

## GRACE LUTHERAN CHURCH

**Summer Worship Sundays at 9:00 a.m.  
Coffee at 10:00 a.m.**

*Summer schedule continues through September 10*

**Summer Office Hours  
9 a.m. – 3 p.m. Monday through Thursday  
9:00 a.m. – 2:00 p.m. Friday**

### **Contact Us**

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### **Inside This Issue...**

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## JOY

While driving down Highway 71 between Spirit Lake and Spencer, a strange thing happened; I was passed by a woman driving very fast while KNITTING! I sped up to see if my eyes were deceiving me, but they were not. She was knitting. She was barely watching the road. She wasn't holding the steering wheel, instead reaching up on occasion to correct the cars trajectory as it hurled itself at about 80 mph down the road. I tend to put in a lot of miles in my little car, and have seen a lot over the years. I have seen people watching movies, texting, shaving, makeup, changing clothes...a lot of things. This, however, was a first, and I am hoping it is a last.

It is not that this is any worse than any of the other distractions. Any of them can be very dangerous to the driver and anyone on or near the road. The difference: if you haven't finished the knitting before you left in the car, it probably isn't going to get done while you're in the car. Knitting takes time. It gives you something to do while enduring other things, like movies or meetings. I have nothing against knitting, just not behind the wheel.

Believe it or not, I am actually going somewhere with this. We all have distractions. Life goes by really fast, and things distract us from what is important. There are so many things that take our attention from whatever we are doing. Sometimes those distractions are more like a text, a momentary shift in attention. Sometimes it looks more like greed or envy, as we cave to the illusion that the grass is greener on the other side. Whether looking down and discovering your children are now 9 and 18 months, or finding you now have a mostly white beard (ok, those are both me) it is easy to see that life goes by pretty fast.

With the pace at which we cruise through life, it is important to make sure the distractions don't become the attractions. It is important to always remember what is important. I find it odd that some things just stick with you after decades. I remember sitting in a church basement where a youth director talked about prioritizing life and used the word JOY. As a middle schooler, I immediately wrote it off as "cheese." The older I get, the more I find it to be true. We do need JOY, or as he put it, Jesus, Others, and Yourself.

It is important to remember Jesus and to keep Christ at the center. God chose to use the life, death, and resurrection of Jesus as that which proclaims the love of God. We should stay attentive to that love.

It is important to be mindful of our relationships with others. It is important to take time to build and maintain relationships with our family and friends. God has brought us together for a reason, and in the sharing of life, we strengthen one another in love.

It is important to be mindful of ourselves. Maintaining balance in life is important. It is easy to pay so much attention to other things and distractions that we lose sight of ourselves and our own needs. Take time to simply breathe and soak in God's love for you. Take time to do the things that charge your soul.

Pretty soon here the programmatic year will kick off and our schedule may well start to feel more like we're trying to knit while driving down the road at 80 miles per hour. Take time to enjoy today and every day that you are given. Make time for JOY.

In Christ,  
Pastor Mike

## Happy August Birthday

- 1 - Cathleen Swanson  
Laura Schwartz  
Amy Neal
- 2 - Kevin Drury  
Deborah Helt
- 3 - Michael Hansen
- 4 - Matthew Trickle
- 5 - Shirley Dyson  
Rev. Ro Zimany  
Donald Swanson  
Elizabeth Rudisill  
Joshua Appenzeller  
Jolee Feeney  
Kayleigh Medhurst
- 6 - Carla Peterman  
Riannon Brown
- 7 - Dale DeBolt  
Layne Weber
- 8 - Teri Koch
- 9 - Ross Lewis  
Katherine Lenhart
- 10 - Delores Larsen  
Jeffrey Anderson  
Dilynn Chapman
- 11 - Martha Martens  
Linda Ulrick
- 13 - Josefina Jacobo  
Maria Jacobo
- 14 - Darlene Stuckle  
Angela Hansen  
Rachel Welty
- 15 - Connie Heuton  
Alex Pilon  
Adam Dostalík
- 16 - Cheryl Weatherington
- 17 - Jordan Carter
- 18 - Beverly Russell  
Michael Best
- 19 - Alyssa Weaver
- 20 - Patricia Anderson  
Brent Ridnour  
Cooper Mortenson
- 21 - Tom McCleary
- 22 - Annika Christensen  
Devin Christensen
- 23 - Marvin Johns  
Janice Nordeen  
Mark Mattes
- 24 - Grace Schroeder  
Janet Trentmann  
John Gronert  
Linda Gronert  
Brady Bogue  
Cris Hidalgo
- 25 - Scott Honsey
- 27 - Tim Nelson
- 28 - Richard Randolph  
Philip Snyder  
Brandon Niemuth
- 29 - Susan Halblom  
Todd Prescott
- 30 - Janet Gross  
Leonard Ringgenberg  
Janet Habick
- 31 - Eleanor Carlson  
Gary Nehmer

## Happy August Anniversary

- 1 - Stuart and Martha Mitchell
- 4 - Paul and Melissa Kallenbach  
Howard and Alice Kulzer
- 5 - Kevin and Kristin Kopperud-Stinn
- 7 - Ryan and Rachael Bigg
- 8 - Kent and Angela Weaver
- 11 - Donald and Bonnie Jo Swanson
- 12 - John and Sharon Schwemler
- 13 - Gary and Marion Nehmer
- 14 - Lathrop and Sally Preston  
Ralf and Inga Hoifeldt
- 15 - Sean and Melinda Stickrod  
Chris and Melissa Lawson
- 16 - John and Carol Rudisill  
Virgil and Gayle Olson  
Dale and Pat Bordt
- 19 - Kenneth and Eleanor Carlson
- 21 - Ernest and Cheryl Weatherington
- 25 - Bruce Mumm and Christie Rosheim  
Scott and Julie Honsey
- 26 - Gary and Sharyn Nelson  
Jerry and Diane Westercamp
- 29 - Norman and Lenora Iverson
- 30 - Joshua and Kristene Shortell
- 31 - Martin and Kari Dostalík  
Kurt and Kathy Bowermaster



## Our Sympathy and prayers go to:

**Dorothy Duleepsingh** on the passing of her brother this past June.

**The family of Lloyd Weiland**



## Thank You

Many, many thanks for the help, the cards, and the prayers everyone provided while I was recovering from surgery & the complications that followed it. I never really knew how blessed I was to have such a wonderful church family until these past few months. Thank you all for your generosity of time & spirit.

Amy Schmelzer

We thank the many members of our Grace family for their kindnesses and fellowship in the celebration of life for Mary at the Visitation and the Funeral service. Our entire family appreciates the prayers, cards, and memorials directed to Grace Lutheran Church in Mary's name.  
Richard Johansen

Martha and Stuart Mitchell and  
The Family of Mary Johansen



## Spotlight – Beaverdale Farmers Market Mary Helt and Nancy Crowfoot



The Evangelism Committee has been brainstorming ways of getting our church and name in the neighborhood more; one of our ideas was to do something at the Beaverdale Farmer's Market.

We decided having a little booth that could entertain children would not be competitive with others and might make some friends; so, we teach children how to make all kinds of friendship bracelets. Some are quick and easy and some are more complicated. We have some repeat "customers" who want to make the same bracelet again or try a new one. We also have opportunities to talk to moms and dads and grandparents.

The rule at the Market is no politics or religion, so we ask innocuous questions such as, "Do you go to a church?", or "Have you thought about Bible School?" We have had occasional philosophical discussions with someone who brings it up. A recent interesting question was "Why are the Lutheran and Catholic churches getting closer together?"

We have a banner with our name and new logo which we put up in a tree or on stakes by our booth. Seeing our name and logo should spark a little recognition as they begin to see it elsewhere.

If you want to visit us, we are down by the music on the grassy island where the children play. If you want to join us, we would love to have you as a visitor or volunteer. Join us, and have fun with us at the Grace Lutheran Booth.

### Beaverdale Market:

Tuesday evenings--4:00 to 7:30, now through September, at the corner of Beaver and Urbandale. There are many other wonderful things and foods to enjoy at the Market. The streets are blocked off just before the intersection but there are plenty of parking lots nearby at the Bank/Saints, Beaverdale Place, Holy Trinity & the Lodge.

This is step one; if you have great ideas for expanding our little booth, please give us your suggestions!

**Our next goal is to be a part of the Beaverdale Fall Festival Parade.** We need volunteers and people of all ages who are interested in walking, making displays, and being a part of this display showing the interest of our church in the neighborhood. This is a short-term commitment and should be great fun. But the deadline to send in an application is rapidly approaching.

### National Night Out

Please note, there are many celebrations planned in neighboring communities for a National Night Out on Tuesday, August 1. We've listed these events on page 5.



## Church Council Highlights From the June 27<sup>th</sup>, 2017 Council Meeting

At the June 27th Church Council Meeting:

- **The Council was informed** that work is progressing nicely on the two downstairs bathrooms, and that work on the storage rooms is also progressing. The work in the library has been completed.
- **The Council was informed** that at some future date the Property Committee would like to replace the carpeting in the Gathering Hall and the Sanctuary.
- **The Finance Committee** reported that both the church and daycare budgets are currently “in the black”, year-to-date. Also, the Stewardship Appeal resulted in \$17,520 being raised in one time gifts, and \$10,490 in increased pledges, for a total of **\$28,010!**
- **The Personnel Committee** reported that the newly hired Worship Office Assistant is helping to reduce the workload for other staff members.
- **The Council was informed** that work continues to select a design for the Little Library and Food Posts.
- **The Council granted permission** for the church to be used by the Centering Prayer Group to hold a retreat October 7<sup>th</sup>, 2017. Various Synod and other groups will be attending.

Dave Gronert  
Council Secretary

### Finance Report – June Results

Financial results for June YTD are as follows:

- Pledged Offerings – Actual \$215,375, Budget \$200,925
- Other Income – Actual \$14,444, Budget \$14,250
- Expenses – Actual \$222,804, Budget \$231,000
- Net activity – Actual \$7,015, Budget (\$15,825)



Actual net activity was favorable to budget by \$22,840. This was due partially to increased pledge activity and also due to the timing of certain expenses. The one-time gifts given as part of the stewardship appeal will be recognized in the income statement evenly throughout the fiscal year.

### Who does what?

Roles have changed over the past year, and again quite recently, so it's time for a refresher!

**Jessye Flannery, Office Assistant for Worship.** Jessye is responsible for creating the weekly bulletins (not announcements) and worship powerpoint slides. She gets all of her information from Pastor Mike, Emma, and those coordinating ushers, volunteers, etc. You can contact her at [Jessica@gracedm.org](mailto:Jessica@gracedm.org)

**Denise Friesth, Minister for Administration:** Denise is responsible for Finance related items, (with the finance committee), Building use and reservations, and keeping the Calendar. If you would like to reserve a room, add an event to the calendar, need to submit committee expenses, or have a question about where you stand with your pledge, contact her at [Denise@gracedm.org](mailto:Denise@gracedm.org)

**Michelle Voelker, Minister for Communications:** Michelle is responsible for the weekly announcement sheets as well as the weekly enews, facebook page, Grace website, and Friendly Visitor. Send all news, meeting and class topics, and articles for any of these publications to [Michelle@gracedm.org](mailto:Michelle@gracedm.org).

#### Sunday Bulletin Announcements:

Printed on Thursday, deadline for inclusion is Wednesday of each week.

**Friendly Visitor:** Published monthly, typically at the beginning of each month with deadlines 7-10 days prior. The September 2017 Friendly Visitor will be printed early, so the submission deadline will be Monday August 21.

**Enews:** sent to inboxes on Tuesdays with calendar, community and Grace news updates. Submission deadline Monday at noon. Mondays at noon. You may sign up to receive the enews on our Facebook page or by emailing Michelle with your full name, preferred email address, and zip code.

**Prayer requests** can be sent to [Mike@gracedm.org](mailto:Mike@gracedm.org), [Michelle@gracedm.org](mailto:Michelle@gracedm.org), or [Denise@gracedm.org](mailto:Denise@gracedm.org)

## Local National Night Out Events

### Tuesday, August 1

*Many of the communities Grace members live in are planning activities: Will you be participating in National Night Out? Let us know where! Or submit photos of you participating!*

#### Beaverdale Neighborhood

Beaverdale, Waveland Park, and surrounding residents are invited to participate in National Night Out. This is an evening of family-friendly fun, sponsored by the local businesses, the Des Moines Police and Des Moines Firefighters, Waveland Park Neighborhood Association, and the Beaverdale Neighborhood Association, in an attempt to get neighbors interacting with local safety enforcement and neighbors in their community.

#### Downtown Neighborhood, East Village Neighborhood

Families are invited to Cowles Commons (221 Walnut Street) from 5:30 to 7:30 pm to enjoy local music, food and drink samples and prize giveaways provided by local businesses.

#### Drake and Drake Park Neighborhood Associations

Turn on your porch lights, bring the kids, and join your neighbors from 5:00 to 8:00 pm at Drake Park, northeast of 24th Street and Cottage Grove Avenue. As part of this annual community-building event, you'll get to meet the neighborhood's public safety officers and representatives from the city, the county, area churches, and Drake University—not to mention enjoy games, fun, and food with your neighbors. And it's all FREE!

#### Urbandale Police Department

This National Award-Winning event is a fun evening to come out and get to know your local law enforcement to help keep our community a safe place to live, work and play! You will be able to meet officers from patrol, bicycle patrol, Suburban Emergency Response Team, K-9 Sabre and many more! This year's event will be held from 5:00 to 7:00 pm in the Urbandale Police Department's front parking lot and the soccer field to the west of the Police Department.

#### Altoona Christian Church

Join the Altoona Christian Church from 6:00 to 8:00 pm for a FREE family-friendly event! This community festival will honor local police and fire departments. Parking is available across the street at Clay Elementary School.

#### Polk City Police Department

The Polk City Police Department will host their National Night Out event from 4:00 to 8:00 pm. There will be several displays and vendors in front of the Police and Fire Department buildings on Van Dorn Street.

#### Windsor Heights Police Department

There's something for every member of the family to enjoy at Windsor Heights' annual National Night Out event. There will be food, inflatables, helicopter display, balloon animals, stickers, coloring books, face painting, spin art, barrel train rides, rock wall, K-9 demo, prizes and drawings and jaws of life demo. Join the festivities from 5:00 to 7:00 pm at Colby Park.



### Grace has a Geocache? Yes, we do!

Grace's geocache "Room AT The Inn" is OPEN, published on [geocaching.com](http://geocaching.com) and official in every way now. Geocaching HQ approved and published our cache overnight on a Monday and by Tuesday morning four people had already found it!

Some geocaching rules from Sandy Briggs, who is maintaining the cache: You'll find all the information you need on geocaching on the website. When you find the cache sign the log/guest book. There is a tub of "swag" - help yourself to anything you'd like, and leave something that is equal to it. That way it perpetuates itself and there's always something inside for the next person. There are boxes for geocoins, and "travel bugs". Travel bugs are items that people take to other caches and the owners track where they go and how far they go. If you aren't into geocaching but want to find our geocache, you can still sign the log book and trade swag! We encourage everyone from our church to go there as often as they like.

**Geocache News!** We've retrieved a "Travel Bug" from another cache in Des Moines. Travel Bugs are items that are sent on missions by their owners to move from cache to cache to wherever they want them to go. One that was from Belgium was traveling to Ohio to the owner's brother. Well right now, we've retrieved a Travel Bug that is from KenyaConnect. It's an NGO dedicated to connecting students globally. You can read more about it here.

<https://www.geocaching.com/track/details.aspx?guid=5713fe32-51fd-43e0-b962-120a05d49581> On the page just before you get to the Tracking History there is a link to the gallery with 13 images of places this lion has visited and you can click on the map to see how it's traveled it's 11913.7 miles since September 21st 2016. It's a very nice carved wooden lion. We are hoping to get a photo or two of Grace members with the lion in the next few weeks before sending it on! See Sandy Briggs if you want to be in the photo!

## Youth Ministry and Summer!

Frolic (ages 0-3), Sunday School (Preschool – 5<sup>th</sup> Grade), Confirmation, and middle and high school hangouts will all resume on September 17!  
Contact [Ellen@gracedm.org](mailto:Ellen@gracedm.org) for more information or to volunteer

### Sunday School and Confirmation Start Dates for your Calendar

#### God's Work Our Hands Sunday, September 10

Celebration with one service at 9, service projects, and a picnic!

#### Sunday School begins! Sunday, September 17, 9:30

Room numbers, rotations, and information about helping to lead will be posted later. We'd love your help, and you don't need to be an expert (honest, the kids will never know, but they'll love learning with you and having you there!).

#### Frolic for children ages 0-3, AND their parents.

Parents and Children meet together for bible story from the Frolic Bible, guided play, and fellowship with other parents. Come whenever you can!

**Sunday School:** Preschool – Grade 5.  
Sunday school often begins with all students gathered together for Opening before moving to individual classes. Music, library, and crafts related to the current Bible stories round out their time together.

**Middle School Hangout** – Upstairs in the middle School Room across from the Gym. Snacks, Keurig (hot chocolate!), Check-in with Highs and Lows, some study, discussion, videos, occasional opportunities to participate with Adult Education videos and speakers... join us!

**High School Hangout** – In the High School room next to the Middle School room. Same activities as middle school, only with carpet, a foosball table, your own Keurig, snacks, and discussion.

**Fall Confirmation  
Orientation meeting Wednesday September 13  
Class begins September 20  
Retreat: October 14-15**

You will receive all the information you need at the September meeting!

#### ELCA Youth Gathering 2018 This Changes Everything

June 27-July 1, 2018 plus additional days for travel. Students currently in 8<sup>th</sup>-12<sup>th</sup> grade are eligible to attend. Ellen will be sending out more information this fall. Grace plans to be registered by October. Each participant will pay a \$350 registration fee, and attend planning/learning sessions with the group.

### Confirmation Camp recap

I had the privilege of accompanying two of our Confirmation students on a week of Confirmation Camp at Lutheran Lakeside in Spirit Lake, IA July 16-21. Mira Voelker, Jamie Briggs and I were able to enjoy all the camp experiences of camp fire worship, games, water front activities, silly prayers and songs, making new friends and the beauty of nature during our week together. All the Confirmation campers got to spend an hour a day with each "Pastor" learning about the camp theme "Water Works" and connecting that to the life of faith. Each day I got to look forward to an hour after dinner with Mira and Jamie when I got to check-in and see how they were doing at camp, and play card games! We played the always fun game of Uno and I learned two new games from them; Egyptian Rat Screw and Trash! It was great fun to spend this time with these students getting to know them better as individuals and see them enjoy all that is camp.

Here are a few reflections from them on their time at camp:

#### Mira Voelker-

What was the high point of your week at camp? *Making new friends and the second pastor time every day with our own pastor.*

What was the low point of your week at camp? *Bugs. Bugs were present and annoying.*

What would you like Grace members to know about your week at camp? *Zip lining was scary, but fun.*

#### Jamie Briggs –

What was the high point/favorite part of your week at camp? *Sailing - being on the lake.*

What was the low point/least favorite part of your week at camp? *Hard to choose a low point because there were so many high points.*

What would you like people at Grace to know about your time at camp? *Fun and learn stuff. Learning about the miracles of Jesus. Recommend camp to anyone who hasn't gone yet.*



## Adult Education and Study

### Fun, Fellowship and Faith ~ Join AFET!

AFET is the acronym for our Adult Faith Enrichment Team. We embrace faith, fun and fellowship. Our simple focus is planning adult forums during the education hour that will encourage fellowship and strengthen our faith.

Do you have an interest in adult faith enrichment? Would you like to help plan Bible studies, speakers, book discussions, video presentations and special activities for our adult members? We would love to have you join the fun with our Adult Faith Enrichment Team! For more information, please contact Cherie Rissman. ([cherierissman@gmail.com](mailto:cherierissman@gmail.com))

### **New Member Class**

**Sunday, August 20, 10:30 a.m.**

Are you interested in becoming a member of Grace, or simply want to know more about what that means? Meet with Pastor Mike in the Gathering Hall for an hour, bring your questions!

### **Centering Prayer at Grace**

Upper Room, Tuesdays, 10:30-11:30 a.m.  
Schedule:

- Opening Devotion
- 20 minutes Centering Prayer
- Book Discussion

If you are interested in sitting with others in prayer and are not able to attend on Tuesday mornings Contemplative Outreach of Central Iowa has a list of prayer groups that meet throughout the week both days and evenings. Their website is [centeriowa.org](http://centeriowa.org).

God's peace,  
*Julie Honsey*

### **One Year Bible Discussion**

**Sundays** 10:30 a.m. in the Gathering Hall.

Each month's reading plans are available on the Grace website at [www.gracedm.org](http://www.gracedm.org), on the links page.

### **Tuesday Bible Study**

Led by Pastor Mike in Grace Hall  
8:45 – 10:30 a.m.

Bible Study will resume on September 12

### **Religious Discussion Group**

Wednesdays 6:30 – 7:30 p.m.

Led by The Rev. Ro Zimany

The discussion group will resume meeting  
Wednesday, September 20

## Calendar

Find an updated calendar, rehearsals, and committee meetings on the grace website at [www.gracedm.org](http://www.gracedm.org), and printed in the entrance hall each week.

### **Every Week (not listed in calendar below)**

#### **Sundays**

9:00 a.m. Holy Communion Worship  
10:00 a.m. Coffee and Fellowship  
10:30 a.m. Bible discussion group - Library

#### **Mondays**

10:00 a.m. Staff meeting, conference room

#### **Tuesdays**

10:30 – 11:30 a.m. Centering Prayer Group, Upper room.

#### **Wednesdays.**

9:00 a.m. Willing Workers  
6:00 – 8:00 p.m. Grace Players Rehearsal, Grace Hall

#### **Thursdays**

9:00 a.m. Quilters, Msindo Hall

### **August Dates**

- 1 – Principal Retirees Group 10:00 a.m. – 3:00 p.m.  
Grace Hall I & II  
Knitters Guild 6:30 – 9:00 p.m., Grace Hall I
- 2 – LSI Training 8:30 a.m. – 3:00 p.m. GH II
- 3 – First Circle Friends – Grace Hall I & II 10:00 a.m. – 3:00 p.m.
- 8 – Executive Team Meeting 6:30 p.m.
- 12 – Men's Group – Breakfast and church projects – 8:30 a.m. – noon
- 14 – Staff Retreat offsite 10:00 a.m. – 2:00 p.m.
- 17 - First Circle Friends – Grace Hall I & II 10:00 a.m. – 3:00 p.m.  
Ladies Night Out Valley Junction 5:00 p.m.  
(see page 9 for more information)
- 19 – 9:30 a.m. Altar Guild, offsite.  
Coffee, Planning, and fellowship Watch  
announcements for location.
- 20 - New Member Class, Gathering Hall, 10:30 a.m.
- 22 - Drake University Meeting, Grace Hall I, II & Kitchen  
8:00 a.m. – 4:30 p.m.  
Church Council Meeting, conference room, 6:00 p.m.
- 24 – Grace Players Rehearsal, Grace Hall, 6:00 – 8:00 p.m.
- 25 - Grace Players Rehearsal, Grace Hall, 6:00 – 8:00 p.m.
- 30 - Grace Players Rehearsal, Grace Hall, 6:00 – 8:00 p.m.

**Monday, September 4** – Office Closed for Labor Day

**Saturday, September 9** – Grace Players Presents:  
**Superhero Sanitarium!**

Plan to spend your evening in Grace Hall laughing!  
Official time to be announced later.  
Rehearsal photos on page 10!

**Sunday, September 10** – God's Work Our Hands after worship

**DMARC Donation of the Month:** Whole Grain Cereal, Whole grain varieties without added sugar.

### Grace Garden Notes:

Marion, Julie, and Carla and Mike have all been BUSY in the garden, watering through the heat, harvesting beans, beets, carrots, peppers, and more. If you've read about Japanese Beetles hitting other gardens, well, they're in ours too. Carla has set out a bucket for them – every time we come across one, it gets to go swimming! The bush beans were finishing up when spider mites started making trouble, so the beans have been pulled and bagged for a few weeks in hopes of adding the greens to the compost without the spider mites.

The tomatoes are turning and looking beautiful, and the winter squashes growing. The eggplant hasn't yet flowered – it can be a touchy plant. Some years we have had great harvests, but some years it is a struggle. We'll give it another week or so before pulling to make room for fall crops.

Fall crops? Yes, we'll soon be replanting some of our best growers: red beets, turnips, onions, radishes, and bush beans! Colorful, nutrient rich vegetables that will grow well into the fall.

We're also looking for someone to help hang our beautiful sign at the corner of the garden along 52<sup>nd</sup> Street. Stop in the office to see it, and talk to Michelle for more information.



### Back to School Month

School is right around the corner! But imagine being a child or teen with an emotional or behavioral disorder. This time of year can be extremely stressful. They are afraid they won't be able to concentrate or fit in at their school. They worry about the transition adjusting to a new classroom routine.

Did you know Lutheran Services in Iowa (LSI) partners with schools across the state to provide mental health services right in their communities? Our therapists can work one-on-one with children while our Behavioral Health Intervention Services team is there to collaborate with families in their home and develop skills like anger management and decision-making.

We thank you for your support of LSI's mission as we respond together to the love of Jesus Christ through compassionate service! If you would like to learn more about how you can give a gift and support these crucial services, please contact Deb Whitford, LSI director of philanthropy and church relations, at [deborah.whitford@LSIowa.org](mailto:deborah.whitford@LSIowa.org).

*Our Mission: Lutheran Services in Iowa responds to the love of Jesus Christ through compassionate service. LSI is an affiliated social ministry partner of the Iowa congregations of the ELCA (Evangelical Lutheran Church in America) and a member of LSA (Lutheran Services in America). We proudly serve people of all ages, abilities, religions, sexes, gender identities, national origins, ethnicities, races, and sexual orientations. Learn more at [www.LSIowa.org](http://www.LSIowa.org) and [www.facebook.com/LSI.iowa](http://www.facebook.com/LSI.iowa).*

### Happier, healthier families

For years, Bia struggled with her daughter's behaviors. McKenna, 8, lashed out against authority, and tempers regularly flared at home. "It took a little more time to work with her on anything," Bia said.

Bia couldn't find a way to help gain control of her child, and she became more and more frustrated. That's when her DHS social worker recommended LSI's Families Together program.

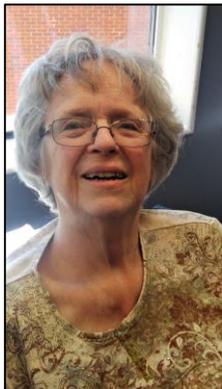
Through the program, Bia regularly meets with her Families Together worker, Gaylene. Together, they are working on what Bia calls a "three-step technique."

"Whenever a possible argument comes along, I start by telling McKenna to go take a break and reset herself. Then I can go calm down and eventually, we can talk it out," Bia says. "It's teaching both of us. My main goal right now is to learn how to better handle McKenna and better handle myself."

Bia is also practicing the technique with her younger daughter, Brynn, which she says is "working perfectly." It's drastically improving the way her family communicates, and Bia says she has recommended Families Together to any friends looking for guidance.

"I love the program," she says. "I love how it works and I know if I have questions, they can give me advice on how to go about things."

## It's time to celebrate Shirley Dyson!



**90th Birthday Party & Open House for Shirley Dyson**  
Saturday August 5th  
1:00 - 3:00 p.m.  
Wesley Acres in the Tudor Manor that you can see from Grand Avenue.  
We will have cake and other nibbles - please drop in!

**Cards may also be sent to:**  
Shirley Dyson  
Wesley Acres  
Room 231 -Health Care Center  
3520 Grand Avenue  
Des Moines, IA 50312

## Kitchen Help needed

**August 14-18 11 a.m. - noon**

Hello, my friends at Grace! I'm asking for volunteers to help while I am on vacation August 14th through the 18th. With all the changes going on with Grace Kids right now I would like to make this week less painful in my absence. I am asking for an hour of your time 11 a.m. to 12 p.m. to prepare lunch for my kiddos! I already have the Willing Workers signed up for Wednesday that week and we have a sack lunch on Thursday. So I will be needing help for three days that week. There will be a signup sheet in the hall! Thank you in advance for helping me and my kiddos here at Grace Kids! Cindy Caylor



## Lost and Found!

**Kitchen Items:** There is a growing stack of clean, empty dishes in the corner of the kitchen, some labeled, some not. Please pick up your dishes before they become a permanent Grace inventory!

**Office Lost and Found box:** There are a number of items left behind from VBS and recent weeks.

## Luther Park Auxiliary Ice Cream Social

August 6 2:30 – 4:30 p.m.  
Luther Park Community Center  
1555 Hull Avenue, Des Moines  
A free will offering will be collected and distributed to the 5 Luther Park facilities. Come for the ice cream, stay for the pie! Sugar Free items, coffee, and iced tea will also be available.



## God's Work Our Hands

**Sunday, September 10, 2017**

**9:00 a.m. worship inside**

**10:00 a.m. instructions and service activity**

*In past years we've written Thank You Notes to community members, packed kits for teachers at Grace Kids Care and*

*Moore Elementary, picked up trash, and packed Lutheran World Relief kits with St. Stephens.*

**Time to be announced: (when finished with service work!) Picnic here at Grace – we can be in or out depending on the weather!**

You don't NEED a shirt, but it's fun to wear the same shirt when we are out doing work in the community. Groups have worn their shirts for meal kit packing and youth events. And they are free!

You'll hear more in worship on August 6<sup>th</sup>. **Contact the office by Monday, August 7 with your name, phone number, and the size shirt you need.** We'll let you know when they come in!

## Learning Opportunity:

**Suicide: Why and How to Respond**  
**Wednesday, August 2**

St. Mark Lutheran Church in West Des Moines is hosting a Suicide awareness workshop on August 2. This will be an informative evening with information on recognizing and how to respond to suicidal ideation or death by suicide.

Join Dr. Heidi Vermeer-Quist, Clinical Psychologist and the St. Mark Ministry Team as we discuss the problem of suicide, prevention and recovery after loss.

**When:** August 2 from 7:00 to 8:30 p.m.

**Where:** St Mark Lutheran Church Worship Center, 1105 Grand Avenue, West Des Moines

**Registration:** Go to this website to register for the event. [www.stmarkwdm.org/suicideawareness.php](http://www.stmarkwdm.org/suicideawareness.php)

## Ladies Night Out

Please Join us! To RSVP or for more information about the group, please contact Donna by phone or text – 515-778-7251 or email [donnat@vgidesign.com](mailto:donnat@vgidesign.com)

### Thursday 8/17 5 p.m.

Valley Junction Farmers Market  
Walk around looking at vendors then dinner at local restaurant.  
Bad weather we will still meet in Valley Junction for dinner.

### Thursday 9/21 5:15-8 p.m.

Zooktoberfest at Blank Park Zoo  
Admission Fee – food and beverage to purchase  
Bad weather meet at Johnnys Italian Steakhouse on Fleur for dinner at 5:30pm



Ellen, Mira, and Jamie at Lutheran Lakeside



Superhero Sanitarium rehearsal!



Superhero Sanitarium rehearsal



Superhero Sanitarium Rehearsal



Superhero Sanitarium rehearsal



Lutheran Lakeside Family Camp



Lutheran Lakeside Family Camp