

Newsletter of the Lopez Island Friends Meeting

April 2026

"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: "Spring is a time for growth, whether that growth be to our liking or not. If emotions and character traits were plants...

...which are you trying to plant or cultivate in yourself, and why? How do you go about such "cultivation"? What is hard about it? What is delightful?

...which might you need to weed or root out, and why? How do you go about such "weeding"? Is there any delight to be found in doing so?"

Sharing Quakerism



Our next Quaker education will be on June 7. The topic will be the Equality testimony, hosted by John H. 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 by John. Anyone who signs up to host on that Sunday won't need to develop queries and that will be noted on the hosting sign-up calendar.

The next one will be on August 2 on the testimony of Stewardship/Right Relationship With Nature.

Anyone have ideas/requests/suggestions for other Quaker topics for the rest of 2026? Let someone on the Spiritual Life Committee know.



A Sun Break

Marisa and Judy take a sun break from a Records and Communication Committee meeting at Sunnyfield. They've been working hard and diligently as you'll see at April's business meeting. Don't miss it!

Ada Trip to Olympia!

The fourth and fifth-grade combined class went to the Washington State Capitol in Olympia recently to experience what they've learned about how government works. Students spent two months fundraising for this trip, and the community and Lopez Island Friends Meeting were extremely generous in their donations.

Calling LIFM Committee Clerks

If you haven't already submitted your committee's budget to our Finance Committee, please do so by April 19, if at all possible. Thanks!

Uncovering an Ugly Truth

From IRAC Members of the Indigenous Rights Action Committee (IRAC) had heard stories of Indigenous women of childbearing age being sterilized without their consent. But we were unaware of the magnitude of this horror until reading an article in *Native News Online* that reported: "It's estimated that 70,000 Native women may have been sterilized at IHS [Indian Health Service] hospitals and clinics throughout the 20th century. Some researchers estimate that nearly 50% of Native women of childbearing age were sterilized by the 1970s. By the end of that decade, birth rates in Native communities had plummeted by 75%."

Many of these surgeries were carried out without the woman's consent or after counseling the women that it was an accepted method of birth control and that the procedure was reversible, which it is not. Similar surgeries were also done in Canada (<https://pmc.ncbi.nlm.nih.gov/articles/PMC8279667/>). Men and boys were also sterilized under these federal policies: "some patients, for example, received tubal ligations or vasectomies during routine procedures to remove their tonsils or appendix —only to discover years later they had been sterilized." (<https://tinyurl.com/NativeWomenSterProgram>) Investigations in only four out of 12 IHS service areas done by the Government Accountability Office revealed that 3,406 women were sterilized from 1973 to 1976; the women sterilized included 36 under the age of 21. (https://en.wikipedia.org/wiki/Sterilization_of_Native_American_women).

Unfortunately, these women have little legal recourse because the statute of limitations has run out. Recently, the New Mexico legislature passed legislation to further investigate these practices and learn their true extent in New Mexico. IRAC has not yet learned how extensive this genocidal practice was in the Pacific Northwest, and we are feeling led to find out more about this heartbreaking issue and to discern how we might best be of service around it.

Is Quaker Worship Meditation?

Folks new to Quaker meetings might not be aware that Quaker worship is not generally understood to be meditation in the way that Buddhists practice meditation. Curious about the differences? There is a seven-minute QuakerSpeak video that explores that very question with perspectives from five different Quakers. View the video: <https://youtu.be/fx90l4jN4-0>. For a transcript and list of discussion questions, go to <http://quakerspeak.com/quaker-worshi-meditation/> and look for the button that says "Show Transcript and Discussion Questions."

We Wrote Letters!

FCNL Advocacy Teams all over the country engaged in a letter-writing campaign last month to ask Congress to rein in ICE and Border Patrol; stop indiscriminate sweeps in our communities; protect sensitive locations; send “not another penny; and no impunity for ICE and CBP.

Which is why Singing Sunday looked a little different in March as we devoted part of our worship to writing letters about it to our congressional representatives. Charlie later delivered our letters to Everett offices of our reps. And we got some singing in, too!



NO Kings March Rally

They came in wheelchairs, with walkers, with dogs, with children. Four hundred Lopezians marched around the village, ending up at Lopez Center Pavilion. Folks assembled to hear Sandy Bishop speak briefly and then join in with Joe Reilly for a singalong. Joe sang some inspiring songs, some with a call and response of No Kings! which the crowd sang with gusto.







Thanks to Polly, Linda E and others for photos.

The Canoes Are Coming!

From Judy The fifth annual Gathering of the Eagles Canoe Journey will be on Lopez May 16 and 17. IRAC is providing lunch for the pullers at noon on the 16th, and we would appreciate contributions of homemade cookies to make the lunch special. Contact Judy M if you could bake some.

Everyone is welcome to join the canoe families for the events. Here's the schedule:

Saturday, May 16

1 PM Canoe welcoming, Spencer Spit State Park

5 PM Potluck, Protocol, Presentations at Lopez Center (grilled salmon provided)

Sunday, May 17

3 PM Cooking, visiting, Slahal training at Lopez School Commons Area. Sla hal, a bone or stick game, is a traditional potlatch game.

5 PM Volunteer potluck, Protocol, Presentations at Lopez School Commons Area

To see the poster of all planned events, go to the Addenda at the end of this newsletter.

Friends of Lopez Canoe Landings is raising funds to support Lopez hospitality for the canoe journey. Here is the link to the GoFundMe:

<https://www.gofundme.com/f/celebrate-the-5th-gathering-of-the-eagles-canoe-journey>

LIFM Contributes Input to FCNL Priorities

Every two years, Friends Committee on National Legislation (FCNL) asks Friends and their meetings, churches, and other groups all over the country to discern which public policy issues they feel are most pressing for the next Congress. These groups highlight legislative priorities from the many topics and questions identified in FCNL's Policy Statement, *The World We Seek*.

LIFM, along with all other Quaker communities, was asked to give worshipful input and guidance to help FCNL discern its way forward and to submit our thoughts before April 17. Specifically, we were asked to submit five priorities, in no more than 30 words each. Eleven members of our meeting community participated, reviewing the current Congress priorities and then threshing out our sense of our five top priorities. At the end of this second-hour meeting, we came to unity and here's what our Meeting came up with.

Protecting and strengthening Democracy. Our group feels that voting rights and women's rights are foundational to the rest of our political advocacy work.

Protecting and restoring the Global Environment. We believe all living beings are at existential risk from the degradation of our planetary ecosystem, and in particular from climate change.

Promoting Indigenous Peoples Rights. Our meeting has a ministry of building relationship with, and support for our Coast Salish neighbors. We strongly support FCNL's continued outstanding work in this area.

Protecting Immigrant Rights. For immigrant communities within the U.S. and for immigrants seeking entry to the U.S.

Preventing war and violence within and beyond the United States.

NPYM's Annual Session 2026 in Olympia in July

From Euclid Bautista, NPYM Clerk Welcoming Soul and Spirit

Spirit desperately needs the contributions of each one of us even more right now. In our many different places, we are called to be instruments of peace, love, justice, and compassion. At Annual Sessions this July, let us come together and find how to welcome Soul and Spirit. Parker Palmer compared the soul to a shy wild animal, which only makes an appearance when it is safe to do so, hiding, watching, and waiting until then. Let us explore ways to invite our souls to make themselves known among us, so that we can become powerful vessels for bringing the ways of Spirit into the world that is crying in pain.

Marcelle Martin will serve as our Friend in Residence to share wisdom garnered during her life and travels among Friends. She will invite us to try out ways to support each other to make space to hear and express our souls more boldly and authentically; receive divine guidance; and become strengthened to take our parts in the world as members of a loving community. We welcome Marcelle and her husband, Terry, to their first time in the Pacific Northwest, this magical and mystical place of rivers, trees, mountains, and creatures.

Come to North Pacific Yearly Meetings Annual Session July 22nd to the 26th in Olympia Washington on the campus of Evergreen State College. We are planning an Annual Session we hope will enliven your spirit and remind you of our bonds of kinship, and our duty to ourselves and the world we inhabit.



San Juan County Quaker participants in the 2025 Annual Session in Montana.

Pendle Hill Pamphlet #498 - Letting Go: Steps in the Spiritual Life

"This pamphlet explores what might get in the way of being open to the Spirit, and the joy and freedom of letting it go. The clutter that separates us from God, our essential selves, or our life's purpose is different for everyone, and different at each stage of life. It can be material, busyness, or "inner clutter" – ways in which the ego gets in the way. We are good at some kinds of letting go, and troubled by others. Letting go is an ongoing journey and might be considered as the keystone of the spiritual life."



Calendar

Apr 19, Sunday: 10 am in-person worship (*Hosts: Kip & Stanley*) followed by 11:30 in-person *Business Meeting*.

Apr 26, Sunday: 10 am Singing Sunday, (*Hosts: Pat & Pete*)

May 3, Sunday: 10 am in-person worship-sharing until 11:30 am. (*Hosts: No Hosts, yet!*)

May 10, Sunday: 10 am in-person worship (*Hosts: No Hosts, yet!*)

May 16, Saturday: Gathering of the Eagles Canoe Journey arrives on Lopez. See article.

May 17, Sunday: 10 am in-person worship (*Hosts: No Hosts, yet!*) followed by 11:30 in-person *Business Meeting*.

June 7, Sunday: Quaker Education on the testimony of Equality, led by John H.

Speaking of Hosting – Some Updates

Now that we've had a couple of years to settle into a routine at our new Meetinghouse, we've been able to settle on some procedures that seem to work well and we've also seen some things that don't work so great. The Hosting Committee and interested parties got together recently to update the hosting guidelines to reflect the latest knowledge.

A few highlights:

Chairs: Set up 22 folding chairs (in addition to the two upholstered chairs) in a circle and then about three extra chairs along the wall next to the door for anyone arriving a bit late. People sitting outside of the circle can later be incorporated IF there is a break in worship such as on worship-sharing Sunday and Singing Sunday. In general, we'll try to avoid shuffling chairs around during silent worship.

Creamer: The Hosting Committee will provide non-dairy creamer. Hosts can bring whatever kind of creamer they would like to, but please do NOT leave it in the refrigerator. We've been ending up with multiple open cartons of creamer and some have been going bad before they get used up.

New to Hosting: If you're hosting for the first time and being "trained" by a more experienced host, we advise you both to arrive extra early (8:45-9:00) so that there is time for going over everything while also getting set up on time.

We All Help Everyone is invited to help clean up after our fellowship time on Sundays. Folks are already great at moving chairs back to the entry. But cups and dishes need to be washed and dried and the kitchen set to rights as well. Last, the room needs to be swept. Many hands make light work. Thanks for helping keep our Meetinghouse tidy.



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.

Lots of Great Info at Our 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.

How to Support LIFM Financially



Most of us know 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!

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!

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!

Meeting for Worship for Business Agenda, April 19, 2026

Queries & Open Worship

If emotions and character traits were plants, which are you trying to plant or cultivate in yourself and why? What's hard about it? What's delightful? Which might you need to weed or root out,; why? How do you go about such "weeding"? Any delight in doing so?

Agenda Adjustments March Business Meeting Minutes Approval - correction of queries

Serving the World

IRAC Report

The State of the World

Follow up on FCNL letter writing to Congress about ICE

FCNL Legislative Priorities – our input from March 22 Second Hour sent

Walla Walla Minute regarding attack on Iran – Approved at called meeting on March 22 and published on Lopez Rocks.

Caring for Our Meeting

Hosting Committee Report

Children's Meeting Report

Meetinghouse Committee Report

Gifts and Talents Committee Report

Finance Committee – budgeting process Report

Supporting Our Spiritual Life

Spiritual Life Committee – membership recommendation

State of the Meeting Report – sent to NPYM and PNQM?

Tending to Each Other

Announcements:

Hosting Sign-up Link <https://tinyurl.com/Hosting-Sign-Up>

Gathering of the Eagles May 16

Quaker education Sunday will be June 7 on the Quaker testimony of equality, led by John

Open Worship



6TH Annual
Gathering of the Eagles
Esqalph etse Kwelengsen
May 16-22, 2026

**SAN JUAN ISLAND
CANOE ENCAMPMENT**

MAY 16 Lopez Island -2.7 @10:41A
1PM Canoe Welcoming • Spencer Spit SP
5PM Potluck Dinner • Lopez Community Center

MAY 18 San Juan Island -3.4 @2:32P
1PM Canoe Landing • Jackson Beach
5PM Potluck Dinner • Pavilion/Grange

MAY 20 Orcas Island -2.5 @2:17P
1PM Canoes Arrive • Olga WA
5PM Potluck Dinner • Olga Community Cntr

MAY 21 Swalex Sunrise Ceremony
4:30AM Departure for Mt. Constitution
5:23AM Sunrise • Moran State Park

MAY 22 Lummi Nation -0.7 @4:23P
9AM Lummi Island Visit • Legoe Bay
1PM Canoes Arrive • Stormish Grounds
4PM Potluck Dinner • Bring your favorite dish
5PM Canoe Protocol & Presentations

CANOE FAMILIES
Chief Leschi School • Maui HI • Kingfisher II

Theme: Celebrating as Neighbors, Village to Village.
This is a Come-on-your-own Canoe Encampment.
Please make your own ferry reservations.
Bring your favorite food dish/drink
Rain or Shine Gatherings
Bring your own Chair
Alcohol & Drug Free

Host • Sul ka dub • 360.391.7560
Coordinator • Carrie Bowman • 206.280.9142
Lopez Is. • Kai Sanburn • 206.679.8363
Lopez Is. • Robin Reid • 970.215.5883
San Juan Is. • Stepahnie Buffum • 360.472.0404
Orcas Island • Sharon Abreau • 917.626.5781

Donations welcome with our Partners at:
Friends for Life (NON-PROFIT)
Gathering of the Eagles
PO Box 1124 • Ferndale WA 98248
EIN: 61-2179506

GATHERING of the EAGLES

Ray Morris