

**GRACE
LUTHERAN
CHURCH**

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**Online worship until further notice
See page 7 for how to access**

**Sunday Worship: 9:00 a.m.
Weekday morning Prayers 9:30 a.m.
Wednesday Lenten Worship 6:30 p.m.**

The building is closed – reach us at 515-276-6873

Sisters and Brothers in Christ,

I pray that all of you are healthy and safe. Please know that you continue in my prayers and the prayers of the staff of Grace Lutheran Church. We continue to strive to “Guide people to live differently through Christ.” These days that looks differently by the day, sometimes by the hour. We are doing our best to adapt to recommendations and find ways to continue to be the Church. Many of us learned early on that “The Church is not a building...” with the refrain “I am the Church. You are the Church. We are the Church together.” Today, we know that truth more profoundly than any time that I can remember.

Worship from home is, in many ways, a return to our roots. From Abraham and Sarah holding family worship, to the house churches that sprouted up in the days after Christ’s ascension, the Church has found ways to gather in spite of what is happening in the world. We live in such a time. Due to the realities of the coronavirus disease pandemic, we enter a time when we are not able to gather, but that does not keep us from being the Church in such times.

I wish that I knew what the future would hold. But no one does. Even as I write this, I am aware that any detailed information I give may not be accurate at the time of printing. The recommendations coming from the Centers for Disease Control and Prevention and from the State of Iowa are fluid at best.

What I can say is that some realities are upon us. Unless things change drastically for the better, it is safe to say that we will not gather in person for Holy Week or Easter. Even writing that brings tears to my eyes. The celebration of the Resurrection of Our Lord is one of the central celebrations of the Christian Church. It marks the victory over sin and death and brings life where once we only knew death. The Holy Three Days of Maundy Thursday, Good Friday, and Easter, or Triduum, are days set aside to enter that journey from meal, to betrayal, burial, and resurrection. This year, we will likely have to observe such love and hope in a different way than we have experienced before.

This year, it is good for all of us to focus more on the historical context of each of these occasions. Maundy Thursday was not a mass gathering of people, but a cautious group of disciples gathering in fear of the growing hostility against Jesus. This was a group of close friends, who seemed more like family, tucked away in an upper room. It was not a social gathering, but rather a meal that carried with it a sense of normalcy in a turbulent time.

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Happy April Birthday

- 1 - Easton Ziska
- 2 - Michael Heid
Rev. Bill Kallestad
- 3 - Ellen Batten
Dolores Johnson
Colleen McKinney
- 4 - Darlene Johnson
Kevin Stinn
- 6 - Roy Hanson
- 7 - Carolyn Andersen
Bradley Moon
John Nelson
Maya Uehling Lint
Emily Woodruff
- 8 - Jennie Wonderlin
- 9 - Kelley Brown
- 10 - Brett Brindley
Matt Hagerty
Lanette Kennebeck
Jared Nelson
Cherie Rissman
Mark Stumme
DeVee Trickle
- 11 - Mira Voelker
- 12 - Alex Davik
Kyler Medhurst
- 13 - Mary McCann
Mark Meyer
- 14 - Prudence Campbell
Denise Friesth
- 15 - Michael Flannery
Matt Speck
Erin Warren
- 16 - Ernest Weatherington
- 17 - Alton Calahan
Cynthia Gronert
- 18 - Justin Fenimore
- 19 - Jill Boesch
Kerrie Gutmann
Emma Stammer
- 20 - Kevin French
Cody Gebauer
Jenny Rehder
- 24 - Eric Nelson
Charla Preston
- 25 - Amy Wonderlin
- 26 - Aden Artzer
Mike Carney
Howard Kulzer
Nathan Scholl

Happy April Anniversary

- 7 - Kathy Piltingsrud and Paul Nelson
- 10 - Deanna and Eric Weber
- 12 - Sandra and Barry Briggs
- 21 - Carol and Mark Mattes
- 24 - Andrea and Matthew Harbaugh
- 29 - Curt and Kathy Johansen



Our sympathies are with:

The family of Don Moon
The family of Verda Swanson

Will you send a card?

Many of you are already in contact with friends from circles, committees, etc., and we encourage you to keep in touch with those groups. Pen Pals, Member Care, and Visiting Friends are all encouraged to remain in contact and continue to maintain and build those friendships and connections.

However there will be many who don't fall into one of the groups mentioned above, who might find themselves alone on a birthday, isolated for one of many possible reasons, disappointed at not being able to celebrate with loved ones.

Look at the lists on this page. Log in to the Grace Online Church Directory <https://members.instantchurchdirectory.com> (instructions on page 9) to find an address, and send a note or a card! If there is no address, you can contact Denise@gracedm.org, and we'll get you an address the next time we're in the office (it may be a few days). We will also be publishing birthdays in the e-news while we are not worshipping together at Grace.

April Birthdays continued

- 27 - Cathy Watson
Bill Jensen
Gladys Peterson
Fletcher Reynolds
- 28 - David Gronert
Abbey Nelson
Anna Shea
- 29 - Kathy Piltingsrud
- 30 - Alysse Adams
Kylie Radmermacher





Pandemic Resources

Thank you to Ellen Rothweiler and Jessye Flannery for compiling these sources for us!

Want some help processing this experience for yourself and/or with your family? Here are some resources and prompts:

<https://fulleryouthinstitute.org/blog/naming-loss-and-gratitude-with-young-people>

Scrapbookers Becky Higgins and Ali Edwards offer good prompts for ways to tell the story of the world right now in with scrapbooking. Find them online.

Soul Collage- <https://www.soulcollage.com/about-soulcollage/making-a-soulcollage-card-5-easy-steps>. Some of you may have experienced this at one of the contemplative retreats held at Grace. Here is a place to start if it is new to you.

While coloring is often seen as an activity for children, there are a lot coloring books for adults on the market right now. It can be quite calming and meditative so indulge your inner child and color the included prayer doodle page.

From LSI

Dear friends, we understand the special stress the pandemic is causing for people who already have anxiety, depression, or other mental health challenges. We're here for you. Our therapists are offering convenient telehealth services so you can get support from the comfort of your home. Call us at 888.457.4692 so we can either move your upcoming session to a remote appointment or set up your first session. Your health is our priority.

Relief to Iowans due to the coronavirus:

If you are experiencing symptoms of the coronavirus call 211 or your healthcare provider.

- For information about coronavirus in Iowa visit <https://idph.iowa.gov/emerging-health-issues/novel-coronavirus>
- People who have had their hours reduced or been laid off due to the coronavirus can receive unemployment. Employers will not be charged and the recipient does not have to look for work while receiving unemployment.
For more information visit, <https://www.iowaworkforcedevelopment.gov/updates-and-resources-about-covid-19>
To file a claim visit, <https://www.iowaworkforcedevelopment.gov/file-claim-unemployment-insurance-benefits>
- There is currently a suspension on all evictions and foreclosures in Iowa through April 16. The governor can extend the date if needed.
- The date to file 2019 federal taxes has been extended to July 15.
- The date to file 2019 State of Iowa taxes has been extended to July 31.
- Property tax payments are still due on March 31 however penalties and interest have been waved through April 16. The governor can extend the date if needed.
- There are grants and loans available for Iowa small businesses. For information on the different programs available visit, www.iowabusinessrecovery.com
- People who have driver's licenses that expired after January 16, 2020 can continue to drive with their expired licenses. The DOT is asking people wait to renew their licenses.

Church Council Highlights
From the February 25, 2020 Council Meeting

At the February 25th, 2020 Church Council Meeting:

Ellen shared her recent experiences from attending a conference on youth ministry. The Council watched a video clip and heard some of her ideas about developing some new ideas in the ministry here at Grace.

Capital Campaign: Aaron Brandsfield and Tammy Denton reported that the two committees met together to go over the prioritized needs list (A, B, C, and D priorities). The A's and B's total over \$750,000. The committees are planning an April 26th kickoff event for the fundraising. Meanwhile, they will be fleshing out the descriptions of needs, asking the congregation to review and possibly add to the list. A booklet is being designed.

Staff and Financial reports were received and reviewed.

Grace Lutheran Church Personnel Policy (first draft): The Council reviewed and discussed the draft version of the Grace Lutheran Church personnel Policy provided by the Personnel Policy Committee.

Dean Watson presented the council with a report from the insurance company's claims adjuster following an inspection for hail and wind damage to the church's structures. The report detailed the inspection results and damage estimates to all buildings and sheds, and included dollar amounts for awards, depreciation, and applied deductibles.

It was moved, seconded, and passed to accept the proposal for roof repair presented by Wood Roofing, and to enter into an annual inspection and maintenance agreement with Wood Roofing, such agreement to cost \$300 per year.

Kitchen stove/range, repair or replace? The Council appointed Alex Davik and Valerie Culp to act as a sub-committee to explore options for repairing or replacing the kitchen stove/range fixture. They will also seek input from John, the cook for Grace Kids Care.

Kitchen Committee discussion: discussion centered upon the appointment/reactivation of a committee to oversee use and care of our kitchen.

Columbarium Fund Committee: Names were suggested by Council members to fill a vacancy on this committee.

Respectfully,
Dave Gronert
Council Secretary

Finance Report – February Results

Financial results for February YTD are as follows:

- Pledged Offerings – Actual \$64,572, Budget \$68,417
- Other Income – Actual \$5,515, Budget \$4,750
- Expenses – Actual \$77,169, Budget \$77,308
- Net activity – Actual (\$7,082), Budget (\$4,142)



Actual net activity was unfavorable to budget primarily due offerings below budget.

Pastor Mike's article, continued from page 1

As you gather in your home for worship on Maundy Thursday, feeling isolated from others, remember this is how it felt as the disciples gathered with Jesus that night. Take comfort in the knowledge that God was willing to be that vulnerable out of incredible love for you, and for all.

As Jesus cries out "It is finished!" from the cross, we see the love of Christ proclaimed to all the world. Good Friday is about death, but it is death that is centered in love. In John 3:16, the author says, "In this way, God loved the world..." and from the cross we see the depths of that love. Although the love flowing from Golgotha is a love that changes the world forever, it is not witnessed by many of Jesus' closest friends. The disciples had gone into hiding, away from the crowds. The love of God flowed forth and shattered all barriers separating us from God. This year, as we refrain from gathering in person, may we all find strength to look to the cross from the places we dwell and know that there are no barriers to the love of God.

Easter Sunday will feel different to say the least. It has become a time when people gather in masses to sing and praise the resurrected Lord. That first Easter, it was a small group of women who were courageous enough to approach the tomb. It was a small group that became the first witnesses to the new life made known through Christ. They went back to tell those hiding that Christ had risen, and from that home hope burst forth into a broken world. This year, that word of hope will spring forth from homes in the same way. This year, we approach the tomb in a similar way, cautious and with fear. It is precisely in that space that God meets us with this Good News of life abundant through the resurrected Christ.

You all continue in my prayers as we navigate these rough waters together. Do not be consumed by fear. Remember that God goes with us, through all that this world offers. Let us find comfort in the presence of God, this day and always.

In Christ,
Pastor Mike

Give Lifesaving Water this Lent through Lutheran World Relief

With all the changes that have been necessary at Grace due to the COVID-19 pandemic, the Lutheran World Relief team has decided to change the focus of our fundraising drive during Lent. The first \$1000 raised will be sent directly to LWR to *fund clean water efforts in Africa*. Donations can be given through the church office, on the church website or directly to Lutheran World Relief at lwr.org. When donating through Grace, please put "LWR" on the comment line. Our kitmaking and quilting sessions will resume after it becomes safe to do so.

The following is excerpted from a recent letter received from Lutheran World Relief:

Wash your hands. That is the mantra we are hearing over and over as the simplest way to protect ourselves, our loved ones and our community from the spread of the coronavirus. But for many people across Africa there's a big problem. There is no water.

There's a misconception that Africa has been largely unaffected by coronavirus. That is simply not true. In places like Burkina Faso and the Democratic Republic of Congo, the number of cases rise daily. Hand-washing and clean water are the first line of defense against the spread of infection. But for impoverished families, water is a scarce resource. Clean water, even more so. Many times the only source of water is from a creek or a river, which may not be clean and is often very far away.

Sunday, March 22, was World Water Day. The availability of safe water is more important than ever for the world's most vulnerable families. We can keep them safe with your support. Please give the gift of life-saving water today.

I pray this note finds you and your family safe and well during these challenging times. May God bless you.

In Gratitude, Daniel Speckhard, President and CEO, Lutheran World Relief

Youth Ministry – Active Grace

Contact ellen@gracedm.org

Garage Sale

The Grace Youth Garage Sale fundraiser for this Spring will be cancelled with the hope of postponing until Fall. We feel that there will likely be a need for this opportunity and want to wait until it will be safer for all to bring and buy things.

The Plant Sale will still happen with plant pick up on May 9. More details to come on the particulars of how we plan to safely offer pickup.

Plant Sale orders Due Sunday March 29:

Find the order form [here](#) and mail it in, or drop it in the mailbox outside the church. We also placed hard copies in the Little Free Library if you don't have access to a printer. All profits benefit the Youth, funding service learning trips such as the ELCA Youth Gathering planned for 2021.

Active Grace Kids Lent

Bible Story - Paul's Letters

Service Learning - Pen Pal Pairs

Keep writing letters, sending pictures, and finding other ways to be in communication with your pen pals!

Little Free Library

Do you have extra books sitting at home, waiting for the garage sale, books you've outgrown, books you've purged while on this extended Spring break?

Pull out those books and fill the Grace Little Free Library, or others in your neighborhood! With schools and local libraries closed for safety, this is a great resource for families and neighbors of all ages! Staff have noted someone stopped at the LFL every time we've been at the building.

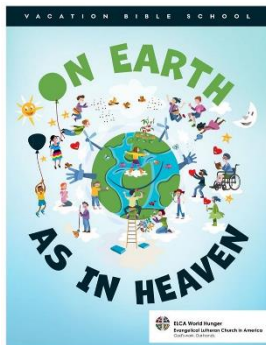
Little Free Pantry

There are days where the pantry is emptied overnight, and days when we notice it has been filled by the neighborhood. As people continue to be quarantined, away from school, or off of work, this resource will become even more important in the weeks and months to come. Please consider adding what you can on your way between the store and home. ***And if you find yourself in need? PLEASE stop by yourself and take what you need.***

SAVE THE DATE!

This is for you!

June 14-18



"All Grace VBS" (intergenerational)
see the connections between The Lord's Prayer
and service in the world.

**Come and see what all the fun is
about! Registration opening soon.**

VBS 2020

Our theme is "On Earth As In Heaven" studying The Lord's Prayer using curriculum offered by ELCA World Hunger.

"On Earth As In Heaven invites children and adults to (re-) experience the Lord's Prayer and to see the connections between prayer and service in the world. As the church prays and plays together, we also serve together and walk together toward a just world where all are fed."

Save the dates-

Sunday, June 14 10:30 am-12:30 pm (end with a meal)

Monday, June 15 to Thursday, June 18 5:30-7:30 pm (begin with a meal)

This is for you! Come and see what all the fun is about!

Palm Sunday, Holy Week, and Easter

We are working on plans for Palm Sunday, Holy Week, and Easter. These plans are fluid as recommendations from the CDC and State of Iowa change with current data and trends. We will send out more information as these plans are finalized.

What we can say...

Palm Sunday – We are currently acquiring equipment and resources to hold a worship service in the Parking Lot and have a “parade” with palm branches from car windows on Urbandale Ave. If it works, it would allow cars to tune into a radio frequency and hear the service and we could wave palm branches out car windows on Urbandale Ave.

These plans may change if the State of Iowa changes direction in recommendations, or if we are unable to manage the technological aspects of such a service.

Holy Week – We will plan worship services held on Facebook Live and Zoom, as we have for other worship services. We are also working on a YouTube channel what would allow us to post links on our website. As Pastor Mike referenced in the front page article, these services will create opportunities to see these Holy Days in a different, and perhaps deeper, way.

Easter – We are currently planning for Easter service to be held online as well. However, we are working on plans to decorate the steps on the South side of the building with lilies and other decorations so that people could drive by and still see the beautiful and festive setting.

Accessing Online Worship

Updates and live links, including those for Holy week, can be found online at <https://gracedm.org/news-events/events-calendar/>

For those who are not using social media, computers, or smart phones, please call the office and we will mail you a copy of the worship materials to use at home.

Facebook

For those gathering through Facebook, the Grace Lutheran Church page will go live on Sunday mornings at 9:00 a.m. and weekday mornings at 9:30 a.m. If you are unable to gather at that time, the service will be uploaded into the video section shortly after the service concludes. If not on Facebook, you can still access the videos at this link: <https://www.facebook.com/pages/category/Religious-Organization/626637384050683/> The worship video will start when Pastor Mike starts.

Zoom

For those gathering on Zoom the following instructions will remain valid for the next few weeks.

Sunday Worship:

For those gathering from a mobile phone: One tap mobile+16465588656,,974639467# US (New York)+13126266799,,974639467# US (Chicago)

Or by phone, dial one of these lines, then enter meeting ID: 974 639 467+1 312 626 6799 US (Chicago) or +1 301 715 8592 US

For those gathering on a computer, you will need to download the zoom app and then proceed to the meeting. Join Zoom Meeting <https://zoom.us/j/974639467> Meeting ID: 974 639 467

Wednesday Holden Evening Prayer: 06:30 PM Central Time (US and Canada)

Join Zoom Meeting <https://zoom.us/j/329510830>

Meeting ID: 329 510 830

Or by phone, dial the following and enter meeting ID 329 510 830

+1 312 626 6799 US (Chicago)

For One tap mobile

+13126266799,,329510830# US (Chicago)

+16465588656,,329510830# US (New York)

Meeting ID: 329 510 830



National Child Abuse Prevention Month

According to the Iowa Department of Human Services, 8,967 Iowa children were subject to abuse or neglect in 2018. The most common forms of abuse included denial of critical care, physical injury, exposure to illegal drugs or dangerous substance, and sexual abuse.

Lutheran Services in Iowa (LSI) helps combat child abuse through prevention, safety, and stability services, as well as mental and behavioral health care.

Through regular in-home visits to families, LSI's Early Childhood Services prevent child abuse by giving parents the support, education, and resources they need to build a healthy, stable home for their children. In 2019, our Early Childhood programs provided more than 11,000 in-home visits to families.

LSI's Family Safety, Risk, and Permanency Services help children and families already involved in a crisis or abuse situation to become safer and more stable, and LSI's Bremwood and Beloit Residential Treatment Centers serve many children and youth who have experienced trauma from past abuse or neglect.

You can make a direct impact on these children and families through your support of LSI. For more information, please contact Deb Whitford, LSI director of philanthropy and church relations, at Deborah.Whitford@LSIowa.org or 563-676-2065.

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 LSIowa.org and Facebook.com/LSI.iowa.

A Future Full of Hope

Last year, Jaqashia didn't know what to do.

She was expecting her first child, and she felt stressed and overwhelmed. She didn't have a job or a home to provide for her new baby.

When she was referred to LSI's Early Childhood Services, she didn't know if the program could help her. But after just two months with her LSI worker, Jaqashia says the services made a life-changing difference.

Her LSI worker, Pam, helped Jaqashia find an apartment. Every week, she visited Jaqashia in her new home to provide helpful parenting tips she could use to raise a happy, healthy baby. With a comfortable home ready for her child, Jaqashia felt confident and empowered to find a job. And Pam was there, ready to encourage her and walk alongside her every step of the way.

Jaqashia is now the proud mother of a baby boy, A'Kani, and she is determined to be the best parent she can be. Pam still stops by for her regular visits but now, Jaqashia feels ready to raise her son in a safe and loving home.

"LSI made a huge difference. They made a big positive change," Jaqashia says. "I feel very confident that I can actually raise my son now, and I have my own place. I'm feeling great."

Online Giving

Denise has received several questions about how online giving works. Here is her answer. If you need assistance, please call and we will be glad to help! We will also be checking the mail at Grace as long as travel is allowed.

Go to our church website: www.gracedm.org

1. At the upper right, click on "GIVE"
2. Scroll down and click on the red bar "Donate Now"
3. Start by entering the dollar amount you want to give; (Can set up as "Give One Time" or "Set-up Recurring"; choose fund; add memo if using Other Fund or Memorials, etc.); Click NEXT
4. "Verify your mobile number"
 - a. Can either enter cell phone number and click SEND CODE; will receive a text with a verification code; enter code and click "Confirm"
 - b. Or.....if do not have cell phone or do not want to enter it, On the VERIFY YOUR MOBILE NUMBER page, click on "Need Help";
 - c. Then in middle of screen to the right, Click on "GIVE AS GUEST"
 - d. Enter requested information (name, etc.) and click NEXT to continue.

Grace Online Church Directory

Printed copies are available, and being sent to those who we are aware do not use computers or smart phones. If you would like a printed/paper copy, please email Denise@gracedm.org and we will mail one to you. However, if you have a computer, or a smart phone, you can have access to the most updated information any time you log on. No one else is able to access the directory, unless you have an account, or an email added by us. So your information remains inaccessible to anyone outside of Grace.

Go to this address and log in using your email address: members.instantchurchdirectory.com

If you want to use the app on your phone, go to you App store, and search for Instant Church Directory to download and open.

If you forget your password, requesting a new one is easy using their links. Once you are in the system, look to the upper right hand corner of the screen and tap "edit my Family". There you will be able to upload a photo/new photo, edit family members, current address, phone number, anniversary, etc.

If you have trouble logging in:

We were not able to list you if we did not have your email.

Or perhaps you have changed your email. If you change your email in the directory, that is the email you need to use to log in - your old email will no longer work. Please email Denise@gracedm.org with the email you would like to use. Once we have added you, we will contact you and you will be able to log in and set a password and get started!

The Centering Prayer Group is meeting electronically to pray on Tuesdays at 10:30 until it is safe to come together again. If you would like to meet with them contact Julie Honsey at honsey.julie@gmail.com and she will email you a Zoom invite. If you have questions, contact Julie.

DMARC has an online giving option, which they are using to help with grab and go meals, as well as to supply pantries. Please consider helping those who may be needing assistance due to the Covid-19 pandemic. Even a small contribution will help a small household access vital nutrition in this time of crisis. <http://www.dmarcunited.org/donate/virtual-drive/>

On Monday, March 23, the DMARC Food Pantry Network assisted 604 people (12% were first-time food pantry users). So far in March 2020, DMARC has assisted 15,107 people, an increase of 22% compared to the same point last March. Find the latest COVID-19 updates and information at <http://dmarcunited.org/covid-19/>.

Postpones: Easter Sunday Prayer Breakfast:

As our Easter plans will involve online worship instead of meeting at Grace, we will need to reschedule our annual fundraising breakfast. We encourage you to enjoy a lovely Easter breakfast at home before or after worship, and stay safe.



Proceeds from the Easter Breakfast in recent years have supported the Grace Lutheran Church Prayer Quilt Ministry. Once we are able to come together again for worship, we will plan a celebration meal. It may be a breakfast, or perhaps an outside Burger & Brats event! Either way, we will still be looking for help, so watch the news for that call! If you have any questions, please contact Len Ringgenberg at 255-2395 or Lhringgg@msn.com

The Prayer Quilt Ministry

At Grace, Prayer Quilts are a continual activity that displays our faith and commitment to community. Prayer quilts are one of the wonderful ways in which Grace reaches out to care for our members in times of need. Quilts are not made in advance and stored for eventual need. Instead, fabrics and patterns are carefully chosen specifically for the recipient, crafted with care and prayers. Once they are finished, the congregation has the opportunity to help finish the quilt, by tying knots while saying a prayer for the recipient.

In that past several years, as many as 14 quilts a year have been shared with our community. Thank you.

Easter Lilies and Palm Sunday Palms

Grace Staff, Kathy Bowermaster, and Altar Guild have been dreaming up creative plans for Easter Lilies and Palms even though we will not be on site for worship those days.

However, with the latest closings including Florists through April 7, we are not certain that will be a possibility. If we are able to have Eco Palms (which had already been ordered) and Lilies, we will proceed with our plans. If not, we will try to support these businesses when we do come back together. If you have any questions, please contact the office. Thank you.

Thank Yous

We would like to thank the Grace congregation for the prayers, cards, and love during Don's illness. Pastor Mike, the staff at Grace, and the kitchen committee made his celebration of life special for our family. Don is now in God's care.

The Family of Donald Moon

Thank you ladies of Grace. Your blanket is a work of art. It will be very useful at "nap" time. I appreciate the church news as it keeps me up to date on your actions. Your visits are appreciated too. Daily Prayers are supportive too.

God's blessing to all, Marv Simonsen

Join LSI's Global Greens Community Supported Agriculture (CSA) for produce delivered to your door!

Global Greens CSA is a great opportunity to receive fresh vegetables while supporting the small farming businesses of some of our newest lowans. Through a seasonal subscription, you'll receive weekly certified naturally grown vegetables grown by former refugees in Central Iowa. This program connects refugees who were farmers in their home countries to land, infrastructure, and the business coaching they need to start their own farm businesses. Sign up [here](#) to receive locally grown vegetables all summer long!