

August 2020



# The Friendly News

## San Antonio Quakers

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Dear Friends,

COVID-19 is spreading a bit less rapidly in San Antonio, though the hospitals are overloaded and cannot handle more patients. City and County leaders ask people to postpone public events, cancel them, or to meet electronically. This is not just to protect attenders. It is to protect all the people to whom attenders might spread the virus, plus all those to whom that second group might spread it further.

That is how virus transmission works: exponentially. This is particularly dangerous for a virus that begins spreading before people show symptoms. Some people can spread the virus while never showing symptoms at all.

Friend Debbie Passey, a public health professional, puts out a near-weekly bulletin on virus research, which you can find at <https://bit.ly/39DylsH>. These contain more detailed information than you can find in newspapers or online, and they have links to many other resources.

For now, Friends Meeting continues to meet by Zoom. It is a sacrifice, but it is also social outreach. It is a way of caring for the wider San Antonio community. We have expanded our Meeting activities, which now include four weekly events (see page 2). But we continue to meet by Zoom, until we are sure that meeting in person will not risk another COVID-19 surge.

Please consider attending a Zoom Forum on Wednesday, August 5<sup>th</sup>, from 7-8pm, to discuss how and when we can resume face-to-face meetings for worship. Please also join us on August 19<sup>th</sup>, 7-8pm, for a community sing. See page 2 for information about both.

— Jim Spickard, *Meeting Clerk and Newsletter Editor*

*Sign up to receive an email when this newsletter is posted at the Meeting website.  
Write us at [newsletter@saquakers.org](mailto:newsletter@saquakers.org) if you wish a snail-mail copy.*



## August Query

**How can we help each other face the current challenges and in doing so, help ease our own struggles?**

## Weekly Events (by Zoom)

Here are the direct links for our weekly events. You do not need a Zoom account to join.

- **Meeting for Worship – Sundays 10-11am**, followed by check-in and discussion:
    - Join URL: <https://us02web.zoom.us/j/87952863787>
  - **Course in Miracles discussion – Tuesdays 7-8pm**; led by David Hayes
    - Join URL: <https://us02web.zoom.us/j/82876792511>
  - **Midweek Forums – Wednesdays 7-8pm**
    - Join URL: <https://us02web.zoom.us/j/83760992196>
      - August 5: “Quaker Worship in the Time of COVID” (see page 1 & below)
      - August 12: “What Can We Do About Climate Change?” (see below)
      - August 19: **Community Singing!!** (see below)
      - August 26: Guest Speaker & Topic to be announced
  - **Friday Morning Meeting for Worship – Fridays 8-8:30 am**
    - Join URL: <https://us02web.zoom.us/j/81709613253>
- (Read how to call in by phone on our website: <https://SanAntonioQuakers.org/calendar/>)

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## Midweek Forum Topics

- **Wednesday, August 5<sup>th</sup>**: “Quaker Worship in the Time of COVID” — led by Jim Spickard This forum will be an opportunity to talk how to prepare for resuming face-to-face Meetings for Worship and to reflect on alternatives.
  - In preparation, please read the June report posted at <https://bit.ly/3dNWUJa>.
- **Wednesday, August 12<sup>th</sup>**: “What Can We Do About Climate Change?” – led by Bill Sweet
  - In preparation, please read the SCYM Minute on Climate Change (excerpts on pages 9-10 of this newsletter or available in full on the SCYM.org website: <https://bit.ly/3qa6kRq>)
- **Wednesday, August 19<sup>th</sup>**: **Community Singing!! Join us for group singing by Zoom. All voices welcome!!** We will post a song list before the event. Lyrics, chords, and video/audio available at <https://bit.ly/3fcnhJF>
- **Wednesday, August 26<sup>th</sup>**: Guest Speaker & Topic TBA (We will take advantage of the Zoom format to invite someone from afar.)

**Please share your ideas for future forums with Ministry and Oversight or with the Clerk**

## **Our Quaker Community**

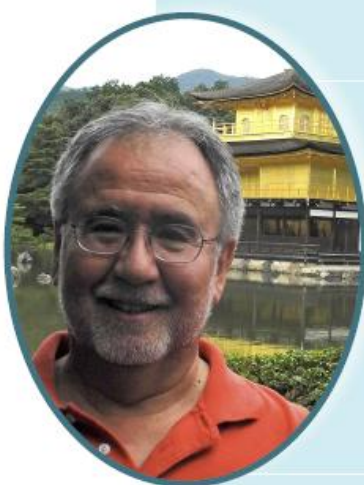
### **Get to Know Your Friends**

*Contributed by Peggy Dial*

## **get to know your Friends**

### **Friends Meeting of San Antonio**

**George Feden** is an attendee of FMSA. He is a Clinical Psychologist/Neuropsychologist who, in 2009 and on the verge of retirement, closed his private practices in Chicago and in South Bend, IN to accept the US Army's offer to provide services to Active Duty Service Members at Ft Sam Houston. While living a "monastic lifestyle" in an apartment minutes from his on-post work office, George regularly visits his daughter and two grandchildren in Austin, TX; son and grandson who are living in Naperville, IL; and sister in Chicago.



**What is your favorite comfort food?**

High quality Beef Jerky

**How many states and/or countries have you lived in?**

4 states ~ Illinois, Missouri, Indiana & Texas

2 countries ~ USA & Japan

**Where did you attend your first Quaker Meeting?**

Chicago, 1982

**Which of the Quaker testimonies speaks to you?**

Community The other four testimonies, with possible exception of Equality depending on point(s) of reference, can be accepted or followed to varying degrees in isolation; Community needs others.

**Name one positive outcome from your Corona experience.**

**"An ever increasing awareness and appreciation of the importance of our FMSA Meeting and Friends community, I guess that probably translates to:  
Enhancement of Spirit, Light in my life."**

**1**

Peaches or Strawberries

**STRAWBERRIES**

**2**

Ocean or Mountains

**OCEAN**

**3**

Chocolate or Vanilla

**VANILLA**

**4**

Winter or Summer

**SUMMER**



# get to know your Friends

## Friends Meeting of San Antonio

**Tessa Martinez Pollack** is an attendee of FMSA. She spent 42 years in education. Tessa was the first woman president at two colleges and the first lay woman president at Our Lady of the Lake University. She is now a Senior Consultant for Academic Search. Tessa enjoys gardening but abandoned the garden this year and is seeding the lessons of COVID-19 instead. She has one daughter and two granddaughters living in Arizona. Tessa and her husband of 27 years, Bob, have enjoyed some wonderful travel adventures including being present at the fall of the Berlin Wall in 1989, addressing the European Union in Berlin, Warsaw, Prague, Budapest, and Vienna and sleeping in a stable, in Copper Canyon, with a cow!



### What is your favorite room in your house?

The part of the living room where Bob & I use to sit in zero gravity chairs before he went into assisted living.

### How many states and/or countries have you lived in?

5 states ~ California, Florida, Pennsylvania, Arizona & Texas  
2 countries ~ USA and Mexico

### Where did you attend your first Quaker Meeting?

Friends Meeting of San Antonio

### Which of the Quaker testimonies speaks to you?

Simplicity. It reinforces my belief that, even during a pandemic, the human spirit, at the heart of the Quaker testimonies, will not be broken.

Name one positive outcome from your Corona experience.

**"Out of this world kindness."**

1

Peaches or Strawberries

**STRAWBERRIES**

2

Pancakes or Waffles

**WAFFLES**

3

Coffee or Tea

**TEA**

4

Winter or Summer

**WINTER**

## *Conversations in a Time of Isolation*

*Contributed by Gretchen Haynes*

**Michelle DiGiacomo** has always felt good with solitude. She thinks she was born that way and was comfortable being alone as a child, moving often with her military family. She has always felt centered, “Knowing who I am and knowing who God is.” Her mother was a sculptor working in clay and her brother, John, worked in stone. The family cycled back to Fort Sam Houston every five years, so she feels at home in San Antonio. Now she tends to seven cats, one feral mother with two kittens – outside – and four inside. Two are males who get along well and two females who constantly fight over territory. One found her – she opened the door one day and it just walked in. Michelle is looking forward to getting back to Meeting to worship in person.

**David Hayes** is using this time for contemplation – shedding the World by putting his faith to the test. While the World is screaming: Be afraid, face your own mortality, he is dealing with his own self and finding it an unexpectedly rich experience. By divesting his life, he can practice what he preaches – finding a quieter life, coming to know himself and expending grace to others. While the World goes only by the rational mind, Quaker ideas are formed by the spiritual dimension. The fruit is to be patient, listen to ourselves and to others. David opened his massage therapy practice briefly in June, but when the virus began to spike, he closed again. He hopes to reopen in mid August. He continues to lead The Course in Miracles by zoom each Tuesday, Friends can join by finding the information on the Website Calendar.

**Donna Dickerson** has been working from home as a chaplain with the State Hospital. But trying to connect with patients by skype is most unsatisfactory. Next week she will return to onsite to take temperatures at the entrance, relieving the nurse who is doing this now. While at home, she has continued her mission to find homes for feral cats. She is down to four from fifteen in the spring. At one time, she had adopters come to her home, but now she meets them at the rescue office. The cats that are still in the house love to have her around so much. Donna connects with the holy by being in nature, especially with her Comanche “marker tree” that is 150 to 200 years old, with a girth over 10 feet. She sends her love to everyone.



Photo by Jim Spickard

## News from North Carolina

Greetings to our San Antonio Friends! We miss you all dearly. It's been an unexpected delight to be able to worship with y'all on Zoom during the pandemic.



It's been a strange move and settling-in time, for sure. Our house was a lot further from completion than we realized, so we lived at my brother's house in Raleigh for about a month while we tried to get the house livable! It's still unfinished and in need of a lot more organization, but we love our little house and are settling in nicely.

Liam, Brendan, and Whitman are feeling the strain of the pandemic, having no friends, and getting a bit tired of each other. They absolutely love the farm we live on, though, and really enjoy all the animals here – miniature Highland cows, goats, a donkey, and many more!

Liam tried out and was selected for a competitive soccer team in the area, which starts soon. We hope that'll give him an opportunity to make friends! They are taking excellent COVID precautions, so we feel that he'll be safe.



Josh's job has turned out to be more demanding than expected (isn't that always the way though?), so he's away in Charlotte 5 days a week. He's enjoying the work, and they haven't needed his ICU floor for COVID patients yet, so he gets to come home safely on his days off.

Jillian is enrolled at Campbell Law School and is absolutely over-the-moon excited to begin orientation August 7th, and classes August 17th. Please hold our family in the light during this huge transition! Jillian's been the full-time parent at home for nearly 8 years, so it's going to be a big adjustment for everyone.

Love and light from Chapel Hill,  
The Randles Family



## Inspiration

### On Spiritual Life in Unprecedented Times

By Gary Whiting

I would like to add some thoughts on the topic of spirituality and the role that "unprecedented times" play in spiritual growth. Quakers have always held themselves to "eyes wide open" and being willing to experience the spiritual desolation of their time as impetus toward what is real and substantial.

To paraphrase Nietzsche, "if you want your branches to reach up to heaven, your roots have to reach down to hell". No real light unless it is found in the darkness, where it is finally recognized as Light. The old alchemical, "no lead, no gold".

The reason we seem to have been drawn immediately to social justice concerns, rather than mere preachiness, was the exquisite sensitivity of soul that refused to shield itself from the world but allowed itself to be wounded by the viciousness and injustice right there.

The older I get, the more I understand the parable of the lost sheep as primary and essential: It is the lost and bereaved that know the spirit, that know what tenderness and care are, when it arrives.

"As you do unto the least of these my brethren..."

So, in terms of this very important topic, it is clear that being in crisis, being "in extremity" is what Quakers have always been in this world: when it gets even darker, I think people start to understand what we're talking about. Or that is the hope.



Painting by Kellie Price

### On Spirituality

By Barry Lopez:

Interview with Fred Bahnson in *The Sun*, December 2019, p15 <https://bit.ly/3f9b1cJ>

"The Desert Fathers and the monastic tradition generally, for me, are not about religion; they're about the numinous. About leading a spiritual life. We've found it useful to strip spirituality out of our culture, because spirituality gets in the way. It urges us to be moral, to be ethical. It urges us to be compassionate. These are things that many people find inconvenient."

Read Lopez' 1999 collection of essays *About This Life*, <https://bit.ly/3jODvwi>



## [Ways to Help San Antonio](#)

### [Local Needs](#)

Here are some opportunities to help our local community:

- **San Antonio needs masks.** Donation drives weekly to help equip the most vulnerable: children, seniors, homeless, immigrants. Need to be new and washable for reuse. Can be handmade or purchased. Adult and children-sizes are both needed. Drop off in person every Thursday: 1-3 PM at TriPoint (281 and N. St. Mary's) or buy online and ship to: SACRD.org, 1150 N Loop 1604 West, Ste. 108-295, San Antonio TX 78248. Info at <https://bit.ly/2EGEyhd>.
- **Immigrant children and families need shelter and basics:** Recent court decision ordered the release of children held in immigration custody due to risk of COVID. Several families are being released this weekend including pregnant women. They need to stay in SA for a short period of time before making the final leg of their journey to their final destination. Organized by the Interfaith Welcome Coalition. Info at <https://bit.ly/311LA7W>.
- **Help THRIVE Youth Center:** Thrive Youth Center's mission is to provide a safe, effective, and supportive center for homeless LGBTQ youth, so they may become productive, skilled, educated, and successful adults with the ability, opportunity, and possibility of achieving their dreams. They need special help during the pandemic. Info at: <https://bit.ly/2BOXPMN>.

### [It's Census Time!](#)

If you haven't sent in your U.S. Census form, now's the time! Click the poster to visit the Census website and give them your information. Or surf to <https://bit.ly/2Xj8QqP>. It's private, and it's crucial for making sure that our community gets the services it needs.



You can respond to the  
2020 Census online at  
**2020census.gov.**

You can also respond  
by **phone** or **by mail.**

Text **"ICount"**  
to **313131**

Shape  
your future  
START HERE >

United States  
Census  
2020



## The Wider World

### South Central Yearly Meeting Mimosa Thomas Memorial Fund

The Norman (Oklahoma) Friends Meeting has established a fund in memory of Mimosa Thomas, a young woman who was active in SCYM. The collection period for this fund ends on Sept 30, 2020 at which time all funds will be transferred to FCNL's "Young Adult Endowment Fund" to support its young adult programs that address peace and justice issues. Mimosa was a major contributor in the successful launching of FCNL's young adult "Advocacy Corp Program" with her work in Texas. Some comments from donors.

*"I did not know Mimosa Thomas, but I know the impact of supporting young people in opening their world and introducing them to the work of Quakers."*

*"Thank you for memorializing Mimosa in such a meaningful way. She was a beautiful child, and we were blessed to watch her grow in our Meeting. It is heartwarming to know she is so valued and inspires goodness."*

Persons wishing to contribute please send either cash or a check made out to "Norman Friends Meeting" (for: Mimosa Thomas Memorial Fund) to Norman Friends Meeting, P.O. Box 5881, Norman Oklahoma, 73070.

### SCYM Minute on Climate Change

Approved by SCYM Representative Meeting 2019

(*excerpts only*: the full minute PLUS action suggestions is posted at <https://bit.ly/3qa6kRq>)

**"I have set before you life and death, blessings and curses. Now choose life, that you and your children may live." Deuteronomy 30:19. NIV**

Scientists from diverse fields have been telling us, with increasing certainty and urgency since Svante Arrhenius in 1896, that we humans are harming our only home, Earth, which will result in mass migrations, mass malnourishment and starvation, civil unrest, disintegration of civil society, wars, wide-spread impoverishment, epidemics and plagues, and mass species extinctions—including, likely, humans. John Woolman reminds Friends "The produce of the earth is a gift from our gracious creator to the inhabitants, and to impoverish the earth now to support outward greatness appears to be an injury to the succeeding age." Listen deeply, consistently, persistently to Spirit. We will courageously face Truth and truth, for the Light often shows that which is ugly, embarrassing, uncomfortable, or unfamiliar.

[We resolve to:]

- Educate ourselves deeply about climate science and what it tells us about the future. We will evaluate the evidence critically and carefully, realizing that clouding the evidence are many motives, from misanthropy and cynicism through intellectual laziness to egocentrism and greed, that produce misunderstandings, misinterpretations and self-serving lies. Confirmation bias and self-delusion are part of the human condition. We will educate ourselves on the actions necessary to achieve the future we want. We will do this hard work. Here also, truth may be uncomfortable, overwhelming, or alarming. However, we will, as we are led, unflinchingly incorporate these truths into ourselves.

- Thus equipped spiritually, emotionally, and intellectually, we will, under the guidance of Spirit and as appropriate to our strengths and limitations:
  - Ask ourselves for our every action “What is its carbon footprint? Can another action serve the same need but with a smaller carbon footprint?” Examples include: Not turning on lights and turning off as soon as no longer needed. Can the thermostat be set a few degrees warmer (cooler)? Must I drive now on this errand (1 gallon gasoline = 8.89 kg carbon dioxide) or can I wait and combine errands for fewer miles total – indeed, do I need this at all? Do I need this new article of clothing, or will what I have suffice? What is the source of this foodstuff, and its environmental cost? Can I be satisfied with a different vacation, one with a lower carbon footprint? In summary: refuse, reduce, reuse, repurpose, recycle.
  - We recognize that human overpopulation is a key component driving global climate change. This occurs through direct depletion of natural resources including clean water, deforestation, increased energy consumption, planetary trauma resulting from warfare, and oceanic stress. We also recognize that it is important to improve the status of women throughout the world, in order to have a positive impact on overpopulation, and therefore, climate change.
  - Recognizing that lonely change is even more difficult, we will support each other in the changes they are led to make – and solicit and accept support. This support includes our families and our Meeting community.
  - Realizing that the needed changes are societal, structural and global, we will, as way opens, press all levels of government, from city through to national, to implement changes necessary to preserve a habitable climate. We will work with compatible non-governmental and international organizations, as way opens. We will press, as led, by persistent direct lobbying; by writing letters to the editor and opinion pieces; by commenting on blogs, radio call in programs, etc.; by marches and demonstrations; and by supporting candidates and voting.

### *Friends Committee on National Legislation Actions*

From Julia Hitz, FMSA Representative to FCNL

1. FCNL’s assessment is that carbon pricing, if aligned with our faith principles, can help us reduce greenhouse gas emissions while protecting low-income communities and communities of color. We also believe that Congress has a real chance at passing carbon pricing legislation in 2021. But for that to happen, we need to build support for carbon pricing in 2020.
  - **Urge your members of Congress to cosponsor legislation that puts a price on carbon, beginning with the Climate Action Rebate Act** <https://bit.ly/2D1zC6F>
2. The Federal Reserve recently changed its lending requirements so that heavily indebted oil and gas companies can access COVID-19 relief. Burning fossil fuels causes adverse health effects, which worsen COVID-19 health outcomes. Congress should not prioritize a polluting industry over

American workers, especially during a public health crisis. We call on Congress and the Federal Reserve to:

- Oppose any royalty relief to the oil and gas industry.
- Oppose any additional funding to fill the Strategic Petroleum Reserve (SPR)
- Revert Federal Reserve lending practices to their original status.
- **Tell your members of Congress that you do not support a fossil fuel bailout in any shape or form!** <https://bit.ly/316WXf3>

## Body & Soul


# Friend's GRANola

Recipe by Stephen Shearer


- 2 cup oats
- 1/2 cup pumpkin seed
- 1/2 cup sunflower seed
- 1/4 cup sesame seed
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 3 Tablespoon tahini
- 3 Tablespoon coconut oil
- 3 Tablespoon honey
- 1/2 cup shredded coconut  
\*add on second bake

### Directions


1. Preheat oven to 325 & line a cookie sheet with parchment paper.
2. In a large mixing bowl, mix all ingredients. \*except shredded coconut
3. Pour the granola onto your prepared pan. Using a spatula, spread the granola out in an even layer.
4. Bake for 12 minutes
5. Remove from the oven, stir the granola, add shredded coconut and using the back of a spatula gently press down on the granola.
6. Return to the oven  
Bake for 12 minutes
7. Remove from the oven and allow to cool completely before storing.




Try  
Friend's  
GRANola  
sprinkled over  
a bowl of  
fruit & yogurt,  
a green salad with  
blueberries,  
breakfast cereal  
or ice cream.



**TOAST**  
Peanut Butter,  
Banana, Honey  
& Friend's  
GRANola  
  
Tahini,  
Raspberries,  
Blueberries,  
Dk Chocolate  
drizzle &  
Friend's  
GRANola



Baked  
French Toast  
topped with  
Blueberries &  
Friend's GRANola





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