

The Living Light

"...and Christ shall give thee light." Ephesians 5:14



Volume 51, Number 10

First Friends Church of Whittier

Tenth Month, 2012

After Summer Comes The Harvest



Avon Dhawal, Bryan Thornhill, Cassie Caringella, James Tucker, John Karr

Whittier Friends School Launches Intermediate Class

Seven eager students arrived promptly at 8:30 a.m. on the Wednesday after Labor Day to begin a new venture in education at Whittier Friends School. WFS has launched an Intermediate Level program, expanding into the 7th grade for the first time, and next year offering 8th grade.

The Intermediate class got off to a rolling start with computer orientation led by Teacher Cassie Caringella. The students will use the self-guided math curriculum of the new online Khanacademy. Each student was issued a small laptop computer and an account number. Cassie skillfully assisted the students in logging-on, until, one by one, their efforts were rewarded with an intriguing block design introducing the subject of combinatorics. Their excitement was palpable.

There was none of that timidity some youngsters feel upon entering the strange and lofty realm of Middle School from the protected environment of elementary school. These students, fifth grader Anatheia Woirhaye, sixth graders James Tucker and Avon

Summer worship was lovely. The intimacy and informality of our summertime early Meeting created a unique togetherness. Pastor Becky sat down close to the congregation to lead us in discussions of the parables of Jesus.

Incomparable saxophonist Benn Clatworthy ushered in our summer's sans-choir worship music on July 7 and closed it on Sept. 2 with some of our favorite hymns as prelude and postlude, accompanied by Russ Litchfield on the piano.

Special events included Outreach Sunday on August 12, when the worship message was given by leaders of four community service agencies whose charitable work our Meeting has supported over the years. The following Sunday we paid tribute to those of our Meeting who have reached their tenth decade of life, our Heritage Friends.

On the last Sunday of summer worship, visiting pastor Bill Miller delivered the message, as he has many times before. Appropriate to Labor Day, he spoke on jobs and vocations, with reflections on Jesus' parable in Matthew about the master hiring workers for his vineyard.

With the shortened days there comes a quickened sense of mission. We plunge with renewed inspiration into work, school and church activities. Youth and adult Sunday Schools resumed on September 9 with a continental breakfast for attendees in Fellowship Hall. The Worship Choir returned that day, after their summer furlough.

We now look forward to our traditional fall events: Whittier College Sunday, Friends School Sunday, participation in the Whittier Community Thanksgiving service, and that most special fellowship event at First Friends, an evening of pumpkin carving in Fellowship Hall.

Rejoice, give thanks and sing!

— Bob Newton

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Friendly Fare by Lea Wright

Dear Friends, Sometimes news is plentiful, sometimes sparse. I posted a comment on Facebook this month because I was afraid I would have to cancel my column. Well, needless to say, suddenly there's lots to talk about.

New Friends: I always love to report about new grandbabies. **Mike & Lynda Ladwig's** granddaughter **Krystal Ladwig** was visiting for her 24th birthday. During her stay her new cousin, **Jonathan Michael Ladwig** made his entrance, born to **Ken & Shannon Ladwig**, grandson of Mike & Lynda. **Sharon & Dale Rollins'** new grandson, **Patrick Sawyer Davis**, arrived, healthy and ready to meet his big sister, **Molly**. Parents are **Jeff & Meghan Rollins-Davis**.

Friends About Town: Last month we reported about **Bethany Marshburn-Ersek's** great experience in Washington last summer. To clarify, she was a senate page, not an intern. Three of **Bill & Marygene Wright's** great grandchildren who swim for the Riverside YMCA team participated in Southern California YMCA League's Swim Meet, held at Whittier College. Pictured are **Ilyssa 4, Delianna 9 and Gavin 11 Thirkettle**. **Taylor Hays** just returned from a big weekend of racing in Las Vegas. He participated in a 12 hour team karting event and both of his teams



made the podium. His sport kart team was the overall champion and his pro team finished in second place.

Donna & Milton Wright drove their 1921 Studebaker,



and **Dan Wright** drove his 1929 Model A Ford to display at the "Ticket to the Twenties" festival at the Homestead Museum in the city of Industry. Here they are

with the *Living Light* continuing our tradition: "**The Living Light Travels**." (Remember, your submissions are welcome and needed.) The two day celebration of the Roaring 20's featured silent film screenings, ukelele sing-alongs, Mah Jongg tutorials, historic house tours, antique automobiles, vintage clothing vendors and fashion shows. With 1920's attire encouraged, there were flappers a-plenty, and "prohibition was strictly enforced!"

School and Work News: **Nathan Jones** was recognized

as the outstanding student in Sociology at Rio Honda. He is currently enrolled at U C Irvine for the fall. **Roscoe Haynes** and family visited Whittier for his father, **Gerald Haynes'** memorial service. He is reminded and often thinks of his Whittier friends and families. His wife, **Joanne** is now retired, but Roscoe has a few years left before he retires. Their son **Matt** is working at Applebees' restaurant part time and going to college.

Friends Travel: **Dan & Melissa Martinez** recently visited Seattle for their first vacation in two years. They enjoyed seeing various tourist destinations as well as exploring neighboring towns. While there, they lunched with two of Melissa's cousins, **Amanda Ferguson-Cradler**, her husband **Ben** and their baby **Finn**, as well as Melissa's cousin **Sarah Davis** and her boyfriend Arthur. **Frank & Lyn Gruber** traveled to Oak Harbor, Washington to help celebrate their grandson **Jack's** second birthday. They were glad to get to meet some of the fine men that their son **Jon** is working with at the naval air station at Whidbey Island along with their wives and children. **Don & Shirley Votaw** went north recently to visit **Deena's** family. They picked lots of blackberries, made lots of blackberry jam and syrup. The whole family was involved including 1 year old **Spencer** with his constant smile. Then on to visit with **Doree Votaw**, who is doing well. Next on the list was **Lynda's** family where they picked more berries and enjoyed sharing meals with grandson, **Jason** and family and playing with their great grandkids there, too. **Marilyn Fant** drove to Vallejo to host an open-house for her father on the occasion of his 100th birthday. Friends and relatives dropped by to say hello, some coming from a distance. **Ken & Joanne Camp** took a driving trip to points north, seeing old friends and relatives along the way. Their most distant stop was Woodinville, WA, northeast of Seattle. **Lara, Gary & Diane Wemmerus** went to Hawaii where they went snorkeling, saw giant sea turtles up close and newborn dolphins, went zip lining, went to a luau, swam 10 feet away from their condo on the beach, and, yes, Lara set up play dates with kids she met in Hawaii. **Anne & Bedford McIntosh** were at Big Bear Oktoberfest and really got into the log sawing contest. Did pretty well, I understand, says Lynda Ladwig. **Becky Memmelaar** went to North Carolina Yearly Meeting and mingled with "Quaker celebrities." **ABCDE Woirhaye** plus **Gwen & Mahlon Woirhaye** soaked up many rays of sun in Laguna Beach. This once-a-year tradition brought them together with the **Ryder** Family and other friends. Boogie Boarding, sand castle building, and tide pooling were enjoyed by all. Much of the same family and friends met during Labor Day weekend at Green Valley Lake to enjoy some fresh water sports. All lamented the end of summer.

Friends Sharing News: Help to keep the Friendly Fare going. Email me a quick note and tell me your news. Send to Lea at lealouw@gmail.com, or deliver to me at church on Sunday. See you next month!

Advocates Tell AFFN About Sex Exploitation Trafficking

Human trafficking, in all of its forms, for forced labor or commercial sex, has grown into a major world-wide industry in recent decades. It uses force, fraud and coercion to enslave people. Many women are trafficked, but the most vicious form of human trafficking is sexual exploitation of young girls. This depraved practice occurs not only in underdeveloped countries, but also in a major way in our own.

Human rights activists Kristine Kil and Kelly Vassar brought some valuable but disturbing information to our All Friends Fellowship Night audience in Fellowship Hall on Sept. 12. Kristine is a staff worker and Kelly a volunteer for a recently founded organization, Californians Against Sexual Exploitation (CASE). It is an outgrowth of two older advocacy groups: California Against Slavery and the Safer California Foundation.

According to the visitors, human trafficking is the fastest growing and second largest criminal industry in the world today (second to drug trafficking and tied with illegal arms). Most of the more than 300,000 victims forced into childhood prostitution in this country are runaways from disturbed family situations or foster care. Others are girls brought into this country for sex exploitation. Some are as young as 12 years old.

The major effort of CASE currently is lobbying for the passage of Proposition 35, a measure on the California ballot for the Nov. 6 election. Kristine stated that recent polling shows 80% favoring the measure, which is endorsed by many civic, law enforcement, welfare and political organizations. The four major provisions of Proposition 35 are:

- To increase prison terms for convicted human traffickers.

- To require convicted sex traffickers to register as sex offenders. This is a very stringent provision under which those convicted would be closely monitored and deprived of their freedom to interact with children.

- To require convicted traffickers to disclose their internet accounts. This, if passed, would greatly inhibit such trafficking, as many of the initial contacts with victims are made through internet communication.

- To increase criminal fines to pay for rehabilitation services for victims.

Los Angeles is now at the top of the national list of worst-offender cities, with San Francisco and San Diego not far behind. Reasons given for the high ranking of these cities on the sexual exploitation list are large immigrant populations, the poor economy, and weak California laws. Other U.S. cities with bad trafficking records are Minneapolis, Dallas and Houston.

Kristine suggested several ways that Friends can help support Proposition 35, including distribution of the



Kristine Kil and Kelly Vassar

posters and wallet cards she and Kelly brought to AFFN, and by “passing the word” as Election Day approaches. In the lively discussion that followed the presentation, Friends added other suggestions, such as being vigilant about family situations they observe in which young girls are at risk.

Ted and Mary Marshburn organized this highly instructive AFFN event, and Jack and Sharon Huffaker helped them to provide a bountiful potluck supper.

— Bob Newton

Intermediate Classes continued ...

Dhawal, and seventh graders Katerina Ryder, John Karr, Bryan Thornhill and Cedric Woirhay, have been friends or schoolmates for many years.

A broad paper strip runs around the upper walls of the Intermediate classroom, formerly the school Library. The time-line, from 10,000 B.C. to the present time, will be filled in by the students as they trace the course of human history from the Stone Age to the Space Age. Migrations, civilizations, and religions will be studied as students gain an appreciation of who we are and how we got here. A visit to the L.A. County Natural History Museum in late September supported this curriculum.

In November, Marielle Askew will assume teaching responsibilities when Teacher Cassie takes maternity leave. Marielle has been a Day Care substitute at WFS in conjunction with her work-study program at Whittier College. Three adjunct teachers have been hired for the coming school year. Zach Ouderkerken, who attends Whittier College, will be doing day care. Zach Stecklein will direct the students in the annual Winter Play. Ryan Hinojos will introduce the subject of marketing to the Intermediate Class and lead the older students in a school promotion project.

A physical education unit will be led by Steven Caringella, Teacher Cassie's husband, who will instruct in basic skills and fitness training for the sport of American football. Bill Ryder, father of two WFS students, will coach the Intermediate students in soccer. Bill is a certified American Youth Soccer Coach and coach-trainer.

— Bob Newton



Holly Overin and Jo Nita Beede

Peace Café Returns

On Saturday, October 13, First Friends Fellowship Hall will be turned into a simple coffeehouse known as the Peace Café. Two of our own creative song writers, JoNita Beede and Holly Overin, with the help of Carrin Bouchard, Outreach Clerk, have scheduled another social interaction event full of music, poems, art, information, food, and fellowship. The doors will be open from 5:30 p.m. until 10:00 p.m. for members, community friends, invited musicians, artists, organizations, and vendors.

Peace Café offers a place where one can walk in, find old friends and make new ones, sit in a peaceful environment, learn, and share. At each Peace Café event a new song is shared, art is displayed, and community and world concerns are discussed or reviewed. You can enjoy one another's company as musicians share their songs, artists their work, and organizations their information about serving others in peace, walking in Christ's Light.

Every August for one week First Friends hosts "Peace Camp" where they teach young minds about communication, love, and peace. This year Cassie Caringella was the director of Peace Camp, overseeing the learning process with the children of our meeting and the community of Whittier. Come view the poster display that shows the many ways the children interacted with one another during this week. There will be an opportunity at Peace Café to support next year's Peace Camp with a donation from the heart.

The personal goal of Jo Nita and Holly is to invite more and more people to share their gifts in music, art, poetry, and dance and to offer organizations which work for peace, justice, or humanity an opportunity to share. Please put Saturday, October 13 on your home calendar, and invite your friends and family. No reservations are needed. Soup, salad, coffee, tea, and treats will be provided. All you have to do is attend.

— Carrin Bouchard, Outreach Committee Clerk

Friends Invited to 40 Days of Prayer

October 7th at 9:30 a.m. Friends will have the opportunity to join in prayer, reflection, discussion and action as we study "40 Days of Prayer for the Future of Friends" together. During the 40 days beginning on Oct. 10th Friends from all over the world have the opportunity to be seeking discernment and direction to be refreshed and reshaped and empowered by God's Spirit working among us. On Sundays we will come together for discussion, reflection and prayer and the scripture of the day.

If you would like your own study guide we will be able to purchase one for you at \$2.50 if we order 10 or more. A sign up sheet will be in the courtyard so that an order may be placed by Oct 1st. Or you may download for free from the Friends United Meeting website. Whether you decide to join us on Sundays in the Chapel or participate on your own we ask that you pray during this time as we seek and discern the leadings of Christ for the future of Friends.

— Lynda Ladwig

Monthly Mission Monday

Outreach is such a big word. Who do we reach out to? What can we do? How can we help? Sometimes we just don't have the time or the opportunity to get involved with a mission project. Yet, we want to. We want our children and grandchildren to experience the joy that can come from serving others.

With these thoughts in mind the Christian Education Committee is sponsoring Monthly Mission Mondays. Beginning on October 15 and continuing on the third Monday of each month, family and friends are invited to gather in Fellowship Hall to work on a small but important mission project together. If you are between the ages of 0 and 99, please bring a friend and join us from 5:30 to 6:30 p.m. Mark the Mondays on your calendars now for Oct. 15, Nov. 19, Dec. 17, 2012, then come prepared to have fun, enjoy the fellowship and joyously serve God by serving others.

— Lynda Ladwig

Movie Night Resumes

On Friday, October 5 the Christian Education Committee is offering free refreshments and showing the movie "The Lorax." The event is slated to begin at 6:30 p.m. Plan to bring your children, nieces, nephews, and grandchildren. Invite your neighbors and friends. Remember, children under the age of 13 must be accompanied by an adult.

October 2012

| <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|--|--|---|--|---|--|--|
| Sunday Schedule First Day Classes—9:30 a Meeting for Worship—11:00a | 1 1:30p Writing Class | 2 7:00a Spiritual Growth & Quaker Men | 3 7:30p Evening Men's Quaker Group | 4 7:00p Choir Rehearsal | 5 6:30p Movie Night | 6 12:30p Christian Ed Committee |
| 7 | 8 10:00a Quiltmakers 1:30p Writing Class | 9 9:15a Trustees Meeting 7:00a Spiritual Growth & Quaker Men | 10 7:30p Evening Men's Quaker Group | 11 7:00p Choir Rehearsal | 12 | 13 Friendly Fare Deadline 5:30p Peace Café |
| 14 12:15p Monthly Meeting 3:00p New Century Singers Concert | 15 Living Light Deadline 1:30p Writing Class 5:30p Monthly Mission Monday 7:00p Class on Quakerism | 16 7:00a Spiritual Growth & Quaker Men 9:15a Trustees 7:00p M&C | 17 7:30p Evening Men's Quaker Group | 18 7:00p Choir Rehearsal | 19 6:30p WFS promotion Service & Reception | 20 |
| 21 | 22 10:00a Quiltmakers 1:30p Writing Class 7:00p Class on Quakerism | 23 7:00a Spiritual Growth & Quaker Men | 24 Editors Compose Living Light 7:30p Evening Men's Quaker Group | 25 8:45a Senior Sneaks 7:00p Choir Rehearsal | 26 | 27 6:00p Pumpkin Carving and Fellowship |
| 28 | 29 1:30p Writing Class 7:00p Class on Quakerism | 30 7:00a Spiritual Growth & Quaker Men | 31 Living Light Folding 7:30p Evening Men's Quaker Group | | | No AFFN during October. |



| | | |
|---------------------|---------------------|---------------------|
| 1 Alicia Atkinson | 9 Judith Austin | 23 Paul Marshburn |
| 3 David Marshburn | 13 Kathryn Weber | 24 Joy Creelman |
| 3 Suanne Ramirez | 14 Michael Wood | 26 William Wright |
| 3 Vi Smith | 14 Kirk Wright | 27 Ruth Marshall |
| 5 Elizabeth Strader | 15 Kathleen Robison | 27 Sharon Rollins |
| 5 Jasmine Sturr | 21 Maureen Russell | 29 Ron Memmelaar |
| 6 Glenus Bateman | 21 Anna Wright | 30 Charles Browning |
| 6 Kim Haynes | 22 Robert Browning | 30 Nathan Jones |
| 6 Anne McIntosh | 23 Stacy Bouchard | |
| 8 Susan Cush | 23 Wanda Caldwell | |

If we've missed your birthday, we apologize (and happy birthday)! We're working hard to keep our birthday calendar up-to-date so please let us know if we're forgetting anyone.
Thank you!



Geniuses and Animals Studied at County Fair

This is what happened when Whittier Friends School students went to the L.A. County Fair on Sept. 14. First, we went to the Heritage Square to try some old games. Then we went to the barn and got to see and touch animals in the petting zoo. The petting zoo was practically empty because the baby animal show was going on. I liked the llama best, and the rest of the class liked other animals. After that we went to the egg hatchery. Katerina Ryder's favorite was a little white chick, Bryan Thornhill liked a black one, and I liked a little one that had a stripe. Then we saw some piglets, and some full grown chickens. After that, we saw some of the art that they had on display. Our art contributions didn't get accepted. Then we went to an American genius exhibit. We found out that George Washington Carver made paper accessories out of vegetables, and many other things. Then we saw stingrays and eels. After that, we headed over to the zebra pen. And then we ate lunch. Those were the best things we saw at the fair.

— *Anathea Woirhaye*

Whittier Friends School Holds Annual Clean-up Day

Whittier Friends School kicked off the new school year by sprucing up at this year's "Annual Clean-up Day" on Saturday, August 25th. Parents and students pitched in and washed desks, chairs, windows, walls and play equipment. They added new sand to the sand box, painted a new hopscotch grid and safety lines and helped the school shine for the new school year. There was a potluck after the clean-up and the first parent meeting of the 2012/2013 year was held.

Participants in the clean-up included Alicia Atkinson and Bishop Aereaux; Cassie and Landon Caringella; Candy, Ashley & Katerina Ryder; Elizabeth, Dave & Bryan Thornhill and Bryan's grandmother, Alice; Glenn, Jen & James Tucker; Renia Blamey, Billy Velez, and Jayden Vance-Velez; Justine Whitehead, Avon & Shreeya Dhawal; Deanna, Brendan, Cedric, Anathea & Elyse Woirhaye; and Lea and Dan Wright. Maria Fernandez, Emily & Mikayla Hays, & Marie Kaneko also stopped by.

Thank you to everyone who participated and helped make this a successful event.

— *Jennifer Tucker*

Pumpkin Carving Back By Popular Demand

We had so much fun last year we're doing it again! We'll gather at the Fellowship Hall kitchen on Saturday, October 27 from 6:00 to 9:00 p.m. All are welcome.

Local pumpkin-carving masters Dan and Philip Wright will be returning to show some of their special carving tools and carving techniques, so bring your pumpkin and favorite carving tools (but we'll have plenty of extra tools if you need them). Also, bring some snacks to share.

For those who want to enjoy the fellowship without carving a pumpkin, come watch the carvers, or play a table game or build a jigsaw puzzle.

On Sunday, after meeting for worship, our jack-o-lantern creations will be on display. Then we can take them home for Halloween.

We look forward to having you join us! Bring a friend!

— *Dan and Lea Wright*



Ruth, Lynne, Carol, Richard, Ted, and Steve

Friends Get Occasional Blessing

The beautiful music brought to our worship on Sunday, Aug. 26, by the a cappella madrigal group "Occasional Consort" may be aptly described as "heaven-sent." Four of the six singers are scientists and engineers at the Jet Propulsion Laboratory (JPL), Southern California's world-famous center for space exploration. This fine group specializes in sacred and secular music of the Medieval and Renaissance periods.

Their call to worship was "How Long O Savior" by Ingalls; their offertory, Viadana's "Exultate Justis"; and the anthem was "Cantante Domino" by Haslene. The three women of the group sang this last piece, which was written around 1600. Russ Litchfield conducted the singers from a seat in front of the platform.

Occasional Consort sings for many different audiences, including churches, retirement homes, schools, and civic gatherings. It is in great demand during the summer, when some church choirs are on vacation (as was ours), and during holidays.

Lynne McGrath, the group's leader, founded Occasional Consort more than 30 years ago. Most of the other singers are long-time members. Richard Beatty is a JPL engineer. He sings for the All Saints Episcopal Church Choir in Pasadena. Ted Sweetser and Steve Wall are also JPL engineers. Carol Polanskey is one of the head scientists in charge of the JPL mission to explore the asteroid Vesta. She had pictures of her space mission to show after Meeting on her cell phone. She is the only member of the group that sings with the JPL choir. Ruth Ridenour sings with the choir of First United Methodist Church of Whittier.

First Friends is fortunate to have been included on the busy schedule of this fine singing group.

— Bob Newton

Regular Worship Resumes With Fanfare

The energetic strains of trumpet music raised the curtain on regular Sunday worship and resumption of choir and Sunday School activities after a scaled-back and restful summer. Trumpet virtuoso John Aranda, a long-time musical acquaintance of Music Director Russ Litchfield, made his first visit to First Friends on September 9.

A guest musician may never before have contributed so thoroughly to our worship. John played six times during the service: prelude, call to worship, opening hymn, offertory, anthem and postlude, and used three different instruments. Jeremiah Clarke's "Suite in D" was accompanied by Russ on the organ as the prelude. John, the worship Choir and Russ on the piano called the congregation to worship with an arrangement of "What a Wonderful World."

The opening hymn was a wonderful "love-in" event. As the guest artist, the choir and pianist Russ rendered "Grab Another Hand...Alleluia," the standing congregation swayed rhythmically arm-in-arm, with hand-shakes, hugs and high-fives as the choir called for them. Children, parents and all other worshippers were joined in several minutes of joyous togetherness.

John Aranda joined with the choir and Russ in "One Faith, One Hope, One Lord" by Craig Courtney for the offertory, and then the trumpeter teamed up with baritone Chris Jones and the choir in "Nobody Knows the Trouble I've Seen." After Pastor Becky's timely message "Welcome Home" based on the parable of the Prodigal Son in Luke, and sharing-time contributions from worshippers, we sang "Amazing Grace" with great feeling. John's trumpet and Russ' organ closed a gathered Meeting for Worship with Charles Callahan's "Procession in C."

John Aranda is an active free-lance musician, teaching music at Fullerton College and playing for four civic orchestras. He first knew Russ Litchfield in the 1980s when they performed in musical theater events at Rio Hondo College. In addition to regular engagements, John generously responds to special requests from civic and church groups, among which First Friends Church was fortunate to have been a beneficiary.

— Bob Newton



Quakerism Class to Begin

On October 15 we are going to begin a Quakerism class which will meet on Monday evenings at 7 p.m. If you have been attending for years, are new to us, or just want to learn a bit more about our Quaker ways and “Quaker-ese”—join us. A sign-up sheet will be located in the courtyard on Sunday mornings, or you may email Becky at pastorffc@verizon.net.

Gifts Of Prayer, Time, Talent, and Treasure Sought

Family and friends of First Friends, we are entering a pivotal year for our meeting and our personal commitment to the ministries carried out in God’s name. We are wrestling, as are many churches, with resources that do not fully support our dream for ministry.

Each fall we emphasize stewardship commitment by the members of our meeting family. The ministries and programs of First Friends are carried out as we accept responsibility to participate with financial gifts, take leadership positions when asked by the Nominating Committee and pray for guidance to do that which God requires of us.

The anticipation of a new year is exciting and energizing. Each of us can respond with enthusiasm to fulfill our commitment by accepting new responsibility for service in the ministries and programs of First Friends.

A month of prayerfully considering gifts to the meeting of our individual time, talent and treasure begins at Monthly Meeting on October 14th when Business and Finance Committee will present the 2013 Asking Budget for consideration.

Monthly Meeting on November 11th will be the culmination of the annual stewardship and financial campaign with a celebration luncheon provided by Business and Finance Committee. The number of plans for support of our Meeting programs and the anticipated income from those gifts will be made known. In addition, the 2013 Asking Budget will be presented to Monthly Meeting for approval.

As First Friends family members, each of us is called to participate by responding to God’s leading in support of our Meeting.

— Tim Root, Business and Finance Committee

“As for those who in the present age are rich, command them not to be haughty, or to set their hopes on the uncertainty of riches but rather on God who richly provides us with everything for our enjoyment. They are to do good, to be rich in good works, generous, and ready to share, thus storing up for themselves the treasure of good foundation for the future, so that they may take hold of the life that really is life.”

— 1 Timothy 6: 17-19

Becky's Byline



The Background Noise

I was never a quiet child. Well, that’s not quite true. I loved to read. Mom always said if she couldn’t find me, she’d look in the corners, because she’d find me sitting in one—reading. Yet since I’m an extrovert, no one thinks of me as quiet. It could be surprising to you to find that I have to study in complete silence. Noise is distracting to me. I need absolute silence to concentrate.

As I’ve gotten older and particularly this past year, I’ve recognized that it’s hard for me to concentrate when the volume to my internal noise is high. Do you know what I mean? Last year when Daddy’s health was deteriorating and his death was approaching, my internal noise was really loud. It became harder to focus. As I struggled with my own cancer and subsequent treatment, the noise elevated. A year later, I find that noise is returning. I’m very conscious of my body and agonize over every bump and lump. Every doctor visit elevates the volume.

When the volume is so loud, I can’t hear. It’s a bit like having musicians warming up their instruments before a concert—I can hear noise, but it’s not melodious. It isn’t restful. It robs me of my creativity. It robs me of my hope and my joy.

Most of us have background noise. Recently for me it has been my health. At other times, it has been my busyness, or concern for my children and family, or finances, or my job. How can we adjust the volume? Unfortunately, I haven’t found an internal knob that I could use. This is one of the many places where my Quaker heritage is helpful. I’ve learned to “center” or to set aside both the external and internal distractions.

One of the best descriptions of a way to center was from Christian author and speaker Tony Campolo. He said he did not get out of bed in the morning until he silenced the wolves. He visualized sitting at a campfire with the wolves howling. He stared at the light of the fire until the wolves were silenced. I remember to still my background noise on Sunday mornings — if only I would remember to do it daily. May you turn down the volume on your external and internal noise. May all your howling wolves be silenced.



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First Friends Church
13205 Philadelphia St
Whittier, CA 90601-4303

Return Service Requested

The Living Light

USPS 316-320

Issue Date: October 1, 2012

The Living Light is published by First Friends Church, 13205 Philadelphia Street, Whittier, California, 90601-4303. Periodical postage paid at Whittier, California. Send address changes to First Friends Church at above address.

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**Periodicals
Postage Paid at
Whittier California**



Senior Sneaks to See Cleopatra Exhibition

The date of the Senior Sneaks outing to the Cleopatra Exhibition at the California Science Center and to the IMAX theater is Thursday, October 25. The group price is \$24 including parking. The group expects to return by 3:00 p.m. You must make your reservations with Shirley no later than Thursday, October 11. (See the September issue of the *Living Light* for all the details.)

AFFN Vacations in October

There will not be an All Friends Fellowship event in October. AFFN will return at the usual time in November (the second Wednesday at 6:00 p.m.) Watch the *Living Light* for the program announcement.



*Please
remember in
prayer
those Friends
unable to
worship with
us regularly.*

Peggy Anderson
Arden Bode
Monica Dean
William Hockett
Gerry Jansen
Esther Morris
Alice Newsom
Alice Rosenberger
Ami Troedsson
Mary Wanner