



Morning and Welcome to Grace! Announcements for October 5, 2025

Immediate Prayer Needs

Jennetta Irwin – Jason Irwin's Grandmother
The family of Doug Gullickson - Stepfather of Laura Irwin

Ongoing Prayer Needs

Amy Batten, Ellen Batten, Sandy Briggs, Ken Carlson, Lonnie Jessen, Delores Johnson, Brad Lint, Joyce Lewis, Darrel Mixdorf – father of Karri Brandsfield, Shyrall Nelsen – Deanna Weber's Mother, Livia Ocken, Barb Powers, Ed Ridnour, Tony - son of Linda Rundle, Deb Ubom

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 office mailbox.** These cards will be placed in a private envelope for the pastor to go through on Monday mornings. You may also choose to simply call 515-276-6873, or email Pastor Mike mike@gracedm.org*

Happy Birthday: Paul Nelson, Amanda Jensen, Adam Bergman, Nelda Sampel, Harlan Mortenson

Happy Anniversary: Donald and Margaret York, John and Tracy Justice, Chris and Jeryl Janson

Flowers on the altar glorify God and are given by Dean and Cathy Watson in memory of loved ones.



Enjoy Coffee, juice, donut holes, and fellowship in the Gathering Hall immediately following worship.



Fall Education, at 10:15 a.m., after worship and fellowship

Sunday School:

K-5 students meet in the Sunday School room, across from the elevator and just up the stairs from the Gathering Hall. Thank you to our volunteers: Rich Snyder, Val Culp, Courtney Brandsfiels, Deanna Weber, and Jenie Schmidt.

Adult Education - We meet in Grace Hall. Middle and high school are welcome and encouraged to participate.

- October 5: Who Are We — Really? 1 John 2:29-3:34
- October 12: How Can We Love — Really? 1 John 4:1-21



Confirmation Classes began this past week!

6:45 p.m. in room 102

Meet with other middle schoolers on Wednesday evenings, with occasional service projects through the year.



Weekly Bible Study on Exodus resumes this week

Led by Pastor Mike and Vicar Lotegeluaki. Anyone is welcome to attend – both groups are working their way through the same material, although may progress at a slightly different pace.

- Tuesday mornings at 9 a.m. Meet in Grace Hall.
- Thursday evenings at 5:30 p.m. Meet in Room 102 on the lower level.



The Labyrinth Is Ready—Come Walk!

The labyrinth is now in place, and we warmly invite you to experience it for yourself. As you walk, we think you'll notice not only its beauty, but also the skill and care that went into its design and installation. Work on Phase two has begun, with an accessible sidewalk leading from the parking lot, and additional hardspace surround added this past week.



Little Free Pantry Request:

We are collecting canned fruits, vegetables, tomato or pasta sauce (no glass, please) for the Little Free Pantry in October. This could also include individual sized cups of fruit, applesauce, or pudding. 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.

Upcoming offerings from the Being New Spirituality Center

To learn more about the following offerings, or to receive the Center's newsletter, email us at: beingnew@gracedm.org



Silent Prayer & Meditation for Peace (Hybrid)

Monday, October 20 | 10:00 a.m. | Being New Center (Hybrid)

All are welcome. Bring your prayers, your grief, your hope—spoken or unspoken. No words required. [Zoom link](#).



The Way of the Rose – Wednesdays 6:30 p.m. Upper Room

The Way of the Rose is an open-hearted, inclusive community dedicated to the forgotten Earth wisdom of the rosary—and to the Lady, by any name you like to call Her. We are not affiliated with any religious institution. There are no fees or hierarchy, only friendship and prayer. We reflect on and pray 5 mysteries of the rosary. Traditional and non-traditional prayer forms welcome and no prior experience or knowledge of the rosary is needed. Each meeting is a stand-alone circle that makes space for prayer, reflection and connection. Join us in the calming support available to all in the garden of prayer."

Contact: [Hannah Whetston](#) Hannahwhetston@gmail.com for more information



Group Energy & Sound Healing – *New schedule!*

2nd Sundays 3:00 p.m.; Fourth Mondays 4 p.m. We meet in the carpeted room across the hall from the Center to allow those who wish to lie down. Yoga mats are provided. Bring blankets, eye pillows, etc. There are also comfortable chairs for those who prefer to sit.

Contact [Julie Good](#) juliegood03@yahoo.com or 515-306-4864 if you plan to attend so she can prepare the space. Julie is generously offering her time and suggests that instead of a fee, participants may wish to make a donation to the Center.



Recovery Café & Circle – Fridays at noon

Recovery Circle is for anyone navigating challenges like addiction, depression, 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.

Contact [Patrick Dahlen](#) patrick.dahlen@vakengroup.com 515-608-0913



Spiritual Direction, Contact [Deb Richards](#) debcarrierrichards@proton.me



Reflexology & Reiki by appointment for those seeking relaxation and balancing. Aromatherapy and guided meditation are included in all session work. Contact [Hannah Whetston](#) 515-505-1878.



Grace Lutheran Church
5201 Urbandale Avenue Des Moines, Iowa 50310

Pastor Michael Schmidt

515-276-6873

mike@gracedm.org www.gracedm.org