

Margaret Shirley Holmes Fritchhoff

Shirley Holmes Fritchhoff was born on November 11, 1919 in Shoshone, Idaho to Elizabeth Wimmer and James Robert Holmes. She passed away November 17, 2016 in Tucson Arizona after a brief illness.

Shirley was married to Norman Edgar Fritchhoff for a short time. They had one daughter Melinda "Mende" Fritchhoff Davis, Mende's husband Owen and two grandchildren, Kent (Katie) and Cameron. A long-time resident of Tucson and San Carlos, Mexico, Shirley always called herself a farm girl from Idaho.

Shirley founded and directed Idaho's Coalition for Advocates for the Disabled (COAD). Later she ran the United Cerebral Palsy Foundation of Idaho. Shirley earned a master's degree in sociology from the University of San Francisco and practiced as an art therapist for more than 30 years.

Shirley worked internationally after WWII in Saudi Arabia. She then worked in the United States for the Federal Aviation agency until retirement. She worked full time all while raising a daughter as a single mom.

Shirley looked for a warm and economical place to live in semi-retirement and discovered a pristine stretch of beach at the edge of a nature preserve in San Carlos, Sonora, Mexico. She lived there for over 20 years. She explored her creativity, guided by the gifts of the sea and sand. She led groups and worked with individuals using a variety of methods for self-discovery, utilizing sand tray, a form of art therapy. Shirley brought people together for exploration and reflection. She encouraged one another to find their authenticity and live it.

Shirley strove to be a conscious navigator of her life's ups and downs, as well as twists and turns becoming ever more honest with herself. She spiced her environment and her relationships with humor and taking delight in mischief. An image she loved was the lighthouse. She would say, "It's our responsibility to fuel our light and let it shine into life."

Shirley became a member of Pima Meeting in 1993, transferring from San Diego Meeting. Shirley attended the newly formed Pima Monthly Meeting's Early Meeting and made it a welcoming and cordial time to worship. After the rise of meeting the group stood in a circle and shared. She usually had something to share, mostly wise, which made one think. She invited folks over to her home for coffee after meeting. She was a wise member on Pima Meeting's on Ministry and Oversight Committee. Shirley also served on Adult Education Committee, sharing her wealth of experience working with adults.

Shirley would open her home to the meeting for a spiritually-engaged potluck. Her positive energy was infectious. She would lean in and smile when asking you about your life embracing you with her warmth and love.