

**GRACE
LUTHERAN
CHURCH**

Sunday Worship

9:00 a.m. Livestream & in-person
No reservations needed

Weekday morning Prayers 9:30 a.m.

Reach us at 515-276-6873

**5201 Urbandale Avenue
Des Moines, Iowa 50310**

515-276-6873

www.gracedm.org

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Back Pain

There is something exhausting about back pain. It is not something that can be easily observed by others. You try to do normal things, and much of the time it works. Other times, it hurts. It is a pain that comes from deep within and reminds you that something is not quite right. If you move in just the right way, well, it hurts, a lot. Ok, sometimes more than a lot.

As you might have gathered, I am dealing with back pain at the time that this is being written (hopefully the pain is gone before printing...). It is indeed exhausting, and a reminder that I am not as young as I once was. Things that were a lot easier as a young adult feel different in middle age. Things like stretching matter more. Other times, it is a matter of age, wear, and tear, reminding you of past heroics. Either way, it hurts.

The more that I ponder the realities of back pain, the more I see the similarities to the state of the church universal, Grace Lutheran Church included. From the outside, there is no appearance that anything is off. We can do most things and we can do them well. Then, we hit a snag and the whole system comes to a screeching halt. It may be a committee and a change of attitude. It may be that a key person steps away from the project. It could be a lot of different things. The result is the same; movement stops. Then when the pain is manageable, movement begins again at the pace of a turtle, with similar posture as to not impact the back muscles again.

I am also struck by the fact that (often) that approach is the opposite of what is needed. Instead of ceasing activity, it needs to be the right activity. As you go through Physical Therapy, you find that movement, although it can be painful) helps to restore movement, strength, and confidence. It is difficult work. To be honest, it hurts sometimes too. However, this is the path forward if you want to regain the movement and strength.

The Staff and Council are discerning what these next steps are for Grace Lutheran Church. This discernment will pave the way for our Physical Therapy, or more accurately, Spiritual Therapy.

Continued on page 3

Happy August Birthday

- 1 - Cathleen Swanson
Laura Schwartz
Amy Neal
- 2 - Kevin Drury
Deborah Helt
- 4 - Matthew Trickle
- 5 - Rev. Ro Zimany
Donald Swanson
Elizabeth Rudisill
Joshua Appenzeller
Jolee Feeney
Kayleigh Medhurst
- 6 - Carla Peterman
Riannon Brown
- 7 - Dale DeBolt
Layne Weber
- 8 - Teri Koch
- 9 - Ross Lewis
Katherine Lenhart
- 10 - Delores Larsen
- 11 - Martha Martens
Linda Ulrick
- 13 - Maria Jacobo
Josefina Ruiz
- 14 - Angela Hansen
Rachel Welty
- 15 - Connie Heuton
Alex Pilon
Adam Dostalick
- 16 - Cheryl Weatherington
- 18 - Beverly Russell
Michael Best
- 20 - Patrick Thompson
Brent Ridnour
Cooper Mortenson
- 21 - Tom McCleary
- 22 - Annika Christensen
Devin Christensen
- 23 - Janice Nordeen
- 24 - Grace Schroeder
Janet Trentmann
John Gronert
Linda Gronert
Brady Bogue
Cris Hidalgo
- 25 - Scott Honsey
- 27 - Tim Nelson
- 28 - Richard Randolph
Philip Snyder
Brandon Niemuth

Happy August Anniversary

- 1 - Stuart and Martha Mitchell
- 4 - Paul and Melissa Kallenbach
Howard and Alice Kulzer
- 7 - Ryan and Rachael Bigg
- 11 - Donald and Bonnie Jo Swanson
- 12 - John and Sharon Schwemler
- 13 - Gary and Marion Nehmer
- 14 - Lathrop and Sally Preston
Ralf and Inga Hoifeldt
- 15 - Chris and MeLissa Lawson
- 16 - John and Carol Rudisill
Dale and Pat Bordt
- 19 - Kenneth and Eleanor Carlson
- 21 - Ernest and Cheryl Weatherington
- 25 - Bruce Mumm and Christie Rosheim
Scott and Julie Honsey
- 26 - Jerry and Diane Westercamp
- 29 - Norman and Lenora Iverson
- 30 - Joshua and Kristene Shortell
- 31 - Martin and Kari Dostalick
Kurt and Kathy Bowermaster

Prayers and Sympathies for:

The Family of Marv Johns



Altar Flowers -

September and October Dates available to sponsor

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.

Birthdays Continued

- 29 - Todd Prescott
- 30 - Leonard Ringgenberg
Janet Habick
- 31 - Eleanor Carlson
Gary Nehmer

Back Pain, continued from page 1,

Although that is not in focus yet, I am confident of two things: 1. It will be uncomfortable at times. We need to stretch ourselves to see what God may have in store for us. 2. It is needed.

As we embark on this journey together, I ask for your prayers, and I ask for your willingness to dive in. The best way to get the Body of Christ through Physical Therapy is to get as much of the Body there as possible. It takes all of us, together, to make Christ known most fully in the context of Grace Lutheran Church.

In Christ,
Pastor Mike

The Choir Rehearsal Start date has been changed to September 8, 2021

**BackPack Blessing for kids of every age headed back to school!**

During Sunday worship, August 22 at 9:00 a.m.

Bring your backpacks to worship with you – or if you forget, just bring yourself

Kitmaking on August 22

While we are blessing backpacks in preparation for the new school year on August 22, we will also have the opportunity to be a blessing to our neighbors around the world. After worship, we will make school kits for Lutheran World Relief!

These kits go to children in communities burdened by drought, natural disasters, severe poverty, and political conflict. Without these supplies, families would not be able to send their children to school. We hope to create these kits outside, if weather permits. If not, we will work in Grace Hall. Masks and social distancing will be used. Please join us!



Children in the Phillipines showing off their Lutheran World Relief Blessing Backpacks.

Keep up with the latest from Grace
Sign up for the weekly enews, sent every Tuesday.

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!

Worship

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

(August 8th is online ONLY, with no-in person option due to a Covid exposure)

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:** 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/>

Worship emails:

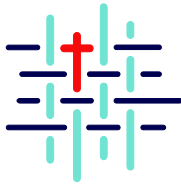
August 15 will be the last worship we email materials for.

Those who receive a copy of the worship materials by mail will continue to receive these. We do not anticipate discontinuing the mailings.

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.

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!

2021 Grace Car Show

Grace will hold its second annual car show on Thursday, August 26th (with a rain date of August 27th) in the Grace parking lot from 6:00-8:00 p.m. Any changes in the date will be announced on the Grace page on Facebook. Food and drink will be available. The main purpose of this event is to raise funds for Grace Member Care but to have fun and socialize while we're at it.

Entry fee: \$20 per vehicle. You do not have to own a show car or sports car to bring a vehicle. If you have any kind of vehicle (car, motorcycle, pickup, SUV, minivan...yes, even minivans) that is special to you, please feel free to bring it. Be prepared to talk about it with the folks that are there as almost every vehicle has a story behind it. (This may even give you a good reason to clean up your vehicle if it needs a good cleaning!)

Who Can Enter: Grace Church members, their families, and family friends. We are adding family friends to the invitation list this year so please register your vehicles so we know how to plan for space and food/drink.

How to Enter: Contact Denise (denise@gracedm.org) or Kevin Drury (kdrury@hedlinag.com) or 515.681.2770 to enter your vehicle. Even though no prizes are being awarded, we do need to have an idea of how many vehicles to expect so that enough of the parking lot can be roped off for the car show vehicles.

Time: 6:00 – 8:00 p.m. Food will be available during the early part of the evening.

Who Do I Talk to with Questions? Feel free to call or text Kevin Drury (515.681.2770) or email kdrury@hedlinag.com with any questions or thoughts that you have at this time.



A few scenes from the 2019 car show:



Thank you!

Our thanks to Pastor Schmidt, Rich and Deanna Snyder, and to Charles and Tammy Denton for streaming Marvin's memorial service. For the many messages of condolence and memorials, our heartfelt thanks.

Lorna Johns and Family

A big thank you to Mike Peterman for fixing and repainting the chair and bench on the south porch.

I enjoyed sitting out for a bit this morning after watering, it is nice to have them back and in good repair.

Marilyn Nizzi

God's Work, Our Hands Sunday, September 12th

God's Work, Our Hands Sunday is an opportunity for us to celebrate and serve, together. This year, we will gather in worship at 9:00 a.m. and then split into groups for service, and then possibly have a congregational meal outdoors, if weather permits.

Our efforts will include the packing of LWR personal care and baby kits, along with quilts, and preparing the building for use in the upcoming year. It has been great to see groups in the building lately. However, between the close of daycare, and other realities of ministry in a pandemic, we have some spaces to declutter, and others to clean. Please, join us on September 12th as we pack for LWR and prepare the building use.



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>



Back to School Month

School is right around the corner! This time of year can be exciting and stressful for many of us, but adjusting back into a classroom routine can be especially difficult for kids and teens with emotional or behavioral disorders.

Lutheran Services in Iowa (LSI) provides mental and behavioral health services for children and families across the state. Our therapists provide virtual and in-person therapy sessions with children, while our Behavioral Health Intervention Services (BHIS) team collaborates with families in their home or in a community setting to help them develop skills like anger management and healthy decision making. LSI also provides 24-hour mental health care at the Bremwood and Beloit Residential Treatment Centers in Waverly and Ames to empower Iowa children and teens.

We thank you for your support of LSI's mission as we respond together to the love of Jesus Christ through compassionate service! We know there are more Iowa children in need of this critical care. If you would like to learn more about how you can give a gift to support these crucial services, please contact Deb Whitford, LSI director of philanthropy and church relations, at 563-676-2065 or Deborah.Whitford@LSIowa.org.

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](https://www.facebook.com/LSI.iowa).

Helping Families Adjust to a New Normal

Uriyah felt overwhelmed by anxiety.

During the pandemic, it was hard for him to even leave his room, talk to his family, and attend school. When classes moved online, he felt comfortable completing his homework and attending classes virtually. But when it was time to return to school for in-person classes, he would not attend. His mom, Holly, wanted him to be able to finish the school year virtually, but she needed help navigating the transition with his school.

That's when she learned about LSI's STEP IN community program. Through the service, LSI social workers are there to build on a family's strengths and ensure children and parents have what they need to thrive and create a brighter future. Children and teens in the program work with their LSI team to develop coping skills, conflict resolution, and healthy communication. The LSI team helped Uriyah feel more comfortable engaging with his family, and Holly had the support she needed to work with the school, advocate for her child, and ensure Uriyah could finish the school year online.

Now, Uriyah has felt a weight lifted off his shoulders, and he successfully graduated out of LSI programming. The last year has created unprecedented stress and anxiety for many children and teens, but Uriyah now feels more comfortable and confident moving forward.

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 July 20th, 2021, Church Council Meeting:

The Council met in person in Grace Hall. Attending were Bruce Bergman, Aaron Brandsfield, Susanne Carney, Val Culp, Alex Davik, Dave Gronert, Tom McCleary, Linda Moravec, John Roehrick, Pastor Mike, and Dean Watson.

After devotions, the Council participated in an introductory discussion of the book ***The Five Most Important Questions You Will Ever Ask About Your Organization***, by Peter F. Drucker.

The Council received and reviewed the financial and staff reports. The PPP loan has been forgiven, although it was not calculated in the financial report numbers. Church ended the month in the black. Daycare was \$16,000 in the red, due to final payouts to staff. The Council briefly discussed possible uses for the PPP funds. There will be additional discussion at the next Council meeting.

Property Committee Report:

- The Committee is in the process of restarting the men's group to assist with maintenance.
- Eric Weber is in the process of procuring an HVAC system replacement quote.
- The Committee needs to know if there is room in the budget for a boiler replacement and two or three Sanctuary furnace replacements.
- Maintenance at Todd Haugen's house is still ongoing.

It was moved, seconded, and passed to purchase a new refrigerator to replace the broken one in the kitchen at a cost of \$3,450. Funds will come from the Funeral account and the General account.

There was a brief discussion of Ellen Rothweiler's exit letter.

It was moved, seconded, and passed to apply for participation in The ELCA's Congregations Lead Initiative. Alex Davik volunteered to function as the Council representative for this program.

Grace Kids Care: There is ongoing effort to close the books and dispose of Daycare property.

Next scheduled Council meeting will be a short retreat with staff members August 17th, 2021, 6 PM to 8 PM.

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

Finance Report – June Results

Financial results for June YTD are as follows:

- Pledged Offerings – Actual \$193,448, Budget \$203,650
- Other Income – Actual \$11,857, Budget \$11,650
- Expenses – Actual \$220,613, Budget \$226,325
- Net activity – Actual (\$15,307), Budget (\$11,025)



Actual net activity was unfavorable to budget. Offerings are the primary reason for the deficit. During the month, the unfavorable variance decreased due to increased offerings. With the return to worship it is hoped that the remaining variance decreases further. All prepaid offerings are being recognized over the fiscal year versus the entirety in the month received.

Grace Daycare closed on 6/30/2021. The daycare achieved break-even operations for the six-month period. The Daycare has certain surplus cash and will have additional available cash with the expected forgiveness of last year's PPP Loan. These monies will be transferred to the Church once all outstanding obligations are satisfied.

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.

As we prepare for the backpack blessing, and watch our families and students heading back to what we hope is the beginning of a normal year of school, we thought it would be appropriate to revisit this information from the 21-day Equity Challenge regarding school segregation, and Iowa schools. The following information was originally published in 2020 here: <https://www.unitedwaydm.org/equity-challenge-day-14>

In 1954, the United States Supreme Court's decision in *Brown v. Board of Education* effectively dismantled the legacy of Jim Crow. The Justices ruled unanimously that racial segregation of children in public schools was unconstitutional. Unfortunately, progress is reversible. Even schools that were successfully desegregated are again racially segregated.

Today, more than half of the nation's school-age children are in [racially concentrated districts](#) in which over 75% of students are of the same race, and districts are further segregated by income. In fact, economic segregation and racial segregation have intensified the educational disparities between the rich and the poor, and the Black and the White.

This is true nationally as well as in the Des Moines Public School district. Of the 33,402 students in the Des Moines Public School district, nearly two-thirds are students of color and more than three-fourths of these students are eligible for free and reduced lunch. Educational inequities remain one of the main barriers to equality for all.

Did you Know:

- In central Iowa's 20 school districts, 46% of students of color are proficient at reading in the 3rd grade, compared to 75% of their White peers. That's a 29-point gap.
- Black males in grades K-5 have 3 times as many suspension days than all elementary students as a group.
- Central Iowa's students of color have an 87% high school graduation rate compared to a 94% graduation rate by their White peers. That's a 7-point gap.
- High school graduation rates for all students of color in central Iowa have been on a steady rise to the current 87%. That's an 8-point increase since 2010, when the graduation rate was 79%.

We Believe Update

Throughout the past year, we have shared a number of beliefs (listed below) with the neighborhood, published on our street sign, announcements, and Tuesday enews. Each statement has been paired with several different scriptures - provided by Pastor Mike - that supports that statement. We have reached the end of our planned rotation, and will start again, cycling through a different statement/scripture pairing each week. If you have any thoughts about the statements or scriptures, please reach out to Pastor Mike.

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

The Fall, Spring, and Summer book study groups have each wondered and discussed what concrete actions we can take while we continue to learn.

One of the things that keeps coming up is naming and supporting local Black owned businesses. If you are looking for a service and don't have a favorite standby, or are in a different part of town, and looking for say, a new coffee shop or restaurant to meet at, check out the following lists and give support to some of our local Black entrepreneurs.

<https://shopblackdsm.com>

<https://www.tdcdsm.org/black-business-directory>

Another result of these group studies is a desire to continue to study and learn – there is so much history we are finding we have not been taught, in addition to knowing that there are many things we will never experience. Look for more opportunities to join us in the fall.

There are also some who are interested in actively participating in the civic arena, and we have someone who is interested in leading, so you don't have to! If this is of interest to you, please reach out to the office.

We are all in this journey together, and very few of us are in the same place on the path, but we are all committed to learning without judgement. Please join us!

Willing Workers are back!

We are now going to meet at 9:00am on Thursdays.

We will be getting together starting next week on the 12th. Join us!

If weekdays don't work, consider the Men's project group, which meets the second Saturday of each Month. Questions? Reach out to Chuck Denton or Rich Snyder.

The Garden Harvest Table has returned for Sunday mornings!

Take what you need from the harvest, or bring some of your own garden abundance to share. Any produce that remains will be taken to one of the local Food Pantries. Photos by Marion Nehmer.

