

**GRACE
LUTHERAN
CHURCH**

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

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515-276-6873
www.gracedm.org

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Inside This Issue...

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August

While pondering what to write for this month's newsletter, I looked through what was written in prior years for August. There was a noticeable theme: aches and pains. Some of these articles were of physical aches and pains, like back pain. Other times it was emotional, dealing with grief and loss. Some were spiritual, lamenting that the mainline church is not what it once was.

August is a humbling month. The "to do" list of the summer is running out of time. The weather is getting even hotter. The school year is right around the corner, and with it the start of another programmatic year in the church. All while attendance is at its lowest point, and often offerings are down as well. I can see why some pastors have forbid Council meetings in the month of August. Things always look bleak and overwhelming.

We also know that, whether we are ready or not, September arrives. With it usually comes more bearable weather. We all settle into a new rhythm and find that there is both life and energy in all the busyness. In congregations, attendance bounces back, music and education opportunities return, and we find life and energy in a new rhythm too.

August can be difficult and humbling. It is important to remember that it does not last. That is the beauty of life, it keeps moving forward. There will be times in life that are more humbling and difficult than others. There will be times when you may feel a little overwhelmed and not sure what is next, or times when you have so much you are trying to do you are not sure how you can get all of it done. Such times will not last.

This yearly August trend is easily seen in the context of a community of faith. I also wonder if a similar trend can be seen when you look at the life both congregations and the mainline denominations of Christianity. The numbers look bleak. Attendance trends drop every year, while congregations enter a flurry of activity as if racing the clock. Some wonder how many, if any, of the mainline denominations will survive. It does look that way. However, I do wonder if we are simply in a macro level August experience, waiting for September to arrive.

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Happy August Birthday

- 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 - Laynne Weber
- 8 - Teri Koch
- 9 - Ross Lewis
Katherine Lenhart
- 10 - Delores Larsen
- 11 - Martha Martens
Linda Ulrick
- 13 - Josefina Ruiz
- 14 - Angela Hansen
- 15 - Connie Heuton
Adam Dostalick
- 16 - Cheryl Weatherington
- 18 - Jeanne Drury
Beverly Russell
Michael Best
- 20 - Patrick Thompson
Brent Ridnour
Cooper Mortenson
- 21 - Tom McCleary
- 23 - Janice Nordeen
- 24 - Grace Schroeder
Janet Trentmann
Linda Gronert
Brady Bogue
Cris Hidalgo
- 25 - Scott Honsey
- 27 - Tim Nelson
- 28 - Philip Snyder
Brandon Niemuth
- 29 - Todd Prescott
- 30 - Leonard Ringgenberg
Janet Habick
- 31 - Eleanor Carlson
Gary Nehmer



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
- 16 - John and Carol Rudisill
- 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
- 31 - Martin and Kari Dostalick
Kurt and Kathy Bowermaster



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



The family of Leone Buse
(mother of Cheryl Weatherington)

The family of Barbara Pasman
(mother of Julie Honsey)

Blessing of Backpacks



Sunday, August 21 during worship
Students of all ages, bring your
backpacks or bookbags for a blessing.
Teachers too!

God's Work Our Hands Day –

Teeshirt order deadline Monday, August 8!

The project is coming together and the staff are getting excited! See page 6 for a sneak peak and ways to get started!

As an outward sign of our collaboration, we are ordering t-shirts to wear on God's Work Our Hands Day. **The deadline to order is Monday, August 8th!** Please send an email to Bunny@GraceDM.org with your shirt size or fill out an order form in the gathering hall. Adult and youth sizes are available! If you would like to help underwrite the cost of these shirts, please place it in the offering with a memo line, "shirts" or by electronic giving, category "other" and "t-shirts" in the memo line.

August, continued from page 1

Walter Brueggemann states that “**The prophetic tasks of the church** are to tell the truth in a society that lives in illusion, grieve in a society that practices denial, and express hope in a society that lives in despair.” It is good to name these aches and pains and grieve them. The Church is not what it once was and will never be again. There is grief in this. However, our work does not stop there. We are to cast a vision for the next chapter, one of hope, and then work toward that vision together.

August can be difficult, and September is coming. What does this next chapter look like to you? What is your vision of what the church could be? Don’t keep that to yourself. Please share that with me, Vicar Bunny, or one of the Staff or Council members. Help us cast this vision.

In Christ,
Pastor Mike

Greetings Friends!

This month has been exciting! I’m thankful to have recovered with Covid quite well with no lingering side effects. I’m back to doing my happy dance and feeling wonderful!

I’ve heard a few common questions from members of the congregation. I figured many more of you might have these same questions, so I’ll take this opportunity to share!

Q: What’s a Vicar?

A: In many American Lutheran churches, a student uses the title of vicar after two years of academic work at a seminary while serving as an intern or apprentice. Most vicars serve a full calendar year before returning to the seminary for a final year of studies before becoming eligible to be called as a pastor.

Q: How shall I address you?

A: Please call me Vicar Bunny. As I grow into my pastoral identity, it helps me grow into this new and exciting roll.

Q: Why are we not having communion when you are leading?

A: As I am not yet ordained, I am not able to preside at the table and bless the bread and wine. Instead, we will gather using the “Service of the Word” liturgy in the ELW, starting on page 210 (some people might call it “the cranberry book”). A common question to this is, “but I serve communion to shut-ins?” Yes – the sacraments can be brought to the homebound. These sacraments have already been blessed by Pastor Mike. The Service of the Word will take place during the few Sundays throughout the year when Pastor Mike cannot be with us.

Q: What are you working on?

A: I’m currently setting up visits with all our homebound members. If you’d like a visit, please reach out to me at 337-368-2781! (Or, if you see a number calling you from Louisiana, please don’t dismiss it. I promise I will not try to extend the warrantee on your car!) I’m also working in partnership with staff and members of the congregation as we prepare for God’s Work Our Hands Day (September 11th), the kickoff to our education hour (September 18th), checking out Confirmation curriculum and how that can be expanded so anyone can attend. Writing devotions, sermons, are a priority while learning the flow and ebbs of Grace. It’s been a great start!

Peace and blessings!
Vicar Bunny Stoutes

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

Weekday Prayers 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 <https://www.facebook.com/Grace-Lutheran-Church-626637384050683/>



In September we will start offering both in-person and Zoom membership Q & A sessions with Pastor Mike. Watch our web calendar & news for dates. Until then, if you are curious about what it means to become a member of Grace, please contact Pastor Mike.

Mike@gracedm.org or 515/276-6873

Dates for your calendar!

Backpack Blessing, August 21 during worship

Martha/Lydia Circle - August 25, 9:30 a.m., Grace Hall

God's Work, Our Hands, September 11 after worship

Tuesday Morning Bible Study will resume on Tuesday, September 13 at 9:30 a.m.

Sunday School will begin on Sunday, September 18 after worship

Adult Education will begin on Sunday September 18 after worship

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

Notes from Rich

This issue of Notes will address the question, “How is the pipe organ tuned?” This question is, in effect, two questions. First, “How does one change the pitch of an individual pipe?” and second, “What is the process to tune all of the pipes in the organ so that they agree with each other?”



In order to understand the process of tuning the pipe organ, or any other musical instrument, some background concepts of physics and physiology are helpful. Sound is the interpretation by the brain of electrical signals sent to it from the inner ear. The electrical signals are generated in response to air vibrations distorting the ear drum, and those distortions are mechanically transmitted to the inner ear through the small bones in the middle ear. The vibrations from a single musical note, such as playing and holding one piano key, consist of a series of compressions and expansions of air pressure against the ear drum. The time between consecutive compressions (or expansions) is called the frequency (ν), also commonly called the pitch of the note. The distance between two consecutive compressions (or expansions) is called the wavelength (λ). The unit of frequency is cycles per second, and the unit of wavelength is feet per cycle. The result of multiplying the frequency (ν) by the wavelength (λ) is the speed of sound (s), roughly 1,125 feet/second. Mathematically, this would be written:

$$\nu \text{ (cycles/second)} \times \lambda \text{ (feet/cycle)} = s \text{ (feet/second)}.$$

Under stable conditions of temperature and air pressure, the speed of sound is constant. Therefore, the frequency (pitch) and wavelength are reciprocally related, i.e. as one of them gets larger, the other gets smaller. This means that shorter instruments produce higher sounds, and longer instruments produce lower sounds. Musicians who play woodwind instruments are familiar with this concept. If their instrument is playing too high (sharp), the body of the instrument is lengthened slightly to lower all the notes that it plays. On the other hand, if the instrument is playing too low (flat), the body of the instrument is shortened. On brass instruments, a tuning slide is moved out or in depending on whether the instrument is sharp or flat respectively. On the pipe organ at Grace, each pipe has a collar at the top of the pipe that can be moved upward to make the tone lower (longer pipe) or downward to make the tone higher (shorter pipe).

An exception to this method of tuning instruments comes into play for double reeds (oboe, English horn, etc.) and reed organ pipes. The oboe musician can change the pitch of the instrument by changing the position of the reed in the mouth. By moving the reed in or out of the mouth, the length of the vibrating reed changes, and this affects the pitch. Similarly, reed organ pipes are tuned by changing the length of the vibrating reed within the bottom part of the pipe, called the boot. A small bent wire that sticks out of the boot is moved up and down to change the pitch of the reed pipe. The length of the reed pipe is not changed.

What about string instruments? String instruments are not tuned by changing the size (length) of the instrument. Instead of changing the wavelength, string instruments are tuned by changing the frequency of the vibrating strings. This is accomplished by changing the tension on the strings. A tighter string will vibrate more quickly and produce a higher tone. A looser string will vibrate more slowly and produce a lower tone.

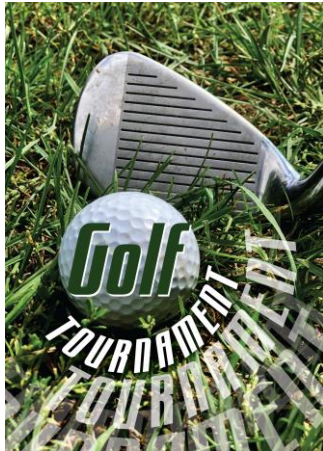
The standard reference for tuning instruments is called A440 meaning that the note A above middle C on the piano has a frequency of 440 cycles/second. This standard is somewhat arbitrary, and in previous centuries, other frequencies were the accepted as the standard. One can estimate the length of a pipe that produces a note at 440 cycles/second from the above equation. If $s=1,125$ feet/second and $\nu=440$ cycles/second, then $\lambda=2.55$ feet. Since the length of an open organ pipe is half a

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Notes from Rich, continued from page 5

wavelength, it will take a pipe of 1/2x2.55 feet, or about 1.27 feet, to produce the 440 cycles/second pitch. The v for the bottom C on the organ manuals is 32.7 cycles/second which corresponds to a λ of 17.2 feet. So, an open pipe of 8.6 feet would produce this pitch. The ranks of pipes that produce pitches based on A440 are designated with an 8 on the organ console and are called "eight foot ranks."

Next month Notes will present the process of tuning the organ pipes.



Grace Golf Outing

- Sunday, August 28, 2022; tee times starting at 3:03. Arrive 15-30 minutes early
- Woodland Hills Golf Course - 620 NE 66th Ave, Des Moines, IA
- 9 hole best shot format
- Pay for your golf at the course that day; riding carts recommended to maintain pace of play
- Food & beverages available for purchase at the course
- Prizes for winning team and 4 flag prizes; plan to stay after golf for presentations

To sign up, contact Connie Heuton.

Text or call 515-229-2035, or email heutoncl@aol.com



Plan to join us after worship!

Oh we have some great ideas brewing! We will be sharing those with you through the weekly announcements, emails, and a separate mailing home, as soon as we have all of the details ironed out with various partners. For now, we can tell you that we will be collecting:

Food.

We hope to create a backup store for the Little Free Pantry. As the Grace Gardeners will tell you, during a 2 hour stretch in the garden we see between 3-5 people stop by the pantry, some dropping off, some picking up. It is well used, but hard to keep filled.

Whether you purchase in bulk, or one can at a time, you can start gathering ***small toiletries, and shelf stable items such as proteins, vegetables, and fruits.***

School supplies.

Those we are consulting with may have different and specific requests that we will share later, however if you love school supplies and you like to shop, go have fun! Basic school supplies can always be added to the LFP later.



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 to help them develop skills like anger management and healthy decision making. LSI also provides 24-hour mental health care at our Bremwood Residential Treatment Center in Waverly 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 LSI (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.

Support for the Long Run

Part of LSI's mission is to ensure hundreds of Iowa children and families have access to quality mental health care, parenting education, and crisis services.

On our Bremwood Residential Treatment Center campus in Waverly, staff are able to provide 24/7 behavioral health care and encouragement for children and teens like N. During her time on campus, N. and her team of therapists and professionals worked on developing coping skills that could help her manage her anger on the difficult days and take space for herself when she felt overwhelmed.

She was able to participate in Spiritual Life, a voluntary faith-based program offered on campus. N. says the program helped her learn important lessons about forgiveness and trust through reading passages of scripture. She says the biggest lesson she has learned is that "when you make a mistake, there are ways to fix it."

N. is now looking ahead and has goals for her future. She is working on graduating high school, and she is excited to get her driver's license. She wants to become a special education teacher and empower the next generation, and she wants her story to inspire other kids who could benefit from the same care she received through LSI.

**LSI does not identify the people we serve, except in well-vetted circumstances. The names and some personal details we use in this story have been changed.*

Finance Report – June Results

Financial results for June YTD are as follows:

- Income – Actual \$202,231, Budget \$218,050
- Expenses – Actual \$198,131, Budget \$199,350
- Net activity – Actual \$4,100, Budget \$18,700



Actual net activity was below of budget by \$14,600. Pledged offerings are the primary reason for the difference. Pledged offerings are below budget by \$16,019 or 8.6%.



Help support Moore Elementary!

Take your normal Saturday neighborhood walk at the beautiful Greater Des Moines Botanic Gardens on Saturday morning September 24. Registration is free, but every walker or runner who designates their school as Moore will help earn money for Moore elementary! Details at <https://www.dmpsfoundation.org/>

Msindo and Mararo News

Pastor Ombeni announced his retirement in December. One of the highlights of his ministry was our Companion Congregation activities. I don't think any of us will be able to attend in Msindo, as he would like, but I have been thinking about sending a scrapbook with pictures, cards, and comments about our meeting and doing things together, his visit to our church, and interactions. He remembers people and experiences vividly. Unfortunately, many of the people involved are gone now. If you have a picture or comment or memory, PLEASE send me a copy and I will put it all together to send to him.

PLEASE help me with this project. I think they would love to see and hear about updates on your families and pictures of current and old versions of ourselves. You can mail to me (address found in the directory & directory app), email at mlfhelt@aol.com, or drop off (in an envelope addresses to Mary's attention) in the church office.

Thanks, in advance.
Mary Freimuth Helt
Companion Congregation Committee

Earn a little money AND free entrance to the State Fair in August!

Mary Freimuth Helt is again supervising clean up crews of people age 14 to 75 years to work at the Iowa State Fair, every day, a six hour shift with breaks, for the OK Crew. We maintain the Fair grounds to keep them clean. Easy job---just hot with lots of walking. Free entrance to Fair whenever you are not working. Contact Mary at 515-577-6425 or MLfhelt@aol.com before the end of July. Adult/teen teams are encouraged.

An explanatory note from Mary:

Our teams have made a big difference in the Fair: it is much cleaner than it used to be because our kids are out there and cleaning and people feel guilty if they make a big mess. We actually have fewer people than in the past doing the same basic job because it has gotten so much cleaner in the past ten years. Amazing, huh?

My colleagues and I are in need of additional people and would enjoy having adults with teens to teach about work for the Fair jobs. My granddaughters worked their first jobs with us and now all are working at other jobs successfully. Good way to learn job skills for 14-15 year olds.

Unfortunately, the pay is fairly basic, so we are having increased difficulty finding people. It is hard for me because I am not a good walker, but most people find it pretty easy and fun to see everything and the differences each day.

Mary

Congregational Council Highlights

Tuesday, July 26, 2022

Attendees: Pastor Mike Schmidt, Vicar Bunny Stoutes, Carter Woodruff, Nancy Crowfoot, Alex Davik, Mike Hilsabeck, Bruce Bergman, Tom McCleary, Aaron Brandsfield, Kevin Drury, Jenny Rehder

Absent: Dean Watson, Linda Moravec, Valerie Culp

Call to order – Meeting to order at 6:02 P.M.

Devotions – Pastor Mike – Book of Hebrews Chapter 12.

Adoption of Agenda – Bruce moved, Jenny seconded, motion passed.

Approval of Minutes from June 21 meeting – Kevin moved, Carter seconded, motion passed.

Reviewed June financial report. Doing OK, running in the black even though offerings are down.

Old Business

- a. 5 Most Important Questions update – Actively working on Question 3 “what does the customer value”, getting feedback from outside of Grace (schools, other churches, neighborhood). Waiting to get the survey written and sent out.
- b. A/C Proposals – doing the research and receiving quotes.

New Business

- a. Security during worship – Carter moved to develop a committee to write a security policy for Grace Lutheran Church. Bruce seconded, motion passed.
- b. Assessment of computers – Server also needs replaced. Need to determine if current equipment is conducive to updating/upgrading or need to be replaced. Proposal ready for Sept meeting.
- c. Mission Action Plan – Kevin reviewed the handout and will have a final proposal by Sept meeting.
- d. Changing table will be installed in the GH men’s restroom.
- e. Council member photos for website/directory – send photos to Michelle and do a group photo of council.
- f. Estimate from Signarama for new signs – Bruce moved to approve, Aaron seconded, motion passed.

Questions/General Discussion

- a. Reconciling in Christ, review the website, see if we can get a representative from a local church that has gone through this process to provide some general information.

Adjournment – Meeting adjourned at 7:50 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.



Jon Fry and the youth group from Our Savior's Lutheran Church stopped by! Twenty-three youth and leaders are traveling from Fort Collins, Colorado to South Range, Wisconsin, where they are taking the Voyager Canoe trip with Camp Amnicon. They send their thanks for a safe place to stay!



We are "officially" grandparents now! On June 8th, we, and Krista, celebrated the newest additions to our family when Nicole adopted 4 siblings. The photo is of Nicole and her kids with the judge that presided over the adoption hearing.

Kathy Piltingsrud & Paul Nelson



Chuck and Tammy Denton experienced the beautiful views in Hocking Hills State Park in Logan, OH. These are photos of their hike on the gorge trails through Old Mans Cave.