



# THE FRIENDLY VISITOR

## Grace Lutheran Church



Volume 2, Issue 9

Companion Congregation: Msindo Parish in Tanzania

August 18, 2009

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**Worship Times**

Saturday – 5:00 p.m. in Grace Hall II

Sunday – 9:00 a.m. in Sanctuary

La Voz de la Esperanza

Sunday - 10:45 am

**A**pple pie, the crunch of dried leaves, the crisp feel to the air, pumpkin patches glowing orange.... OK, so fall hasn't arrived yet, but it is rapidly approaching, and with it comes the flurry of activities usually associated with it. It's time for back to school preparations and transitions, extracurricular activities, and fall holidays as well as the variety of ministry opportunities here at Grace as the next season kicks into gear. Buckle your seatbelts, and grab your calendars! We're in for a great ride! Here are some things to mark on your calendars:

**SUNDAY SCHOOL RALLY DAY!**

SUNDAY, SEPTEMBER 13- 9:30-10:30am

The start of Sunday School is just around the corner. Join us for an Intergenerational Event on September 13. What do you get when you put together kids of all ages from 0-100, families of all types and sizes, and a variety of interactive activities? Fun! Energy! Excitement! Help us get the new year off to a super start. Be a part of it all as we learn some crazy songs meant to mix and mingle the crowd, and while you're at it, bring your photographic eye as we divide up and go on a photo scavenger hunt through the church with a race to the finish. Want to find out more? Come and see!

**BLOCK PARTY!**

WEDNESDAY, SEPTEMBER 30 – 5:00-7:30pm

Looking for a fun way to spend a fall evening? Come to our block party at Riley Park! If food, musical entertainment, children's games and activities are your idea of a good time, September 30 is a date you'll want to mark on your calendar. Sponsored by your Lay Ministry Team, it will be a fun time of fellowship for our Grace family, but it is also an opportunity to meet some of our neighbors and let them know about Grace. We will be distributing flyers to homes and businesses, and we hope to get a good crowd! Invite your friends and neighbors, and come for the ....

Freshly cooked pork.... Cotton candy.... Popcorn.... Desserts.... Bounce house.... Bands.... Information table about Grace

Help will be needed with set-up/tear down, cooking assistance, serving food, and supervision of children's activities. Stay tuned for sign-up sheets for these areas in September. Most of all – come and see!

### **SUPER WEDNESDAY BEGINS OCTOBER 7!**

Our regular Super Wednesday schedule resumes the week after the block party on Wednesday, October 7. The evening begins with supper at 5:00 pm and continues with a variety of adult and children's activities and programs. There is something here for everybody, so even if you haven't come before... come and see! A detailed schedule can be found in this newsletter.

### **Adult Education**

The Adult Education Committee has been hard at work planning a variety of adult education opportunities for the Sunday School hour. Rally Day on September 13 will be an intergenerational event, and the regular Sunday School schedule with children's and adult classes from 9:30-10:30am will resume the following Sunday. Adult Education Committee members are Delores Larsen, Pat Rehder, Michele Turner, Kathy Roat, Carol Mattes, Aaron Page, and Kristin Medhurst.

Upcoming learning opportunities are as follows:

#### ***September 13: Intergenerational Event***

Join us for a time of fun activities and fellowship as we all participate in music, a photo scavenger hunt, a craft, and other activities designed to mix and mingle those present. Don't miss out, and join the fun!

#### ***September 20: What in the world is your church doing?***

A report by Pastor Cline on the National ELCA Assembly held in Minneapolis August 17-23.

#### ***September 27: National Youth Gathering***

Ever wonder what it would be like to have thousands of young Lutherans all gathered in one place for worship, service, play, and prayer? Come and hear about this year's National Youth Gathering in New Orleans from our youth who experienced it firsthand. There are many stories to share!

#### ***October 4: Lutheran World Relief (LWR) Ingathering***

Learn what happens to the quilts, health kits, and school bags sent to LWR.

#### ***October 11: Option 1: Cool Congregations***

An Earth Stewardship Program by Tim Fink, Executive Director of Iowa Interfaith Power and Light. Learn how to reduce your footprint on the environment.

*Option 2: Parenting Workshop led by Cherie Rissman: Running the Rapids: Guiding Teenagers Through the Turbulent Waters of Adolescence.*

#### ***October 18: Option 1: Stewardship Campaign***

Come and learn about this year's stewardship campaign and the ways in which we can use our time, talents, and resources for God's service in this place.

*Option 2: Parenting Class continued*

#### ***October 25: Tanzanian Companionship***

Tanzanian Pastor Enea Mshana is the assistant to the Bishop for Christian Education and Youth in the Pare Diocese of Tanzania. He will be serving as a missionary in residence to the congregations on the west side of the Southeastern Iowa Synod from mid-September to mid-November. Pastor Mshana will speak to us about life and ministry in southeastern Iowa, based on his experiences as a Crossing Borders pastor.

*(No parenting class on this day)*

#### ***November 1: Option 1: Hope Ministries***

Hope Ministries Director David Burrier will speak about the work of this local charity, which includes Bethel Mission and Door of Faith Men's Recovery Center. Hope Ministries fills the spiritual, physical and emotional needs of men, women and children who are homeless. Through its year-round meal program, the organization offers three free meals every day of the year to homeless and hungry people in Central Iowa.

*Option 2: Parenting Class continued*



To the Grace Family:

Thank you for honoring Don, and all of us, with your presence at his memorial service. We appreciate the many caring expressions of sympathy as well as the generous memorial contributions given in his name. Thank you, also, to the women who served a delicious luncheon, providing an opportunity for us to visit with everyone. Perhaps most of all, knowing that we have been in your prayers during the past months has helped tremendously. Your kindnesses have meant so much to us! May God richly bless you all.

With gratitude,  
Frances Engquist  
Mary & Greg Maxwell and family  
Jim & Carolyn Engquist and family  
+++++

Norman Beihner is at home and we would like to thank the Pastors and the Congregation for cards, prayers, visits and support during his illness.

God bless,  
Norman and LaRue Buihner.  
+++++

Thanks to Pastor Cline and Pastor Mike for their visits during my recent hospitalization; and to members of Grace for their messages of caring and concern. I have been blessed!

Sincerely,  
Lorna Johns  
+++++

Thanks to your generosity, we recently raised \$438 for the Synod's World Hunger Fundraiser project called "Tour de Revs"! The group of pastors traveling around the country is grateful for everyone's effort. The \$438 we raised will be added to the mix of other congregations. Thank you for your enthusiasm and willingness to participate in the "\$5 for \$10" campaign. It really paid off!

+++++

### Prayer Requests

\*I would like to request a prayer on behalf of my brother, Roger, who is undergoing very serious surgery in Iowa City. Also tuck a little prayer in there for me, and I'm certain we both will benefit with your prayers and God's gracious mercy.

Lots of Love to All,  
Mazelle Carlsen

\*Please pray for peace and healing for my friend, Becky.

Thank you,  
Lori Fry



### Church Services to Go

If you missed a service or would like to "revisit" a service, DVDs of the Sunday services are now available for check out in the church library. The library will maintain about two months of services. If you can't find the service you are looking for, please call Diane Heid at 254-0379.

### SENIOR BIBLE CAMP

Tuesday, August 25 from 10:00-12:30 and Thursday, August 27 from 10:00-12:30 all people 50+ are encouraged to be part of a two day "camp" experience. We will think about baptismal vocation and do a "trip track" looking at three different baptismal fonts around Des Moines. We will consider "green theology" and we will visit a natural area of Des Moines and hear about our creation. This Senior Bible Camp is FREE and even includes "snack time." Registrations are available in the office or you may call. We encourage you to bring a friend. We hope to see you there!

### Men in Mission

Men in Mission will meet Thursday, September 3, 6:30 p.m. in Grace Hall. The program will be presented by Mark Nelson, Executive Director of Freedom for Youth Ministries, 2301 Hickman Road. This organization received a grant from the Grace Endowment Fund during the past year. All men are invited to make a dinner reservation.

# Children/Family and Youth Ministry News

“Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs.” (Mark 10:14).

Those are some very powerful words of Jesus. They are exciting, too! God’s children of all ages are so uniquely created, and all have special gifts, talents, and personalities to share. Jesus brings the importance of children to the attention of his disciples and listeners, and at the same time, he opens up a whole world of opportunity. How can we bring the Gospel to God’s youngest children in new ways? How can we create a spirit of fellowship among our youth of all ages? How can we support families as they learn and grow together? What are some ways in which we can encourage service to others?

We are eager to explore children’s, youth, and family ministry in new ways this year and are excited about the possibilities. Our youth program will be expanded to include a wider span of ages from elementary school children and families to middle and high school, and we can’t wait to get started! Here’s a taste of what’s in store across the ages, as well as a few dates to keep in mind:

## **Young Children and Elementary School Youth and Families**

### **Super Wednesday Kids’ Hour:**

This fun time for children in **grades 1-5**, takes place during Super Wednesdays from **6:30-7:30pm** beginning **October 7**. If you’re looking for an opportunity for your children to experience an engaging and dynamic time of learning and fun filled with plenty of unique and interactive activities, this is for you! Kids’ Hour is new and improved this year, and we look forward to seeing your children there! More details will be coming in the next newsletter, so stay tuned. In the meantime, mark your calendars for Wednesdays from 6:30-7:30 pm starting October 7. You (and your 1<sup>st</sup> through 5<sup>th</sup> graders!) will be glad you did.

### **Children’s/Family Ministry:**

We are looking forward to including more opportunities for our young children and families beyond Sunday School this year. Three or four times a year, we will be planning special seasonal activities that are meant to be family friendly times of fun and fellowship. They are designed to be of

interest to families with children up to 5<sup>th</sup> grade, but anyone is always welcome.

The first event is planned for the afternoon of **Saturday, October 24**. More details will follow, but plan on a few hours of fall-themed fun as we celebrate all the things that autumn has to offer. Bring your whole family and come ready for a good time!

## **Middle School/Confirmation Youth**

### **Service with a smile:**

Hey, Confirmation students! Did you ever think about reading the lessons during worship? How about ushering with your family or classmates? Did you have a good time helping at VBS, or wish that you could have been there? Do you have a musical talent to share as a special offering during worship? What about running the popcorn or cotton candy machine at the block party in September? Are you handy at baking?

These are all ways in which you can serve at Grace, and those ideas are just the tip of the iceberg. This year a new piece of Confirmation will be the opportunity to serve in a variety of ways both within the walls of Grace and outside them. St. Paul wrote, “Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone” (1 Cor. 12:4-6). He wrote that to you! You have gifts and abilities to share, and when you find ways to serve that get you excited, amazing things can happen by the work of the Holy Spirit.

Parents and students: At the **Confirmation meeting on Wednesday, September 9 at 7:00pm, in La Voz Chapel**, you’ll hear more about the menu of options for service. The ideas are only limited by your own imagination. We’ll provide a starter list of ideas, but we invite you to add your own and encourage you to experience as many as possible. Let’s see what we can come up with!

At the above mentioned Confirmation meeting, please bring schedules to sign up for acolyting. If anyone is willing to be responsible for signing up acolytes this year, please contact Stephanie Johnson.

*Confirmation continued on next page.*

## ***Confirmation continued...***

Saturday September 26th Confirmation retreat:  
9-12 at Grace and 1-7 pm at Honsey Farm  
We need volunteers to help with lunch at Grace  
and transportation to Honsey Farm

Wednesday October 7th  
6:30-7:30 Confirmation classes begin in La Voz  
Chapel

### **Fun and fellowship:**

Last spring we wanted to find a way to provide opportunities for middle school youth to get together for fun activities several times a year. Thanks to our willing parents, a parent volunteer in each grade took on the role of Coordinator. Each grade is responsible for planning and coordinating one activity or event for the whole middle school during the year, and the role of the Parent Coordinator is to provide guidance and direction. In the spring the 8<sup>th</sup> graders, with Jon Rissman's guidance, decided to have a lock-in for everyone, and in the summer, the 7<sup>th</sup> graders, with the help of Susanne Carney, planned a service opportunity at Capitol Hill Lutheran Church and then went mini golfing.

This year we will continue that same model and are grateful for the parents who are willing to serve as coordinators. They are Kari Dostalick and Julie Anderson (6<sup>th</sup> grade), Michelle Voelker (7<sup>th</sup> grade), and Susanne Carney (8<sup>th</sup> grade). It will be a great year!

### **High School Youth**

We're looking forward to a terrific year of high school ministry! Currently, many of the high school youth are unwinding from their experience at the National Youth Gathering in New Orleans. The congregation will hear more about this trip at an upcoming Adult Forum. The youth are also in the preliminary stage of planning service, fun, and fellowship opportunities for the coming months.

We can't do it without you, though. Adult and teen leadership, as well as people willing to serve as chaperones, are needed. Please prayerfully consider helping to provide leadership in the area of high school youth ministry this year. We are planning to schedule a meeting for parents and youth in September, so stay tuned for further details. Your brainstorming and leadership as we shape the program this year will be a big help.

## **Teenage Parenting Workshop**

Parents of teens,

Do you ever find parenting your teenager difficult, frustrating, confusing or even scary? You do not have to navigate the river of adolescence alone. Join us in a parenting workshop developed by Dr. Kevin Leman titled, Running the Rapids: Guiding Teenagers Through the Turbulent Waters of Adolescence. This workshop begins Sunday, Oct. 11th from 9:30 to 10:30 in Grace Hall 2. We will meet for 6 sessions and will end on Sunday, Nov. 22<sup>nd</sup>. If you are interested, please contact Cherie Rissman at 270-0278 or [cherierissman@hotmail.com](mailto:cherierissman@hotmail.com).

### **For the various areas of family and youth ministry, please contact the following people:**

Super Wednesday Kids' Hour: Stephanie Johnson  
Children's/Family Ministry: planning team includes Stephanie Johnson, MeLissa Lawson, Michelle Voelker, Stacy Speck – This team is still in formation, so anyone is welcome to join us!  
Parenting Classes: Cherie Rissman  
6<sup>th</sup> Grade Coordinators: Kari Dostalick, Julie Anderson  
7<sup>th</sup> Grade Coordinator: Michelle Voelker  
8<sup>th</sup> Grade Coordinator: Susanne Carney  
Confirmation camp: Ellen Wonderlin  
Acolyte coordinator: To be determined – Is God calling you to serve in this way?  
High School: Stephanie Johnson

### **Dates to remember:**

Wednesday, September 9: Meeting for confirmation parents and youth, 7:00pm – *Please bring calendars.*

Wednesday, October 7: Super Wednesday and Kids' Hour begin

Sunday, October 11: Parenting classes begin

Saturday, October 24: Seasonal family ministry event (afternoon)



## Planting seeds in July...

In July I had conversations with four different groups of people in the congregation. From an early morning breakfast with clergy who are members of Grace, to after lunch with our more mature members. Later in the day at early evening another group of younger members met and late in the evening an intergenerational group gathered. These conversations, which took place over three weeks, were about the importance of being sharers of faith and the changes in our society that makes "inviting people to church" fall on deaf ears.

Out of these discussions came the realization that a culture change is needed in the Grace congregation. This change is really to a way of faithful living that has been a part of Christianity from the beginning, to be a witness. For most of us that sounds like a scary word and yet what is most scary is our image of what that means. It is not about getting people to church, it is not about getting "members," it is not about becoming something we are not. It is about a rediscovery of our own story and how Jesus has come to us. It is about our own journey and the surprising grace we have received along the way. It is about being strengthened and therefore being strength. It is about being comforted and therefore bringing comfort. It is about being surprised and therefore being a surprise.

Out of the July conversations we have decided to plan a night of faith sharing on Sunday, September 27 from 6:30-8:30. We think you will find this to be exciting and an event that might begin to renew faith. We will also be making available, beginning in October, three small groups that will meet quarterly for the purpose of "practicing" faith sharing and to deepen relationships. Finally, we hope to spark a general curiosity and congregational shift toward taking up our unique calling in this world as witnesses. This call to witness can happen in many and various ways but for now those of us who held conversations in July, invite all of you to: **EMMAUS REVISITED, SUNDAY, SEPTEMBER 27<sup>th</sup>, 6:30-8:30.**

See you in worship, Pastor Cline

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## Fall Worship Schedule

**begins on September 13**

Worship services will be at 8:15 and 10:45 with the Education Hour beginning at 9:30.

The last Saturday service will be on August 29.



*"For where two or three  
come together in my name,  
there am I with them."*  
Matthew 18:20, NIV

### WHEN ARE NEWSLETTER AND BULLETIN ARTICLES DUE?

The next *Friendly Visitor* will be published on September 15, so articles will be due on September 10. Sunday bulletin articles are due on Wednesdays. Please e-mail them to [lori.fry@mchsi.com](mailto:lori.fry@mchsi.com) with a copy to Jackie at [worship@gracedm.org](mailto:worship@gracedm.org). If you don't e-mail, please mail to Lori at her home or take into the church office.



## **About Esperanza Ministry**

### **“Boots on the Ground:” Spanish & English-Speakers Work Together to Invite Others**

At the March Southeastern Iowa Synod's Congregations Together in Mission event, Stephen Bouman, executive director of the ELCA's Evangelical Outreach and Congregational Mission Unit, singled out Grace as an example of a congregation doing the “hard work” of evangelism through its ministry with and to Latinos. The kind that forges new relationships and breaks barriers so more people can grow in faith and community can broaden and deepen. And, he said, “The church needs more efforts like it.”

For the past seven weeks, the “hard work” of Grace through the Esperanza ministry has continued – through worship in Spanish, fellowship and working together to invite others.

Those involved – Spanish-speaking and English-speaking alike – say they feel strongly this is their congregation, their church family, and a good place to be. **“We are the roots from which the community will grow,”** one long-term Latino member said. **“We are *Luterna* (Lutheran),”** said another.

So they're telling others. With “boots on the ground,” more than two dozen folks have knocked on doors and talked to Latinos and others to simply invite them to “come and see” what this place is all about.

At one of three outreach events, a group of three (Spanish-speaking and English-speaking together) knocked on the door of a Salvadoran man. He had, according to the group, a “sad face.” He revealed he has an uncle who is a Lutheran pastor – and that his family recently suffered unbearable loss when six children were killed in an earthquake. That night, the contact with three caring individuals and an invitation to become part of a faith community provided a ray of hope and direction to an oasis of good news for this man.

For many, regardless of the language they speak, going door-to-door with a brochure and an invitation was their first experience with intentional outreach. One Latina said she had never done it before and was surprised at how easy it came to her. It helped that she firmly believes the community of **Esperanza as part of Grace is, as she put it, “worth fighting for.”**

Another person invited friends. One friend asked why she had not invited her before. “We haven't had time to talk about it before,” was the response. On yet another occasion, a young Latina made it clear she has no church home – and really didn't want one. Her experience with church has been mostly negative and full of judgment. But as time went on, she admitted she really would like to find a community where she can worship God and find peace.

A place to belong. A place that welcomes all people. A place where people can learn about and listen to God in the “language of my heart,” whether that's English or Spanish. Where there is less division because of ethnicity or country of origin, and greater sense of belonging because of the faith we share. Where, in the words of a young Latina member, **“It feels like home.”**

### **You're Invited to Get Involved**

If you want to get involved and join the “boots on the ground” as part Grace's Esperanza ministry or have questions, contact Ellen Wonderlin, Coordinator for Latino Outreach, [ellenwonderlin@aol.com](mailto:ellenwonderlin@aol.com), 276-6873 or 277-9312, or simply “come and see.”

**Worship in Spanish is at 10:45 a.m., Sundays in Esperanza Chapel.**

## Music Notes.....

It is time to get back into the “swing” of things as we begin our fall schedule. It doesn’t seem quite possible that the summer has flown by so fast, but here we are ready to begin the fall programming. I know that I have enjoyed the down time and feel pretty well rested. We did have a chance to get away for a short vacation after Yvonne graduated from Viterbo University with her Masters in Education. Now it’s time to put the on the final touches as we begin the activities.

I want to thank all those that helped with the Saturday evening service this summer. We certainly appreciate your time and talents to provide the assistance in the worship service. Those were: Alex Davik, Rich Snyder, Matt Jordahl, Kent Weaver, Janet Habick, Hal Turner, Kathy Bowermaster, Bill Henderson, Joyce Lewis, and Sarah Dewein. Many of these also provided assistance in the Sunday service. The additional Sunday participants were: Paul Kallenbach, Doug Johnson, Denny Rehder, and Marv Johns. A “thank you” also goes to all those that provided special music for the Sunday service.

Yvonne and I would like to invite the members of Chancel Choir, Grace Brass, and Grace Bells, plus anyone interested in participating in these ensembles, to the annual Start-up Potluck to be held at the Dewein residence at 1025 59<sup>th</sup> Street, West Des Moines. The meal is set for 6 PM on August 26. We ask that you bring a meat dish, salad, or dessert. We will provide the beverages. We hope everyone interested will have the opportunity to attend. If you need directions to our home, please contact Rich.

The Grace Bells, Youth Bells, Grace Brass and Chancel Choir all have times scheduled to begin. The first rehearsals will begin on Wednesday, September 2. The Youth Bells will begin rehearsals at 6:00 PM, with the Grace Bells at 6:30. These groups will rehearse in the Bell Room in Msindo Hall. The Chancel Choir will begin rehearsals at 7:45 PM in the Choir Room also in Msindo Hall. Grace Brass will begin rehearsals on September 8 at 6:00 PM in the Choir Room in Msindo Hall. The Chapel Chimers and Youth Choir will begin rehearsals at later date. Please watch the bulletin and the September *Friendly Visitor* for more information.

The Worship Committee will have its next meeting on September 1<sup>st</sup> beginning at 6:00 PM in the Conference Room. If you have any items for this group to discuss, please contact Rich so it can be placed on the agenda.

I have been looking through lots of music, both bell and choral, to be used in worship. It has been exciting to look through new music and remind myself of “old” favorites that can be used to enhance worship at Grace. It is always a pleasure to be an active part of the planning for worship and finding music that will further the message that is presented. It is exciting when we find the correct marriage of word and music to use in worship.

As always, it is a pleasure to serve the congregation at Grace.  
See you in church.  
Rich





## 2009 Grace Lutheran Church Best Shot Golf Outing

- What:** 9 holes, 4 person best shot, 1 mulligan per team available for purchase
- When:** Sunday, September 20 – arrive no later than 3:45 p.m. for 4:00 p.m. tee off.  
Golf cost will be refunded if it is rained out.  
We will enjoy dinner together at approximately 6:30 p.m. rain or shine.
- Cost:**
- |                |             |   |
|----------------|-------------|---|
| Golf and Cart* | \$26        | Includes: 9-holes, use of cart and \$1 for prizes |
| Burger Meal**  | <u>\$10</u> | If you are not a golfer, come for dinner only!    |
| Total          | \$36        | Total for golf and dinner.                        |

\*Carts required for best-shot tournaments.

\*\*If anyone would like the meal without the burger, it will be \$6.

Checks payable to Connie Heuton

Mulligan (optional) - \$4 per team. Money is collected at the course and is used to purchase prizes next year.

**Location:** Woodland Hills Golf Course  
620 NE 66<sup>th</sup> Avenue  
Des Moines, IA 50313  
(515) 289-1326  
[www.golfwoodlandhills.com](http://www.golfwoodlandhills.com)

**Directions:** Take Hwy 69 / NE 14<sup>th</sup> exit off of I-80/235 and travel north a few miles to NE 66<sup>th</sup>.  
Travel west .5 miles on NE 66<sup>th</sup>.

**Good food and Prizes!  
Fun Grace Fellowship!**



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## A Full Plate

Featuring ideas to help us live out our mission theme –

**"Come to be fed; leave to feed others."**

August 2009

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### Do You Know Your Hunger Terms?

**Hunger** – A condition in which people do not get enough food to provide the nutrients for fully productive, active and healthy lives.

**Malnutrition** – A condition resulting from inadequate consumption (undernutrition) or excessive consumption of one or more nutrients that can impair mental and physical health, and cause or be the consequence of infectious disease.

**Undernutrition** – A condition resulting from inadequate consumption of calories, protein and/or nutrients to meet the basic physical requirements for an active and healthy life.

**Food Insecurity** – The limited or uncertain availability or ability to acquire safe, nutritious food in a socially acceptable way.

**Food Security** – Assured access to enough nutritious food to sustain an active and healthy life.

**Child Nutrition Programs** - Five federal programs developed to ensure that children have access to enough nutritious food to grow and learn, which are the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), the Child and Adult Care Food Program, the National School Lunch Program, School Breakfast Program, and the Summer Food Service Program.

**Elderly Nutrition Programs** - Federal programs that provide health services and nutritious food to low-income senior citizens including meals delivered to homes or served at church.

**Emergency Food** - Services provided to people who have no other source of food. Often community-based organizations provide food boxes or hot meals on a periodic basis.

**Source:** Bread for the World, [www.bread.org](http://www.bread.org)

### Now You Know: How to Get Food Assistance from DMARC Emergency Food Pantry

An individual or family can receive a five-day supply of food once per month at one of the nine pantry locations in the Des Moines area. Proof of address and a valid ID for every member of the household are required. Adults must have a photo ID.

To find out which pantry serves your area, call (515) 277-6969 or go on-line to [www.dmreligious.org](http://www.dmreligious.org).

### Does Your Company Match Your DMARC Donation?

Some local companies match a percentage of donations or volunteer service hours their employees make to DMARC. Matches provided by some participating businesses double, and in some cases triple, the impact of their employees' contributions. To see if your company has a matching gift program, contact the DMARC office at (515) 277-6969.

### Des Moines to Host National Food Security Conference

The Community Food Security Coalition will hold its 13<sup>th</sup> annual conference at the Polk County Convention Center in Des Moines October 10-13. Its theme is "From Commodity to Community: Food Politics and Projects in the Heartland."

The group represents over 250 organizations from across the country who are working on the local, national and international levels to build community food security, end hunger, promote public health, and support sustainable agriculture.

Visit [www.communityfoodconference.org](http://www.communityfoodconference.org) for more information or to register.

**Ideas or information to share?** Email [fivewon@aol.com](mailto:fivewon@aol.com), call 277-9312, or drop in the Communications box.

## National Youth Gathering Updates



On July 20-27, 27 youth and adults traveled to New Orleans to experience the National Youth Gathering and to try to make a difference in the lives of the people of New Orleans. The following are the thoughts of three of the people who went. You will hear from more of the participants in coming newsletters, devotions, and in the Grace Works publication.

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I had so much fun in New Orleans for the National Youth Gathering. My favorite part of the week was the evening Mass Gatherings. My most bone-chilling moment was when a speaker at the Mass Gathering would say, "The Lord be with you", and 37,000 people replied in unison, "And also with you". I loved the speakers and enjoyed the different workshops at the Convention Center. I really enjoyed our service project at the school. It was fun to spend the day working together to help people we did not even know. Throughout the week I not only got to know the city of New Orleans better but I got to know the others in our group as well. It was such a great experience for me and I cannot thank the congregation enough for helping us get there.

--Jessica Flannery

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The Gathering really focused on changing the world and how we, as teenagers, have the ability to change the world. On Saturday night at the Mass Gathering we did a demonstration where everyone was asked to pull out their cell phone cameras or something with a light. Row by row we held them up illuminating the Superdome. They also explained that the work we did in three days would've taken the city of New Orleans 3 years to do. Both of these helped to show me that I can make a difference and inspired me to do so when I get back to Des Moines. Possible projects in Des Moines: Collect food and help out at the food pantry; serve meals at the homeless shelter; help the elderly with yard work or cleaning; help victims of flood or tornadoes to rebuild; visit a nursing home, read or play games.

--Emily Dungan

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*"Lord, I'm madly in love with You. Jesus, madly in love with You. Let what we do in here fill the streets out there. Let us dance for You, let us dance for You"*

It is nearly impossible not to reflect and meditate upon a powerful experience like the National Youth Gathering in New Orleans. I have found that the above lyric to a contemporary worship song clearly describes the overall feeling and purpose of the Gathering. All 37,000 people came to the city with different motives, but ultimately deep down we had the same reason for being there. We love Jesus Christ. Our Lord called each person to be there and to grow in their love for Him; despite if they go to church every Sunday, or haven't stepped foot in a church for months.

We would sing, dance, learn, and pray in the Superdome for the energizing and powerful Mass Gatherings. After hurricane Katrina, the Superdome became a place of negative memories, and even 4 years later the city was still hurting. One evening the Mayor of New Orleans spoke to us about the difference we were making. He said that rainbows come after the dark and give hope to new light in a storm. With the service we were doing, the hope we were bringing, and everyone's brightly colored t-shirts he called us "Katrina's rainbow".

We took the energy of the Mass Gatherings to the streets. We weren't simply worshipping in the Superdome and leaving, but we continued to worship through service projects and bringing hope and joy to the city. The city was grateful as we heard locals simply say "thank you" for being there. God was truly working through every person. We shared the love of Christ. We danced.

--Elly Peterman



## Grace Kids Care Center

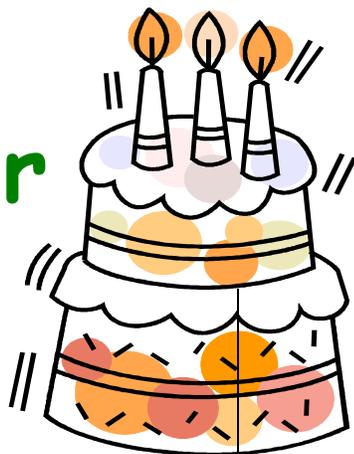
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# September



# Birthdays

- 1 Cindy Peeler  
Kurtis Behn
- 2 Michelle Voelker  
Heather Nelson  
Andrea Brunk  
Garth Patterson
- 3 Verona Fenimore  
Grant Sindergard  
Sigurd (Andy) Anderson
- 4 John Donnenwerth  
Bill Henderson  
John Sipma  
Melissa (Gronert) Pope  
Ryan Lillard
- 5 Richard Snyder  
Nicholas Vance  
Kiley Brandsfield
- 6 Kelly Anderson  
Nely Ruiz
- 7 Dennis Rehder  
Craig Winget  
Patrick Dolan  
Jack Miller
- 8 Ethan Meadows
- 9 Arthur Berven  
Lois Slye  
JoAnn Gronert  
Eric Meyer  
Carrie Schall  
Tavian Briseno  
Robert Ford  
Alex Mulvihill
- 10 John Schall
- 11 Paul Halvorson
- 12 Harold Wallace  
Duleep Singh
- 13 John Trickel  
Anne Farrell  
Rhonda Jensen  
Abigail Darge
- 14 Katelyn Jessen
- 15 Margaret Johnson  
Arlene (Sandy) Cunningham  
Jayme Rothweiler  
Laural Brown  
Richard Voelker

- 16 Gabrielle Geringer
- 17 Lorna Johns
- 18 Karen Mann  
Rhonda Downard  
Jodie Davis  
Kristin Murra
- 19 Sonny Hutton  
Kristen Jahn  
Sarah Helt
- 20 Frank McKinney  
Cindy Wheeler  
Michael Vernon
- 21 Helen Richards  
Chris Lehfeld  
Marlin Nielsen  
Anthony Royster  
Brandon Gonzalez
- 22 Sharon Morse  
Wayne Bruns  
Nancy Hefner  
Jeanine Rutter  
Aaron Thompson
- 23 Susanne Carney  
Angela Ringgenberg  
Cory Johansen
- 24 Michael Meadows  
Jessie Sims  
Thomas Rutter  
Ella Oberhart
- 25 Karla Tillotson  
Ellen Rothweiler
- 26 Barb Powers  
Judy Olson  
Bruce Mumm  
Joshua Podlich
- 27 Jeanette Best  
Jeryl Janson  
Gregory Honnold  
Helen Schroeder  
Bill Kallestad  
Joshua Curry  
Ellyn Sullivan
- 28 Marvin Malmin  
Carol Ackerman  
Ross Peeler
- 29 LaRue Buihner  
Aaron Page  
Mark Peterson  
Robert Rissman

