

# *SEASONED GREETINGS*

A QUARTERLY NEWSLETTER OF  
ROANOKE MONTHLY MEETING

*Spring Edition 2019*



*The grasslands of the wilderness become a lush pasture  
and the hillsides blossom with joy  
~ Psalm 61: 12*

# SPRING AT ROANOKE FRIENDS MEETING

MARCH, APRIL, MAY, JUNE

**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](mailto: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 CIRCULATED VIA EMAILS



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

THE SUMMER NEWSLETTER WILL BE PUBLISHED ON JUNE 21ST, THE FIRST DAY OF SUMMER.

***PLEASE NOTE THE DEADLINE FOR SUBMISSIONS FOR THE SUMMER NEWSLETTER IS JUNE 10TH.***

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

## QUERIES AND ADVICES FOR SPRING

STEWARDSHIP OF THE ENVIRONMENT

ARE YOU CONCERNED FOR RESPONSIBLE USE OF NATURAL RESOURCES AND THEIR NURTURE FOR FUTURE GENERATIONS?

DO YOU TRY TO AVOID WASTEFUL CONSUMPTION AND POLLUTION?

DO YOU SEEK TO PRESERVE THE BEAUTY AND BALANCE OF GOD'S WORLD?

# ALL AROUND THE MEETINGHOUSE...

## 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.

Upcoming dates for chanting are Tuesday April 2nd, Tuesday April 23rd, May 28th. All sessions are one hour long, beginning at 7:00 pm.

## ADULT RELIGIOUS EDUCATION DISCUSSION

Every month on 2nd Sundays at noon, Religious Ed Committee provides a stimulating program or topic for discussion. On April 14th, Chip Tucker, a Charlottesville Friend will visit our our Meeting and talk about opportunities for involvement with Baltimore Yearly Meeting. All are welcome!

## BLUE RIDGE GATHERING 2019: COME SING WITH FRIENDS

Sunday, March 31, 2019 - 10:30 am to 3:00 pm

*If music takes us to the place where words come from then let us sing from our center and nurture the seed within.*

Friend Ruth Fitz invites us to Soulful Singing

Friends of all experience levels are welcome to a joyful time of singing. We will blend our voices in sweet harmonies--singing rounds, spirituals, chants, world, peace, and fun songs--in the oral tradition!

### SCHEDULE

10:30 am – 11:30 – Meeting for Worship

11:30 am – Introductions and Potluck – Please bring something to share

12:45 pm – Clean-up

1:00 pm – Program

1:45 pm – 10 minute break

2:40 pm – Close

2:45 pm – Evaluations, Clean-up and Blue Ridge Gathering Committee meeting

Child care provided. If you are bringing children under the age of 13, please call ahead, if possible, so that we may gauge the preparation needs.

For further info: Kim Millirones, [kimmwhitt@gmail.com](mailto:kimmwhitt@gmail.com), 540-798-9583.

## MEETING RETREAT - OPENING TO THE HEART OF WORSHIP

Friday evening, April 12 from 7-9 pm

and Saturday April 13 from 9-4:30 (light breakfast served at 8:30 am; lunch at noon).

This spiritual deepening workshop will take us more deeply into the experience of worship as individuals and together as a community. Childcare provided upon request. The retreat will be followed by a community potluck and fellowship at 5:30 pm.

For more information, see flyer on next page.

# Opening to the Heart of Worship:

A weekend retreat at Roanoke Friends Meeting

When: Friday April 12 from 7:00 - 9:00 pm  
Saturday, April 13 from 9:30 am - 4:30 pm  
(followed by a potluck supper at 5:30)

Cost: \$25.00 (Financial aid is available upon request)

Description: *Enlightenment is an accident. Practice makes us accident prone. Zen proverb*

Worship is at the heart of our practice as Friends. And we mostly leave each other to find our own way in this crucial part of our lives. This need not be the case. While Spirit-filled worship is something we can't make happen, there are practical skills we can learn which will enhance our ability to enter into deep, transformative worship. This retreat will focus on practices which can make us more ready to receive that blessed gift of powerful worship which can nurture, heal, and transform us and our lives; and draw us closer together as a community

About the retreat facilitator: Christopher Sammond has led workshops and retreats for Friends over many years at the FGC Gathering, Pendle Hill, Earlham School of Religion, Powell House in NY, Woolman Hill and World Quaker gatherings. He has facilitated different versions of this particular topic for monthly, quarterly, and regional meetings over the past fourteen years.

For further information contact Tony Martin at:

[ant@roanoke-fm.org](mailto:ant@roanoke-fm.org)

## ROANOKE TRIBUNE AD

Each February, the Roanoke Tribune, the region's weekly African-American newspaper, devotes an edition to Black History Month. Local organizations, businesses, churches, politicians and individuals place ads for a double purpose: To give financial support to the Tribune and to highlight a particular piece of black history. Roanoke Friends have placed an ad each February for several years.

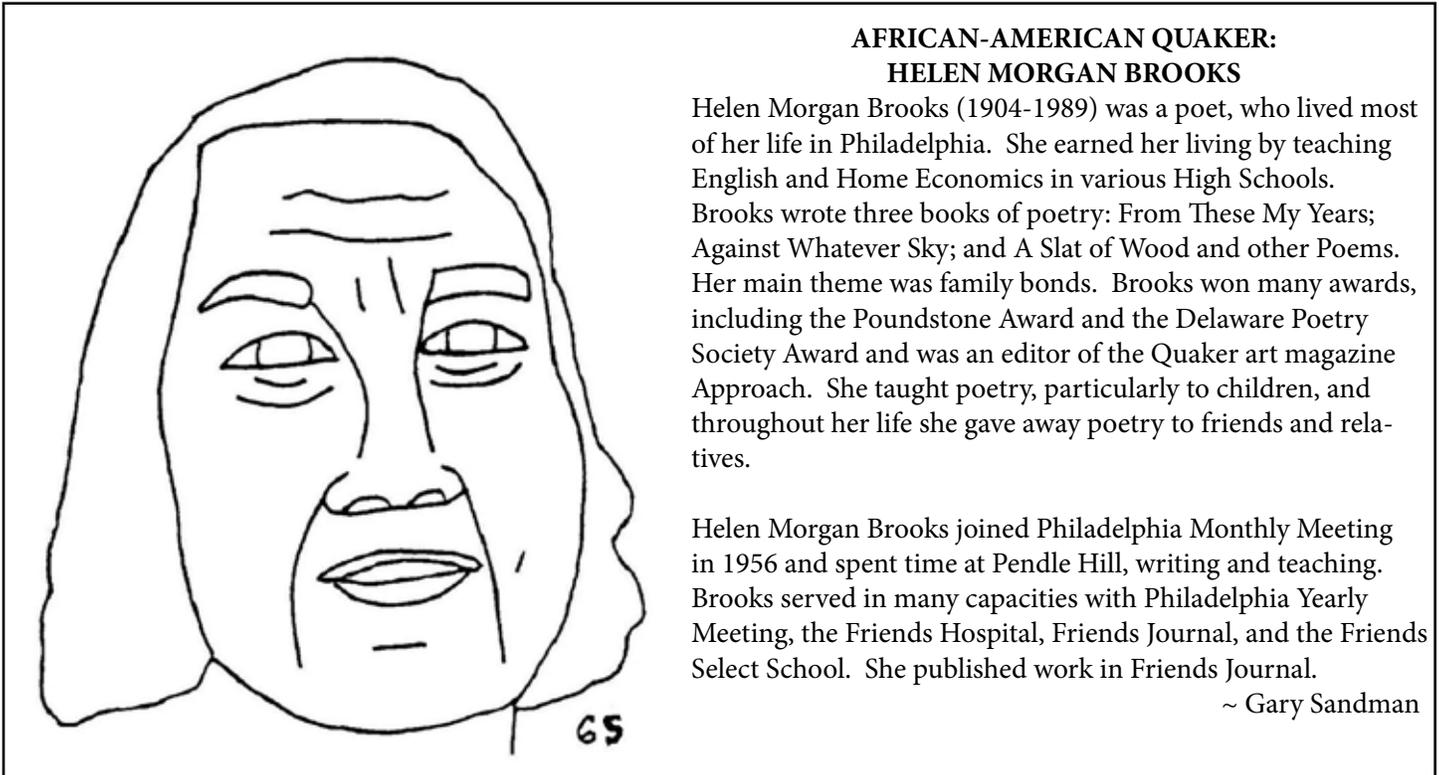
In this year's Tribune ad, we pay tribute to Helen Morgan Brooks. Gary Sandman created the ad which appears as follows:

### AFRICAN-AMERICAN QUAKER: HELEN MORGAN BROOKS

Helen Morgan Brooks (1904-1989) was a poet, who lived most of her life in Philadelphia. She earned her living by teaching English and Home Economics in various High Schools. Brooks wrote three books of poetry: *From These My Years*; *Against Whatever Sky*; and *A Slat of Wood and other Poems*. Her main theme was family bonds. Brooks won many awards, including the Poundstone Award and the Delaware Poetry Society Award and was an editor of the Quaker art magazine *Approach*. She taught poetry, particularly to children, and throughout her life she gave away poetry to friends and relatives.

Helen Morgan Brooks joined Philadelphia Monthly Meeting in 1956 and spent time at Pendle Hill, writing and teaching. Brooks served in many capacities with Philadelphia Yearly Meeting, the Friends Hospital, Friends Journal, and the Friends Select School. She published work in *Friends Journal*.

~ Gary Sandman



### THINKING ABOUT RACE : March 2019 *EUROPEAN-AMERICAN COLLABORATIVE*

“We use the term ‘white supremacist consciousness’ not to refer to a group of people, but to a system of thought. White supremacist consciousness describes a way of thinking that takes for granted the legitimacy of an American society dominated by white norms and values. In other words, white norms and values are normalized, thus making their supremacy over other groups’ norms and values implicit. It is this normalization that maintains the institutionalization of privilege based on race. We learned about this highly charged phrase from people of color, drawn from the discourse of Critical Race Theory (Delgado, 1995). As critical race discourse observes, many in our society fail to understand that racism is the institutionalization of privilege; it is not just a manifestation of prejudiced attitudes by individuals. When well-intentioned white people see themselves as ‘not prejudiced’ they often assume they are also ‘not racist’ because they are examining their personal attitudes instead of the way in which they participate in unjust distributions of power and privilege based on race.”

From “Developing Capacity to Communicate About Race with Critical Humility,” in *The Handbook of Race and Adult Education: A Resource for Dialogue on Racism* by the European-American Collaborative Challenging Whiteness (ECCW) <http://www.iconoclastic.net/eccw/>

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](mailto:david.etheridge@verizon.net).

## REMEMBERING MARILYN KETTLEWELL

Our dear friend Marilyn Kettlewell breathed her last on February 12. Her decline in health over the past few years led to her being moved from The Oaks at Richfield in Salem to an assisted living facility close to her son and family in Charlotte, North Carolina. Marilyn was deeply involved with Roanoke Friends up to and including our years at the Gish House, not only worshiping with us regularly but never missing a Meeting for Worship with Attention to Business which she knew to be the Quakers's great secret. Her warmth, brightness, passion for women's rights, and impish sense of humor were evident to all who were privileged to know her and love her. When no longer able to attend, she was deeply comforted to know she was being held in the Light.

Following are things from her obituary that Friends might not have been aware of: "Marilyn loved language and learning and was an avid reader from an early age. She translated her love of learning into a career as a teacher and tutor in Canton, Ohio schools and in later years as a tutor to Somali Bantu refugees. She also had a deep love for and appreciation of music, theater, movies, art, and international and Native American cultures...Marilyn had a great smile, beautiful blue eyes, and loved to meet new people everywhere she went. She was the keeper of the family history and stories. She enjoyed traveling, especially to places where she could learn from native cultures. She was a Master Gardener, folk and square dancer, serious bridge player, and very proud grandmother. A favorite quote of hers was this from Leo Rosten: Happiness, to me, lies in stretching to the farthest boundaries of which we are capable, the resources of the mind and heart."

Rest in peace, Marilyn. We carry you in our hearts.

~ Charlie Finn

Every blade in the field - every leaf in the forest -  
lays down its life in its season as beautifully as it was taken up.  
~ Henry David Thoreau

### THE ORIGIN OF SILENCE

At the time the Berlin Wall came down, I was one of several Quakers leading a seminar in Moscow with the Soviet Peace Committee. On a day off, we visited a seminary, one of only two permitted during Soviet times. One of the staff, the choirmaster, gave us a tour. He was a huge man, with a huge black hat, robe, and beard. Then, he kindly offered us lunch and wanted to know about us. He loved meeting people and learning about other religions, but he'd never even heard about Quakers. He wanted to know everything about us, and especially our liturgical music. We gulped, and explained that we had neither music nor liturgy. He gulped, then asked: Well, what do you have? We explained waiting in silence, speaking as we were led to speak, having traditions and testimonies but no creed. He was silent for a time, and then offered this:

That's fine, as long as you understand that the outward silence comes from the inward silence, and not the other way around.

He had immediately grasped something that some lifelong Quakers don't seem to remember: That the silence does not require the absence of noise, but the attentive waiting on the still, small voice.

Sue Williams, March 2019



## QUAKER ARTISTS: GENESIS CHAPMAN

Genesis Chapman (b. 1970) is a painter of the natural world. His work focuses on Bent Mountain, Virginia, where he was raised, and depicts its rocks, air, flora and fauna and, an important element for him, water. (Bottom Creek is a particular interest). His goal is to highlight the changes to that area. The medium he uses is India ink on Yupo paper. Because of his love for Bent Mountain, a recent concern for Genesis has been the Mountain Valley Pipeline. His work regarding the MVP and other pipelines across the United States focuses on fire and smoke and employs bright inks. He has also constructed intricate wooden puzzles of animals, real and mythical. Genesis has had exhibitions at galleries in Kansas, Virginia and New York. In 2018 he was the first winner of the Taubman Museum's "Homeward Bound" triennial.

Genesis has attended Roanoke (BYM) Meeting as well as Floyd and Richmond Meetings. He says he identifies as being "basically Quaker". Friendly influence is reflected with the way he sits in quiet meditation to create his work. It is present in the simplicity of his drawings. It is also mirrored by his tendency to use shades of grey, traditionally a Quaker color, in his art. Finally, as well, he finds deep spiritual comfort and something eternally present in nature.

I loved Genesis's work. His water drawings were exquisite, especially "Cold Tub, Kettle Holes, Bent Mountain, Va". As an artist, I adore color, so it was a revelation for me to study these black-and-white drawings. This is a greatly-talented painter.

Below is "Cold Tub, Kettle Holes, Bent Mountain, Va" as well as a photo of the artist.

~ Gary Sandman



"I would feel more optimistic about a bright future for man if he spent less time proving that he can outwit Nature and more time tasting her sweetness and respecting her seniority."

~ E. B. White

"The living inhabitation of the world — the grazing and nesting in it, — the spiritual power of the air, the rocks, the waters, to be in the midst of it, and rejoice and wonder at it, and help it if I could, — happier if it needed no help of mine, — this was the essential love of Nature in me, this, the root of all that I have usefully become, and the light of all that I have rightly learned."

THREE NEW BOOKS BY CHARLIE FINN!

The first pays mandalic tribute to five dozen wisdom-figures in his life: *Sixty to Sing Of: A Wealth of Guardians*. (\$18) Multiple quotations amplify each of these sixty mandalas, hopefully enticing readers either to discover new companions for their own spirit journeys or to deepen bonds that have already been established.

The second is yet another of his books of poetry, this one not only highlighting favorites from over the years but including new ones: *Great Day in the Morning: One Hundred Selected Poems*. (\$10.)

The third is a collection of essays entitled *Winter Offerings: Poetry and Prose Dancing*. (\$10) Awareness that he has entered his own winter season has prompted him to turn to essays in an attempt to say things of importance.

If any of the above seem irresistible, let Charlie know at [charles.c.finn@gmail.com](mailto:charles.c.finn@gmail.com).

**A PRAYER FOR SPRING**

Oh, give us pleasure in the flowers today;  
And give us not to think so far away  
As the uncertain harvest; keep us here  
All simply in the springing of the year.

Oh, give us pleasure in the orchard white,  
Like nothing else by day, like ghosts by night;  
And make us happy in the happy bees,  
The swarm dilating round the perfect trees.

And make us happy in the darting bird  
That suddenly above the bees is heard,  
The meteor that thrusts in with needle bill,  
And off a blossom in mid air stands still.

For this is love and nothing else is love,  
The which it is reserved for God above  
To sanctify to what far ends He will,  
But which it only needs that we fulfil.

~ Robert Frost 1915



Be so happy that when  
others look at you they  
become happy too!

*Practice is Planting Seeds*

When you plant seeds in the garden, you don't dig them up every day to see if they have sprouted yet. You simply water them and clear away the weeds; you know that the seeds will grow in time. Similarly, just do your daily practice and cultivate a kind heart. Abandon impatience and instead be content creating the causes for goodness; the results will come when they're ready.

~ Thubten Chodron, "Meditator's Toolbox"

## FROM PEACE AND SOCIAL JUSTICE COMMITTEE

As Quakers, we are called to be stewards of the earth and its resources. The proposed Mountain Valley pipeline presents many threats to our environment and as stewards, we are compelled to respond. This pipeline, if completed, would extend for 303 miles, delivering over 1.2 cu. ft. of fracked natural gas daily via a high pressure 42' pipeline. The environmental consequences of fracking and the transport of fracked gas are well-documented and understood. Water, air quality, wildlife and safety are all at risk.

Natural gas pipelines also represent detrimental impacts on human lives in their way.

Their "way" seems to be through regions where people have less resources to resist. Whether through lack of financial resources, education or political power, pipelines often go through areas where people have no voice. A prime example is the proposed Atlantic Coast Pipeline compressor station in Union Hill. This is a historic, primarily black community that originated after the civil war. A compressor station there would have a devastating effect on this community. Recently, Al Gore and Rev. William Barber visited Union Hill and held a rally there. Gore called the pipeline a "racist, reckless ripoff. And it is.

Other communities and citizens are feeling the pressure, too. Local landowners are seeing their homes threatened by the inappropriate use of eminent domain. Unwilling landowners were forced to allow pipeline company representatives to enter and survey their land without permission, cut trees and in some instances, install pipe. In the process, citizens often feel their rights were violated and their lives disrupted.

Day to day interactions with pipeline workers and representatives are challenging. While some are polite, many are rude and bullying, refusing to give identification or names. Security guards are quick to respond to any perceived threat of trespassers on what is now considered the pipeline's property. Their response typically includes calling police, often resulting in arrests of resisters who are often taken to trial, resulting in expenses, loss of work and stress.

### ***How has Roanoke Friends Meeting responded to the threat of the proposed mountain Valley Pipeline?***

Meeting has responded in many ways, among them:

Individuals within Meeting have taken active roles in resistance, attending hearings, public meetings and town halls as well as attending public protests, rallies and demonstrations.

Peace and Social Justice Committee generated a Minute of Concern regarding these pipelines which was approved by the Meeting and published in the Roanoke Times. It was then sent to every meeting in BYM as well as area churches, requesting them to act as well.

Our Meeting has acted to inform and educate on many occasions. We've provided a space for workshops and meetings. The pipeline has also been the subject of religious ed discussion, as well as an article in QEW news.

Importantly, our Meeting has supported individual resisters as well, providing aid where needed, help with legal defense and presence at court trials to support and bear witness.

While there have been many instances in which our spiritual community has been active, as Way continues to open, there will be more instances ahead. As Quakers, guided by our testimonies, we are led to respond, putting our faith into action for it is by our actions that our faith is made visible.

***"There are no unsacred places; there are only sacred places and desecrated places."***  
-Wendell Berry

