

Newsletter of the Lopez Island Friends Meeting

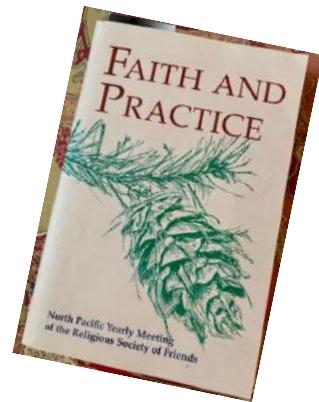
December 2025

"We worship on the ancestral lands and waters of the Coast Salish peoples who have called this place home and cared for it from time immemorial and continue to help us care for it today. We honor their aboriginal and treaty rights and profoundly regret the harm done to them by the settler culture of which we are a part. We pledge to work towards justice and healing."

Queries: "How do I use the resources & strengths I am given to meet the challenges of living a whole and honest life? Am I faithful in witnessing to Truth in our community & to the world? How am I working for change in government when change is needed?"

By the Way

This month's queries are from the section on the testimony of integrity in *Faith and Practice*. Our library has copies of this book to borrow or to keep. Check it out.



Someone's Fourth Birthday!



Our November 23 Meeting for Worship for Singing was extra special this year as our youngest member turned four on that day. Here's Otto blowing out his birthday candles. Of course, we all sang the Happy Birthday song to the birthday boy. Watching Meeting's children grow up is one of the many, many gifts our Meeting enjoys.

Sharing Quakerism



Don't forget! Our next Quaker education will be on February 1 on the Community testimony.

We'll start worship at the usual time, 10 am, and have a presentation of 15-20 minutes followed by queries and worship-sharing based on the material presented (presenter to be determined).

We'll be having Quaker education programs every other month (February, April, and June) exploring the Quaker testimonies.

Anyone who signs up to host on those Sundays won't need to develop queries and that will be noted on the hosting sign-up calendar.

State of the Meeting 2nd Hour Coming up January 11

It's time to begin preparation of our annual State of the Meeting Report - a two-page description of the spiritual well-being of our Meeting. It becomes part of the history of LIFM and is shared in April with Pacific Northwest Quarterly Meeting & North Pacific Yearly Meeting.

This is an opportunity to pause, individually and collectively, to reflect on both the joys and concerns of the past year for LIFM. We'll gather on Jan. 11 at 11:30 a.m. for a second hour discussion.

We'll reflect on the following queries; your responses will shape SLC's first draft of the report that will be brought to business meeting for review and revision. If you're unable to attend meeting on January 11, please email responses to [the Spiritual Life Committee](#), by Feb. 1. Come let us hear your voice and your views as we consider the following queries:

- What about our Meeting has nourished you?
- What aspects of Meeting life are especially vital, and which are in need of nurturing?
- Have our community bonds been strengthened in the last year? In what ways?
- Have our community bonds been challenged or frayed in the last year? In what ways?
- Communities, like individuals, learn, evolve, mature and grow in wisdom. In what ways or areas would you like to see our Quaker community learn and grow?
- If you could use only one or two words to describe our Meeting, what would they be?
- What hasn't been covered that you want to be sure is included in the State of the Meeting Report?

For an interesting article about State of the Meeting reports, click [here](#):

<https://westernfriend.org/library/improving-state-of-the-meeting-reports/>

Finding the Right Tree!

A family affair. Ada and Otto haul Christmas trees they found for the farmhouse and the children's yurt.



Silent Retreat 2025

Twenty-two of us, including 5 people from the worship groups on San Juan and Orcas, gathered at Iris and Jerry's house on Sunday for our annual silent retreat. We started with an hour of silent worship, then dispersed throughout the house in silence to pursue whatever practices we each found nourishing – reading, journaling, artwork, crafts, walking outdoors, or continued sitting in silence. As people got hungry, they sampled the potluck dishes of salads and breads, two yummy soups plus a scrumptious lentil dahl, and an array of cookies and snacks. At the end we gathered together again for worship-sharing to share our experiences of the day, followed by a lively and convivial clean-up session. Many expressed gratitude for our community and for this annual opportunity to slow down and reconnect with what really matters.



This Little Light of Ours

Worshipers on December 7 were treated to an unexpected candle-lighting ceremony as a spiral of fir boughs delighted everyone walking into our Meetinghouse. Unlit candles, tucked into apples, were interspersed along the spiral, generously left for us by Morningstar Preschool's service the day before. Elizabeth and Otto walked the spiral, lighting each of the candles from the big one in the middle. Then



we were all invited to take a tea light from a basket full of them and make our own walk to the center to light it and place somewhere along the path. We bathed in the reverent silence throughout and, at rise of meeting, came together to sing *This Little Light of Mine*. Let's all let our individual lights shine this season and forever.



Cider Pressing Fun 2025

So many F/friends came together to turn so many apples into so much cider at our annual cider pressing event at in October. Everyone pitched in to wash, cut, press and pour what amounted to 50 gallons of cider! You read that right: 50 gallons, likely a new record. Hours later, everyone went home with cider that had, hours earlier, been apples. Cider: apples we can drink! To help you remember the fun, here are the rest of the pictures we weren't able to publish in November. Thanks to everyone who provided photos!







A great time was had by all!!

NPYM December Newsletter



The focus this month is on the Peace Testimony: "Be not Afraid."

"As we work for peace in the world, we search out the seeds of war in ourselves and in our way of life. We refuse to join in actions which lead to destruction and death. We seek ways to cooperate to save life and strengthen the bonds of unity among all people."

This issue contains North Pacific Yearly Meeting committee reports, including Peace and Social Concerns, Exploring Affiliation with FGC, Earthcare Witness as well as Western Friend deadlines, and more.

Dates for next year's Annual Session, too: Mark your calendars for July 22nd to 26th, when NPYM's Annual Session will be held at Evergreen State College in Olympia, Washington. We look forward to seeing Friends of all ages for this time of worship, fellowship, business, learning and fun. Travel assistance will be available.

To read the newsletter: <https://lists.npym.org/mail.cgi/archive/news/20251215193413/>

A Moment that Changed Me

From the Guardian “My unbearable grief kept growing – until I found solace in a silent community.” Read the poignant and inspiring story of how one man’s grief after his father’s death brought him to Quakerism. Here’s an excerpt:

...I learned that Quakers meet to worship in silence, sitting in a circle until someone is deeply moved to speak, and that while Quakerism is founded on Christianity, many Quakers are secular.

The booklet also said that Quakers should “Seek to know an inward stillness, even amid the activities of daily life”. Somewhere inside me I felt a deep yearning. I’d been so busy trying to stem the flood of grief, I wasn’t sure if I had felt any inward stillness at all in the months since my dad had died.

I went to my first meeting that Sunday. I slunk into Friends House and, after being greeted by a cheerful Quaker representative, took a chair at the back of the meeting room. People gradually filtered in until there were about 30 of us and, after everyone had settled, silence descended upon the room.

I quickly realized I was about to spend an hour alone with my thoughts after months spent running away from them, and almost bolted out of the door in panic. But I took a second and looked around at what the experienced Quakers were doing. Some people were sitting with their eyes closed, so I copied them and shut my eyes, letting myself sink into the silence.

It was as if someone had turned down the volume of the world, and all that remained was my feelings, sitting raw and open like a wound. Rather than running, I sat for an hour and let them wash over me. I left with a fresher perspective and spent the rest of the day in a calm daze. For the first time in a while, I felt anchored to something greater than myself.

I began to attend Quaker meetings regularly, sometimes at different meeting houses across London. Each time I went, I found the silence anew and let myself sink into it a little further. I learned more about Quaker beliefs in pacifism, equality, and protecting the environment, and met Quakers from all walks of life. Some had even taken political action based on their faith, attending anti-apartheid protests and fighting for equal marriage. Most believed in God, but others were agnostic, and while the majority were older than me, I never felt out of place or patronized.

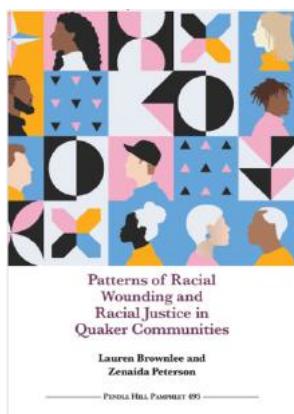
Eventually, I started to have faith, too. I began to listen for the Holy Spirit in my day-to-day life and, as time went on, I began to question why I was keeping myself busy all the time. Gradually, I began to face the feelings I’d been running from.

I found the tsunami of grief began to slow into waves, then gentle ripples. Attending Quaker meetings hasn’t made me perfect, but I believe I am kinder and more patient as a result. I try to slow down more and rush less – and I take much better care of myself. I rarely burst into tears on the tube any more.

I also have a newfound appreciation for moments of calm. I’m more aware of the clarity that stillness can bring, and I’m grateful that I found the Quakers when I needed them most. I sometimes say that I have a quiet faith – not because it’s timid but because it was found in the silence. Read the entire essay at the link below.

<https://tinyurl.com/GuardianSolace>

Pendle Hill Pamphlet #495: Patterns of Racial Wounding and Racial Justice in Quaker Communities



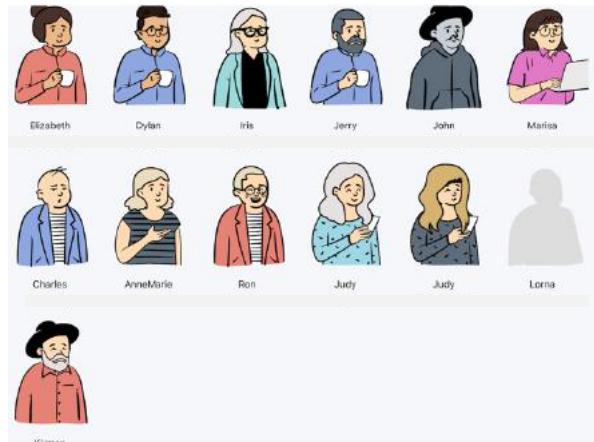
Check out the latest pamphlet that recently arrived at our Meetinghouse library. This review made it into the website version of the newsletter, but not the mail-out version. Here is the synopsis:

"The Quaker Coalition for Uprooting Racism (QCUR) strives to support Quaker communities in addressing patterns of racial wounding and in adopting practices that support patterns of racial justice. In this pamphlet, two members of the QCUR steering committee, Lauren Brownlee and Zenaida Peterson, explore Quaker patterns of conflict avoidance, "guardians of the status quo," denying oppression exists within Quakerism, performativity, and inattention to right relationship with time. They offer guidance on how to recognize and shift these harmful patterns. Discussion questions are included."

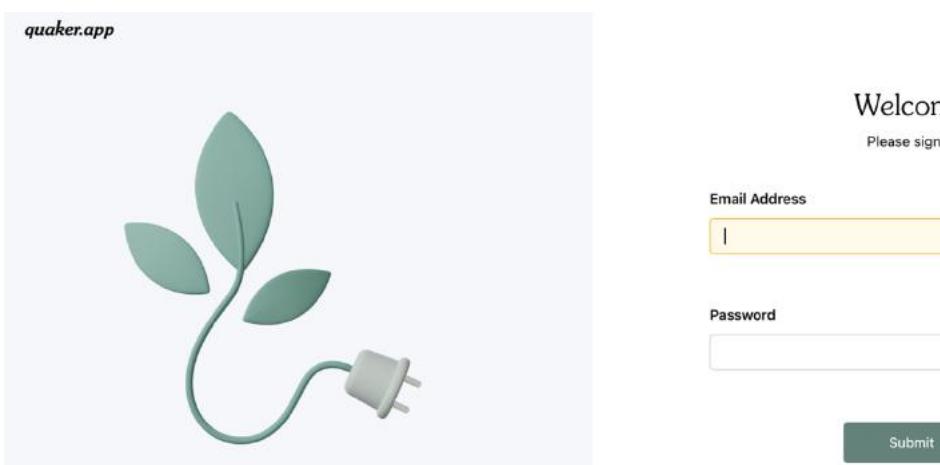
Quaker.app and the Lopez Island Friends Intranet

We're slowly populating our private and secure "intranet," a central location where we can store files, post notices and have a calendar of events, among other things. It's part of the service provided by the British Quaker Meeting Network to which we've subscribed and which hosts our public website. We're trying to provide monthly tips for navigating this space.

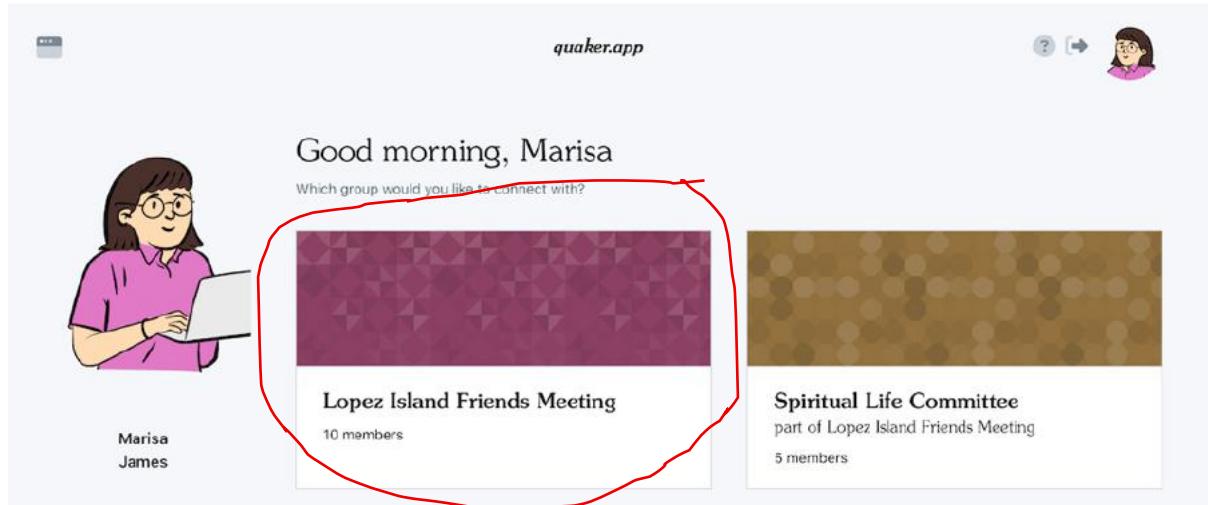
Today's Tip: ***How to Find the Directories of Members & Attenders.***



1. Go to Quaker.app in your browser and log in.



2. Click on "Lopez Island Friends Meeting"



Good morning, Marisa

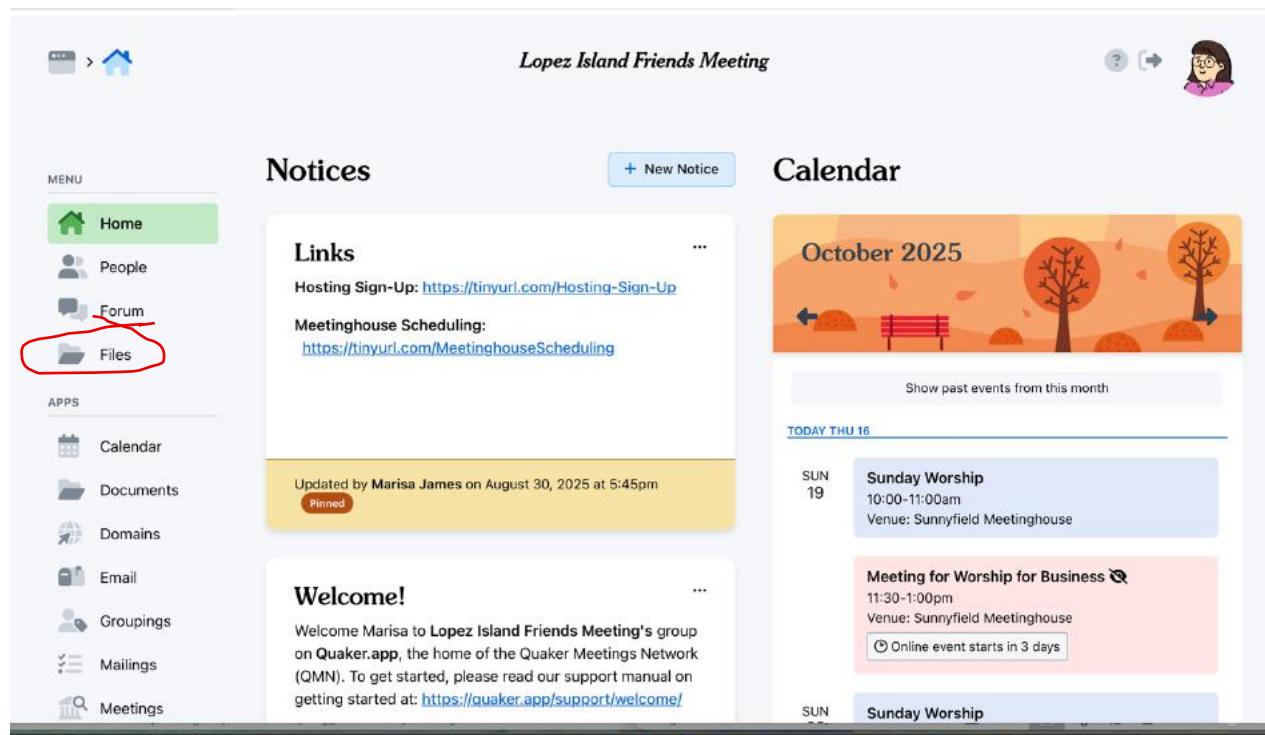
Which group would you like to connect with?

Lopez Island Friends Meeting
10 members

Spiritual Life Committee
part of Lopez Island Friends Meeting
5 members

Marisa James

3. Click on "Files"



Lopez Island Friends Meeting

Notices

Links

- Hosting Sign-Up: <https://tinyurl.com/Hosting-Sign-Up>
- Meetinghouse Scheduling: <https://tinyurl.com/MeetinghouseScheduling>

Updated by Marisa James on August 30, 2025 at 5:45pm
Pinned

Welcome!

Welcome Marisa to Lopez Island Friends Meeting's group on Quaker.app, the home of the Quaker Meetings Network (QMN). To get started, please read our support manual on getting started at: <https://quaker.app/support/welcome/>

Calendar

October 2025

Show past events from this month

TODAY THU 16

SUN 19 Sunday Worship
10:00-11:00am
Venue: Sunnyfield Meetinghouse

Meeting for Worship for Business
11:30-1:00pm
Venue: Sunnyfield Meetinghouse
⌚ Online event starts in 3 days

SUN Sunday Worship

FILES

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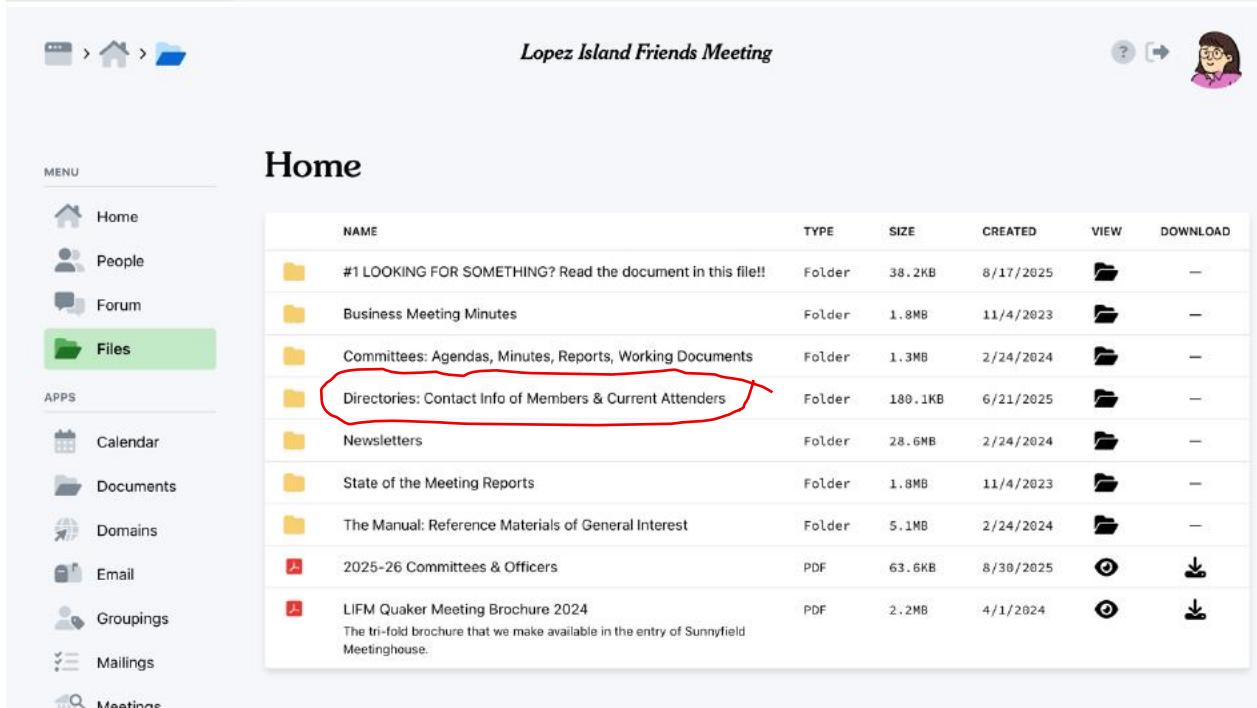
Email

Groupings

Mailings

Meetings

4. Click on "Directories:



The screenshot shows the 'Files' section of the website. On the left, there's a sidebar with 'MENU' and 'APPS' sections. Under 'FILES', the 'Directories: Contact Info of Members & Current Attendees' folder is highlighted with a red circle. The main content area shows a table with columns: NAME, TYPE, SIZE, CREATED, VIEW, and DOWNLOAD. The table lists various files and folders, including '#1 LOOKING FOR SOMETHING? Read the document in this file!', 'Business Meeting Minutes', 'Committees: Agendas, Minutes, Reports, Working Documents', 'Directories: Contact Info of Members & Current Attendees' (circled in red), 'Newsletters', 'State of the Meeting Reports', 'The Manual: Reference Materials of General Interest', '2025-26 Committees & Officers', and 'LIFM Quaker Meeting Brochure 2024'.

5. Click on the eye symbol



Note that there are two versions. One is organized by **first name** and one by **last name**.



The screenshot shows the 'Directories: Contact Info of Members & Current Attendees' page. The 'VIEW' column for the '2025 Directory by First Name Jun 21' file is circled in red. The page also shows the '2025 Directory by Last Name Jun 21' file. The table has columns: NAME, TYPE, SIZE, CREATED, VIEW, and DOWNLOAD.

Don't have a log in, yet? Contact Marisa and she'll get you signed up!

Calendar

Dec 21, Sunday: 10 am in-person worship (**Hosts: Pat & Pete**). Note: No business meeting this month.

Dec 28, Sunday: 10 am Singing Sunday! We might sing some Christmas or Winter Solstice songs? (**Hosts: Elizabeth & Kirm**)

Jan 4, Sunday: 10 am in-person worship-sharing 'til 11:30 am. (**Hosts: AnneMarie & Glen**)

Jan 11, Sunday: 10 am in-person worship at the Sunnyfield Meetinghouse (**Hosts: No Hosts, yet!**) **PLUS** our yearly **State of the Meeting 2nd hour**. See article for more info and the queries we'll be using.

Jan 18, Sunday: 10 am in-person worship (**Hosts: No Hosts, yet!**) followed by 11:30 in-person **Business Meeting**.

Zoom Still Works!

For now, all Sunday meetings and business meetings are in-person. Anyone wishing to attend any Sunday meeting or our monthly business meeting via Zoom is invited to request it a day or two in advance by contacting anyone on SLC, and we will be happy to set it up so you can join us. We'll continue to automatically set up the Owl for any second hour presentations.

Visit the LIFM Website!

There's lots of helpful information for newcomers here:

<https://lopezisland.friendsmeeting.org/newcomers/>. But even if you're a regular and/or long-time attender of LIFM, you might discover something new at <https://lopezisland.friendsmeeting.org>.

Do you have trouble remembering when business meetings are held or which Sunday we have worship-sharing? Scroll down the website home page to a link to our calendar (<https://lopezisland.friendsmeeting.org/calendar/>).

Do you still have questions about Quakerism or wonder how LIFM started? You'll find answers at History and Beliefs. (<https://lopezisland.friendsmeeting.org/who-we-are/history-and-beliefs/>).

Have ideas about ways to make the new website even better? Contact us (<https://lopezisland.friendsmeeting.org/contact-us/>) as construction of the site continues.

Why Two E-Mailings a Month?

We know how much email we all receive, so we work hard to send only two each month: this newsletter and business meeting minutes. Once in a while, if a Quaker or Meeting event comes up that's super time sensitive, we'll send out a special mailing but we aim to keep it to a minimum. Please keep our newsletter deadline in mind and send your news – and photos – to us no later than the Tuesday before business meeting. Thank you!

How to Support LIFM Financially



Every member/attender at business meetings likely knows that LIFM examines its budget every spring for our next fiscal year (starting July 1). We do this because, like every Quaker Meeting, we have expenses. Our beautiful new Meetinghouse is a good example. We also pay for childcare, our newspaper ad, and more. And we're glad we can support other organizations we believe in – locally as well as various Quaker organizations. Since every once in a while, someone asks where to send contributions to our Meeting, we're including our mailing address in each monthly newsletter. Contributions to LIFM may be mailed to P.O. Box 582. Or you can set up autopay and have regular donations deposited in the LIFM account automatically. Contact Jerry for information you might need to set it up. And thank you!

Please share news... We'd love to hear about local Quakers. Or some good photos about Meeting activities? Or something personal and "Quakerly" you'd like to contribute? We are all invited to share "news" or information for our Lopez Island Friends Meeting Newsletter. Email Lorna. We strive to send just two Quaker e-mailings a month: this newsletter and minutes from business meeting. If you have an announcement or other kind of news, please, if you can, keep our newsletter's deadline in mind so we can include your news. Our deadline is every Tuesday before business meeting. Thanks.

Please Remember...

Everyone is warmly welcomed to attend our Meeting whether or not they can host on a Sunday or serve on a committee. Whether in-person at Sunnyfield Meetinghouse or via Zoom, it's easy to be "here." Please DO join us!