

# *SEASONED GREETINGS*

A QUARTERLY NEWSLETTER OF  
ROANOKE MONTHLY MEETING

*Autumn Edition 2019*

*...season of change and migration...*



*While the earth remaineth, seedtime and harvest, and cold and  
heat, and summer and winter, and day and night shall not cease.  
~ Genesis 8:22*

# AUTUMN AT ROANOKE FRIENDS MEETING

## SEPTEMBER, OCTOBER, NOVEMBER, EARLY DECEMBER

**EVERY SUNDAY:** 10:30 AM: MEETING FOR WORSHIP

**EVERY SUNDAY:** FOLLOWING RISE OF WORSHIP: SNACKS AND FELLOWSHIP

**FIRST SUNDAYS:** 12 NOON: POTLUCK MEAL FOLLOWING RISE OF MEETING AT NOON

COLLECTION OF FOOD ITEMS FOR BACK PACK PROGRAM ON THESE SUNDAYS  
(WHEN SCHOOL IS IN SESSION)

**SECOND SUNDAYS:** 12 NOON: ADULT RELIGIOUS EDUCATION DISCUSSIONS

**THIRD SUNDAYS:** 12 NOON, MEETING FOR WORSHIP WITH ATTENTION TO BUSINESS

**FOURTH SUNDAYS:** 12 NOON: VARIED PROGRAMS OF INTEREST TO FRIENDS

**FOURTH TUESDAYS:** 7:00 UNTIL 8:00 PM: CHANTING AT THE MEETINGHOUSE

**SECOND WEDNESDAYS:** 7:00 PM: EVENING WORSHIP. FOR MORE INFO: CONTACT GARY SANDMAN: garysandman@cox.net

**EVERY THIRD SATURDAY:** 12 NOON: PEACE VIGIL AT ROANOKE CITY MARKET BUILDINGS



OTHER EVENTS, AS THEY ARE SCHEDULED, WILL APPEAR ON THE MEETINGHOUSE CALENDAR AT THE MEETINGHOUSE, ON OUR FACEBOOK PAGE AND ALSO WILL BE CIRCULATED VIA EMAILS

THE NEWSLETTER IS PUBLISHED 4 TIMES A YEAR, ON THE FIRST DAY OF EVERY SEASON.

THE WINTER NEWSLETTER WILL BE PUBLISHED ON DECEMBER 21ST, THE FIRST DAY OF WINTER.

***PLEASE NOTE THE DEADLINE FOR SUBMISSIONS FOR THE WINTER NEWSLETTER IS DECEMBER 15TH.***

REGRETFULLY, SUBMISSIONS RECEIVED AFTER THAT DATE WILL NOT APPEAR IN THE WINTER NEWSLETTER.



### QUERIES AND ADVICES FOR AUTUMN STEWARDSHIP OF RESOURCES

DOES OUR MEETING SERVE SOCIAL AND ECONOMIC JUSTICE IN ITS USES OF PROPERTY AND MONEY?

HOW DOES OUR MEETING ENGAGE ITS MEMBERS IN THE SUPPORT OF THE MEETING'S WORK,  
ITS MINISTRY, AND THE UPKEEP OF ITS PROPERTY?

AM I CLEAR THAT I AM THE STEWARD, NOT THE OWNER, OF PROPERTY IN MY CARE?

DO I SIMPLIFY MY NEEDS, MAKING CHOICES THAT BALANCE SELF-SUFFICIENCY  
(TO AVOID UNNECESSARY DEPENDENCE ON OTHERS) AND FAIR SHARING OF RESOURCES?

DO I MAKE CHOICES AS A CONSUMER THAT SUPPORT THE EQUITABLE DISTRIBUTION OF RESOURCES?

# ALL AROUND THE MEETINGHOUSE...

AN INVITATION FROM ADVANCEMENT AND OUTREACH COMMITTEE



September 3, 2019

Dear Friends/friends,

New to Quaker Meeting? Never been to Friends Meeting but curious about what Quakers believe? Haven't been to Friends Meeting in a while? Have friends who are interested in Quakers?

Roanoke Friends Meeting will gather for a "Welcome/Welcome Back Celebration" on October 6 at the Friends Meeting-house, 505 Day Av.

Schedule will be:

10:30 AM Meeting for Worship

11:30 AM Introductions

Noon Potluck

1 PM Panel-Experienced Friends will speak on Quakerism

The panel will consist of Katherine Smith of Maury River Meeting speaking about Quaker beliefs; Ken Stockbridge of Patapsco Meeting speaking about Quaker worship; and Sue Williams of Roanoke Meeting speaking about Quaker service. Each will share their thoughts on those topics for 15 minutes. There will be 15 minutes at the end for questions and answers.

Katherine Smith is a founding member of Maury River Meeting. Ken Stockbridge is the Presiding Clerk of Baltimore Yearly Meeting, a regional association of 53 Quaker Meetings and Worship Groups. Sue Williams is a political mediator and was a representative of Quaker Peace & Service in Botswana, Uganda, East Africa, and Northern Ireland.

Feel free to come for the whole time or for just part of the time. We will have plenty of food so don't feel you need to bring anything to the potluck. We will provide religious education for children and childcare during the panel.

Please spread the word about the "Welcome/Welcome Back Celebration". It should be an enjoyable and interesting day!

Gary Sandman

Kim Milliron

Roanoke Friends Advancement and Outreach Committee

*(Flyer on next page - you are welcome to copy it and put on your fridge as a reminder or share it with others)*

## CHANTING:

We gather the fourth Tuesday of each month at the Meetinghouse at 7:00 pm for an hour of sacred chants from many faith traditions. Please join us.

Chanting is a gentle but powerful way we can awaken to, be moved by, and create deeper union with the Spirit within and all around us.

Simple melodies and simple words sung over and over can become extraordinarily powerful, especially when each chant emerges from and returns to deep silence. Enter into and become part of a sacred river of sound and silence, trusting that its current will take you where you need to go.

Reminders for chanting dates will be announced by email and posted on our website.

Truly to sing, that is a different breath. ~ Rainer Maria Rilke

# WELCOME / WELCOME BACK CELEBRATION

Roanoke Friends Meeting will welcome people  
interested in Quakerism and welcome back  
people we haven't seen at Meeting in a while  
on Sunday, October 6 at 10:30 AM



MEETING FOR WORSHIP AND  
RELIGIOUS EDUCATION  
FOR CHILDREN, POTLUCK, AND  
PANEL ON QUAKER BELIEFS, WORSHIP  
AND SERVICE

505 DAY AVENUE

FOR MORE INFORMATION: 540-492-3582 OR  
GARYSANDMAN@COX.NET

## ***ALL AROUND THE MEETINGHOUSE...cont'd:***

### **IMPORTANT REMINDER FROM RELIGIOUS ED COMMITTEE**

The committee reminds Friends that children's RE only occurs on the first Sunday of each month.

However, there is a children's box on the bottom shelf of the bookcase in the gathering room that contains snacks and lots of quiet activities for any children who come at other times.

Religious Ed Adult discussions are starting up again this fall. The committee is always seeking inspired Friends who have a topic to share.

Quaker Speak videos which have been very popular in the past will also be a part of the line-up.

### **BACKPACK SUNDAY PROGRAM**

We will be collecting food for Oak Grove Elementary School's Backpack Food Program again this school year.

The next back pack food collection is October 6th, then every first Sunday thereafter during the school year. Friends who would like to support this program are asked to bring foods or monetary contributions on the first Sunday of each month. There will be a basket in the entryway marked contributions for Backpack Food Program (please do not leave food under the table, it may be overlooked).

Friends who would prefer to contribute money, please make checks out to Oak Grove Church of the Brethren and note Backpack Program on the memo line.

Place checks in the envelope provided in the basket.

***Following is a list of suggested food items:***

Flavored oatmeal packs

1% or 2% shelf stable milk

Raisins , granola bars

Fruit cups (pop-top or peel-off lids)

Applesauce cups (peel-off lids), Pudding cups (peel-off lids)

7.5 ounce microwavable pasta bowls (i.e. Chefboyardee ravioli, spaghetti and meat- balls, etc.)

Small cans of beanie weenie (pop-top lids)

Small cans of vegetables (pop-top lids)

2 oz microwavable mac-n-cheese bowls (Many companies have versions of this ... Kroger, Kraft, Velveeta, etc.)\*\*\*

Individually packaged Goldfish crackers that you would include in a child's lunchbox. Usually come in packs of 9 or 12.

Individually packaged peanut butter crackers like the Lance crackers

Plastic grocery bags (to use to send food home)



### **WELCOME OTIS KENNY**

Otis has transferred his membership from Boise Friends Meeting and is now a member of Roanoke Friends Meeting.

We celebrated in August with a welcoming potluck meal which provided an opportunity to visit a bit with Otis and his wife, Barbara. Otis was gracious to send a bit of personal bio with us, as follows:

My Quaker history includes great-grand parents and grand parents who were Quaker missionaries/teachers to/in Kotzebue, Alaska circa 1910. I was raised in Dallas and there was not a Quaker meeting there so my parents started one. Evidently I had been made a member of some meeting before I turned 4 years old since my membership in the Dallas meeting was by transfer of membership, so I guess I am a founding member of that meeting. I attended and graduated from Earlham College, a Quaker college in Richmond, Indiana. When in graduate school I was disillusioned with the meeting there and quit attending meeting. When Barbara and I married, I started going to the Methodist church with her. After more than 20 years away from Quakerism, I started attending the Boise Valley Friends Meeting and became a member there. I served on Ministry and Oversight, and served a clerk and webmaster. (I am still webmaster there as they have not found anyone to take over for me.) I have been on yearly meeting committees and have served a Coordinating Committee clerk (this is the administrative side of the yearly meeting.)

Otis and Barbara now live in Salem, in order to be closer to Barbara's family. Barbara is an active member of the Methodist Church there and Otis sings in the choir on alternating Sundays. Otis is a retired professor of Mathematics.

We welcome Otis with joy and look forward to his presence in our spiritual community

## IN MEMORY OF TOM NICELY

~ Tony Martin

Tom Nicely, husband of Heidi Koring, passed away on Wednesday, September 11, from injuries sustained in an automobile accident 12 days prior. He was 76. Heidi and Tom were married 4 years ago in Lynchburg under the care of our Meeting. Heidi is a long time member of Roanoke Friends meeting and is currently the convener of Lynchburg Indulged Meeting.

Tom was a retired mathematics professor who taught at Lynchburg University for many years. Friends of Tom and Heidi gathered on Friday, Sept 13 for a meeting for worship to remember Tom. At that meeting, people spoke of his brilliant mathematical mind, his sense of humor, his dedication to his students, his humility, his love of people no matter their station in life, his fondness for cats and number theory, and his commitment to integrity and truth.

A memorial meeting for worship for the wider Lynchburg University community to honor Tom and support Heidi will be held in October. Details about that event will be forthcoming.

Below is what Heidi wrote the day Tom died:

Tom left us at 10:00 this morning, just 45 minutes after our cat Chloe ( who Tom called “the imperious pussy”) was put down due to kidney failure. Tom would have been very pleased he could take an animal companion with him... The Hindu Ram Das once wrote “We are all just walking each other home”. Thanks to all of you who have walked so faithfully with Tom and me on this journey. And I pray that Tom who, when his beloved home town of Amherstdale (named after Virginia’s Amherst county) was destroyed in the epic WV Logan County flood considered himself to be a man without a home, has found a home in the universe as he and Chloe walk among the stars.



*The nature of the Divine Presence is to give. As the sun gives light and warmth, as the plants give foliage, fruits, roots in abundance, so the Presence gives life to us, and death, too. Death and life are interwoven. When I die, it will not be true that the Presence will have reversed Itself, stopped giving, and will have taken away my life. Sister Death, as St. Francis called her, is a part of continual giving, which has meant change all along.” ~Francis Hole*



### SCHOOL OF THE SPIRIT UPDATE

In the Spring of 2018, three teachers from School of the Spirit\* came to our meeting to conduct a day long retreat called “Testing the Waters.” Its purpose was to give interested Friends a chance to see what it might be like to participate in a 14-month long program called “On being a Spiritual Nurturer.”

Four Friends from our Meeting, after testing the waters, decided to dive in. With the support of our Meeting, these Friends have traveled together to Aston, Pennsylvania for five residencies over the past year where they have studied and worshipped and shared deeply together with 10 other classmates from other parts of the country. Between the residencies, these Friends have read assignments, written reflections, developed individual spiritual practices, met with their local care committees, and offered support to one another.

At the most recent residency, a final project was due, and a wide diversity of projects were submitted, including four very different ones from Roanoke Friends. The theme of residency five had to do with “The Blessed Community”: what it means to be connected to Spirit and connected to one another through Spirit, how community dynamics can foster or hinder this connection, and how conflict can be an opportunity for growth in faithfulness.

The program will end for the four Friends with a final residency in November, but it is their hope and their intention that it continue through sharing some of the rich harvest of spiritual fruits from this course with the Meeting.

Friends who wish to learn more about School of the Spirit’s “On Being a Spiritual Nurturer” program can ask Patsy Arnold Martin, Heidi Koring, Robert Foote, or Tony Martin.

\*School of the Spirit is a North American Quaker organization whose mission, for the past 28 years has been to deepen the Quaker contemplative tradition by serving “all those who wish to be more faithful listeners and responders to the work of the Inward Teacher.”

### MEETING FOR REMEMBRANCE

It has been our tradition for many years to hold an hour-long Meeting for Remembrance every fall, usually around the end of October.

This is a Meeting of worship-sharing and provides an opportunity to honor and remember those who have graced our lives, an occasion to share memories of loved ones, friends, family and pets.

This year’s Meeting for Remembrance will be held for one hour on October 27 at noon following rise of Meeting for Worship. Everyone is invited to participate and share in this meaningful time.



We clasp the hands of those who go before us,  
and the hands of those who come after us;  
we enter the little circle of each other’s arms,  
and the larger circle of lovers whose hands are joined in a dance,  
and the larger circle of all creatures, passing in and out of life,  
who move also in a dance, to a music so subtle and vast that no ear hears it  
except in fragments.

~ Wendell Berry



## ROANOKE ASYLUM SEEKERS SUPPORT NETWORK

The Roanoke Asylum Seekers Support Network has been active for six months, as it continues to grow and develop. An asylum seeker is one who has crossed the southwest border and indicates that they wish to seek asylum, or one who has bonded out of detention intending to appeal their deportation order. Currently we have fifteen persons who crossed the border and one from Sierra Leon, constituting four family units and a single person. They have one year to legally apply for asylum with the Immigration Court in Arlington. During this time they are under ICE supervision, reporting to the Intensive Supervision Attention Program, ASAP, in Richmond.

While waiting for their hearings in Immigration Court, it is illegal to work or to receive any public benefits. None of them have private transportation and fifteen of them live without bus service. Support provided to them by our network of volunteers includes assistance with their daily living needs, including local transportation to food pantries, thrift stores, medical and dental appointments; they also need transportation to ICE appointments in Richmond and court hearings in Arlington. Assistance in locating and paying for legal assistance is a huge need. For legal counsel which we have acquired for two families, each had to pay three thousand to sign the contract, with the rest paid on a monthly basis; total cost is 9 K for one family and 15 K for the other.

With minimal outreach, we have had a strong response with 43 volunteers contributing money, time, or both. As we grow, our model is to have two or more volunteers focus on a family, getting to know them and helping with their daily needs. Other volunteers are brought into the situation for specific needs, such as finding or providing dental assistance. We are beginning a 12 week ESL program at Hollins University for the seven Spanish speaking adults with volunteers doing all the transporting. Undoubtedly there are more asylum seekers in the Roanoke region needing assistance. Locating them and building trust so that they are comfortable working with us is critical.

Much appreciation to all of you for your support. Working with this project has been an intense experience for me, a reminder that we are truly all connected, that a way will open. If you have any questions, wish to volunteer, or to make a contribution, be in touch with me. ~ Herb Beskar

### THINKING ABOUT RACE: September 2019

#### *"A solution for white people"*

"... There's no need to explain to people of color the ways that racism shapes their lives. Instead, real remedies require a frank discussion with people who perpetrate racism and who benefit from racist policies."

"Here's a solution for white people: Don't answer questions on race by listing the struggles of people of color. Talk about what you can or will do to decrease support for white nationalism among whites."

The above excerpted from an op-ed in The New York Times, August 1, 2019, by Dr. Melanye Price, a political scientist who specializes in contemporary black politics, political opinion, and political rhetoric.

This column is prepared by the BYM Working Group on Racism (WGR) and sent to the designated liaison at each local Meeting. The BYM WGR meets most months on the third Saturday from 10:00 am to 1:00 pm. Locations vary to allow access to more Friends. If you would like to attend, on a regular or a drop-in basis, contact clerk David Etheridge, david.etheridge@verizon.net.

### LAND MINES ARE STILL WITH US

Though land mines have been banned and are no longer produced by most countries, they continue to injure and kill. Cambodia, Iraq, and Afghanistan, for example, still have about 10 million mines each. The UN estimates it will take another 1,000 years to clear what we have now, even if no one adds any new ones.

For these reasons, our Peace and Social Justice Committee continues to donate funds to the Mines Advisory Group, which works in all of those countries and more. This is one way we support work for peace at local, national, and international levels, with gratitude that others go these distances and take these risks on behalf of all of us.

~Sue Williams





## JAMES MICHENER

by Gary Sandman

The novelist James Michener (1907-1997) came of a long line of Quakers. He was born and raised in Bucks County, Pennsylvania, and attended Swarthmore College, where he officially joined the Religious Society of Friends. In 1965 the Meeting Michener belonged to requested him to take a more active part in its affairs,

but unfortunately he responded by withdrawing his membership, stating that he did not feel he could participate actively. He did believe, however, that his withdrawal would not stop him from feeling part of Friends.

Michener wrote two books that contain Quaker characters. *The Fires of Spring* is an autobiographical novel about a young man, who is brought up in a Bucks County poorhouse, attends a Quaker college near Philadelphia, travels with a chautauqua and ends up going to New York City to become a writer.

*Chesapeake* is a history of the families who inhabit that region. One of them is Quaker, and the final descendant of that family becomes a Watergate-style scapegoat. A comment on Friends?

Michener was one of our finest writers. His work ranged from war stories ( he was a "fighting" Quaker) to art history, from investigative reporting to his superb epic novels. Despite being misunderstood by critics, his feat of

writing good prose for a huge audience was remarkable. (Though he did use ghostwriters!)

And in most of his books, without labeling it that, from his background, Michener often drew on the Friendly viewpoint.



*“The master in the art of living makes little distinction between his work and his play, his labor and his leisure, his mind and his body, his information and his recreation, his love and his religion. He hardly knows which is which. He simply pursues his vision of excellence at whatever he does, leaving others to decide whether he is working or playing. To him he’s always doing both.”*

*~James A. Michener*



## AUTUMN MIGRATIONS

~ Jenny Chapman



Come autumn, it is only natural that we think of migration. It is after all, a season of change, a season of movement. We may notice it first when hummingbirds have slowly disappeared from our yards. Then we see it in the southward movement of flocks of geese, hawks and monarch butterflies. These may be the most obvious but there are others, as well.

Among the most delicate migrants, and seemingly the most unlikely, are dragonflies.

There are sixteen species in the U.S. alone that migrate annually, traveling to Mexico and the West Indies.

The Wandering Glider dragonfly holds the distance record - traveling over the Indian Ocean, it's flight is twice the distance of the Monarch butterfly.

In our area, the green darner and black saddlebags are easily recognizable migrants. In recent weeks, great swarms of them have been soaring along as they make their way south. They are often seen skimming through the air in conjunction with migrating birds, such as nighthawks.

Recent dragonfly swarms in Ohio, Pennsylvania and Indiana have been so large that they have been picked up on weather radar, at first mistaken for large storm clouds.

Obviously, delicacy is not indicative of tenacity.

Other migrants claim our attention as well. Forced displacement due to conflict, poverty, persecution, disasters and many other insecurities, has created the migration and movement of millions of people.

In June 2019, Medecins du Monde reported that displaced persons number over 70.8 million people. This is greater than the population of France. It is estimated that of this 70.8 million, 41.3 million are displaced within their home countries another 3.5 million are seeking asylum.

Not all refugees leave their country of origin. Known as Internally Displaced Persons, many flee their homes but do not cross international borders. They may flee to nearby cities or towns, internal camps or settlements - in short wherever they can find security. Internally Displaced Persons are legally under the protection of their government and thus not eligible for many types of international aid - nor are they protected by international law.

Every day, another 37,000 people are forced to flee. That means one person displaced every 2 seconds or 30 people every minute. Human displacement has reached a record high and shows no sign of abating as circumstances continue to threaten vulnerable populations.

As people of faith and means, we have a moral imperative to help. The need is great and it is easy to be overwhelmed by its enormity. However, there are many meaningful ways to assist.

- **Volunteer.** Start locally - what agencies are in your area and can use your help? Roanoke Asylum Seekers Support Network in Roanoke is one - information about this effort is on page 4 of this newsletter. (contact Herb Beskar).
- **Become informed.** The UN Refugee Agency (USA for UNHCR) is a rich source of information and resources.
- **Donate.** Numerous organizations are responding to crises and rely on monetary contributions. USA for UNHCR, International Rescue Committee and Oxfam are but a few of trustworthy organizations. It is wise (and easy) to check out charitable organizations on Charity Navigator before donating money.
- **And don't overlook the Peace and Social Justice Committee!** The committee gives 1/3 of the Meeting's budget to many worthwhile causes, refugee assistance among them.

In this season of migration we are reminded that not all who migrate are answering nature's urgent prodding but are fleeing bitter circumstances.

But the human spirit is like the dragonfly, delicate but tenacious.



We ask for blessings and safety to all migrants,  
whether they be two-legged, four-legged or winged.  
May their travels be easy,  
their paths be certain  
and may the guide within them  
see them surely to their destinations,  
weary but joyful in safe havens.



~ Jenny Chapman

## MEDITATION FOR OCTOBER

"Darkness is no less desirable than light. It is rather, a rich source of creativity... First there is the darkness of the earth in which the seeds wait all through the winter. Second, there is the darkness of the womb in which the young mammal grows into sufficient viability to be born and take its place on earth, as a separate being.... And third, there is the darkness of night, when the garish sun has gone down and the things of earth are blotted out, and we may glimpse the vastness of the universe of which we are part...

We say that God is the Inner Light, but I want to affirm that also the Inner Darkness, and I do not mean desolation or evil, but a quiet waiting and creativity. 'The darkness hideth not from thee; but the night shineth as the day; the darkness and the light are both alike to thee.'"

Elizabeth Grill Watson (1914 –2006) was a Quaker minister, feminist theologian, Bible scholar, and writer.

## HAPPY EQUINOX - AND EQUILUX

You might think that on the equinox there are equal hours of daylight and darkness. In our latitude that's not quite true. We experience several minutes more of daylight than darkness on the equinox.

Why? Because the sun is a disk, not a point so it does not appear in the sky at all once. This alone accounts for an extra 2 minutes or so of daylight. The atmosphere also plays a part. It acts as a prism, and refraction means it stays light for awhile even when the sun isn't visible, adding several more minutes to daylight.

The time when daylight and dark are equal actually occurs 2 or 3 days after the equinox. This is equilux and when it occurs depends on your location. Roanoke, at 37 degrees latitude will experience equilux on September 26th.

Until then, daylight is still longer than dark - a couple of days left to enjoy those long daylight hours!

## AUTUMN

The leaves are falling,  
falling as from way off, as though far gardens  
withered in the skies;  
they are falling with denying gestures.  
And in the nights the heavy earth is falling  
from all the stars down into loneliness.  
We all are falling. This hand falls.  
And look at others: it is in them all.  
And yet there is one who holds this falling  
endlessly gently in his hands."

- Ralph Waldo Emerson



*Go outside  
and  
enjoy autumn!*

## FLAMBOYANT SURRENDER

Soon begins October,  
vibrant month for almost all.  
Strange, is it not, the vitality  
for all the dying?  
How leaves with flamboyant  
surrender  
can teach us about dying.

Charlie Finn

