

GRASS VALLEY FRIENDS MEETING

*Of the Religious Society of Friends in the Truth,
College Park Quarterly Meeting,
Pacific Yearly Meeting*

13075 Woolman Lane, Nevada City, CA 95959
Yulica Community, off Jones Bar Road,
Nevada City, CA 95959

Website: www.grassvalleyfriends.org

Email: grassvalleyfriends@gmail.com

First Days: 9:00am Singing at the Meeting House (in-person and zoom)
10:00 am Silent Meeting for Worship (in-person and zoom)
To receive the zoom link, grassvalleyfriends@gmail.com.

Newsletter, Fifth Month, 2025

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MEETING CALENDAR

First Sunday

- Program to be announced.

Second Sunday

- Hybrid Silent Meeting for Worship Meeting, Potluck and for Worship on the Occasion of Business.

Third Sunday

- Program to be announced.

Fourth Sunday

- Spiritual Life

Fifth Sunday

- On Fifth Sundays we hold a Family Meeting for Worship. *Children and adults gather and spend 20 minutes in storytelling, 20 minutes in singing and 20 minutes in silent worship.*

HAPPENING NOW

- Sunday, May 11, 2025: Potluck and Meeting for Worship for Business, 11:30a.m.
- Friday, May 23, 2024: Potluck at Judy and Reed Hamilton's – See page 8 for details.
- Tuesday, May 27, 2025: Quaker Earth Witness Worship Sharing, 7p.m. EST, 4p.m. PST, See page 12.

HAPPENING LATER

- Sunday, June 8, 2025: Potluck and Meeting for Worship for Business, 11:30a.m.
- Monday, June 9, 2025: Community Potluck with FGC General Secretary, Barry Crossno. See page 9. for details.
- July 2-6, 2025: FGC Young Adult and Youth Gathering, Clarkston, Michigan, See page 12 for details.
- Sunday, July 10, 2025: NO Meeting for Worship for Business
- July 11-16, 2025: Pacific Yearly Meeting Annual Session, Whittier College – See page 11 for details.
- Sunday, August 10, 2025, Potluck and Meeting for Worship for Business, 11:30a.m.

GLOSSARY- Abbreviations and terms used in the GVFM newsletter.

M&O: Ministry and Oversight
PacYM: Pacific Yearly Meeting
PHP: Pendle Hill Pamphlet
FGC: Friends General Conference
QEW: Quaker Earth Witness

QUNO: Quaker United Nations Office
FASE: Friends Association for Services to the Elderly
CPQM: College Park Quarterly Meeting
RSWR: Right Sharing of World Resource
UwN: Unity with Nature

Query: Friends practice of examining our souls and seeking clarity. These questions & exercises help to give time to seek truth about us and our spiritual condition and to tap into Divine insight.

Threshing Session: A meeting at a separate time specifically not for decision-making; normal practices of a Quaker meeting for business are relaxed so that Friends may speak more than once to an issue, speak to a point just made, or ask a question of a previous speaker.



Nisenan Land Acknowledgment

We acknowledge the Nisenan people are still here among us today, though they are nearly invisible, and their story continues to be excluded from history.

We understand we are on Nisenan land that was never ceded, and the original tribal families have yet to recover from the near genocide of their people.

As a resident or visitor in Nisenan land, we support the Nevada City Rancheria Nisenan tribe in efforts to stabilize their people as well as the campaign to restore tribal sovereignty through federal recognition.

MINUTES & RECORD: Meeting for Worship for Business, Sunday, May 11, 2025

We met in a hybrid meeting in person at the meetinghouse and on Zoom.

Present: Dorothy Henderson, clerk; Amy Cooke, substitute recording clerk; Gordon Starr, Mary Starr, Sharon Davisson, Doug Hamm, Dianne Marshall, Dean Olson, Reed Hamilton, Judy Hamilton, Chamba Cooke, Stuart Smith, and Peter O'Rourke.

The Meeting opened with silent worship.

Clerks' Remarks and Query

Dorothy Henderson, clerk, shared two quotes from Isaac Pennington with those gathered.

If ever there was a time for tears without, and a grief of spirit within, this seems the season . . .

when after such an expectation of Light and Glory, of settlement and establishment in the things of God, such thick darkness, such universal shame, such dreadful shatterings, have so apparently overtaken us, and are so likely daily more and more to overtake us. 1650

Our life is love, and peace, and tenderness; and bearing one with another, and forgiving one another, and not laying accusations one against another; but praying one for another, and helping one another up with a tender hand. 1667

She noted that we think we know why we gather, but we do not. We open to the unexpected. We think we know, but we do not.

Dorothy offered the query to those gathered, "How do you hold these messages as we sit here in Meeting for Worship for Business today?"

A Friend spoke to holding them together, one leading to the next.

Another Friend gave voice to images – A tree growing out of a boulder, and a dandelion growing out the cement.

It was noted that the darkness is like the storm clouds, and this excites one Friend's compassion and love to know that everyone is threatened and feels the darkness.

We heard that these two quotes are two sides of the same thing. If we always want one, and avoid the other, we misunderstand the world we live in.

COMMITTEE REPORTS

(see reports appended, committee clerk is noted in bold)

Spirit and Witness: Amy Cooke (2024-2027), Stuart Smith (2023-2026), Reed Hamilton (2022-2025), Sharon Davisson (2022-2025), Dean Olson (2023-2026), Dorothy Henderson (ex-officio, GVFM Clerk)

Amy Cooke gave the report as follows:

As a committee, we continue to hold the spiritual life of the Meeting, as well as the ways we witness our faith into the world. We are aware of the needs of several people in the Meeting, and also the ways the current times

are leading many of us into action and we have spent time discerning how to support the Meeting and the individuals within our community.

We bring a statement and a minute of support for individuals in our meeting. We bring our own tender awareness of seeing what love can do among us.

The Naming Committee brings this report:

Nominating Committee: (terms as noted):

Continuing:

- fosten wilson 2024-2026
- Dean Olson 2025-2027

Names for consideration:

- Chamba Cooke: 2025-2026 (one year term to insure staggered terms): seasoning until 6th month
- Mary Starr 2025-2027: seasoning until 5th month

MINUTE 2025.05.01: Grass Valley Friends Meeting approves Mary Starr for the position of Nominating Committee for the term of 2025 - 2027.

MINUTE (Seasoning until 6th month): Grass Valley Friends Meeting approves Chamba Cooke for the position of Nominating Committee for the term of 2025 - 2026.

Stewardship: Gordon Starr, Pat Phillips, Reed Hamilton, David Bowman. Dianne Marshall (ex-officio, Newsletter editor), Mary Starr (ex-officio, Treasurer), Don McCormick (ex-officio, Librarian), HaileyWilson (ex-officio Tech Support).

Gordon Starr gave the report, appended.

It was noted that there is a growing trust with CHIRP as we handle maintenance issues. We now have direct communication between the maintenance person for CHIRP and our own Stewardship Committee, as the result of slow, careful Quaker process and communication.

Welcome: Peter O'Rourke (Website and Facebook coordinator), Kathy McCreery, Don McCormick, Pat Phillips, Cheryl Hendrickson, Cindy Bliss, Lo Hamm, Judy Hamilton (ex-officio email coordinator), Nancy Anderson (ex-officio directory clerk).

Peter O'Rourke gave the report, appended.

Nominating Committee: (terms as noted), Gordon Starr: 2022-2024, Judy Hamilton: 2022-2024, Dean Olson 2023-2025, fosten wilson 2024-2026.

Gordon Starr gave the report, appended. He gave the first reading of the Nominating Slate for 2025-26. If there

are questions or concerns, please address them to a member or members of the Nominating Committee.

MINUTE (Seasoning until 6th month): Grass Valley Friends Meeting approves the 2025 - 2026 Nominating Slate of Committees and Officers.

Children's Program: Keely McDonald, Doug Hamm, Judy Hamilton, Dean Olson, Reed Hamilton, Don McCormick, David Cowan, Lo Hamm.

Amy Cooke read the report and job description on behalf of Judy Hamilton.

MINUTE 2025.05.02: Grass Valley Friends Meeting approves the name change from Children's Committee to the Religious Education Committee along with the new job description as appended to these minutes.

OFFICER REPORTS and REPRESENTATIVE REPORTS

Treasurer: No report given.

Pacific Yearly Meeting: No report given.

College Park Quarterly Meeting: Doug Hamm gave the report, appended. The proposed restructuring of CPQM business was presented. If Friends want to comment, please contact Doug or Thom McCue.

Interfaith Nevada County: No report given.

Sharings from the wider Quaker world:

- On June 9, Barry Crossno, the FGC general secretary, is coming to Gordon and Mary Starr's house for a community potluck. All in Meeting are welcome. As Friends are aware, Barry helped to initiate the lawsuit which Friends General Conference joined, and we affirmed with Pacific Yearly Meeting. The lawsuit was brought by a multifaith coalition and the Institute for Constitutional Advocacy and Protection (ICAP) in opposition to the rescission of ICE's sensitive locations policy, which is a direct violation of the First Amendment and the Religious Freedom Restoration Act.
- A group of Quakers are marching more than 300 miles from New York City to Washington, D.C., to demonstrate against the Trump administration's crackdown on immigrants. "It feels really daunting to be up against such critical and large and in some ways existential threats," said Jess Hobbs Pifer, a 25-year-old Quaker and march organizer, who said she felt "a connection" to the faith's long history of activism. The march extends a long tradition of Quaker activism. Historically, Quakers have been involved in peaceful protests to end wars and slavery, and support women's voting rights in line with their commitment to justice and peace. Far more recently, Quakers sued the federal government earlier this year over immigration agents' ability to make arrests at houses of worship. Their goal is to walk south from the Flushing Quaker Meeting House — across New York, New Jersey, Maryland and Pennsylvania — to the U.S. Capitol to deliver a copy of the "Flushing Remonstrance" — a 17th century document that called for religious freedom and opposed a ban on Quaker worship. Please see <https://www.quakerwalk2025.org/> for more information.

- A Ukrainian Quaker shared the status of COs in Ukraine with the American Quakers in Europe group.

CLERK'S REMARKS:

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ITEMS SEASONING or CARRIED OVER

MINUTE (Seasoning until 6th month): Grass Valley Friends Meeting approves Chamba Cooke for the position of Nominating Committee for the term of 2025 - 2026.

MINUTE (Seasoning until 6th month): Grass Valley Friends Meeting approves the 2025 - 2026 Nominating Slate of Committees and Officers.

ANNOUNCEMENTS

- **Facebook:** please follow the Grass Valley Friends Meeting page, or join the Facebook Grass Valley Friends Meeting group. If you share a post from the page, your friends will see it, and it helps our visibility. Follow this [link](#).
- The **2023-2024 PacYM General Directory**. The directory is now available. The Directory is for use by members and attenders of monthly meetings and worship groups within Pacific Yearly Meeting and by Friends serving on Pacific Yearly Meeting committees. It is not to be shared beyond this community. Dorothy and Don have the new password for the PacYM Directory.
- **Carl Magruder:** You can follow Carl's healing journey on the CaringBridge.org website [HERE](#). Friends have also set up a daily Meeting for Healing from 7:30 to 8 am (Pacific) on Zoom [here](#) or contact Amy Cooke at amylisette@gmail.com for the link.
- **Contributions to Grass Valley Friends Meeting** are gratefully accepted. You can give by mailing a check to Mary Starr or through Tithely on the website or our newsletter.
- **July Meeting for Worship for Business:** There will be no meeting for worship for business in July. There will be a Meeting for Worship for Business in August.
- On June 9, Barry Crossno, the FGC general secretary is coming to Gordon and Mary Starr's house for a community potluck. All in meeting are welcome.
- May 23 – Potluck at Judy and Reed's house
- June -Mid month – Potluck at Kathy and Fosten's house

READING OF THE RECORD AND MINUTES

The record and the minutes were read, corrected, and approved.

If you are giving a report to GVFM, please send the actual report to the recording clerk at jenniferjksmith@gmail.com THE WEDNESDAY BEFORE MEETING FOR BUSINESS and share with both Dorothy and Jennifer.

GVFM Newsletter Reminder: Please have items into Dianne Marshall by Tuesday at 10 am.

The Meeting closed with silent worship.

Respectfully recorded by Amy Cooke, substitute recording clerk.

APPENDICES:

- Spirit and Witness Committee report
- Stewardship Committee report
- Welcome Committee report
- Nominating Committee report
- Children's Committee report
- Treasurer's Report
- Pacific Yearly Meeting report
- Interfaith Nevada County report

ADVISES and QUERIES: Fifth Month ~ Harmony with Creation

It would go a long way to caution and direct people in their use of the world, that they were better studied and knowing in the Creation of it. For how could [they] find the confidence to abuse it, while they should see the Great Creator stare them in the face, in all and every part thereof?

William Penn, *some fruits of solitude*, 1693

God is revealed in all Creation. We humans belong to the whole interdependent community of life on earth. Rejoice in the beauty, complexity, and mystery of creation, with gratitude to be part of its unfolding. Take time to learn how this community of life is organized and how it interacts. Live according to principles of right relationship and right action within this larger whole.

Be aware of the influence humans have on the health and viability of life on earth. Call attention to what fosters or harms earth's exquisite beauty, balances and interdependencies. Guided by Spirit, work to translate this understanding into ways of living that reflect our responsibility to one another, to the greater community of life, and to future generations.

In what ways do I express gratitude for the wondrous expressions of life on Earth?

- Do I consider the damage I might do to the Earth's vulnerable systems in choices I make of what I do, what I buy, and how I spend my time?
- *In our witness for the global environment, are we careful to consider justice and the well-being of the world's poorest people?*
- *Does our way of life threaten the viability of life on Earth?*

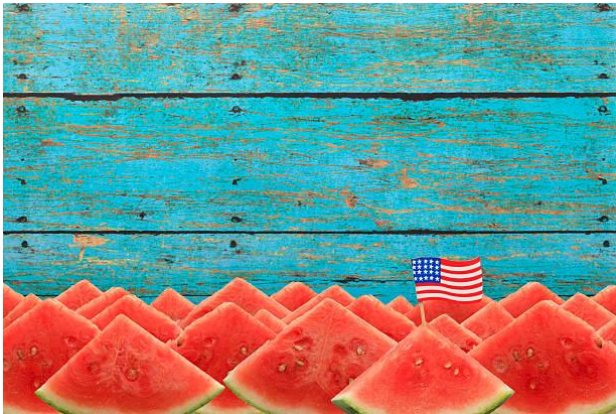


← This button will take you to a secure site.

- Giving is easy! Click on the Give button above or go to grassvalleyfriends.org and click on "GIVE" You'll go to a secure site for donations. Monthly contributions are very important. *You may now change the dollar amount of your gift without making a new donation request!*
- Or mail your donation to **Mary Starr Treasurer, 500 Butler Street, CA 95945.**
Thank you.

FIND US ON FACEBOOK! [Grass Valley Friends Meeting Facebook link](#)

Are you a **Facebook** user? Do follow the Grass Valley Friends Meeting page or join the Facebook Grass Valley Friends Meeting group. When you share a post from the page, your friends will see it, and it helps our visibility.



Memorial Day Weekend Potluck

Friday, May 23, 2025

Time: 5:00p.m. – 7:30p.m.

Place: The home of Judy and Reed Hamilton

Address: 13310 Nannas Way, Grass Valley, CA 95949

RSVP requested: Judy Hamilton

judywestonhamilton@gmail.com

Need to call? Judy: 530-277-8818 or Reed: 530-210-4216

Religious Education Committee (new) Job Description

March 2025

The Religious Education Committee is responsible for the spiritual nurture of young people in the Meeting. Recognizing that the entire meeting holds that responsibility and that the young people themselves provide spiritual sustenance to the Meeting as well, the Religious Education Committee is charged with the following specific responsibilities:

- Plan and organize First Day (Sunday) School four First Days a month.
- Ensure the safety of the young people by always having two adults with the young people for each First Day.
- Coordinate Fifth Sunday Family Meeting for Worship.
- Act as a liaison between teachers, young people, parents, and the Meeting.
- Provide assistance in arranging childcare for other Meeting activities.
- Initiate celebrations and programs for young people and families throughout the year.
- To ensure adequate communication and coordination in carrying out these responsibilities, the committee will meet at least quarterly.

Volunteers welcome! If interested, contact Judy Hamilton,
judywestonhamilton@gmail.com.

FGC General Secretary Lawsuit Updates: News on the Lawsuit

Thursday, April 24, 2025

Late last week, the government filed a partial motion to dismiss some of the claims we brought in our suit, specifically those related to the Administrative Procedure Act (APA). Our attorneys' response to the government's motion is due on May 1.

Whatever the outcome of this motion, it will not affect our preliminary injunction (PI) that prevents Immigration and Customs Enforcement (ICE) entering our locations. That is because the government is seeking to dismiss only the APA claims that we asserted. It is not related to the other claims which the PI was granted on – the First Amendment and Religious Freedom Restoration Act claims.

You can read the partial motion to dismiss in [this document](#).

REMINDER! Community Potluck with Barry Crossno, General Secretary, Friends General Conference

Monday, June 9, 2025

Time: 5:00p.m. – 7:30p.m.

Place: The home of Mary and Gordon Starr

Address: 500 Butler Street, Grass Valley, CA

RSVP requested: Mary Starr mstarr@2133aol.com

Need to call? Mary: 530-320-8108 or Gordon: 530-320-8202.



Nominating Committee Report, For the 2025 – 2026 term.

The presentation of the 2025 – 2026 slate to Meeting for Worship for Business in May for seasoned consideration is, for the Nominating committee, the culmination of months of deep reflection on the state of our meeting and on all the individuals who make up its body. On one hand we have to back up to the larger perspective of the needs and condition of the Meeting as a whole. How are our committees faring? Our officers? Are they strong? What needs or challenges need attention. On the other hand, to consider each individual and where might they find the best fit for their gifts and their needs is also important.

This year, it has been quite the search to find and fit all the pieces of this puzzle that makes up the annual slate. And it is only recently that our work has finally been completed. We are a small Meeting with many positions to fill which requires multiple individuals willing to handle multiple responsibilities. Fortunately, our Meeting enjoys many individuals who give freely of their time, energy and resources for the benefit of us all. We are all each other's good Friend.

We wish to thank everyone for their support and their commitment in this work. Truly, we couldn't have done it without you.

Your Nominating committee, Gordon Starr, Judy Hamilton, Fosten Wilson and Dean Olson

2025-2026 Slate of Committees and Officers

All committee members serve one-year terms with the exception of Spirit and Witness (3-year term) and Nominating (2-year term) and Clerk of Meeting (3-year term) Names in bold are current committee clerks and conveners for the new term.

Stewardship: **Gordon Starr**, Pat Phillips, Reed Hamilton, David Bowman. Dianne Marshall (ex-officio, Newsletter editor), Mary Starr (ex-officio, Treasurer), Don McCormick (ex-officio, Librarian), Hailey Wilson (ex-officio Tech Support).

Welcome: **Pete O'Rourke** (ex-officio, Website and Facebook coordinator), Kathy McCreery, Don McCormick, Pat Phillips, Cindy Bliss, Lo Hamm, Judy Hamilton (ex-officio email coordinator), Nancy Anderson (ex-officio directory clerk).

Spirit and Witness: **Amy Cooke**, 2024-2027, Stuart Smith, 2026, Reed Hamilton, 2025-2028, Dean Olson, 2024-2027, Doug Hamm, 2025-2026, Dorothy Henderson, 2026 (ex-officio, GVFM Clerk), Gordon Starr (ex-officio, elder to the clerk).

Religious Education: **Judy Hamilton**, Doug Hamm, Dean Olson, Reed Hamilton, Don McCormick, Keely McDonald, Lo Hamm. Substitutes: Gordon Bishop, Gordon Starr, Alan Stahler. Fifth Sunday reader: Anita McCormick

Offices:

- **Clerk:** Dorothy Henderson
- **Elder to Clerk:** Gordon Starr
- **Recording Clerk:** Jennifer Smith
- **Newsletter Editor:** Dianne Marshall
- **Newsletter Distributor:** Pat Phillips
- **Email Coordinator:** Judy Hamilton
- **Treasurer:** Mary Starr
- **Tech Support:** Hailey Wilson
- **Website/Facebook Coordinator:** Peter O'Rourke
- **Librarian:** Don McCormick, Judy Hamilton, Kathy McCreery.
- **Recorder:** Kathy McCreery
- **Directory Clerk:** Nancy Anderson
- **Mail Clerk:** Dean Olson

Representatives:

Please note: Most organizations no longer have representatives from GVFM. They are held in two committees, Welcome and Spirit and Witness. The following organizations are the exceptions:

Interfaith Nevada County: Dianne Marshall

Nisenan/Yulica: Contact Person, Dorothy Henderson

Pacific Yearly Meeting: Doug Hamm

College Park Quarterly Meeting: Doug Hamm

Organization Representative by Committee

Welcoming Committee holds the "connect with Quakers" organizations: Ben Lomond Quaker Center (BLQC), College Park Quarterly Meeting

(CPQM), Friends General Conference (FGC), Friends World Committee on Consultation (FWCC), Pacific Yearly Meeting (Pac YM), and Sierra Friends Center (SFC).

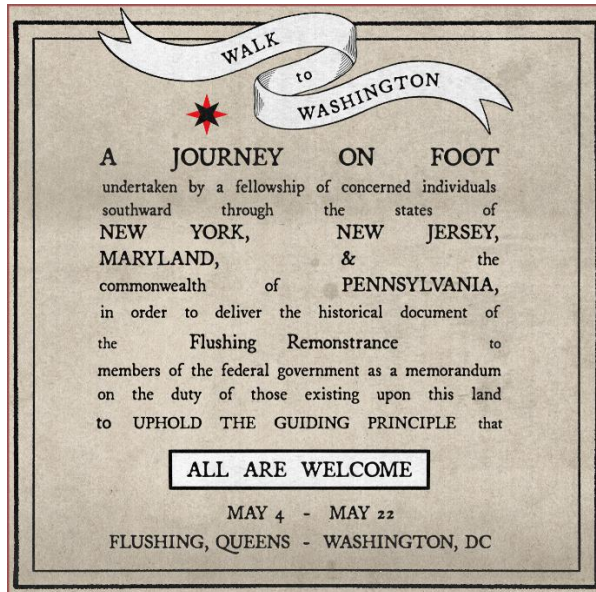
Spirit and Witness holds the "Faith and Practice" organizations: American Friends Service Committee (AFSC), Friends Committee for Legislation (FCNL/FCL-CA), Interfaith of Nevada County, Quaker United Nations Organization (QUNO), and Right Sharing of World Resources (RSWR) The Nisenan have been added to Spirit and Witness.

Each month, alternately, a member of one of the two committees prepares a report on one of their committee's organizations based on the queries below. That gives many people the opportunity to "discover" Quaker

organizations, and to hear from different people so that we all get to hear from each other. The reports are structured around the following queries:

What is this organization's mission statement? What are their noteworthy activities?

Quakers Walk from New York City to Washington, D.C., to Share Flushing Remonstrance with Congress



The Quaker Walk to Washington in 2025 is a 265-mile solidarity walk from Flushing, Queens to the National Mall in Washington D.C., starting on May 4th and concluding on May 22nd. The walk aims to raise awareness and amplify the message of solidarity with migrants facing persecution, delivering a copy of the [Flushing Remonstrance](#) and demands to members of Congress. The walk is organized by Quakers from the Brooklyn Meeting House, partnering with faith, interfaith, and other groups.

Their goal was to walk south from the Flushing Quaker Meeting House – across New York, New Jersey, Maryland and Pennsylvania – to the US Capitol to deliver a copy of the Flushing Remonstrance, a 17th-century document that called for religious freedom and opposed a ban on Quaker worship.

The Flushing Remonstrance, 1657

Seventeenth-century settlers in Flushing drafted a protest that became a watershed of religious freedom in the New World. Let's both put this remarkable piece of paper in context and outline its significance. Flushing—the city in Queens—was originally Vlissingen, after a Dutch city of that name. It was part of the Dutch colony of New Netherland, which stretched across the Middle Atlantic region of what would become the United States. New Netherland is best remembered today for its capital—New Amsterdam—which became New York City, and for its last director, Peter Stuyvesant. The Dutch brought several things to the region they colonized. Most notable was an idea they more or less invented in the seventeenth century: "tolerance." This idea got transferred to the New World colony.

Its Dutch character is one reason why New York grew into a vibrantly multiethnic culture: one reason why New York became New York. The English of New England undeniably gave us their language and many aspects of government, but they were at this time in American history very far from enunciating such an ideal of religious freedom. What we see in the Flushing Remonstrance is a fledgling American colony applying hard-won rights from the Old Country to a New World setting, where they would flourish in an entirely new way. The mixed peoples who founded New Netherland would become a wellspring of American religious liberty, and also a source of America's notion of equality.

Excerpted from "The Importance of Flushing" by Russell Shorto in New York Archives (Winter 2008).

Quaker Earth Witness



May Action Hour to Protect the IRA

QEW is working this year to save **the largest climate legislation in history**. Biden-era clean energy and ecological provisions in the Inflation Reduction Act (IRA) are estimated to keep gigatons of CO2 out of the atmosphere each year - saving millions of lives this century and protecting our shared home. **Join us for our third monthly action hour on Wednesday, May 21st to defend the Inflation Reduction Act.**

[Register Here](#)

Rooted and Recurring Events with QEW

Weekly Fellowship Hour: *Join us weekly on Friday, 7pm EST/ 4pm PST*

Most Monthly Meetings have a fellowship hour for dialogue and discussions - the QEW Fellowship hour is designed as a space to mimic this informal environment! Come as you are to discuss earthcare, spirituality, Quakerism, and catch up with other dear persons in our community.

[Learn More](#)



Monthly Worship Sharing: *Tuesday, May 27, 7pm EST, 4pm PST*

Our worship sharing seeks to explore our Earthcare callings, nourish our sense of community, and explore queries to draw us into a shared sacred space. Join us to encounter "that which is eternal" in a special winter solstice inspired query.

[Register](#)



CHOP WOOD, CARRY WATER: One Small Step by Jessica Craven

You've likely heard of [Storycorps](#); since their founding in 2003, they've recorded nearly 700,000 people across the country talking about their lives. These recordings are collected in the U.S. Library of Congress and in their online archive, which is now the largest single collection of human voices ever gathered. A few of these stories are broadcast weekly on NPR to over 12 million listeners.

Well, recently I found out about an offshoot program of theirs. It's called [One Small Step](#); its goal is to "bring people with different views together to record a conversation — not to debate politics — but simply to get to know each other as people." They basically take a liberal and a conservative and have them talk about anything but politics for 50 minutes, with the hope that such conversations will help bridge the yawning chasm between Americans on the left and the right.

I've long dreamed of launching a similar project, but knew I'd never have the bandwidth. When I heard about One Small Step, then, I felt very excited. After a phone call with the director I asked to participate in a session myself. Yesterday it finally happened!

The way the program works is: you enter some brief biographical and political information about yourself into a profile. The folks at OSS then match you with someone who has a few things in common with you, but also falls on the other side of the political spectrum. I, for example, was "matched" with a middle-aged woman I'll call Susan. She's a mom, and has pets. Beyond that we're pretty different on paper: she's a Methodist pastor from rural Iowa, and I'm, well, me.

Yesterday we spoke for an hour, with a moderator present the whole time to help lightly steer the conversation. I have to say it was an overwhelmingly positive experience. I'm not sure if my gal was a Trump supporter, but I'm assuming she is at least politically conservative. Either way, she and I had a really lovely conversation about all kinds of things—except for politics—and by the end were marveling about how much we had in common. We even exchanged email addresses.

Do I think that either of us changed the other's political views? Almost definitely not. But when I imagine a rural pastor in Iowa now will I automatically assume the worst? I won't! I'll imagine someone like Susan!

I strongly believe that projects like these are part of how this country can and will recover. They support what I've always called my "neighbor theory—" that we hate people we don't know who hold opposing political opinions, but when our next door neighbor—who sometimes takes in our trash bins for us—does, we are able to separate the human from the political. Sometimes we can even have an actual conversation with them based in empathy and good will.

Now, I can almost hear some of you saying "but these are terrible people who do terrible things! Why should we try to bridge the gap?" And of course there are some truly irredeemable Trump supporters. But others can be reached. And even the worst can at least meet a "lib" for the first time and maybe be divested of the idea that "owning" us is such a victory.

I guess I just believe that showing each other our humanity can never be a bad thing.

Anyway. **The folks at One Small Step are looking for many more volunteers *on both sides* to have these 50-minute conversations.** I told them I'd be happy to spread the word, as I fully believe in what this project is trying to achieve. If you think you might like to try it you can learn more and sign up [here](#). I highly recommend it!

Quaker Parents Were Ahead of Their Time

The nearly 375-year-old religion's principles line up surprisingly well with modern parenting research.

By Gail Cornwall *The Atlantic* April 3, 2025

One morning in 1991, I prayed with the fervor that only a tween can muster for one thing above all others: cold Diet Mountain Dew. But all of the cans in my mom's stash were warm. So I tossed one in the freezer, forgot about it, and hours later retrieved the frozen-solid mass. Then I decided to pop it in the microwave. You can imagine what ensued.

After extinguishing the flames, my mom asked us kids what we thought had happened. I stepped forward as if approaching the gallows—and she lavished me with praise. For telling the truth. For taking responsibility. Her response might seem surprising, but we’re Quakers, and avoiding judgment is pretty on-brand.

From where I stand now, I can see that her decision to use positive reinforcement aligns with research on motivating kids, something I’ve become quite familiar with as a journalist covering parenting and education. Still, for years, I didn’t recognize the connection between my faith and the child-development studies I frequently combed through at work. Then, when the coronavirus pandemic temporarily left our public school without enough adults to meet my son’s needs, we switched him to a Quaker school. The school is organized around an acronym I’d never heard before—**SPICES**—that stands for principles I know well: simplicity, peace, integrity, community, equality, and stewardship. Those aren’t the only pillars of Quakerism, but they’re big ones, and seeing them all together got me thinking. Sitting in the meetinghouse one Sunday morning, after nearly an hour of silent worship, I had a *Queen’s Gambit* moment. Whereas the chess champ saw pawns moving across a phantom board, I saw each child-rearing best practice I’d been writing about line up with a principle of Quakerism.

The Religious Society of Friends—“Quaker” being a derogatory term, reclaimed—is a hard faith to explain, because it tries to eschew dogma. It’s now possible to be a Muslim Quaker or a Hindu one, or to not believe in any god at all. That said, Quakers all over the world tend to talk about the same principles and take part in some of the same practices. For example, in place of rules, Quakers publish “advices and queries,” which prompt individuals to make good, considered choices. Attendees of Quaker meetings near me were recently asked to ponder: “Do I make my home a place of friendliness, joy, and peace, where residents and visitors feel God’s presence?” The children’s version read: “In what ways am I kind to people in my home?” Certain expectations underlie these questions—that one should try to be kind, for example—but so do curiosity and an openness to differing answers.

As it turns out, leading with questions is a great way for parents to talk to children. Encouraging kids to come up with their own solutions grants them autonomy. And as Emily Edlynn, a psychologist and the author of *Autonomy-Supportive Parenting*, told me, kids who feel like they have control over their life experience better emotional health, including less depression and anxiety. Fostering kids’ autonomy has also been tied to children building stronger self-regulation skills, doing better in school, and navigating social situations more effectively. Best of all, once kids get used to the self-discipline that comes with exercising autonomy, it can become habitual. Give your kids agency in one area, and they tend to “develop internal motivation even for things that they do not want to do,” Edlynn said, “because they’re integrating the understanding of the ‘why’ those things are so important.” [MORE](#).

I did it ***scared***
I did it ***broke***
I did it ***tired***
I did it ***overwhelmed***
... and it led me to an incredible life.

Author unknown

Grass Valley Friends Meeting Contact Information (1-16-24)

COMMITTEES: (convener or clerk in bold)

Stewardship: Gordon Starr, Pat Phillips, Reed Hamilton, Dianne Marshall (ex-officio, Newsletter editor), Fosten Wilson, Mary Starr (ex-officio, Treasurer), Don McCormick (ex-officio, Librarian), (ex-officio Tech Support).

Welcome: Peter O'Rourke (ex-officio, Website and Facebook coordinator), Kathy McCreery, Don McCormick, Pat Phillips, Cheryl Hendrickson, Cindy Bliss, Lo Hamm, CJ Patterson, Judy Hamilton (ex-officio, email coordinator).

Spirit and Witness: Amy Cooke, Stuart Smith, Reed Hamilton, Sharon Davisson, Dean Olson, Dorothy Henderson (ex-officio, GVFM Clerk of the Meeting),

Children's Program: Keely McDonald, Dorothy Henderson, Doug Hamm, Judy Hamilton, Dean Olson, Reed Hamilton, Don McCormick, David Cowan, Lo Hamm.

Nominating Committee: (terms as noted)

- Judy Hamilton: 2022 - 2026
- Gordon Starr: 2022 - 2020
- Fosten Wilson: 2024 – 2026
- Dean Olson: 2-23 - 2025

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- **Clerk:** Dorothy Henderson (530-575-5988) dorothyjohenderson@gmail.com
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- **Email Coordinator:** Judy Hamilton judywestonhamilton@gmail.com (530) 277-8818
- **Treasurer:** Mary Starr, 530-878-1237 mstarr2133@aol.com,
- **Tech Support/Zoom Calendar:** Hailey Wilson seahorseleaf@protonmail.com
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- **Librarian:** Don McCormick (310-597-9469) donmccormick2@gmail.com
- **Directory Clerk:** Nancy Anderson (530-364-8351) ntowhee@gmail.com
- **Mail Clerk:** Dean Olson (530)270-9366 deanolson44@gmail.com

Representatives: one-year terms

Please note: Most organizations no longer have representatives from GVFM. They are held in two committees, Welcome and Spirit and Witness. The following organizations are the exceptions:

- **Interfaith Nevada County:** Dianne Marshall
- **Pacific Yearly Meeting:** Doug Hamm
- **College Park Quarterly Meeting:** Doug Hamm



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