

**GRACE  
LUTHERAN  
CHURCH**

**Live worship online until further notice  
See page 5 for how to access**

**Sunday Worship: 9:00 a.m.  
Weekday morning Prayers 9:30 a.m.**

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

5201 Urbandale Avenue  
Des Moines, Iowa 50310  
515-276-6873  
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#### **For the saints who from their labors now rest...**

***Beverly Petty***

***Joann Jensen***

***Verda Swanson***

***Donald Moon***

***Leonard Larsen***

***Roy Mann, Jr***

***Ted Tussing***

***Joan Johnson***

***Donald Schroeder***

***Serena Helton***

***Michael Hansen***

***Frances Best***

**Isaiah 40:1, 28-31 (NRSV):** “Comfort, O comfort my people, says your God...Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. <sup>29</sup>He gives power to the faint, and strengthens the powerless. <sup>30</sup>Even youths will faint and be weary, and the young will fall exhausted; <sup>31</sup>but those who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”

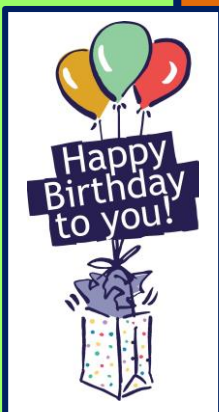
My heart is heavy as I pray through this list of saints. I feel a lump in my throat, and I am glad that it is my fingers doing the talking and not my voice. I have such gratitude for the saints on this list, and the impact that they made on me. I am thankful for the gifts that each displayed, living out the call to follow Christ. Although grateful, I grieve these saints. As I grieve, I look to the prophet Isaiah for comfort.

This chapter in the Book of Isaiah ends with these words of hope and encouragement. The same chapter begins with the words “Comfort, O Comfort my people.”

***“For the Saints” continued on page 4***

### Happy November Birthday

- 1 - Remington Anderson  
Zelma Wilson
- 2 - Mike Peterman
- 3 - Tara Royster
- 4 - Gabriella Artzer  
Bradley Nelson  
Aubrie Stickrod
- 5 - Sally Thielking
- 6 - Benjamin Gronert  
Laura Grotheer
- 8 - Austin Schaller
- 11 - Emily Dungan  
Yaritza Marquez  
Gary Scholten
- 12 - Zoe Lawson
- 13 - Kurt Bowermaster  
Jason Bradwell  
Zachary Jensen
- 14 - Carol Mattes  
Linda Moravec  
Kristene Shortelle
- 15 - Gary Batten  
Wilma Frost  
John Justice  
Mark Ridnour
- 16 - Haley Dostalick  
Joseph Kennebeck  
Emma Mattes
- 17 - Jeremy Israel  
Gloria Moon  
Madison Robbins
- 18 - Susan Johnson
- 19 - Nick Medhurst  
Greg Ruckdaschel
- 21 - Lilli Kent  
Kelley Riordan
- 22 - Zachary Kulzer
- 23 - Ashley Lund
- 24 - Renee Dingman  
Jon Rissman
- 25 - Kerry Riordan
- 26 - Peter Kiefer  
Jessica Rissman  
Paul Thielking  
Laura Wangerin  
Virginia Wangerin  
Carol Woodruff
- 29 - Karinne Harmon  
Angie Hidalgo  
Ed Ridnour



### Happy November Anniversary

- 2 – Richard and Deanna Snyder
- 5 – Howard and Rachel Welty
- 7 – Paul and Alexson Calahan
- 13 – Gary and Ellen Batten
- 20 – Gary and Melinda Scholten
- 22 – Marvin and Lorna Johns
- 26 – Todd and Barb Burley  
Frank and Colleen McKinney
- 27 – Anthony and Tara Royster
- 28 – Neal and Sandra Meyer



### Clarification regarding the Summer Book Club, Black Lives Matter and the church street sign

In the October 2020 Friendly Visitor, an article on page 7 detailed that a group of Grace members had been discussing the book “Dear Church: A Love Letter to America’s Whitest Denomination” by Lenny Duncan, and that the group had come to agree on three points of action in the weeks and months to come. One of these points was:

*“Our electronic sign will include “Black Live Matter” in the regular rotation and include a passage of scripture that references the call that Christians have in this movement, beginning with Luke 15. “*

There have been a few questions about this, and Grace staff want to clear up any confusion. While the book study and its continuing form – a multigenerational study group of Grace members, including some staff – discussed and proposed this idea, they did not dictate what goes on the sign.

Items posted on our street sign are meant to be welcoming, inspirational, honor others, or promote Grace, Grace Kids Care, the Little Free Library and Pantries, and our neighborhood. This particular idea, however, was discussed by staff, slept on, thought about, and discussed more before approving. Approval was then requested from the Grace Executive Committee.

What we believe at Grace, and in the ELCA, is that Black lives DO matter. We have updated the sign to include the words “We believe that” in front of Black lives matter, along with a scripture reference. Each week or so the sign will change to include a different passage of scripture.

Staff are reading and discussing the displayed scriptures in staff meeting. We invite you to study those along with us, and as such, will publish those in each week’s enews and announcements going forward. The first posted passage was Luke 15, and the current posted is Psalm 146. The next will be Isaiah 58.

## Food Insecurity in our Neighborhood

Last year as a part of Active Grace Sunday School we learned about food insecurity and the ways that individuals and families may lack access to food. Our Little Free Pantry is an effort to fill in gaps that people in our neighborhood may have in their food budget. We have found that this need is great as we notice how quickly the shelves of our pantry are cleared. Littlefreepantry.org has this statistic on their homepage –

***“food insecurity has skyrocketed from 8.4% of households, to 16.6% of households as of July 2020”.*** As we move into the winter, and continue to live within the constraints of the pandemic, here are some things to consider for keeping our pantry stocked-



1. Buy (and encourage others to buy) duplicates of whatever you already buy. If you eat/use it, so will someone else. Further, grocery shopping is a habitual activity. If to get “the right thing” we must go down an aisle we don’t usually shop, we probably won’t.
2. If you experience sticker shock when browsing an item, it should go inside! Diapers, feminine hygiene products, canned protein...these things are expensive and important.

Please choose items in plastic not glass during the cold months. Boxed meals, like Tuna Helpers or Campbell’s Ready Meals are always a need and an easy thing for people to grab and use. Snacks for after school are always a good idea, too. Find a list of other Winter items in this newsletter.

If you are not able to get here to stock the pantry, consider using a grocery delivery service to purchase items and send them to the church and we will happily stock them for you. ***Be sure you contact the office before doing this so we can be sure someone is here to receive delivery.***

This is a way that we can be the church in this community even though we cannot gather in person. Let’s keep this pantry stocked this winter!

Ellen Rothweiler  
Minister for Youth and Family

## Little Free Pantry Winter Checklist

From [www.Littlefreepantry.org](http://www.Littlefreepantry.org)

### Meals

- \_\_\_Boxed/bagged grains and beans
- \_\_\_Dry Pasta, Sauce in plastic jars
- \_\_\_Boxed/bagged Pasta meals
- \_\_\_Hormel Completes/Campbells Ready Meals
- \_\_\_Tuna Pouches
- \_\_\_Peanut Butter/Jelly in plastic
- \_\_\_Hot/Cold Cereals

### Snacks

- \_\_\_Peanutbutter Snack Crackers
- \_\_\_Applesauce/Fruit squeezes
- \_\_\_Dried Fruit
- \_\_\_Granola Breakfast Barss
- \_\_\_Beef Jerky
- \_\_\_Nuts
- \_\_\_Milk Boxes

### Personal Care

- \_\_\_Shampoo/Conditioner
- \_\_\_Soap
- \_\_\_Toothbrush/Toothpaste/Floss
- \_\_\_Deodorant
- \_\_\_Menstrual Hygiene Products
- \_\_\_Diapers/Wipes
- \_\_\_Hats/Gloves/Scarves

### Paper Products

- \_\_\_Paper Towels
- \_\_\_Toilet Paper
- \_\_\_Kleenex
- \_\_\_Trash Bags

### Your Favorite Items

- \_\_\_
- \_\_\_

## **“For the Saints” continued from page 1**

Diving into this beautiful chapter, one can almost hear a tenor voice breaking into the chaos of the world around us with the start of that recitative from Handel’s *Messiah* “Comfort ye.” On days like this, in months like this, in a year like this, I need to hear these words, and I am pretty sure that you do too.

This year feels like a “Biblical year” where the history books will say that the very earth trembled and shook. It will speak of nations in a panic. It will speak of a pandemic loosed in the world. It will speak of the tremendous loss that was felt. To date, there are more than 1,500 Iowans that have died of Covid-19, with over 215,000 others from around the United States, combined with more than 900,000 others from around the world.

This year has us all tired and a little beat up, and it is alright to admit that. If you haven’t admitted that, even to yourself, start there. It is OK. We are all in need of these words from the prophet Isaiah, words that speak both comfort and resilience. We need that gentle whisper of God to comfort us. We also need that reassurance that although we are tired, we will find our strength renewed. Again, it is OK. You are not going about this alone. God is with you. We are in this together. “Comfort, O Comfort my people.” Lean into the knowledge that God goes with you. Even though apart physically, know that we journey through this world together.

We grieve. Yes. But we grieve with hope.

In Christ,  
Pastor Mike

## **Congregational Assessment**

During the next month, the Congregational Staff and Council will be contacting households within our community of faith. The point of this contact is to check in with everyone and gather information about comfort level. Please consider the following questions, as well as think of information you would like us to know.

### **Which of the following best describes when you would feel comfortable returning to worship?**

A Vaccine for the COVID-19 virus is available to the general public

Masks and social distancing between worshippers is required

Based on Polk County Risk Level (see details in the Health and Safety Update on page 6)

Risk Level Red or Below

Risk Level Orange or below

Risk Level Yellow or below

Risk Level Green

None of these

### **Which of the following groups would you consider attending before worship returns?**

A social gathering of 8-10 others with masks and social distancing

An educational opportunity with 8-10 others with masks and social distancing

A working project with 8-10 others with masks and social distancing

none of these

### **Which of the following Bible or book study group conditions would you attend?**

A group of 8-10 members at Grace with masks and social distancing

A group of 8-10 others meeting through Zoom

A larger group meeting over Zoom

A Video Series available on the website or Facebook

none of these

### **Accessing Online Worship**

We will continue to adapt worship to best be a place where we become centered in our faith. We are making changes to the readings and the Prayers of the People to, hopefully, better be present you in this time of growing need.

Written materials and Announcements can be found in the Resources section of the website. Click on the word Resources at the top right of any page of the website and go from there! Or, follow this link <https://gracedm.org/resources/> For those who are not using social media, computers, or smart phones, please call the office and we will happily mail you a copy of the worship materials to use at home.

### **Worship will be broadcast live at 9:00 a.m. through Facebook and our website.**

Worship will broadcast live on Sunday at 9:00 a.m. on Facebook Live and on the permanent Live Player on our website. In the "Welcome to Grace" section on the [www.gracedm.org](http://www.gracedm.org) homepage, you will now see a red button "Online Worship". Click on that button to be taken to our Permanent Live Player page. This page will show a countdown to worship, and will start playing when worship goes live. There will also be a link for Facebook Live posted in the "Recent News" section on the [www.gracedm.org](http://www.gracedm.org) homepage.

**Weekday Morning Prayer on Facebook** Pastor Mike will go live weekday mornings at 9:30 a.m. If you are not on Facebook, you can still access the videos at this link: <https://www.facebook.com/pages/category/Religious-Organization/626637384050683/>

**Sunday Morning Zoom Virtual Coffee Hour** begins at 10:00 a.m. on Sunday mornings. Links can be found in the Thursday afternoon enews.

### **What if you aren't on Facebook, and you missed the service?**

Simply go to the Resources Page on our website <https://gracedm.org/resources/>

Look for the bubble labeled "Recent Worship Videos" – click on that bubble.

You will be presented with a list of recent service dates - click the date of worship you wish to watch, and it will load for you.

If you are already on the Online Worship Live Stream page, you will see a link that will take you directly to the archive.

### **Check out the new, easy way to watch worship on our website!**

On the front page of our website you will see the following section. If you click on the Stream Worship! During the week, the player will show a countdown to Sunday Worship. On Sundays when we go live the player will show the livestream in progress.

## Welcome to Grace

Grace Lutheran Church is a neighborhood church with a place for you, wherever you live, whoever you are. We invite you to get to know us. You can also join us for worship online at the link below.

LEARN MORE ABOUT GRACE

ONLINE WORSHIP



## Health and Safety Update

“Every time I say your name in prayer—which is practically all the time—I thank God for you, the God I worship with my whole life in the tradition of my ancestors. I miss you a lot, especially when I remember that last tearful good-bye, and I look forward to a joy-packed reunion. That precious memory triggers another: your honest faith—and what a rich faith it is, handed down from your grandmother Lois to your mother Eunice, and now to you! And the special gift of ministry you received when I laid hands on you and prayed—keep that ablaze! God doesn’t want us to be shy with his gifts, but bold and loving and sensible.” 2 Timothy 1:3-7 (The Message translation)

Lately, there are many times when these words and sentiments from epistles ring true. There is a deep longing to gather, but the question quickly follows “at what risk?” As this task force looks into risk assessment, we are using a collaborative resource from the Harvard Global Health Institute, Harvard’s Edmond J. Safra Center for Ethics, Rockefeller Foundation, CovidActNow, Covid-Local, CIDRAP, the Brown School of Public Health and others. This resource can be found at [www.globalepidemics.org](http://www.globalepidemics.org). There are three main metrics used to determine risk level (per the website listed above):

- Metric 1: New confirmed case trend: New daily cases per 100k pop (seven day rolling average); + trend direction and rate
- Metric 2: Case trend as an estimate from new deaths trend: New daily deaths per 100k pop \* 100 (assuming 1% IFR) (seven day rolling average); + trend direction and rate
- Metric 3: New daily hospitalizations per 100k pop (seven day rolling average); + trend direction and rate Because case incidence numbers are affected by testing levels and deaths are a lagging indicator, it is important to track and compare both numbers and the information about cases that each provides.

Covid Risk Level	Case Incidence	
Red	>25	daily new cases per 100,000 people
Orange	10<25	daily new cases per 100,000 people
Yellow	1<10	daily new cases per 100,000 people
Green	<1	daily new case per 100,000 people



Health and Safety, continued on page 7

### *Health and Safety, continued from page 6*

In recent weeks, the State of Iowa went from an Orange to Red risk level. Currently there are only 9 counties at Risk level Orange. Every other county is risk level RED. This includes Dallas and Polk Counties. Polk County moved from the low side of Orange to solidly in the Red over the last couple weeks. With Des Moines Public School moving into a hybrid model, there is anticipation that these numbers will continue to climb.

What does all this mean? The strong recommendation of this task force is that we stay the course with livestream of Sunday services, and If we reach the Red risk level in Polk County, we suspend private Baptisms and Funerals on site until the risk level returns to Orange or below. These are not easy recommendations to make, but they are made with care for you, and for all, in our hearts as we discern how best to move forward.

### **WE NEED YOUR HELP! WE NEED YOUR IDEAS!**

We know that livestream of worship is not the same as in person, and that it is very difficult to maintain a sense of community through the virtual options before us. We need your ideas, even the crazy ones. I was sitting in a meeting once where the facilitator suggested that sometimes the best ideas start with someone offering an idea in the “so crazy it should get you fired” category. He used a few examples of how a far-fetched idea that came forward led to a completely different way to see the problem and an effective solution was found.

So, what are your ideas on how best to “Be the Church” during the pandemic? We do not care how far-fetched you think it is. In 2020, there is no such thing as a bad idea. Please send any and all ideas to Pastor Mike, either by email: [mike@gracedm.org](mailto:mike@gracedm.org) or by phone or voicemail, 515-276-6873.

Things are not as we wish them to be, but we will navigate these waters together.

In Christ,

Pastor Mike, on behalf of the Health and Safety Task Force

### **Send us your holiday recipes!**

It's that time of year when people are gearing up for holiday gatherings and meals and baking – except this year many aren't able to come together with family and friends to share in those holiday traditions. Well, silver lining, maybe you have more time and energy to try new things in the kitchen if you're just cooking for yourself or a few people! Church family counts as family, so share with us your favorite winter holiday recipes and we can stay connected in this way. Recipes can be as simple or as complicated as you want – some may want to roll up their sleeves and make the thing that requires stirring counter-clockwise 3.5 times every Tuesday when it rains, and some may not want to make anything that requires more effort than a PB & J. Every kind is welcome!

Type them up and email to [emma@gracedm.org](mailto:emma@gracedm.org), or send a handwritten version to the church address c/o Emma Stammer and she will make sure one or two is included in the weekly e-news and Sunday announcements.



*Update: Right now our Covid Cookbook (unofficially named) contains about 30 recipes.*



## National Adoption Month

November is National Adoption Month, a time to honor families who have opened their hearts and homes to children in need. For LSI, it is a time to celebrate the families we support through Foster Care and Adoption, and to raise awareness for the hundreds of Iowa children in need of a safe, loving home.

In 30 counties across western Iowa, LSI Foster Care and Adoption recruits, licenses, and supports foster and adoptive families to ensure every Iowa child grows up in a safe, stable environment.

But more work needs to be done. According to the most recent federal data, more than 100,000 children in the U.S. are waiting to be adopted from foster care, and thousands of teens age out of foster care every year without a permanent family. To learn more about supporting Iowa children in foster care, visit [LSIowa.org/Foster](http://LSIowa.org/Foster), or contact Deb Whitford, LSI's director of philanthropy and church relations, at [Deborah.Whitford@LSIowa.org](mailto:Deborah.Whitford@LSIowa.org) or 563.676.2065. LSI is also available to provide a customized virtual shared ministry opportunity for your congregation. If you would like to share the message of LSI with your community, please contact our Waverly office at 319.352.2630 to get started.

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

### **"There is Hope"**

As a young child growing up in multiple foster homes, Abby dreamed of a forever family. When she moved in with foster parents Joe and Dee, Abby knew she'd found the perfect family for her. Joe and Dee had already adopted two of their sons by the time Abby entered the family, and the children immediately bonded. When Abby was no longer able to reunify with her birth family, Joe and Dee decided to adopt her into their family.

"The kids bless our lives," Joe says. "I wish people knew what kind of family you can have through foster care and adoption, and how much love these kids have to offer."

Abby is now a 17-year-old preparing to graduate high school in the spring. She has found a forever family that encourages her to pursue her passions and with the support of her parents and siblings, Abby has found success as a high school wrestler, earning top awards and titles throughout her high school years.

Since being adopted into Joe and Dee's family, Abby has openly shared her story at National Adoption Month events in her community. She wants to raise awareness about foster care and adoption across Iowa, inspire families to become foster and adoptive parents, and she hopes her story can inspire other kids looking for the same loving support system she has.

"To other kids out there in my situation, there is hope," Abby says. "You will find the perfect family that will give you all their love and care for you, no matter what."

### **DMARC Requested Donations: Cash**

DMARC is able to purchase more per dollar in bulk than we can in person, and is both easier and safer for many at this time. Checks may be mailed to the address below, and food donations may be dropped off at the DMARC Food Pantry Network Warehouse, located at 1435 Mulberry Street in downtown Des Moines.



### Finance Report –September Results

Financial results for September YTD are as follows:

- Pledged Offerings – Actual \$291,618, Budget \$311,975
- Other Income – Actual \$16,300, Budget \$21,875
- Expenses – Actual \$331,844, Budget \$339,312
- Net activity – Actual (\$23,926), Budget (\$5,462)



Actual net activity was unfavorable to budget primarily due a decline in offerings. Pledged and unpledged offering are both below budget. Continued giving during these uncertain times is appreciated. Maintenance was over budget due to work on the flushing the HVAC systems. Utility activity was under budget due to lack of occupancy.

Contributions to the Capital Campaign of \$60,525 and related HVAC replacement cost of \$59,320 are not included in the above results.

### Pledge Card Reminder!

We will bless returned pledge cards as we worship on Sunday, November 1.

Thank you for returning them to us as soon as possible! If you haven't yet mailed yours back, that's ok! Just send them in as soon as possible so the finance team can plan with accuracy!

*If you are missing yours, please call 515-276-6873 or email [denise@gracedm.org](mailto:denise@gracedm.org)*

### The Anti-Racism study group will meet again by Zoom on Sunday, November 22 at 11:00 a.m.

Since July a group of Grace members has been meeting via Zoom in a book study. Our discussions have brought us to a greater awareness of the issue of race in our Church and our role as white people in this system that perpetuates racism.

As we seek to listen, learn and respond, members of our group are currently participating in the United Way of Central Iowa's Twenty-one day Equity Challenge, which is sponsored by DMACC, Grinnell College, The City of Des Moines, John Deer, and many other local businesses.

Each day offers an opportunity to learn about racism experienced by many different groups, and includes articles to read, YouTube Videos, TED Talks, and other resources such as journal pages and discussion guides. If you would like to learn more, or start working through the challenge yourself, you can go to [www.EquityChallenge.org](http://www.EquityChallenge.org) and scroll down on the calendar to start on Day 1 (October 5) or to revisit any day's topics.

When we meet on November 22, we will be discussing what we've learned and struggled with during the challenge. If you have questions you are encouraged to reach out to Pastor Mike ([mike@gracedm.org](mailto:mike@gracedm.org)) or Ellen ([ellen@gracedm.org](mailto:ellen@gracedm.org)) and be a part of the discussion.



### No Shave November

In the year of Zoom meetings and masks, why not join Pastor Mike in No Shave November? All you do is set aside the razor for 30 days. This is an annual month-long event that is designed to bring awareness to cancer and men's health. The history of No shave November goes back to 2004, where a group of men in Australia raised money for charity by growing their beards and educating the people about colon cancer. Growing a beard cannot be done by cancer patients due to their undergoing treatments.

Take a picture on November 1<sup>st</sup> and again on November 30<sup>th</sup> and send them to [michelle@gracedm.org](mailto:michelle@gracedm.org) We will compile the pictures and share with the congregation.

### **All Saints Altar**

Thank you Altar Guild for preparing the Altar in memory our twelve saints, with a candle and ribbon for each.



### **Grace 2021 Endowment Applications**

Now available on the website

<https://gracedm.org/resources/forms-and-applications/>

Applications are due January 31, 2021. Awards will be announced by March 31, 2021. Requests for specific, finite projects are preferred. The Endowment does not fund operational expenses.

Submit proposal with detailed breakdown of project expenses. If the entire request is not granted this will allow for possible partial funding. A final written report is required to be submitted to the Endowment Fund Committee no later than December 1<sup>st</sup> of the year of the grant. The report shall include documentation of the expenditures and completion status of the project.

### **Luther Park Christmas Wishlist for Trinity Center at Luther Park**

Luther Park will once again be collecting gifts for the residents of Trinity Center. Please deliver the new unwrapped gifts\* to Trinity Center (1555 Hull Ave Des Moines, IA 50316) by Monday, December 7, 2020. Items not used by Christmas will be used through the year for resident birthdays and bingo gifts. Trinity Center is for those who need Long term and Skilled Care, including those with dementia and Alzheimer's.

If you have any questions, please contact Jessica Walton, Director of Activities at 515-262-5639. We sincerely appreciate your thoughtfulness and continued support. Have a wonderful holiday!

#### **Entertainment items:**

Baby dolls (soft, new)  
Playing cards  
Crossword and word find puzzles, large print  
Crayons/washable markers

#### **Clothing items:**

Socks/gripper socks  
Small lap blankets

#### **Hygiene items:**

Kleenex (regular size boxes)  
Toothbrushes  
Toothpaste  
Hair picks  
Combs  
Nail Polish (light colors)  
Hand lotion  
Body lotion  
Body wash  
Non-aersol deodorant (for men and women)  
Hair Ties  
Electric Shavers

#### **Other items:**

Necklaces  
Walker bags  
Lap blankets  
iTune gift cards  
Head Phones  
Art Supplies  
Stuffed animals (new)  
Games  
Beads/Sensory Items/Fidget Blankets  
Packaged snacks/candy