



The EAGLE CALL

2010 Remembered

Volume 43, Number 1
January, 2011

Worship

Saturday
5:00 pm

Sunday
7:45 am
8:45 am
11:00 am

Radio Broadcast

KRNT 1350 AM
Sunday Mornings
8:30 am

Pastors

Rachel Thorson Mithelman
Senior Pastor
pastorrachel@stjohnsdsm.org

Robert Speirs
Associate Pastor
pastorbob@stjohnsdsm.org

Ramon Runkel
Visitation Pastor
Runkel1060@msn.com

Website

www.stjohnsdsm.org



WHAT'S INSIDE

A Word from our Pastors	2	Faithful Friends, Creating in Community, Midweek Music	5	Adult Forum Schedule and Lutheran Lakeside Camp.....	9
A Thank You, A Milestone, A Fine Arts Event, & A Mitten Tree.....	3	Small Groups.....	7	Hospitality & Outreach.....	10
Prepare for Worship	4	Children's & Youth Ministries and WELCA Updates.....	8	2010 Remembered.....	11

St. John's Lutheran Church
In the City for Good!
Phone 515.243.7691

Staff

Larry Christensen

Director of Music,
 Worship and the Arts
 larryc@stjohnsdsm.org

Megan Clausen

Director of Youth Ministry
 meganc@stjohnsdsm.org

Sarah Garner

Organist
 sgarner22@me.com

Jack Huff

Evening / Weekend
 Security / Maintenance

Amber Jackson-Elwer

Nursery Coordinator
 amberbeth22@yahoo.com

John Kelly

Evening / Weekend
 Security / Maintenance

Amanda Kuhlman

Nursery

Scott LaBlanc

Director of Parish Operations
 scottl@stjohnsdsm.org

Kim Lamb

Front Office Manager
 receptionist@stjohnsdsm.org

Laura Lundy

Financial Assistant
 laural@stjohnsdsm.org

Katie Tippins

Hospitality & Outreach
 katieltippins@stjohnsdsm.org

Teresa McKeever

Financial Assistant
 financeoffice@stjohnsdsm.org

Leslie Moeller

Maintenance
 lesmoeller@stjohnsdsm.org

Sheryl Reed

Director of Children's Ministries
 sherylreed@stjohnsdsm.org

Darla Stiles

Christian Involvement
 darlastiles@stjohnsdsm.org

Office Hours are:

Monday – Thursday

9:00 am – 5:00 p.m.

Friday

9:00 - 4:00 p.m.

Saturday

9:00 am – 12:00 p.m.

Next Eagle Call Deadline
January 17 at 12 p.m.



A Word from Our Pastors

Pastor Ray Runkel

Contradictions

A contradiction is “the act of opposing or assertion of the contrary to what has been said or affirmed.” (Webster’s Dictionary)

I feel Jesus often used examples that appear to be opposite but provide a deeper meaning and understanding. The Bible has many such examples. In the sixth chapter of Luke (6:20-31 and 6:37-38), Jesus points out, “Love your enemies, do good to those who hate you.” And, “Do to others as you would have them do to you.”

He further states, “But love your enemies; do good and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High, for he is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful.” This sounds like it would never work in business or in human relationships.

But I remember a phrase from *Tuesdays with Morrie* which states, “Love always WINS.” I do believe it does – even when it seems like it takes considerable time to overcome hate and evil.

We do live in a troubled and often evil and hate-filled world. I also agree with the old 1940’s song Phil Harris, the old bandleader, used to sing with his “raspy” voice, “You’ve gotta accentuate the positive and eliminate the negative; latch on to the affirmative; don’t mess with Mister In-Between.”

To illustrate my last remark, just look at Jonah in the whale and Noah in the ark. What did they do when everything looked so dark? They said “you’ve gotta accentuate the positive, eliminate the negative. Don’t mess with Mr. In-Between.”

This old 1940s “pop” song took two impossible examples of the Holy Scripture, Jonah and Noah, and their impossible situation, and they turned to God. God is here to help out in any sort of a situation. If we let God help us in the most hateful or destructive situation, God’s love and restoration CAN bring hope and Love and healing, so we do need to remember to keep the faith even though we are in this mixed up and contradictory world. God’s Love, Peace and Joy will prevail, as the message of Advent and Christmas remind us God is with us and the word became flesh and dwells among us.

Pastor Ramon Runkel

A Thank You



Thank you to the congregation and staff at St. John's Lutheran for your love and support these past twenty five years as your Parish Nurse.

It has been a wonderful experience and I treasure the friendships and memories of these years.

As an Episcopal Priest and friend I will keep all of you in my thoughts and prayers as I hope you will keep me in yours, as together we continue to serve our one and only Christ.

Shalom,
Jean McKinney

A Ten Year Milestone



Congratulations to our Nursery Assistant Amanda Kuhlman on 10 years of a job well done. Amanda began working at St. John's Nursery in January of 2001, and has touched the lives of many of St. John's youngest members by providing her loving care. Please stop by our Nursery to congratulate Amanda on this important milestone!

Once in a Blues Moon



It may seem like an unlikely collaboration, but when St. John's own "garage band," Asphalt & Stained Glass, performed with Hurley & Dancers for a half hour Midweek Music program last fall they were a hit! What do the eclectic band and the modern dance company have in common besides "&" in their names?

They both like to color outside the lines and defy conventional categories. Asphalt & Stained Glasses play lists typically veer through jazz, folk rock, country rock, straight up rock 'n roll, and standards from the "American Songbook" to Tin Pan Alley sing-a-long songs from 100 years ago.

Hurley & Dancers is famous for showing up at unusual venues such as ArtStop and Fringe Festivals around the country. Unexpected collaborations are another trademark of the dance troupe who has danced to acoustic blues guitar by Rob Lumbar, pianist Tamara Sanikidze, the Gay Men's Chorus, as well as the St. John's Cathedral Choir and Orchestra for our Good Friday services. Check them out at their website: www.HurleyDancers.com

The performance is set for Saturday, January 15 at 7:00 p.m. in the 3rd floor Multi-Purpose Room at St. John's, and refreshments will be served during intermission. Admission is free and open to the public, and a free will offering will be received. The event is sponsored and supported by donations from Friends of the Arts at St. John's. For more details including performers bios and a song/dance list see the St. John's website www.stjohnsdsm.org.



The Mitten Tree will be up until January 9. If you have not had a chance to contribute, it is in the Lounge by the fireplace. The need for adult sizes as well as student gloves, mittens, hats and scarves is great. Thanks to all who are so generous.

Prepare for Worship

Sunday, January 2, Second Sunday of Christmas

Within the gospel reading's profound words lies the simple message that God is revealed in a human person. Though we may try to understand how the Word existed with God from the beginning of time, the wonder we celebrate at Christmas is that the Word continues to dwell among us. Christ comes among us in the gathered assembly, the scriptures, the waters of new birth, and the bread and the wine. Through these ordinary gifts we receive the fullness of God's grace and truth.

The readings are Jeremiah 31:7-14; Psalm 147:12-20; Ephesians 1:3-14; and John 1. The hymns are ELW 292, "Love Has Come," ELW 291, "Let Our Gladness Have No End," and ELW 270 "Hark! The Herald Angels Sing." The gospel verse will be ELW 314, "Arise, Your Light Has Come," and the offertory ELW 310, "Songs of Thankfulness and Praise." Offering music at 8:45 a.m. and 11:00 a.m. will be volunteer singers of a pickup choir singing ELW 297, "Jesus, What a Wonderful Child," so if you want to sing with us just come to the chapel 20 minutes prior to the service! During communion the assembly will sing ELW 487, "What Feast of Love."

Sunday, January 9, Baptism of Our Lord, Lectionary 1

In the waters of the Jordan, Jesus is revealed as the beloved Son of God. Through this great epiphany, Jesus fulfills all righteousness and becomes the servant of God who will bring forth justice and be a light to the nations. In the waters of baptism we too are washed by the Word, anointed by the Spirit, and named God's beloved children. Our baptismal mission is to proclaim good news to all who are oppressed or in need of God's healing.

The readings are Isaiah 42:1-9; Psalm 29; Acts 10:34-43; and Matthew 3:13-17. The hymns are ELW 455, "Crashing Waters at Creation," ELW 305, "When Jesus Came to Jordan," and ELW 446, "I'm Going on a Journey". The assembly will join in singing the refrains of "Washed Anew," by Thomas Keesecker during the Affirmation of Baptism, "Waterlife" led by Asphalt & Stained Glass during offering at 8:45 a.m., and "God Rejoices to Claim You," by Larry Wheelock led by Cathedral Choir at 11:00 a.m. In addition to all the water and washing themes, we will have the rite of "laying on of hands and anointing with oil for healing" at all services this weekend.

Sunday, January 16th, Second Sunday after Epiphany, Lectionary 2

This day's gospel opens with further reflections on Jesus' baptism. He is the Lamb of God who takes away the sin of the world, and the one anointed by the Spirit. In the liturgy we come and see Christ revealed among us in word and meal. We go forth to invite others to come and worship the Holy One, and to receive the gifts of grace and peace made known among us.

The readings are Isaiah 49:1-7; Psalm 40:1-11; 1 Corinthians 1:1-9; and John 1:29-42. The hymns will be ELW 665, "Rise, Shine, You People!" ELW 311, "Hail to the Lord's Anointed," and ELW 677, "This Little Light of Mine." At 8:45 Cantorei and at 11:00 Cathedral Choir will sing "True Light," by Keith Hampton, and the assembly will sing ELW 460 "Now the Silence." Dr. Martin Luther King will also be remembered at this service that comes a day after his commemoration.

Sunday, January 23, Third Sunday after Epiphany, Lectionary 3

Jesus begins his public ministry by calling fishers to leave their nets and follow him. In Jesus the kingdom of God has come near. We who have walked in darkness have seen a great light. We see this light most profoundly in the cross – as God suffers with us and all who are oppressed by sickness, sin, or evil. Light dawns for us as we gather around the Word, the font, and the holy table. We are then sent to share the good news that others may be "caught" in the net of God's grace and mercy.

The readings are Isaiah 9:1-4; Psalm 27:1, 4-9; 1 Corinthians 1:10-18; and Matthew 4:12-23. The hymns are ELW 511, "Thy Strong Word," ELW 815, "I Want to Walk as a Child of the Light," and ELW 661, "I Love to Tell the Story." The Kisasa Choristers will sing for the first time in 2011 at 8:45 a.m., and Asphalt & Stained Glass will sing "Drawn to the Light," by John Ylvisaker during communion. At 11:00 a.m. Cathedral Choir will sing "O Jesus Christ, My Life, My Light," by J.S. Bach for offering.

Sunday, January 30, 2011, Fourth Sunday after Epiphany, Lectionary 4

Who are the blessed ones of God? For Micah, they are those who do justice, love kindness, and walk humbly with God. For Paul, they are the ones who find wisdom in

the weakness of the cross. For Jesus, they are the poor, mourners, the meek, those who hunger for righteousness, the merciful, the pure in heart, the peacemakers. In baptism we find our blessed identity and calling in this countercultural way of living and serving.

The readings are Micah 6:1-8; Psalm 15; 1 Corinthians 1:18-31; and Matthew 5:1-12. The hymns are ELW 710, "Let Streams of Living Justice," ELW 720, "We Are Called," and ELW 546, "To Be Your Presence." Cantorei at 8:45 a.m. and Cathedral Choir at 11:00 a.m. will lead the assembly in singing ELW 725, "When the Poor Ones" for offering, and "Blessed are They" by David Haas during communion.

Faithful Friends

A Great Gift for a Family Member or Friend that Doesn't Cost a Thing!



Do you wish your family member had someone to visit them on a regular basis as your schedule or place of residence doesn't permit you to visit? Many of our faithful members are no longer able to attend services but long for news from church, and enjoy seeing a friendly face from time to time. Here's a great way you can help them--tell them about our Faithful Friend program! Faithful Friends will offer scripture, communion, prayer and friendly conversation, with a monthly visit and an occasional phone call to check-in.

Do you have a friend, neighbor, coworker, or relative who has suffered a loss or is going through a difficult time? Here's a great way you can help them--tell them about our Stephen Ministry! Stephen Ministers are members of congregation who have received special training to provide high quality, confidential, one-to-one Christian care, to hurting people. Stephen Ministers meet weekly with their care receivers to listen, care, encourage, and provide emotional and spiritual support. (Males are matched with males, and females are matched with females.) The caring relationship lasts for as long as the person feels the need for care. It's free, and it's a powerful way you can help a hurting friend.

If either of these programs interests you, contact Pastor Speirs at the Church office for additional information, (515) 243-7691, pastorbob@stjohnssm.org.

Creating in Community

Our popular "Creating in Community" program is back this year and better than ever.

Set for Saturday, January 29th, the event is the perfect time to renew your creative energies and explore the arts that you have always wanted to try but couldn't find the time. "Creating in Community" offers learning opportunities ranging from the very practical to the fine arts, with instruction provided by professionals in the field or gifted, skilled amateurs.

The event begins at 8:30 a.m. and concludes after lunch at 1:00 p.m. Within that framework are times to gather and share refreshments, reflect on creativity, two workshop learning sessions, and a communal lunch. A suggested \$15 donation covers workshop materials, coffee and snacks, lunch and other expenses. Space is limited in some workshops, and some ask that you bring specific tools or materials, so check the brochure on tables in the narthex and kiosks or on the St. John's website. Pre-registration is required and necessary for planners.

"Creating in Community" offers fun, fellowship, and good food in addition to learning opportunities. Adults and students in upper elementary and high school are invited. This event is open to the community, so bring your friends, but register now!



January 5
Tom Hudson, cello,
and Sue Hudson, piano

January 19
Simpson College
Madrigal Singers

January 12
Ballyhoo Foxtrot Combo

January 26
Anne Stein, flute,
Ray Songayllo, piano

Small Groups

Questions? Contact Darla Stiles, Small Groups Coordinator
243.7691 or darlastiles@stjohnsdsm.org

CALENDAR

Quilting, Tuesdays, 9:30 a.m. in Room 308.

3D: Wednesday, January 5, 10:00 a.m.

Saturday am Bible Study, Saturdays in January (except January 1), 8:30 a.m., Check with Ellen Fisher, 250-9916, ellenfisher123@yahoo.com or Rod Snavelly, rsnavelly@aol.com for location.

St. John's Moms, Saturday, January 8, 10:00 a.m. in the Nursery at church.

Hardanger, Mondays, January 10 and 24, 9:00 a.m. in Neumann.

St. John's Networking Group, Monday, January 10, 5:30 p.m., Gateway Market on MLKing, Contact Ellen Fisher if questions, 274-5236 or Ellenfisher123@yahoo.com.

WIRED--Women's Night Out, Monday, January 10, get together to chat then go to a movie; watch for information on time and location.

EAGLES, Friday, January 14, Potluck and Planning at noon in Neumann.

Lunch Bunch II, Wednesday, January 19, 12:30 p.m.

Lunch Bunch I, Thursday, January 20, 11:30 a.m.

Scrapbooking, Saturday, January 22, 9:30 a.m. to 3:00 p.m. in Room 8.

WIRED: Women Interested in Renewal, Education and Discovery, Gathering for lunch and program on Sunday, January 23, 12:30 p.m. at Grand View's Rasmussen Center (see below for more details).

Photography, Sunday, January 24, 10:00 a.m. in Neumann (theme: "white").

Prayer Shawl Gathering, Tuesday, January 25, 7:00 p.m. in the Fireside Lounge.

Recreational Reading, Wednesday, January 26, 4:30 p.m. in Rose Holm.

WIRED Cooking Class: Join Carol Lunde on Saturday, January 29th, for a special cooking class for Creating in Community.

Be sure to check www.stjohnsdsm.org for small group dates and events.

More information on upcoming events

Quilting Group: The quilting group will be meeting on Tuesdays at 9:30 a.m. in Room 308 at church.

Saturday am Bible Study will meet Saturdays in January (with the exception of New Years Day), 8:30 a.m. at a location to be determined by the group—Contact Ellen Fisher, 250-9916 or ellenfisher123@yahoo.com or Rod Snavelly, rsnavelly@aol.com for location.

St. John's Moms will meet on Saturday, January 8, 10:00 a.m. in

the nursery at church. This group is for mom's with a child who is 3 or younger to get to know other mom's in similar situations; they meet on the 2nd Saturday of each month at 10:00 a.m. in the nursery at church (you may bring your young one with you so they may also get to know each other). A room will be provided for nursing mothers.

Hardanger group will meet Monday, January 10 and Monday, January 24, at 9:00 a.m. in Neumann. If you are interested in joining the group or have questions about it, contact Arlene Field, 964-3363.

St. John's Networking Group will meet on Monday, January 10, 5:30 p.m., at Gateway Market on MLKing. If you are looking for a way to network and connect with others, please join in some great fellowship and sharing of ideas. Questions, contact Ellen Fisher at ellenfisher123@yahoo.com.

WIRED Women's Night Out: Join us Monday, January 10, for the first "Night Out," to talk about ideas for future "Nights Out," then attend a movie at the Fleur Theater. Please rsvp to Lois Murphy or Darla Stiles (frlomurp5@q.com or darlastiles@stjohnsdsm.org).

The EAGLES will meet on Friday, January 14, at 12 noon to enjoy a potluck (bring a dish to share—table service and beverage will be provided.) The group will then plan activities for the coming year. If you have ideas and/or if you can attend, e-mail or call Darla at 243-7691 or darlastiles@stjohnsdsm.org.

Lunch Bunch II: This group will meet on Wednesday, January 19, at 12:30 a.m. If interested in joining this group, contact Janet Figg, 279-6326.

Lunch Bunch I will meet on Thursday, January 20, at 11:30 am. Anyone interested in joining the group please call Margaret Roby at 288-6304 to reserve a space. New members are most welcome!

Continued on Page 7

Continued from Page 6

Scrapbooking will meet on Saturday, January 22, in Room 8. Come anytime between 9:30 a.m. and 3:00 p.m. to work on your scrapbooks.

Photography small group will meet Sunday, January 24, 10:00 a.m. in Neumann. The theme for this month is anything "white." Bring a couple of pictures to share. If you have an interest in participating in St. John's photography small group, please contact Rod Snavely at rsnavely@aol.com.

Prayer Shawl Gathering: Tuesday's Prayer Shawl group is getting together for their quarterly gathering on January 25th at 7:00 p.m. in the Fireside Lounge. Bring any shawls that need blessing and join us for conversation and knitting. Bring friends.

Recreational Reading will meet on Wednesday, January 26, at 4:30 p.m. in Rose Holm. The book for discussion is *The Particular Sadness of Lemon Cake* by Amy Bender.

Night Out: The next night out will be Friday, February 18, from 5:00 to 8:00 p.m. Join us for bowling and a bite to eat (location to be announced) Childcare will be available 4:45 - 8:00 p.m. at the church nursery. Put it on your calendars and watch for more information. Facilitators: Amy Wallman Madden, hope2_amy@yahoo.com or 255-3109 or Rachel Corron, rpcorron@gmail.com (313-6645)

THANKS to people from St. John's Gardening group who braved the cold weather and chipped away at the frozen soil in the planters to get the winter "planting" done in the 11 planters around the church. Those helping were Dennis Zaabel, Barb John, Judy Reel, Carol Dittmer, Jean and Bob Williams, Margaret Townsend, and Darla Stiles. Many thanks also to Judy Reel, Kelly Schuler, and Roma Youngquist for bringing greenery. Howell's Tree Farm (between Des Moines and Winterset) donated about 130 pieces for our planters! Next time you are at Howell's please tell them how much we appreciate their donation to St. John's planters in Des Moines!

WIRED GATHERING: Join the group on Sunday, January 23, to enjoy a luncheon and speaker held

at Grand View University's Rasmussen Art Gallery Building at 12:30 p.m. Sign up the weekends of January 9 and 16 (or go to www.stjohnsdsm.org/Ministries/WIRED). Cost of the luncheon/speaker is \$20 (scholarships available). **WIRED WOMEN:** "Get a Grip on Clutter & Chaos: Organize to Optimize Your Workday" Complexity and clutter make work harder and they're both huge distractions. In fact, most people waste an average of an hour per day retrieving misplaced information. At the WIRED gathering on Sunday, January 23, 2011, Pam Woods, a Certified Professional Organizer®, will share an easy process to organize your work area whether it's in a corporate office, small business or your home. This program is perfect for anyone who is challenged by clutter and chaos. If 2011 is the year you're going to simplify your life, come learn Pam's 7 steps to organizing a space. The upshot is you'll have more focus, time and success. In this program you will learn how to streamline your papers and files, organize your workspace, handle incoming mail and schedule appointments, tasks and projects. The program will be held at the Rasmussen Center on the Grand View University Campus beginning 12:30 p.m. with a luncheon and program ending by 3:00 p.m. Registration fee is \$20 (which includes lunch and the program.) Register on the St. John's website on the WIRED page or by signing up in the narthex between services on January 9th and 16th. You don't want to miss this exciting opportunity to make your days less chaotic, and it is always fun to enjoy lunch with friends.

New WIRED small groups are getting started. These groups are open to all women. Please e-mail the facilitator to let her know of your interest and receive more information.

1. **COOKING CLASSES:** Carol Lunde (jlunde@dwx.com) will lead this group.
2. **BOOK DISCUSSION:** Mary Ritchie (ritchiem82@gmail.com) will facilitate this group.
3. **WOMEN'S NIGHT OUT:** Lois Murphy and Darla Stiles (frlomurp5@q.com or darlastiles@stjohnsdsm.org) will facilitate this group. Join them Monday, January 10, for the first "Night Out," to talk about ideas for future "Nights Out," then attend a movie at the Fleur Theater.
4. **SERVICE/LEARNING PROJECTS:** Karen Andeweg (kandeweg@bankcsb.com) will be the contact person for this group. She has ideas and will let us know when something is planned.
5. **Wii FITNESS:** Delaine Marker (gramsmkr@hotmail.com) is leading this group. The group will be starting Friday, March 11.



Children's Ministries

Sunday School children wishing to participate in the Christmas Carols on the Kristal Bells on **Sunday, January 2** should meet Sheryl in the front of the chapel immediately following the 8:45 service. There will be no rehearsal for this event. If your child can identify a color, they are ready to ring!!!!!!!

An Epiphany Follow the Star Family Event will be held at 10:00 on Sunday, January 9. Meet in the chapel to

receive a Magi Passport and a constellation map that will lead you to the best gift of all!!!

Your map will send you on a journey to locations you might have never set foot -- like our church basement, a special Pastor's Office, and le chamber du vent!!! On your journey, you'll participate in some activities that will help you learn more about the season of Epiphany.



January Sunday School Schedule:

- **January 2** - Christmas Carols on the Kristal Bells in the sanctuary immediately following worship.
- **January 9** - Epiphany Follow the Star Family Event
- **January 16** - Regular Sunday School resumes Naomi and Ruth (Ruth 1:1-22)
- **January 23** - David and Goliath (1 Samuel 17:4-11, 32-50)
- **January 30** - Elijah and the Widow (1 Kings 17:8-16)

Youth Ministries

2010 was one exciting year in the youth ministry life at St. John's! We spent our time and talents helping people of Des Moines, Duluth, and Chicago. We spent time hanging out with and getting to know each other better. We spent time reading the Bible and exploring this thing we call "faith." We brainstormed and hoped and dreamed of what we want to do as a group in 2011 that we didn't do in 2010. We want to say a huge, "THANK YOU!" to all of you! Without you we would not be able to have a successful youth ministry program at St. John's.

Confirmation 7th & 8th grade

- Class will still be held on Wednesday nights from 6:30 - 8:00 p.m.
- Breakfast Club is held on Sunday mornings from 9:55 - 10:55 a.m.

We will continue learning about discipleship in January. A special THANK YOU to all the mentors who make our program successful! Without you we could not do what we do!

High School

9th grade Confirmation class will continue on Sunday nights.

In January and February the high school youth group will be partnering with the Windsor Heights Lutheran Church youth group to do some shared ministry. In January we will be meeting at St. John's and in February we will be meeting at Windsor Heights. We will still be meeting from 5:30 - 7:30 p.m. More info to come!

Save the Date! March 4th will be the youth ministry fundraising dinner and auction! Tickets will go on sale in February. More details to come!

WELCA Updates



Women of the ELCA wish to thank the congregation for supporting us at the Cookie Walk and Silent Auction. We earned about \$1,000 even with the bad weather. Women of the ELCA members who put much effort, and the church and WIRED members who contributed cookies and treasures are also to be thanked as we needed everyone to make it a success. Group meetings will be January 6 the Sarah Group will meet at Karen Schoenenberger's home at 9:30 a.m. Lois Group will have bible study at 12:30 p.m. in Neumann.



Sunday Morning Adult Forum

We have an exciting list of presenters for our Sunday Morning Adult Forum during the first part of 2011. For a full description of each forum go to our website, www.stjohnsdsm.org, or the Adult Forum brochure can be found in the reception area or the Welcome Center located in the Fireside Lounge.

January 2nd, 2011 - No Forum

January 9th, 2011 - Dr Lisa Ossian, Professor of History, Des Moines Area Community College, Author: *The Homefronts of Iowa: 1939-1045*

January 16th, 2011 - Rev. Susan Guy, Executive Director, Interfaith Power and Light "Cool Congregations"

January 23rd, 2011 - Dr. Mark Mattes, Professor of Religion, Grandview University "Dietrich Bonhoeffer"

January 30th, 2011 - "Coffee with the Council"

February 6th, 2011 - St John's Annual Meeting

February 13th, 2011 - Sandy Hoenigs, Spiritual Retreat Leader "Joy of Forgiveness"

February 20th, 2011 - Dr. Mark Mattes, "History of American Lutheranism" Part 1

February 27th, 2011 - Dr. Mark Mattes, "History of American Lutheranism" Part 2

March 6th, 2011 - Kay Kinkel, Unemployment Insurance manager for Iowa Workforce Development.

March 13th, 2011 - No Forum

March 20th, 2011 - Dwight DuBois, Director of Center for Renewal, Grandview University "Center for Renewal"

March 27th, 2011 - Dr. Ken Jones, Professor of Religion, "Freedom of Christian" Part 1

April 3rd, 2011 - Dr. Ken Jones, "Freedom of a Christian" Part 2

April 10th, 2011 - Jean LemMon, St. John's Favorite Symbologist "Art Tour of St. John's"

April 17th, 2011 - Dr. Holley Bzdega, Neonatologist and Pediatric Physician, I.M.H. "Outreach International"

April 24th, 2011, Easter - No Forum

May 1st, 2011 - Dr. Lisa Ossian, "The Forgotten Generation: American Children and WW II"

May 8th, 2011 - John Bachman, Newsman and Television Anchor for WHO-TV "Faith and Politics Revisited"

Lutheran Lakeside Camp

Deepen your spirituality, make new friends, and experience the incredible beauty of Holden Village. How?

Lutheran Lakeside Camp is planning adult trips to Chicago and Holden Village in the spring and summer of 2011. The Chicago trip is five days leaving from the Camp on Monday, June 20 and returning Friday, June 24. Highlights include: the Field Museum, the Cloud Gate and Miracle Mile, Navy Pier, the Art Institute, an architectural river tour, a cruise on Lake Michigan, just to name a few. The cost is \$970 per person with a deposit of \$500 due January 15. Send a check or credit card number to Lutheran Lakeside Camp, 2491 170th St., Spirit Lake, IA 51360; or you may call at 712-336-2109.

Lakeside is returning to Holden Village August 20-28, 2011. The group will leave from Lakeside and board a bus to St. Paul, MN. There the group will take Amtrak to East Glacier Lode, spend a day, and then onto Holden Village. At Holden, you have the opportunity to attend Bible studies, worship, attend workshops on a variety of subjects, make jewelry, spend time on the potter's wheel, try your hand at the loom, fish, hike, or enjoy the spectacular scenery. Cost for the trip is \$1450 per person, seniors 62+\$1390. Deposit of \$550 due February 15, 2011. Send a check or credit card number to Lutheran Lakeside Camp, 2491 170th St., Spirit Lake, IA 51360; or you may call 712-336-2109.

For more information, you may check out www.lutheranlakeside.com for brochures. You may also call the camp at 712-336-2109.

Send us your photos

Do you have photos from a St. John's event or group activity? Do you have a photo that says "St. John's"?

If so, send it to scottl@stjohnsdsm.org or drop it off at the church office. You never know, you may end up in the next issue of the Eagle Call.

Hospitality & Outreach



How to Escape the Winter Doldrums

The letdown after Christmas can be debilitating. We've been on hyper-drive for weeks and then it seems that all comes to a screeching halt. Add to that, the weather can be dark and painful as people cope with Seasonal Affective Disorder.

Lucky for you...St. John's has multiple cures for what ails you! This month we're going to explore various opportunities for social and service participation available through Christian Involvement and Small Groups.

Bible Study Groups: A weekly Tuesday morning group meets at 10:00 and is led by Pastor Bob Speirs. There is also a Saturday morning group that meets at 8:30. This group moves to various coffee cafés; keep an eye out in the weekly announcements. An invitation to join either group is open and you are welcome!

Couples/Singles Club meets monthly for a social activity and periodically a service project.

EAGLES is a social group of active (very active!) retirees. They usually meet the 2nd Friday of the month and plan tours around Des Moines and Iowa. They also have social events with meals and some game-playing. Only requirement is to be young-at-heart.

Gardening meets once a month – usually on the 2nd Tuesday – from spring through autumn. They participate in tours of gardens tours and/or nurseries, invite speakers and share tips and trials.

Lunch Bunch: Again you have two groups to choose from – Group I meets the 3rd Thursday of the month at 11:30 am; Group II meets the 3rd Wednesday at 12:30. Both groups try various restaurants and enjoy each others' company and good conversation.

Night Out is a relatively new group forming for fun and fellowship. They met for the first time in October for a dinner out with babysitting free of charge at St. John's nursery. Keep an eye out for future events in the weekly announcements, on the website, and in the Eagle Call.

Photography Group: You may have noticed the fruits of their interest in the pictures displayed in Weertz during the month of December. They meet the 4th Sunday of the month at 10:00 a.m. in Neumann. Anyone with an interest in photography is invited to join them; all levels of expertise are welcome. Discussions are held on photography, digital cameras, photos are shared, and occasionally there are

speakers or photo sessions.

Prayer Shawl Ministry: Those involved crochet or knit (your preference) shawls that are given to homebound parishioners or those going through a recuperation period. The shawls are blessed and distributed to those in need. There are two groups and they each meet quarterly. The Monday Group will next meet at 1:00 p.m. and the Fireside Lounge on February 15. The Tuesday Group will meet in the evening on January 25 and April 26. Some members prefer to work at home and bring the shawls in to be blessed. Homespun yarn is preferred and donations of yarn are appreciated. Watch the weekly announcements and the Eagle Call for additional information. All are welcome!

Recreational Reading meets the 4th Wednesday of the month in Rose Holm where they discuss a designated book.

St. John's Moms is for mothers of children 3 years and younger. They meet the second Saturday of each month. Feel free to bring your little ones for all to get acquainted. In addition to the social aspect, the group also brought in speakers and facilitated service projects for new moms or soon-to-be-moms.

Scrapbooking (usually) meets the 4th Saturday of the month at church in Room 8 beginning at 9:30 a.m. Each person brings their own pictures and materials. The group shares ideas and suggestions.

NEW WIRED (Women Interested in Renewal, Education and Discovery) small groups are beginning. All of these groups are open to all women. The kick off groups for WIRED are Cooking Classes, Books Discussion, Women's Night Out, Service / Learning Projects, and Wii Fitness.

If you are interested in any of these groups or have additional ideas, please contact Katie, Hospitality and Outreach Coordinator at 243-7691 x 115 or katiet@stjohnsdsm.org.



Would you like to receive an electronic version of the Eagle Call?

E-mail businessoffice@stjohnsdsm.org and request the eEagle Call. Help us save on the cost of postage, use less paper, and see each issue in **FULL COLOR**.

2010 Remembered



January 2011
Volume 43, No. 1 · Periodical

“Once in a Blues Moon”

Hurley & Dancers

with live music provided by
Asphalt & Stained Glass

at St. John’s Lutheran Church

Saturday, January 15, 7:00 p.m.

FEBRUARY EAGLE CALL DEADLINE

The deadline for all Eagle Call information is **Monday, January 17, 2011**. Please send information or articles in digital format if possible, to Scott LaBlanc, scottl@stjohnsdsm.org. If you cannot send it by e-mail, drop it off at the church office.
Thank you!