# June 2022

# **The Friendly Visitor**



**Sunday Schedule** 9:00 a.m. Worship, in-person and Online

Morning Prayer Mon, Wed, Fri at 9:30 a.m. @Gracelutherandm

> **Office & Open Building Hours** 9 a.m. – 1 p.m. Monday - Thursday

5201 Urbandale Avenue Des Moines, Iowa 50310 515-276-6873 www.gracedm.org

Pastor Michael Schmidt mike@gracedm.org

Minister for Worship and Music Emma Stammer <u>emma@gracedm.org</u>

> Organist Richard Snyder rich@gracedm.org

Minister for Administration Denise Friesth <u>denise@gracedm.org</u>

Minister for Communications Michelle Voelker <u>michelle@gracedm.org</u>

Office Assistant for Worship Jessye Flannery Jessica@gracedm.org

Custodian Todd Haugen 1-515-520-4450

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Photos from Pastor Pihl's May visit

#### **Growing Young**

This past weekend (May 20-21), I attended the 2022 Assembly of the Southeastern Iowa Synod with Jessica Flannery and Rich Snyder. There was a minimal amount of business. There was an abundance of speakers and worship opportunities. There were also two large group educational offerings, one of which was based on the book *Growing Young* by Kara E. Powell, Jake Mulder, and Brad Griffin. The book lays out 6 strategies to expand ministry with young adults, specifically agers 15-29. These strategies were developed after extensive research and thousands of hours of interviews.

There was a tangible buzz in the room as the presenter began the presentation. THIS was going to help us solve our problems. This energy dwindled as it became clear that the answer was NOT a program, or something that could be easily rolled out into the congregational calendar. Growing young means empowering the youth and following where they lead. This means change, the type of change that is intentional and takes time. It was equally as tangible the way the Assembly went back to business as usual.

What is the "business as usual?" Vote young. Quotas. We turned around and celebrated young pastors being elected to the Synod Council. That has been the ELCA way for a long time. I was on the other side of it nearly 20 years ago, as one of those young redevelopment pastors. I was elected to the Synod Council in my second year as a Rostered Leader. At the time, I thought it was because my input was valued, and there was a desire to see change in the Western Iowa Synod. I quickly learned it was because people felt better about the state of the church when they could SEE young people in leadership, as long as nothing really changes.

We need to do better. It is heartbreaking to watch the Church grow further from the hearts of many young people. After the presentation, Rich, Jessica, and I were all hopeful at what could be for the people of God at Grace Lutheran Church.

The six strategies discovered in the research of the book *Growing Young* are worth our time. The Office of the Bishop of the Southeastern Iowa Synod believes so too. There will be a synod wide Zoom book study this summer on Tuesday evenings at 7:00 p.m. The study will begin on Tuesday, June 14<sup>th</sup> and finish on August 2<sup>nd</sup>. This study is open to anyone. **Continued on page 3** 

#### **Happy June Birthday**

- 1 Danielle Russell
- 2 Dean Watson
- 4 Leslie Denton Virgil Olson
- 5 Molly Riordan Natasha Voelker
- 6 Debbie Curry
- 7 Livia Ocken
- 8 Elijah Lund Matt Radermacher Samuel Ruiz
- 10 Brian Riordan
- 11 Jacob McCann
- 13 Stacy Speck Michele Turner
- 14 Joshua Habick Joel Holst MeLissa Lawson
- 15 Zoe Volius
- 16 Joseph Honsey
- 17 Curt Johansen Matthew Jordahl Eugene Krauss Rita Stackhouse
- 18 Arbor Calahan Marilyn Nizzi Cecelia Stammer
- 21 Paul Kallenbach Jay Lounsberry Zayden Appenzeller
- 22 Martha Mitchell
- 23 Sharena Appenzeller Megan Riordan Delmar Vernia
- 25 Barbara Tussing
- 27 Donald Schouten
- 28 Joann Pierce Dana Roby
- 29 Leann Davis Elizabeth Gronert
- 30 Steve McCann



## Happy June Anniversary

- 6 Rick and Lori Fry
- 8 Bruce and Barbara Bergman
- 9- Matthew and Kara Jordahl
- 10 Kevin and Jeanne Drury
- Jon and Jeanine Rutter
- 13- Greg and Jill Boeschen
- 14 Robert and Rita Stackhouse Rick and Emma Stammer
- 19 Nick and Kristin Medhurst
- 24 Leonard and Helen Ringgenberg Rev. Gregory and Rita Davis
- 25 Curtis and Sarah Chenoweth Eugene and Lucille Krauss
- 27 Jeff and Nancy Robbins





# With Sympathy, we pray for the families and loved ones of:

Judy Cramer

Arnold Johansen

## You're Invited!

Pastor Mike and Jenie are hosting an open house to welcome Vicar Bunny on Wednesday, June 15th from 6-8 pm, at their home. If it is raining, the open house will be held at Grace Lutheran Church in Grace Hall. Desserts and beverages will be provided. The home address is 3502 74th Street in Urbandale.

Left to Right: Pastor Mike Jessye Flannery, Rich Snyder, and Vicar Bunny at the SEIS Assembly, May 2022

Read more about the Assembly on page 5



#### Growing Young, continued from page 1

If you are interested in learning more about these strategies and the possibilities in Growing Young at Grace Lutheran Church, please let me know. We can arrange for the purchase of books and get you the Zoom link for the meetings.

In Christ, Pastor Mike

#### 2022 Grace Car Show

Grace will hold its second (and trying to make it annual!) car show on Wednesday, June 22<sup>nd</sup> (with a rain date of Thursday, June 23rd) 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 or \$10 for motorcycles. 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. You do not have to own a show car or sports car. 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 (<u>denise@gracedm.org</u>) or Kevin Drury (<u>kdrury@hedlinag.com</u>) 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 <u>kdrury@hedlinag.com</u> with any questions.







#### Worship, written materials, and other resources.

Sunday Worship now in person at 9:00 a.m. (every Sunday) Livestream online will continue to be available on our webpage and Facebook:

- On our website: On the home page, in the "Welcome to Grace" section on the <u>www.gracedm.org</u> 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 <u>https://gracedm.org/resources/</u>

#### 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 Fellowship** You are welcome to use the Gathering Hall for fellowship after worship.

<u>Weekday Prayers</u> are 9:30 a.m. Monday, Wednesday, and Friday on Facebook. If you are not on Facebook, you can still access it by typing @GraceLutheranDM into your browser, or through this link <u>https://www.facebook.com/Grace-Lutheran-Church-626637384050683/</u>



Contact Pastor Mike if you are interested in becoming a member of Grace! <u>Mike@gracedm.org</u> or 515/276-6873

#### **Worship Volunteer Signup**

Greeters, Ushers, Lectors and Communion Servers! Sunday worship at 9:00 a.m. https://www.volunteersignup.org/3YPK9?classic or contact Emma, emma@gracedm.org



#### Youth Fundraiser – share your gardening photos!

Thank you to everyone who shopped at Goode Greenhouses for our Youth fundraiser! We received \$386.19 from Goode's! At 10% of what Grace members spent at Goode's, that means Grace members are doing *a lot* of spring planting! We'd love to see some of your gardens, baskets, containers – even if you didn't purchase from Goode's! If you are interested, send photos to Michelle for the newsletter michelle@gracedm.org

#### Southeast Iowa Synod of the Evangelical Lutheran Church in America Assembly May 20-21, 2022 – Coralville, Iowa Submitted by Rich Snyder

Congregational representatives and clergy from the Southeast Iowa (SEIA) Synod of the Evangelical Lutheran Church in America met at the Hyatt Regency Hotel in Coralville, Iowa over two days for worship, business, and learning. Grace was represented by Pastor Schmidt, Jessica Flannery, and Richard Snyder. The Southeast Iowa Synod roughly covers the area from the Missouri border on the south, US 30 on the north, the Mississippi River on the east, and US 169 on the west. Worship opened the assembly on Friday morning with an Affirmation of Baptism service within which the gathered acknowledged that they were meeting on land once claimed by Indigenous Peoples, i.e. the Iowa, Sauk, and Meskwaki tribes. On Friday evening, a service for the healing of the nations was held, and a full service with Holy Communion was held on Saturday morning. Multiple hymns were sung at each service selected most often from the Evangelical Lutheran Worship and All Creation Sings.

The business portions of the assembly included the report from Bishop Amy Current. Salient items within her report included plans for additional one-on-one clergy support, continued emphasis on antiracism efforts, and renewed commitment to the Pare Synod of the Lutheran Church in Tanzania. She noted that of the approximately 130 churches in the Synod, 35 are currently in the process of changing clergy. Elections were held for the offices of synod secretary, synod council (two clergy and seven lay members), synod nominating committee (three clergy and three lay members), consultation committee (two clergy members), and synod discipline committee (two clergy and two lay members). The Reverend Phil Hirsch, representative from the national church office in the Chicago area, thanked the SEIA Synod for the roughly \$1.2 million given to support the work of the national church, the roughly \$0.5 million for hunger relief, and additional gifts to support immigrants. In addition, a successful audit of the financial records of the Synod was reported followed by approval of the new minimum compensation guidelines and the proposed 2023 budget. Bishop Current noted the closing of Chancy Lutheran Church in Clinton and welcomed Kingdom Life congregation to the Synod. Finally, on Saturday morning, two resolutions were approved by large majorities. The first memorializes the national church to support the proposal for a Carbon Tax to reduce the use of fossil fuels and minimize global warming. The second memorializes the national church to work for diversity, equity, and inclusion and to denounce white supremacy as a form of racism.

During the course of the assembly, we learned about the work of Lutheran Services of Iowa (LSI), attended workshops on the use of the Growing Young Wheel (engaging those 14-29 years old) and Better Angels (using tested methods to bridge the gaps between opposing groups through mutual sharing and understanding).

Questions concerning the assembly may be directed to any of the three who attended. Next year the business and celebration portions of the meeting will be separated. The business portion will be conducted through an Internet connection on a Monday and Tuesday in May, and the celebration portion will be held in the Des Moines area on the Saturday following.

#### **Little Free Library**

Now that school is out for summer, think about adding books to the little Free Library – we've had some requests for selections for the adults who frequent the pantry too!

#### **Little Free Pantry**

For the Pantry, consider single serve snacks and drink boxes for those headed to the park. For adults who may not have access to running water, wet wipes, deodorant, and dry shampoo can help people feel less conspicuous at work or in public on hot days.

"This artwork was created with all our synod connections in mind. We used aerial map images of three very specific locations. As we discussed all the places we could paint artistic representations of we decided on two communities in our own synod - a rural setting, Sully, and an urban setting, Davenport. The hope was to show the various areas of ministry we have in this synod. We also wanted to highlight our connection to the Pare and Mwanga Dioceses in Tanzania, Africa. We would have loved to create a map of every connection we have as a synod, as a church. We would have loved to create a map for every location of every congregation we have in the Southeastern Iowa Synod. Friends, that was just not possible. So, our hope is that you see these as representations that call our attention to our many and varied connections as we laugh, discuss, worship, vote, and enjoy one another's company during this assembly."

The art was created by Rev. Minna Bothwell, Rev. Megan Clausen, and Ellen Rothweiler.



#### Moving assistance needed Sunday, June 5 after Worship!

We need **a few people and someone with a truck** who can help pick up and move a few larger items to Vicar Bunny's apartment: A couch, chair, ottoman, desk, TV and speakers... The more the merrier and the lighter the load! Please email <u>denise@gracedm.org</u>, <u>mike@gracedm.org</u>, or call 515-276-6873 and leave a message for Denise or Pastor Mike.

#### Moving Assistance Tuesday, June 7

If there is anyone who would be able or willing to help her carry her things as she moves in on Tuesday, June 7, please let the office know and we can work out further details when we know what time assistance will be needed.

#### Stock the Pantry – wow. THANK YOU GRACE.

Thank you for your generosity in furnishing the apartment, and stocking the pantry. We should be able to easily supply food for a few days, gifts cards to local groceries, and provide basic cleaning supplies for the intern apartment. Gift cards that arrive for Vicar Bunny after these announcements are printed (because we know how generous Grace members are) will be given to Vicar Bunny, and any excess funds beyond what we hope to supply will be held in account to replace basics for the next intern.

#### **Furnishing the Intern Apartment**

Thank you so much for your generosity! The last few items we would like to provide are curtains for the windows and an area rug for the living room to make the apartment cozy. If you would like to make a donation for these items you can use the online giving page.

#### **Donut Reception, Sunday, June 19**

Join us in Grace Hall to welcome Vicar Bunny on Sunday, June 19 after worship!



#### Happy Father's Day!

At Lutheran Services in Iowa (LSI), we strive to build up and empower Iowa kids and families. For us, Father's Day is a time to celebrate all the fathers and male role models we see every day.

Through our Early Childhood Services, young men are learning to become dads. They're becoming confident and active in their child's life, and they are creating loving, bright futures for their families.

Many lowa children entering foster care need a positive male role model in their lives. And through LSI Foster Care and Adoption, our licensed foster dads are there to help guide them.

This is only possible through your support of LSI! If you would like to make a gift, please contact Deb Whitford, LSI director of philanthropy and church relations, at <u>Deborah.Whitford@LSIowa.org</u> or 563-676-2065.

Thank you for responding to the love of Jesus Christ through compassionate service!

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.

#### **Therapy Provides a Solid Foundation**

Dana and Jack have lots to look forward to. They are planning their wedding, Jack is hard at work finishing his college degree, and they share a growing baby boy, Levi.

But while they wanted to keep their sights set on the future, Jack struggled to cope with some of his past.

As an Army veteran, Jack found himself struggling with addiction after he returned home, and he found it difficult to process some of the emotions that came with it. He wanted to break free from those struggles and get help. Dana had been meeting with her LSI therapist, Andrea, for several years already and wanted her to connect with Jack too.

Now, after meeting with Andrea, Jack has learned to cope with his past in healthy ways. He has since been able to break his addiction and he now feels clear-headed whenever he needs to cope through the challenging days.

Jack and Dana also attend couples counseling with Andrea and through their sessions, they are able to ensure they have a happy, healthy home for Levi.

The couple says Andrea and LSI have been a "breath of fresh air," and they feel more empowered and in control of their life.



### **Grace Finance Report – April Results**

Financial results for April YTD are as follows:

- Income Actual \$133,732, Budget \$147,067
- Expenses Actual \$133,107, Budget \$137,933
- Net activity Actual \$626, Budget \$9,133

Actual net activity was below of budget by \$8,507. Pledged offerings are the primary reason for the difference. We are hopeful that we close the difference with spring worship services.

#### **Notes from Rich**

The first "Notes from Rich" began with a discussion of the music that follows the formal ending of the worship service, the postlude. This short essay will discuss the other musical bookend to the worship service, the prelude. As the name implies, the prelude is music that simply comes before the proper service begins, but defining the function or purpose of the prelude is more involved.

One purpose of the prelude is contained in the worship materials projected in the sanctuary and over the streaming video each week: "Please use the Prelude to prepare your hearts and minds



for worship." This implies that the time within worship is different than the time before worship, which then leads to the question, "How is worship time different from other time?" I would answer this by stating that God meets us at other times on our terms, but we meet God on God's terms at worship. We leave the ordinary and come before the Almighty when we enter into worship. It follows then that the prelude should assist and bridge the transition from the secular to the sacred.

Church musicians have two general options when determining how their music can facilitate moving hearts and minds to a worshipping mood. One option is to provide listeners an experience that quiets the racing and stress within the mind in order that it becomes open to God's message. This option generally employs familiar tunes with easily recalled lyrics that remind listeners that they are approaching a time with the great I AM. The music is intended to set a mood of worshipfulness and calm.

The second option for church musicians is to provide a preview of the themes that are coming within the worship service. For instance, during Lent the prelude could use compositions on the themes of reflection, penance, or sacrifice. On Palm Sunday, the prelude might be an energetic processional musical selection, quite different from usual Lenten preludes. On Easter Sunday, the prelude could reflect the joy and energy of the resurrection. Each year, the Fourth Sunday in Easter has scriptures relating to Christ as the Good Shepherd, and so a transcription of Bach's "Sheep May Safely Graze" is an effective prelude composition. The Fifth Sunday in Easter this year has a reading from Revelation describing a new creation. The prelude that I played that Sunday was from a three-part partita (suite) by John Behnke. The title was "Three Church Windows – Part I: A New Creation." The composition has references to two hymn melodies: "To Jordan Came the Christ, Our Lord," and to "Children of the Heavenly Father."

Finally, if the scriptures fail to stimulate a specific musical selection, an arrangement or a variation of one or more of the hymns selected for the service can be used as a prelude. Hymns used during services are selected to edify or tie in with the scriptural themes of the day, so playing the tunes as part of the prelude will give the worshippers an idea of what is coming within the service.

A long-standing friend of mine once told me that when she came to church, she would listen to the prelude to try and answer the questions, "What is the organist trying to tell me today?" She wanted a hint or musical invitation to help bring her from the secular into the sacred.

#### **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.

#### Grace Lutheran Church Congregational Council Highlights May 17, 2022 6:00 P.M. In Grace Hall

Attendees: Pastor Mike Schmidt, Carter Woodruff, Dean Watson, Nancy Crowfoot, Alex Davik, Mike Hilsabeck, Jenny Rehder (via computer), Bruce Bergman, Aaron Brandsfield, Kevin Drury, Valerie Culp Absent: Linda Moravec, Tom McCleary

Call to order – Alex called the meeting to order at 6:04 P.M.

Devotions – Pastor Mike – Psalm 1

Adoption of Agenda – Bruce moved, Dean seconded, agenda approved.

Approval of Minutes from April 19 meeting – Kevin moved, Aaron seconded, minutes approved. Staff Reports – received prior to the meeting for review.

- a. Pastor's report: Some concerns shared about volunteer burnout from those who have been doing a lot during the pandemic and the other spectrum from those ready and excited to start volunteering again.
- b. Reviewed April financial report. Monthly looks good, still a deficit for YTD but making good progress. Starting in June, the internship expenses will start showing up on the financial report.

#### Old Business

- a. GKC items offered for sale to various outside organizations and remaining items will be donated. The rooms will be cleaned out and prepped for future use.
- b. Home supplies list sent out for Vicar Bunny when she moves in June 7. Internship committee will be facilitating these activities.
- c. Reallocation of duties within Property Committee. Chuck Denton will coordinate and reallocate activities within this committee.
- d. 5 Most Important Questions First two meetings discussed Q1 Mission. Next meeting June 5 at 5 P.M. Fine-tuning the process now that we have 1 question under our belt.

#### New Business

- a. Lawn Mowing update Reviewed during Denise's staff report. Todd has now taken over the mowing responsibilities.
- b. Francis Best Bequest The will stipulates that \$20K to Grace be applied to the outstanding balance of church mortgage. However, since there is no mortgage, we can apply the funds to the endowment. Kevin motion, Carter seconded, motion approved.
- c. Missional Reserve Funds are coming available from a congregation member to help set up "seed money" to increase our outward focus on the mission field. Need to set up the structure and logistics in order to manage this offering. Separate from endowment committee to allow for fluidity of dispersions.
- d. AA Lease prospects will reconnect with organization and invite them back to Grace upon approval of agreement and lease.
- e. Discussion on A/C units (amended) some units need replacing, getting quotes now, have one quote for two new commercial units for sanctuary and Msindo Hall.

### Questions/General Discussion

- a. Car Show Wed June 22, rain date Thurs June 23. 6-8 pm. \$20 per car, \$10 per motorcycle. Need volunteers to help set up and serve food. Benefits Grace Members Care.
- b. Reconciling in Christ start the discussion within council and review the available materials shared by Pastor Mike prior to the next council meeting.

Adjournment – Alex adjourned the meeting at 7:13 P.M.

Next meeting – June 21, 2022 6:00 P.M.

Respectfully submitted, Jenny Rehder Congregational Council Secretary

Council Highlights are the council minutes prior to final comment and approval. Since these are published where the public has access (on our website, Facebook), on rare occasion sensitive information (addresses for instance) have been removed. Members can always request a copy of the final minutes from the council.

#### **Pastor Ernie Pihl**

On Tuesday, May 17, Pastor Ernie Pihl returned to Grace, with his son Ron, and daughter-in-law Cindy. They joined in with the May Bible Study group, and then enjoyed a casual conversation, and tour of the building. Many stories were shared from his time here (1962-1970), with much laughter!



#### Love Your Neighbor - Spring Cleaning

Many of us are missing the Annual Youth Garage sale. While we hope that event returns next year, we've compiled information about local service-oriented organizations that would benefit from your decluttering efforts this year! Many of these accept household goods, decorative items, shoes, large amount of clothing, furniture, sports equipment, toys...

Youth Emergency Services & Shelter (YESS) 918 SE 11th St, Des Moines

NEW t-shirts, sweatpants/lounge pants, underwear, undergarments, and athletic shorts. Please check their website <u>http://www.yessiowa.org/</u> for a full list of other things like craft supplies, toiletries, etc.

<u>Many Hands Thrift Store</u> 4353 Merle Hay Road, Des Moines. Clothing, shoes, books, household items, toys, furniture, sporting goods, and cars.

Ruth Harbor Ministries 534 42nd St, Des Moines, IA

video baby monitors, ladies' winter boots, thermal blankets (twin-size), handheld cordless vacuum, a complete list can be found <a href="https://ruthharbor.org/wishlist.php">https://ruthharbor.org/wishlist.php</a>

<u>Hope Ministries ENCORE Thrift Store</u> 4640 Merle Hay Road in Urbandale Men's clothing, electronics, and furniture. They also accept vehicles and offer pick-up services at <u>ineedapickup@hopeiowa.org</u>.

Bidwell Riverside Center 1203 Hartford Avenue

We accept up to 2 bags of seasonally appropriate clothing at a time. Children's clothing and shoes are always appreciated. Call first, do not leave bags outside. Phone: 515-244-6251 <u>https://www.brc-hh.org/donations</u>

Central Iowa Shelter & Services 1420 Mulberry St., Des Moines

Can openers, pots, pans, plates, bowls, silverware, travel-size shampoo, toothpaste, disposable razors, towels, new underwear (in various sizes), men's new or gently used pants, shoes, socks, shower sandals, tissue packs, antacids, Tylenol/Advil, 3 oz. disposable cups.

<u>Animal Lifeline of Iowa – Thrift Shop</u> 4521 SE 14th St., Des Moines Clothing, shoes, accessories, housewares, books, movies, games, toys and sports equipment, household items, small electronics, and furniture.