



Western Quarterly News

of the Religious Society Of Friends

Western Quarterly Meeting Newsletter

Fall 2022

From the clerk

Margaret has often shared how much she gleaned from London Grove Meeting's Adult First Day School reading of *The Quaker Reader* edited by Jes-samyn West.

Here is one selection from that text. The book is avail-
able from Quaker Books—
<https://quakerbooks.org/>

First Day Thoughts

by John Greenleaf Whittier

In calm and cool and silence, once again
I find my old accustomed place among
My brethren, where, perchance, no human tongue
Shall utter words; where never hymn is sung,
Nor deep-toned organ blown, nor ensow swung,
Nor dim light falling through the pictured pane!
There, syllabled by silence, let me hear
The still small voice which reached the prophet's ear;
Read in my heart a still diviner law
Than Israel's leader on his tables saw!
There let me strive with each besetting sin,
Recall my wandering fancies, and restrain
The sore disquiet of a restless brain;
And, as the path of duty is made plain,
May grace be given that I may walk therein,
Not like the hireling, for his selfish gain,
With backward glances and reluctant tread,
Making a merit of his coward dread,
But, cheerful, in the light around me thrown,
Walking as one to pleasant service led;
Doing God's will as if it were my own,
Yet trusting not in mine, but in His strength alone!

In this issue:

7th Query

**Healthy Habits/Aging
Concerns Spotlight—
from Kennett Friend
Ray Arnat**

Sarah Mapps Douglass

**Some Responses to
4th Query**

**Creating Equity Cen-
tered Meetings**

Some Quaker Events

**Indigenous Peoples
Day/Toward Right
Relationship with Na-
tive Peoples**

***Kennett Monthly Meeting* hosts
*Western Quarterly Meeting***

Sunday 16 October, 2022

9 am sign in

**9:30 program - Meet Sarah Mapps Douglass—
living history presentation by Barbara Clarke
—a program for all ages!**

11 am worship

**12 pm—BYO lunch—drinks and desserts by Kennett
1pm meeting for worship with attention to business**

Zoom link available upon request

7th Query—Grounding for Transformed Lives: Peace and Alternatives to Violence

For the Meeting:

How do we help each other face conflicts with patience, forbearance and openness to healing?

To what extent does our meeting ignore differences in order to avoid possible conflicts?

What are we doing as a Friends meeting within our communities:

- 1) To recognize and correct the causes of violence?
- 2) To understand the impact of the global military-industrial complex on all aspects of life?
- 3) To increase the understanding and use of alternatives to violence?
- 4) To work toward overcoming separations and restoring wholeness?
- 5) To support the constructive use of authority?
- 6) To promote the sustainability of the earth?

For the Individual:

- *Do I “live in the virtue [power] of that Life and Spirit that took [takes] away the occasion of all wars”?*
- *How do I maintain Friends’ testimony that participation in war and its preparation is inconsistent with the teaching of Jesus?*
- *Do I treat personal conflict as an opportunity for growth?*
- *How do I face my differences with others and reaffirm in action and attitude my love for those with whom I am in conflict?*

[General Queries](#) are taken from the newest version of PYM’s [Faith and Practice](#), available online.



Healthy Living/ Aging Concerns Spotlight— book review

Masks, Crutches, and Daggers by Dr. Ray
Arnat, Kennett MM

The following are selections from [https://
www.rayarmat.com/BookBio](https://www.rayarmat.com/BookBio)

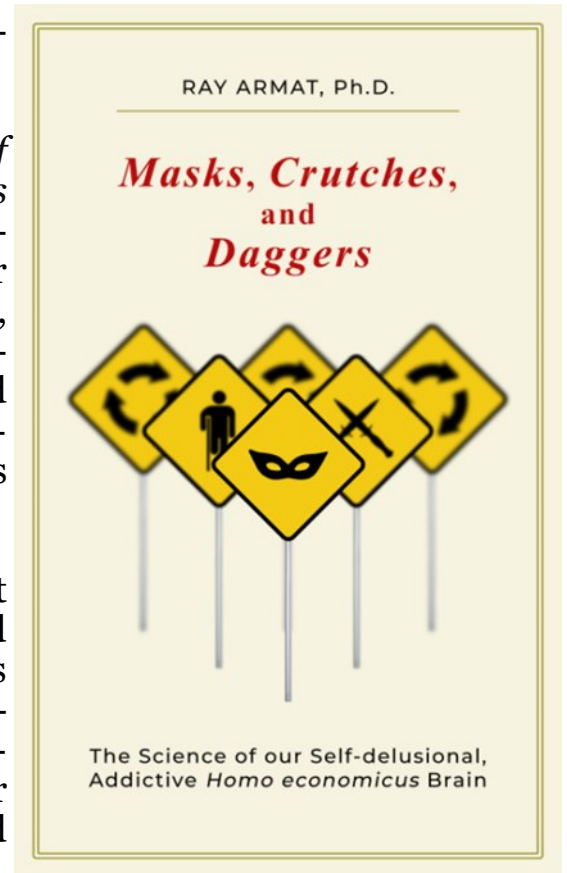
What Everybody Should Learn About the World’s Largest Battleground: Their Brain

As humans, why do we walk such a fine line between depression and addiction (habituation), paranoia and recklessness, fatigue and burnout? Why are we lonelier than ever and humanity is in such a rut that in the age of social media and constant contact, governments in several countries now have Ministries of Loneliness to keep the social fabrics from falling apart? Why are humans so prone to self-delusion and self-deception? Why do we have so many conflicting stories and versions of the truth? The book scientifically reveals why today humans suffer mostly from abuse not by oth-

ers but by their own brain. The world's largest battles are fought inside human minds.

In *Masks, Crutches and Daggers: The Science of our Self-Delusional, Addictive Homo economicus Brain* we learn, in simple language, about the neurochemical soups and feedback loops that make our brains prone to metabolic imbalance, self-delusion, addiction, and unfettered quantitative growth targets that construct a world of winners, losers and barely anyone in between. Two days after its release, the book was ranked number 1 in Amazon's New Release, Modern Philosophy category.

How are we then evolving and adapting if not bound, like other species, by natural balances and feedback loops? The author makes a case in this book that we have adapted to human-made selection pressures by using three adaptive tools: Camouflages and personas (masks), gadgets to patch our trauma (crutches) and gimmicks and cunning mind games (daggers).



From MyChesco review by Cecilia Middleton August 16, 2022 “Transform Your Life with Dr. Ray Arnat’s Groundbreaking New Book”

Dr. Ray Armat’s *Masks, Crutches, and Daggers* is a must-read for anyone interested in personal growth or psychology. The book takes an in-depth look at the ways in which we use masks, crutches, and daggers to protect ourselves from the world. Armat provides readers with a wealth of information on how to identify these defense mechanisms and learn to live more freely and authentically. If you’re looking for a life-changing read, this is it!

A resident of West Chester, Pennsylvania, Dr. Armat is a materials scientist and chemical engineer who has spent years researching and developing products for industry. However, after experiencing some health issues of his own, he decided to focus his studies on the human brain and behavior. He has since become a well-respected scientist and philosopher, sharing his findings with others through real-life stories. Dr. Armat uses a unique blend of science and storytelling to help people understand the root causes of disease, disorder, and discord. His work has helped many people find balance in their lives and heal from past trauma.



Excerpts from Learning from Sarah Douglass

By Margaret Hope Bacon
January 1, 2002 *Friends Journal*
<https://www.friendsjournal.org/2002005/>

In 1833, Sarah Mapps Douglass, an African American educator, moved from her home in Philadelphia to New York City to teach in a Girls African School. She was lonely in the new city, and she missed going to Quaker meeting with her mother, Grace Douglass. When she attended meeting in New York, however, no one spoke to her. She had been going there for about one month when on the way in to the meetinghouse a Friend asked her, "Does thee go out to house cleaning?" Sarah reported to a friend that she wept during the whole of the meeting and for many succeeding Sabbaths, not so much for her own wounded pride but for sorrow that Friends could be so cruel.

It is a sad fact that most Friends in the 19th century did not see the inconsistency of providing schools for African Americans, working against slavery,



and hiding escaped slaves through the underground railroad, while discriminating against them socially. Few Friends entertained blacks in their homes or sat with them in meeting. Instead, a bench in most meetinghouses was reserved for black people, and whites were discouraged from sitting with them. While Friends were leaders in providing education for African American children, they did not

often allow them into their own schools.

Seating blacks separately was the custom among all the denominations in Philadelphia, and Friends had evidently never given the matter much thought. When the so-called Great Meeting House was enlarged in 1756, the persons planning the building were instructed "to allot some suitable places for the Negroes to sit in our common meetings." There was separate seating at Key's Alley Meetinghouse. One Friend, Israel Johnson, objected and sat in the black section himself.

Sarah Douglass accomplished many things in her lifetime. She was first and foremost a beloved educator for more than 50 years. She helped to train many leading African American teachers at the Institute for Colored Youth (now Cheyney University). She was an accomplished poet and essayist. She was also an activist, organizing several societies dedicated to helping free black women support their enslaved sisters, as well as participating vigorously in the multiracial Philadelphia Female Anti-Slavery Society.

She was interested in women's rights, especially in helping women understand and control the functioning of their own bodies. To this end she enrolled in the Female Medical College of Pennsylvania, and later in the Pennsylvania Medical University, and she gave a series of lectures on physiology to African American women in New York and Philadelphia. After the Civil War she became vice president of the Women's Freedmen's Relief Association of Pennsylvania, and she solicited funds to send clothes, books, tools, and teachers to the South to help the newly freed slaves. In 1864 she was a founder of the Stephen Smith Home for Aged and Infirm Colored Persons.

Nevertheless, her place in history rests on her willingness to speak out against racial discrimination, despite pain to herself and her mother, in the early days of the 19th century, in words that are reaching men and women today at the beginning of the 21st. The changes she achieved in her own day were minuscule, but today have helped bring about a significant change in the racial attitudes of the Religious Society of Friends.

Sarah Douglass's attachment to the Religious Society of Friends went back to her grandfather, Cyrus

Bustill (1732-1806). Cyrus was the son of an enslaved mistress and her master, Presbyterian Samuel Bustill. Cyrus was sold to another master and then to a Quaker, Thomas Prior, a baker, who taught Cyrus the baking trade, and after seven years, freed him. Bustill attended meeting with Prior, and continued when he was freed. Prior to the Revolutionary War, Cyrus Bustill married Elizabeth Morey who also attended meeting. The couple had eight children, of whom Grace Bustill (1782-1842), mother of Sarah, was the fifth.

Grace therefore grew up as a Friend, attending North Meeting with her parents. In addition to raising her children and operating her millinery shop, Grace Douglass was an active civic leader. In 1819, she opened a school in conjunction with the famous sailmaker, James Forten. In 1833, she became a founder of the Philadelphia Female Anti-Slavery Society, and for the rest of her life she served on the board of this important group.

Despite her prominence, Grace was also subject to prejudice. When she attended North Meeting, to which she felt she had belonged since childhood, she was made to sit on a separate bench. When she attended Arch Street meeting, she was also asked to sit on a back bench. When she went to New York as delegate to the Annual Convention of Anti-Slavery Women and attended meeting there she was told to sit in the balcony, "because Friends do not like to sit by persons of thy color."

Sarah Douglass reported that Grace felt these slights keenly, and spoke to her often about the situation saying, "The hardest lesson my Heavenly Father ever set me to learn, was to love Friends; and in anguish of spirit I have often queried; why the Lord should require me to go among a people who despise me on account of my complexion; but I have seen that it is designed to humble me, and to teach me the lesson, 'Love your enemies, and pray for them who despitefully use you.'"

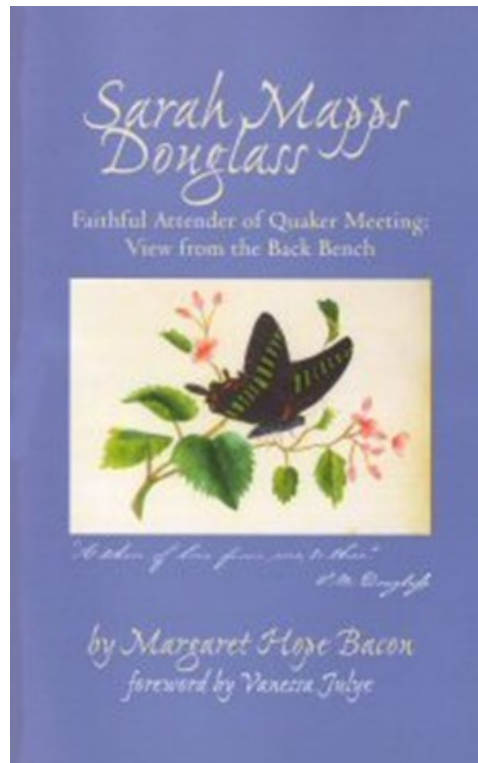
Nevertheless, she was saddened by the fact that her mother was asked to sit on a back bench. In a letter "to an esteemed friend," Sarah wrote: "I remember well, wishing, (with the 'foolishness that is bound in the heart of a child') that the meetinghouse would fall down, or that Friends would forbid our coming, thinking then that my mother would not persist in going among them."

Despite her bitterness, Sarah eventually resumed attending Quaker meeting. Two sisters, Hannah White Richardson and Rebecca White, prominent members of Arch Street, befriended her, and they may have seen to it that the galling restrictions on seating were lifted. Her letters to these two are full of references to the spiritual nourishment she gained from Quaker silence, which she came to love more and more as she grew older.

In an article in the *Liberator* signed by a pen name, Zillah, she wrote of attending a church service, but preferring silence: *Then sweet voices sang a sweeter hymn, but while the notes of the glorious music were ringing in my ear, my heart acknowledged the superior eloquence of silence—the beauty of sitting down in humility and heartbrokenness to wait the operation of the Holy Spirit—and then to feel its gentle influence distilling like dew upon the soul, and subduing every unholy and wandering thought.*

Researching the life of Sarah Douglass taught me many things about racism and the necessity of rooting its tendrils out of our hearts. But she also taught me anew to appreciate and to use the silence. Often today, sitting in meeting, prey to wandering thoughts, I remember Sarah, the long walks and the hostility that she was willing to endure for the sake of the silence, and her absolute faith that if she would wait in humbleness, the Holy Spirit would operate upon her soul. And thinking about her, I grow more open to the silence.

Yes, we need to root out racism, but perhaps even more, we need to recover faith such as that of Sarah Douglass.



Some responses to the 4th Query on Care for the Meeting -***From New Garden***

We are a very small meeting and each of us is a part of the whole.

We don't always know of the needs of our members but when we do it is by word of mouth, by phone, or through technology that is available in today's world.

As time goes on our lives change and the people around us change as well. We hope that our Meeting continues to be a place with no judgement. Therefore, we do not respond to our members conduct or manner of living. We cannot walk a mile in their shoes!

From Newark

A Friend remembered how our Easter meeting nurtured our community at the London Britain Meetinghouse, and the food lovingly prepared and shared. It was a new way to celebrate the occasion as we tailgated. There were messages of joy, and three generations of families. It was wonderful to watch the kids participate. And it was a time of holiness as a community, in whatever way we chose to celebrate the day. We helped bond a spiritual family.

Much of this query is answered by our Care Committee, remarked a Friend who had been on the committee. The committee goes down the list of members and attenders, at each of their meetings, to see what care might be needed. If they haven't seen someone, or someone is not well, they reach out to them. The Care Committee has a list of resources from Friends that can be used. Help provided by the Care Committee is anonymous. Contact is made by the clerk of the Care Committee, and the person seeking help remains anonymous.

2020 was a scary time for one family, with the birth of a child and trips to the hospital during the pandemic. Also, during the presidential election of that year. Several Friends got together to decide how they could help each other at that time. Being part of this community brought our Friend a lot of comfort.

Another Friend added that 2020 had a lot of residual effects on many, and that a resulting depression is pretty severe among some younger people.

Thinking about how we bring visitors into the fold, a Friend commented that she has never seen those in our meeting *not* warmly greet newcomers. She remembers the feeling of welcome she had the first time she came, and being invited to stay for business meeting. The way our business meeting was conducted helped further inspire her interest in meeting.

Another Friend said she had felt welcomed by our meeting after feeling uncomfortable with other organized religions when looking for a spiritual family. She remarked that she felt comfortable as well as welcomed.

Involvement with Quarterly Meeting has become a fun involvement for one of our Friends. She reminded us that there are plenty of opportunities within Quarterly Meeting.

With regard to the query section that asks "Do we help each other to live with integrity," a Friend says "integrity" is a word you have to interpret. She thinks of integrity as living close to the spirit, and she believes that those in the meeting community do help each other to live close to the spirit.

An invitation to***Beyond Meeting for Business: Creating Equity Centered Meetings***

Westtown Monthly Meeting invites Western and Concord Quarter Meeting Friends to join us in:

- Transforming Meeting for Worship for Business practice by expanding our equity-centered meeting design and facilitation skills
 - Providing mutual support and accompaniment in this shared journey to a more open and equitable faith community
 - Inviting a more diverse faith community to gather in our Meeting Houses
- Heightening awareness and sensitivity to the importance of equity centered working relationships with community partners.

See [WQ blog](#) for more information – Contact Paula Kline to register (kline.paula@gmail.com)

QUAKER EVENTS IN AND AROUND THE QUARTER

9/25 Sunday 10:45am at London Grove

Ben James of Crosslands will speak on "*Climate Change: Some Good News*" on Sunday, September 25th, at 10:45 AM at London Grove Monthly Meeting and via Zoom (<https://us02web.zoom.us/j/89274173199>). The presentation will follow London Grove's regular meeting for worship, which begins at 9:30 and to which all are invited as well.

9/28 Wednesday 6:30pm virtual

Join Friends Committee on National Legislation (FCNL) for *Strengthening Democracy this Election Year*—[registration link](#)

10/2 Sunday 3:00-4:30pm Kendal Friends Meeting in the Kendal at Longwood Auditorium

Join Kendal for World Quaker Day!

In keeping with a call from the Friends World Committee for Consultation to "invite or receive visitors from another Yearly Meeting or Quaker community," Kendal Monthly Meeting invites you to join us for

A Simple Gathering*

to mark World Quaker Day

Theme: Becoming the Quakers the world needs

*Not a lecture or formal program, but a chance to share on the theme and how we're connected to the wider world of Friends.

*If the weather is nice, we'll have cider and munchies outside. If rainy, sorry, we'll have to skip the refreshments (COVID rules).

*GPS Address for Kendal at Longwood: 1109 E. Baltimore Pike. Park in Parking Lot #6. All visitors must go through a short COVID screening at the Front Reception Desk. Masks required at all times indoors.

10/3 Monday 7:30-9pm Pendle Hill Lecture—available virtually

Stephen Angell speaks on *Listening, Learning, and Expanding Community: What I've Learned from Teaching Quaker Studies and African American Religious Studies* to [Register Online](#)

10/8 Saturday 8am-2pm with singing 10am- noon—Hockessin

The Hockessin Friends Meeting *Fall Bazaar* will take place October 8, 2022 from 8 am to 2 pm. Held at the Meeting, 1501 Old Wilmington Road, Hockessin, the Bazaar offers fun, food and fellowship for the entire community and all are welcome. There is something for everyone: bargain prices on gently used goods, handcrafted items, homemade baked goods, jams, jellies, and soups to take home. Hotdogs, popcorn, coffee, tea, and water are available for consumption at the event.

As part of Delaware's Peace Week, the Bazaar will include a *drop-in community sing-along* from 10 am to noon with musicians leading a variety of peace and social-justice themed music. Children and adults can also participate in the meditative practice of *painting "peace rocks."*

All proceeds from the event benefit community causes. The event is open to the public, so please invite your neighbors, family and friends.

10/14-16 Friday 4pm-Sunday 2pm at Pendle Hill with PYM Spiritual Formation Collaborative

Those seeking to deepen their spiritual lives. This is an excellent retreat for those new to Spiritual Formation, past participants of the program and those in ongoing SF groups. It is a great way to revitalize your group. It is not necessary to be a Friend/Quaker, so share with friends.

This year's focus is the formation of Spiritual Companion Groups as a tool to discover and revitalize the essence of Quaker practice. During our time together, we will explore these queries: Why are we Friends? How do we embody Quaker faith and practice in daily life? How do Companion Groups support our spiritual growth and practice? The registration link has more details- <https://secure.acceptiva.com/?cst=wxN9N2>.

11/5 Saturday—PYM Fall Continuing Sessions

With Indigenous Peoples Day around the corner...

Here are some offerings from Toward Right Relationships with Native Peoples, a program of Friends Peace Teams

Upcoming TRR Presentations:

Please encourage your friends and family members to join us for these online TRR programs:

Saturday, Oct. 15, 11 am-1 pm Mountain time: The same *"Roots of Injustice; Seeds of Change"* workshop (see above). [Register here](#).

Thursday, Oct. 20, 6-7:30 pm Mountain time: Jerilyn DeCoteau (Turtle Mountain Chippewa) will give a slide presentation on *"The Indian Boarding Schools and Multigenerational Trauma."* Jerilyn is co-director of TRR and past president of the board of directors of the National Native American Boarding School Healing Coalition. She speaks out of her own family's boarding school experience as well as her research. [Register Here](#).

Available Online now:

"Land Acknowledgment as a First Step Toward Right Relationship with the Land and its Peoples" is a two-program series sponsored by [Pendle Hill](#) and presented by tom kunes, a Standing Rock Lakota descendant who uses lower case letters in his name. tom's very informative and challenging talks are followed by responses from Chief Dennis Coker (Lenape Indian Tribe of Delaware) and Dr. Nia To Go There (Cree). Google all three presenters to see many other presentations and articles by them. Recordings of the Pendle Hill webinars are available here:

Thursday, Aug 9 program: <https://www.youtube.com/watch?v=gkf2UnRgaPo>

Tuesday, Aug 11 program: <https://www.youtube.com/watch?v=VonqmR0m90w>

Learn About the Indian Child Welfare Act

Federal government policies have promoted the separation of Native children from their families starting in the era of the Indigenous boarding schools and continuing through "child welfare" policies that promote fostering and adoption of Native children by non-Native families. The Indian Child Welfare Act of 1978 seeks to protect Native families, but it is being challenged now in a case before the U.S. Supreme Court. Read a [short article](#) by the Native American Rights Fund, and learn more from the [National Indian Child Welfare Association](#).

An Important New Book for Settlers

[*Inherited Silence: Listening to the Land, Healing the Colonizer Mind*](#) by Louise Dunlap. The author writes: *Inherited Silence* tells the story of my ancestors and the land in California's Napa Valley that they bought during a time of genocide. As I researched and wrote their story—including their earliest experiences on the continent in the 17th Century—I came to understand how colonization and the mind we came with from Europe brought environmental chaos as well as genocide and enslavement. How can we heal this terrible legacy?" Dunlap's example of courageous truth-telling and her calls for reparations will challenge and inspire other settler/colonizer families to re-examine their own histories and consider ways to heal the land and its peoples.

Take Action on these Important Dates:

Friday, Sept 30: Orange Shirt Day. This annual event was launched by Indigenous peoples in Canada and is embraced by Native Americans now, too. *"Orange Shirt Day was created as an opportunity to discuss the effects of residential schools and their legacy. It honours the experiences of Indigenous Peoples, celebrates resilience and affirms a commitment that every child matters."* See [this website](#) and find out how you can support Indigenous organizations that are observing this day in your community.

Monday, Oct. 10: Indigenous Peoples Day. If your community still celebrates Columbus Day, advocate to celebrate Indigenous Peoples Day instead. Hundreds of towns and states are doing this. Learn how Indigenous people in or near your community are celebrating this day, and ask how you can support and participate. This day is a celebration of Indigenous cultures and a very good opportunity to learn directly from Indigenous peoples.



**FRIENDS
PEACE TEAMS**

Will be in the area May 2-6 for their annual in-person council meeting.

If you are interested in hearing more about them, contact Deb to see about hosting a member in your home or at your meeting or coming for some of their meetings and presentations—coordinator@westernquarterquakers.org

Have something to share? Newsletter content is welcome.

Contact Deb at coordinator@westernquarterquakers.org.