

**Morning and Welcome to Grace!
Announcements for February 23, 2025**

Immediate Prayer Needs

Evie Zimmerman, Pam Sampel's Mother-in-Law, Shyral Nelsen, Deanna Weber's Mother Ken Carlson, Ellen Batten

Ongoing Prayer Needs

Amy Batten, Sandy Briggs, Lonnie Jessen, Dee Johnson, Brad Lint, Livia Ocken, Barb Powers, Ed Ridnour, Dana Roby, Tony - son of Linda Rundle, Karen Taylor, Deb Ubom

Happy Birthday: Barry Briggs, Jenie Schmidt, Jonathan Rudisill, Dana Johnson, Shane Artzer, Melissa Young, Jerry Westercamp, Kristen Bockenstedt

Happy Anniversary: Sally and Paul Thielking

Communion – All communion wafers are gluten free. Find directions for communion in the bulletin margins.

Praying for one another is an important part of the life of a community of faith. *Share your prayer needs or update your personal contact information with us by using the white Prayer Cards in your pew. Place the folded card in the offering plate as you leave today, or in the locked mailbox just outside the office door. You may also choose to simply call 515-276-6873, or email Pastor Mike mike@gracedm.org or Vicar Jesse jesse@gracedm.org.*

Pastor Mike or Vicar Jesse are available to meet with you, to listen, to support, to pray with you. *Please don't hesitate to reach out - the best way to reach us is directly as we may not see messages on Facebook or Messenger in a timely manner. Please call 515-276-6873 or send an email. Pastor Mike's direct extension is 203; mike@gracedm.org Vicar Jesse's direct extension is 206; jesse@gracedm.org*



Enjoy Coffee, juice, Donut Holes, and fellowship in the Gathering Hall immediately following worship.



Education Hour for all ages: 10:15 a.m.

- **Adults and Middle/High School students** meet in Grace Hall, and are currently studying the Book of Acts.
- **Elementary Sunday School.** Meet in the Sunday School room across from the elevator on the office level.



Bible Study on Genesis, open to everyone!

We offer two options: Tuesdays in Grace Hall at 9 a.m., and Thursdays at 6:30 p.m. in room 102 downstairs.



February Little Free Pantry Request of the Month: Macaroni and Cheese and Pasta

This month, we will collect boxes of macaroni & cheese and pasta for the Little Free Pantry. You can also provide donations online through the [GIVE](#) page or provide a check payable to Grace Lutheran Church with "Little Free Pantry" in the memo. There is also a [Grace LFP Amazon Wish List](#) available where items will be shipped directly to the church. Thank you for your donations.



Lenten Soup Supper and Signup!

Two of 6 dates are covered, thank you Altar Guild and Little Free Pantry group! Remaining are March 5, 12, 26, and April 9. There is a signup on the bulletin board, or you may call or email the office to leave a message with your preferred date. **Supper begins at 5 p.m. and runs until 6:15 p.m. Worship will begin at 6:30 p.m.** Everyone who uses the building is welcome to join us for supper.

Provide a crockpot or two of soup for one of the Wednesdays. Everything you need will be in Grace Hall/the kitchen: coffee, ladles, bowl, napkins, spoons, and the dishwasher, should you prefer to use non-disposables.



Worship Volunteer Needs

- **March 2:** Coffee/donut server
- **March 5, Ash Wednesday:** Greeter, 2 communion assistants

Sign up using the clipboard found on a Gathering Hall table, or go to gracedm.org, and click on the word "Volunteer" in the upper right corner of your screen, then follow directions on the page. If reading this online just click here! [Online Worship Volunteer Signup](#).



Lutheran Day on the Hill: Tuesday, March 11, 2025 8:30 a.m. – 3 p.m.

Join LSI as they embark on a celebration of 160 years of service and impact to the State of Iowa. This free event, sponsored by LSI and the three Iowa Synods of the ELCA, is open to anyone who wants to advocate and help spread the word. [Registration is open](#) through **Wednesday, March 5th**. You can also search Lutheran Day on the Hill 2025 or reach out to Leah Nelson, leah.nelson@lsiowa.org



Being New Spirituality Center at Grace - Ongoing Events

Weekly

Recovery Cafe: Tuesdays at 6:30, Wednesdays, 4:30pm and Fridays at noon at Being New. Recovery Circle is for anyone navigating challenges like addiction, depressions, life transitions—*or simply seeking a healthier lifestyle or deeper sense of purpose*. The circle offers a safe space to share without judgment, set goals, celebrate steps of progress and move forward. Questions? For more information patrick.dahlen@recoverycafedm.org, 515-608-0913.

Spiritual Direction is available through Deb Richards. You can reach her at debcarrierrichards@proton.me.

Local Opportunities outside of Grace

Lenten Retreat with Joyce Rupp: *Developing Equanimity Amid Life's Constant Changes*. Saturday, **March 8**, 9-noon, DMIEC, 3306 University DSM. This retreat is open to all, with proceeds donated to the scholarship fund of *Friends of Iowa Women Prisoners*, which administers scholarships towards college study for women at Mitchellville. \$40, registration required; Contact Judy Porter judyporter@hotmail.com for more information and to register.

Request our newsletter: email beingnew@gracedm.org or check the bulletin board in the office hallway.



Red State Revival with Nadia Bolz-Weber– If you have tickets, and would like to:

- Carpool
- meet up before the event/find someone familiar to sit with
- meet to discuss in the weeks after

Let the office know so we can get you connected! We will also put a signup on the bulletin board (near the soup supper signup).

Tickets are still available at the link below, the event is Friday, April 4 7 – 8:30 p.m. at Plymouth Church, 4126 Ingersoll, Des Moines nadiabolzweber.com/revival/?utm_source=substack&utm_medium=email



Essential Hygiene items needed!

At the YMCA Supportive Housing Campus, we believe that everyone deserves access to the basics. Our onsite pantry provides essential hygiene items to residents in need, and right now, we're running low on many essential items. Shampoo and Conditioner, Deoderant, Dish Soap, All-purpose cleaner, kitchen sponges, shaving cream, plungers, trash bags, forks. Your support helps our residents feel their best as they work toward stability and independence. Drop-offs can be made at 2 SW 9th ST., Des Moines, IA 50309 Monday-Friday from 9am-8pm OR through our Amazon wish list (<https://a.co/ilZCnC7>)

Thank you for helping us ensure our 140 residents are cared for.

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