

SEPTEMBER 2025

# NOTES FROM FRIENDS

The monthly newsletter of West Branch Friends Church



What's inside this issue:

*Prayer needs:*  
*pg. 4*

*Service Opportunities*  
*pg. 5*

*Events pgs. 6-8*

## Hal, at 76

Instead of

*whistle while you work,*

it's now

*mutter while you putter.*

– Nancy Thomas, Quaker poet

I recently read an article about stress reduction. The “expert” who wrote the article claimed that spending a day puttering around your house is one of the best things you can do for reducing stress. Not *working*, the article explicitly said, but *puttering*. Now I confess to spending an inordinate amount of time pondering the difference. Is *this* working? Is *that* puttering? Am I increasing my stress instead of reducing it ?! Please, friends, help a girl out. Send me your best examples of puttering so I can put this all to rest! You can send me your thoughts at my new email: [christine@homeforthewildsoul.com](mailto:christine@homeforthewildsoul.com)

In Riotous Joy and Firm Resolve,

*Chris*



## *Query for the Month*

**This month's query was shared last month in the Quaker Theology Group on Facebook and was written originally by Lucretia Mott. I have not been able to get it out of my mind. I continue to ponder and consider it and what it means for me. It has become my prayer in my personal quiet time. Will you join me in continuing to consider this query? I would love it if you would share your thoughts! Email me at: [christine@homeforthewildsoul.com](mailto:christine@homeforthewildsoul.com) and we'll ponder and discuss together!**

*The light is faithful yesterday, today, and  
to eternity.*

*What is thee doing about it?*

# Meeting for Worship



*Join us in meeting for worship Sundays at 10:30.*

This month we will explore change and letting go

## Worship Servants

September 7

Greeter: Gordon Edgar

Zoom Host: Dick Hinkhouse

Children's Message:

Special Music:

Piano: Julie Tallman

September 28

Greeter: Gordon Edgar

Zoom: Dick Hinkhouse

Children's Message:

Special Music:

Piano: Gwen Senio

September 14

Greeter: Gordon Edgar

Zoom Host:

Children's Message: Kathleen Darling

Special Music:

Piano: Gwen Senio

September 21

Greeter: Jeff Emrich

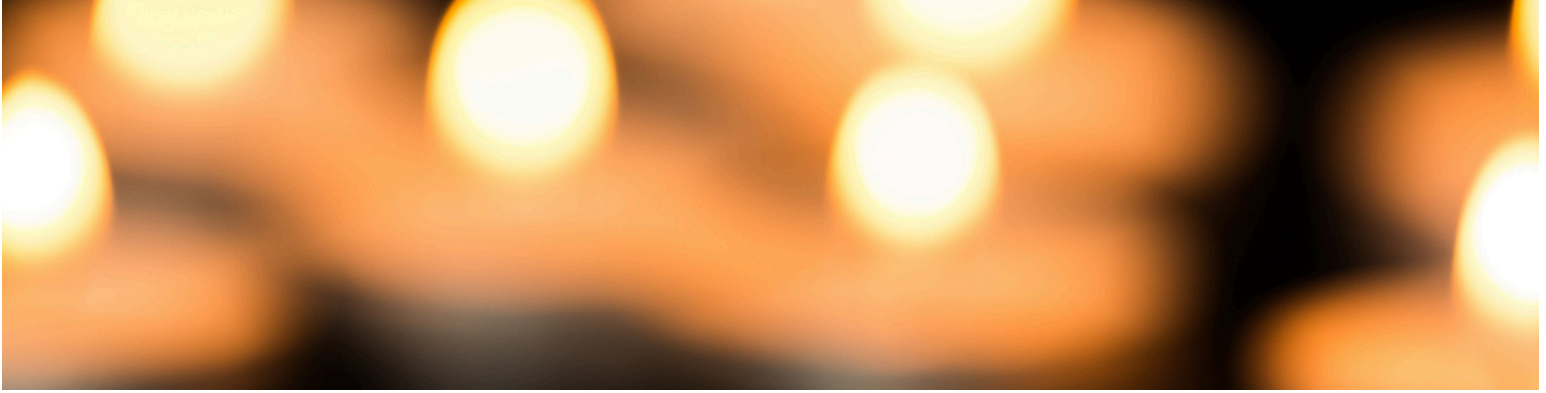
Zoom Host:

Children's Message:

Special Music:

Piano: Julie Tallman

# 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*

- Hilda upon Bill's recent diagnosis – waiting for test results and treatment plan
- Millie, Friends Bringing Hope team member, in dire financial circumstances
- Allan and Teresa during Allan's treatment
- Pascual Pedro and all those working to bring him home
- Kathleen's friend Anne
- Thanks for the beautiful weather
- Thanks for the gift of trust – story of the clerk in Kalona who let Connie's friend send a check for her purchases

## Ecumenical Prayer Cycle for September

**Aug 31-Sept.6:** *Cape Verde, The Gambia, Guinea, Guinea-Bissau, Senegal*

**Sept. 7-Sept. 13:** *Benin, Ivory Coast, Togo*

**Sept. 14-Sept.20:** *Ghana, Nigeria*

**Sept. 21-Sept. 27:** *Argentina, Paraguay, Uruguay*

**Sept. 28-Oct. 4:** *Bolivia, Brazil, Chile, Peru*

## Prayer for September

O Lord, we mark the journey of life with change. Once again we witness your creation moving from one season to the other. Change is your instrument of growth that brings us to a deeper relationship with you. May you be the lantern that guides the roads of change in our lives. We ask this in your name, Amen.



## Service Opportunities

### Meals Needed

As Bill and Hilda wait for Bill's test results and treatment plans, and as Hilda's broken wrist heals, they could use help with cooking/meals. Lunch and dinner meals are welcomed! To sign up for a meal, please contact Gwen at [gwensenio@gmail.com](mailto:gwensenio@gmail.com)

### Cookies/Bars Needed

Our Yearly Meeting – New Association of Friends = is hosting our Annual Gathering for Nurture and Fellowship in Indiana on September 6. There will also be a recognition of Sue McCracken's recorded ministry at this event.

Gwen, Marilyn, and Sue will all be in attendance in person at this gathering and WBFC has volunteered to provide cookies/bars for this event. Can you help us out by providing a dozen or so cookies to take to Indiana? If so, please contact Gwen at [gwensenio@gmail.com](mailto:gwensenio@gmail.com) They will be leaving the morning of September 5 to make the trip.

### Cereal Needed

Sue has let us know that they are out of cereal at the CommUnity Food Pantry. If you can help with a cereal donation, please leave your boxes of cereal in the basement at WFBC, or drop them by the Food Pantry in Pepperwood Plaza in Iowa City. (Located in the same strip mall as the Post Office)



## Upcoming Events You Won't Want to Miss!

### EarthCare Working Group – from Nan Fawcett

Mark your calendars for this special presentation on the power of solar. We'll meet as usual at 2:00 on Saturday, September 6th, at Prairie Hill Cohousing (140 Prairie Hill Lane in Iowa City) in the common house. This time our presenter will be on the big screen on zoom. After I sent a message to Bill McKibben, whose interview fired us up about how solar can change the world, one of his associates, Nancy LaPlaca, has volunteered to be our presenter on the 6th. How wonderful!!

Her presentation is titled:  
*What's So Great About Solar?*  
*Solar's Promise in Iowa*

And here's a short bio:

*Nancy LaPlaca, J.D., has worked on public policy since 1986, spending the last 20 years on electricity issues. Nancy served as a Policy Advisor to an elected public utilities commissioner from 2009-2013 in AZ, worked for two congresspersons (US Reps. Mo Udall and Karan English, both D-AZ), ran grant programs for the AZ Supreme Court, and drafted opinions at the AZ Court of Appeals. In 2006, Nancy and friends took on "clean" coal and carbon sequestration, helping to stop that build-out. Since 2013, Nancy has worked for various solar and environmental nonprofits on energy policy, and is honored to be part of the team at Third Act.*

We'll continue to have a break for snacks during our meeting (or maybe afterward if it works better with the zoom presentation).

Please let your friends and neighbors know about this too. I'm looking forward to gathering on the 6th to be inspired together....





# NEW ASSOCIATION OF FRIENDS

## ANNUAL GATHERING FOR NURTURE & FELLOWSHIP

Guest speaker

**J. BRENT  
BILL**

From his book:  
Hope & Witness  
in Dangerous  
Times

**9:00-3:30**

Welcome & Fellowship  
Updates from Meetings  
Meeting for Worship

Guest Speaker: J. Brent Bill  
Catered Lunch  
Group Discussion  
Optional Tour of the Coffin  
House at 3:30

**SEPT. | 6<sup>th</sup> | 2025**

Levi & Catharine Coffin Meetinghouse  
303 U.S. 27 North  
Fountain City, Indiana

**Register (for both Zoom and in-person  
attendance) at [newassociationoffriends.org](http://newassociationoffriends.org)  
Please register by September 3 to guarantee  
your lunch!**



# First USFW Fall Banquet!

Date: September 20<sup>th</sup>

Time: 12 Noon

Tickets: \$25

*At: Mesquakie Friends*

For: All Iowa Friends, Men and Women

Speaker: Kelly Kellum, Executive Director of  
Friends United Meeting

There will be an auction following Kelly's message with lovely baskets filled with an assortment of goodies, plus baked items! Funds generated at the auction will be used to support one younger member to participate in a mission project, and a second younger member to attend Triennial Sessions!

**Make Your Reservations 2 ways: (Due Sept. 1))**

**On-line:** <https://forms.gle/xPcMdQgyBbFjFKMg8>

Call or e-mail Alicia Matney: 641-485-8081

amatney05@gmail.com