

# West Branch Friends October, 2019

I'm guessing I'm not the only one who is concerned about the environment, and with a new fall season of dying to renew and produce new life, I'm wondering if we, as believers of a God of love and followers of Jesus, should have a dying of our old ways of using and abusing the earth we all share. If we take a look at the creation story in Genesis, we are told to care for everything that moves on the earth, and I'm thinking we aren't doing a very good job of this task! Here's the command from Genesis 1: 26-28 (The Message):

*"God spoke: "Let us make human beings in our image, make them reflecting our nature So they can be responsible for the fish in the sea, the birds in the air, the cattle, And, yes, Earth itself, and every animal that moves on the face of Earth. God created human beings; he created them godlike, reflecting God's nature. He created them male and female. God blessed them "Prosper! Reproduce! Fill Earth! Take charge! Be responsible for fish in the sea and birds in the air, for every living thing that moves on the face of Earth."*

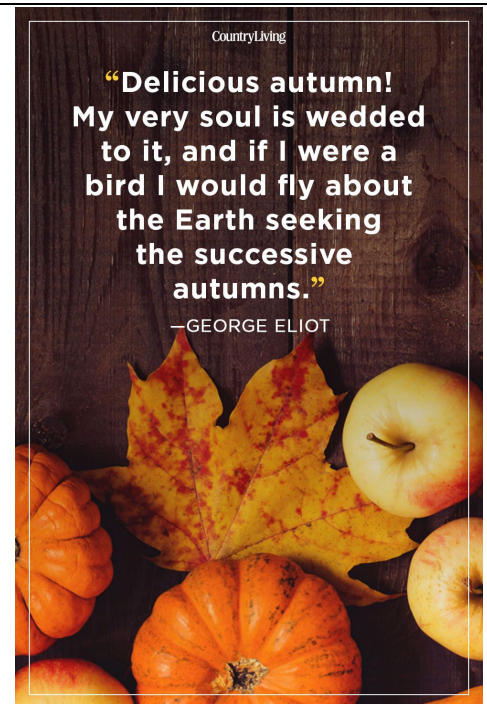
Here are some startling facts. According to the Washington Post, North America has lost 3 BILLION birds the last 50 years due to habitat loss, pesticides, cats, and light. The declines have hit sparrows, finches, warblers, thrushes, swallows and many other familiar groups.

And you can ask any environmental scientist about what our warming atmosphere is doing, and s/he will tell you we're slowly destroying our earth as we know it, with melting ice caps, warming seas threatening to flood many coastal cities all over the world, extreme heat causing droughts and wrecking farming in countries like Afghanistan, hurricanes more powerful than ever seen in the past, and almost 30,000 species of animals facing extinction due to our human activities of over-fishing, hunting and land development.

We are one of the most powerful – and yet destructive – nations in the world, and still we choose our own pleasures and self-interests rather than focusing on ways we can scale back our dependence on fossil fuels and carbon emissions, our love of plastics that are choking our oceans, and chemicals that pollute our ground waters.

We are tasked with taking care of our world, and in this fall season of the living green in our area dying, may this be a wake-up call that we need to speak out, contact our lawmakers, and use our voting privileges to support candidates who make saving the environment one of their priorities. It's time, F/friends, we do our part to protect our earth!

*In love, Pastor Sue*





## October Birthdays, Anniversaries And Upcoming Events

### Anniversaries

Oct. 8 – Tony & Erin Senio  
Oct. 11 – Judy Ellyson & Don Swartzendruber  
Oct. 15 – Eric & Stacey Alvarez  
Oct. 21 – Mike Torkelson & Mary Denmead

### Birthdays

October 04: Jasper Alvarez  
October 09: Chad Cermak  
October 10: Emily Hemingway  
October 16: Brian Espensen  
October 17: Lucy Hansen, Benjamin Lewis  
October 19: Mike Meisner  
October 25: Harper Kane  
October 29: Andrea Lewis

### October Events at West Branch Friends:

October 01: Ministry and Counsel, 7 PM  
October 02: Choir rehearsal, 7:30 PM  
October 06: First Sunday Discussion Time, 9:30 AM  
October 08: Endowment Committee, 7 PM  
October 10: Crestview Service, 2 PM  
October 16: Bell Choir Rehearsal, 7 PM  
October 20: Monthly Meeting, carry in lunch after worship  
October 22: Stewardship Committee Meeting, 7 PM  
October 23: Choir rehearsal, 7:30 PM  
October 27: Special offering for Domestic Violence Intervention Program  
October 29: Trustees Committee meeting, 7 PM

*\*The Domestic Violence Intervention Program of Iowa City (DVIP) began in 1977. The list of most-needed items includes: jackets and cold weather clothing, pillows, baby bottles, hair conditioner, baby formula, laundry detergent (both high efficiency and regular), used cell phones chargers, travel sized Ibuprofen and Tylenol, towels and washcloths, women's underwear sized 7-10. For more information, please call DVIP at 800-373-1043*

# Which West Branch Friend Am I ??????

My favorite food is: *Stuffed Cabbage and Prime Rib*

The best book (other than the Bible) I ever read was:

*Marjorie Morningstar by Herman Wouk*

My favorite hymn is: *"Thank You for Unanswered Prayers" by Garth Brooks*

I spent my early years in: *Suburbs of Philadelphia, Cheltenham Township.*

I have **one** child.

My favorite color is: *Pink and Purple*

The scripture most meaningful to me is: *Psalms 23*

My favorite season is: *Summer*

My favorite thing about West Branch Friends Meeting is:

*Fellowship and the fact we all believe in God. As well as the fact that I am accepted even though I don't believe in Jesus.*

Who Am I?

Last month's mystery friend was: *Stan Hinkhouse*

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

# Caring Calendar

## October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>KEY:</b> <b>Birthdays #</b> <b>Anniversaries *</b>		1 Deborah Dee <i>7:00 M&amp;C</i>	2 Jeff & Maxine Koepp <i>7:30 Choir</i>	3 Alan Bohanan & Sally Peck	4 Jasper Alvarez #	5 Ed & Tanya English
6 Regina Cosco <i>9:30 am Discussion Group</i>	7 Mynor & Katy, Camila, Simon Meren Fuchtman	8 Tony & Erin Senio * Sharon Treloar # <i>7:00 Endowment</i>	9 Chad Cermak #	10 Emily Hemingway # <i>2:00 Crestview</i>	11 Judy Ellyson & Don Swartzendruber *	12 Lois Semotan
13 Roscoe Millett	14 Jim & Ruth Blayer	15 Eric & Stacey Alvarez * Joe & Sharon Treloar *	16 Brian Espensen # <i>7:00 Handbells</i>	17 Lucy Hansen # Benjamin Lewis #	18 Larry Reiner	19 Mike Meisner #
20 Margaret Hurst <i>11:45 Potluck &amp; Monthly Meeting</i>	21 Mike Torkelson & Mary Denmead *	22 Lisa Baum <i>7:00 Stewardship</i>	23 Gwen Senio <i>7:30 Choir</i>	24 Jennifer Peck	25 Harper Kane #	26 Ryan & Lauren, Ted, Ben, Lucas, Eli Bowers
27 Sue McCracken <i>Special Offering for DVIP</i>	28 Chad Meisner #	29 Andrea Lewis # <i>7:00 Trustees</i>	30 Ben Wedeking	31 <i>Halloween</i> Micheala & Corinda Wolfram		



**Gathering Music 10:20 am**  
**Meeting for Worship – 10:30 am**  
**Prayer Group – Mondays 9:30 am at the Meetinghouse**

## ***Roscoe's Ramblings***

***(Reprinted from 2005; seemed like a fitting remembrance since Roscoe was a long-time trustee who helped orchestrate many of the improvements to the meeting house, including the elevator, and is now the one most often using these additions!)***

***"In my ramblings this time, I want to highlight the new addition to our beloved meeting house. It was our desire to have a larger canopy over the back door entrance, and hopefully include some much-needed storage. Now those of us who park and enter the building through the west entrance are welcomed by this beautiful approach.***

***Roger Laughlin was our designer and builder and we were very pleased with his work. He was able to match the brick so the new portion blends well with the original, and it covers what was a less attractive place where the coal bin had been removed. The storage room gives us room for air conditioners, snow removal equipment, garden hoses, and other things that have crowded and cluttered the small storage room in the basement. A porch swing has been added for your leisure enjoyment.***

***Ecclesiastes 3 tells us there is a time for this and a time for that, and I have some other times that are important! It's time to praise and give thanks to God. As fall is here, it's time for another bountiful harvest, time to rake leaves, time to turn the clock back, time to wean calves and listen to the noise, time to dig gladiolus bulbs, time to zip in the lining in your coat, close the storm windows, remove the window air conditioners, and put them in the new storage room, rake leaves again, check the antifreeze, and plant tulip and jonquil bulbs. And any time is the right time to come and worship with us at WBF and sit and meditate awhile on our new porch swing!!! And it's time to praise and thank God again.***

***Blessings to all, Roscoe***



*96 years young author Roscoe*

# *October Worship Team Volunteers*



## October 06

Greeter: Mike and Nina Torkelson  
Facing Bench: Gwen Senio  
Special Music: Mary Denmead  
Children's Message: Volunteer?  
Children's Church teacher: Micheala Wolfram  
Gathering music: Diane Painter  
Pianist: Julie Tallman

## October 13

Greeter: Larry Reiner  
Facing Bench: Anita Starr  
Special Music: Choir  
Children's Message: Henry and Priscilla  
Children's Church teacher: Gwen Senio  
Gathering music: Jim Glasson  
Pianist: Elaine Wedeking

## October 20

Greeter: Gordon Edgar  
Facing Bench: Teresa Winder  
Special Music: Bell Choir  
Children's Message: Hilda Bowers  
Children's Church teacher: Mary Denmead  
Pianist: Jonny Stax

## October 27

Greeter: Lois Semotan  
Facing Bench: Stan Hinkhouse  
Special Music: Choir  
Children's Message: Tanya English  
Children's Church teacher: Theresa Arn  
Pianist: Elaine Wedeking

***Favorite Meeting Recipes***  
***Oatmeal Chocolate Chip Cake!***  
***From the Kitchen of Maxine Koepp***

(Enjoyed by all during our Welcome Back Sunday lunch!)

**Ingredients:**

- 1 3/4 Cup boiling water
- 1 Cup uncooked oatmeal\*
- 1 Cup brown sugar
- 1 Cup white sugar
- 1/2 Cup margarine
- 1 1/2 Cup flour
- 1 tsp soda
- 1/2 tsp salt
- 4 Tbsp cocoa
- 1 12 oz package chocolate chips

Pour boiling water over oatmeal and let stand 10 minutes. Add sugars and margarine until margarine melts. Mix dry ingredients and add to oatmeal mixture. Add 1/2 of the chocolate chips and put into floured 9X13 pan. Sprinkle rest of chips on top. Bake 350 degrees for 40 minutes.



## **Keeping in Prayer**

### **Our Senior Friends**

Roscoe Millett

Larry Reiner

Lois Semotan

Marvin and Fran Fritz

Wayne and Nancy Stacks

Ed and Maria Denmead

Darlene Baum



Remembering our faithful elders!

### **Other Concerns**

- All who have been recently diagnosed with cancer, those currently in treatment, and those in remission.
- The families who have lost loved ones to a variety of illnesses.
- All who will be traveling in October.

### **Praise Notes:**

- Ben Wedeking passed his law bar exam and has a new job!
- Darlene Baum's recovery from two hip surgeries!
- Lyn's friend, Barbara, getting her drivers' license back after experiencing seizures and unable to drive for six months.
- We were excited to have Roger Wosley, author of Kissing Fish: Christianity for People Who Don't Much Care for Christianity join us for worship thanks to an invitation from Jennifer Peck who was returning for a visit.

*While doing centering prayer, the practice is to let go of any thought or perception. The priority is to be as silent as possible and when that is not possible to let the noise of the thoughts be the sacred symbol for a while, without analyzing them.*

*Thomas Keating*

# IA.Y.M. News

## Calendar of Upcoming Events

- October 3-5: **FUM Board** in Richmond, IN
- October 12-13: Winnishiek **Quarterly Meeting** at Valton Friends Church
- October 4-6: **Man Camp @ CQH**
- October 18-22: **Pastor's Retreat & Conference**
- November 2: **All-Boards Retreat**

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## PRAYER REQUESTS



- Our sympathy to **Missi Bogaard**, wife of Pastor Jamie Bogaard of Lynnville Friends, in the recent loss of her father.
- Pray for **Patrick Muganda and his wife, Seliena**, as they adjust to life in the States after moving here from Africa. They will be leading our International Friends Church in Minneapolis, MN.
- **Grace Showalter**, daughter of superintendent Tom Showalter, was recently found having a very low blood platelet count. Normal is 150,000 and over. Hers began at 5,000:
  - **8-7-19 Update:** Grace continues to be weaned from the steroid and yet her platelet count remains at 225,000. Praise the Lord!
  - **9-3-19 Update:** Grace's numbers dropped and are currently at 15,000. Prayers would be appreciated an appointment on 9-5 at the University of Iowa Children's Hospital!
    - Weekly infusion appointments will be taking place for 4-6 weeks.
- Pray for **Paul Martin**, pastor at Riverside Friends in Mason City, IA. Paul fell and has several broken bones in his foot.
  - Update: Paul will be wearing a boot for several weeks to stabilize the breaks.
- Remember **Nancy Bontempo**, pastor at Sturgeon Bay Friends. She has been diagnosed with breast cancer. She will be continuing treatment in the Chicago area (Cancer Treatment Center).
- Pray for our **churches seeking pastoral candidates**
  - Bear Creek
  - Earlham
- Pray that Iowa Yearly Meeting would continue to **pursue the mission** that has been adopted

# F.U.M. MISSION NEWS

## 2020 F.U.M. Triennial!!

Are you planning to travel to Kenya next July to attend the big [Triennial](#)? Do you want to visit ministry projects or see some of the country's beautiful wildlife while you're there, but don't know how to organize a trip like that on your own? Never fear – FUM will do the organizing for you!

Shawn and Katrina McConaughey, FUM field staff in the Africa Ministries Office, are currently working on a variety of pre- and post-Triennial excursions that will be well-planned and reasonably-priced, including:



- celebrating Turkana Friends Mission's 50<sup>th</sup> anniversary
- training in Alternatives to Violence and/or Trauma Healing in a mixed group of African and international Friends
- learning about the various poverty-alleviation ministries of Kenyan Friends, including things like the micro-enterprise projects sponsored by Right Sharing of World Resources, biosand water filter projects, and the work of Rural Service Project
- visiting Samburu Friends Mission to witness their explosive church planting growth
- peer-to-peer shadowing and in-service training for health care professionals at Lugulu Hospital
- learning about how climate change impacts Kenya, and visiting some of the environmental protection ministries of Friends
- a tour of the important sites in the founding and early development of Kenyan Quakerism
- training in various Sunday School curricula and teaching methodologies in a mixed group of African and international Friends
- visiting some of the very large Friends Churches in Nairobi and learning about urban ministry in the African context
- ... and of course, opportunities for the quintessential African wildlife safari experience! We plan to offer a special safari option for families with young children, in addition to an "ordinary" safari for adults (not that a safari is ever ordinary!)

Many of these options are still in process of being finalized, so the list of offerings might be different from what you see here. But you can count on finding something that sparks your interest! All of the details will be available when the registration process opens in November. If you have any questions in the meantime, contact Eden Grace at [edeng@fum.org](mailto:edeng@fum.org).

## *World Quaker Day: October 6th, 2019*



Friends World Committee on Consultation invites you to join Quakers around the world for the 6th annual World Quaker Day on October 6, 2019. This year's theme is *Sustainability: Planting Seeds of Renewal for the World We Love*.

Across our Churches, Meetings, countries and sections, we feel the power of God connecting us in to a faithful family. We celebrate all expressions of Quaker worship! Check out [FWCC's resource page](#) for ideas to help your congregation celebrate.

*(What seeds should we be planting in West Branch?)*



Foundation 2 Mobile Crisis Outreach is now available, at **no cost** to individuals located in the Cedar, Clinton, Jackson, Muscatine and Scott Counties; 24 hours a day, 7 days a week by calling The Eastern Region Crisis Line at:

**1-844-430-0375**

### **Experiencing a Crisis?**

When a service provider, medical professional, employer, family member, friend or individual believes a situation would benefit from on-site crisis intervention, they can call 1-844-430-0375 to discuss Mobile Crisis Outreach with Foundation 2 staff.

### *What to Expect?*

Mobile Crisis Outreach is confidential. We know that reaching out isn't always easy—it's OK to feel nervous or even uncomfortable at first.

Our counselors approach each dispatch with an open mind, and with respect to you and your situation. We're here to listen, give you information, and explore safe options to help you in your time of crisis.

We give you control of the conversation, but we understand that sometimes it's hard to put your feelings into words. If you're unsure how to start the conversation, we can begin by asking you a few questions about your situation. If you don't know what to say, that's OK. There is no cost for utilizing Mobile Crisis Outreach.

### **How does Mobile Crisis Outreach Work?**

A team of counselors will be dispatched, usually arriving on site within 60 minutes to:

- Assess the situation
- Attempt to stabilize and diffuse the crisis
- Provide counseling as needed
- Provide referrals to other Foundation 2 or community resources (follow-up 24 hours later by a case worker)

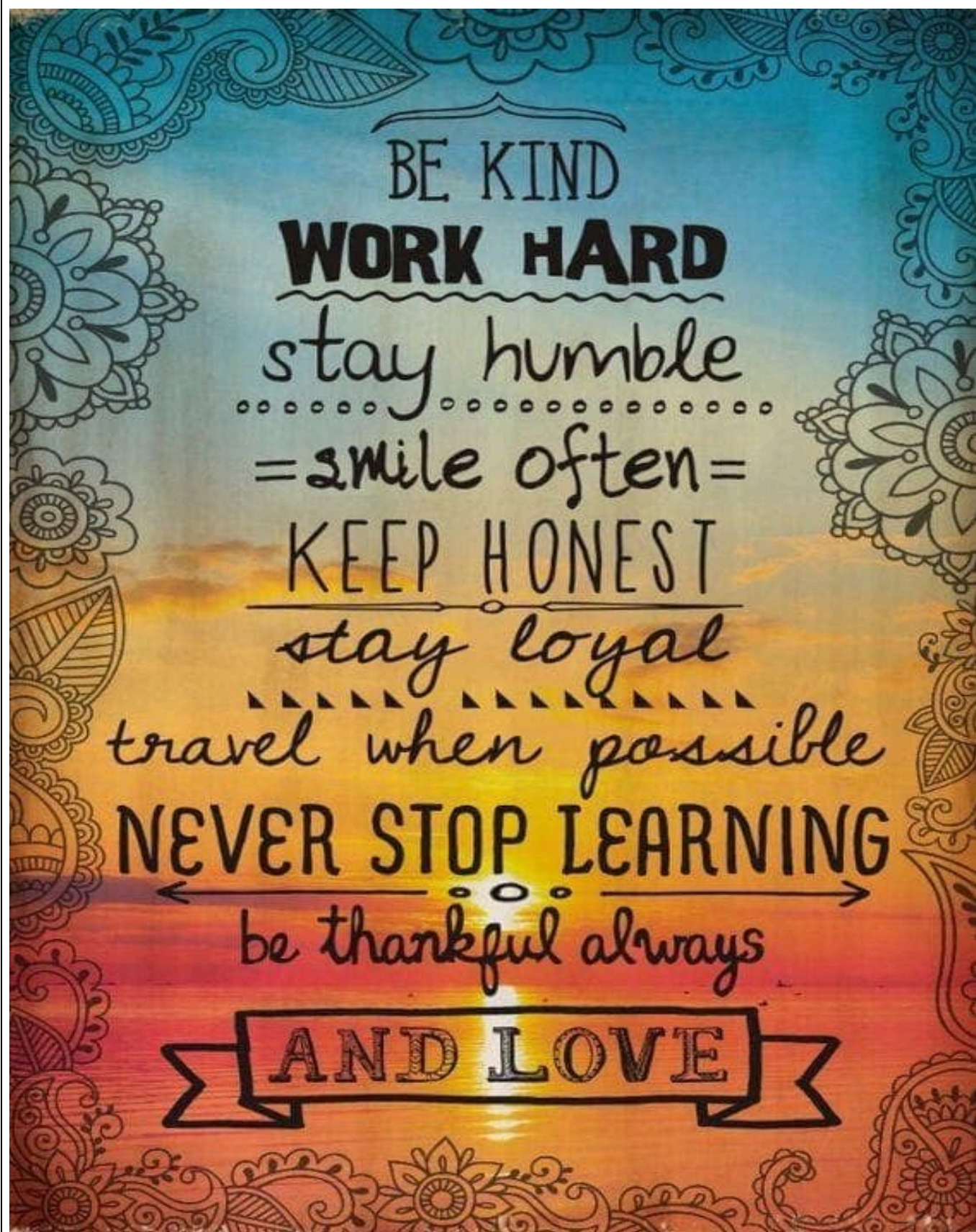
### **Questions?** Go to [www.foundation2.org](http://www.foundation2.org)

Email: Kelly Herd, Mobile Crisis Outreach Program Coordinator [kherd@foundation2.org](mailto:kherd@foundation2.org)

Email: Jen Tamayo, Manager Eastern Iowa Region Crisis System [jennifer.tamayo@unitypoint.org](mailto:jennifer.tamayo@unitypoint.org)



**Funded By:**



*This Month's Mystery Friend is Lyn Kane!*