

# Des Moines Valley Friends Meeting

## FRIENDLY LINE

### October 2024



World Quaker Day, Oct. 6, is an annual event to celebrate the diversity of Quakerism around the world and build connections to make our community stronger. The observance is sponsored by Friends World Committee for Consultation.

In 2024, Friends everywhere are invited to find out and share what happened at their local Friends church or meeting. The epistle, a 'tapestry' document that weaves different conversations together and a prayer are all available in English, KiSwahili and Spanish at the FWCC website.

Friends are invited to read and share this epistle and the tapestry from the World Plenary with your local Friends community.

You may also visit a Quaker meeting or church that is different from yours and read and discuss the epistle, and/or the tapestry document with that community.

Find more resources to help celebrate World Quaker Day, including the World Quaker Songbook (with video playlist) at: [FWCC Quaker Day webpages](https://www.fwcc.org/quaker-day).

### Reviving a potluck tradition at DMVFriends

A first (in a long time) Quaker potluck, Sept. 19, was well-attended by Friends and guests. Thanks to Addison Williamson for coordinating this special evening of good food, great company and favorite readings!

A crowd favorite of the dishes shared that evening was a flavorful, fragrant vegan soup, created by Addison. Find the recipe on page 6.

Stay tuned for news of the next DMVF Potluck! And watch for future fave recipes on our website, <https://www.desmoinesvalleyfriends.org/>



Candles blown out, Billie Wade is ready to enjoy some cake with DMVFriends in honor of her 75<sup>th</sup> birthday (Oct. 2). Photo by Forrest Determann.

### A Quaker Minute

#### *Reflections on Living a Full Life*

*by Caroline Graveson, an early 20<sup>th</sup> Century Quaker Pioneer in Higher Education for Women and Dean of Goldsmiths College, London*

Most of us need from time to time the experience of something spacious or space-making, when Time ceases to be the enemy and becomes our friend.

To read good literature, to gaze on natural beauty, to follow cultivated pursuits until our spirits are refreshed and expanded, will not unfit us for the up and doing of life. Rather it will help us to separate the essential from the unessential, to know where we are really needed and get a sense of proportion.

We shall find ourselves giving the effect of leisure even in the midst of a full and busy life. People do not pour their joys or sorrows into the ears of those with an eye on the clock.

*One in a series on Quaker history and practice, contributed by Pam Blackburn*

**Des Moines Valley Friends  
MEETING FOR WORSHIP  
WITH ATTENTION TO  
BUSINESS, 9/08/2024**

Present: Charlie Brown, Katie Jacoby, Andrea Holveck, Claire Cumbie-Drake, Billie Wade, Carol Spaulding-Kruse, Dorothy Lifka, Fatma B., Virginia Smith

The Meeting began with a welcome by Clerk Carol Spaulding-Kruse and a Moment of Silence.

The Clerk reminded Friends that Business Meeting is a Meeting for Worship, and to be mindful of speaking from the silence.

Minute: Friends approved the Minutes from August 2024.

The Clerk provided the following attachments via an email Google Doc link

1. Friendly Line, September 2024
  2. Sharing Fund request form
  3. Quaker Education, Enrichment and Advocacy request form
  4. Budget detail
  5. Funds Summary
  6. Designated funds
  7. Finance Committee minutes
- Announcements:

1. Thursday, September 19th is our Quaker potluck beginning at 6 PM. Friends are asked to bring a dish, their own table settings (to minimize cleanup) and something uplifting to share such as an object, quotation, or poem.

2. Update on Jack Holveck. He has returned from a three-day stay in the hospital. Andrea shared that he is suffering from back pain.

**Ministry & Counsel Committee  
Report (Jim Dietz-Kilen)**

1 September 2024 Meeting  
Report

Present: Billie Wade, Dorothy Lifka, Gordon Bivens, Andrea Holveck, Peter Clay, Deborah Fisch and Jim Dietz-Kilen (convener).

We gathered in silent worship at our appointed time. Following confidential updates/discussion about ways in which we may be able to minister to individuals amongst us, we turned to discussion of a request from Interfaith Alliance of Iowa (IAI). IAI has launched an initiative called, "All Are Welcome In Iowa," designed to counter the effects of the passage this year of the Religious Freedom Restoration Act (RFRA). RFRA makes it legal for a business or service provider to refuse to do business with/provide services to an individual because of who they are (e.g., gay, transgender, BIPOC, etc.). The bill makes religious belief a legal reason to refuse such service.

IAI is forming a coalition of congregations and other organizations and individuals to ask local governments to sign on to a resolution stating that "All Are Welcome in Iowa." M&C recommends to Business Meeting that our meeting sign on to participate in this effort. We will need to designate a primary contact.

The remainder of our time was spent working on draft application forms for our Sharing and our Quaker Education, Enrichment & Advocacy Funds. Those draft forms are included with our report.

We closed with a period of silent worship.

Discussion: The Treasurer stated that she does not need to know the purpose of the funds

from the Sharing Fund. Friends requested that the Ministry and Council revise the form to reflect that change.

Regarding the Interfaith Alliance of Iowa request, Friends noted that the Meeting has not had a representative. Dorothy Lifka will inquire about the logistics of how the Meeting can become a part of this coalition. Minute: The Meeting will join the Coalition supporting IAI's effort on "All Are Welcome in Iowa"

**Finance Committee & Budget  
Report (Catherine Dietz-Kilen)**

DMVF Finance Committee  
Minutes, August 21, 2024

Attendees: Catherine Dietz-Kilen, Katie Jacoby, and Dorothy Lifka

1. June Financial Statements. The Committee reviewed and approved the June 2024 financial statements with the provision that notes will be added to the reports regarding accounting for a payment that had not yet cleared by the end of June.

2. July Financial Statements. The Committee reviewed the financial reports for July 2024 and approved with minor corrections.

- It is noted that the funds remaining the Building and Grounds/Hospitality Accounts at the end of the previous fiscal year will be transferred to the Property and Management Fund designated account at the beginning of the current fiscal year.

- A temporary designated fund for T-shirts has been added. This fund will allow individuals to purchase their own T-shirts and to also donate funds to allow for

T-shirts to be given to other individuals. It is the intent of the Outreach Committee that T-shirts for the youth that attend our Meeting will be provided at no charge.

3. There have been a couple of committee purchases that were made during the previous fiscal year that had not cleared by the end of the fiscal year. With our current cash accounting practices, those expenses would necessarily come out of the budget for the Committee's current fiscal year, although they were intended for last fiscal year. The Finance Committee decided to allow the committees to use funds they still had available from the previous fiscal year for these expenses and note the deviation from standard practice on our June 30, 2024, financial statements. If the need arises to do this procedure in the future, it will be considered by the Finance Committee at that time, but we do request that the Meeting and each of the committees attempt to avoid waiting to make purchases until the end of the fiscal year.

4. Our next scheduled meeting will be on the fourth Wednesday of next month at 9:00 a.m. via Zoom, September 25, 2024.

Discussion: Katie Jacoby reported that the finances are in order, however the report for June needs additional attention, and will be presented at the next Meeting for business.

The Treasurer requested that if Friends write checks for t-shirts, they designate that it's for a t-shirt so it does not go in as a general donation.

Minute For clarification, unused funds from the Repair and Maintenance portion of the Buildings and Ground Fund will be transferred to the Property Management Fund at the end of each budget year. The Report was approved with this clarification.

### **Building & Grounds Committee**

Dick Douglass stepped down from his role as convener to focus full time on caring for his wife, Cris. Charlie Brown has stepped up as the new convener. Friends House Manager, Renee Cawthorne, reports good news! The elevator phone is up and working. It's a relief to be in compliance.

Minute: Friends expressed thanks and appreciation to Dick for his work as convener, and to Charlie for stepping in as convener.

### **Religious Ed Committee Report** (Dorothy Lifka)

Dorothy has contacted those who might be interested in considering how to make Meeting and the meeting house more child and family friendly and will be setting up a time to meet. Please contact her if you are interested and weren't included in her email.

Dorothy and Deborah will set up a time in September to talk to the two teens who have been attending first day school to discuss plans for this school year. Please contact Dorothy if you are interested in participating.

Minute: Friends approved the report with appreciation for the work of the religious education committee.

**Friends House Board** (Dorothy Lifka) No report this month.

**Peace & Social Concerns Committee** (Billie Wade) No report this month.

**Outreach Committee** (Ann Robinson) No report this month.

**Library Committee** (Deb Fisch) No report this month.

**Nominating Committee** (Claire Cumbie-Drake)

Dick Douglass has resigned from the committee in order to turn his attention to caring for Cris. Charlie Brown has stepped up to finish out Dick's term on the committee.

David Drake will take Claire Cumbie-Drake's place on the committee, as her term has expired.

Andrea Holveck will serve as Clerk.

Minute: Friends expressed their thanks to David and Charlie for stepping up to serve on the committee, and to Andrea for her on-going work on the committee.

The Meeting closed with a Moment of Silence.

### **Query # 3 Discussion: Meeting for Business, Sept 1 2024**

Members present: Brock Wommack, Billie Wade, Susan Myers, Catherine Dietz-Kilen, Jim Dietz-Kilen, Dorothy Lifka, Deborah Fisch.

The participants in this query discussion acknowledge and greatly appreciate the tremendous amount of work our Clerk takes on our behalf to prepare for and conduct business meeting. The following discussion generated thoughts about ways in which we could help the clerk manage a

sometimes-unwieldy process.

How can we hold our meetings for business in the spirit of love, understanding and patient search for unity w/o becoming frustrated by differences of opinion or the pressures of time? Holding our business meetings in the spirit of love, understanding and patient search for unity is a practice one member hopes we will carry into our interactions the rest of the week. We would like people we're communicating with to know they have been heard and understood, even if we don't agree.

Returning to worship is the way we ground our discussions – even contentious ones – in meeting. At times, this practice can allow all to feel they've been heard, or if a concern is to be carried forward, to give direction to the discussion.

One member shared how much she appreciates the differences of opinion. How she has had her eyes opened by another member suggesting we look at an issue from a slightly different perspective.

The concern about time is very relevant to many members. A very long business meeting will cause some to think twice before attending the next business meeting. We need to find ways to keep the meetings tight. A member of the finance committee shared that hearing other concerns from meeting informs her of the concerns and priorities of members.

We need to remember to prepare for business meeting before hand by reading the reports. We recognize it is challenging for the Clerk to get the reports out prior to the day of

business meeting, as she may not have them in a timely manner. We encourage committees to take what actions are necessary to ensure that the clerk receives their reports by the day the clerk requests them. Having a chance to review reports prior to the business meeting may catch people's attention and motivate attendance. We need to balance the need to be able to address ad-hoc things that come up and at the same time, not allow business meeting to go on too long.

The process of coming to the sense of the meeting takes time, as we wait on the leading for the Spirit. Asking, what would the Spirit ask of me is a very different question from what do I (or the meeting) want. We believe this would be a good topic to bring to our Quakerism 101 sessions.

Another member suggested we need an additional, preliminary query: Where are all of our members on the second first day of the month? It is vital that our members participate in our decision making that affects the entire meeting and understand the thinking behind our decisions that affect us, corporately. How do we nudge members to attend business meetings because of its importance to our governance? One member reflected that our decisions are too often re-opened and reconsidered, which makes the work of our committees more difficult. If people thought, by not attending, they would not have a voice in decisions at business meeting, they might be more likely to attend.

-- contributed by Susan Myers

#### **Query #4: Harmony Within the Meeting**

*This is my commandment: Love one another as I have loved you John 15:1*

ADVICE: It is sometimes difficult to remember that love is a gift of the Divine Spirit and not simply a human emotion. As imperfect human beings, it is not always possible for us to feel loving toward one another, but by opening ourselves to the Light Within, we can receive and give love beyond our human abilities.

Relationships among meeting members take time to evolve. Sometimes misunderstandings develop. When differences arise, they should not be ignored for the sake of superficial unity. We believe disagreements which might divide or disrupt a meeting can be resolved through human effort and divine grace, and may result in a stronger and more creative meeting.

True harmony depends upon each person's deep respect of and faithful attention to the Divine Spirit within us all. We endeavor to practice humility, attempting to understand positions of others and being aware of the possibility that we may be mistaken.

It is the responsibility of the ministry and counsel committee to be sensitive to needs which may arise.

Others in the meeting may be equally concerned, and because of greater understanding in certain cases, be able to give counsel. In reconciliation of differences, a position not previously considered may prove mutually beneficial. At times it may be necessary to confront individuals whose behavior is

disruptive. A clearness committee or professional help may be suggested in some situations. We must always remember the power of holding one another in the Light, and the healing that comes from forgiving ourselves as well as others.

#### QUERIES

- What can we do to deepen our relationships with one another?
- How does gender affect the way we relate to each other?
- How does our meeting balance the needs for honesty and kindness?
- What topics do we avoid for the sake of “unity”?
- When in conflict with others, do we cultivate a forgiving spirit?
- Do we look to that of God in ourselves and seek to address that of God in those with whom we disagree?

#### Update from the Outreach and Publications Committee

Website. Have you checked out <https://www.desmoinesvalleyfriends.org/> lately? A project of the Outreach & Publications Committee, the website seeks to be a landing page for those who are curious about who we are and a resource site for all. The site includes Welcome, About Friends, Young Friends, FAQ, State of the Meeting, Friendly Line, IYMC, Resources, Contact, Calendar and Members pages.

Information about meeting times and building accessibility is front and center - well, more like front and right sidebar.

The calendar, while not always

fully updated (we’re volunteers here, folks) includes Quaker and/or local like-minded social justice events brought before the meeting, information about second hours and a hosting calendar.

Under the Members page you can find the DMVF Directory, Spiritual Journeys, Forms and Committees. The Forms page has links to the Request for Donation/Payment/Reimbursement form and a Committee Accounting Worksheet, which is an Excel spreadsheet to keep track of your committee’s budget, designated funds and spending.

Facebook. DMVF has a fb page which has expanded our outreach and is also a place to connect with each other. To clarify, this page was set up well before the outreach committee was created, and we’re gratefully incorporating it into the Meeting’s outreach efforts. The group is a public group, which means it’s visible to anyone searching for it. Find it here at <https://www.facebook.com/groups/1685183555043028>.

We’ve recently created Group Rules, which a new member must read and acknowledge before being admitted. These rules are:

1. Our Community - The purpose of our fb page is to share our meeting’s events and activities, news from other Quaker meetings, and broader Quaker-related activities. We also post information about other local peace and justice organizations, activities and events.
2. Be kind and courteous – We

expect all posters to be respectful, and to avoid inappropriate language and polarizing content.

3. No promotions or spam - Off-topic, spam or self-promotion posts are not allowed. Posts that do not meet the posting guidelines will be removed, and repeat offenses may result in removal from the group.

Friendly Line. The Friendly Line you are now reading is a monthly newsletter that includes our Meeting for Worship with Attention to Business minutes, news of F/friends, upcoming events and articles of interest to our meeting. Find past issues on the website.

The Avenues. To help publicize our presence, we also have a new listing on The Avenues of Ingersoll and Grand. Check it out here: <https://www.theavenuesdsm.com/business/des-moines-valley-friends-meeting-quakers/>

There are many other ways the committee and our members reach out to say hello, “Quakers are here,” such as carrying a banner this year at the Des Moines Pride Parade, showing up at peace vigils and mentioning that you attend Quaker meeting in everyday conversations.

Thanks to all who represent our Meeting and Quaker values in ways that often go unnoticed.

The Committee is planning a second hour on outreach in January, and we hope you will attend to share ideas about ways we can more effectively reach those who might benefit from seeking the inner light together as a community.

*- contributed by Katie Jacoby*

## **News of Our Friends**

**Ella Steinbach**, who is a freshman at Roosevelt High School and Central Academy, is on the Roosevelt Dance Team this year.

Congratulations to **Carol Roh Spaulding** (Spaulding-Kruse), who will be honored with the 2024 Emerging Author Award at the Iowa Author Awards Dinner, a benefit for the Des Moines Public Library Foundation, October 10 at the Embassy Suites, in Des Moines.

## **Upcoming Events**

### **Sundance Indigenous Film Tour, Oct 14, 7:00 p.m.**

More info [at the Varsity](#). Showing one night only in celebration of Indigenous People's Day!

**Paying for War, Working for Peace: Nuclear Weapons, Environment, Israel and Palestine, Imperialism, Saturday, Oct. 19, 8:30 a.m. - 5:00 p.m.**, First United Methodist Church, Des Moines. Sponsored by Catholic Peace Ministries, WILPF, AFSC and others. Advance registration requested for a lunch count. Details at: <https://catholicpeaceministry.com/>.

### **Sing with the Meadowlarks, October 26-27, Ames**

Sing with Friends from Iowa Yearly Meeting Quakers Saturday afternoon and evening and Sunday morning. Join all or any part of the gathering. RSVPs are not required. Contact Clerk Carol Spaulding- Kruse or Deborah Fisch for more details or to try to coordinate carpooling.

### **Potluck Recipe: Root vegetable, kale & white bean soup (for 3-5)**

2-3 large sweet potatoes  
2 onions  
4 celery stalks  
5-10 cloves garlic  
3-5 bunches kale  
3-4 cups coconut milk  
2 cans 16 oz. white beans  
1 L vegetable broth  
2 TBS Italian seasoning  
Salt & pepper to taste  
turmeric, chives, cayenne, crushed red pepper  
1. Saute diced onion, celery and minced garlic until sweating.  
2. Add peeled and diced potato/squash and saute 5 min. more w salt.  
3. Add warm broth, coconut milk and kale and beans. Slowly bring to boil then reduce heat to simmer. Add spices & seasoning.  
4. Simmer until root vegetables are soft and garnish with chives or parsley.

### **Upcoming Hosting List**

Oct. 6 – David & Claire  
Oct. 13 – Peter & Andrea  
Oct. 20 – Jim & Catherine  
Oct. 27 – Steve & Kari  
Nov. 3 – Charlie & Dorothy  
Nov 10 - Ann & Carol  
Nov 17 - Deborah & Katie  
Nov. 24 – David & Claire

***Thank you*** to all who support Des Moines Valley Friends in many ways, including through donations, committee service, hosting on first days and caring for our community. You are appreciated!

## **Des Moines Valley Friends**

**Meeting for Worship:** Sundays at 10 a.m., at the Meeting House and by Zoom via email invitation from clerk, Carol Spaulding-Kruse, at

[carol.spaulding@drake.edu](mailto:carol.spaulding@drake.edu)

**Meeting for Worship/Business:** Regularly held on the second First Day each month at 1 p.m.

### **Upcoming Second Hours:**

10/06 –Query #4

10/20 – Friends General Conference - Billie Wade

10/27 – Asylum Seeker Steering Committee Discussion (Andrea)

**Query Discussions:** First Sundays, 11:45 a.m. - Online & in person. Billie Wade, facilitator.

**Child Care:** If you have a child who would like to be included in Zoom childcare or first day school for older youth, contact Dorothy at [dmlifka@yahoo.com](mailto:dmlifka@yahoo.com).

**Building & Grounds:** For questions about the building or grounds of the Meeting House, contact Building & Grounds Committee Convenor, Charlie Brown, 515-689-6470.

**Hospitality Committee:** For questions about housekeeping at the Meeting House, contact Hospitality Committee convenor Charlie Brown, 515-689-6470.

**Friendly Line:** Send info for November FL to Ann Robinson at [anny.robinson1@gmail.com](mailto:anny.robinson1@gmail.com) by Thursday, Oct. 31.

### **Find us online at:**

<https://www.desmoinesvalleyfriends.org/>

**Check out our Facebook group** for members/attenders. To be added, email Jan Falb, at [jfalb0326@yahoo.com](mailto:jfalb0326@yahoo.com).