The Friendly Visitor



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

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

Contact Us

3010 52nd Street
Des Moines, Iowa 50310
515-276-6873
www.gracedm.org

Pastor Michael Schmidt mike@gracedm.org

Minister for Youth and Family

Ellen Rothweiler ellen@gracedm.org

Minister for Worship and Music

Emma Stammer emma@gracedm.org

Organist

Richard Snyder rvdlsnyder@centurylink.net

Grace Kids' Care Director

Heather Nelson heathernelsondc@msn.com 276-0943

Minister for Administration

Denise Friesth denise@gracedm.org

Minister for Communications

Michelle Voelker michelle@gracedm.org

Office Assistant for Worship

Jessye Flannery Jessica@gracedm.org

Custodian

Todd Haugen 1-515-520-4450

Inside This Issue...

- 2... Welcomes, Celebrations, Sympathies
- 3... Spotlight: Rooted Reflections
- 4... Council & Finance highlights
- **5...** Staff titles, Publications, Robbie Rissman Award
- 6... Youth News, VBS & Rooted Photos
- 7... Calendar, Special Events, Education
- 8... LSI, DMARCC, Grace Garden Notes
- 9... Centering Prayer, Parade Request
- **10..** 90th Anniversary Celebration!

Interdependence

This country is preparing to celebrate its Independence Day on July 4th. It is a day filled with parades and picnics, family and friends. Bands will march. Floats will be on display. There will be crowds celebrating and watching fireworks all over this country. It is truly a joyous day celebrated by so many. As I think about it, I am struck by the name, Independence Day.

Independent is defined as:

a(1): not subject to control by others: self-governing

a(2): not affiliated with a larger controlling unit an independent bookstore

b(1): not requiring or relying on something else: not contingent *an independent*

b(2): not looking to others for one's opinions or for guidance in conduct

I am incredibly grateful for those who have ensured that we are an independent, self-governing country. This was not easy to achieve, and there are many who put their lives on the line to make sure that it remains so. If that is you, please know that I am so thankful for and proud of you and your service to this country.

There are times when it feels like the definition of independent gets a little muddy. As I watch debate within the government, it feels like many leaders from both parties view independent as the last definition listed: not looking to others for one's opinions. Instead of a collective group of delegates from across the country called to discern what is best for the whole, we have isolated islands of people, each of which wants its way without need for dialogue or compromise. This can be a dangerous thing.

The ELCA is built on a different premise. Instead of viewing the churchwide expression, synods, and congregations as separate and independent, this church is built on the premise that each are interdependent. There are decisions that can be made in each expression, which being bound and connected by core values and theology centered in Christ. All three are connected and dependent on the others while having the latitude and independence to make choices that are contextual. It really is a beautiful system.

I wonder how different the current landscape would be if those elected civil officials grasped more of a sense of interdependent. There is the reality that the work that is done on the national level impacts the states, towns, municipalities, and homes. We are all connected, whether we like it or not. We need each other. And in such a state of interdependence, communication, listening and speaking, is paramount.

I pray that as we celebrate our independence as a self-governed nation, we also keep in mind the need for healthy conversation and dependence to one another. There are a variety of opinions and views, and that is what has made this country a great country. We hold one another accountable through our dependence on one another. I thank God that we do not all have to agree to be a part of these United States of America. Happy (inter)Dependence Day!

In Christ, Pastor Mike

Happy July Birthday

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



Happy July Anniversary

- 8 Ashley and Josh Lund
- 9 Amy and Scott Neal Stephanie and Douglas Johnson
- 15 Jenie and Michael Schmidt Rhonda and Bill Jensen
- 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
- 20 Jack and Wilma Frost



Please welcome our newest members!

Cecelia Jane Stammer, born June 18 to Emma and Rick Stammer.

Dana Roby, who became a member of Grace on Sunday, June 25, 2017.

Colleen Detjens, who was baptized and became a member on Sunday, July 2.



Our Prayers and Sympathies are with:



The family of John Vermeer, father of Rita Davis

The family of Einar Christianson

The family of Gertrude Onstad sister of Gene Krauss

The family of Roger Hook father of Susanne Carney

The family of John "Jack" Donnenwerth,

The family of Drew Tillotson

Thank You

Mark and I, along with Mom's brother, sister, nieces, nephews, cousins and other family would like to thank you all for your support, donations, and assistance during Mom's brief battle with cancer. There really aren't any words to express our appreciation.

Amy Schmelzer
On Behalf of the Family of Ardis Schmelzer

Reflections from Grace Rooted Participants

June 11-18 I had the privilege of accompanying four high school youth from Grace on Rooted: the SEIA Synod Journey to our companion synod, the Grand Canyon Synod. There were 250 participants on this trip from the SEIA and Grand Canyon Synods. We spent a day learning about homelessness in Las Vegas, a day learning about human trafficking in Phoenix and a day learning about immigration in Tucson. Each day we heard the stories of people connected to and effected by each of these issues



and then were sent to serve with local organizations who serve people these communities and work for justice.

In Las Vegas our Grace group worked at the Las Vegas Mission cleaning their dining room and helping with food prep for the three daily free meals they serve to the community. In Phoenix our Grace group heard the story of a victim of human trafficking who now serves on the board of an organization that works with victims to help them share their stories and also works with law enforcement to make sure that victims get help instead of jail time. In Tucson we worked with an non-profit organization called Bens's Bells that focuses its efforts on spreading kindness. We prepped and put together parts of art pieces that are sold in their shop to be given away in the community to spread love and kindness.

Each evening we gathered as a whole group for worship and then had time to talk through the day's events as a congregation group. Our Grace group impressed me with their ability to dive right into the deep end of things, absorb a lot of information and then think and talk about what that means to them in terms of their awareness and what they will bring home and share with others. Please be sure to read their reflections that are provided here.

This trip and others like it are always the highlight of my ministry. It is so rewarding to spend that kind of focused time with a group of students. To laugh with, learn with and get to know each student better as we get through each day together. This is the kind of thing that brings me joy in my work, and this group of students; Haley, Sarah, Isaac and Lydia, are a true delight. We have exceptional children here at Grace Lutheran Church and you should all be proud of them just as I am.

Peace, Ellen Rothweiler Minister for Youth and Family AKA Minister for All Things Awesome

Haley

My highlight of this trip was being able to put a face to the people we were helping. It allowed me to directly see the positive impact of what we were doing.

It was sometimes hard to listen to the stories of the speakers we had. Hearing from human trafficking survivors and about people who are struggling with the many issues of the U.S. immigration process was hard to process but helped me understand why I need to advocate for more to be done about these issues.

While it's not always easy to learn about issues going on in today's society, it's important to educate ourselves on what people are going through before making assumptions about them and putting laws in place that unjustly hurt them.

Lydia

A highlight of the week was getting to bond with all the people we travelled with, especially Haley and Sarah. Going into this trip I was uncertain of whether or not I would fit in, but I soon found out I did not need to worry. I felt very accepted and we all bonded much more than I thought we ever could.

What I struggled with was the fact that others around me weren't understanding the depth of the information we were taking in. People weren't always taking it as seriously as they should've been, and it made me feel frustrated at times. I want people to know that the issues we covered such as human trafficking and immigration need to be discussed more. However, it must be done in an educated manner. I learned so much on this trip about these issues and I feel that everyone needs access to that same information. We need to have more conversation about human trafficking and we shouldn't avoid it just because it's hard to talk about. This trip also allowed us to put faces to these issues, as we listened to survivors of human trafficking speak or people working towards bettering immigration speak. It allowed us to view these issues on a more intimate level, and that's something I hope everyone can some time experience. It was truly eye opening.

Isaac

High: Going to all sorts of places to learn about important issues like homelessness and trafficking was enlightening. However, what really struck me were the people who had fallen victim to these issues and turned their lives around in order to give back to the community.

Continued on page 4

Rooted Reflections, continued from page 3

ISAAC, continued

Low: The fact the awareness on the many issues covered during the trip is so low.

What to know: People who are trafficked are often arrested for a life they didn't choose. Thousands upon thousands of immigrants have died trying to cross because legit crossings take decades and/or require significant resources.

Sarah

My highlight of the week was the projects we did, where it wasn't like the service learning projects, like Meals of the Heartland where you're working more for a statistic, not the people behind it. Rooted was seeing faces, learning names and actually learning their stories and focusing not only on ways to help them and others like them but to follow the problem to the source and remove the systemic problem entirely.

This week I also grappled with the stories that some people told- people who were and had been homeless, people that had been trafficked all their lives, refugees from Mexico who had lost family and friends to the harsh desert along the border. Most times, they were only telling the bare minimum of their experiences, and those were hard to listen to. That really made me realize that I needed to be able to hear all these things to understand these people and their lives, who they had become as people, and especially how I could help them.

In short, this whole experience was amazing and I will never forget the people I met and helped and impacted even if it was just with my voice.

Photos on page 6. Photos of Grace participants can be found on our Grace Lutheran Church Facebook Page. You can also search #berooted2017 for other events, photos, and videos from the Rooted synod trip.

Church Council Highlights from the May 23rd Council Meeting

At the May 23rd Church Council Meeting the Council:

- Reviewed draft copies of the Vision 2020 Planning Document.
- Voted to adopt the new mission and vision statements.
- Was informed that contracts have been signed for renovation of the bathrooms across from the chapel downstairs, and other restrooms are scheduled for renovation by summer's end. Other projects in process include new carpeting in the library and conference room, and conversion of the chapel downstairs into a rehearsal room for the choir and for bell storage.
- Was informed that our budget deficit has been eliminated, and that both the church and daycare budgets are currently "in the black".
- Approved hiring of a Worship Office Assistant to take over bulletin and PowerPoint preparation and to ease the
 workload on other staff members.
- Was informed that several designs for Library and Food Posts are under consideration (think of "Free Little Libraries", where anyone can take a book and/or leave one. Also under consideration is a similar construction for food items and necessities.)
- Was informed that several former Grace Lutheran pastors and pastors' wives will attend the 90th Anniversary Celebration, and that the new Grace Lutheran logo will be unveiled. Bishop Burk will preach the sermon, and the Rev. Paul Oman, Drawn to the Word Artist, will paint another mural for us during the Sunday service.

Dave Gronert Council Secretary

Finance Report – May Results

Financial results for May YTD are as follows:

- Pledged Offerings Actual \$182,720, Budget \$168,579
- Other Income Actual \$11,951, Budget \$11,875
- Expenses Actual \$181,676, Budget \$191,368
- Net activity Actual \$12,995, Budget (\$10,914)



Actual net activity was favorable to budget by \$23,909. 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.

New Staff and Titles

You may have noticed some new job titles in the staff listing on the front page of the newsletter, or the list of staff and worship volunteers in a recent bulletin. These changes make each title more accurate with the work that is done. It also places each role on the staff team more in line with our mission, values, and vision. To have "directors" is often to have a paid professional to do that task. To have "ministers for" a certain area of ministry empowers the minister and those with whom the minister works.

Welcome and who does what?

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

Please Welcome Jessye Flannery, Office Assistant for Worship. Jessye is responsible for creating the weekly bulletins and worship powerpoint slides. You can contact her at Jessica@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 news and articles for any of these publications to Michelle@gracedm.org. see below for submission guidelines and dates.

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

Prayer requests can be sent to Mike@gracedm.org, Michelle@gracedm.org, or Denise@gracedm.org

Publication dates, deadlines, and submission guidelines

Sunday Bulletin Announcements:

Printing dates vary due to copier use and building events. Please submit information, including requests for new baby roses and removal from the prayer list by Wednesday of each week. Prayer Requests will be added to the service right up to the beginning of the service. If the announcements have been printed for the week, prayers will be added to the printed list in following weeks.

Enews: generally sent on Tuesdays and often for the immediate weeks events only. Please submit information for the enews by 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, and zip code.

Facebook: daily posts with few exceptions. Find us at Grace Lutheran Church.

Friendly Visitor: Published monthly, typically at the beginning of each month. Staff occasionally move the publication dates prior to Christmas or Holy Week, with occasional special issues. Upcoming deadlines and publication dates may be found in announcements, enews, and the calendar on the website or in the office. The August Friendly Visitor submission deadline will be August 23.

Website: News, links for sign-ups, committee and group descriptions can be updated at any time. We will be getting a make-over to match the new logo in late 2017, until then find our current site at www.gracedm.org

Note: Your time is precious, and you should know that while we appreciate the care you put into spacing, text font, colors, and graphic placements, much of that is lost when we format so our publications have a unified look. Save your time for your passions (or relaxation!), send us your words in paragraph form and we'll do the rest.

Attachments and graphics can be added in the document, body of your emails, or as an attachment.

Congratulations Robbie Rissman!



Robbie Rissman recently was named as a winner of the 2016 National Edward R. Murrow awards. Robbie and Laura Terrell wrote and photographed a story for a KCCI special on concussions which featured the life of Tyler Sash. They will be recognized at the RTDNA Edward R. Murrow Awards Gala at Gotham Hall in New York City on October 9. If you see Robbie, make sure to congratulate him on this honor!

Youth Ministry and Summer!

Frolic (ages 0-3), Sunday School (Preschool – 5th Grade), Confirmation, and middle and high school hangouts will all resume in September!

Contact Ellen@gracedm.org for more information or to volunteer

Vacation Bible School Photos

Thank you to ALL our volunteers: adults, teens, daycare staff, and those who donated snack items. We had a blast! For more information about the activities and Exodus stories we explored, see our Facebook posts for the week of June 26-30.











Rooted Trip Photos









Coming Up Lutheran Lakeside Confirmation Camp Sunday, July 16 - Friday, July 21

ELCA Youth Gathering 2018 This Changes Everything

The gathering is open to students who will be finished with 8th-12th grades in summer 2018. The



dates are June 27-July 1, 2018. There will be additional days for travel depending on whether the group buses, drives, or flies. Grace plans to be registered by October. Each participant will pay a \$350 registration fee, and attend planning/learning sessions with the group. Watch for more information from Ellen in the Fall!

Summer Adult Education and Study

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 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 <u>centeriowa.org</u>. Read more about Centering Prayer on page 9.

God's peace, Julie Honsey

One Year Bible Discussion

Sundays 10:30 a.m. in the Gathering Hall. Each months' reading plans are available on the Grace website at www.gracedm.org, on the links page.

Future Calendar Items



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

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.



Order God's Work Our Hands Tees!

If you would like to be a part of the sea of yellow shirted Grace members on God's Work Our Hands Day (September 10, 2017), but don't have a one, we'll be placing an order for tees in August. Contact the office with your name, phone number, and the size you need. We'll let you know when they come in!



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 (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. Read more about Centering Prayer at left and on page 9

Wednesdays.

9:00 a.m. Willing Workers 6:00 – 8:00 p.m. Grace Players Rehearsal, Grace Hall (no rehearsal July 5)

Thursdays

9:00 a.m. Quilters, Msindo Hall

July Dates

- 4 Office Closed due to the holiday
- 6 First Circle Friends 10:00 a.m. 3:00 p.m. GH I & II
- 8 Men's Group Breakfast and church projects Kitchen and church grounds, 8:30 a.m. - noon
- 11 Executive Team Meeting 6:30 p.m.
- 15 Altar Guild coffee & meeting, 9:30 a.m. Offsite, to be determined. Contact the office or Sue Anderson at <u>anderson.sue.a@gmail.com</u> for details.

16 - 21 Confirmation Camp with Ellen

- 19 LSI, Gathering Hall & Kitchen 8:30 a.m. 3:00 p.m.
- 20 LSI, Gathering Hall & Kitchen 8:30 a.m. 3:00 p.m. First Circle Friends 10:00 a.m. 3:00 p.m. GH I & II Ladies Night Out, Jasper Winery 6:00 9:00 p.m. See below for more details Embroidery Guild, Grace Hall I & II 6:45 9:00 p.m.
- 25 Church Council Meeting 6:00 p.m.

Ladies Night Out Details

Thursday 7/20 Jasper Winery 6-9pm — Enjoy music, wine and food — Free Admission, food and beverage to purchase. Bring your own lawn chair.

Rain plan: Meet at 6:00 p.m. Exile Brewing on Walnut St. for dinner and conversation.

Sunday Education Hour, Tuesday Adult Bible Study and the Religious Study Group are on hiatus until September 20, 2017

DMARC Donation of the Month: Fresh Vegetables

Grace Garden Notes: Purslane is a weed many of us pull and pull – it just keeps coming back. Including in our own vegetable garden at Grace! Did you know it is prized by some cultures? Parents I worked with at the Hillis Gardens always took this weed/herb home, and we have seen it tied into bunches at the food pantries – we're told it is well loved there. Learn more, and if you don't use chemicals on your garden/lawn, consider bringing your clean purslane to the food pantry.

Purslane is an herb native to Asia, now found all around the globe. With red stems, fleshy, green leaves, and bright yellow flowers, this succulent is a great source of Omega-3 fatty acids and also contains vitamin A, vitamin C, vitamin B, magnesium, calcium, potassium and iron. The leaved are crunchy, with a tangy lemony or peppery flavor.

Purslane is often eaten raw in salads, or cool vegetable dishes. However it can also be sautéed or wilted (much like spinach or snap pea greens), and is occasionally added to soups (add just before serving). Adding purslane to fruit smoothies will make them creamier.

Though often invasive when left to flower and seed, purslane is an annual, so harvest and donate before flowers set to remove it from your gardens. Or, save the seeds from one plant to scatter in an area of your choosing next year – perhaps a pot?



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! Thanks to you, we're able to provide education for young parents and empowerment to some of Iowa's most vulnerable children and families. This month, we would like to give special thanks for those of you who have made LSI a focus of a "God's work. Our hands." project.

This project is part of the anniversary celebration of the ELCA, and it's a way to reach out to your communities and build a stronger lowa. This year September 10th is the date when congregations are encouraged to participate in a project for "God's work. Our hands." This is a perfect opportunity to do good deeds or raise money as a church body for a nonprofit like LSI.

We thank you for your witness of God's love and your service! If you are interested in supporting 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.

Our Mission: Lutheran Services in Iowa responds to the Iove 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.

Coping through Creativity

Therapy can be a great way for kids, adults, and families to overcome past trauma. But for some, it takes a little extra innovation and creativity to find a therapeutic technique that can help them thrive.

Sherry, an LSI therapist, struggled to find a technique that worked for several children she saw each week. They didn't want to open up to her. They said "no" to participating in any activities or conversations. That's when she turned to her "workbooks," which focus on a child's love of drawing and coloring.

"It's really about connecting with the kids where they're at," Sherry says. "They get to express their feelings through something that might be more comfortable than talking about them."

For instance, Sherry asked one child to draw what the word "love," meant to her. The child drew a picture of a child and parent hugging and through that, Sherry learned the child wanted love and support from her parent at home.

Sherry says the technique has been a breakthrough for several of the kids, and they're becoming more and more comfortable talking in each session.

"This book is something that's theirs," Sherry says. "They can look back through their images and see the progress they've made and how far they've come."

* If you would like to order a God's Work Our Hands Teeshirt for the September 10 event at Grace, please see page 7 for information.

Centering Prayer Guidelines

- Choose a sacred word as the symbol of your intention to consent to God's presence and action within or simply focus on your breath.
- 2. Keep your back straight so your breath can move from throughout your body.
- 3. Close your eyes as a symbol of letting go of what is going on around and within you.
- Hold your hands together in your lap, on your knees or palms up to symbolize your desire to receive God's love
- Introduce your sacred word inwardly or focus on your breath while letting go of your thoughts and feelings.
- When you notice being engaged with your thoughts, return ever-so-gently to the sacred word or noticing your breath.
 - a) "Thoughts" is an umbrella term for every perception, including body sensations, feelings, images, memories, plans, reflections, concepts, and commentaries.
 - b) Thoughts are an inevitable, integral and normal part of Centering Prayer. Every time you notice a thought and you let it go to return to the sacred word or breath you are practicing letting go and returning your heart to God.
 - c) Over time, the sacred word may become vague or disappear.
- At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.
 - a) The additional time allows us to bring the atmosphere of silence into everyday life.
 - b) If this prayer is done in a group, the leader may slowly recite a prayer or say Amen.

Practical Points

- The minimum time for this prayer is 20 minutes. Two periods are recommended each day, one first thing in the morning and the other in the afternoon or early evening. With practice it may extend.
- 2. The end of the prayer period can be indicated by using a timer.
- 3. The fruits of Centering Prayer are experienced in daily life. Centering Prayer is about building the spiritual muscle to notice thoughts and emotions in order to assess their motivation before reacting. Centering Prayer enables one to build the spiritual muscle

required to let go of challenging thoughts and emotions while returning the heart to God to hear guidance from the Spirit.

4. Centering Prayer familiarizes us with God's first language, silence.



Beaverdale Parade

The Evangelism committee has been discussing if we could enter the church in the <u>September 16</u>. Beaverdale parade to celebrate the Grace's 90th anniversary. The church is on the border of the Beaverdale neighborhood and we thought it would be nice to let this neighborhood know we've loved being in this area for decades. We would love to have some suggestions on what to put in the parade that would help let people know more about us. Our committee is good at coming up with the "big picture" but could use help with details!

The parade is approximately two miles long with most of the route on Beaver Avenue between Franklin Avenue and Clinton.

If anyone has suggestions for our parade entry, please contact anyone on the committee: Mary Helt, Carol Mattes, Karla Swanson, Brad Lint, Cathy Barks, Bill Kallestad. Or email your ideas to Nancy Crowfoot at linancy@dwx.com



A Thank You from YESS, Youth Emergency Shelter and Services, for the 2017 Grace NCAA Tournament Charity Pool donation.

Dear Grace Lutheran Church,

Tonight, more than 40 children will go to sleep knowing they are safe under YESS' roof thanks to friends like you. Your thoughtful gift of \$185.00 on behalf of Sage Speck directly supports the infants, children, and teens who find a safe haven at YESS, as well as the hundreds of kids relying on our community based services to remain safe and healthy in their own homes.

Childhood trauma in our community is frequent and intensifying, but your gift helps kids when they need it most. Thanks to friends like you, we are able to care for more than 2,200 children each year, providing the wraparound services they need during times of crisis.

To see your gifts in action, send a note to thysa@yessiowa.org or call 515-282-9377 to schedule a tour of our one-of-a-kind organization. On behalf of every child whose life was changed because of your community spirit, we say thank you. We can only continue providing the best care possible to children in crisis with help from friends like you.

With Thanks, Amanda Thys Community Relations Manager

We celebrated the 90th Anniversary of

Grace Lutheran Church On Sunday, June 11, 2017.

Our new logo was revealed:

Grace Lutheran Church developed this new logo as a visual representation of the findings of the Grace 2020 Task Force. After the task force discerned both who we are and the church we hope to be, we contracted with Happy Medium to create an artistic representation of that work.

A woven image is used as a way of speaking to our being bound together, with Christ at the center. We are indeed held in grace, and strengthened in love, all centered in worship. As we continue to work toward becoming the church we see that we would be, this image keeps us accountable to that vision.



The Rev. Paul Oman returned to create another beautiful painting for us during worship presided over by Bishop Michael Burk.

Dear People of Grace Lutheran Church in Des Moines,

THANK YOU for having me back to share in worship and fellowship with you! God is pouring out grace upon grace unto you in many ways, as is evident in reflecting on 90 years. I hope this new painting proclaims this grace to you and to all who see it for years to come.

In Christ – Paul Oman

Many former members and leaders travelled to attend worship with us, including Pastor Chadwick, Kay Sabin, Pastor Cline, Pastor Hougen, and Marilyn Ullestad. Playing the organ is Rich Snyder. Emma Stammer led the Festival Choir in singing "Christ Beside Me" by Tom Fettke with Kathy Bowermaster accompanying on piano. Bishop Michael Burk delivered the sermon, and Pastor Michael Schmidt gifted us with "Grace Alone" (voice and piano) by Scott Wesley Brown & Jeff Nelson while a video of Grace History and photos compiled by Denny Rehder played on the screens.





Grace Hall, filled from end to end for a lovely catered luncheon and program.



"Alive in Christ"
Painted by Drawn to the Word artist Rev. Paul Oman, in worship June 11, 2017
Limited Edition Prints may be ordered.
Forms are available in the office.

June 11, 2017 Program

During the program, we heard from former and current leaders, relived memories, and heard from the Grace 2020 Planning Team. The Grace 2020 team revealed our new planning document, Statement of Mission and Goals for 2020. You can read pick up a copy of their report from the office.

Our new Statement of Mission:
Grace Lutheran Church is a community of faith,
centered in worship, held in grace, strengthened in
love, sent forth in mission. In Jesus' name.