of money in politics, make elections accessible

and secure for all, demand accountability and transparency in governing and challenge the two-party duopoly. Hear about how they are supporting campaigns around the country for ranked choice voting, independent redistricting commissions, limiting foreign influence on state elections, and more. And, find out how you can connect locally and nationally to their efforts. **Presenters:** Sue Fothergill, National Deputy Mobilization Director, and Dave O'Brien, Policy Director

REGISTER [HERE](#) FOR THE ZOOM SESSION. You will receive a Zoom link the day before the session.

THE QUAKER CALL NATIONAL STEERING COMMITTEE: Marian Beane, Bruce Birchard, Sam Caldwell, Gretchen Castle, Mary Ellen McNish, Diane Randall, Jim Waddington, and Michael Wajda.

WAGING NONVIOLENCE

In a recent email, George Lakey writes:

Discussion of the rights and wrongs of both sides in the conflict in Palestine can go on for a long time — the complexities are enormous. But ethical discussions are not enough: we also need to get practical and ask **how to decrease the suffering and increase the security of people on the ground, on both sides.** One of the practical questions is: *what's an alternative approach for Israelis to find security — an alternative to hurting and killing Palestinians, which obviously doesn't work?* This article of mine is rapidly attracting attention: <https://wagingnonviolence.org/2023/11/there-are-nonmilitary-alternatives-to-israel-war-gaza/> ...Hope the article is helpful to you in breaking out of the violence-addiction of Conventional Thinking.

Reading the article did have me understanding the situation and solutions to the problem in radically new ways.

- Don McCormick

There are nonmilitary alternatives to Israel's war in Gaza

The assumption that war is the only way to create safety is wrong. There's a range of nonviolent techniques that can still be used right now.

George Lakey

Israel and its allies have made a knee-jerk assumption that war is the only way to create safety and respond to the Oct. 7 massacre by Hamas. This assumption — which upholds violence as the only path forward — is commonly accepted by extremists on both sides of the conflict, as well as most leaders and institutions across the U.S. and Europe. What's more: It's completely wrong. I should know; I've studied and taught courses about nonviolent responses to terrorism for many years.

What I've learned is that it takes a failure of foresight to believe that an unprecedented bombing and ground campaign in Gaza can create safety — and a failure of imagination to believe it's

the *only* possible method. Conversely, nonmilitary techniques have, in numerous historical cases, reduced the threat of terror.

Drawing from these cases, I compiled a list of such techniques, which I shared in a 2015 article for *Waging Nonviolence* titled “8 Ways to Defend Against Terror Nonviolently.” That article — published on the heels of a terrorist attack in France — is just as necessary today, which is why I’m republishing an edited version of it here. We all need to understand that there’s a wide range of options to generate safety beyond taking up arms.

One of my most popular courses at Swarthmore College focused on the challenge of how to defend against terrorism, nonviolently. Who knew that non-military techniques have, in actual historical cases, reduced the threat of terror?

I gathered for the students eight non-military techniques that have worked for some country or other. The eight comprised the “toolbox” that the students had to work with. We didn’t spend time criticizing military counter-terrorism because we were more interested in alternatives.

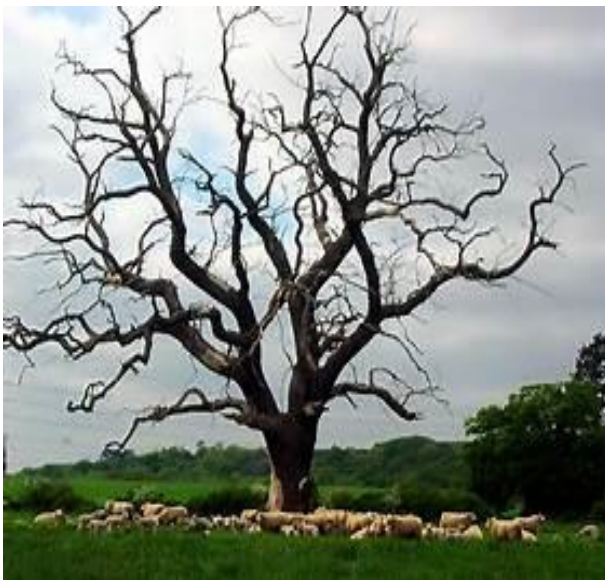
Each student chose a country somewhere in the world that is presently threatened by terrorism and, taking the role of a consultant to that country, devised from our nonviolent toolbox a strategy for defense.

[more](#)

What happens to one happens to us all.

We can starve together or feast together.

Robin Wall Kimmerer



Please Call Me By My True Names By Thich Nhat Hanh, October 2004

Don't say that I will depart tomorrow –
even today I am still arriving.

Look deeply: every second I am arriving
to be a bud on a Spring branch,
to be a tiny bird, with still-fragile wings,
learning to sing in my new nest,
to be a caterpillar in the heart of a flower,
to be a jewel hiding itself in a stone.

I still arrive, in order to laugh and to cry,
to fear and to hope.
The rhythm of my heart is the birth and
death
of all that is alive.

I am a mayfly metamorphosing
on the surface of the river.
And I am the bird
that swoops down to swallow the mayfly.

I am a frog swimming happily
in the clear water of a pond.
And I am the grass-snake
that silently feeds itself on the frog.

I am the child in Uganda, all skin and bones,
my legs as thin as bamboo sticks.
And I am the arms merchant,
selling deadly weapons to Uganda.

I am the twelve-year-old girl,
refugee on a small boat,
who throws herself into the ocean
after being raped by a sea pirate.

And I am also the pirate,
my heart not yet capable
of seeing and loving

I am a member of the politburo,
with plenty of power in my hands.
And I am the man who has to pay
his “debt of blood” to my people
dying slowly in a forced-labor camp.

My joy is like Spring, so warm
it makes flowers bloom all over the Earth.
My pain is like a river of tears,
so vast it fills the four oceans.

Please call me by my true names,
so I can hear all my cries and laughter at
once,
so I can see that my joy and pain are one.

Please call me by my true names,
so I can wake up
and the door of my heart
could be left open,
the door of compassion

Eagle Poem

By Joy Harjo



To pray you open your whole self
To sky, to earth, to sun, to moon
To one whole voice that is you.
And know there is more
That you can't see, can't hear;
Can't know except in moments
Steadily growing, and in languages
That aren't always sound but other
Circles of motion.

Like eagle that Sunday morning
Over Salt River. Circled in blue sky
In wind, swept our hearts clean
With sacred wings.

We see you, see ourselves and know
That we must take the utmost care
And kindness in all things.

Breathe in, knowing we are made of
All this, and breathe, knowing
We are truly blessed because we
Were born, and die soon within a
True circle of motion,
Like eagle rounding out the morning
Inside us.

We pray that it will be done
In beauty.
In beauty.

Your donation makes this newsletter possible. Thank you!



← This button will take you to a secure site.

- It's easy to give to Grass Valley Friends Meeting! Click on the Give button above or go to grassvalleyfriends.org and click on the "GIVE" button. You'll go to a secure site for donations. Your monthly contribution keeps our Meeting viable. *Tithely* now allows the user to change the dollar of their gift without making a new donation request.

Thank you.

Grass Valley Friends Meeting Contact Information (9-10-23)

COMMITTEES: (convener or clerk in bold)

Stewardship: Mary Starr, Pat Phillips, Reed Hamilton, Gordon Starr, Doug Hamm, David Bowman. Dianne Marshall (ex-officio, Newsletter editor), Fosten Wilson (ex-officio, Treasurer), Don McCormick (ex-officio, Librarian), (ex-officio Tech Support).

Welcome: Kathy McCreery, Don McCormick, Pat Phillips, Cheryl Hendrickson, Cindy Bliss, Lo Hamm, CJ Patterson, Peter O'Rourke (ex-officio, Website and Facebook coordinator), Judy Hamilton (ex-officio, email coordinator).

Spirit and Witness: Amy Cooke, Stuart Smith, Reed Hamilton, Sharon Davisson, Dean Olson, Dorothy Henderson (ex-officio, GVFM Clerk), Gordon Starr (ex-officio, elder to the clerk).

Children's Program: Dorothy Henderson, Gordon Bishop, Doug Hamm, Judy Hamilton, Dean Olson, Reed Hamilton, Don McCormick, Keely McDonald, David Cowan, Lo Hamm.

Nominating Committee: (terms as noted)

- Judy Hamilton: 2022-2024
- Gordon Starr: 2022-2024
- Sharon Davisson: 2023-20205
- Dean Olson: 2023-2025

OFFICER HOLDERS

- **Clerk:** Dorothy Henderson (530-575-5988) dorothyjohenderson@gmail.com
- **Elder to Clerk:** Gordon Starr (530-878-1237) gstarr121@aol.com
- **Recording Clerk:** Amy Cooke (530-559-9158) amylisette@gmail.com/Jennifer Smith (916-663-3539) sewsmitharts@yahoo.com
- **Newsletter Editor:** Dianne Marshall (530-274-1922/530-263-0151) dmarshall@pacific.net
- **Newsletter Distributor:** Pat Phillips 530-913-1338 pPhillips1949@gmail.com
- **Email Coordinator:** Judy Hamilton judywestonhamilton@gmail.com (530) 277-8818
- **Treasurer:** Fosten Wilson (530-265-6533) fwkm@protonmail.com
- **Tech Support:** Hailey Wilson seahorseleaf@protonmail.com
- **Website/Facebook Coordinator:** Peter O'Rourke (209-291-8211) peterorouke2001@yahoo.com, Amy Cooke (530-559-9158) amylisette@gmail.com
- **Librarian:** Don McCormick (310-597-9469) donmccormick2@gmail.com
- **Recorder:** Anita McCormick (530-446-1686) hungadungam@gmail.com
- **Directory Clerk:** Nancy Anderson(530-364-8351) ntowhee@gmail.com
- **Mail Clerk:** Dean Olson (530)270-9366 deanolson44@gmail.com

Representatives: one-year terms

Please note: Most organizations no longer have representatives from GVFM. They are held in two committees, Welcome and Spirit and Witness. The following organizations are the exceptions:

- **Interfaith Nevada County:** Dianne Marshall
- **Sierra Friends Center:** Gordon Starr
- **Pacific Yearly Meeting:** Doug Hamm
- **College Park Quarterly Meeting:** Doug Hamm



13075 Woolman Lane,
Nevada City, CA 95959
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