

# The Canadian Friend

Volume 107, Number 3

Summer 2011



Quaker Youth Voices

The Canadian Friend (ISSN 0382-7658) is the magazine of Canadian Yearly Meeting, and is published five times a year on its behalf by the Publications and Communications Committee. Member of Quakers United in Publications: QUIP. The Canadian Friend is sent to all members of Canadian Yearly Meeting and to regular attenders. It is funded through quotas and free-will donations of the membership to further the work and witness of the **Religious Society of Friends (Quakers) in Canada.**

### • Submissions

Send articles, poetry, photos, and art, to the editor:  
Sherryll-Jeanne Harris  
E-mail: cf-editor@quaker.ca  
1829 Fern St.,  
Victoria, BC, Canada, V8R-4K4  
Telephone: (250) 370-0190

### • Advertising:

- Send camera-ready or clear, readable copy to the editor, by e-mail. Advertising rates and details are available from the Business Manager on request.

### • Subscriptions and Donations:

Annual subscription rate for Canada is \$28.  
See coloured insert for detailed information.  
Contact: Beryl Clayton, Business Manager  
E-mail: cf-businessmanager@quaker.ca  
Argenta, BC V0G 1B0  
Telephone: (250) 352-0038

### • Reproduction:

Copyright © 2010 is held by Canadian Yearly Meeting. Please request permission before reprinting excerpts longer than 200 words.

Publications Mail Registration No. 09887



PRINTED ON RECYCLED PAPER

The cover is printed on FSC Certified paper and the pages are 30%, post-consumer recycled paper

### NEW ADDRESS? PLEASE ADVISE

Send updated address information to:

Canadian Yearly Meeting

91A Fourth Avenue, Ottawa, ON K1S 2L1

E-mail: cym-office@quaker.ca

Tel: (888) 296-3222 and (613) 235-8553

The Canadian Friend acknowledges the financial support of the Government of Canada through the Canada Periodical Fund (CPF) for our publishing activities.

Dear Friends,

Where can one find Quaker youth in one place at one time? Guessing it would be Sorrento BC on the May long weekend, I packed my bags for Western Half Yearly Meeting. I was not disappointed. Youth comprised one third of the attendance.

Katie Dixon from Vancouver and Nateevah Sterling of Prince George told me they like being twelve because 'twens have the privilege of moving between pre-teen and teen programs - getting the best of both worlds. Katie said the most fun she had was gardening with Farmer Dave and of course hanging out with the young adults on the beach. Angelica Dixon wants to attend WHYM without fail every year from now on. I hope she does and that she keeps singing!

What is the appeal? Getting together with people who have different opinions is an aspect of WHYM that Nateevah particularly values, and she appreciates that the adults don't talk down to young people.

During an open Meeting for Ministry and Council we considered how to better celebrate our youth. This issue of the Canadian Friend, dedicated to youth voices, celebrates and cherishes the youth among us. Enjoy the variety, the Spirit and exuberance they share with us.

Virginia Dawson recently sent a poem written and published by her late mother, Joyce Neill, which sums up my experience of the younger children who played in the centre of our circle during Meeting for Worship.

*Rathfarnham*

*On to the gathered stillness of the Meeting  
The children alight like feathers on a lake,  
Or like birds, folding their wings and settling  
On a smooth surface the ripples hardly break.*

*Their presence scarcely apparent in muted movements,  
Small shufflings and little whispered questionings,  
Is like the first faint-felt stretching of foetal limbs,  
Or first heart-stirrings the Holy Spirit brings.*

I am thankful to all who contributed articles, and offer appreciation to Elen Cheately who took several of the photos for this issue. If you notice any young friends or family members missing from these pages, please let me know, so they may have the opportunity to be included in a future youth issue.

Blessings,

Sherryll Harris





<b>2</b>	<b>Editor's Corner</b>	<b>18</b>	<b>Children Laughing</b> Jewel Leuba
<b>3</b>	<b>Table of Contents</b>	<b>19</b>	<b>Quaker Youth Pilgrimage 2010</b> Hannah Wilson
<b>4</b>	<b>Letters to the Editor</b>	<b>20</b>	<b>Excerpt from the Archives</b> Deborah Haight
<b>5</b>	<b>What Community Shall We Build</b> Maggie Knight	<b>21</b>	<b>Letter from Nat Egan-Pimblett</b>
<b>6</b>	<b>Youth Secretary Announcement</b>	<b>21</b>	<b>The Youth Ministries Program</b>
<b>7</b>	<b>Easter Retreat</b> Max Dixon Murdock	<b>22</b>	<b>WHYM Epistle</b>
<b>7</b>	<b>WHYM Youth Epistle</b>	<b>23</b>	<b>Resource Extraction</b> Hannah Ivanoff
<b>8</b>	<b>Letter from Hannah Ivanoff</b>	<b>24</b>	<b>Quaker Book Service</b>
<b>9</b>	<b>Meeting on the Hill</b> Beth Lopez	<b>25</b>	<b>Notice Board</b>
<b>10</b>	<b>Joy</b> Erin Abbott-Haines	<b>26</b>	<b>Different Kinds of Silence</b> Rebecca Higgins
<b>12</b>	<b>In Support of Strong Relationships</b> Steve Fick	<b>27</b>	<b>Youth Around the Family</b>
<b>13</b>	<b>Reflection</b> Nori Sinclair	<b>28</b>	<b>Photo Spread</b>
<b>14</b>	<b>Unique Opportunities</b> Aoife Reaper-Reynolds	<b>32</b>	<b>Rhythms</b> Samuel Stevenson
<b>15</b>	<b>'Professionalizing' Peace</b> Lee Web	<b>33</b>	<b>My Renewed Interest in Religion</b> Grayden Laing
<b>16</b>	<b>Friends in Palestine</b> Jaya Karsemeyer	<b>34</b>	<b>Report</b> Philippa Hajdu
<b>18</b>	<b>The Video</b> Max Dickenson	<b>35</b>	<b>Last Words</b> John Roche

---

Cover photo by Elen Cheatley. Center top clockwise: Annie Takaro, Thea Walmsley, Angelica Dixon, Sean Walmsley, Stephen Von Schulmann, Ahren Klaassen-Wright, Max Dixon Murdock, Kai Hendricks Wang, Anneka Hendricks Wang, Ches Sterling. Photo of the youth on pg. 4 also by Elen.

## Letters to the Editor

Please send your letters to: Sherryl Harris, Editor  
E-mail: cf-editor@quaker.ca



*I write to say a big THANK YOU for the May issue celebrating eighty years of Canadian Quaker Service. You did such a great job - I especially appreciated the archival selections to give us a glimpse of the evolution of CFSC over the years. It must have been a huge challenge to work your way through so much and try to figure out what to select. The articles by Young Friends are inspiring and give us confidence in a future for Canadian Quakers. Indeed all the articles represent a history of much love and devotion as Canadian Friends have tried to address the evolving dynamics of social, political and economic needs of the past 80 years that undergird peace. I feel privileged to have been a part of such a valiant team. I hope that Friends across the country will recognize the importance of this witness for justice and peace and feel inspired, if they haven't before, to support the work.*

*In Friendship, Carol Dixon*

~ ~ ~ ~ ~

*I appreciated the "Queries for Friends with a Concern for Justice" (May). As I began reading them I was wishing a definition of justice had been provided. What do we mean by "justice"? Then I realized, that's what the queries are for. Neal Burdick (St. Lawrence Valley Allowed Meeting)*

*Thank you very much for the March edition of the Canadian Friend. It was very very interesting and wonderful...to read and reflect on people's sharings. Thank you for what you've done with this and I hope we will continue to interpret the Sacred. I wish you well and thank you very much for that particular edition of the CF.*

*Judy Smith (Yonge St. Monthly Meeting)*

~ ~ ~ ~ ~

*What an issue! In many ways CFSC has been at the heart of CYM, in its service work and the inspiration it has given us in our actions and concerns and prayerful thought. It is good to have this recorded and recognized in print in CF. Thank you both (and all the contributors) to this issue!*

*Arnold Ranneris (Victoria)*

~ ~ ~ ~ ~



Angelica Dixon, Steven von Schulmann, Camille Dixon Murdock, Anneka Hendricks Wang, at WHYM



## What Community Shall Young Adult Friends Build?

The structure of most young Canadian lives is fairly similar until our late teens; in our late teens we start to diversify. Some drop out of high school or have falling-outs with parents, some finish high school and join the work force, some graduate and travel the world, some head to college or university, some have children within or without a committed relationship. As young Friends grow up we try to navigate these changes while maintaining a connection to other young Friends - who may be experiencing extremely different circumstances - and live out our Quaker values.

Just as I'm sure older Friends experience conflicts, it is often difficult for us to live professionally and personally according to Friendly values. We each interpret differently how our Quaker values can be enacted, and must navigate the waters of many experiences we face in our life as young adults - choices about types of employment (taking a high ground that seeks only "meaningful" work may not be feasible, particularly during the recent recession), types of romantic and sexual relationships, and experimentation with various legal and illegal substances. The community of Young Friends and Young Adult Friends can be a safe space for us to discern and share, yet post high school it is often more difficult for young Friends to get together, as school, work, and lack of financial resources make it difficult

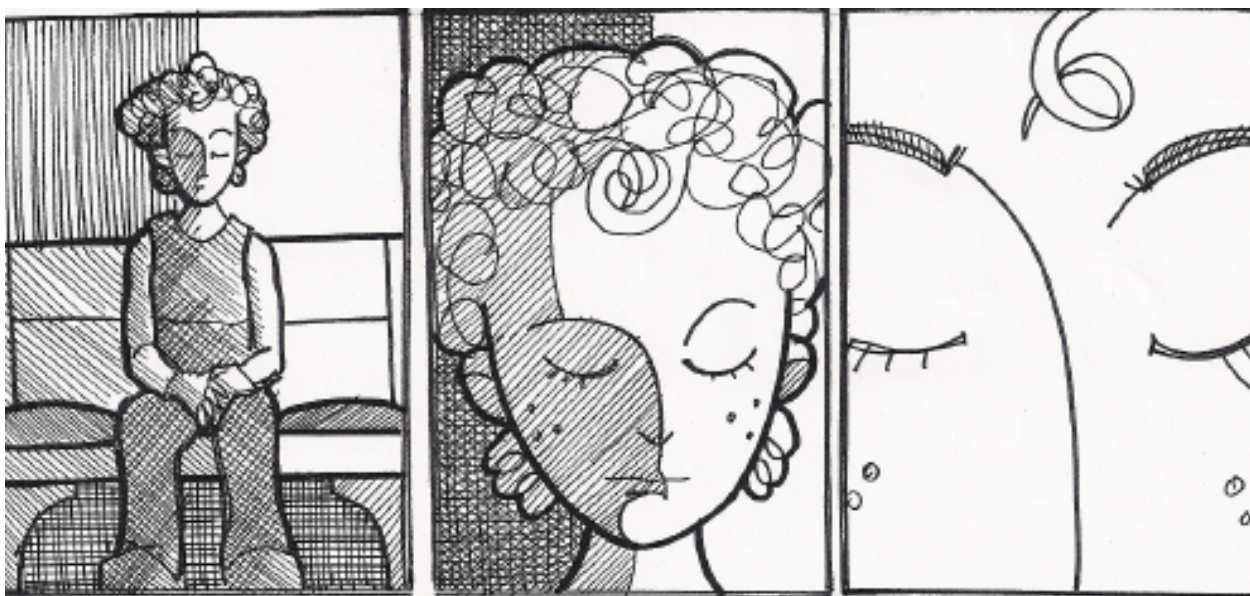
for us to gather in large numbers.

Over the past few years I've been lucky to be part of the Youth Secretary Committee, tasked with realizing the vision of Canadian Young Friends Yearly Meeting. As newly chosen Youth Secretary Katrina McQuail sets out around the country, I hope the Canadian Quaker community will consider deeply the role of young people in our communities; how different generations of Friends can interact meaningfully and in Spirit; how we can make more space to support the coming together of young Friends across our vast country in ways that are financially and environmentally justifiable.

What is the role of Young Adult Friends in the Canadian Quaker community? Is it in any way distinct from that of older Friends? How can Young Adult Friends support older Friends? How do Young Adult Friends who grew up in the Quaker community support young adults who find their way to Friends in their twenties? How do we support a strong community of Young Adult Friends that is based on social relationships across such a large country? How do we support Young Friends and Young Adult Friends in seeking how best to live their lives in the face of a huge range of choices?

*Maggie Knight*

*Young Adult Friend from Victoria, BC*



Graphic Novel panels by Lynette Richards, Coldstream Monthly Meeting

## Hear Ye Hear Ye

### Appointment of Youth Secretary for Canadian Yearly Meeting

It is with great pleasure that the Youth Secretary Committee announces the appointment of Katrina McQuail as Canadian Yearly Meeting's Youth Secretary. Her position took effect May 9, 2011.

Katrina is a member of Kitchener Area Monthly Meeting and grew up in the Lucknow Worship Group. She lives in Guelph, Ontario, where there is a lively Young Friends presence. She has had considerable experience working with youth within Friends General Conference coordinating the High School program at FGC's Annual Gathering. She also serves on the Executive Committee, and on the Transforming Sub-Committee (previously the Youth Ministries Committee).

Katrina has been involved in organizing retreats for YFs at Camp NeeKauNis for many years and attended the World Gathering of YFs as a CYM representative in 2005. She has attended CYM sessions whenever possible and has served the Young Friends community as a recording clerk, program person, listener and representative to Home Missions and Advancement Committee (HMAC). In 2006 Katrina received a Business and Non Profit Management degree with a minor in French from Earlham College. As a student she interacted with Friends from Friends United Meetings and Evangelical Friends International traditions from both Indiana and Western Yearly Meetings. After graduating she worked as assistant to the President of the College. Katrina also served on the Editorial Board for the Quaker Youth publication: *Spirit Rising: Young Quaker Voices*.

Though Katrina is involved and passionate about the Religious Society of Friends and Quaker youth her interests are diverse and eclectic. She is excited about social justice, community, and all aspects of food. Katrina has worked in higher education, with social change organizations, governments, and businesses. With a focused interest in sustainability and building stronger communities she keeps herself busy by volunteering, traveling, running youth programs, cooking, baking, and helping on her family's organic farm. When she can find the time she likes activities from scuba diving to quilting and she is rarely found without a cup of tea. For the past two years Katrina has been working the land and caring for the animals with her parents on their farm near Lake Huron.

The position of Youth Secretary (YS) was first envisaged by the Consultation and Renewal working group (CnR). A committee of adult Friends and Young Friends nominated by Canadian Young Friends Yearly Meeting (CYFYM) has worked on the vision and job description for this position. They see spiritual vitality as the key attribute, and being a communication and information resource as the key responsibility. Katrina is well able and qualified.

Katrina is enthusiastic about connecting with Quaker youth across the country and having a strong relationship with Canadian Young Friends Yearly Meeting (YFYM). She believes that keeping YFs engaged and supported by their spiritual community as a way of nurturing their individual growth and development, and ultimately ensuring the future of the Religious Society of Friends in Canada.

She invites Friends of all ages to contribute their thoughts, ideas and hopes, for ways in which she can best serve the community.

The committee reminds Monthly Meetings and Worship Groups that their support from is vital to the success of this position.

Friends can contact Katrina at [katrina@quaker.ca](mailto:katrina@quaker.ca), skype: mcquaka or by phone 519.831.0648 and visit <http://young.Quaker.ca> for information.



## Easter Retreat *by Max Dixon Murdock*

I always get excited in March when I realize Vancouver Monthly Meeting Easter Retreat is just around the corner. It is a weekend I look forward to every year, with good food, and great people. At Camp Alexandra in Crescent Beach, BC, we can play soccer in the big open field, there is a nice beach for walking and those brave enough may swim in the chilly waters. At night everybody stays up late playing music and board games. During the day the kids play games outside, rain or shine. This year there were forty people, half of whom were kids and teens. To be honest, I have no idea what the adults do during the day, but I expect it is something along the same lines.

I know what you're thinking: where's the *Quaker* in all of this? I like to think the gathering as a whole is a pretty Quakerly deal, apart perhaps from the games of Risk in the evenings. Even then, there are less games of war and more orderly discussions of diplomacy, with each turn taking ten to fifteen minutes and not usually ending in much bloodshed - unless of course Rick Juliusson plays, then it's slaughter without mercy.

Sunday morning after breakfast the small children go hunting for chocolate around the site, with the bigger kids trailing close behind looking for overlooked goods. All the sweets are pooled and shared equally among the kids. This is followed by silent worship with all children present. A great note on which to end the weekend.

*Max Dixon Murdock  
Vancouver Monthly Meeting*



Shaun Bartoo, Flynn Dixon Murdock,  
River Leuba, Max Dixon Murdock

## Youth at Fall WHYM 2010

Young Friends were excited to gather together. They played a variety of group games and also produced a wonderful art gallery for all to enjoy. A very young friend enjoyed the gift of a train set, which was donated by the Cheatley family. The Meeting was excited to share joy with two families expecting children in the next few months.

(Excerpted from the Fall 2010 WHYM Epistle)

## Youth Epistle: WHYM 2011

Dear Friends,

With a great sense of joy and a renewed sense of community the Young Friends (YFs) gathered together at Sorrento Centre for Western Half Yearly Meeting. Worshipful experiences were found in the laughter shared among old and new friends alike. We welcomed Katrina McQuail, our new Youth Secretary, to the gathering with great enthusiasm.

With muddy hands and happy hearts we rejoiced in spending time with Farmer Dave and Farm Guy Mike, tangibly allowing the Sorrento Centre Farm to minister to us in its own unique way. Whether we were planting tomatoes or enjoying the lake, music was a special part of our growth as a community.

This year we observed a large generational shift as many new faces joined the family of Young Friends. Many Friends joined in Worship Sharing, balancing, and Special Interest Groups, which allowed us to enjoy the wider Quaker community. Conversation and s'mores were shared by the YFs and those young at heart at a bonfire on Saturday night.

Ruth Walmsley, our coordinator for the weekend, showed us a powerful film documenting non-violent activism. This led Friends to reflect on our environment as Quaker nonviolent activists in our greater global community.

At the close of the weekend YFs felt closer to each other and we are happy that we survived the rapture. With sadness we part ways, but our love stretches across provinces and even continents, and we greatly look forward to our next meeting.

Western Half-Yearly Meeting, May 22, 2011  
Sorrento Centre, Sorrento, BC, Canada



## Letter from Hannah Ivanoff

Dear Friends,

It is with great joy that I begin my summer internship here at the Canadian Friends Service Committee (CFSC). I am eager to engage with many of the issues that CFSC is involved with that connect to my personal interests and concerns. They include, but are not limited to: international civil liberties, economic justice, and the work of the Quaker Aboriginal Affairs Committee (QAAC) on the implementation of the UN Declaration on the Rights of Indigenous Peoples.

My strong passion for social justice was one of the motivating factors in my choosing to study International Development with an area of emphasis in Political Economy and Administrative Change, at the University of Guelph. During my time as a student I studied issues of poverty and marginalization, from economic, historical and political perspectives, to try to understand the structures that allow oppression to exist. While studying such difficult topics it was easy to feel disheartened. However, my journey as a student offered me many experiences that helped me to see the Light in everyone. This was primarily due to the Friends I encountered; passionate young people who could still retain the desire to create change, even while being realistic about how hard creating change might be.

Having been raised a Quaker, seeing the Light in everyone and remembering to live simply, have had a great influence on how I make choices in my life. As a child I often attended Sunday school at Yonge Street Monthly Meeting and also spent many happy summers at Camp NeeKauNis. Camp was a central part of my childhood, and the relationships that I formed while there have continued to be important in my life today. I have been encouraged by the many YFs, and now YAFs, who have congregated around the Guelph and Greater Toronto Area (GTA). Meeting for worship on the hill is replaced by weekly dinners. The support of Friends is a great part of what makes life meaningful.

I jumped into my role as CFSC intern by attending an ecumenical conference on mining, hosted in part by KAIROS - an ecumenical organization that is

active on ecological justice and human rights issues. It was an excellent opportunity to be exposed to the type of work that CFSC and CYM support as members of KAIROS. The conference also marked my transition from writing and discussing issues as a student, to the more active role of intern in the 'real world'. I believe strongly in finding nonviolent ways of standing up to injustice and supporting those who are marginalized. Seeing so many wonderful people coming together in this shared belief was a great introduction to being part of the work that CFSC does.

One part of my role as the CFSC intern will be collaborating with the Youth Secretary, Katrina McQuail, in planning events and projects that will bring Young Friends together and actively engage them with Quaker faith and practise. I look forward to connecting with many Friends at Canadian Yearly Meeting in Windsor, NS. Hope to see you there!

Hannah Ivanoff  
Yonge Street Monthly Meeting





# Meeting on the Hill

*Beth Lopez*

There is a summer camp on the shore of Georgian Bay called NeeKauNis. That's Huron for "gathering place of friends". It's owned and operated by the Canadian Yearly Meeting of the Religious Society of Friends. The camp is run completely by volunteers.

I first attended camp in 1973 and went almost every summer until the early 90s. For many summers I cooked at camp. Although people who work there are not paid, their children can attend camp for free or for a reduced price. Being a camp cook is how I could afford to send my kids to camp.

Last summer I revisited the place where I moved from naïve, unsure young woman, to one of the elders of Meeting. I made the trip with a friend from high school who spent a week cooking with me during the day and sharing a cabin at night. Our giggling discussions after the lights were out had changed since we were fourteen. Now, the cute guys we talked about were our grandsons.

I love Camp for too many reasons to enumerate but one important reason is that there is a Meeting for Worship every day.

There is a beautiful meeting centre on the highest point of land. It looks down the hill and out over the water. Trees are kept trimmed back to allow for an uninterrupted view of the water. On rainy grey days we meet inside the Meeting House and watch a fire crackle on the big hearth. But most days are sunny and benches and mattresses are moved outside to the hill.

There is a bell to announce the beginning of Meeting. The music in the kitchen is hushed. Slowly people move up the hill. I let the screen door of the kitchen snap shut behind me. As I walk up the hill, I pull the apron string over my head and let the apron bib hang down.

The younger folk stretch out on mattresses. The young adults sit on the ground with backs propped against trees. The older bones settle themselves on benches. I move to a picnic table under the big oak tree so I can lean my elbows on the table. As people centre down silence descends over the hill.

The warmth of the sun creeps into my bones and my muscles. Knots in my shoulders slowly ease as thoughts and worries buzzing around my brain gradually disappear. I look down over the water

framed by white birches that I have gazed at for over thirty years. A lazy butterfly moves through the herb garden unaware of our presence. A motorboat moves across the water far below, the sound arriving seconds later.

I am aware of all these little details, but they move across the surface of my mind. Deeper down, I am aware of the silence of all the people sharing the hill with me. I am aware of the calm, reverent weight of their seeking. I am aware of the decades through which people have sat on this hill, feeling the sun, watching the water and seeking in the silence for their truth.

Someone speaks. Heads turn toward the speaker and we listen. I gather the words into my silence, fitting the message into my own musings and find what I can learn. Slowly, I know a truth of my own. I feel the now familiar urge to share my message. As always, I fight the urge until it demands voice. I stand, speak and then return to silence. Calm sinks back into my bones.

Half an hour after Meeting begins, the director leans over to shake hands with the closest person. Gradually and peacefully everyone becomes aware and joins hands around the circle.

As announcements are made, I walk back to the kitchen, lifting the strings of the bib of my apron back over my head. There's work to be done. But the peace stays with me.

*Beth Lopez, Kitchener Monthly Meeting*

*[Beth's last name was Brenneman during the many years she cooked at Camp NeeKauNis]*





## Anniversary Celebration

*Erin (McDougall) Abbott-Haines*

### **Meeting for Worship With A Concern for Love**

On old and sacred ground overlooking the valley, we gather in the circle under the arbutus tree to celebrate Ed and Vivian Abbott's fiftieth wedding anniversary.

The great canopy of leathery arbutus leaves shelters us from the hot August sun. The tree stands firm, tall and ancient in this valley. It is unique to this part of the world, growing only in full sun, on dry soil, no farther than four miles from the ocean. Arbutus are becoming rare, dying at alarming rates from introduced fruit trees that carry fungi fatal to these fragile giants. They thrive in the isolation an island can bring, tenaciously digging their roots into the rocky soil.

"Arbutus" is Latin for "beautiful tree". Its name does not do it justice. The magnificent trunk of this tree is roughly six and a half feet in diameter and it stands tall, measuring somewhere between fifty-five and sixty-five feet high. Its branches are twisted and gnarled,

like an old woman's fingers crippled by arthritis. The canopy shades us generously. Its bark is layered with a graceful elegance that takes the breath away. The outer layer is thick, jagged and raw, dark in color and brittle to touch. Underneath its rough exterior, the arbutus wears a thin slip, cinnamon colored, thin and fragile like singed paper. She flirts with nudity, immodestly and provocatively, letting her slip fall off her ancient body, the cinnamon paper curling as it peels, revealing her innermost layer; the silky smooth, green skin of the tree. This innermost skin is deceptive in its apparent delicate nature. The wood it covers is hard and dense. It does not burn easily; it survives drought every year and thrives in conditions that would kill most plants, standing superbly unruffled through it all.

Here, under this ancient and sensual ancestor we sit in worshipful silence, gathered in love and celebration of my grandparents. Today many of their colleagues and friends join us only in spirit. Their ghosts sit in this circle, silent and invisible, but present, nonetheless. This land holds those who walk through it, sacredly cradling them even in their absence. It is part of the magic of the farm.

One by one, people stand to speak of how my grandparents have touched their lives. Tears flow freely and the sun dapples the group with its warmth. There are four generations of our clan in this circle, and friends from far and wide sit intermingled. The newest great grandchildren babble joyfully through the silence, giggling at the dog that is crouched, ready to catch anything someone might throw. Across the circle, my Granny chuckles silently, joining her offspring in their delight. One of the granddaughters sits in her lap, her long pre-teen limbs sprawled across Granny's fragile and steady legs. Hunched by the weight of over eighty years, Granny gently shields the young one's eyes from the glare of the sun. She speaks of gratitude for the life that the love between papa and herself has created. We are humbled by the power that draws us together, by the beauty we are exposed to, by the covering of ancient canopy and Spirit.

### **Meeting for Cooking With a Concern for Celebration**

A group of women stand circling the large butcher block, chopping pound after pound of onions, tomatoes, basil, potatoes, peppers, whatever the pickers drop by their sides in large wicker baskets overflowing with the smell of sun. Someone sprinkles an array of dahlia petals over a huge green salad and

smiles at the extravagance of it all. The dahlias will give the salad a peppery taste, surprising the taste buds with a sharpness one does not expect from such vibrant, dancing hues of red, orange, yellow, purple, pink, white and everything in between.

My aunt speaks German to her sister as they slice purple and white potatoes for what will become one of the best potato salads I have ever had. They stand together hour after hour, infusing a simple and huge dish with such love that they leave refreshed from the hot kitchen. Other helpers head for a swim or a nap in the shade as jobs are completed.

My dad and I move easily around each other in the last moments before dinner. I laugh as I realize my chef father has forgotten the vegetarians in the crowd, and quickly make a green tomato marinade for a tofu dish. As we pull the beef from the oven I slide the tofu in and cross my fingers it will be hot in time.

We carry tray after tray of food down to the barn, fresh seared salmon, sautéed vegetables, roast beef and roast potatoes, setting them gently on the buffet line. My uncle lights the grill and people begin to drift toward the smell of food and clasp hands to form a large circle.

In keeping with tradition my papa starts the hymn and scattered throughout the circle, the Abbott clan sings praises of thanks for this day. We stand for a few minutes in silence, broken only by the spitting crackle of oil from the grill that bites into my hand as it splatters, and the giggle of the two smallest Abbotts - both under two years old. Toasts are made to my father, to those who worked all day to make this dinner possible, and to my mother whose hard work all year grew the food we feasted upon.

Someone tells me to sit down but I choose to eat behind the grill because it's here, in this makeshift kitchen propped at the entrance to the barn, where my father and I speak without words, where I am serving family and friends with a grin big enough to break my cheeks, here in this perfect moment is where I belong.

### **Meeting for Dancing With a Concern for Joy**

We are dancing. The sun has set. The sky is midnight blue and lit with brilliant stars. The air is thick and heavy with clouds of dust that we are kicking up. It tastes of good organic dirt and sweet hay. We are throwing our bodies around into the rhythm with abandon, feeding off each other's energy.

This is intergenerational revelry at its best. My papa dances with my mom, laughing and moving in time to the African beat. Uncles are dancing with their nieces and nephews, twirling them in circles and throwing them in the air. I grab my cousins' hands and pull them into the fray. To my surprise, they dance, throwing off teenage embarrassment, and laugh with me as we spin until we are dizzy and coughing.

Sweat makes our clothes cling to our skin, picks up dust and smears it over our faces. The air is hot with body heat as we dance in a close circle, contained by the barn on one side and the band on the other. The movement is constant, dancing in and around each other and then out of the circle to breathe and rest, only to be pulled back by the infectious beat. I pick up my feet again and again, beating time into the earth. The gravel bites into the skin of my soles, and still I keep dancing. I move from person to person, spinning from mother, cousin, and friend alike. We are fluid here, bumping into each other in our delight, laughing and grinning from ear to ear. The marimbas and drums introduce us to a new world, transporting us into the heat of Africa and the abandon of true joy. This is a celebration of life. We are connected to each other by the beat of the earth, the beat of the drums, the beat of our feet on the ground. We are one with everything and separate.

### **Attention to Gratitude**

I am overcome and humbled to the very centre of my being, and so very grateful for the love between my Granny and Papa and for this day of celebration.

*Erin Abbott-Haines (nee McDougall)*  
*Mayne Island, BC*

[This celebration took place in 2006 under the arbutus tree featured opposite page. Erin lives on Mayne Island with her husband Andrew, two cats and two elderly dogs. She helps on her parent's farm and was involved in the recent opening of her family's organic food store on Mayne. For fun Erin spends time cooking delicious food, reading copious amounts of books and tending to her growing family. Erin and Andrew are expecting their first baby in December 2011.]

# In Support of Strong Relationships

*Steve Fick*

Although taking a marriage under the care of a Meeting implies a commitment by the Meeting to support the marriage, in practical terms this is a commitment that most Meetings find very difficult to fulfill. Providing access to Couple Enrichment retreats is an excellent way for Meetings to offer ongoing support.

Couple Enrichment (CE) has its roots in the work of David and Vera Mace, a Quaker couple who had a vision of the value of giving couples effective relationship tools while their connection is still strong and healthy, rather than waiting until it is in crisis. My wife Signy and I decided to join Fran and Tony McQuail (Kitchener Area MM) the only other Canadian CE leader couple in this work. We attended an intensive training last summer in Alma, Michigan, with financial support from Home Mission and Advancement Committee (HMAC) and the Ibbotson Fund of Ottawa Monthly Meeting. Alma is the town where the Maces began their pioneering work within Friends General Conference. Shirley and Verne Bechill, the trainer couple who took part as mentor/observers, attended that workshop forty years ago.

Our training was intense - almost five full days, from 9:00 in the morning until 9:00 at night. The first part was a retreat in which we all worked on our relationships, and the second part was an apprenticeship in which we learned how to organize and lead CE retreats. CE is based on the "Three Golden Threads": effective communication, creative use of conflict, and commitment to growth. As trainees, we studied models for helping couples hone their skills in all these areas. Unlike therapy or most other relationship-growth approaches, CE leader couples do not stand aside from the other couples in a separate role as "experts". They teach by example, using the workshop setting to work on real issues in their own relationships.

There are a wide variety of tools in the CE tool box, including exercises that help a couple explore each other's experience and attitudes around one of the many issues they can face: money, household tasks, sex, aging, recreation, child-rearing, or spirituality. Couples are never pressured to engage in an activity or discussion with which they are not comfortable.

Perhaps the most powerful activity and the uniquely Quaker aspect is the Witnessed Dialogue, in which other couples witness while a couple dialogues, using a form of active listening. With the rest of the group holding the dialoguing couple in the Light they characteristically find they are able to be more open, focused, courageous and honest, and reap the corresponding benefit. My own experiences with this activity have been transformative and I am always struck with a sense of privilege when I witness another couple going to their soft spots and shining the Light there. It gives me a keen sense of our shared humanity and confidence in our equal access to an inner Source of wisdom and healing.

Signy and I, along with a couple from Australia, were the only two couples from outside the United States who attended our Alma training session. Concerned about our isolation from other training couples, we have arranged to have regular check-ins and witnessed dialogues from one end of the globe to another via Skype. We are always delighted to see their smiling faces, and it's uncanny how often both couples, without prior discussion, have chosen to dialogue on virtually the same topic.

We were very fortunate to be able to co-lead our first CE retreat last August in Ottawa with Merry Stanford and Peter Wood, gifted leaders with many years of experience. One couple told us that it was life-changing.

Participants from the retreat have joined with a number of Ottawa couples with previous CE training, to meet on a regular basis. They foster the growth that began in the workshop and find it is also a pleasure to socialize regularly with couples who are actively committed to growing their relationships.

Just as we walk parallel paths as individuals, sharing our Light with our fellow seekers, couples can also walk parallel paths with other couples, holding each other in the Light. It is an incredible gift to the world and we should do all we can to make it more freely available.

Signy and I give our sincere thanks to HMAC and Ottawa Monthly Meeting for their help in enabling us to provide this service. Please contact us, or Fran and Tony McQuail, if you are interested in having us facilitate a weekend CE retreat for couples in your Meeting community.

*Steve Fick*

*Ottawa Monthly Meeting*



## Reflection: *by Nori Sinclair*

As a birthright Quaker I grew up in the Meeting. I have been lucky enough to consider the Meeting my extended family as well as my faith community. This has meant a lot to me. I have received the support of a caring group of people, opportunities to travel and take part in Young Friends activities, and a chance to spend time with people who can teach me a lot about how to live a rich and meaningful life.

...membership isn't just a state of being but it can also be the decision to work toward that state of being; it's not just a destination, but also a place to start.

Though I have always felt connected to the Meeting, I haven't been a regular attender of Sunday Meeting for Worship. As a teenager in the Mid-Island group this was both because of my need to sleep in on Sundays, and because I often felt more involved at the Half-Yearly and Yearly Meeting level. It was important to me to fellowship with other Quakers my age and Half and Yearly Meetings greatly enriched my teenage years. I always found Vancouver Island Monthly Meeting very supportive and understanding of my time as a Young Friend, often providing the financial help that made these connections possible. I appreciate the care and respect that the Meeting as a whole gives to Young Friends.

When I turned nineteen I was asked to consider whether I wanted to pursue membership but I wasn't ready to do so at that time. Although I deeply valued Quaker beliefs and felt spiritually connected to the Society of Friends, I felt that I needed some sort of profound experience to happen to me in Meeting, some epiphany that would make me feel wholly centred and ready to become a member. Though I have not had such an experience yet, I feel that I have grown past the idea of it being a prerequisite to membership.

I have decided to apply for membership now because I am at a stage in my life where I have some time to reflect about where I want to be and what I want to do with my time, independent of school or other factors. My fiancé Nathan and I have chosen to settle on the Island, and I know that I want Quakers Meeting and Vancouver Island Monthly Meeting to be a part of our lives. I believe now that I do not need to have a spiritual epiphany in order to be a member, rather, I need only commit to the process of seeking such an experience. As a birthright Friend, membership

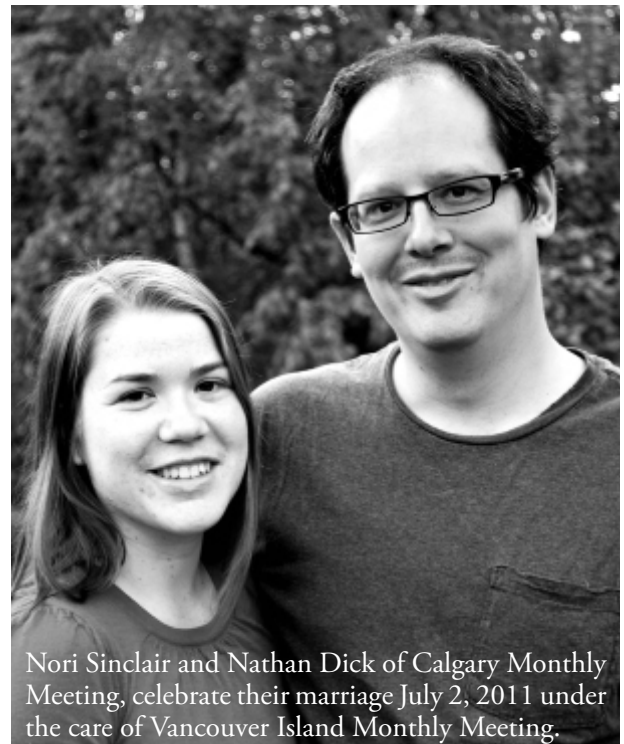
will formalize my commitment to the community of Friends, one in which I have always felt at home.

It is a busy time in my life so my commitment will likely not take the form of one hundred percent attendance on Sundays. For me membership is my commitment to take my relationship with the Meeting to another level. I still want to try to attend Meeting as much as possible, as I feel that taking this time for silence each week really does add something to my life. I also want to serve the Meeting as I am able, both locally and in the larger Quaker family.

My application for membership is a result of my realization that membership isn't just a state of being but that it can also be the decision to work toward that state of being; it's not just a destination but also a place to start.

I look forward to using the clearness process as a chance to develop my understanding of Quaker faith and practice and the Meeting community, and finding my place within it.

*Nori Sinclair  
Victoria Meeting*



Nori Sinclair and Nathan Dick of Calgary Monthly Meeting, celebrate their marriage July 2, 2011 under the care of Vancouver Island Monthly Meeting.

## Unique Opportunities

As Young Friends we are privileged to be part of a Society that encourages youth development. My experience among Quakers has been filled with many unique opportunities to travel, work, go on pilgrimage and broaden my view of the world. Since I began attending Junior Moyallon Camp at the age of eleven, I have taken advantage of as many of these opportunities as possible. As a student I visited 1652 country, attended Quaker Meadow Camp in California, and volunteered at the Quaker Peace Centre in Cape Town, South Africa. I am currently working as the Program Assistant for Disarmament and Peace at the Quaker United Nations Office (QUNO) in Geneva.

The chance to serve ... and meet Friends from around the world is truly rewarding.

Through Friends I became aware of organizations such as QUNO, the Quaker Council for European Affairs, the Ecumenical Accompaniers Program and the United Kingdom Peaceworkers scheme. During my Post-war Recovery Masters program a number of these opportunities appealed to me. However, the Program Assistant positions in Geneva and New York were of particular interest. In April 2010 I was fortunate to be offered a position at QUNO Geneva.

The QUNO summer school is a very special experience. Twenty-five participants gather to gain first-hand knowledge of the UN and its work. Through a series of seminars, tours, lectures and interactive workshops, students quickly become familiar with the various bodies of the United Nations, while gaining an insight into QUNO's work within areas of Human Rights and Refugees, Global Economic Issues, and Disarmament and Peace. Attending mechanisms such as the Conference on Disarmament, the Universal Periodic Review (under the auspices of the Human Rights Council) and the Expert Mechanism of the Rights of Indigenous Peoples, gave us a fascinating insight into the interaction between states on key international issues. For me, it was also an opportunity to meet future colleagues, learn about Quaker House in Geneva, and get a better idea of the projects I would be working on.

One advantage of the QUNO Program Assistantships and UK Peaceworkers scheme is the

wonderful induction and pastoral care provided by Friends House London, and Woodbrooke Study Centre in Birmingham. Before beginning our placements we spent two weeks together in the UK preparing ourselves mentally and spiritually for the coming year. Halfway through the year we met in Amsterdam for the European Workers Seminar to review the first six months and to set out new goals for the second half of our placements. These meetings were a great source of comfort and encouragement throughout the year.

My main areas of focus have been on the Geneva Declaration on Armed Violence and Development, and the Conference on Disarmament. I have also been drafting a document on the Quaker perspective on issues such as Responsibility to Protect and Peacekeeping Forces. This has been prompted by recent events in the Middle East and North Africa. In May this year I had the opportunity to represent

QUNO at the Meeting of Governmental Experts (MGE) on the UN Program of Action on Small Arms and Light Weapons (SALW) in New York. While there, I attended the plenary and wrote an article on tracing conflict ammunition. States exchanged experiences on the challenges and viabilities of marking, record-keeping and tracing of SALW. While it was by no means a process free of politics, it was refreshing to hear states share their successes and difficulties in a slightly less formal setting. This was a very different experience to that of the Conference on Disarmament (CD) which I attend on a weekly basis. The CD has been in deadlock for over fourteen years, and despite the best efforts of this year's presidents, it continues to make little or no progress.

We are currently in a time of transition as we say goodbye to David Atwood who has been with QUNO for seventeen years, and welcome incoming director Jonathon Woolley. I am grateful to have had the opportunity to work with David who has made significant contributions to the work on disarmament and peace issues in Geneva, and has been a wonderful mentor and teacher. I am also thankful to the staff at QUNO, the Quaker UN Committee, and Britain Yearly Meeting for giving me this opportunity. I heartily encourage all Young Friends to take advantage of the many opportunities offered by Quakers. The chance to serve while expanding your horizons, and meeting Friends from around the world is truly rewarding.

*Aoife Reaper-Reynolds, Ireland Yearly Meeting*

# Professionalizing Peace *by Lee Webb*

In February I attended a conference in Ottawa that sought to enhance the role of peace work in the Canadian government. Representatives from peace and dispute resolution groups, civil society and government, met with organizers from the Civilian Peace Service Canada; the Canadian Institute for Conflict Resolution; the Canadian International Institute of Applied Negotiation; the Canadian Department of Peace Initiative and YOUCAN, to sketch a plan for enhancing peace work in Canada.

Half of the participants were involved with institutional change and development, and about a quarter were involved with violence prevention or criminal justice. Although Quakers fit within each of these categories, I found myself in the justice group.

We looked for the gaps that prevent more organizations from working toward peace professionalization today, and thought about ways we could move toward professionalized peace work. The most prevalent suggestion was that the information and training that goes into peace work should be collected, and standards of practice developed, to give peace work more clout. Another idea was to attract more people to peace work through youth outreach. The group as a whole brainstormed action items that might lead to more youth engagement and a more widespread understanding of peace work.

their lives to peace work through the Canadian Friends Service Committee and organizations like Christian Peacemaker Teams and Project Ploughshares. Others have extensive experience on working groups, insights into how to work with youth, and how an area of work becomes 'professionalized'. All these categories of people would be especially welcome - though anyone keen on this project is certainly welcome to join us.

For those interested in participating there will be challenges. First, the diversity of voices in this group does not easily lend itself to a clear articulation of what kind of peace service the group is trying to create. For example, represented groups act locally, nationally and internationally. Also, there is uncertainty about whether participants want to deepen opportunities that are already available, or to create whole new categories of peace work - epitomized in the possibility of a department of peace.

The breadth of participation also leads to a diversity of objectives, which may require compromises from every participant. A governmental peace service that can be deployed to diffuse conflicts may require, at least in the early phases, cooperation with the Canadian military. While this issue has likely arisen for those Friends actively engaged in the Department of Peace initiative, it is a difficult question to labour with as we seek our way forward to foster a peaceful world.

...seeking help in the development of a professionalization model for peace work...

The breadth of participation at this meeting was important and exciting. While there have been other peace initiatives over the years, perhaps few of them offered as many perspectives and possibilities on the mainstreaming of peace-making in Canada. Everyone in the room was thinking about how their organizations and skills could further peace in Canada and abroad. At the end of the meeting each participant committed to one action item.

I committed to ask Canadian Friends if any feel led to participate in this project. The area in which the conference participants are seeking help is in the collection and management of a professionalization model that might be implemented for peace work - similar to that implemented for social work in the Twentieth Century.

I believe that this is a project that Quakers are well positioned to support. Many Friends have committed

Needless to say, having a Quaker voice at the table will be incredibly important as this project goes forward.

Another challenge is that the meeting participants hailed from a disproportionately Anglo-colonial background. There were neither Québécois nor Indigenous representatives. If this deficit continues it will certainly hamper any domestic agenda that this group might have. Here again, Quaker witness, and our relationships with Indigenous groups may prove helpful.

Despite these challenges and the long road ahead, I think there is a chance that we may push Canadian peace work onto the national agenda more than any other group in the past twenty years. We would like interested Friends to help further this goal.

*Lee Webb, Coldstream MM, Member of CFSC*

[Reprinted from *Quaker Concern*, Spring 2011]

# Friends in Palestine

*Jaya Karsemeyer*

I am still struggling to find my voice in matters of Israel and Palestine. It seems there are different words required for each conversation. At first I was anxious even to say the word "Palestine"; I was worried it would suggest I was of one mind and would close certain conversations. I am not one to carry details, numbers and dates. But there are some that must be declared; there is a story in numbers that cannot be denied. The most physical perhaps is the height and length of the wall, its route separating farmers from their fields, students from their schools, wide new roads from treacherous and decrepit ones, water from those who thirst. Even these numbers - something so concrete as a wall - is in dispute. And yet we do the dance of denial again and again. The most common is one of distance and separation; denying that we are close and connected.

Unsure of what was ahead for me, I visited Jordan with the Mennonite Central Committee (MCC) on a Youth Peace Delegation in 2009. It was during my time in Syria with other young Quakers, just before the Delegation began its tour that I felt connected in my heart. I can tell you about passing a tissue to a woman in *burqa* (full veil covering) in the Amman airport when her son spilled his juice box. There had been only one Muslim woman on the MCC delegation to Jordan and that small moment of connection affirmed, "This is what I want to continue".

I jumped at the opportunity to travel in June 2010 with Young Adult Friends (YAFs) to Palestine. American Friends Service Committee and Philadelphia Yearly Meeting's Middle East Working Group supported the Young Adult Friends delegation. Through the support of Canadian Yearly Meeting Home Mission and Advancement Committee, Toronto Monthly Meeting, and friends and Friends alike, I was able to raise funds.

So how do I bring you closer to my experience in one short article? I want to put my heart close to yours, to put my hand on your heart. I traveled separately from the others in the Delegation, to Tel Aviv, departing from Newark, New Jersey, where travelers were partitioned into a small area for a second security search, and what felt like ghettoizing. I wondered about the various purposes of travel for the hundred-odd families. I sat with a young Arab man while we

waited to be let on the plane. We talked about the divide we could already feel. We read a quote from Thomas Merton about prayer on my iPhone. It begins thus: "It's a risky thing to pray and the danger is that our very prayers get between God and us. The great thing in prayer is not to pray, but to go directly to God." We sat there watching excitement and anxiety grow in the crowd, humbly feeling the weight of our journey.

Over the next eighteen days with the Delegation I visited Jerusalem, Ramallah, Jifna, Bethlehem, Jenin and Hebron, met with peace Non Government Organizations and activists; toured the Yad Vashem Holocaust Memorial; painted a mural on the wall in Bethlehem; spent many hours in a bus on winding and treacherous roads. The Delegation was made up of eleven Americans, Rabbi Lynn Gottlieb, coaches of the American Friends Service Committee (AFSC) Public Achievement Program, and myself. At times I felt like a tourist, at times a surrogate mourner: feeling the fullness of grief and loss, but no ownership over it. That was false. We all own this grief, this loss. We should be acting from this place of feeling and knowing and from the awareness of our authentic connection to Human Rights violations.

The Public Achievement coaches were in their twenties and thirties and their work is to support youth initiatives to improve their local communities. Their experience and perspective deepened our understanding everywhere we went. The realities of space and access were stark; our Palestinian brothers and sisters with whom we traveled had never been to the West Bank. Some had been to Europe and had seen the Mediterranean from Greece. It was easier to fly out of Amman, Jordan to such places, than to navigate the checkpoints even within the region officially acknowledged by Israel as the Palestinian Territories. For us North Americans, visiting the beach was a beautiful release - seeing open water had a calming effect. Although the sea was only ten kilometres away, our Palestinian friends had never visited it!

The reality of life in Palestine is in many ways inaccessible to an outsider. Though we visited Jenin and Aida refugee camps, the experience of being born in an enclosed space with restrictions on water, food, education and security is not available to me in an eighteen-day visit. I don't know what it's like to inherit space intended as temporary, to have an altogether different concept of stability and permanence. How separate does this make us? We must affirm connection so that we can understand in closeness, as friends.



I did not feel I could relate to the experience of mandatory military service - a formative grade twelve year for nearly all Israelis. Maya Wind and Sahar Vardi are *shministim* - the word for grade twelve, but it has become a way of referring to the small group of young conscientious objectors. Israeli schooling includes various tests to determine in which part of the military one will serve. Sahar was identified as a candidate for the Intelligence, which for many would be sufficiently removed from gun-toting, but Maya and Sahar did not want to support the occupation of Palestine directly or indirectly. Their protest has meant repeated jail terms with little or no explanation, the exclusion from almost any profession, and a life of being social outsiders. What they explained with absolute clarity and precision was that the West supports an Israeli culture of militarism in deep-rooted and insidious ways. Film, fashion, economics, industry, philosophy and even religion support militarism. Their challenge to us was to take ownership of this complicity, to uproot and change it in ourselves and our countries.

One serendipitous gift we brought as a group of Young Adult Friends was that we all shared an arts background. There were two dancers, three writers, a puppeteer, a mural-painter, two photographers, two documentary filmmakers, and a fashion-forward world traveler. When we painted a section of the wall in Bethlehem, it became a full arts experience. We filled balloons with paint and thinner. We wound up and threw the balloons angrily, but they bounced off instead of exploding on the wall. The ineffectiveness of our violent art-making was a hilarious nudge: it just didn't work. We threw the paint instead from plastic cups, then smeared it with our hands, filling in the figures taped over our four primed panels. When we pulled away the tape from the chaotic mess of paint, two standing figures emerged, one was reaching toward the child figure, Handala, who represents Palestinian identity.

It was a challenge to take home what I had seen. Someone else's story doesn't sit easily in my mouth. I prayed for one story that I could share faithfully. When I met seventy year-old Khalil he smiled, pleased that I knew Khalil Gibran's work. His words were like the poet's and he read them from a small notebook, patiently waiting for his childhood friend Hatim to translate sentence-by-sentence. His English was good enough to correct Hatim several times. He brought with him a painting he had done recently; it had haunted his dreams. In it you could see every house in his childhood village. We were standing in its rubble.

He could point to the streets he had run down when he was ten and full of mischief. We'd heard stories that tumbled forth in paragraphs of Arabic, for which we'd have one short English sentence of translation. Khalil's story came in drops and I caught each one on my page. In my account of his telling I include the wind, the lizard that scampered across my foot, the breathing of the fifteen of us in the hot sun. This is how stories should be told, in closeness, in friendship.

I think I went to Palestine because I knew I was knitted to that part of the world; we all are connected not only economically, religiously, environmentally, but also as children of God, as living beings on this planet. "Those" stories are not so far away. The more we say "over there", the farther apart we make ourselves, the more we deny our connection to the Divine. I did not feel connected by watching the news. I wanted to meet people my age, and I wanted to connect through Faith, upholding Quaker process in discernment and worship.

In the months following my trip to Palestine I have had the opportunity to share parts of the story with Friends at Toronto Monthly Meeting, Canadian Yearly Meeting, Philadelphia Yearly Meeting, Baltimore Yearly Meeting and Friends General Conference. The Peace organizations in Palestine and those that work in partnership with Israeli peace activists are immensely important, many of them profiled in Maxine Kaufman-Lacusta's exciting book *Refusing to be Enemies*. With the support of my Committee of Care I continue to labour with my next actions - support of the Boycott Divestment and Sanctions movement. What is most frustrating is how easy it is to fall back into "normalcy" - my own daily distractions, the daily newspaper. My prayer is that we continue to cultivate our friendship in all its complexity, to feel it as a living relationship. The freedom and health of people in Palestine is our own.

Jaya Karsemeyer  
Toronto Monthly  
Meeting



## The Video

A mine explodes  
A tank drives past  
A soldier dies  
A gun fires fast.

All these images  
I did not know  
Until I saw  
A video.

I saw it at school  
On a big screen  
It was the saddest thing  
I had ever seen.

Visions of tanks  
Visions of fire  
Visions of fences  
Made out of barbed wire.

People in their houses  
Sit and pray  
Waiting for loved ones  
To come home some day.

The war was terrible  
The war was bad  
The war was cruel  
And the war was sad.

The war took four years  
It seemed too long  
What they thought would only be a summer  
But what they guessed was very wrong.

Canada, Britain, and France  
All won the war  
So now people hope  
There will be no more.



*Max Dickinson of Coldstream Monthly Meeting reading his poem during the school assembly, Remembrance Day 2010*



## Children Laughing

One of the most beautiful sounds in the world is that of children laughing. During my senior year in university I had the opportunity to be a volunteer for *Kids First*, an after school program at an elementary school in Vancouver. For three hours once a week I played tag with kids on the playground, helped them with their math homework, and listened to them read their home-reading books. Every week, without fail, the kids brought joy and happiness to my heart. It was a joy and happiness that only children can bring, wiggling their way onto my heart in the same way they wiggled their small hands into mine.

In my time with *Kids First*, the most important thing I learned was that too many people forget what it's like to be a kid. Getting to spend time with them reminds us of those simpler times when a loose tooth was breaking news, bird watching with a home-made toilet paper roll 'telescope' is the most exciting thing ever, and getting caught in a game of Cops and Robbers was one of the most stressful parts of the day.

I hope that everyone of us can find some time to just hang out with kids. Their laughter, spontaneity, exuberance, and overwhelming creativity never fail to bring a smile to your face.

*Jewel Leuba*

*Vancouver Monthly Meeting*

[Jewel enjoys attending Friends General Conference and volunteering with the children's program.]

# The Quaker Youth Pilgrimage 2010

*Hannah Wilson*

I set out in the summer of 2010 to Northwest America, excited, apprehensive and a bit naive. I always thought it was normal to be a Quaker and a Christian but my month in America made me realize how much diversity there is throughout the Religious Society of Friends. As only one of a few evangelical pilgrims in the group of twenty-eight, there were times when I struggled, but overall I found being evangelical in a group of atheists surprisingly easy and very interesting. I looked upon the situation as simply giving me lots of people to learn new things from and an opportunity to express my views and opinions.

I always find it amazing when I go to Quaker events [to find] the immediate sense of understanding and compassion that seems to be an underlying bond, making total strangers friends. This was never truer than on the pilgrimage. Meeting the European pilgrims in London and travelling to America together meant that when we met the American pilgrims the whole experience wasn't as daunting or nerve wracking as I first thought it would be.

First we travelled to Quaker Cove [Pudget Sound, Washington] where we stayed for a month. We spent an entire week building the foundations of our community. This included business Meetings, the first of which lasted two and half hours! We elected clerks and three separate committees: pastoral care, worship and ministry, and nominations. Terms for both clerks and committees lasted a period of five days. We decided to introduce anchor groups. These groups were comprised of eight pilgrims and one adult. They met for an hour each day.

At the anchor groups, I guess this is where I got to question myself and my beliefs the most. My anchor group contained some of the most liberal Friends and some with experience of programmed Meeting. In the first anchor group we asked the question: "Who is God?" Going around the circle, hearing responses of atheists, I found the answers difficult to comprehend, but I really wanted to hear more from their viewpoint. It also made me more and more nervous about when I would have to put forward my point of view. It was during this period, waiting to say what I really believed that I thought to myself, the more vulnerable I feel



perhaps the more I will learn from the experience and develop as a person. I opened up and was shocked by the response. After the meeting I found myself having a conversation about heaven, hell, and the afterlife, and this was only the third day!

Time at Quaker Cove wasn't all deep conversations. We travelled to Mount Eire, played endless games of frisbee, went to the beach, and visited a Native American reserve for tea and a storytelling event.

Week two we travelled to North Seattle Friends Church, a programmed Meeting. I had heard lots about the Meeting as I did a home-stay with the pastor of the Meeting, and had heard Kathy Perry from Seattle speak at Moyallen Camp in Ireland. During our time there I was elected to the Worship and Ministry Committee where we decided the format of Meetings. Rather than Meeting for worship each day, we would have a silent and unprogrammed Meeting. It wasn't until the third week when we stayed at Multnomah that I really got to experience a programmed Quaker Meeting. I thoroughly enjoyed the Meeting and was surprised by the Quaker Silence and how this effectively was the essence of the Meeting.

Throughout the pilgrimage it was nice to see people finding Scripture more important to their faith and embracing the Bible more. This was achieved through bible studies held in various locations from the beach to the bus.

We spent several days at Camas Friends Church, and this is where I really learned the importance of Young Quakers. There was a young pastor in this Meeting and I was pleased to see the involvement of young people in running the Meeting. The participation

of young people in the Meeting is encouraged from an early age, with children as young as eight years taking active roles. While staying in Camas we were involved in helping the local community. On one occasion we invited them to join us for lunch. During the lunch we answered questions about all things Irish, and our Quaker Faith. I was slightly alarmed though when a teenager asked me, "So do you have internet in Ireland?"

Next we moved to Camp Magruder, and on the way stopped at a Quaker Church that had branched away from other Evangelical Quaker Meetings and Churches. Apparently their decision was due to the philosophy of being inclusive, accepting and Christian.

Anderson Lodge, the last stop on the pilgrimage was luxury, with hot showers and comfy beds. This gave us the opportunity to relax and spend our last few days together.

The experience was superb. I met twenty-eight new Friends, and the pilgrimage gave me a passion for travel and a new insight to the wider Quaker world. I have seen the importance of promoting Christianity

throughout Quakers, the necessity of upholding Quaker values, and Quaker testimonies. In some ways I have taken my Quaker Friends for granted. Travelling on the pilgrimage I learned that young Quakers are scarce and that we should appreciate the number of young Quakers in Ireland.

I am thankful to the Committee for giving me the financial assistance to participate in Quaker Pilgrimage. The trip was truly a once-in-a-lifetime experience and something I will never forget. Since returning from the trip I have been in Birmingham promoting the pilgrimage to a group of young Quakers from London and Luton area Meeting, I have given talks about my trip to the school, the Scripture Union, and also to the Meeting.

*Hannah Wilson*

*Dungannon, Co. Tyrone, Northern Ireland*

[Excerpted with permission from Quaker Voices, volume 2 number 3, May 2011]

## Article from the Archives January Vol. 34, No. 8, February 1938

### Wisdom from Deborah Haight

When I have the opportunity of being with other Young Friends I realize that the association with those who have had a similar background in 'meeting' and home life must be one of the greatest privileges a Friends College has to offer. Yet, at the risk of seeming to have turned Pollyanna, I should like to suggest that it is well for those who have been brought up in the idealistic atmosphere of a Friends' community to be compelled to mingle intimately with those who have a different viewpoint. A thoughtful consideration of this may clear one's mind of prejudice and force one to distinguish between that which he has held to because of tradition and that which is more fundamental. May it not be also of just as great importance for such young Friends to have, as early as possible, the chance of coming to realize that in other religious groups there are those who cherish the same ideals as we do, so that...one realizes that it is a mere beginning in the education that life has to offer, and it is my hope that some type of post graduate study in the company of other Friends may some time be my privilege.

[Excerpt from article titled *What School or College?* by the late Deborah Haight. She was a member of Ottawa Monthly Meeting. Deborah grew up among Friends in Norwich Monthly Meeting, Ontario, but spent a good part of her adult life far from a Friends Meeting. She was one of the early members of the Canadian Friends Service Committee, and in the early 1950s was among those in Ottawa who gathered to form the first new Monthly Meeting in the united Canadian Yearly Meeting.]

Take time to learn about other people's experiences of the Light....As you learn from others, can you in turn give freely from what you have gained? While respecting the experiences and opinions of others, do not be afraid to say what you have found and what you value. Appreciate that doubt and questioning can also lead to spiritual growth and to a greater awareness of the Light that is in us all.

*Advice #5 - Advices and Queries*



## *Letter from Nat Egan-Pimblett*

*I had what I consider to be a pretty typical Canadian Quaker upbringing, regularly attending Yearly or Half-Yearly Meetings - but it's a long way to travel, so not every year, meeting lots of cool people and hearing about lots of cool ideas, but always as discussion, never doctrine. I learned about Quaker process and how Canadian Yearly meeting (CYM) isn't just a place to meet all these cool people. But before you can get really involved you go to university (because Canadian Friends are above all middle class) and suddenly Quakers and I or Quaker faith are much harder to access.*

*Take me, I haven't been to CYM or Western Half Yearly in years. I vaguely remember meeting sage elders, hearing their stories and pronouncements, but I couldn't tell you their names or point to a particularly salient idea that I carried away. I agreed to sit on CFSC, but as far as I can tell all that means is helping to write documents by committee - usually by e-mail. These days, I don't have time to get very much out of Quaker faith.*

*When I was a kid, Quaker teaching taught me to hold my beliefs without pride or smug satisfaction. It taught me to listen to my elders and that good works could*

*be an important part of my life, not something I do on weekends to feel good about myself. The Quaker part of my upbringing was invaluable, but it's part of my past, not part of my life today.*

*These days, I learn about astrophysics and material science at McGill University, and how to make computers do things other than send e-mail and show me funny pictures of cats. Over the next year I'll be getting a Master's degree and teacher's certification, and I've explored an MSc in atmospheric science at Dalhousie. My life is rich and full, but not Quaker.*

*In part, this is because of me. I was never heavily invested in my faith, and as I grew older and learned more, the space for belief in the supernatural grew smaller and smaller, and eventually disappeared. Sure, there's space for atheists among Quakers, but I find other peer groups more enriching. It's also partly because of what Quaker life demands. Though it's not a big time commitment, sitting on CFSC or attending CYM simply doesn't fit well with a student's schedule, and a university has many opportunities to get involved that offer more than two years of working on a document.*

*Nat Egan-Pimblett*

*Mission BC, studying at McGill University*



**The Youth Ministries Program** of FGC has been working for five years on a concern about a sense of separation of youth and young adults from our Meetings. In response, FGC has gathered a compilation of best practices for building youth-included community: ***Build It! A Toolkit for Nurturing Intergenerational Spiritual Community***. FGC Youth Ministries staff member Judy Hale Reed is holding workshops for Meetings this summer and will lead interest groups at the FGC Summer Gathering to train people to use this book. *The Build It! Toolkit* gives

practical support for increasing the involvement of youth and young adults in our Meetings, using both spiritual exploration and fun. Please contact Judy to ask questions or learn more about activities at the Gathering this summer. She is looking for younger and older friends to help lead exercises on the toolkit, so if you are interested in bringing an afternoon workshop to your Meeting, please contact Judy by e-mail (JudyHR@fgcquaker.org). Judy will organize distance trainings for future workshop leaders in July. The publication is available in print and PDF versions at the FGC bookstore.

### **Links to more information:**

The Build It! Toolkit - <http://www.fgcquaker.org/toolkit>

The Gathering - <http://fgcquaker.org/gathering>

Buy the book (print version) - [http://www.quakerbooks.org/build\\_it.php](http://www.quakerbooks.org/build_it.php)

Buy the book (downloadable PDF version) - [http://www.quakerbooks.org/build\\_it\\_download.php](http://www.quakerbooks.org/build_it_download.php)

Contact Judy Hale Reed, FGC Youth Ministries - [JudyHR@fgcquaker.org](mailto:JudyHR@fgcquaker.org)

Canadian Youth Ministries contact: Katrina McQuail - [katrina@quaker.ca](mailto:katrina@quaker.ca)

## Epistle: Western Half Yearly Meeting Spring 2011

**W**e gathered, as we have for many years, at Sorrento Centre.

**E**xpectations were for a great weekend with mixed weather.

**S**everal people were here for the first time.

**T**hrough a show of hands, we saw how long Friends have been coming - some since 1969.

**E**xtended family attendance is growing and many of us feel "family connections" beyond blood ties.

**R**esponding to introductions by family helps us to see these connections.

**N**ew relationships and old are celebrated every May long weekend.

**H**earth, equality, "virtual" meetings on the Web, how a Half-Yearly Meeting functions: some of the SIGS.\*

**A** Memorial Meeting was held for those we lost this year, whom we dearly miss.

**L**unches and dinner pot-lucks are getting bigger and better, and the dining room liaison role is a *no-job* job.

**F**arming was another huge draw, where...

**Y**oung and older Friends spent the afternoon planting tomatoes at the Sorrento Centre Farm.

**E**ach year we practice Balancing, a cooperative tradition started at Friends School in Argentina,

**A**dded to that, this year, was the Slackline.

**R**egular attenders and new ones appreciated unprogramed time for getting to know each other better.

**L**istening is a theme that arose again and again, both to each other and to the Spirit.

**Y**outh are a vital part of our gathering; this year they seemed even more numerous and taller than usual.

**M**aking cards for absent Friends with book marks with photos of Quakers from Canadian history.

**E**ach of us was invited to remember aloud those Friends not physically with us, but present in our hearts.

**E**venings featured music and conversation, both in Spes Bona and at the beach campfire.

**T**ruth and Reconciliation - Saturday night's presentation by CFSC's Quaker Aboriginal Affairs Committee  
(Friends were moved deeply by what we learned. In the face of great hurdles there is still hope.)

**I**ntergenerational worship Sunday morning filled the room. The stillness quieted everyone.

**N**ot so quiet was our experience of Family Night – always a highlight of the weekend.

**G**uests we welcomed included June-Etta Chenard, Pelham HYM, and Katrina McQuail of Kitchener MM.\*\*

**2** new babies were introduced – they are among the fourth generation of Western Half-Yearly Quakers.

**0** significant weather events occurred, in spite of forecasts.

**1** excellent long weekend, and

**1** year until we meet again!

(SIGS\* - special interest groups.

\*\* June-Etta - member of the Discipline Review Committee.

Katrina McQuail - the newly appointed CYM Youth Secretary)

# Resource Extraction

Hannah Ivanoff

Canada plays a huge role in resource extraction around the world. Almost seventy-five percent of resource extraction companies are based in Canada, and Canadian stock exchanges raise forty percent of all mineral exploration capital worldwide. Many Canadians have investments in these companies either individually or as part of pension funds. Whether it is gold, oil or limestone that is being extracted, the impacts on the local communities and the environment are of great concern.

As a Canadian Friends Service Committee (CFSC) intern I attended two conferences on the topic of mining and social justice. The KAIROS ecumenical conference on mining brought together one hundred and fifty people from within Canada and abroad. They included Church leaders, people from affected communities and representatives of social justice organizations. The aim was to build networks and educate each other. Many of the panelists were from the Global South - the Philippines, Honduras, Ecuador, and Tanzania. Their testaments to the impacts of mining on their communities had many parallels: the failure to consult with indigenous communities, environmental problems, environment related illnesses, conflicts among communities and community members, and people being targeted for resisting the mines.

The second conference, hosted by the Mining Injustice Solidarity Network, brought together grassroots organizations and community members involved in social justice around resource extraction.

The issues discussed at the two events connect with various areas of CFSC's work: indigenous rights, overseas development, resource extraction, conflict prevention, and civil liberties. CFSC worked for many years towards the adoption of the United Nations Declaration on Indigenous Rights in 2007. It is now working on its implementation. Many articles of the Declaration address the need for "free, prior and informed consent" regarding issues such as mining on traditional territory, particularly as indigenous people have a right to self-determination. This is of great importance as the vast majority of resource extraction, both within Canada and abroad, takes place on indigenous land. The process is often not carried out properly, which is why educating about the Declaration and applying pressure to ensure its implementation are important.

In the report: *The Need for Courage: Regulating Extractive Industries* (2009) Gianne Broughton and Lee Webb of CFSC, explained that resource greed fuels conflict and that regulation of these industries is an important step in working towards peace in affected regions, specifically the Democratic Republic of Congo (DRC). The chaos of armed conflict creates an ideal situation for those wishing to maintain control of resource extraction. There is a well-established connection between economic agendas and prolonged conflict - the question becomes how do we regulate these industries so that armed groups no longer profit from conflict?

Regulation is also crucial when dealing with environmental or social issues surrounding mining. Speakers at both conferences emphasized the need for structures to regulate and encourage corporate social responsibility. Regulation of mining companies' activities outside of Canada was the central aim of Bill C-300, a Private Members Bill designed to make companies operating abroad more transparent and more accountable. It would also establish complaint mechanisms for redress and awareness of the issue. The Bill was defeated in the House of Commons, but through the process, alliances were made and MPs were educated. Many are still committed to the Bill's contents and hope to bring the issues back for debate.

Speakers at both conferences spoke of the criminalization of protest. Those who speak out against working conditions are often attested or silenced violently by authorities. The International Civil Liberties Monitoring Group, of which CFSC is a member, is a coalition of thirty-eight civil society organizations who have come together to defend their civil liberties which have been enduring systematic erosion since the events of 9/11.

Friends are actively supporting the implementation of regulating bodies to ensure accountability, the distribution of economic benefits, and protection of the environment. Friends also support communities who wish to reject resource extraction on their land. Friends strive to bear witness to peace, integrity, community, equality and simplicity in our lives. Resource extraction is an issue that directly links Canadians with people around the world. As Friends we need to be aware of the impact of large Canadian companies on the livelihoods of marginalized people, and learn what we can do to support those affected in seeking peace and justice.

*Hannah Ivanoff, Yonge Street Monthly Meeting*

# Quaker Book Service



The following titles have been added to our stock. For a complete listing of QBS books see our 2010-2011 Quaker Book Service Catalogue, available on the CYM website, [www.quaker.ca/qbs](http://www.quaker.ca/qbs).

***Who do you say I am?*** by Lloyd Lee Wilson. Pendle Hill Pamphlet 409. 2010.

This lecture was presented by the author in a series in which Friends from five different branches of Quakers spoke on what Jesus meant to them in answering this question which Jesus posed to his disciples. (31 pp; \$8.45)

***The Spirit of Quakers*** by Geoffrey Durham. Yale University Press, New Haven, 2010.

To answer the questions: Who are the Quakers? What do they believe? What do they practice? The author presents twelve related topics, such as "Quaker Meeting of Worship" on which quotations from well-known Quakers are given as answers, along with introductory comments by the author. Geoffrey Durham was a founding member of Quaker Quest and a contributor to the successful series *Twelve Quakers and ...* (244 pp; \$19.50)

***God Answers Back: helped by the Seeker and Vernon Mullen.*** Self-published, Ottawa, 2011.

The author examines different names and views of the Divine and presents his own: God as BEING; ONE who obeys the physical laws of the universe. Some idols of religion are discussed, on each of which God answers back. A final section tells of the Seeker's own Search until he finally becomes a Quaker. (96 pp; \$10.00)

***Being Changed in the Sharing: The power of story and restorative justice*** by Lisa Smith and Meredith Egan.

Mennonite Central Committee Canada. 2010.

Methods of training practitioners, sharing experiences and stories, working with community organizations, supporting volunteers, and listening to participants, all join to make a comprehensive training handbook in restorative justice. (77 pp; \$10.00)

***The Evolutionary Potential of Quakerism Revisited: Kenneth Boulding and John Bellers*** by Keith Helmuth. Chapel Street Editions, Woodstock, NB. 2011.

Based on his Quaker Studies Program given at Canadian Yearly Meeting 2009, Keith Helmuth draws on the words of Kenneth Boulding (1964), John Bellers (1654-1725) and others to examine and trace the significance of the Religious Society of Friends in the history of religious culture and progressive social change. (55 pp; \$7.00)

***Quaker Writings: An Anthology, 1650-1920*** introduced and edited by Thomas Hamm. Penguin Books, London, England, 2010.

Selected excerpts from writings through almost four centuries by Quaker authors, well organized under six subject headings for easy reference: *Beginnings, Maturing, Quietism, Creativity and Controversy, Separate Ways, Peace*. (370 pp; \$20.00)

**Ordering Instructions:** Mail orders, with payment by cheque or money order, should be sent to Quaker Book Service, Box 4652, Station E, Ottawa, Ontario K1S 5H8. Phone orders cannot be accepted.

For orders from North America Please add the following mailing costs:		For orders outside North America
Value of an order	Postage Add-on	We require an extra 20% to be added to the total cost of the order to cover the extra mailing charges
Up to \$9.95	\$2.50	
\$10 - \$19.95	\$5.00	
\$20 - \$34.95	\$7.50	
\$35.00 - \$59.95	\$9.00	
Over \$60	\$10.50	



# Notice Board

Rare and out-of-print Quaker Journals, history, religion:

Vintage Books

181 Hayden Rowe St., Hopkinton, MA 01748

books@vintagequakerbooks.com - www.vintagequakerbooks.com



## THE QUACKER



Hello Dear Friends!

Quack! Quack! It's time for CYM in Session!!! I am so excited that you are coming to Windsor, NS with its rolling green grass and lots of water close by. Did you know that the biggest pumpkins in the world are grown here?

It seems that some of you will be taking off to Dartmouth on Wednesday afternoon, to see the historical influence of the Quaker whaling community. Have a good time in the big city, and hurry back to Windsor to hear Marilyn Manzer's lecture, "In Search of a Moral Economy". Friends are interested in this topic, and there will be many opportunities to mingle with each other and ask the right questions. As a duck, I haven't got a lot to say, so I need you to speak up for me.

You need to look for me every weekday morning during your week in Windsor since I'm editing and producing "The Daily Quacker". I'll fill you in on all the latest information you need to help make your week the best it can be.

Travel Blessings! See you soon!



**2012  
QUAKER  
YOUTH  
PILGRIMAGE**

**To the United Kingdom  
and the Netherlands**

**Mid July to Mid August 2012**

**Seeking**

**14 young Friends ages 16-18  
and two adult leaders**

**Deadline for Applications:**

**Leaders: September 15, 2011**

**Pilgrims: October 15, 2011**

**Application and information at  
www.fwccamericas.org**

***A Pilgrimage begins a  
lifetime of spiritual growth***

Contact Clerk, Quaker Youth  
Pilgrimage Program of FWCC  
817E 9th St., Douglas AZ. 85607  
QYP@fwccamericas.org

*The Quaker Youth Pilgrimage* is a long-standing ministry which helps twenty-eight young people aged between sixteen and eighteen from Canada, the United States and Europe, to explore their Quaker roots. The pilgrimage is organized jointly by the European and Middle East Section and the Section of the Americas of Friends World Committee for Consultation - the world body of Friends. It's an opportunity to promote loving understanding of the diversities within the Quaker worldwide family. Pilgrims will come from different cultural, language and theological traditions. During the month together, they travel and learn together and seek to nurture their spiritual lives.

**Quaker Center in Ben Lomond, CA (90 minutes south of San Francisco)  
Personal retreats/Weekend programs  
(831) 336 8333 or visit [www.quakercenter.org](http://www.quakercenter.org)**

# Different Kinds of Silence

*Rebecca Higgins*

Before I arrived in Brazil I was warned that Brazilians are very sensitive to noise, particularly door-slamming and loud music. I was relieved. Great, I thought, some quiet awaits me. Then I arrived!

My apartment was in the centre of a small city, Santa Cruz do Sul, which meant I was at the centre of the action, like it or not. Most weekend mornings some garage band practiced American music very loudly. Weekend and sometimes weekday nights, the gas station across the street was a hang-out hub. Music blasted and young people leaned against their cars, drinking and watching. Beside the gas station, a club called Strike (also a bowling alley) hosted concerts and general shenanigans. Random cars went by blasting the same electronic song at all hours, on their way perhaps to the gas station, or club, or garage-band concert.

Then there was Oktoberfest. Oktoberfest nearly did me in. Growing up in Kitchener, Ontario, I had plenty of experience with Oktoberfest and was not interested in absorbing the festival here. But it almost absorbed me. I was only a few blocks from the Oktoberfest park and the ten days of constant noise made the usual combination [of sounds] seem like a tranquil island. I missed Quaker Meetings more than ever.

In the last few years I've become a lot more sensitive to noise. I'm only thirty-two but I find myself wincing and saying, "it's too noisy!" more often than most younger people do. It's funny, because I'm something of a loud person myself, but incessant, inescapable background noise wears me down. It's why I'm not a city person any more.

When my parents visited me in Honduras, my mum pointed out that the loudness of the place would be too much for her on a long-term basis. Roosters, car horns, music, yelling, fireworks, the occasional gunshot - it was loud. And then I moved to Brazil!

The only time there was silence was when I wanted sound. I taught English for one semester, and although most of my classes were talkative, I had a group of teen girls who were silent. Every class, every week, nobody spoke. Occasionally they gave me a little chuckle, perhaps more out of pity than out of delight, but I could not get them to talk. Outside, the music thumped and children shouted; inside we looked at each other. I longed for balance.

I was unsettled in Brazil. It wasn't the perfect fit for me. The noise outside is a clamouring reminder. I know I need to go back to the silence inside. It's there, no matter what's going on outside. I know that. But sometimes life is so loud it seems impossible to find my way back to the quiet.

*Rebecca Higgins currently lives in Ottawa and attends Quaker Meeting in Fredericton when home.*



photo of Rebecca taken in Cuba

## Youth Around the Family - Eastern Canada - Youth Around the Family

**Rachel McQuail** of Kitchener Area (pictured below with husband **Robin Sanders** and Elliot) wrote: "It's hard to believe Elliot is ten months old already. With the end of the ecoENERGY program I am not returning to work right away so am looking forward to having the summer off to enjoy with Elliot."

**Diana Shepard Stephens** is married to Sean Stephens, has an almost-two-year-old son, Everett, and another son due in August. She is Clerk of Camp NeeKauNis Committee.

**Emily Shepard** is a published writer, a highly-qualified ESL teacher, and presently a grad student at York U.

**Beth Shepard** of Hamilton Meeting is a manager at the Grain Bakery Cafe in Guelph, well known for local products, whole foods, inventive recipes. She did the Quaker Youth Pilgrimage in 2000.

**Luc Peters Wehking**, brother to Anna, is sole and head beekeeper at Lavender Farm near Hamilton.



**Asher Segel-Brown** of Ottawa Monthly Meeting is completing his final year of the Software Engineering degree at the University of Waterloo. He has had some wonderful opportunities during his co-op placements, most recently in Seattle.

**Ben Segel-Brown** is working on a degree in Public Affairs and Policy Management at Carleton University in Ottawa. Ben worked hard during the national elections as a youth coordinator and he volunteers on Parliament hill to support the All-Party Parliamentary Group for the Prevention of Genocide and other Crimes against Humanity. This summer Ben will be working for Transport Canada developing policies for consulting with Aboriginal people.

**Reykia Fick** has been working in Bonn, Germany for FLO (Fairtrade International) since January 2009.

**Galen Fick** has been working for World University Services Canada (WUSC) since July 2010. He will be coaching water polo this summer and returning to Guelph University in September to finish his degree in Political Science.

**Lilia Fick** has been working at a vegetarian buffet restaurant the past three years, between travels to Europe and India. She will be starting her studies in Early Childhood Education at Ryerson University in September.

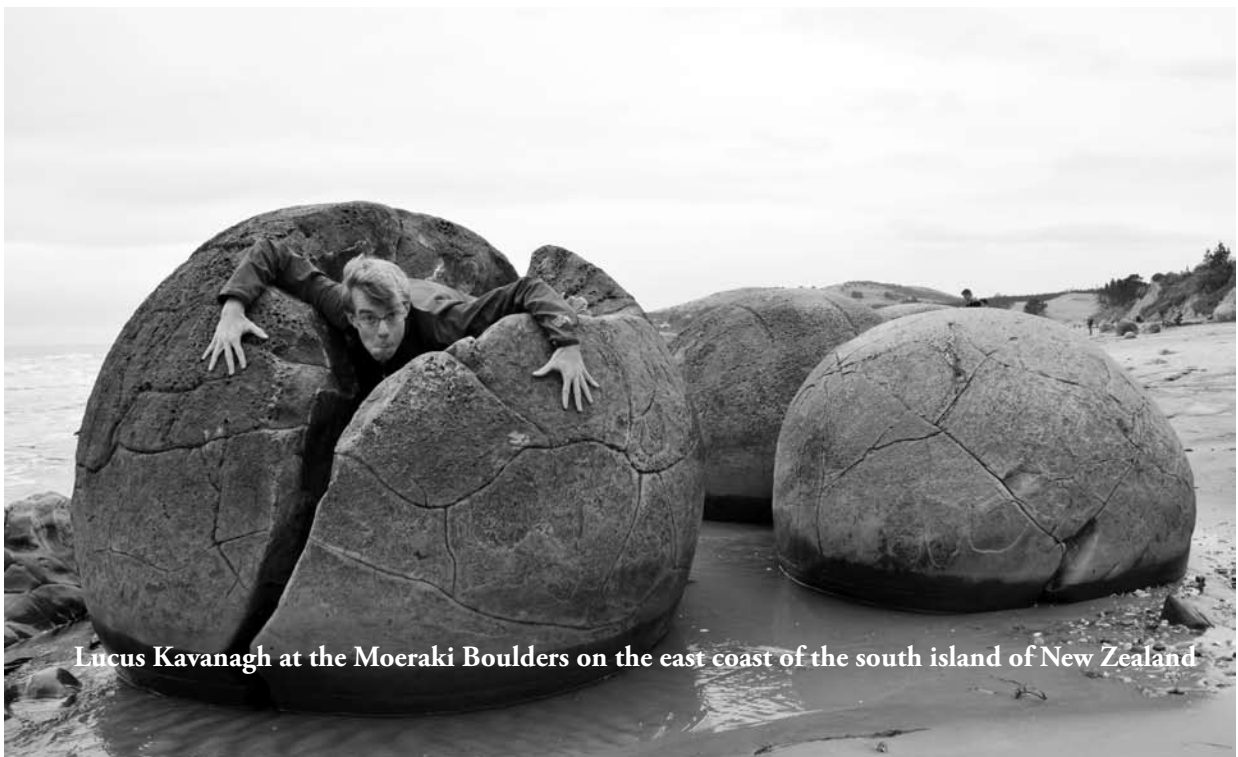
**Karmen Walther** will be teaching English this summer in Italy.

**Freija Walther:** "I'm finishing up my last year of university - Nursing school at McGill. I'm working my final clinical placement in palliative care at the Montreal General Hospital, and after that I'm starting a job in surgery at the Montreal Children's Hospital. I'm really excited - it's exactly the position I was hoping for, and living in Montreal for another year or so without being in school should be a lot of fun. Thanks for getting in touch!" Freija Walther

**Rebecca Ivanoff** of Yonge St. Monthly Meeting is working on her Masters Degree in Anthropology/Public Issues through the University of Guelph, Ontario. She is working with the farmers in Honduras on their understanding of the nutritional value of the crops that they grow. She is in Costa Rica at present writing her thesis.



Art photo by Elen Cheatley of Alan Tatro and friends.

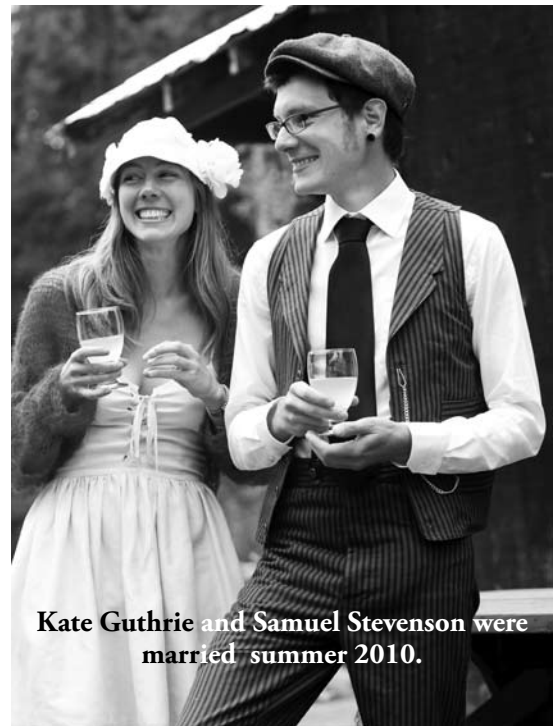


Lucas Kavanagh at the Moeraki Boulders on the east coast of the south island of New Zealand

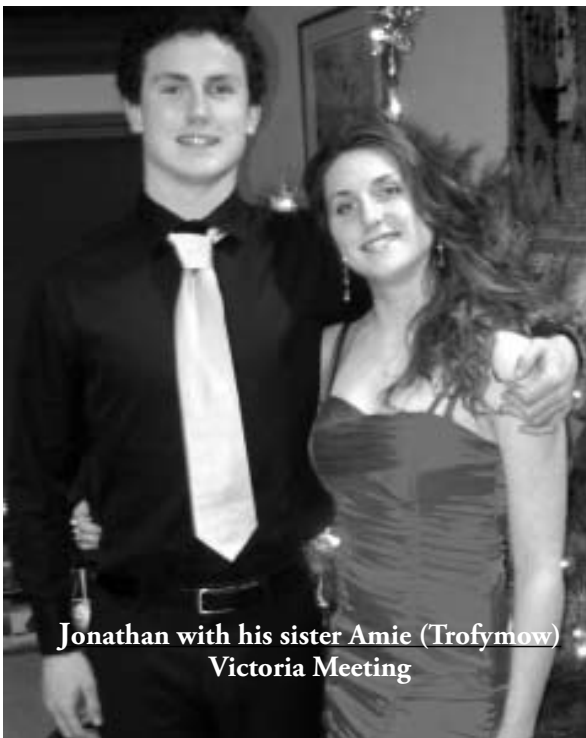
## Youth Around the Family Youth Around the Family Youth Around



**Peter Stevenson, Jesse Thompson and Effie of  
Vernon Monthly Meeting, living in  
Prince George, BC.**



**Kate Guthrie and Samuel Stevenson were  
married summer 2010.**



**Jonathan with his sister Amie (Trofymow)  
Victoria Meeting**



**Heidi Dick holding Fin, Scott McRae and Sarah  
(Dick) McRae with Johanna - Calgary.  
[Photo by Elen Cheatley]**



## Youth Around the Family - Eastern Canada - Youth Around the Family

**Grayden Laing** of Yarmouth Monthly Meeting is living in Toronto, working as a video editor as well as continuing to do his stop motion animation. He was in India to film a documentary on religions in northern India and was with the Dalai Lama when he announced that he would no longer be a political leader/figurehead for the Tibetans. Grayden is co-directing the Intermediate Week at Camp Nee-Kau-Nis for the third summer and is also planning a Camp for Animation and Drama - new this year.

**Ellen Laing** lives in Portland Oregon. She is involved in cuisine and did a special French cooking course this winter.

**Katey and Vanessa England Ross** both doing well at University at Western (Ontario).

**Katey Brown** is finished University and working in an interesting social service job.

**Emily MacLorn** was in Denmark for five months with a study program from Western. She is in her honours year at Western.

**Jesse Zavitz** finishes at Central (CECI) in St. Thomas in June and received early acceptance to Guelph in Environmental Science in the Coop Program. He hopes to be at Camp NeeKauNis again this summer

**Caiti Barendregt** graduated in 2000 from the University of Guelph with an Honours Degree in Psychology. She worked for Violence Against Women in Elgin County as a front line counsellor for about a year and a half. She has recently trained as an on-scene crisis support person with the local Victim Services organization and is on-call for crisis support as a volunteer. Caiti is finding this work rewarding and it keeps her connected to her profession.

**Sam Barendregt** is enrolled in second year of a four year program in Environmental Science at Sir Sanford Fleming College/ Trent University in Lindsay. He is specializing in Ecological Restoration. This summer he is working for the Kettle Creek Conservation Authority.

**Keeghan Barendregt**, who has been home schooled, enters public school grade nine this fall at Central Elgin in St. Thomas. He works for his father part time in his property maintenance business cutting grass, or shoveling snow. He enjoys playing ball hockey in St. Thomas.

**Ravi Joshi and Aden Spurr** of Toronto Monthly Meeting took a couple month trip to India early in the new year.

**Jaya Karsemeyer** is teaching grade seven Core French. Her first year as a public school teacher. "I'm taking a Shakespeare course to upgrade my undergraduate degree and joined a group to help conduct a study on voter information and communication with constituents. I'm still one of CYM's delegates to FGC and serve on the Transforming subcommittee, which does the work of the Committee for Ministry on Racism. I'm living in Toronto and will probably work in film again in the summer." Jaya

**Lee Webb** of **Halifax Monthly Meeting** is Clerk of the Quaker Fostering Justice Committee. He, along with **Hannah Ivanoff** of Yonge Street Monthly Meeting were delegates to an ecumenical conference on mining that was hosted by KAIROS in Toronto May 1-3. Lee is currently in Toronto studying law at University of Toronto. This summer he's working at the University legal clinic and he recently became engaged. The wedding will be next February.

## Youth in Saskatoon

**Jessica, Isaac and Ahren Klaassen-Wright** of **Saskatoon Monthly Meeting** - Jessica wrote to say: "In the coming weeks we will be fending for ourselves while our parents are in England. We will continue to play and share music and we are hoping to ride our bikes all summer. Summer is not going to be as full for us as they usually are."

## Youth Around British Columbia

**Alan Tatro** is heading into third year math at the University of Victoria in September, after spending the summer attending a clerking workshop at Pendle Hill, attending the FGC Gathering, and co-clerking CYFYM. He's also continuing his barista training at Caffe Fantastico, a locally owned, fairly traded coffee roastery in Victoria. I spoke with him in Sorrento at WHYM. The day after he was on his way to Pendle Hill. Hard to keep track of that guy! [Ed.]

**Rachel Singleton-Polster** started work in May as the Interim Program Coordinator for CFSC's Quakers Fostering Justice program. She was an intern last summer at CFSC, where she spent half her time working under Meredith Egan, the Quakers Fostering Justice Program Coordinator. Rachel was a Canadian representative on the delegation of the World Association of Girl Guides and Girl Scouts to the UN Fifty-fifth Commission on the Status of Women.

**Amy Jean Singleton-Polster** is in Victoria studying third year medicine. She wrote of long hours with little or no rest.

**Jonathan Trofymow** (previously of CYM Program Committee) graduated in June from high school. Both he and his sister Amie are busy getting ready for the fortieth anniversary of their Ukrainian dance group, Veselka. Regrettably this kept them from attending WHYM. Besides Ukrainian dance Jonathan found a new love, playing rugby! He is looking forward to moving on to Camosun College where he will study Culinary Arts. This summer he will get his first real taste of restaurant work in Port Renfrew, at the Trailhead Fishing Lodge.

**Amie Trofymow** had a busy year with Ukrainian and school troupe dance; completed her Lifeguard and Water Safety Instructor courses; volunteering at a local pool. She is excited to be working as Junior waterfront staff at Camp NeeKauNis for the month of July. Looking forward to starting Gr. 12 in the fall and finishing up school so she can go traveling.

**Daniel von Schulmann** regrets that he won't be able to attend CYM this year, but he told me at WHYM that he is hoping to find ways to stay connected with his CYM friends. [Ed.]

**Ben von Schulmann** wants to organize a gathering of Western Canadian Quaker youth for the Labour Day Weekend. He wants to hear from others who are interested in coming and people willing help with organizing the gathering.

**Elen Cheatley**, photographer extraordinaire works full time, enjoys life on the west coast and has plans to become a paramedic.

**Ruthie Bruhn** will be stage managing "Smile" for Awkward Stage Productions. "Smile" will be playing at the Firehall Theatre in Vancouver as part of the Vancouver Fringe Festival in early September.

**Anya Bruhn** is planning on a summer on the Gulf Islands (particularly Saturna and Salt Spring). She is looking forward to lots of time outdoors and learning to play the banjo.

**Maggie Knight** misses her community of Young Adult Friends as she discerns how to tackle the challenges of a year as President of the Students' Society of McGill University, Montreal Quebec.

**Lucas Kavanagh** is in his second year of Earth and Ocean Sciences at the University of Victoria. He is currently an exchange student in Adelaide Australia for one term. "I just finished a field study of the Pichi Richi Pass in the Flinders Ranges of South Australia Returning to Canada in July where I will be teaching science workshops and camps for kids in communities across Vancouver Island. Thanks for thinking of me!" Lucas

**Jonah Egan-Pimblett** is at University in New Brunswick. "I am studying Audio Engineering at the Center for Arts and Technology. You may have guessed that music is a huge passion of mine, while studying the proper recording techniques, and finding my way around different programs, I also play a lot of music with my fellow classmates (Cello and Bass). Unfortunately (or fortunately for that matter) my school is in session year round, so my summer will look much like my winter, except forty to fifty degrees warmer. Thank you for doing this by the way. Jonah"

**Grace and Brigid Egan-Pimblett** in Mission completing Grade 11 and are planning for their graduation next year. Brigid is a violist in the Abbotsford Youth Orchestra. Her choir, Joy Vox, participated in the Nationals in May. Grace is often in the saddle on Foxy, her favourite pet. She will be showing this summer in Western classes.

I spotted **Chris Abbott** serving coffee in a shop in Ganges, Salt Spring. He said his dad, Steve had worked pretty hard campaigning for Elizabeth May - Leader of the Green Party, and both were pretty stoked only days after her landslide win in the Gulf Islands Saanich riding. [Ed.]

**Maegan Scheiber** of Duncan BC, attended WHYM with her grandmother Linda Scheiber - Vancouver Island Monthly Meeting. Maegan loved gardening with Farmer Dave and likes keeping in contact with the youth she meets each year.

# Rhythms

*Samuel Stevenson*

The tapping of rain on the metal roof of our home is accompanied by the song of hammer and saw, chattering up the hill from the building site of my parents' new house. Rhythm is everywhere: the oscillation of sound and silence that propels life forward. Children's voices lift from downstairs where my wife, Kate, is facilitating the unfolding schedule of the Waldorf-inspired childcare she offers from our home. Rudolf Steiner, the philosopher behind Waldorf education refers to this schedule as the day's "rhythm", the pulse between doing and non-doing. Propelling life forward.

Five years ago, living in rural New Mexico, Kate and I found that the rhythm of musical chairs - moving from one place to the next - was beginning to slow. We realized unless we were intentional about it, we were likely to end up taking root wherever we were standing when the rhythm stopped. Shortly after that we had our first conversation with my parents, David and Susan, my brother Peter and his partner Jesse, about the idea of living somewhere rural. Together.

Since then, while the call to live close to my family has been a driving force in my life, I haven't always been clear why. Had I simply formed an ideal of an intergenerational family homestead in my mind; an ideal too ungrounded in truth to be realized? My relationship with David, my father, has been a challenge ever since my teens: an oscillation between understanding and defensiveness, faith and frustration. And how would it be for Kate to become so intimately immersed in my family while hers lived thousands of miles to the east? Or, for that matter, how would it be for my parents to truly adopt my partner as their daughter-in-love?

As the pulse of our family's planning sessions continued, the initial vision began to erode, to season and change. It became clear that, while Peter and Jesse liked the idea of living with Kate and me, they felt invested in their community and lifestyle in our northern hometown of Prince George, where both their sets of parents were still living. They felt sad at the thought of David and Susan moving away from them to live where Kate and I wanted to be - farther south. I still feel some grief about not finding a way to live near my brother, my sister-in-love and now their new son, Effie, while still meeting everyone's needs.

Three years ago, David and Susan bought the piece of land on which Kate and I now live, in an old cozy and decaying farmhouse. Last summer, Kate and I were married here in the upper meadow, under the care of Argenta Monthly Meeting; the same meeting under which David and Susan were married thirty-eight years ago.

This spring, excavation began on the land for David and Susan's straw bale *retirement home*. David has been here for months now, orchestrating the complex rhythm of contractors and building materials. Susan took a few weeks off work in Prince George to come back with us from Western Half Yearly Meeting, to spend time at the building site. We share dinners every night and, with a determined and hopeful awkwardness, we are building the foundations of our life here together.

This vision of rural family living, sculpted into its current shape by the relentless rhythm of inspiration and disappointment, is beginning to coalesce into something solid. Preparations are being made to stack the straw bale walls of David and Susan's new home, while Kate and I figure out our own rhythms of lifestyle and livelihood.

In the silence, between the knocking of hammers and ringing of phones, in between the waves of fear and forgiveness, I remember how this dream came to be. For me, at least, it's about consciously sinking in deeper, as well as trying to climb higher. It's about learning to love myself, my family and life as it is, rather than getting stuck on how I'd like it to be. It's about having faith in what I was given, the life I chose before my birth, and the rhythm beneath us. I feel confident in my family's resilience, in our ability to create for ourselves a rhythm of reckoning amidst the static of miscommunication. I trust that if I stay close to God, the parts of me that will be worn away by the caresses and frictions of these relationships may not be all that important anyway.

The rain has stopped. The children downstairs have gone home with their parents, and the sounds of construction from down the hill are done for the day. Ideally, I'll get a bunch of our root-bound vegetable starts into the garden today before dinner time with my family. But I know that if I don't, they'll be waiting for me tomorrow.

*Samuel Stevenson, Winlaw BC  
Vernon Monthly Meeting*

# My Renewed Interest in Religion *by Grayden Laing*

India. Where to start? I had a whirlwind journey through ancient cultures, breathtaking landscapes and living religions. I was only there for five weeks filming for a documentary, but I could have happily stayed for a year exploring the landscapes and cultures.

The documentary I was shooting is called *The Traveling Guru* and it follows Dr. Darrol Bryant as he guides a group of western travelers to dialogue with representatives from the religions throughout India. During filming I learned about Hinduism, Sikhism, Islam, Jainism, Bahá'í Faith, Sufi Muslims, Malankara Orthodox Syrian Church, and Tibetan Buddhism. Dr. Bryant talked to the group as a whole about each religion and then arranged for us to meet with individuals from the various faiths to continue the dialogue.

“Even as a tree has a single trunk but many branches and leaves, there is one religion - human religion - but any number of faiths.” Mahatma Gandhi

It was inspiring to talk to so many people who have such a passion for their beliefs. I feel that in North America most of us have a general malaise around religion that doesn't exist in India. The depth of each Indian's faith and their willingness to engage in interfaith dialogue is inspiring. Sacred sites of one faith are also considered sacred sites by other faiths. Visitors to holy shrines observe the practices of that faith, even if it isn't their own. When I was traveling alone for two weeks I was often approached and engaged in discussions about religion and faith, whether I was exploring the streets of Kottayam or riding a passenger train. Even though most Indian's had never heard of Quakers they were eager to learn about the rather odd branch of Christianity that I am proud (even though being proud is generally frowned upon by Quakers) to be a part of.

I found the Indian culture to be built upon a foundation of interfaith dialogue and I believe that is the core of their success and cultural wisdom. This tradition dates back hundreds of years. An interesting example is the palace of Fatehpur Sikri, which was built by the Mughal Emperor Akbar. The palace was designed to house members from the Christian, Islamic, and Hindu faiths and the architectural iconography from those faiths still adorn its walls.

The inhabitants of that palace may have been the first intentional interfaith community.

India has given me a renewed interest in religion and a strong belief that interfaith dialogue is possible. It has given me hope in a time when religious intolerance and the resulting violence seems to be more and more prevalent in our world. In Canada we don't usually hear about the many positive effects of this religious dialogue in mass media, and when we do hear about religious dialogue it's usually the heads of religions and states disagreeing. Positive outcomes aren't considered as newsworthy as acts of violence, that is a given these days. However, I can say first hand that for every violent act we hear about in the news there are millions of chai cups generously shared between neighbors and

strangers alike. Over those chai cups there are intense religious discussions occurring between all manner of faiths and this dialogue often results in people realizing that we are all more similar than we are different. That was my experience and it gives me hope, don't just take my word for it though. Take a trip to India and see for yourself. It's worth it.

*Grayden Laing, Yarmouth Monthly Meeting*



## Report: *by Philippa Hajdu*

### *Be Still in the Light: What Zen Buddhism can bring to Quaker Practice at Pendle Hill*

The retreat - Eastern Light: Quaker and Buddhist Spirituality - February 20-24 2011 - was led by Steve Smith, a long time Quaker who for several decades has held a deep and abiding interest in Soto Zen Buddhist meditation. Some of the teachings that I appreciated: Faith is an attitude, a frame of mind rather than a belief; there is only one path and that is you; change occurs when I become what I am, not when I try to become what I am not; don't worship the teapot, drink the tea.

The key *take away* for me from this experience was the similarity between the ministry of George Fox and the meditation instruction of Soto Zen. George Fox tells us: "Stand still in that which is pure, after you see yourselves, and then mercy comes in. After you see your thoughts and the temptations, do not think but submit. Then the Power comes. Stand still in the Light, and submit to it, and the other will be hushed and gone. Then contentment comes....Your strength is to stand still."

We have to use our practise as an opportunity to really see our bad habits of mind, and to humbly let the Light do its work in its own time to cleanse and transform us, Steve Smith's Zen teacher said.

Always we must practice getting closer and closer to experiencing our pain, disappointment, shattered hopes, and broken pictures. When we experience this suffering directly, the melting of the false emotion can begin, and true compassion can emerge.

There was some discussion on the eternal debate between contemplative practise and activism. It is clear to me now that we cannot hope to make a positive difference in the world if we have not first learned to have compassion for ourselves and others. Activism must spring from wisdom. We care for the world by first caring for ourselves. To care for ourselves we must first see ourselves by sitting quietly and letting our thoughts come and go, watching our passions arise and observing them rather than feeding them. This is Buddhist compassion.

Pema Chodron, a well known American Buddhist teacher tells us: "Start where you are... When we don't act out and we don't repress, then our passion, our aggression and our ignorance become our wealth. The poison already is the medicine. You don't have to

transform anything. Simply letting go of the story line is what it takes, which is not that easy. With all of the messy stuff, no matter how messy it is, just start where you are – not tomorrow, not later, not yesterday when you are feeling better – but now. Start now, just as you are.



The great Zen Master Dogen told us that enlightenment is intimacy with everything. We can experience this intimacy and move beyond our separateness if we just let go of our opinions. We need the courage to be still – to see our lives as we truly are. To do this we must surrender to the Light and discover our original purpose.

George Fox seemed to be saying the same things four hundred years ago: "Take heed of being hurried with many thoughts, but live in that which goes over them all." He also said: "Come to know the hidden unity in the eternal being."

Sharon Salzberg, another well known American Buddhist said: "Faith is an inner quality that unfolds as we learn to trust our own deepest experience."

The format alternated between large group discussion (there were eight of us) and small-group worship sharing. The sharing was deep and we quickly bonded. In between sessions, Steve gave us valuable insights from his long experience both as a Quaker and as a Buddhist practitioner. We also had opportunities to sit in silence.

As a result of this retreat I have become a deeper person spiritually, and I feel more grounded in my Quaker practise. As well, I feel a greater depth of serenity and stillness. The questions I arrived with were answered. This retreat was a wonderful experience for me and I want to thank all those who helped make it possible.

I received much financial and moral support from Friends. Particular thanks goes to the Yonge Street Monthly Meeting, Pendle Hill, and the Home Mission and Advancement Committee, who together made this retreat a reality for me. With gratitude.

*Philippa Hajdu  
Yonge St. Monthly Meeting*



## The Joy of Being Ordinary

I recently returned home from a six-month pilgrimage in Europe. Along the way I stood atop the Eiffel Tower, watched the sunset at the “end of the world”, and smelled the inside of the Sistine Chapel. I also walked across Spain on the Camino de Santiago, took refuge in St. Francis’s mountain hermitage in Assisi, lived with Augustinians, prayed and worked with Benedictines, visited the tombs of James, Peter, and Paul, sang at Taizé, and meditated with Thich Nhat Hanh. I even worshiped with Quakers in Amsterdam, London, and Paris. One of the greatest lessons I learned (and forgot) again and again on my journey is that my refusal to accept my ordinariness prevents me from experiencing an amazing, child-like sense of wonder and joy.



was “seeing” up until now? The world of being too preoccupied with propping up the façade to stop and look around! What is this new creation before me? It is Eden. It is paradise. The scales have fallen

### **...the simplicity testimony applies...to the very sources of my happiness.**

For much of my life I’ve tried hard to be someone who has it all together and to make sure I’m seen that way. I’ve imagined that in order to be happy and accepted I must be great: a social, academic, and above all, a spiritual superhero. Like the Pharisee who thanks God he is not like other people, I’ve wanted to be better than my fellows. The problem is that I’m not. Like any other human, I am often uncertain, scared, insecure, resentful, sad – you name it. In my efforts to be superhuman I either pretend those feelings aren’t there or see them as a spiritual failing and redouble my efforts to be who and what I think I should be. This takes a tremendous amount of energy, as I single-handedly try to prop up a façade that keeps tipping from one side to the other; a constant and exhausting job that leaves no time or energy for anything else. Sooner or later I become so overwhelmed, exhausted, and defeated, that I surrender, let go of the façade, step out of the way, and let it fall, accepting that I’m just like everyone else after all. And this is the start of joy and wonder.

Suddenly, the world is alive, jumping out at me in three dimensions. A flower or leaf moves me to tearful laughter with its radiance. A forest or ocean captivates me until I realize it’s become dark and cold. What was that flat, two-dimensional world I

from my eyes, and behold, all things are new. Now I understand that the simplicity testimony applies not only to my dress or the number of my possessions, but to the very sources of my happiness. I no longer need the complicated entertainment of human drama - I have a leaf. I no longer need a constant stream of achievement and praise, for the mere movement of my limbs and the sound of my voice delight me with their miraculousness. Even sitting with eyes closed - doing nothing, achieving nothing, proving nothing - is a source of tremendous joy and wonder. Here I find that the friendly, radiant Presence that had been concealed behind my fear and willfulness is the animating force of my very being, and there are few joys greater than simply resting in that Presence.

My mask not only blocks the world from seeing me as I truly am, but it also blocks me from seeing the world as it truly is. But stripped, humbled, brought to my knees, I and it are naked, vulnerable. In our nakedness we are awash in glorious Light.

*John Roche*

*Victoria Friends Meeting*

Editor: Sherryll-Jeanne Harris

Editorial Support: Steve Fick, Gerald Harris, Diana Mitchell, Michael Phillips and Margaret Vallins

**Please Note:** You, the reader, create this journal. Your submissions and suggestions for themes are necessary for *The Canadian Friend* to thrive. **Do not delay!** Send articles, poems, art, photos, and thoughts today: [cf-editor@quaker.ca](mailto:cf-editor@quaker.ca)

---

## **Themes & Deadlines for upcoming issues:**

Fall 2011	CYM Deadline: September 5
December 2011	Wonder / Transformation Deadline: October 1



View *The Canadian Friend* online at: [www.quaker.ca/cfriend/cfriend.html](http://www.quaker.ca/cfriend/cfriend.html)

---

PUBLICATIONS MAIL AGREEMENT NO. 40012338

REGISTRATION NO. 09887

Return undeliverable Canadian addresses to The Canadian Friend, Argenta, BC, V0G 1B0