

MAY 2026

NOTES FROM FRIENDS

The monthly newsletter of West Branch Friends Church



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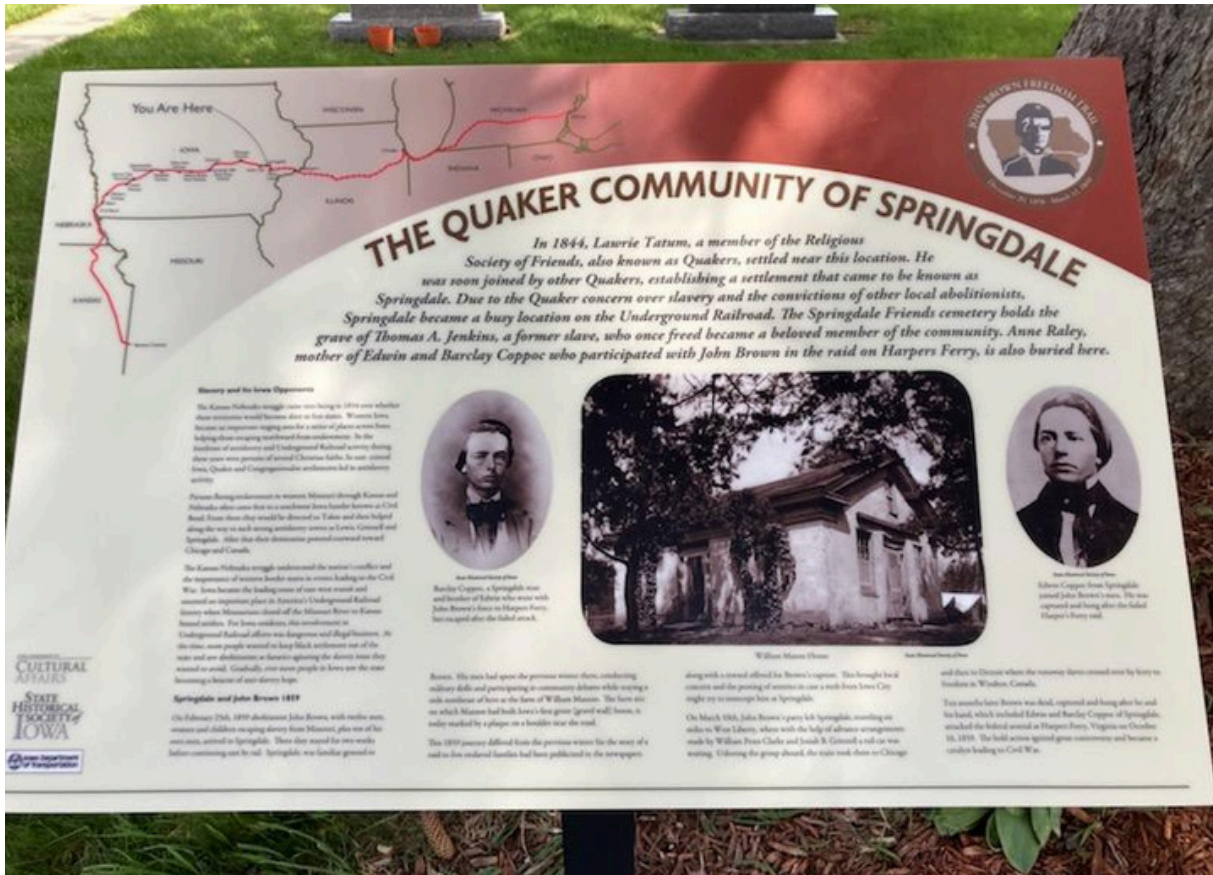
A Spiritual Retreat and Many Thanks

I am writing this on the eve of an exciting adventure. Tomorrow morning I leave on my first-ever trip to Scotland. I am spending a week with my best friend and a small group of women (12 of us in total) on a spiritual retreat in the Highlands and Outer Hebrides. Then, my best friend (and former college roommate) and I will spend a few extra days exploring farther north in the islands of Orkney. To say I'm thrilled doesn't even begin to cover it. I relish the thought of time away to renew, restore, and rejuvenate spiritually. I look forward to bringing that spirit back with me to other cherished places – my home and my meeting. Many thanks to all who make this possible, especially my husband (who will be on dog duty,), Sue who will be in the pulpit while I'm away, and to Carolyn who will be producing bulletins along with all of the other hats she already wears. See you all May 12!

Love Big. Be Well.
Chris



New Marker at Historic Site



Two or three months ago, our meeting voted to purchase and install a new marker at the Springdale Friends Cemetery. The previous marker had become impossible to read due to sun and other weather damage. The marker outlines a brief history of the Springdale Quaker community, historic figures whose graves can be found in the cemetery, and facts about the work of the Underground Railroad in the area. Many thanks to Jim Glasson for spearheading the project including coordination of vendors and logistics – as well as installation! Lots of hard work went into this project, but the result is grand. Take a moment to drop by and check out this piece of our local history.



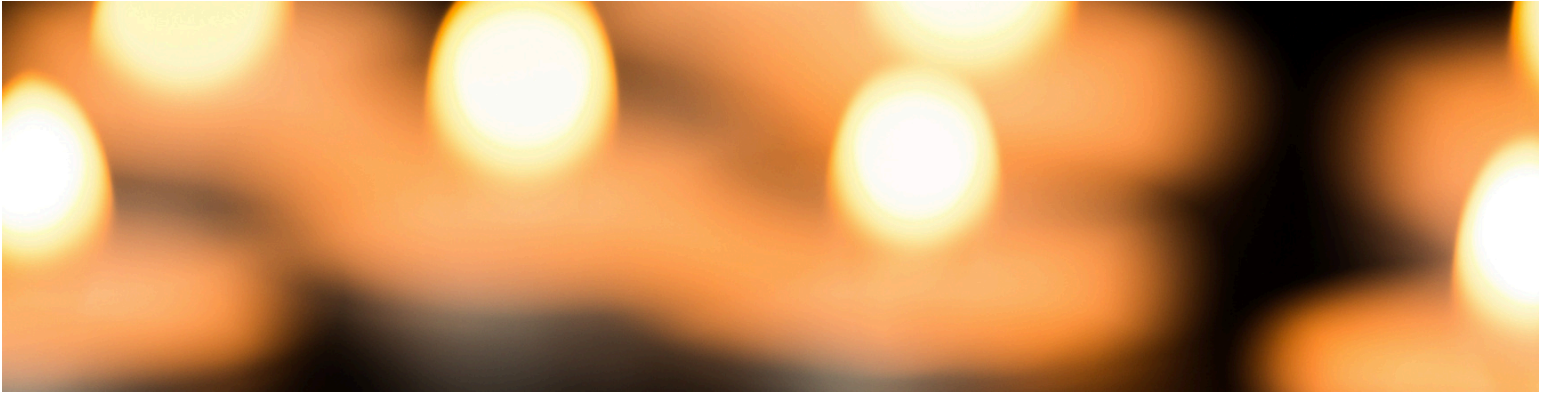


Query of the Month

Good self-care is extremely important. It is far too easy to become worn out physically, mentally, emotionally and spiritually. This month's query encourages us to determine what resources are refreshing for us and to utilize them regularly. Let's pledge to learn what renews us and then – do it! (And if you need assistance, or company, or a cup of tea and conversation... I am only a phone call away...)

How is it with your soul?

Time for Prayer



Joys & Concerns

Pray for Our Elders

*Darlene Baum
Pat Bradley
Maria Denmead
Fran Fritz
Mary Humrichouse
Pat Langrehr
Donna Mortenson
Larry Reiner
Lois Semotan
Nancy Stacks
Mildred Torkelson*

- *Congrats to Benjamin Lewis upon his graduation!*
- *Congrats to Raghu for passing the bar exam!*
- *Julie and family upon the death of her brother Tom*
- *Julie recovering from a fall and subsequent surgery on her ankle which was dislocated and broken in three places*
- *Joan recovering from cancer surgery*
- *Concerns for ongoing damage and repair from recent storms and flooding*
- *The war in Iran, and ongoing tensions & conflict throughout the Middle East*
- *Kevin as he prepares for his hearing*
- *Allan and Teresa as Allan continues treatment*

Ecumenical Prayer Cycle for May

Apr. 26-May 2: Armenia, Azerbaijan, Georgia

May 3-May 9: Afghanistan, Kazakhstan, Kyrgyzstan, Mongolia, Tajikistan, Turkmenistan, Uzbekistan

May 10-May 16: India, Pakistan, Sri Lanka

May 17-May 23: Bangladesh, Bhutan, Nepal

May 24-May 30: Indian Ocean Islands: Madagascar, Maldives, Mauritius, Seychelles

May 31-June 6: Angola, Mozambique