

GRACE
LUTHERAN
CHURCH

Sunday Worship
July 4: will be pre-recorded

July 11 & after
9:00 a.m. Livestream & in-person

Weekday morning Prayers 9:30 a.m.

Reach us at 515-276-6873

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Inside This Issue...

- 2... Celebrations, Altar Flowers, sign up for enews
- 3... Choir resumes, car show, no worship reservations
- 4... Worship Updates
- 5... Worship volunteers, Enneagram workshop, Little Free Library
- 6... Grace Garden, Little Free Pantry
- 7... LSI Update, DMARC requests
- 8... Council & Finance Reports
- 9... Love your neighbor, We believe signs
- 10.. Coloring page

It is Enough

Today is one of those days. Two days ago, I had an exit interview with Ellen as she departs from Grace Lutheran Church. Today, we are enjoying our last day of operations with Grace Kids Care. The heart is heavy. The tank is running low, and it does not feel like I have much to offer right now. There are no words that can take away the feelings of grief and loss. That is what today is, a loss. It is one of those days.

As I unwind in the evenings, I have started to watch the series "All or Nothing" on Amazon. It details a behind the scenes look at a season with a sports team. The first season follows the 2015 Arizona Cardinals under Head Coach Bruce Arians. I was struck by his words to the team after their first loss. He acknowledges that it hurts and tells them to stay in the pain, to feel it, and remember it. Then, he let's them know that there is a "24-hour rule" in football. Lean into the pain for 24 hours, and then it is time to prepare for the next week. Learn what you can. Make the changes that are needed and move forward.

There is no "24-hour rule" in life. Grief and loss sneak up on you in unexpected ways, in unsuspecting places. However, the premise of the 24-hour rule remains true. It is healthiest to lean into the hurt and meet it there. Our cultural context would like us to bury or compartmentalize such feelings, but to move past them, you need to lean into them. Then, you need to take a step forward. You cannot stay in one place. Life is not static. It is not a photograph. Life keeps moving. So, we learn what we can. Make changes that are needed and move forward.

Today hurts, and that is okay. I am telling myself that just as much as I am writing these words to all of you. There may not be much to offer right now, but Scripture reminds us that it is enough. What we can offer is enough, and God will take that mustard seed and help it grow into something beyond that which we can imagine. I am truly excited about what could be. Today is just one of those days, and it is okay to acknowledge that and lean into it.

Things will look different around here. Things will feel different around here. That does not mean that there is less of a future. It simply means that it will be a little different, and that is okay. The Staff and Council are beginning the discernment process as we learn from these losses and look at changes that are needed. As always, we welcome your feedback.

Pastor Mike

Happy July Birthday

- 1 - Carl Feilmann
Michael Nizzi
Matthew Johnson
- 3 - Dale Bordt
Marilyn Anderson
- 4 - Sawyer Shiffler
- 5 - Levi Wilner
- 8 - Donna Trickle
- 9 - Carleigh Ridnour
Henry Jordahl
- 11 - Kristina Hutton
Rebecca Lewis
- 12 - Melissa Petty
- 13 - Amy Westercamp
Joshua Sherer
- 14 - Amador Medina-Ruiz
Stacy Walters
Matthew Harbaugh
Eric Selander
Heather Honnold
Bailey Woodruff
- 15 - Rebecca Harmon
Hannah Jensen
- 16 - Tracy Justice
Joviana Reyes
- 17 - Lucille Krauss
Jayne Mortenson
Christie Rosheim
- 18 - Bradley Nelson
Anders Nelson
Adam Friesth
Eric Friesth
- 19 - Deanna Snyder
- 20 - Krista Nelson
Martha Kaleewoun
- 21 - 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
- 31 - Emily Stowell



Happy July Anniversary

- 8 - Ashley and Josh Lund
- 9 - Amy and Scott Neal
- 15 - Jenie and Michael Schmidt
Rhonda and Bill Jensen
- 20 - Katherine and Justin Scholl
- 21 - Loree and Tim Nelson
- 22 - Cathy and Dean Watson

Prayers and Sympathies for:

The family of Evelyn Reistroffer
- Mother of Mary Jo McCleary



Sponsor Altar Flowers! August dates available

Sign up here:

<https://volunteersignup.org/8EKBK>

Kathy Bowermaster will contact you for wording of the announcements, and to let you know how to pick up your flowers after the service. Cost is \$25 that can be paid by check mailed to the church, or using the online donation system.

Keep up with the latest from Grace

Sign up for the weekly enews, sent every Tuesday.

Yes, summer is a quiet time at the church, but we're slowly adding groups and events to the calendar and expect this to pick up through the fall.

Sign up [here](#). Scroll down the page to the Blue Box that says "Get the Good News Here!", enter your email address, and hit send).

When you sign up for the enews, you also receive:

- Worship materials on Thursday or Friday each week. As this information is always posted on our [website worship page](#), and as we continue to expand the in-person worship, our current plan is to stop emailing worship materials at the end of the summer.
- Funeral notices from Pastor Mike. (thankfully rare)
- An occasional "The church is closed today/meetings cancelled due to bad weather" email. Also rare, but staff are looking forward to being open enough to have to worry about such things again!



Choir rehearsals resume!

You are invited to join the chancel choir as we resume our weekly rehearsals on **August 25, 6:30pm-7:15pm**. Rehearsals will look a little different at first, but how good it will be to sing together again! A few safety precautions will be in place: We will meet in Grace Hall which will have a few windows open to better ventilate the area. Singers will be somewhat spaced, however mask-wearing is optional.

As a further safety precaution, the choir will not sing in Sunday morning worship at first. Rather we will record our songs and have the video played during the service. As safety recommendations and restrictions ease more we'll work out the logistics of having the choir sing in person in worship, but there is not a firm date set for that at this time.

Please consider joining us if you are comfortable doing so! It has been sad to not hear a choir sing on Sunday mornings, and it has left a void in worship. I so look forward to hearing your voices once again after over a year apart!

Emma

The Car Show returns!

We had so much fun in 2019, we're going to do it again!

Save the date: Thursday, August 26

Rain Date: Friday, August 27

Watch for more information in August



Small Groups allowed in the building: We are now opening the building to smaller groups.

Things to know:

- Masks are required in all public spaces.
- We are starting with groups of 15 and fewer.
- In order to meet, you simply need to reserve the space.
- The main spaces available are Grace Hall and the Gathering Hall. Other spaces may be considered upon request.
- If everyone is vaccinated and the entire group is comfortable, masks may be removed while gathered, but would need be worn when leaving the space.

July 11 Sunday Worship at 9 a.m.

Reservations are now open

Access the sign-up form from our website news, here

<https://www.signupgenius.com/go/10C0C44AEAB2DABF8C61-indoor> or contact Emma at emma@gracedm.org.

Join us as we welcome Pastor Emily Ewing back on July 11!

Worship Reservations no longer necessary

Beginning July 18, a reservation to attend Sunday morning in-person worship will no longer be necessary! Thank you for being diligent thus far in reserving your seats so that we could prepare the sanctuary for your health and safety, however this level of caution can now be phased out. You are welcome to attend at any time without letting us know beforehand - there is plenty of space available! Alternating pews will continue to be taped off for distancing purposes and the mask requirement in the building stays in place. We appreciate your patience as we navigate the logistics of maintaining a welcoming environment with continued care and concern for the health of those who gather together.

Worship

Sunday Worship now at 9:00 a.m. (every Sunday)

Worship changes new since the last newsletter issue:

- The 10:15 Outdoor worship has ended due to the heat of summer.
- Reservations for worship have increased to 28 groups for the July 11 worship.
- Reservations will not be necessary beginning Sunday July 18 – see article above.

9:00 a.m. Livestream online and in person

- **On our website:** On the home page, in the "Welcome to Grace" section on the www.gracedm.org homepage, you will see a red button "Online Worship". Click on that button to be taken to our permanent Live Player. If you see our logo, know you are in the right place and worship will begin shortly.
- **On Facebook:** You can also find worship on our Facebook page – type @GraceLutheranDM into your search bar to find the page. The service will not appear as a scheduled live feed. The service will appear as live shortly before 9:00 a.m. as the stream begins. There may be a couple of minutes where you see the logo without sound. If you see that, know that you are in the right place and the service will begin shortly. Thank you for your patience.

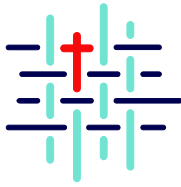
Written materials and Announcements can be found in the Resources section of the website. Click on the word Resources at the top right of any page of the website and go from there! Or, follow this link <https://gracedm.org/resources/>

We currently also send them by email every Thursday/Friday if you are signed up for the weekly enews. – sign up near the bottom of our homepage <https://gracedm.org/> 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.

Missed a worship service? [Find and watch them here.](#)

Sunday Virtual Coffee This event is on hiatus for the time being. Feel free to stop by Donut Hut on your way home from worship and support them with your purchase!

Weekday Prayers are 9:30 a.m. Monday through Friday on Facebook. If you are not on Facebook, you can still access it through this link <https://www.facebook.com/Grace-Lutheran-Church-626637384050683/>



Wanted! Greeters, Ushers, Lectors for Sunday worship at 9:00 a.m.

We are looking forward to beginning in-person worship, and we need volunteers! If you are interested in serving in this way, sign up here <https://www.volunteersignup.org/3YPK9?classic> or contact Emma, emma@gracedm.org

Please be prepared to wear a mask while reading during the indoor service. Thank you!

This offering is in collaboration with the Boundless Compassion Series developed by Joyce Rupp and her Servite Sisters Margaret Stratman and Val Lewandowski.

August/September, October/November

“Four Seeds of Compassion Flavored by Enneagram Type”

Small group series of four 90-minute sessions intended to help you gain an awareness of how your Enneagram type in times of security and stress elicit type flavored responses that attend to inner movements that lead toward or away from compassionate presence and action.

Zoom or in person at the Thoreau Center, Des Moines, Iowa

Facilitated by Julie Honsey, BCF and certified coach Narrative Enneagram Tradition

<https://www enneagramjourneying.com/events>

State Fair work crew opportunity from Mary Helt

Full or Part-time Fair job for adults or teens

The OK Crew uses picker to gather trash at the Iowa State Fair. We are the reason our fairgrounds are the cleanest! We need full or part-time (six hours a day) workers, age fourteen and older. We would love to have you join our Crew. Apply on-line at the Iowa State Fair page or check with Mary for more information.



Little Free Library

As we return to worship, small group meetings and book studies, consider thinning out your bookshelf. Place the extra's in your car and drop them at the library the next time you are at the building!

Items to consider in addition to adult Fiction & Non-fiction:
Children's books
Board Books
Cookbooks, crafting magazines
Puzzles

Grace Garden Harvest has begun!

From Julie Honsey as she finished up her week in the garden:

"I harvested most of the kohlrabi and lots of onions, Swiss, chard, beets, white radishes, carrots and peas. There were a few ripe tomatoes. On Friday I harvested 3 eggplants and 3 cucumbers as well as several banana peppers."

The Okra, beans and tomatillos are flowering as well, and the squash climbing their fence!

If you are interested in helping us harvest beans, or anything else, please reach out to

Michelle@gracedm.org We really appreciated all your help last year! Don't forget, we also have a lovely bench in the garden, surrounded by lemon thyme, if you need a quiet place to get away for a bit.

Photos of harvest below were taken by Carla Peterman.



Little Free Pantry turnover!

Thank to you everyone who has been donating to the Little Free Pantry (LFP)! As you and others in the neighborhood have noticed, it is well used, and often empty. As an emergency source of food that allows people to be anonymous and avoid shame, this is to be expected and happens frequently with smaller LFPs all over the city and the country.

There are many in the community who contribute daily, so even though it may be empty when you arrive, there is actually quite a bit of turnover. WE love knowing that people have found this as a resource. Next time you drop something off, feel free to bring a neighbor or friend along with you – they can help spread the word – anyone can donate, and anyone can take what they need.

If you see anything that is dented, or past its expiration date, feel free to put it in the dumpster at Grace.

Suggestions:

Ingredients for one of your favorite easy meals

Summer fun like bubbles, chalk, sunscreen, individually sealed freezer pops, snacks.

Personal sanitary items, deodorant, soap, shampoo.

Canned fruits and vegetables, can openers.

Fresh vegetables are always a much appreciated change of pace if all your vegetables come in a can.

The Gardeners are adding small baskets of fresh produce- fee free to add your garden bounty. Choose items that won't wilt fast in the heat: carrots, beets, tomatoes, peppers, eggplant, turnips, kohlrabi are good choices.



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 are able to provide education to parents of young children, empower Iowans with disabilities, and offer critical mental health care to community members of all ages.

This month, we would like to give special thanks for those of you who have made LSI a focus on your congregation's "God's work. Our hands." project.

On a planned day in September, each congregation is encouraged to reach outside of the church and do good deeds in the community by participating in a project for "God's work. Our hands." This is a perfect opportunity to combine community projects with a special project for nonprofits like LSI, whether it's raising money or contributing in-kind gifts.

We thank you for your service! If you are interested in supporting the Iowa children and families served by LSI or would like to get involved in a "God's work. Our hands." project with LSI, 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.

Hali's New Life

Hali grew up in a home surrounded by addiction. Her own struggle with substance use and trauma continued for more than 20 years but when she learned she was pregnant with her son, Apollo, she knew she needed a change. After giving birth, Hali entered treatment and when she was ready to return home, LSI Early Childhood Services were there to provide support and walk alongside her.

Her LSI worker, Gretchen, provided parenting education and resources, all while empowering Hali and making sure Apollo had a healthy home. Gretchen helped Hali keep track of Apollo's growth to ensure he hit all his important developmental milestones.

More than a year later, Hali is thriving. She is now in college and is also a sponsor to other women who are on the same path to recovery. At home, Hali is busy keeping up with Apollo as he is learning to walk, and she is excited to see him continue to grow.

"Gretchen has given me a lot of hope. She's always had my back," Hali says. "She's my go-to person for any resource and it's nice to have her in my corner."

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. <https://www.dmarcunited.org/donate/food/>

Monday – Thursday 8:00 a.m. – 4:30 p.m.

Friday 8:00 a.m. – 3:30 p.m.

At the June 15th, 2021, Church Council Meeting:

The Council met utilizing the Zoom teleconferencing application. Attending were Bruce Bergman, Aaron Brandsfield, Susanne Carney, Nancy Crowfoot, Val Culp, Alex Davik, Dave Gronert, Tom McCleary, Linda Moravec, Sally Preston, Pastor Mike, and Dean Watson.

The Council received and reviewed the financial and staff reports. The month of May was better in terms of church income. However, we are still below budget. Perhaps returning to in-person worship will help.

Property Committee Report: The committee will be addressing several problem areas.

- Paint on the music room wall is bubbling, and the committee will determine if this is a seepage issue or something more serious.
- There is some arcing in the lighting for the Chapel and kitchen.
- The committee will be seeking bids for maintenance of the boilers.

Health and Safety Update: The Council received notice that the church will enter Phase Two of the Health and Safety guidelines. This will double the capacity for in-person worship. There will still be a need to wear masks, and reservations will still be necessary. Other Phase Two guidelines: The Grace Lutheran Church building would open for small groups and meetings of less than a dozen people. There are a few safety guidelines, and people using the building would sign a contract stating they would follow these rules.

Grace Kids Care: It was moved, seconded, and passed to dissolve the Grace Kids Care Ministry effective June 30th. The inability to hire and retain staff, lack of prospective employees, and the pandemic contributed to the vote to dissolve. The Council felt that it had to provide a path forward for the remaining employees and families still using the daycare. The Council voted to provide payments to staff members who agree to remain until the closing date and conform with other guidelines.

Next scheduled Council meeting will be July 20th, 2021.

**Respectfully submitted,
David F. Gronert
Council Secretary**

Finance Report – May Results

Financial results for May YTD are as follows:

- Pledged Offerings – Actual \$157,036, Budget \$170,558
- Other Income – Actual \$10,204, Budget \$9,292
- Expenses – Actual \$185,494, Budget \$190,321
- Net activity – Actual (\$18,254), Budget (\$10,471)



Actual net activity was unfavorable to budget. Offerings are the primary reason for the deficit. All prepaid offerings are being recognized over the fiscal year versus the entirety in the month received.

Love your Neighbor: Growing in understanding

This column is place for facts and resources about racial disparities, definitions of terms, and information about current events. We invite you to use this as a starting point to examine your own biases, expand your knowledge, do research, and for discussion.

It is difficult to hear that we are wrong, or that we have unintentionally hurt or minimized someone's experiences. It is even harder to sit with that knowledge without making excuses or offering explanations.

Prompted by the readings last week during our book discussion, several of us agreed that while we are willing to learn, we may find it hard to speak up or engage in conversations about race for fear of saying the wrong thing. As the author points out – we ARE going to say the wrong thing, simply because our lived experience, our understanding, our cultures are different. Many of us shared that our communities growing up have been very homogenously white, therefore we really don't have an understanding of what others live or have lived through. If we are lucky enough to be in a conversation with someone who calls us out, we should be willing to listen and think and learn.

Take some time to think about the following during the next month:

From the book "So You Want to Talk About Race" by Ijeoma Oluo, chapter 1, pg 22.

"Is your lived experience real? Are the situations you've lived through real? Are your interpretations of those situations valid? Chances are, if you are using them to decide whether or not other situations and opinions are valid, you think they are. So if your lived experience and your interpretation of that lived experience are valid, why wouldn't the lived experience of people of color be just as valid? If I don't have the right to deem your life, what you see and hear and feel, a lie, why do you have the right to do it to me? Why do you deserve to be believed and people of color don't?"

"If someone with a non-dominant identity (think Black, Asian, Trans, Disabled) gives you (someone with a dominant identity) feedback about harm you've caused, where you've gotten it wrong, how you can do better... think of it as a gift and say thank you."

Marci Evans, RD

Summer reading group "So You Want to Talk About Race" by Ijeoma Oluo

Meets Wednesdays, 6:30 to 8:00 p.m. in Grace Hall, Carla Peterman and Mike Hilsabeck leading. The book is available on Kindle, Audible and in print.

Come when you are available, feel free to join the group at any step along the way. We plan to cover 3 chapters a week (Chapters 6-8 for the third session on July 7) finishing within 6 sessions, but will be flexible if we find we need more time. Please note any impressions, comments, questions, concerns as you read. Come with kindness, respect, grace, openness, and a willingness to learn.

We Believe

Our street sign at Grace shows a weekly series of We Believe statements paired with a scripture reference that supports that statement.

Previous statements have included: "We Believe that..."

- Black Lives Matter
- Love is Love
- We believe in Truth/Science
- No Human is Illegal
- Women's Rights are Human Rights

The current signs are "We believe that Kindness is Everything" with the following scriptures through July: Micah 6, Zechariah 7, Mark 14, Acts 28. We invite you to study along with us. Please call if you would like to further discuss any of the readings.

