

**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  
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## Fall 2021 Schedule

Things may look and feel a little different this year, but here is a look at what is planned.

### Fall Worship

We will gather for worship at 9:00 a.m. on Sunday mornings. This service will be offered in person and online. To continue gathering in person, we need you to help us "hold the doors open." We have taken the necessary precautions with requiring masks, sitting every other row, and using prepackaged communion. Now, we need you to do your part.

- If you are able, but not yet vaccinated, please consider it.
- Practice masking and physical distancing, especially in crowds.
- If you do not feel well, or have been exposed to Covid, **gather for worship online.**

The theme for the Fall Sermon Series is "Be Doers of the Word," and will focus on the teachings of Christ and the call to live a Christ Centered life.

### Education opportunities starting October 3<sup>rd</sup>.

#### Sunday School

We want to focus on **connection** this year and feel it is important for students Preschool through 5<sup>th</sup> Grade to have the opportunity to gather for education. We are in the planning stages of a 30-minute Sunday School offering that would include music, lesson, and crafts for this age group. We would gather the first three Sundays each month and then leave room for all church Service-Learning events.

**If you are interested in helping with this,** please contact Pastor Mike at [mike@gracedm.org](mailto:mike@gracedm.org), or call 515-276-6873.

#### Confirmation

Confirmation is still in the planning stages, and you will receive a letter from Pastor Mike shortly with details. Classes and mentor pairs will begin the week of October 3<sup>rd</sup>.

*Continued on page 3*

### Happy September Birthday

- 1 - Cindy Peeler
- 2 - Michelle Voelker  
Heather Nelson
- 3 - Nylya Bartelt
- 5 - Richard Snyder  
Kiley Brandsfield
- 6 - Nely Ruiz
- 8 - Ethan Meadows
- 9 - Joie Gronert  
Carrie Schall  
Alex Mulvihill
- 10 - John Schall
- 11 - Ian Galle
- 13 - John Trickle  
Rhonda Jensen  
Robert Briggs
- 14 - Katelyn Jessen
- 15 - Richard Voelker
- 17 - Lorna Johns
- 18 - Karen Mann  
Rev. Michael Schmidt
- 19 - Sarah Helt
- 20 - Frank McKinney  
Michael Vernon
- 21 - Anthony Royster
- 22 - Jeanine Rutter  
Aaron Thompson  
Finnegan Holst  
Kylan Appenzeller
- 23 - Susanne Carney  
Angela Ringgenberg  
Cory Johansen
- 24 - Michael Meadows  
Thomas Rutter  
Ella Oberhart
- 25 - Karen Bandy  
Ellen Rothweiler
- 26 - Barb Powers  
Bruce Mumm
- 27 - Jeanette Best  
Jeryl Jansen  
Gregory Honnold  
Helen Schroeder  
William Kallestad  
Joshua Curry
- 28 - Ross Peeler
- 29 - LaRue Buihner  
Aaron Page  
Robbie Rissman



### SEPTEMBER



### Happy September Anniversary

- 3 – Brent and Val Culp  
Todd and Elizabeth Prescott
- 4 – Donald and Gail Peterson
- 5 – Charles and Tammy Denton  
Lon and Denise Friesth
- 6 – Aaron and Martha Page
- 13 – Larry and Janice Nordeen
- 17 – Michael and Nicole Vernon
- 24 – Joshua and Sharena Appenzeller
- 27 – Tom and Mary Jo McCleary

### Prayers and Sympathies for:

The family of Jason Schmidt,  
brother of Pastor Michael Schmidt



### September Office Hours

Fall office hours will begin after Labor Day, on  
**September 7:**

Monday - Thursday: 9 a.m. - noon.

**Thank you Rev. Sarah Trone Garriott**, for sharing your  
time and wisdom with us on Sundays, August 15<sup>th</sup> and  
September 5<sup>th</sup>.

### Building Access/Doorbell:

The doors will be unlocked for your scheduled  
meetings.

They will remain locked for the remainder of the time.  
If you arrive between 9 a.m. and noon, ring the  
doorbell (press hard) or call the office using your cell  
phone, and we will let you in.

### ***Fall 2021 Schedule, continued from page 1***

#### **Dialogues on Race**

This is a great opportunity to gather and have dialogue about race through a theological lens. This will be offered the on Sunday mornings, after worship, in Grace Hall. There will not be need for homework. Simply come prepared to watch a short video each week and enter the discussion.

#### **Chancel Choir**

Rehearsals are scheduled to begin on Wednesday, September 8<sup>th</sup>.

#### **Choir Practice begins, Wednesday, September 8, 6:30 – 7:15 p.m.**

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.

#### **God's Work, Our Hands 10:00 a.m., September 12**

On God's Work, Our Hands Sunday, September 12th, our mission project will be for Lutheran World Relief. We plan to assemble 200 personal care kits and 30 baby care kits. We will also have some quilts to tie. These activities will be set up so that you can work with your family or in a small group for your safety. Please plan to join us after worship!

We will also have signups:

We had planned to have groups preparing the building for use in the upcoming year. Between the close of daycare, and other realities of ministry in a pandemic, we have some spaces to declutter, and others to clean.

However, due to the uncertainty we would be able to have large groups roaming the building, or the comfort level of those who might sign up, we've decided to space out those cleaning tasks over the next month or two. We can accomplish more than we could in a few hours on one single day, and keep everyone comfortable.

In the meantime, it has been great to see groups in the building lately!

#### **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 Month. Questions? Reach out to Chuck Denton or Rich Snyder.



## Worship

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

**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](http://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/>

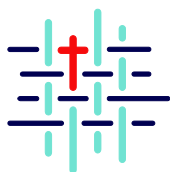
**Missed a worship service?** [Find and watch them here.](#)

Worship videos are usually posted on the website within 24 hours.

The video is usually available on Facebook within a few minutes of the end of worship.

**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 by typing @GraceLutheranDM into your browser, or 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](mailto:emma@gracedm.org)

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

### **Altar Flowers - 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.



**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:**

- Notice of a change in the worship schedule/closing
- Funeral notices from Pastor Mike. (thankfully rare)
- An occasional "The church is closed today/meetings cancelled due to bad weather" email.



**Have you checked/updated your online church directory?  
Make sure members and staff can reach you!**

[members.instantchurchdirectory.com](http://members.instantchurchdirectory.com)

Only members who have given us their email address have access to the directory. If you would like to be added, please contact [denise@gracedm.org](mailto:denise@gracedm.org)

If you do not use computers and would like a printed version of an updated directory, please let the office staff know and we can print one for you.

**August Council Report**

In lieu of a council meeting, Staff and Council met together for a discussion of the first two chapters of the book ***The Five Most Important Questions You Will Ever Ask About Your Organization***, by Peter F. Drucker. This group will meet again in September to continue the conversation.

**Finance Report – July Results**

Financial results for July YTD are as follows:

- Pledged Offerings – Actual \$239,467, Budget \$236,742
- Other Income – Actual \$11,962, Budget \$13,508
- Expenses – Actual \$253,453, Budget \$267,579
- Net activity – Actual (\$13,986), Budget (\$17,329)



Actual net activity was favorable to budget. While offerings continue to be below budget, certain salary and utility expenses have offset this variance to a greater extent to achieve the overall favorable results.

### **Adult Education Hour This Fall – *Dialogues On: Race***

As part of our Adult Education Hour starting this October, we will be offering a 7-part discussion series concerning issues of racism, racial justice, and the role of the church. Each week will concern a different topic, kicked off by a short 10-minute video, and followed by group discussion on issues presented. As this series is video-based and each week is a unique topic, there is no preparation required and no commitment to attend each session. This is a wonderful opportunity to deepen your understanding of racial issues and interact with others in a safe and open environment.

Topics will include the history of racial constructs in America, the Bible and the role of the church, Black oppression and dehumanization, Native American oppression, intersection of race and gender, racial division within the church, and the future role of the church in fighting racism.

We hope to see you there.

Carla Peterman, Mike Hilsabeck

### **52<sup>nd</sup> Annual Des Moines Area Hunger Hike: A hike to alleviate hunger locally and globally Sunday, October 10, 2021 at 1:30 p.m.**

Walk in the fight against food insecurity

This year, Des Moines Hunger Hike is hosting a hybrid hike with two ways to participate:

- A modified hike downtown on the Riverwalk. (Parking is free on Sundays).  
We will hear from guest speakers (via video) about their missions to alleviate hunger both locally and globally, then together will walk approximately 3 miles starting and ending at the World Food Prize Hall of Laureates, downtown Des Moines.
- Host your own walk and share your Hike on social media using the hashtag #DSMHungerHike

As cautionary measures the Hunger Hike has decided to forgo:

- In-person speakers, we will provide videos from our speakers online
- Passed food and drink, please bring your own water
- The World Food Prize Hall of Laureates will not be open, so bathrooms will not be available.

Donate online through [desmoineshungerhike.org/donate](https://desmoineshungerhike.org/donate) or send a check to  
Des Moines Area Hunger Hike  
PO Box 489  
Des Moines, IA 50302

### **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.



## Direct Support Professionals Week

Do you know someone who is a caregiver to a loved one? It is a role that is both demanding and meaningful. During September's National Direct Support Professionals Week, we celebrate all the ways in which professional caregivers help children and adults achieve their goals and build meaningful lives.

One way LSI empowers Iowans is through our Services for People with Disabilities. From 24-hour support to occasional respite care, the LSI team lifts up Iowans with disabilities as they find the confidence and independence they need to thrive in their communities. Through our innovative Host Homes program, caregivers can also become mentors to individuals with disabilities, welcoming them into their private family home where they can receive more one-on-one care and encouragement.

It has been a challenging year for parents of children with disabilities, and there are lots of Iowa families who deserve support right now. You can help by joining the LSI team as a short-term respite care provider for Iowa kids. Visit [LSIowa.org/respite](https://LSIowa.org/respite) to learn more, and if you would like to learn more about how you can support crucial programming like LSI's Services for People with Disabilities, please contact Deb Whitford, LSI director of philanthropy and church relations, at 563-676-2065 or [Deborah.Whitford@LSIowa.org](mailto: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](https://LSIowa.org) and [Facebook.com/LSI.iowa](https://Facebook.com/LSI.iowa).*

## Where are They Now: Amanda and Mavis

Amanda has lived with her Host Homes mentor, Mavis, for three years and continues to gain more independence through the program. When Amanda first entered Host Homes, she required multiple psychiatric hospital visits throughout the year. She had been living in a busy home with roommates, and she needed a new environment to thrive.

When she moved in with Mavis, the two worked together to build important life skills for Amanda and find ways for her to cultivate her creative mind. Amanda loves listening to Elvis music, sewing, and ceramics, so Mavis helped Amanda enroll in art classes. When she was no longer able to attend during the pandemic, Mavis ensured she had space at home to continue creating art. Amanda recently finished a major ceramics project: a replica of Elvis she has been working on for three years.

Amanda continues to work on her goals, including personal hygiene, exercise, medication management, and cooking. Throughout the pandemic, Mavis and Amanda spent lots of time in the kitchen, and Amanda is now able to cook independently. She loves trying new dishes, and her favorite foods are pasta recipes. And instead of several emergency calls and hospital visits each year, Amanda has not needed mental health hospitalization in more than a year and a half.

"I think I'm doing really well, I've been doing lots of things," Amanda says. "I want to do even more amazing things too. I really like it here."

## Scenes from the August 22 Backpack Kitpacking!

We made 200 school kits after worship, it was a joy to work together again!

*Your LWR volunteer team*



## **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.*

### **DMARC takes a path to become a more equitable organization.**

Grace and Grace members have contributed much over the years to DMARC. WE have collected diapers, beans, canned goods – whatever the “Donation of the Month” was – for years. We collected quarters during offering for DMARC. Members volunteer at their food pantries and in filling weekend emergency food backpacks. VBS and Confirmation students have toured their facilities and collected food to donate.

In the Fall issue of DMARC's publication The Voice, their CEO discusses formation of an Equity and Inclusion Committee, recent training to understand their implicit biases, re-evaluating policies and procedures, and looking at racial disparities in Food Insecurity. They have published a report, Racial Disparities Among People Assisted by the DMARC Food Pantry Network, available at [www.damrcunited.org/racial-disparities](http://www.damrcunited.org/racial-disparities) We have included their executive summary here:

The DMARC Food Pantry Network conducts a short intake process for people who seek assistance. The intake process includes a number of demographic questions, including race and ethnicity. The race and ethnicity data on food pantry visitors in this report was gathered from over 58,000 individuals who used the DMARC Food Pantry Network in calendar year 2020 and sorted by city of residence based on physical address. For a full list of the DMARC partner food pantries and mobile food pantry locations where this information was gathered in 2020, please see the appendix. General population data was taken from the 2019 American Community Survey, available at [census.gov/programs-surveys/acs/data.html](https://census.gov/programs-surveys/acs/data.html). The Des Moines Area Religious Council (DMARC) is an interfaith organization with a mission of working together to meet basic human needs for the greater Des Moines community. In 2021, DMARC commemorated the 45th anniversary of the DMARC Food Pantry Network. The DMARC Food Pantry Network consists of 14 partner pantry sites, multiple mobile food pantry locations, two food warehouses, and numerous community partners. The DMARC Food Pantry Network is committed to providing healthy food options and fresh produce to the people we assist. Once per calendar month, people can select a three-day supply of food from any one of our partner food pantries, and AnyTime Items are available whenever our partner pantries are open. DMARC could never do the work of feeding so many people without the partnership of many, diverse faith communities. Nearly 200 faith communities from across the religious spectrum support DMARC with cash support, donations of food, and service. Because we can do so much more together than we can on our own, DMARC has a commitment to building relationships between faith communities. In 2020, the DMARC Food Pantry Network assisted 58,707 unique individuals facing food insecurity in Greater Des Moines through 14 partner food pantries and 30+ mobile food pantry locations. While the majority of those people assisted were white, Black/African American, Asian, and other non-white residents saw disparities among those assisted by the DMARC Food Pantry Network compared to the general population. This disparity was also seen in regards to people with Hispanic ethnicity. As this report makes clear, food insecurity is experienced by people of all races and ethnicities, but non-white and Hispanic people in Greater Des Moines experience food insecurity and need to turn to food pantries at a disproportionately higher rate. In every city in this report, Black/African American, Hispanic, and multi-race residents experienced food insecurity at a disproportionately higher rate, as did Asian residents in all cities with the exception of West Des Moines. The reasons behind this disparity are not happenstance. While our society has made progress, the history of racial discrimination in housing, education, healthcare, employment, political representation, the justice system, the financial system, and other systems and institutions goes back hundreds of years, and we continue to see the impacts of these racist policies to this day. Racial disparities in food insecurity and other intersecting issues of poverty are still prevalent in our nation, state, and local community. DMARC is committed to finding equitable solutions to food insecurity in Greater Des Moines, and one of the first steps in that process is recognizing disparities as they exist today.

### **LSI Offering ESL Classes!**

Fall Session #1 will run from Monday, Aug. 23 to Sunday, Oct. 17, *and new students can be accepted at any time*. Students must register before attending, and can sign up by appointment only at LSI's Refugee and Immigrant Connection Center, located at 3200 University Ave., Des Moines.

To make a registration appointment, visit the Connection Center office, call the team at 515-271-7335, or [email](#) John Windheuser.

Classes are free and are online for the fall session. Students will need access to the internet and either a smartphone or computer/laptop/tablet to participate.

### **Small Groups are welcome to meet at Grace**

Things to know:

- Masks are required in all public spaces.
- 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.

**Des Moines Knitters Guild** will meet in Grace Hall

Tuesday, September 7, 6:15 – 8:00 p.m.

### **Little Free Pantry!**

We've been asking for school supplies, masks – especially for children, after school and packable lunch type snacks. Fresh apples, juice boxes, fruit rollups, cookie packs are great too.

Generally, juice, fruit roll-ups and cookies aren't the best nutritionally, but we all like a dessert or a fun snack in our lunches, right? For families that are struggling, these can be luxuries, and not having things your friends have can be isolating. What treats were your favorites growing up?

#### **Other ideas**

##### **Personal hygiene items:**

Socks and hats as the weather cools.

Hand warmers for cold nights.

Soap, deodorant, small bottles of shampoo and conditioner.

Hair brushes and combs, nail trimmers, hair ties, shoelaces, pads, tampons.

Consider personal wipes as those who are houseless may not have a way to clean up.

Hand sanitizer.

Napkins and Kleenex packs.

##### **Food items:**

Canned goods with can openers.

Spices and herbs: these add so much to a meal and are well appreciated. Even salt and pepper sets are often a luxury.

Teabags, hot chocolate packs – a warm cup of tea can be calming and relaxing to a stressed parent.

##### **Recipe bags:**

We know many of you like to do this: Put a favorite recipe in a brown bag with all the ingredients (and perhaps a gift card to a local grocery if meat or dairy items are required). Staple the bag shut, label the front with "Ingredients and recipe for (name of recipe).

##### **Other Little Free Pantries:**

If you bring items to the pantry at Grace and it is full (we know it doesn't remain that way for long), consider looking to see if the LFP at Perkins, Hillis, Merrill, or on the Drake campus are empty.