



The Friendly Visitor

Grace Lutheran Church

March 1, 2017

Sunday Worship Services

8:15 a.m. and 10:45 a.m.

Wednesdays in Lent: 6:30 p.m.

Office Hours 9 a.m. – 3 p.m. Monday through Friday

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Inside This Issue...

- 2... Birthdays, Anniversaries, Thank You's, Easter Lily orders
- 3... Spotlight: Grace Kids Care
- 4... Council Minutes, Finance Report
- 5... Lent Schedule, Soup Supper, Devotions. Hunger Working Team invitations
- 6... First Communion, Confirmation Camp! VBS Dates, Letter from Ellen
- 7... Adult Education topics, Calendar
- 8... Meals from the Heartland, LSI
- 9... March Madness, You are invited: Library News
- 10.. Youth Gathering Theme Song Contest! Organ recital, Easter breakfast.

Inserts: Plant Sale order form

Mar-April 1-year bible readings

Ashes! Ashes! We all fall down

I have a tune stuck in my head. Don't you hate it when that happens? It is stuck there, and I will warn you now: keep reading and it will be in your head too. "Ring around the rosy, a pocket full of posies. Ashes! Ashes! We all fall down!" Granted, you may have guessed it by the title, but nonetheless, we now share what is commonly referred to as an "ear worm". Don't fight it. Let the song sing.

That song is a profound song. Not long ago, Allison came home from school and told Jenie and I the meaning behind the song. I will openly and honestly admit that I had never once thought about the origin. It was a cute song that talked about roses. I like roses. I was innocent and naïve in the world of nursery rhymes. It was as though I was Charlie Brown in the *Peanuts* cartoon who looked at the clouds and thought "I see a horsey!"

The song is not about roses at all. It isn't about beauty. It is about conquering fear. It is about smiling in the face of fear. It is about teaching children to stand, and smile, and sing in the face of fear. This fear has a name. It is a fear that will be a reality for us all, death. Many believe the origin of the song to be the Great Plague which happened in England in 1665. Those affected would get rosy spots with a ring around them, posies would be carried around in pockets to ward off the smell of the disease, and then they would fall down, dead.

This rhyme turned it into a song, and with it a bit of a game for children. This didn't make light of the fact that the Great Plague was raging through England. It instead offered a different narrative in the midst of it. It offered a narrative that was not based out of fear, it was based out of life. It spoke a word of hope and joy in the midst of fear, grief, sadness and death. It used the arts to teach children to live life fully, no matter what happens, recognizing that "we all fall down".

That is our song as we approach Ash Wednesday. We gather. We have the audacity to stand and sing, with the symbols of death in the room. For most, it is not only present, but carried with us on our foreheads as we leave. Ashes! Ashes! We all fall down. It is right there on our foreheads for the world to see. Death may be a reality, but it will not stop us from living.

The children today deserve a better narrative. I look around and listen, and the narrative that is heard is often one of fear, and often anger. I cannot help but think that the world needs a nursery rhyme these days. I find that it doesn't matter who you are, or what your stance is on a variety of issues: we live in a world where fear is a primary narrative. No matter where you turn, there are voices and fears flying at us. We are letting the fears and the rhetoric win, and beginning to treat one other with suspicion, and at times, hostility.

There are a lot of fears in the world, and we all need the tools to deal with them. I truly believe that people desire to have a different narrative than one of fear. That will be the focus this year during Lent during our worship on Sunday mornings. There may be fears that surround us, but there is life all around as well. Maybe we just need to re-learn to sing:

"Ring around the rosy, a pocket full of posies. Ashes! Ashes! We all fall down!"

Pastor Mike

Happy March Birthday

- 1 - Mary Johansen
Kristen Snyder
Rebecca Sonius
- 2 - Donald York
- 3 - Matthew Heid
Renee Mulvihill
- 4 - Kimberley Carballo
- 5 - Dane Christensen
Brent Culp
Katherine Scholl
- 6 - Pressly Reha
- 7 - La Vonne Mitchell
- 8 - Jack Chenoweth
- 10 - Patty Flannery
Nadine Garcia
- 11 - Tammy Hagerty
- 12 - Rachael Bigg
Andrew Keller
- 13 - Lathrop Preston
Hilary Woodhouse
- 14 - Sally Niffenegger
- 15 - Lydia McCleary
Rachel Miller
Ann Warren
- 17 - Kathy Bowermaster
Beth Flannery
Lisa Friesth
Benjamin Honsey
Melissa Swanson
- 18 - Emma Ashton
Joann Jensen
Tom Selander
- 19 - Haley Turner
Diane Westercamp
- 20 - Karen Taylor
- 21 - Angela Allen
Janet Kjellberg
Susan Miller
- 22 - Louie Anderson
- 23 - Rick Harmon
- 24 - Beau Brindley
Mary Jo McCleary
- 25 - Laura Gebauer
- 26 - Ryan Nordeen
- 27 - Sierra Carney
Stephanie Johnson
Zara Preston
- 28 - Alexson Calahan
Charles Reynolds
- 29 - Chadrick Allen
Sharon Schwemler
- 30 - Curtis Chenoweth
Kristin Medhurst
- 31 - Daniel Gutmann
Joan Pritchard
Amy Ziska



Happy March Anniversary

- 5 - Gus and Kari Berven
- 15 - Sonny and Kristina Hutton
- 20 - Edward and Jane Ridnour
- 24 - Randy and Karen Taylor
- 29 - Cody and Laura Gebauer



Our Sympathies are with:

The family of Donald K. Meadows

The family of Dwayne Holmes



Thank You!

Thank you for remembering me with calls, cards, and the beautiful prayer quilt, including the quilters and the prayers, following my recent hospitalizations.

Marvin Johns

Randy and I want to thank all the people of Grace for their prayers, cards, and visits while in Mercy Hospital and Scottish Rite Health Center for rehabilitation. God's Blessings to all of you for caring.

Randy and Karen Taylor

Hi, you're kindness means the world to me. What a nice surprise in my mailbox. Thank you for the adorable valentine and the photo.

Sincerely, Bonna Oldson

Thank you for the Valentine, it was a welcome surprise and distraction when I'd been in the hospital and away from home for so long!

Randy Taylor

To the Elementary Sunday School Class teachers and students we say "Thank you" for the special Valentines Day card that we received in the mail. It is so nice the way Philippians 1:3 is written with each student holding a card for one of the words! This was special to us, being greeted by your class members wishing us a Happy Valentines Day! In return, we thank God every time we think of you!

With love, Mary and Dick Johansen

Easter Lily Orders

This Easter, celebrate the joyous good news of Christ's resurrection by purchasing an Easter lily to decorate the altar. They are \$12.75 each. Order forms will be available in the church office and the bulletins. The deadline for ordering is Wednesday, March 15. Payment and the order form needs to be received by the office no later than this date to assure your request gets ordered.

Indicate on the order form if you would like the plant delivered to a homebound member. Otherwise, you may pick up your plant after the 10:45 a.m. service on Easter. Often plants aren't picked up, so please considering giving your plant to one of our homebound members. Volunteers will happily deliver these and they are enjoyed so much!

Grace Kids Care

Grace Kids Care has been open since June of 2002 with 3 families eager to go on an adventure with Miss Heather and Grace Lutheran Church.



"I never doubted for one minute that my children were LOVED at Grace. They learned so much there, in part because they felt safe enough to try new things and take risks. Even now, 13 years later, the teachers they had at GKC still care about my girls and the people they are becoming. The foundation laid at GKC was a strong one on which to build academically, socially, emotionally, and faithfully." Sanda Abbott

Since those early years, there have been many more families from the congregation as well as the neighborhood. In turn, they referred friends and co-workers so that families entrusting their children to Grace Kids Care also come from West Des Moines, Johnston, Altoona, and even Grimes.

Our mission is to minister to all children regardless of ethnicity, cultural background, or religious beliefs by caring for them in a safe environment and sharing in Christ's love in all activities. Jesus was very intentional about reaching out to the children in a society where children had little value. The gospel of Mark (Ch.10 vs.14) quotes Jesus as saying "Let the children come to me; do not stop them; for it is to such as these that the kingdom of God belongs." Our desire is to follow His example and welcome the children.

Our staff is fun, caring, qualified, and all with the passion to encourage children in every way possible to be successful. Two members of Grace Kids Care staff have degrees in Education, four have Child Development Associated Certificates, and one intern from Central Campus is majoring in Early Childhood Development.

We currently have 52 children enrolled in 5 classrooms, ranging in ages from 6 weeks to 5 years old. What you see in our classrooms looks like play, but we are also learning. For instance, Miss Cindy, our Kitchen Manager, visits each class every week encouraging healthy food choices. The children are introduced to a new (healthy) food, and use all five senses to explore that new food before bringing home information to share with their family.

We enjoy building connections with the congregation - the 3's and 4's look forward to story time with Miss. Bev, and we visit the First Circle Friends group to sing!

We are looking to promote the Center with a new program, Adopt a Classroom, where Grace members, Grace Kids Care parents, and families can help out with a classroom in need of supplies, visits, volunteers. There will be opportunities to share special talents with the classroom and children. Watch Grace Lutheran e-news for more information.

"I am sending this note to say thanks to you and the girls in the Discovery Room. I am so glad that Brynn attends GKC. It truly takes a village to raise kids. I am glad that we have these girls (and yourself) in our lives. Miss Julie continues to be absolutely wonderful with communication. She recently started sending notes home to recognize Brynn's great behavior. Brynn loves this and is so proud to show them to us at home and tell us about her day. Miss Michelle shared a tip she uses with her daughter – it made me feel so much better to know that we aren't the only family that struggles with sleep. I know that they want what is best for Brynn, just like we do at home. You are amazing as well, for finding these girls and teaching them how to love all of the GKC families." Kristin Heiden



DMARC Donation of the Month – Peanut Butter!

Smooth, crunchy, small jars, big jars!

Minutes of the Congregational Council Meeting Grace Lutheran Church for Tuesday, January 24th, 2017

The meeting was called to order by President Brad Lint at 6:05 PM, with the following members present: Matt Jordahl, Pastor Mike Schmidt, Brad Lint, Bruce Bergman, Jay Wangerin, Dave Gronert, Lori Fry, Mary Jo McCleary, Don Peterson, and John Roehrick.

Since some new members were present, all members introduced themselves to the group and spoke about what it is that they do for fun.

It was moved, seconded, and passed to adopt the agenda as written.

Pastor Mike led devotions with a reading from Bread for the Journey by Henri Nouwen, the focus of which was forgiveness. It was moved, seconded, and passed to accept the minutes of the December 20th, 2016 meeting as written.

Nominations were received and the election of officers for 2017 was held with the following results:

President: John Roehrick

Vice-President: Jay Wangerin

Secretary: David Gronert

One additional Council Member is also required to complete the Executive Board. It was agreed to ask Barb Zimany to serve in this capacity. If she declines, the Council will elect a different member in her place.

Pastor Mike and Dave Gronert gave an update from the 2020 Committee. Pastor Mike provided a handout of suggested mission, values, and vision statements generated by the Committee. Following some discussion, it was turned back to the 2020 Committee with the understanding that the Council agrees in abstract with the tenor of the statements.

The next agenda item was a discussion of thoughts and ideas concerning how to balance the church budget. The highlights of the discussion are:

- An e-mail or USPS mailing could be done to reach those members not present at the Annual Meeting to provide them with the budget details.
- Whatever we do needs to be a permanent stewardship project and not a one-time fundraiser, or we will be in the same situation 10 months from now.
- Using the 90th Anniversary celebration as a "highlight event".
- Stress the fact that Malmin funds should NOT be used to backfill the annual budget.
- Emphasize the seriousness of the problem without inducing panic.
- Use Temple Talks, sermons, and the Adult Education Hour to inform and educate.

Jay Wangerin will convene a meeting of the Stewardship Committee on February 7th at 6:30 PM to further discuss the situation and possible solutions, with Lori Fry and Don Peterson also attending the meeting as special Council representatives.

The next Council meeting will be February 28th, 2017 at 6:00 PM, with the meal beginning at 5:45 PM.

Respectfully Submitted,

David F. Gronert, Secretary

Finance Report – January Results

Financial results for January YTD are as follows:

- Pledged Offerings – Actual \$36,204, Budget \$32,696
- Other Income – Actual \$2,416, Budget \$2,375
- Expenses – Actual \$41,689, Budget \$41,207
- Net activity – Actual (\$3,069), Budget (\$6,136)

Actual net activity was favorable to budget primarily due to pledged offerings.



Lent Begins Wednesday, March 1

Wednesday, March 1:

Worship and Imposition of Ashes at 1:00 p.m. and 6:30 p.m.
Soup supper in Grace Hall at 5:00 p.m.

Wednesday March 8- April 12

5:00 p.m. Soup Suppers
6:15 p.m. Hymn Sing in the Sanctuary
6:30 p.m. Worship with Portrayals – bringing Biblical characters to life
7:00 – 7:30 p.m. Confirmation Discussion after Worship

Lenten Devotions

You are invited to sign up to write devotions that will be shared with the congregation during Lent. Sign-ups and readings for each day are in the Gathering Hall and online at <https://www.volunteersignup.org/WTPMC>. You can be anonymous if you wish. Devotions are available in printed form in the Gathering Hall each Sunday, by e-mail, (to receive this devotion only email, contact the office), and at 5:00 a.m. on our Facebook page each day.

Lenten Portrayals

March 8 – Joseph
March 15 – Shiphrah
March 22 – Moses
March 29 – Miriam
April 5 – *The Butterfly Effect*
with Junior Grace Players

Soup Supper Chefs needed!

Dates still open are Wednesday March 15, March 22, and March 29.
Keep it simple, you can prepare them ahead, cater, or pick up bagged soup!
Suppers are served from 5:00 to 6:15 p.m.



The Hunger Working Team invites you!

We are working to raise awareness of hunger, and its prevalence right here in our own backyards.

Isaiah 58:10:

"If you give some of your own food to those who are hungry and to satisfy those who are humble, then your light will rise in the dark, and your darkness will become as bright as the noonday sun."

Hunger is a significant and current issue, and one that exists today. Not only in third world countries but right in our backyards; hunger is prevalent in Iowa. According to the Des Moines Area Religious Council, in November of 2016 their food pantry served more people than any other month since it was founded in May of 1976.

- According to the Food Bank of Iowa:
 - 1 in 8 Iowans are food insecure
 - 1 in 5 Iowa children does not have enough to eat.
- According to Meals for the Heartland, they provided over 1 million meals to Iowans in 2015, and their Board of Directors approves all meal distributions, **with a priority toward food banks located here in Iowa and they have never turned down a single request coming from an Iowa food bank.**

During a recent Temple Talk, Rick Stammer held up a package of the rice mixture many at Grace recognized from the meal packing events we have attended. He said "This is a package of meals we helped package with Meals for the Heartland. According to the package it contains 6 meals. While we were working to help package these meals my curiosity kicked in and I read the label and realized each meal does consist of a vast majority of your daily nutrients but also that each meal **only** contains 180 calories."

"I want to highlight a few upcoming events from the Hunger Working Team in which you are all invited to participate."

- We are sponsoring a Lenten Soup Supper on Wednesday, March 8th and the main course we will be serving is one rice meal from this Meals from the Heartland package.
 - If you are unable to make it to the supper, on Sunday, March 5 we will be handing out packaged single servings of this mixture you can take and try them at home if you would like.
- We are looking for volunteers to help with packaging meals for Meals for the Heartland on March 17th, during Spring break - please see the article at the top of page 8, talk with Rich Snyder for more specific details on that event.

Youth Ministry and Sunday Mornings

First Communion Classes 2nd and 3rd graders

Sessions will be each Wednesday March 22 through April 5 from 5:30 pm until 6:15 pm. Each meeting will include classroom lesson and discussion and will take place in Room 101.

On Saturday, March 25th from 1-3:30 pm in Msindo Hall students will work with Marion Nehmer to create a chalice. The finished chalices will be used in their First Communion on Sunday, April 30th.

On Palm Sunday, April 9 at noon we will host a Seder Dinner for the First Communion Students and their families.

We hope that you will consider participating in this educational opportunity. Please let either Ellen Rothweiler or Pastor Mike know if you will be participating. You may either call the church office at 515-276-6873, or email ellen@gracedm.org or mike@gracedm.org.

Vacation Bible School!

We're busy planning and getting excited!
Ages 3-5: June 6-10 (mornings only)

Grades K-5 (completed): June 26-30 (morning and afternoon)

Middle and High School

Confirmation during Lent

The expected time commitment is the same during Lent, 6:30-7:30 pm, but our time will be spent in worship followed by discussion upstairs from 7-7:30 p.m..

Lutheran Lakeside Confirmation Camp

Sunday, July 16 - Friday, July 21

Camp is an expectation of our Confirmation program and we encourage students to go to camp at least once while they are in 6th-8th grade. We have a good group that could go this summer and would be a lot of fun if it worked out for all of you! **Will this year be your year?**

Cinnamon Roll Sunday

Raised: Over \$550 was raised. Thank you for everyone's hard work, and all who enjoyed the cinnamon rolls!

Plant Sale Orders

Order forms are available as an insert in this newsletter, online on the grace website, and in the office. Share them with neighbors, friends, and family! Orders are due March 26.

The Garage, Plant and Bake Sale

Saturday May 6 8 a.m. – 1 p.m.

This is the day those plant orders arrive at 6:45 a.m. to be sorted. And we'll need your help sorting donations the week before the sale, as well as helping shoppers on May 6, and cleaning up after.

All funds raised go toward Youth Trips.

Confirmation- Why We Serve and Learn

In my time here over the last 20+ months I have made some tweaks to the way that we approach Confirmation. One of the most significant and meaningful changes has been to add Service Learning and other hands-on learning components to our program. These service-learning components occur every 6-8 weeks and have included, but are not limited to, the following:

- partnering with Moore Elementary to build a school garden
- purchase and wrap Christmas gifts for Moore families
- serving Hope Ministries at the ENCORE thrift store
- Hope Ministries Sandwich Club-making sandwiches to be given to people who are homeless
- quilt and blanket making with LWR

We also have attended synod-wide Confirmation events that expose youth to a broader expression of the church and give them several hours to learn and think about the issue of hunger and how we might respond to that as a Christian community.

Each summer students have the opportunity to go to Lutheran Lakeside for a week of Confirmation Camp. While there they get to have the camp experience and connect with other Confirmation kids for a week of fun and some learning with pastors and staff from other churches.

My hope and intent is that each of these experiences give our youth an opportunity to live out their faith in the world in ways that they may not be able to in the classroom on a Wednesday night. I see Confirmation as not just a vehicle to fill young people with information, but an opportunity to practice and struggle with what it means to be a Christian human in daily life, and over a lifetime. If they are exposed to these kinds of interactions in the safe and structured environment that we as the church can provide, maybe they will be bold enough to continue to serve in this way and seek out Christian Community as they grow into adults. This is my goal and desire for these young people and this Confirmation program here at Grace.

Peace, Ellen Rothweiler
Director of Youth and Family Ministry

Adult Education

Tuesday Adult Bible Study

8:45 a.m., Tuesdays in Grace Hall. Led by Pastor Mike.

Centering Prayer Group

Tuesdays at 10:30 in the Upper Room, led by Julie Honsey.

Sunday Education Hour Presentations

Sundays, 9:30, Grace Hall

March 5

Carol Woodruff moderating a Rob Bell Video.

March 12

- Coffee and Fellowship
- Quilt Tying in Msindo Hall

March 19

- Carla Peterman presenting on Why Christian Video
- Quilt Tying in Msindo Hall

March 26

LWR Kit Packing

Join us as we make a difference in the world by building Kits of Care with Lutheran World Relief. In March, we will look at Martin Luther's teachings about Christian freedom, and apply it toward the issue of human dignity. Visit the LWR display in the gathering hall this month. Tie some quilts in Msindo Hall on Sundays between services. Consider a giving a gift to help build personal care kits. You can donate money (watch for yellow envelopes in the pews), or bring a new toothbrush, or 4 oz. bar of soap to the display. Attend an intergenerational event during education hour at 9:30 on Sunday, March 26 in Grace Hall. We will study, play, and build and bless kits together. See you there!

One Year Bible Discussion

Sundays 9:45 in the Gathering Hall.

Are you reading along with the One-Year Bible Plan? Are you just catching up, or joining in? Bring your questions, comments, and discoveries on Sunday mornings, or just listen to the discussion. No need to sign-up, attendance will vary.

The March - April reading plan is included here as an insert, posted on our website and at www.oneyearbibleonline.com.

Religious Study Group

Will not meet during Lent

Wednesdays, led by The Rev. Ro Zimany

6:30 – 7:30 p.m. in the conference room.

Calendar

Find an updated calendar, rehearsals, and committee meetings on the grace website at www.gracedm.org, and printed in the entrance hall each week.

Every Week

Sundays

8:15 a.m. - Holy Communion Worship

9:30 a.m. – Education Hour, Junior Grace Players rehearsal

10:45 a.m. - Holy Communion Worship **Tuesdays**

Tuesday, March 7

8:45 a.m. – 10:15 a.m. - Bible Study, Grace Hall

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

Wednesdays.

9:00 a.m. - Willing Workers

5:00 p.m. - 6:15 p.m. - Soup Supper

6:15 p.m. - Hymn Sing

6:30 p.m. – Worship

7:00 p.m. – Bells rehearsal (March 15, 22, 29)

Thursdays

9:00 a.m. - Quilters

6:30 p.m. - Chancel Choir Rehearsal

March Dates

March 2 - 10:00 a.m. – 3:00 p.m. – First Circle Friends

March 4 – 8th annual Feed Greater Des Moines Conference

March 5

3:00 p.m. - Faith Family and Fun at Iowa Energy!

5:00 p.m. - Grace Fellowship dinner. Program info page 9.

March 7 - 6:30 p.m. - 9:30 p.m. Knitters Guild - GH I

March 9 – 7:00 p.m., Hunger Team meeting

March 11 – 8:30 a.m. – noon Men's Group breakfast & church projects

March 12 –

Daylight Savings. Move clocks forward 1 hour!

No Sunday School Classes (Spring Break)

March 14 - 6:30 p.m. – Executive Team meeting

March 15 – No confirmation class (Spring Break).

March 16 - 10:00 a.m. - 2:00 p.m. - 1st Circle Friends GH

March 17 – 12:30 – 2:30 Meals from the Heartland

March 18 – 9:30 a.m. – Altar Guild meeting offsite

March 21 – 6:00 p.m. – Dinner for ALL women of Grace, hosted by Lydia Circle

March 22 – 5:30 – First Communion Class

March 23 – 9:30 a.m. – Martha Circle

March 25 – 1:00 p.m. First Communion Chalice making

March 26 –

Plant Sale Order Forms Due

12:00 p.m. – Rooted Trip Planning and study

March 28 –

5:30 p.m. Sunday School Team Meeting

6:00 p.m. Church Council Meeting

April 30 – First Communion

May 2, 1 p.m. – you may begin to drop off garage sale items

May 6 - Grace Youth Annual Garage, Plant, and Bake Sale
8 a.m. – 2 p.m.

May 25 - Ascension Day Service. Fellowship and dessert following the service.

Sunday, June 11, 2017- Grace Lutheran Church 90th Anniversary Celebration

Meals from the Heartland Spring Break, 2017

When: Friday, March 17, 12:30 to 2:30 p.m.

Where: Patty Cownie Center, 357 Lincoln Street, West Des Moines (just south of Valley Junction)

For 2 hours of time, 2 Grace teams of 10 can help people locally and globally. Each person has a specific job—soy, vitamins, rice, weighing, sealing, packing in boxes—while having fun. There might even be some friendly competition! You can wear your yellow Grace shirt—GOD’S WORK Our Hands or maybe something green, in the spirit of the day. 20 packing places have been reserved for us. Please register by Sunday, March 12 in case we need to adjust the number of participants. Silver Cord hours can be credited. Keep in mind, just in Iowa...

- 1 in 8 struggle with hunger
- 1 in 5 children don’t have enough to eat.
- Nearly 400,000 live at or below the poverty level

Sign up with Grace by contacting the office, or find a link in the Feb 21 e-news, on Facebook, and www.gracedm.org.

<https://www.volunteersignup.org/HECMX>

Questions? Contact Rich Snyder 278-0341 snydersathome@att.net



March is National Professional Social Work Month

March is National Professional Social Workers Month, a time to recognize social workers and thank them for all they do. At Lutheran Services in Iowa (LSI), we’re grateful for our many social workers who have dedicated their lives to serving their communities!

Maybe you’ve never had a social worker involved in your life. Yet, whether you realize it or not, you’ve had the benefit of their behind-the-scenes work in your community. Social workers help people help themselves in overcoming life’s most difficult circumstances or managing challenges of everyday living: poverty, abuse, mental illness, depression, addiction, disability and many other situations.

Thank you to all of Iowa’s social workers, especially those at LSI. We’re proud of you.

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 and www.facebook.com/LSI.iowa.

Finding Calm

Nine-year-old JD lost track of how many days he was removed from school.

He would throw things in the classroom, or rip up his papers. Almost every day, he was separated from his classmates and taken to the “Intervention Room,” an empty classroom where children have the opportunity to calm down and refocus. But nothing worked.

That’s when JD’s dad, Jerry, turned to LSI. With his team of LSI therapists and caseworkers, JD has found an interesting way to control his anger: his rock collection.

He’s always had a love of gathering “cool, unique-looking” rocks, and AriAnna, his LSI therapist, has incorporated that into their sessions together.

“Rocks can be used as great relaxation tools, and he spent a lot of time pouring over the rocks I had in my office,” AriAnna said. JD started his rock collection with AriAnna and began bringing it to school with him. He carries his favorites in his “positive choice pouch.”

“When I hold them in my hand and breathe, it calms me down,” says JD.

Jerry says LSI’s help has been life-changing for his son. “He’s making better choices now. I’m really proud of him,” he says. This year, JD has been removed from class only once, and for only 15 minutes.

“He has a different identity at school now,” AriAnna says. “He’s creative and insightful. Now, he knows what he sees in himself, and he wants to share that with others.”

NCAA Bracket Fundraiser

March Madness is approaching! Selection happens on Sunday, March 12th. So, do you feel lucky? Local and regional charities hope so! We will hold the church pool again this year. There will be a \$5 entry fee and the winner will choose which charity will receive the pool monies. Last year, Dave Gronert won and was able to give the \$235 pool to Kids Sight Iowa. So far we have given away a total of \$1300 due to this annual fundraiser!



To enter simply fill out a bracket and turn it in to the church office between Sunday, March 12 and 9:00 a.m. on Thursday, March 16 with the \$5 entry fee. You should also note your chosen charity when you turn in the bracket. Brackets will be available in the church office or you can print your own. Please either include cash, or make the check payable to Grace Lutheran Church with NCAA in the memo field. You could also scan your bracket and send it to mike@gracedm.org

With no clear favorite to win this year, we will again use a scoring system with added points for the Final Four to keep things exciting. The "First Four" games will not be included. Those correctly predicting that a First Four team wins in the round of 64, even if the wrong First Four team, will receive the point. Then the round of 64 teams will be worth 1 point each with bonus points for upsets (difference between seeds). Round of 32 will be worth 2 points, round of 16 will be worth 4 points each. The following rounds will be worth 6 points, 10 points, and then 15 points for the correct Champion.

Library News

We are pleased to have a number of new books in the church library. They are located on the bookshelves against the north wall, or on the desk. Stop by and check them out.

Non-Fiction

Where Jesus Walked---by Ken Duncan, Edited by Robert Schuller--Religious History
Surprised by Hope...by N.T. Wright

Big Print Fiction

Harvest of Rubies---by Tessa Afshar
Harvest of Gold---by Tessa Afshar
In the Field of Grace---by Tessa Afshar

Biography

Ruined---by Ruth Everhart

Juvenile

Separate is Never Equal---by Duncan Tonatiuh---
Desegregation
Runaway Son---Nick and Claire Page
Good Samaritan---Nick and Claire Page
David and Goliath---Nick and Claire Page
Loaves and Fishes---Nick and Claire Page
Jonah and the Moaner---Nick and Claire Page
Noah and the Ark---Nick and Claire Page

It is a pleasure to share our books with all of you. Just choose the book you want, sign the card in the pocket of the book, leave the card on the desk in the small wooden box, and come again.

We are looking forward to seeing you,
The Library Committee



Fellowship Opportunities!

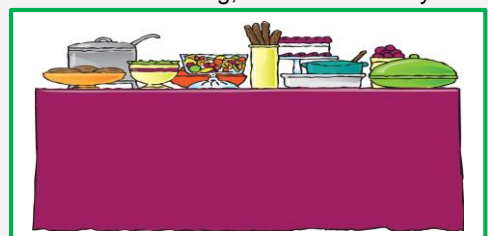
You are invited:

Grace Fellowship Dinner

Mark your calendars for Sunday March 5 at 5:00 PM. Light Luncheon. The program will be Sister Cathy Talarico and Sister JoAnn Talarico speaking on their programs with the women at Mitchellville Prison.

All Women of Grace

The members of Lydia Circle extend a cordial invitation to the women of Grace to join our fellowship on Tuesday, March 21, 2017, at 6:00 p.m., in Grace Hall. We will share a simple dinner, program, brief business meeting, and devotions. Lydia Circle is named for a prominent business woman who sold purple cloth and became an early follower of Jesus. Consequently, we work for and contribute to the church by organizing worthwhile projects in our community while learning more about Jesus and ways to serve. We welcome your presence!"



The Friendly Visitor

Grace Lutheran Church

3010 52nd Street

Des Moines, Iowa 50310



Youth Gathering Theme Song Contest

Calling all musicians and writers! The ELCA Youth Gathering is offering people from across our church the opportunity to submit their original music composition to be selected for the theme song of the 2018 Gathering in Houston, Texas. The contest will run from Feb. 15 to April 15, 2017. The winner will have an opportunity to perform at the Gathering! For details, visit ELCA.org/YouthGathering/details/theme-song-contest.

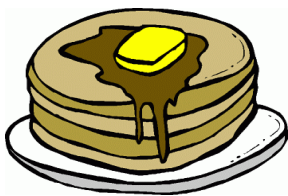
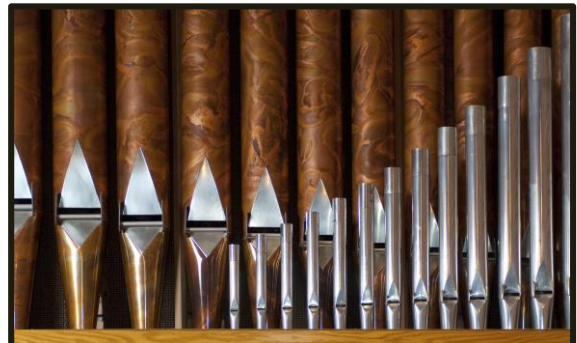
The Central Iowa Chapter American Guild of Organists presents:

Kate Moss, award winning solo organist, who will play on the 42-rank Aeolian-Skinner pipe organ.

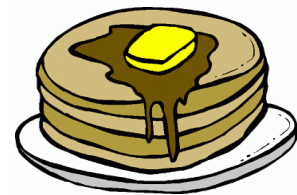
Please spread the word and plan to attend
Central Presbyterian Church
Sunday, March 5 at 3:00 P.M.

A reception will follow in the East Parlor
3829 Grand Avenue Des Moines, Iowa 50312-2807
515-279-3658

office@dmcp.org www.dmcp.org



Grace Lutheran Church Easter Sunday Prayer Breakfast



Menu

Pancakes, Eggs, Sausage, Fruit, Milk, Juice, Tea and Coffee
Easter Morning April 16, 2017
Serving from 7:00 to 10:30 a.m.

Proceeds from the Breakfast will help support
Grace Lutheran Church Prayer Quilt Ministry

Help is needed for the breakfast to be successful. All members of Grace (men, women and youth) are encouraged to participate. For more information or if you would be willing to help before, during or after the breakfast, please contact Len Ringgenberg at 255-2395 or Lhringgg@msn.com