

West Branch Friends.....June, 2020

Hey, Friends... let me introduce you to Big Oak, a very fine, old, oak tree that sits along my walk on Friendship Street each day. Big Oak and I have been friends for a number of years now, and if by any chance you have been tuning in to our weekly zoom worship services, you may have heard me talk about Big Oak, and how the mighty branches have been very slow to sprout their shimmering green leaves this spring. Big Oak and I have been having several theological discussions on my walks each day, and Big Oak may not realize the impact s/he has had on my thinking!



Jesus often compared our spiritual life to things other than humans....he said we were to be bread of life, living water, and light in a dark world. Since Jesus roamed the rural areas around Galilee, he would have never seen an oak tree, but if he had, maybe he would have also said our Christian lives should be like the oak: strong, able to withstand high winds, have deep roots, and produce seeds of wisdom to help future generations be successful in whatever life might throw at them.

In the front of the house where we raised the four kids, there was a huge maple tree that provided much needed shade from the summer sun in the south. The kids played in the sand box under her limbs, tried to climb her huge trunk (with no success), and a swing or two graced her sturdy lower limb. But, sadly, my beautiful maple outgrew her girth and became hollow in the middle and was finally taken down, destroyed, before a wind caused a catastrophe of the maple falling onto the house.

I don't want my spiritual life to be a maple....strong on the outside, hollow inside with doubts that cause my faith to be cut down. No, I want to be a Big Oak believer with strong roots, and seeds of knowledge and experience to leave as my legacy. There's always a choice of what to believe and how to act, so my advice is just to be a Big Oak Christian, but still enjoy all the varieties of trees (and religions) that can enrich our lives!

Happy Tree Watching....Pastor Sue



June Birthdays, Anniversaries And Upcoming Events

Anniversaries

June 19: Jane and Geery Cadwallader Howe

June 26: Ben and Judy Clark

Birthdays

June 1: Gwen Senio

June 6: Justin Kane

June 7: Erin Senio

June 8: Lisa Baum

June 16: Tony Senio

June 17: Laura Scott

June 22: Eric Alvarez

June 28: Meredith Glasson-Darling

June 28: Simon Meren Fuchtman

June 29: Jim Glasson

June Events at West Branch Friends: ^L_{SEP}

Please note there will be no June Camps at Quaker Heights this year.

June 02: Ministry and Counsel, 7 PM

June 09: Endowment Committee, 7 PM

June 11: Crestview worship, 2 PM

June 14: Monthly Meeting for Business

June 21: Father's Day

June 23: Stewardship Committee, 7 PM

June 28: Special offering: Domestic Violence Intervention Program

June 30: Trustees Committee, 7 PM

Congratulations to WBHS graduates Peter Espensen and Regina Casco! Had the pandemic not required exchange student Victoria Skansen to return to her home in Norway, she would also have been with this graduating class.

Which West Branch Friend Am I

??????

My favorite food is: *That's an impossible question. There's so much good food out there. Maybe today I'll choose sweet potato fries from NODO with that yummy aioli. For dessert, I've been making a mean chocolate chip cranberry scone.*

The best book (other than the Bible) I ever read was: *Love Medicine* by Louise Erdrich (and a billion more – so many good books)!

My favorite hymn is: *"Come Thou Fount of Every Blessing"*

I spent my early years in: *Ankeny, Iowa*

I have *2* children.

My favorite color is: *Blue-Green, but recently I've been enamored with pink-orange.*

The scripture most meaningful to me is: *Still pondering!*

My favorite season is: *Fall (although spring has been lovely).*


My favorite thing about West Branch Friends Meeting is:
The community and honesty.

Who Am I?

See the answer to this month's mystery friend at the end of this newsletter.

June 2020

WBFC Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Gwen Senio #	2 7:00 M&C**	3	4	5	6 Justin Kane # Mary Malcom #
7 Erin Senio # Betsy English #	8 Lisa Baum #	9 7:00 Endowment**	10	11 2:00 Crestview**	12	13
14	15 Judy Elyson #	16 Tony Senio #	17 Laura Scott # Keith Hemingway #	18	19 Jane Cadwallader & Geeny Howe *	20
11:45 Monthly Mtg for Business**						
21 Father's Day Don Swartzendruber #	22 Eric Alvarez #	23	24	25	26 Ben & Judy Clark *	27
28 * Simon Meren Fuchtmann # Meredith Glasson- Darling # Jens & Denise Lee*	29 Jim Glasson #	30 7:00 Stewardship**				KEY: Birthdays # Anniversaries *
Gathering Music – 10:20 am Meeting for Worship – 10:30 am Prayer Group – Mondays 9:30 am *Special Offering for DVP on June 28			**All meetings and events are tentatively scheduled or may be held electronically if possible.			

Roscoe's Ramblings

June, 2018 Remembrance

Since I wrote my ramblings years ago, my life has changed considerably, so it seems my subject matter has dwindled. Oh, maybe not. Of course ***I*** have changed from more agriculture to less, as I moved from my beloved 1722 Grant Avenue to Springdale. Nothing against Springdale, but it's just not the farm. I go to the farm frequently, and I whistle and talk to the cows and calves and they come and stand and look at me while chewing their cud, and they seem to say 'we miss you!' They can't talk with their mouths full though.



97 years young author Roscoe Millett

I can't remember if I wrote about the cats. This was 4-5 years ago, and I didn't have any at the time. Then all of a sudden one day two beautiful, healthy kittens showed up at my back door. Of course I fed them and determined they were of the opposite sex. At that point I didn't know if they were mine, and I didn't know if they would stay overnight, but I named them JOY and JOEY. To my excitement they were, indeed, there the next morning and wanted their breakfast. JOY is still with me and as beautiful and happy as ever. Joey, in his travels, must have met his doom!

I can still get excited when I go to the farm. Helen and I used to try to attract purple martens and had some luck, but Tony has a big apartment building for their home, now, and I think he said he had 11 marten families this spring. Goodbye bugs !!!!! They are noted for bug consumption. I hope gnats are one of their favorite delicacies!!!

When it comes time to make hay, I may be seen on the tractor, mowing. But don't count on it, boys - I'm about to have my 97th birthday!!!!!!

"One final Roscoe's Ramblings....Roscoe will always remain one of our beloved saints!"

Blessings! RM

June Worship Help

As you can see, we are still in a holding pattern with our worship services, continuing to utilize Zoom applications; if, however, you would like to offer your gifts of music, children's messages, or leading worship, be sure and let Pastor Sue, Jim Glasson, or Gwen Senio know!



Favorite Meeting Recipes

Bananas Foster

From the kitchen of Kathleen Darling

Ingredients:

- ½ C packed light brown sugar
- ½ C. refrigerated orange juice
- 2 T. buttery spread (such as Smart Balance) or butter
- ½ t. ground cinnamon
- 2 large ripe bananas, peel, cut in half lengthwise, then cut crosswise in half
- 1/8 t. almond extract
- 2 C. frozen nonfat vanilla yogurt (or non-dairy frozen ice cream)

Directions:

1. Heat a large skillet over medium heat. Add brown sugar, orange juice, buttery spread, and cinnamon and heat to boiling over medium-high heat, whisking occasionally; reduce heat to medium. Add the bananas and cook 4-5 minutes or just until soft; stir in almond extract.
2. In each of 4 small bowls, place ½ C. frozen yogurt or ice cream. Spoon 2 pieces banana and 3 T. sauce over and around the frozen yogurt in each bowl. And enjoy!!

This is a gluten-free and low calorie treat, but oh so delicious and nutritious!



Keeping in Prayer

Our Senior Friends

Larry Reiner
Lois Semotan
Marvin and Fran Fritz
Nancy Stacks
Ed and Maria Denmead
Arnold and Mildred Torkelson



Those fighting Cancers:

Diane Painter
Loren Hemingway (and Donna)
Lyn Kane – precancerous face lesions

Other Prayer Needs:

- ***The unrest over the George Floyd murder.***

All those dealing with the COVID-19 virus:

- The ill and suffering
- the care givers working to save lives;
- the anxiety felt by many as we begin to return to businesses and leisure activity.
- Workers in nursing homes and on production lines

Joys and Blessings

- Awarding a peace scholarship to A Scattergood student.
- A great zoom gathering of friends from all parts of the US and even England!
- Celebrating our graduating seniors:
Peter Espensen,
Regina Casco, and
Victoria Skansen
- Helpful parole officers
- Enjoying nature during the pandemic

Prayer is an act of love; words are not needed. Even if sickness distracts from thoughts, all that is needed is the will to love.

-St. Teresa of Avila

IA.Y.M. News

- **Both Mike & Justin have both returned home following hospitalization from Covid19!! Thank You for your prayers!**
 - Previously reported: **Mike Moyer**, Stewardship Board co-clerk and College Avenue member
 - His walking is improving along with his thinking process. Now if we can just keep him home for longer than a week!! Thank you sooo much for your prayers as Mike continues to regain his strength."
 - **Justin Weber**, Pastor of Honey Creek New Providence Friends is also hospitalized from complications of the Covid19 virus. Justin continues to improve! **Please watch this video documenting Justin's release from the hospital:**
 - <https://kwwl.com/2020/05/20/recovered-first-patient-to-be-diagnosed-with-covid-19-at-allen-hospital-discharged-wednesday/>
 - Pray that this current situation concerning the Coronavirus will come to an end.
- Remember **Nancy Bontempo**, pastor at Sturgeon Bay Friends, has completed her treatments after a breast cancer diagnosis, surgery, chemo, and radiation!! Praise God from Whom All Blessings Flow!
- Pray for the health of **Mary Glen Hadley** (former missionary, pastor, and active participant in IAYM) as she battles cancer. **Mary Glenn Hadley moved to The Village. She has to remain in isolation for 14 days but can receive cards. After 14 days she will be moved to a room on the nursing care floor. Her current address is Juniper Room 1216, 1203 N. E St.; Indianola, IA 50125.**
- Pray for our **churches seeking pastoral candidates**
 - Marshalltown
 - Motor
 - Salem
 - College Ave
 - Trinity
- Pray that Iowa Yearly Meeting would continue to **pursue the mission** that has been adopted
- Let us continue to collectively pray for **revival** in our midst
- ***Continue to pray for the people, churches, churches seeking pastoral candidates, pastors, boards, mission, and staff of Iowa Yearly Meeting!***

Keep Praying! God is hearing and answering our prayers.

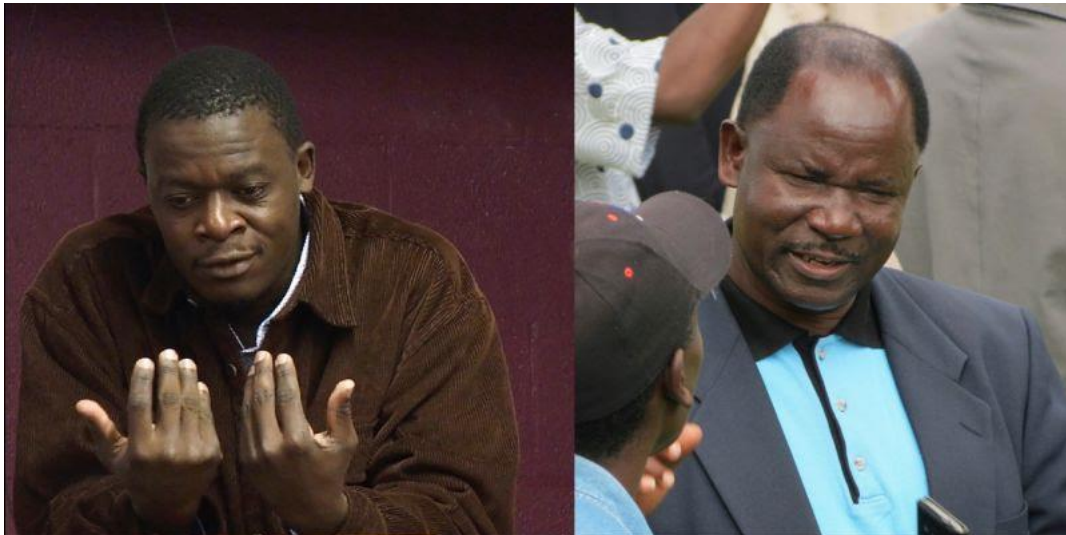
Upcoming events

- **Summer Camp Dates:** It is with a heavy heart that we (with our camp board) have decided to **POSTPONE** all youth camps and groups for the month of June. We are looking for feedback from parents to decide about having youth camps later in the summer. Please fill out our survey if you are a parent of a youth camper on our Instagram or Facebook page. We also ask that you keep Quaker Heights in your prayers
- **Kaleo Academy:** Please Read this news release regarding this year's academy event ([read here](#))
- **FUM Triennial** in Kisumu, Kenya ****POSTPONED**** until 2021 (<https://www.friendsunitedmeeting.org/connect/triennial>)
- August 8th: **USFW Celebration of Service & Kenyan Tea** - **canceled**
- September 11-13: **Family Camp**
- October 2-4: **Man Camp**
- Nov. 11-13, 2020: **Church Multiplication Conference**
(More info to come)
- November 13-14, 2020: **Iowa Yearly Meeting Sessions** (at the conclusion of the Multiplication Conference)

*Iowa Yearly Meeting Offices are located at:
411 College Ave.; Oskaloosa, IA 52577
Phone: 641-673-9717*

*Additional information with regard to Iowa Yearly Meeting of Friends may be found on their website:
www.iaym.org*

F.U.M. MISSION NEWS



Usually, this is the time of year when FUM's field staff are traveling to our Meetings and Churches to raise awareness and support for their ministries. Unfortunately, this year we will not be doing that. Although the three-year terms of [Oscar Mmbali](#) and [Robert Wafula](#) are scheduled to be renewed in September 2020, the COVID-19 threat and associated travel restrictions are preventing them from traveling to raise their support. Because of these challenges, the Executive Board of FUM has lifted the policy requiring field staff to raise their entire support for a three-year term before they are released for ministry.

Instead, FUM, Oscar, and Robert are working to raise their ministry support for one year, with the expectation that the remaining amount will be raised by December 2021.

You can donate directly to support Robert's or Oscar's ministry accounts, or by giving to the Global Impact Fund, or by making a three-year commitment to support their ministries. If you wish to renew your current support or make a new commitment, please go [here for Oscar Mmbali](#), and [here for Robert Wafula](#).



From Belize City, Nikki Holland writes:

During these days of closure, Belize Friends has been working to share food packages with our community every week. The food packages consist of foods that are staples here—rice, beans (or split peas when beans are not available), flour, sugar, shortening, oil, baking powder, cans of sausage, toilet paper, bleach, soap, and sometimes a sweet treat like packages of cookies. Usually on Mondays, we assemble about 48 packages, and on Tuesdays we deliver them. It is really wonderful to see people in our community, however briefly and distantly.

Sometimes we can connect about a neighbor that has passed away or phones that are having problems, and sometimes we receive a gift of cake or creole bread or first aid (when I suffered an injury that is now healing very well)...

[Read more here in Nikki's newsletter](#), and drop her a line or catch her on Facebook to say congratulations: Nikki just received her Masters of Divinity degree!

This month's mystery friend is Katy Meren Fuchtman!

The Trees and Me....Thoughts on a May Walk

**Ah...the budding trees in spring...
The joy of the flowering crabs,
Green leaves, filling in the gaps.
The fluffy maples...so quick to sprout...
Yet the towering oaks?
Still look barren to me.
Those might oaks – they speak to me;
They call out maturity,
And longevity,
And peace.
And they remind me of life, and love, and patience.
Good things come to those who wait...
Or so I'm told.
But my patience is thin...I want things now!
My long-held hopes, my dreams, my next meal.
I see so many other's lives
Fill out so quickly, like the maples
While my branches have those oak gaps
And I'm disappointed...
In myself, in my choices, in my failures.
But then I remember the tall oaks
And I give thanks for my sturdy trunk
And the promise of new life that's always there
Just waiting to blossom.
And I'm content to wait.
Next month I'll walk again and see the oaks
And they will shout with life
And I will know...God in the trees
Promises me good things will come...
And that I am already loved!**

S.Mc 5-12-20