

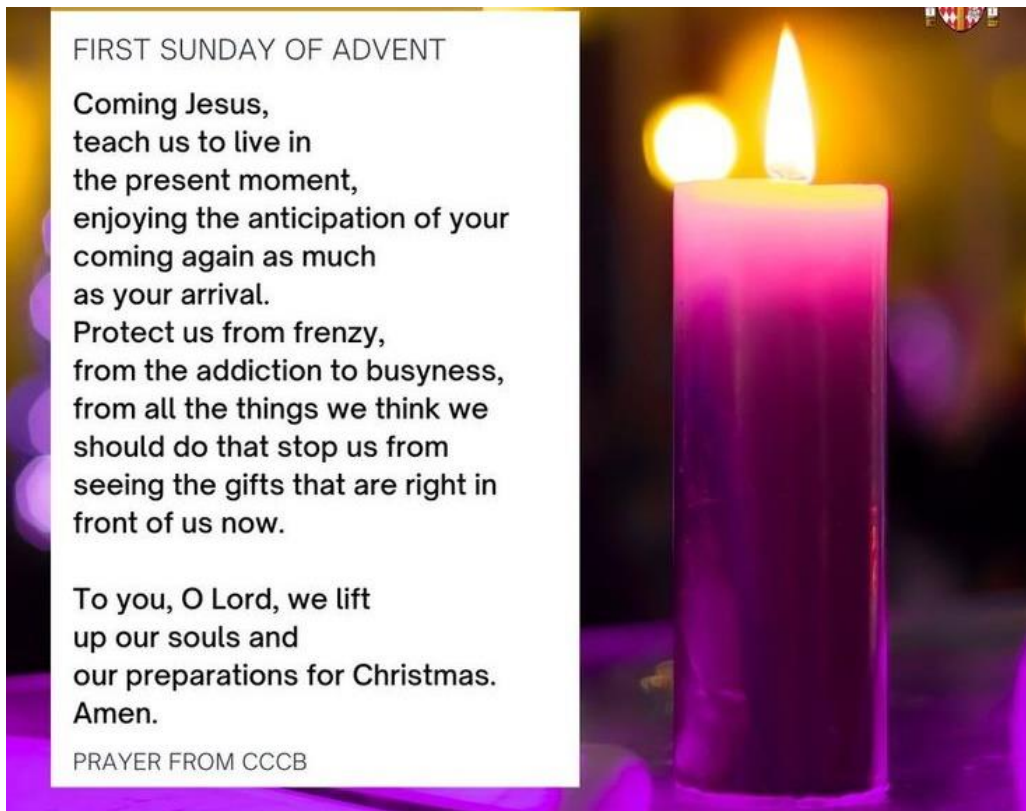
Friday with Friends

A newsletter of Klamath Falls Friends Church

1918 Oregon Ave, Klamath Falls, OR 97601

Pastor's Cell – 541-363-6885

11-29-24



The above prayer is probably more of a religious Christian version of a concept we as Quakers are trying to relay this Advent Season. One of the points it makes for the first Sunday in Advent is to bring our awareness to the need to stay centered and undistracted during this season of great joy and expressions of love. This ability to stay centered helps us to experience the holiday and seasons more and on a deeper level. Whether you see yourself as a Christian or unaffiliated, the season can have great experiences for all of us as Quakers. This is a time when the season awakens with the potential of watchful waiting for that of God to become evident in everyone and everything. May we have the eyes to look deeply for Love in all its forms. As we begin this season with the first candle lit this Sunday, let us open ourselves to all the season has to offer us spiritually, helping us to rejuvenate love and hope, care for our relationships, and remember those we may have not thought of enough during the year. Help us to come alive and be the light at the darkest time of the year. Leigh



- *December 3 – Food Pantry board meeting at noon; Food pantry stocking to follow*
- *December 8 – Finger food potluck and Christmas Fellowship*
- *December 9 – M&C @5:30*
- *December 10 -- food pantry – let Linda know if you would like to volunteer (541)281-5535*
- *December 15 - 9:00 AM– Peace and Social Concerns*
- *December 15 – offering for the Street Nursing Program*
- *December 15 – Craft of Gratitude Box after worship*
- *December 17 -- food pantry – let Linda know if you would like to volunteer (541)281-5535*
- *December 24 – 6:00 PM Christmas Eve Services, let Leigh know if you have music you want to have sung or a scripture that is important to you.*
- *January 19 – First Book Group of Quaker Ecology (will meet after worship on the third Sunday of each month until April and end with an Earth Day celebration) Sign Up sheets for the books is on the entryway table.*
- *February 9 @ 9 AM there is a discussion about a possible Bible study that will meet once a month before worship on the second Sundays of the month. Your input is welcomed.*

Pantry Report for November: 96 households, a total of 294 people, 199 adults and 95 children. Great work to all who are working in collaboration for the success of the program and the well-being of others.



A Note from Sue Graves on things to think of when donating food:

If you are planning on helping families at a food bank this season, things you probably don't know.

1. Everyone donates Kraft Mac and Cheese in the box. They can rarely use it because it needs milk and butter which is hard to get from regular food banks.
2. Boxed milk is a treasure, as kids need it for cereal which they also get a lot of.
3. Everyone donates pasta sauce and spaghetti noodles.
4. They cannot eat all the awesome canned veggies and soup unless you put a can opener in too or buy pop tops.
5. Oil is a luxury but needed for Rice a-Roni which they also get a lot of.
6. Spices or salt and pepper would be a real Christmas gift.
7. Tea bags and coffee make them feel like you care.
8. Sugar and flour are treats.
9. They fawn over fresh produce donated by farmers and grocery stores.
10. Seeds are cool in Spring and Summer because growing can be easy for some.
11. They rarely get fresh meat.
12. Tuna and crackers make a good lunch.
13. Hamburger Helper goes nowhere without ground beef.
14. They get lots of peanut butter and jelly but usually not sandwich bread.
15. Butter or margarine is nice too.
16. Eggs are a real commodity.
17. Cake mix and frosting makes it possible to make a child's birthday cake.
18. Dishwashing detergent is very expensive and is always appreciated.
19. Feminine hygiene products are a luxury and women will cry over that.
20. Everyone loves Stove Top Stuffing.

In all the years I have donated food at the Holidays, I bought what I thought they wanted but have never asked. I am glad I did. If you are helping a Family this Christmas, maybe this can help you tailor it more. It does for me!



6:00 PM – Children of all ages are invited to participate as we sing cheery songs and carols



December 8 --- NOTE the Date

Finger Food Fellowship following worship

What are you Grateful For?



We will be designing and filling gratitude boxes on December 15, 2024

After worship

Please come and join in as we help make this a merrier season

A Quaker Moment

By Robert Lawrence Smith in *A Quaker Book of Wisdom: Life Lessons in Simplicity, Service and Common Sense*, 1999, pg 190

Look for the light of God in every person.

It's easy to see people's dark side – their petty greeds and prejudices, their selfishness and fear. The challenge that defines our humanity is seeing the divine in other people. In the only sense that really matters, we are all equal; there is that of God in every person. A Quaker of an earlier age asked: "Now that thou knowest, what wilt thou do?" The answer comes as quietly and naturally as the sun's daily rising: Follow the light within; improve yourself and the world, "as way opens."