

# NOTES FROM FRIENDS

The monthly newsletter of West Branch Friends Church



What's inside this issue:

*Prayer needs:*  
pg. 4

*News and events:* pg. 3

*Query of the month:*  
pg. 2

## When We Are Living #415 (blue hymnal)

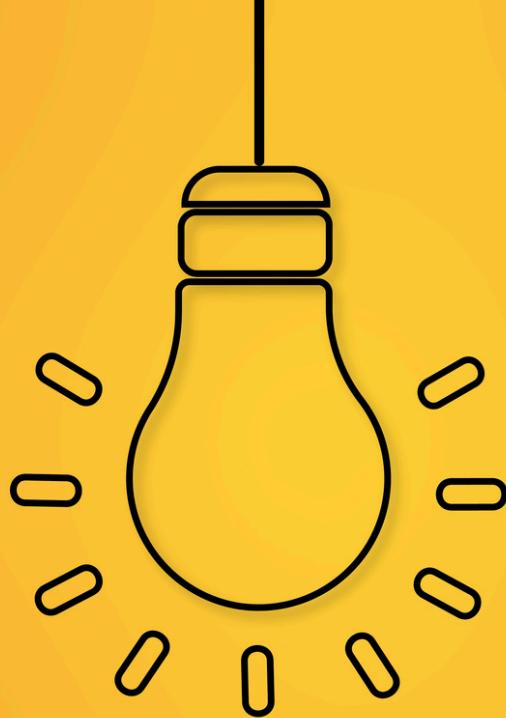
When we are living, it is in Christ Jesus,  
and when we are dying, it is in the Lord.  
Both in our living and in our dying,  
we belong to God, we belong to God.

Through all our living, we our fruits must give.  
Good works of service are for offering.  
When we are giving, or when receiving,  
we belong to God, we belong to God.

'Mid times of sorrow, and in times of pain,  
when sensing beauty or in love's embrace,  
whether we suffer, or sing rejoicing,  
we belong to God, we belong to God.

Across this wide world, we shall always find  
those who are crying with no peace of mind,  
but when we help them, or when we feed them,  
we belong to God, we belong to God.

*Take care of one another, and take care of yourselves. Love Big, Be Well - Chris*



## *Query of the Month*

**What is something new you have learned just since the start of this year?**

**What new thing would you like to learn/explore?**



## Need Info? Check out our Website!

This newsletter appears monthly  
on the 1<sup>st</sup> of the month  
Bulletin announcements happen weekly  
But the website is 24/7, 365 days a year!  
For all your calendar/event/topical  
info about WBFC

Check it out here:

[www.westbranchfriendschurch.com](http://www.westbranchfriendschurch.com)

*Sue McCracken is our website editor – contact  
her to let her know what you want to see on the site!*

## New Association of Friends

This group is a voluntary association of Quaker meetings, churches and individuals. We became a part of the association as our Yearly Meeting upon voting to exit from Iowa Yearly Meeting. Learn about the association and what's happening with others in the association by subscribing to the e-newsletter. Go to [newassociationoffriends.org](http://newassociationoffriends.org) and sign up on the home page.

## Daily Quaker Message

The Daily Quaker Message is a Quaker devotional, an invitation to enter into a closer relationship with Spirit, and to practice your own walk on the Quaker path. Quaker daily readings have three parts: a short Quaker message to meditate on (often a quote, but sometimes a song, a poem, a piece of art, or a video), an exercise to try in your own life, and a query. This email is a powerful tool for establishing or enriching a spiritual practice, bringing you a Quaker thought for the day.

## Thee Quaker Podcast

Thee Quaker Podcast brings stories of spiritual courage to your ears. Quakers (aka the Religious Society of Friends) were founded in the 1600's on the radical premise that God's truth is available, in equal measure, to everyone. George Fox, one of the founders of Quakerism, believed there was "that of God" in everyone, and driven by this conviction, Quakers have always rejected easy answers and shallow assurances in their search for spiritual truth.

Thee Quaker Podcast is a continuation of that 400-year-old tradition. From uncovering hidden histories to telling stories of modern resistance, we strive to create diverse content that is relevant to this moment while also being grounded in our collective wisdom tradition.

Whether you are a lifelong Quaker, new to the fold, or simply a fellow seeker of truth, we know you will find something that speaks to you in our podcast every week.

Subscribe to the podcast on [theequaker.com](http://theequaker.com) or wherever you stream your podcasts. You can also listen to the latest episode on the website.

# 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*

- *Raghu*
- *Kevin*
- *Allan and Teresa as Allan continues with treatment*
- *Allan's brother Robert in hospice care*
- *The Meren and Fuchtman families going through a tough time*
- *The people of Minneapolis*
- *International Friends Church, Minneapolis*
- *Regina, struggling with her grandfather's death*
- *All immigrants*

### Ecumenical Prayer Cycle for January

Feb. 1-Feb 7: *Algeria, Libya, Morocco, Western Sahara, Tunisia*

Feb. 8-Feb. 14: *Andorra, Italy, Malta, Portugal, San Marino, Spain, Vatican City*

Feb. 15-Feb. 21: *Austria, Liechtenstein, Switzerland*

Feb. 22-Feb. 28: *France, Germany, Monaco*

### A Prayer of Love for February

Lord, fill my heart with love this February. Help me to be patient, understanding, and forgiving in all my relationships. Restore broken bonds, strengthen family ties, and let kindness guide my interactions. Teach me to reflect Your unconditional love in every connection. May my words and actions bring encouragement, peace, and joy to others, honoring You in all relationships. In Jesus' name, Amen.