



The Friendly Visitor

Grace Lutheran Church

June 30, 2015

Summer Worship Services
Sundays
8:15 and 9:45 a.m.

3010 52nd Street
Des Moines, Iowa 50310
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Summer Youth Activities

As your newly called Developer of Youth and Family Ministry, I am excited to report all the exciting youth and family ministries that are happening at Grace this summer!

In the month of June we have had three weeks of opportunities for young people to learn and grow in their faith.

June 8-12 each morning our building was full of 37 preschool VBS participants ages 3-5 and

June 22-26 we enjoyed the company of three Lutheran Lakeside staff and 61 elementary age children grades K-5 for a week of all day VBS! The theme for both weeks was "On the Trail with Jesus" and students learned bible stories where people encountered Jesus on a journey. They experienced these stories through music, crafts, science, storytelling and recreation. A big thank you to all volunteers and donors who make the weeks possible, and to the congregation for their prayerful support of this ministry.

June 14-19 seven confirmation students from Grace attended a week of camp at Lutheran Lakeside. While experiencing all there is to enjoy at camp - water sports, group games, camp songs and new friends - they also got to spend an hour each day learning from pastors and youth staff who had accompanied their students to camp. This was a great time of fun and growth in faith and relationships for our group.

The month of July will bring the tri-annual ELCA Youth Gathering. This event for high school students will take place July 15-19 in Detroit, MI with a group of 18 Grace members departing on Monday, July 13 and returning on Sunday, July 19. We will spend three full days in Detroit in service, worship, and community. This is an exciting and life-changing opportunity for all participants, young and old alike. Please keep this group from Grace and all Gathering participants in your prayers leading up to and during that week.

Grace is doing wonderful ministry with the young people who did and will participate in these summer opportunities! I look forward to growing with you in this area of ministry in the months to come!

Peace,
Ellen Rothweiler
Developer of Youth and Family Ministry



Happy July Birthday

- 1 - Annika Christensen
Carl Fielmann
Matthew Johnson
Michael Nizzi
- 2 - Drew Tillotson
- 3 - Marilyn Anderson
Dale Bordt
- 4 - Sawyer Shiffler
- 7 - Rosella Dingman
- 8 - Donna Trickle
- 9 - Henry Jordahl
Carleigh Ridnour
- 11 - Kristina Hutton
Rebecca Lewis
- 12 - Melissa Petty
- 13 - Joshua Sherer
Amy Westercamp
- 14 - Matthew Harbaugh
Heather Honnold
Eric Selander
Stacy Walters
BaileyWoodruff
- 15 - Becky Harmon
Serena Helton
Hannah Jensen
- 16 - Tracy Justice
Joviana Reyes
Melinda Scholten
- 17 - Einar Christenson
Lucille Krauss
Jayne Mortenson
Christie Rosheim
- 18 - Anders Nelson
Bradley Nelson
- 19 - Dwayne Holmes
Deanna Snyder
- 20 - Lucius Chapman
Martha Kaleewoun
Krista Nelson
- 21 - Devin Christensen
Christian Culp
Robyn Reha
- 22 - Kathryn Schaller
- 23 - Linda Biegger
Pat Bordt
- 24 - Jacob Gibney
Declan Holst
- 25 - Justin Andersen
- 26 - Morgan Mortenson
- 27 - Jeff Robbins
- 29 - Genaro Ruiz
- 30 - Gary Vincent



Happy July Anniversary

- 8 - Ashley and Josh Lund
- 9 - Stephanie and Doug Johnson
Amy and Scott Douglas
- 14 - Jacquelyn and James Holmes
- 15 - Rhonda and Bill Jensen
Michael and Jenie Schmidt
- 17 - Brescia and Joseph Berg
- 20 - Katherine and Justin Scholl
- 21 - Loree and Tim Nelson
- 23 - Virginia and Richard Naney
- 24 - Penny and Michael Hansen



Welcome

Arbor Olivia Calahan, daughter of Paul and Alexson Calahan, born on June 18.

New Members Received in June

Karen Bandy
Todd Haugen
John, Tracy, Evan and Isaac Justice

Sympathy is extended to:

The family of Alice Nelson.

Jay Wangerin and his family for the loss of his mother, Virginia Wangerin.

Jeff and Nicole Rudisill on the loss of their twins, Beckett and Layla, who were expected to be born this fall.



Staff notes

Please note that all Grace Staff have new emails!

The complete list of emails is on the front of this newsletter and on the www.gracedm.org website.

Holiday Hours

The office will be closed on July 3.



Meals from the Heartland Annual Hunger Fight August 26—August 29 at Hy-Vee Hall

At the June Social Ministry meeting, we thought there might be some members of Grace who would like to participate in the Meals from the Heartland Annual Hunger Fight—a very worthy and fun event.

Registration for the Annual Hunger Fight begins in July. The phone numbers from the website are 515-473-9530 or 877-HLP-MFTH which is 877-457-6384. Shifts are for 2 hours. A complete station is comprised of 10 people. Complete teams are not necessary—joining other packing stations occurs often. The minimum age to volunteer is 5. Please comply with the following student-to-adult ratios: Grades K-2, 2 students/1 adult—Grades 2-5, 4 students/1 adult—Grades 6-8, 5 students/1 adult—Grades 9-12, 10 students/1 adult.

Meals from the Heartland is a non-profit, 501(c)3 organization that empowers volunteers to package meals for food-insecure people around the globe, across the United States and right here in central Iowa. Many opportunities are provided for individuals, businesses, schools, churches, and organizations of all kinds to come together and show the world what people who truly care can accomplish.

The inspiration for Meals from the Heartland started in 2007 during a packaging event held during Lent by a church in West Des Moines. Those involved were so excited by the result that they organized a community-wide packaging event that is now known as the Annual Hunger Fight held at Hy-Vee Hall in downtown Des Moines. Since then, more than 125,000 volunteers have helped package nearly 50 million meals throughout the entire state of Iowa!

Meals from the Heartland is committed to packaging delicious and nutritious food, including rice-and-soy and macaroni-and-cheese meals. These meals appeal to a diverse local and global audience and provide variety to the food-insecure. Each meal package feeds up to 6 people and costs between \$1.20 and \$1.50 in ingredients and supplies to pack.

We can be a part of the group that helps to package 15 million meals in 2015.

Questions? Call Joie Gronert—279-4974.

Helping Hands needed!

Grace Kids Care needs your HELP! It is that time of year when the playground mulch needs to be replenished. We are having 4 loads of mulch delivered and plan to install it on Saturday July 11th. Eric Weber's crew is planning to help, but every helping hand is appreciated. We will need to shovel the mulch into wheelbarrows then take it into the playground and spread it around.

This is about a 2-3 hour process, made much quicker with more help. If you are able and interested please contact Heather at heathernelsondc@msn.com Thank you for your consideration! Heather Nelson, Director, Grace Kids Care, 3010 52nd St., Des Moines, IA 50310

Grace Bike Group

The Grace bike group would like to invite anyone interested in cycling to join us on Saturday mornings for a little fellowship and exercise. Currently we are meeting at Grace then riding the trails down to the Farmers Market to enjoy some of the good food there and ride back to Grace. Round trip is 14 miles. Many of us ride our bikes to Grace, then ride back home for an extended ride. We also have ridden the High Trestle Trail a couple of times. So if you're interested in joining us please contact Mike and Carla Peterman at mpcp79@hotmail.com, or Jon Rissman at jrissman@gmail.com and we will add your name to our bike group email list.

Rise Up!

National Youth Gathering begins in a matter of days and weeks!

Look for the participants and leaders wearing their blue Southeast Iowa Synod shirts on July 12 as we commission these 14 high school and college students and 4 leaders from Grace.

They'll start their travels at a leisurely pace on July 13 with 2 days of travel that includes a stop at the Indiana Dunes. After arriving in Detroit there will be 24 hours to explore the culture and history of the city in which we'll be spending our week. Then the real work begins during the awesome powerful 5 days of the Gathering.

Women of the ELCA

WELCA is asking Grace members to respond to the following questions:

- * Do you have specific things you feel WELCA should address?
- * Circles independently have been questioning the value of Maundy Thursday and Ascension Day activities and wondering how valuable the lunches/brunches are to our members and others--how would people feel about having a service at 1:00 followed by a little snack such as cookies and coffee? (We still could invite other churches.)
- * Are you interested in doing activities with other churches, and if so, what, where, and with whom?

Please communicate your thoughts at your circle meetings and/or to someone on WELCA: Ardis Schmelzer, Carol Krause, Jan Gross, Barb Tussing, Mary Freimuth Helt, Donna Tricklel

Grace Lutheran Church Council Meeting

5-26-15 at 7:00 PM

Present: Pastor Mike, Kevin Drury, Don Peterson, Cathy Barks, Eric Weber, Barb Zimany, Stacie Holst and Karri Brandsfield

Devotion and Prayer led by Pastor Mike.

Staff reports were accepted as written. No finance report this month. Everything is on track.

Pastor report – Continuing to plan for fall. Will be starting construction for Ellen Rothweiler's office on 5-27-15 so it can be completed by her start date of 6-7-15.

OLD BUSINESS:

- No old business

NEW BUSINESS:

- The office copy machine 5 year lease is coming up. Midwest Office Technology has given a quote of \$210/month for the new machine which will be a color copier and has folding ability for our bulletins.
 - A motion was made and seconded to approve the new copier lease. The motion carried.
- Discussed some options for Esperanza Chapel repurposing to create an additional meeting space/daycare work space. Pastor Mike and the Property Committee will discuss this in more detail with Heather and get back with council.
- Congregational Council – DEEP, structure, discussion. Things we discussed are the following:
 - Council members would no longer be a liaison to the committees. A church staff member would be assigned to be the liaison for each committee.
 - It would be highly recommended, but not required, that members of council still be on one of the committees. (May need to suspend a section of the by-laws, for a specified time period – ex. 1 year, in order to try this and see how it goes. If it goes well, then we would need to make a permanent change to the by-laws.)
 - All pertinent reports would be e-mailed one week prior to our council meeting so everyone can read them beforehand and approve them as a consent agenda item.
 - Executive committee would still meet monthly as it always has.
 - Committees would be given free rein to meet on a date that works best for them and may not need to be every month. This does not mean that the staff person needs to be at every committee meeting as long as the assigned staff person and committee chair are in constant communication with each other on items that are going on.
 - Staff administrator to be at council meetings to take notes so all members of council can be fully involved in the conversations.
- Discussed possible Mission theme(s) for the next year.
 - 1st Impressions
 - Building relationships
- Discussed some form of spiritual/physical wellness such as:
 - Blood drive
 - Blood pressure
- Discussed having a Council retreat in July or August. Kevin will send out some possible dates and have the council vote via e-mail.

Meeting was adjourned at 8:40 p.m. with the Lord's Prayer.

Respectfully submitted,
Karri Brandsfield, Secretary

Finance Report –May Results

Financial results for May YTD are as follows:

- Pledged Offerings – Actual \$190,511, Budget \$189,458
- Other Income – Actual \$6,978, Budget \$8,062
- Expenses – Actual \$188,584, Budget \$207,694
- Net activity – Actual \$8,905, Budget (\$10,173)

Actual net activity was favorable to budget due to offsetting variances. Overages in maintenance (Elevator and AC repairs) were offset by savings from the vacant Youth and Family position and payoff of the bank debt.

Additionally, not included in the above results are a \$700,000 estate gift and the use of these monies - \$70,000 (10%) Synod Benevolence and \$160,000 for payoff of bank debt.



God's work. Our hands.

As a social ministry organization of the ELCA, Lutheran Services in Iowa (LSI) is so thankful for your partnership in ministry! This month we also want to give special thanks for the many congregations who have made LSI a focus of a "God's work. Our hands." project.

Past "God's work. Our hands." projects have included donations of tools and handmade totes for dads enrolled in our early childhood programs, plus children's books, towel bundles, school supplies and backpacks. LSI has also been blessed to receive "noisy" offerings, special offerings and proceeds from yard work or luncheons. Some Sunday School classes and youth groups have also encouraged youth at LSI's Beloit and Bremwood Residential Treatment Centers through quilts and letters.

We thank you for your witness of God's love and your service! If you are interested in ministering to those served by LSI and would like to know more about current needs, please contact Deb Whitford, LSI Director of Philanthropy and Church Relations, at deborah.whitford@LSIowa.org.

LSI is proud to be an affiliated social ministry organization of the Evangelical Lutheran Church in America (ELCA). Learn more at www.LSIowa.org and www.facebook.com/LSI.iowa.

Helping Makayla See "Anything is Possible"

Things are looking up for 18-year-old Makayla. "Now is the happiest I've been," she said. "Things are getting better."

Makayla was 15 years old when she had her son Levi. Makayla hasn't seen her mom in ten years, and more than a year ago her dad took his own life. Yet somehow Makayla always has a smile on her face. "People always complain about things, but you're the only one who can change them," she said. And she has changed things – with some help from LSI's early childhood services.

"A lot of families – especially teen moms – they don't have parents they can talk to. That's where we can go in and be very helpful," said Julie, an LSI family support worker. "Levi was six months old, and I didn't know it was okay for babies to still be in diapers at that stage," Makayla said. "And I was pretty excited that I could give him table food." Julie shared child development and parenting information with Makayla, but most importantly, she boosted Makayla's confidence.

"I tend to see a lot of teen mothers, and this is one I'm super proud of," Julie said. "She's always had it in her. Now she's in an environment where she can grow."

Makayla is now a high school graduate, has a job and plans to study early childhood education. She is a woman of hope. "I like my mindset now," she said. "I feel like anything is possible."



ELCA Malaria Campaign
Evangelical Lutheran Church in America
God's work. Our hands.



In 2013, Martinho Lutero Clinic in Mozambique reported no deaths from malaria among children under age 5. More than 30,000 pregnant women have received preventative malaria care through the Lutheran malaria program, and their babies are being born healthy. Likewise, in Burure, Zimbabwe—a community that previously lost six or seven children per year from malaria—no child has died from malaria since the Lutheran program began there.

Truly, more children are present in their villages.

From the ELCA Malaria Campaign Blog: Allison Beebe "**Pastor David Ngogo - The Lutheran malaria program in Tanzania**" (5/27/2015)

Wherever Rev. David Ngogo is, he's talking about malaria. "Many people have lost their lives because of ignorance about malaria. Through education, we could save a lot of people." Rev. Ngogo, pastor of three rural churches in the Konde Diocese parish in the ELCT, says the Lutheran malaria program teaches church members about malaria prevention, how to tell if they have malaria, and what to do if someone becomes ill.



Every Sunday after the weekly worship service, he talks to people about malaria. He wants them to understand how dangerous it can be and how easy it is to prevent. "Since malaria is spread by mosquitoes, you can prevent malaria by sleeping under an insecticide-treated bed net. If you think you or your child has malaria, go to the hospital right away. Young children are most at risk." Rev. Ngogo learned these points from the Lutheran malaria program.

"Since we started this work," he says, "more than one person [in my congregation] has gotten sick and recognized the symptoms early enough to seek treatment. And that is thanks to this training."

The Lutheran malaria program in Tanzania is supported by the ELCA Malaria Campaign and implemented by Lutheran World Relief (LWR) and the Evangelical Lutheran Church in Tanzania. Photo by Emilie Sollie, courtesy of LWR.

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Grace Lutheran Church

The Dostalík and Voelker families invite you to stroll around Copper Creek Lake in July, or participate in a Fun Run - or perhaps you would rather join Todd Haugen in the 10K?

Proceeds support The Marfan Foundation's research, programs, and services for people with Marfan syndrome and related disorders, such as Ehlers-Danlos Syndrome. Many of you are aware of the Dostaliks' journey with Marfan Syndrome, but in recent years the Voelkers have found support and education about Ehlers-Danlos from this foundation. Having an immediate resource for questions at our fingertips was immensely helpful, as was finding materials to educate others as well as ourselves.

Links to information and registration to either event are provided below. Brochures can be found at Volunteer Central. If you have any questions you can contact Kari Dostalík.



Moonlight Stroll for Marfan

Friday, July 24

Copper Creek Lake

Pleasant Hill, Iowa

Event includes: leisurely stroll around the lake, followed by refreshments and prize drawings.

Register at getmeregistered.com or active.com.



Have Heart for Marfan Walk/Fun Run

Saturday, July 25

Copper Creek Lake

Pleasant Hill, Iowa

Event includes: 5k & 10K fun runs, 2k walk, 2k youth run and youth trot

Early bird registration deadline: July 10

Register at getmeregistered.com or active.com.

The Marfan Foundation and Heart of Iowa Chapter create a brighter future for everyone affected by Marfan syndrome and related disorders. They work tirelessly to advance research, serve as a resource for families and healthcare providers, and raise public awareness.

Grace Garden

Oh the bunnies have been hard at work eating! There seems to be a bumper crop of them, though Jay keeps joking about rabbit stew. Our garden team and the Willing Workers have also been hard at work, adding extra fencing around tender and apparently tasty young plants, reinforcing the outside fencing and replanting between the rains.

The last few weeks have seen gorgeous beet harvests, which many of you have enjoyed.

On Sundays – all summer long - watch the table in the entrance hall for more harvest. It may be awhile before we have beans or cucumbers, but the peppers, eggplant, potatoes, tomatoes, broccoli, and kale are all doing well.

In the meantime, if you have extra produce of your own to share, place it in the table on Sunday morning.

If you are able to take a mid-week harvest or Sunday's remainders to the food pantry, please contact Michelle in the office with details.

If you want to help us harvest, watch the bulletin and e-news – we'll announce when you can harvest or meet us to work together!