



## West Branch Friends Meeting

November 2020

### “Bountiful”

It's been a really hard year, full of loss, fear, uncertainty and lots and lots of hard truths. And yet...

We have reached the time of the year where we are asked to give thanks. Not that we shouldn't/couldn't be doing this every day, but Thanksgiving is all about pushing the pause button and showing our gratitude. Every year, no matter how difficult, I seem to be able to come up with many blessings. What I seem to have run out of this year, are words that can adequately express how grateful I am. Thanks, gratitude, blessing, appreciation, these words seem too pale this year. In light of all we have faced thus far, I feel the need for something shining and strong to express my love and yes, true gratitude, for the things that hold me fast in the midst of everything. So, this year I am turning once again, to one of my favorite songwriters — Peter Mayer. Peter's song “Bountiful” is a unique way for me to express what seems to be stuck in my throat at this moment.

The song ends “if you ever make it down to Bountiful”. That is my profound hope for all of this in this time. Let's make it down to Bountiful. Let's stop in our tracks and give thanks for all that we are and all that we have been given. For our ability to weather the storms. For the kindnesses shown. For the love of a God that never, ever leaves us on our own to fight, or to celebrate. I'm including the lyrics of this song here and you can listen on YouTube. I hope you will listen as well as read. And I hope you make it down to Bountiful.

You don't just say grace · before you dig in · You stand and dance and sway  
· around the kitchen · and feast your eyes, astounded by · what you've been given  
· before you even · sit down · in Bountiful .. And when you allemande ·with the  
pots and pans and the cupboards · you lapse into a trance · and dance like a lover  
· till dinner time has slipped your mind · and you can't recover · like a drunkard ·  
stumbling around · in Bountiful .. And when you fold your hands · you laugh  
·because the words escape you ·so when you pray ·you shut your mouth ·in  
Bountiful .. The harvest moon is high ·in late September ·and life's in great sup-  
ply ·of the sweet and the tender · but it's the whole ordeal before the meal ·you  
will remember ·if you ever ·make it down ·to Bountiful

In Riotous Joy, Pastor Chris



## November Anniversaries, Birthdays, and Upcoming Events

### Anniversaries

November 19: Tim & Donna Behlke

### Birthdays

November 4: Isaac Scott

November 5: Peter Espensen

November 7: Si'iva Senio

November 10: Theresa Arn

Baylee Piegors

November 13: Anji Hinkhouse

November 14: Ruthie Tippin

November 15: Linzee Espensen

November 16: Camila Meren Fuchtman

November 19: Tyler Cermak

November 20: Mike Torkelson

November 21: Alisha Jeddelloh

David Ray

November 27: Maxine Koepf

Malia Senio

## Upcoming Events

November 1: Set clocks back!

Discussion Group — 9:30 a.m.

November 3: Election Day!

November 10: M&C — 7:00 p.m.

November 15: Monthly meeting for Business — 11:45 a.m.

November 24: Stewardship — 7:00 p.m.

November 26: Thanksgiving

November 29: First Sunday of Advent

Special Offering for Community Crisis Center

Pastor Chris off — 5th Sunday

# BLESSINGS AND PRAYERS

## Our Senior Friends

Larry Reiner

Lois Semotan

Marvin and Fran Fritz

Nancy Stacks

Ed and Maria Denmead

Mildred Torkelson



## Joys & Blessings

- New friends joining us in worship
- The opportunity to visit with friends and family in other parts of the state
- The joy of gifts shared in worship: our pianists, special music, children's messages
- Friends helping each other in times of need
- Katy's parents moving to Iowa City —and the joy of having them close

## Requests for Prayer

- Mike Torkelson and family upon the death of his dad Arnold
- Tony and Erin Senio and girls quarantined with covid
- Kathleen's friend Sarah facing a frightening diagnosis
- All those fighting cancer and their families
- Diane, home from the hospital and starting new treatment
- All the front-line workers fighting covid
- All those living and working nursing homes during the pandemic
- Racial injustice
- All those affected by wildfires
- All of those fighting the wildfires
- For our environment
- All those grieving and mourning and marking milestone dates
- Mental health and the lack of funding for needed services
- For all of us on election day

# FAVORITE MEETING RECIPES

## Pumpkin Cheesecake with Oatmeal Cookie Crust

### **For the Crust:**

1 1/2 cups finely ground oatmeal cookie crumbs

1/2 teaspoon ground cinnamon

4 tablespoons unsalted butter, melted

### **For the Filling:**

1 cup pumpkin puree

1/2 cup heavy cream

2 teaspoons pure vanilla extract

1 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/4 teaspoon freshly grated nutmeg

1/4 teaspoon salt

1 1/4 pounds (20 ounces) cream cheese, softened

1/2 cup granulated sugar

1/2 cup firmly packed light brown sugar

1 tablespoon cornstarch

4 large eggs

**For the Crust:** Position a rack in the center of the oven. Preheat oven to 350 degrees. Spray a 9x3 inch springform pan with baking spray. Cut an 18 inch square of heavy duty aluminum foil and wrap the foil around the outside of the pan. Set aside.

Place cookies in the bowl of a food processor and pulse cookies until finely ground. Transfer the crumbs to a medium bowl along with ground cinnamon and mix together. Add melted butter to crumbs and mix til all the crumbs are well coated. Press crumb mixture into an even layer over the bottom of the prepared pan. Bake for 8-10 minutes or until crust turns golden brown. Place pan on a wire rack and allow to cool completely.

**For the Filling:** Reduce oven heat to 325 degrees. In a medium mix bowl, whisk together the pumpkin puree, heavy cream, vanilla extract, cinnamon, ginger, nutmeg, and salt until well combined. IN the bowl of an electric mixer, using the paddle attachment, beat the cream cheese on medium low speed until cream, about 2 minutes. Gradually add the sugars and beat until blended. Add the eggs, one at a time, mixing well after each addition. Add the pumpkin mixture and mix until blended. Then add the cornstarch and mix until just combined. Pour the batter into the cooled crust.

Place the pan in a large roasting pan. Fill the pan with enough water to reach 1 inch up the sides of the springform pan. Bake in the water bath for 70 to 80 minutes, or until the center of the cake is set but slightly wobbly. Remove cake from water bath and place pan on wire rack. Remove foil from pan. Immediately run the tip of a paring knife around the sides of the pan, to prevent the top of the cheesecake from cracking. Let the cake cool completely, then refrigerate for at least 4 hours or overnight before serving. Garnish with toasted pumpkin seeds and whipped cream.

**Looking for a good read and good conversation? How about exploring issues of racial justice?  
Check out these titles and let's talk!**

Examining our own racial biases and learning to talk about race

Me And White Supremacy by Layla F. Saad

White Fragility by Robin J. DiAngelo

How to Be an Antiracist by Ibram X. Kendi

Raising White Kids by Jennifer Harvey

Holding Up Your Corner: Talking about Race in Your Community by F. Willis Johnson

Exploring issues stemming from racism

Tears We Cannot Stop by Michael Eric Dyson

Nobody Cries When We Die by Patrick B. Reyes

Between the World and Me by T-Nehisi Coates

The New Jim Crow by Michelle Alexander

Just Mercy by Bryan Stevenson

Separated by Jacob Soboroff

Seven Fallen Feathers by Tanya Talaga

Medical Apartheid by Harriet A. Washington

The Things I Would Tell You: British Muslim Women Write edited by Sabrina Mahfouz

Religion and Race

The Cross and the Lynching Tree by James Cone

Dear Church by Lenny Duncan

Radical Dharma by Rev. angel Kyodo williams, Lama Rod Owens and Jasmine Syedullah, PhD (Buddhism)

Race in a Post-Obama America: The Church Responds by David Maxwell

White Christian Privilege by Khyati Y. Joshi

History

A People's History of the United States by Howard Zinn

The Warmth of Other Suns by Isabel Wilkerson

Harvest of Empire: A History of Latinos in America by Juan Gonzalez

Killers of the Flower Moon: The Osage Murders and the Birth of the FBI by David Grann

An Indigenous Peoples' History of the United States by Roxanne Dunbar-Ortiz

From a little book called:

leading with love: Inspiration for Spiritual Activists

When I climbed up in that tree I was new to activism, but I soon realized that we had become so good at defining what we were against that what we were against was beginning to define us. I saw the problem in meetings where activists were “clear-cutting” each other with their words and their anger. As people were talking I could literally hear the chainsaws in their words, cutting each other apart. I saw that peace rallies had become anti-war rallies, places where I couldn’t even walk up close to the rally because of the way people were speaking through the megaphone: it sounded like they were dropping bombs

This all became clear to me about halfway through my time in the tree, when I was experiencing a lot of pain and really felt like I was falling apart. That’s when I went deeper and realized I had climbed up in the tree not because I was angry at corporations and governments — although I was angry at them — but because I loved the forest and I loved the planet and I love this sacred life that we’re all a part of. And so I began to approach all the issues from that place of love.

Julia Butterfly Hill