



the Eagle Call

Volume 50, Number 05 | May 2018

The Gift of Time

Worship

Saturday

5:00 pm

Sunday

8:00 am

10:00 am

Radio Broadcast

Praise 940 AM

Sunday Mornings

8:00 am

Scott LaBlanc

Editor & Designer

Deb Blume

Copy Editor

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515-243-7691

stjohnsdsm.org

The Eagle Call is published monthly by St. John's Lutheran Church, ELCA 600 6th Ave, Des Moines, Iowa 50309-1606.



by Maggie Evans and Alicia Karwal

"One of the greatest gifts you can give is your time."

Our volunteers at St. John's take this to heart. They endlessly share their gifts with the children and youth at St. John's. They sing, they play, they lead, and they listen. Most importantly, they show up. They are present for the many children and youth that walk through the doors of St. John's on a daily basis. Some of these individuals teach Sunday School, some facilitate the Our Whole Lives program, some give their time to help with music programming, some are mentors, and some lead the learning for our students in Confirmation. Others share their gifts for special events like the Children's Advent Program, chaperoning retreats, fundraising and other special services during the different seasons of the church year. Every volunteer honors the baptismal promises we have made to these children.

We would like to offer our gratitude to all of the dedicated volunteers (*not quite all are pictured above*) who so graciously serve our community of children and youth at St. John's. Thank you for sharing your hearts and guiding our children in their faith. Thank you for praying over them and with them. Our volunteers give so much of themselves, as is evidenced by their ongoing commitment to both Children's and Youth Ministries.

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Pastors

Rachel Thorson Mithelman
Senior Pastor
pastorrachel@stjohnsdsm.org

Robert Speirs
Associate Pastor
pastorbob@stjohnsdsm.org

Gene Anderson
Visitation Pastor
pastorgene@stjohnsdsm.org

Staff

Andy Anderson
Security & Hospitality

Lisa DeGroot
Nursery Coordinator
lisadegroot5203@yahoo.com

Beth Ann Edwards
Director of Arts, Handbells,
& Youth Choirs
bethann@stjohnsdsm.org

Michael Elsbernd
Director of Worship & Music
michael@stjohnsdsm.org

Thom Evans
Custodian

Linda Frisbie
Lead Financial Assistant
lfrisbie@stjohnsdsm.org

Zennida Huff
Nursery

Alicia Karwal
Director of Children's Ministries
akarwal@stjohnsdsm.org

John Kelly
Security & Hospitality

Amanda Kuhlman
Nursery

Scott LaBlanc
Director of Parish Operations
scottl@stjohnsdsm.org

Kim Lamb
Front Office Manager
receptionist@stjohnsdsm.org

Maggie Evans
Director of Youth Ministry
mevans@stjohnsdsm.org

Les Moeller
Facilities Assistant

Katie Tippins
Hospitality & Outreach
katiet@stjohnsdsm.org

Dale Schroeder
Security & Hospitality

Darla Stiles
Christian Involvement
darlastiles@stjohnsdsm.org

Mark Welsh
Facilities Manager
mark@stjohnsdsm.org

A Word from Our Pastors

by Pastor Robert Speirs



In the very beginning verses of the book of Acts, Luke recalls the period of time after Jesus' death and resurrection and before Jesus' ascension, where he appeared to his disciples and continued to teach them about the Kingdom of God. Picking up the story in Acts 1:4-5, we read: "While staying with them, Jesus ordered his disciples not to leave Jerusalem, but to wait there for the promise of the Father, 'This,' he said, 'is what you heard from me; for John baptized with water, but you will be

baptized with the Holy Spirit not many days from now." Jesus went on to tell his disciples that they would receive "power" from the Holy Spirit to be witnesses to the Gospel of Jesus Christ in Jerusalem, all Judea, Samaria, and to the ends of the earth. Ten days later, while all the disciples gathered together in Jerusalem in one place, there came from heaven a sound like the rush of a violent wind, and it filled the entire house where they were sitting. The description of what happened next pushes our imaginations to their limits, as "divided tongues, as of fire, rested on the heads of the disciples, and filled with the Holy Spirit, the disciples began to speak in other languages as the Spirit gave them the ability."

This passage from Acts 2:1-4 that details this event is what we know and celebrate as Pentecost. On the Christian calendar, Pentecost is generally considered to be the birthday of the church in most mainline Protestant denominations, the Roman Catholic Church and in the Eastern Orthodox Church as well. It is the day we commemorate the word of Jesus Christ fulfilled, after he promised his disciples an Advocate, the Holy Spirit, to help guide and empower their mission to proclaim the Gospel to all nations.

This year Pentecost is on Sunday, May 20, and offers to us a great opportunity to gather together in worship, to celebrate and give thanks for God's promise kept, to be assured that we are never alone in our mission and ministry to share the good news. We are called to remember that we have been sealed and filled with the Holy Spirit in our baptisms, marked with the cross of Christ forever, and strengthened and prepared to proclaim the good news of Jesus Christ to all people, in our words and our good works, for the sake of our neighbors and for the glory of God. Please join us on Pentecost Sunday, for a great day of worship to offer our gratitude for the presence of the Holy Spirit, who is with us and is for us, in our life together.



A Travel Opportunity

by Prof. Mark Mattes

Continuing-Education Travel Opportunity from Professor Mark Mattes: You are invited to tour Dubai and Delhi, India, during Spring Break (March 2019) with Grand View University Professors Mark Mattes, Dmitry Yarushkin and Hugh Stone. Explore and enjoy two very different and diverse cultural and historical experiences by joining this Grand View University sponsored professional-development and cultural-immersion trip.

Dubai, home to the world's tallest building, is a man-made island archipelago with plenty of fine dining and an ancient culture that has leapt from desert tents to skyscraper condos in less than 50 years. In India, you'll explore the "Golden Triangle," from fascinating and exotic Delhi, to Agra and the Taj Mahal (one of the world's most fascinating monuments), to Jaipur, the "pink city" full of lavish mansions and palaces.

There will be plenty of opportunities to explore local culture, religion, traditions and cuisine in both countries, which include a desert safari, elephant, rickshaw and boat rides, theater shows, and visits to spice, textile and gold markets. Group members will be staying at 4- and 5-star hotels, with local English-speaking guides accompanying the group at every location. The estimated cost of this all-inclusive trip is approximately \$4,800.



The first orientation meeting for this trip is scheduled for Sunday, June 3, at 1:30 p.m. at Krumm Auditorium on the Grand View University campus.

Go to www.grandview.edu and check out the study abroad section for alumni / community members for more information.

If you know of others who may wish to join this tour, please pass this email note on to them! For more information, to indicate your interest in attending our first orientation meeting, or to reserve a spot on this trip, contact Professor of Philosophy and Theology Mark Mattes (mmattes@grandview.edu).

The Journey Through Grief

Six-Session Educational Grief Group

Because Life After Loss Can Be Difficult.

Just us to learn about grief, discover tools for dealing with loss, and develop a new support network.

Third Thursday of the month at 6:00 pm
 March - August 2018
 St. John's Lutheran Church
 600 6th Ave. in Des Moines

For Registration and Questions,
 Contact Anne Alesch
anne.alesch@unitypoint.org
 (515) 557-3169



Learn.



Connect.



Grow.



UnityPoint Hospice

Prepare for Worship

By Michael Elsbernd

May 6 – Sixth Sunday of Easter

Readings: Acts 10:44-48; Psalm 98; 1 John 5:1-6; John 15:9-17.

The risen Christ calls us into friendship as we serve others – just as Christ came to serve. Friendship captures the depth of love and joy into which Christ invites us. In 1st John, we hear that God's children believe that Jesus is the Christ, and love of God is shown by keeping God's commandments. In the gospel reading from John, we hear Jesus' final testimony to his disciples – that they love one another just as Jesus loved them.

Hymns: "Joyful, Joyful, We Adore Thee" (836); "Jesu, Jesu, Fill Us with Your Love" (708); "We Are Called" (720).

Assisting in Worship:

- Cathedral Choir & String Scholars: "Laudate Dominum," by W.A. Mozart.

May 13 – Seventh Sunday of Easter

Readings: Acts 1:15-17, 21-26; Psalm 1; 1 John 5:9-13; John 17:6-19.

On the night before his death, Jesus offers a prayer for his followers. Jesus prays "that they may be one, as we are one" (John 17:11). The desire for unity, expressed by Jesus, invites us into a joyful and loving life with God. This "oneness" is the work of the Holy Spirit, whom we have already received but also await at Pentecost.

Hymns: "Son of God, Eternal Savior" (364); "God Loved the World" (323); "Alleluia! Sing to Jesus" (392).

Assisting in Worship:

- Cathedral Choir: "One Faith, One Hope, One Lord," by Craig Courtney.

May 20 – Day of Pentecost

Readings: Acts 2:1-21; Ezekiel 37:1-14; Psalm 104; Psalm 104:24-34, 35b; Romans 8:22-27; John 15:26-27, 16:4b-15.

On the 50th day of Easter we celebrate the Spirit, through whom, and in whom, the people of God are created and re-created. Ezekiel's vision shows the Spirit resurrecting and re-creating not just individuals but a whole people. In the reading from Romans, it is made clear that God is in the process of re-creating the entire universe. The Holy Spirit is also at work within each of us, praying in us "with sighs too deep for words" when we do not have the language to pray.

Hymns: "Gracious Spirit, Heed Our Pleading" (401); "Like the Murmur of the Dove's Song" (403); "I'm Goin' a Sing" (reprint from This Far by Faith).

Assisting with Worship:

- Cathedral Choir: "O Holy Spirit, Praise to You," by Howard Helvey.

May 27 – The Holy Trinity – First Sunday after Pentecost

Readings: Isaiah 6:1-8; Psalm 29; Romans 8:12-17; John 3:1-17.

When we say God is the triune God, we are saying something about who God is: beyond, before and after the universe. Our experience of this is reflected in Paul's words today. When we pray to God as Jesus prayed to his Abba (a familiar, intimate parental address), the Spirit prays within us, creating the same relationship between us and God as Jesus has with the one who sent him.

Hymns: "Holy, Holy, Holy, Lord God Almighty" (413); "Come, Join the Dance of Trinity" (412); "Holy God, We Praise Your Name" (414).

Assisting with Worship:

- Cathedral Choir: "Blessed Be the Name of the Lord," by Dale Grotenhuis.



Quilts for Lutheran World Relief

By Phyllis Olson

This summer's Quilting Bees for Lutheran World Relief are scheduled for the Saturdays of May 26, June 23, July 28, Aug. 18 and Sept. 29 from 9 a.m. to noon in Neumann Hall. No experience is necessary; if you can tie a knot, you are qualified.

We will have a little coffee, something good to eat and a lot of conversation while we tie quilts. It is helpful if you can bring your own scissors. If you are unable to join us on Saturday mornings, quilt blocks are available in the Narthex to be sewn together to make a top. Thank you to those who have already turned in completed tops.

We always have a good time. Please join us and bring a friend. If you need more information, contact Phyllis Olson (paolson@mchsi.com or 270-6920).

LSI Updates

provided by the staff at Lutheran Services in Iowa

Happy Mother's Day!

Mother's Day is a time to celebrate the strong, loving women in your life. At Lutheran Services in Iowa (LSI), we see thousands of Iowa moms through their journey to build the brightest future for their children.



We see moms turning to LSI's Mental Health or Behavioral Health Intervention Services to ensure their child is receiving the coping skills and behavioral supports they need to thrive. In our Early Childhood Services, we see young first-time moms who are eager to join our parenting education classes and support groups. In 2016, LSI's Early Childhood programs provided support to 552 first-time parents. We are so inspired to hear their stories and see their hard work pay off as they raise our next generation.

As you celebrate Mother's Day this year, remember how many Iowa moms are being empowered because of your support. If you are looking for a way to honor your mother this year, please consider giving a gift in her name at LSIowa.org.

Thank you for standing alongside our Iowa families.

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](https://www.facebook.com/LSI.iowa).

"LSI has been a Lifesaver"

No parent should feel alone or hopeless when it comes to caring for their children's health. But those emotions were common for Judy four years ago.

It started when her son began seeing a litany of different doctors and specialists. Judy needed to coordinate his many appointments and medications, but it was difficult to keep track while still caring for her three other children as a single parent.

Judy found LSI's Pediatric Integrated Health services, which were a shoulder for her to lean on. Judy's LSI worker, Wyndolyn, coordinated medical appointments and counseling sessions. When Judy's daughter required an Individualized Education Program (IEP) at school, Wyndolyn was there to keep in contact with the school and attend IEP meetings with Judy. When Judy's child began attending school at LSI's Bremwood Residential Treatment Center, Wyndolyn checked on him and provided updates to Judy. Wyndolyn also helped Judy to set up respite care through LSI's Services for People with Disabilities. Now, Judy can get a much-needed break

while her children receive quality care from an LSI respite provider.

"We're one team now, we're on the same page," Judy says. "LSI has been a backbone for me when I wanted to give up. Wyndolyn talks to me when I'm stressed and ready to call it quits. She's really an advocate for my family. LSI has been a lifesaver."

Faith Garden Ministry

by Pastor Robert Speirs

I'm writing this on Monday, April 16, and due to the unusual weather (and I'm restraining my language :)), we have yet begun the process of preparing and planting seeds in our Faith Garden. Yet, hope does prevail, as the 10-day weather outlook is promising for beginning our work. With that said I would like to take this opportunity to say thank you for all who have agreed to be part of our gardening teams once again this season. I look forward to working with you all and bringing the fruits and vegetables that we grow to the Des Moines Area Religious Council (DMARC) Food Pantry program, so that our neighbors who are in need of such produce will enjoy what we are able to provide. Here are the names of our gardeners for this coming season:

Team 1: Lisa Samuelson, Liz Arthur, Mary Liechty, Barb John, Karen Schoenenberger

Team 2: Margaret and Fred Townsend, Carol and Peter Dittmer, David and Marianne Meyer

Team 3: Tom and Derry O'Connor, Wanda Havard, Tim and Janet Andersen, Trenton and Christie Poore

Team 4: Jean Rothfusz, Pastor Bob, Cynthia Olson, Diane Green, LaDonna Russell, Lindsey Ludwig

It's a lot of fun, and gives me great satisfaction to be part of such a wonderful ministry and group of people.



Children's Ministries

By Alicia Karwal

Last Day of Sunday School

The last day of Sunday School for the 2017-2018 program year will be Sunday, May 13. On this date, ages three through fifth grade are invited to begin in Room 205 for a whole-group gathering. We will celebrate our year together with a feast, prayers and some fun activities! Children may be picked up in Room 205 at 9:45 a.m.

Thank You to Our Families

As we honor and thank our volunteers this month, I'd also like to share my gratitude for the families who have made faith education a priority for their children. It is through YOU that our children begin their faith journey. Thank you for your ongoing support!

Service Project Continues

Children are invited to continue to fill The Little Pantry throughout the summer months! We greatly appreciate your continued support of the Children's Ministry service project this program year. Thank you to Jordan Weems for her ingenuity in creating this opportunity for some of the youngest members of St. John's to contribute to such a meaningful and impactful cause.



VBS at St. John's, July 16-19

A Lutheran Lakeside Vacation Bible School (VBS) Day Camp will be held at St. John's Monday, July 16, through Thursday, July 19, from 8:30 a.m. to 2:30 p.m. for all children entering kindergarten through sixth grade.

Registration for our VBS Day Camp is now open! Please feel free to invite friends and be sure to have them register. Registration forms have been emailed and continue to be available through Alicia Karwal (akarwal@stjohnsdsm.org). There will be a \$15 registration fee per child, not to exceed \$30 per family. You may pay your registration fee online via the St. John's website at any time. Scholarships are available.

Host Families Needed!

We are in need of families to graciously host one or more of the VBS camp counselors from Lutheran Lakeside Sunday evening, July 15, through Friday morning, July 20. We likely will welcome four camp counselors to St. John's for our day camp. For more information about hosting a camp counselor, please contact Alicia (akarwal@stjohnsdsm.org).

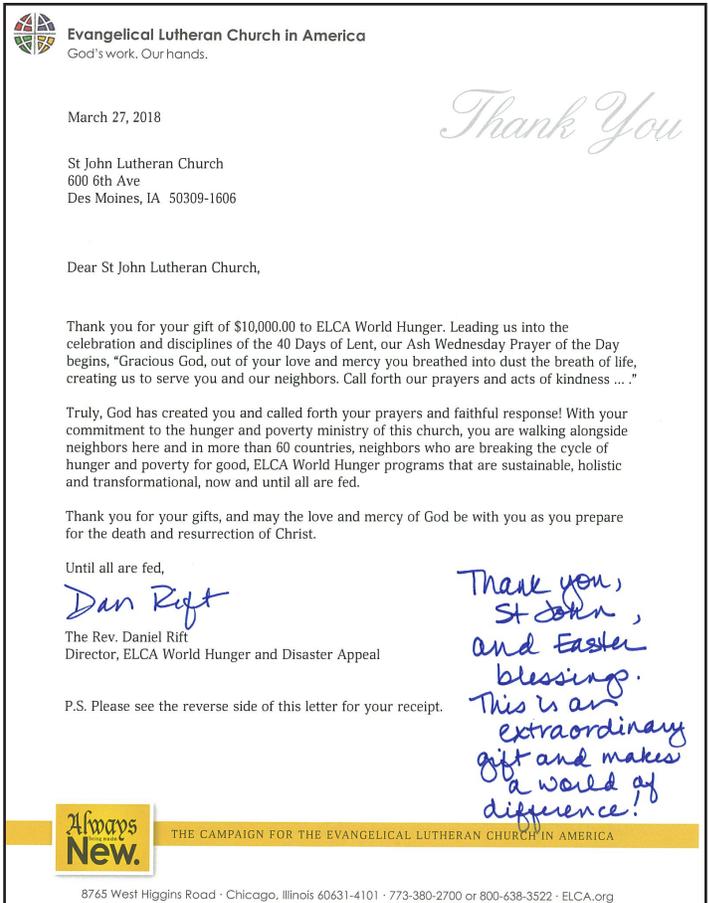


Volunteers Needed!

Volunteers from St. John's are a vital component of our VBS programming! Adults, as well as youth, are encouraged to volunteer. Volunteer hours each day will be from approximately 8:15 a.m. to 2:45p.m. It promises to be a fun-filled adventure in faith and fellowship! A volunteer orientation will be held Sunday, July 15, at 5:30 p.m. If you can commit to helping on any of the dates (see above), contact Alicia Karwal (akarwal@stjohnsdsm.org).

Thank You!

At the end of March Pastor Rachel received this letter from ELCA World Hunger acknowledging and thanking the St. John's Community for their gift.





Small Groups

by Darla Stiles

Quilting: Tuesdays, May 1, 8, 15, 22 and 29, 9:30 a.m., Room 308 at church.

Christian Involvement: Tuesday, May 1, 6 p.m., potluck, Jacquie Warming's home.

Yoga: Thursdays, May 3, 10, 17, 24, and 31, 5:45 p.m., Fireside Lounge at St. John's.

WIRED Cooking: Friday, May 4, 7 to 9 p.m., wine-tasting, Karen Zaabel's house.

Mah Jongg: Mondays, May 7, 14 and 21, 6 p.m., Neumann Hall or Smokey Row patio (weather permitting).

Celebrating Katy: Thursday, May 10, 7 p.m., Firetrucker Brewery.

EAGLES: Friday, May 11, tour of Des Moines University (time to be announced later).

Lunch Bunch II: Wednesday, May 16, 12:30 p.m.

Lunch Bunch I: Thursday, May 17, 11:30 a.m.

Gardening: Thursday, May 17, 6:30 p.m., Weertz Fellowship Hall at church; "Fertilize Your Creativity," by Tina Krug, Red Fern Landscape Design.

St John's Social Club: Saturday, May 19, 6 p.m., BBQ and potluck, Bill and Darla Stiles' house; singer-guitarist Rob Lumbard will entertain.

Photography: Sunday, May 20, 11:15 a.m., Neumann Hall at St. John's (Theme: Reflections).

Recreational Reading: Wednesday, May 23, 4:30 p.m., Rose Holm at St. John's.

Next Adventure: Date and time to be announced. Watch for details.

Keep up to date with all events by subscribing to our weekly email newsletter (sign up on the homepage of our website) or keep an eye on www.stjohnsdsm.org/news

Quilting will meet on Tuesdays, May 1, 8, 15, 22 and 29, at 5:45 p.m. in Fireside Lounge. Cost is \$10 each Thursday or \$100 for the 11-week session. If you can attend or have questions, contact Corrine Lambert (callingwisdom1@hotmail.com).

WIRED Cooking will meet on Friday, May 4, from 7 to 9 p.m. at the home of Karen Zaabel for a wine-tasting. Please bring a bottle of wine and a plate of hors d'oeuvres. RSVP to Karen (kzaabel@msn.com).

Mah Jongg will meet on Mondays, May 7, 14 and 21 (no Mah Jongg on Memorial Day, May 28), at 6 p.m. in Neumann Hall at church or, when the weather is nice, at the Smokey Row patio. Questions? Contact Judy Latessa (jlattessa125@gmail.com).

Celebrating Katy is a new group that will meet monthly at local micro-breweries to celebrate the hospitality of Katharina von Bora, a home brewer who was the wife of Martin Luther. This month the group will gather at Firetrucker Brewery on Thursday, May 10, at 7 p.m. All are welcome! If you have questions about this group, contact Rod Snavelly (494-3178).

EAGLES will meet on Friday, May 11, at the Des Moines University for a tour. Watch the bulletins for more details.

Lunch Bunch II will meet on Wednesday, May 16, at 12:30 p.m. All are welcome. If you are interested in joining the group for lunch on the third Wednesday of each month, contact Barbara John (279-5089).

Lunch Bunch I will meet on Thursday, May 17, at 11:30 a.m. All are welcome. If you are interested in joining the group, call Karen Schoenenberger (276-8730).

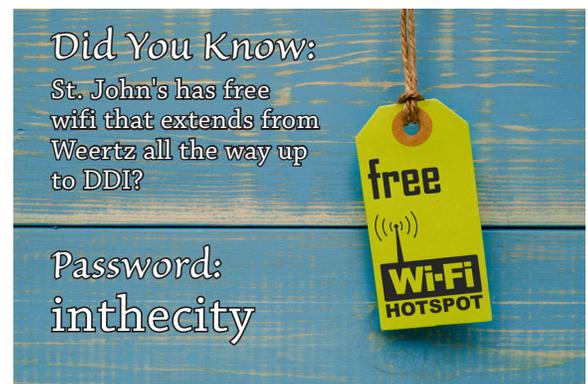
Gardening will kick off the season on Thursday, May 17, at 6:30 p.m. with a speaker, Tina Krug from Red Fern Landscape Design. She will speak in Weertz Fellowship Hall on "Fertilizing Your Creativity." Join us to get ideas for your garden and bring friends! The Gardening Group 2018 schedule is printed and in the Welcome Center in the church office/ lounge. Feel free to pick one up.

St. John's Social will gather for a BBQ and potluck on Saturday, May 19, at 6 p.m. at the home of Darla and Bill Stiles. The Stiles will provide the BBQ meat and beverages. Please bring a side dish to share. Rob Lumbard, singer, guitarist and songwriter, will entertain. If you are able to attend, RSVP to Darla Stiles (darlastiles@mchsi.com).

Photography will meet on Sunday, May 20, at 11:15 a.m. in Neumann Hall at church. The theme for this month is reflections, and all are welcome.

Recreational Reading will gather on Wednesday, May 23, at 4:30 p.m. in Rose Holm at St. John's for a book discussion. We are reading *Bring on the Blessings*, by Beverly Jenkins. If you have questions, contact Carol MacDonald (caroljomac@gmail.com).

Next Adventure event will be announced later. Watch the church bulletins for announcements.



Youth Ministry

By Maggie Evans

Graduate Recognition Sunday, May 20

On Sunday, May 20, at the 10 a.m. service, we will recognize and celebrate our graduating seniors! In many ways, you have all helped teach these students what it means to live a life of faith. Please share your continued support, prayers and good wishes by joining us for the graduation-recognition service and cake reception.

End-of-Year Youth Celebration Wednesday, May 23

All students in Grades 6-12 and their families are invited to Pastor Bob Speirs' house on Wednesday, May 23, from 5:30 to 8 p.m. for an end-of-year celebration. We will have dinner, lawn games and a chance to sit around and socialize. If weather allows, the swimming pool will be open for business. Please bring a side dish or dessert to share. RSVPs are appreciated.



Summer Youth Pre-Trip Meetings

Boundary Waters Meetings

- **Sunday, May 20:** 11 a.m. to 1:30 p.m., Do Drop In (DDI)
- **Sunday, June 3:** 11 a.m. to 4 p.m., offsite somewhere (We will gather at church at 11 a.m. A few drivers are needed for this; please let me know if you are available.)

Sunday, July 15 - 11a.m. to 1:30 p.m., DDI

ELCA Youth Gathering Meetings

- **Sunday, May 20:** 5 to 7 p.m., Neumann Hall
- **Sunday, June 24:** 11 a.m. to 1 p.m., Neumann Hall



Capstone Projects

St. John's third-year confirmation students are off and running with their capstone projects. Please keep an eye out for information about the confirmation capstone projects and how you can help. Our first event is coming up soon. Please take a moment to read through Sam Benschoter's capstone project information (next paragraphs) and request for support. Then sign up to participate in Sam's fundraising event on Monday, May 28!

My name is Sam Benschoter. As a final step in my confirmation process, I want my capstone project to relate to something I enjoy, physical fitness. I also want it to benefit military veterans because my father, grandfathers and godfather are all veterans. So all (age 15 and older) are invited to Farrell's SouthSide Memorial Day Kick-a-Thon from 8:30 to 11 am. Cash donations will be accepted for the Puppy Jake Foundation (PJF). PJF trains service dogs to assist wounded military veterans. Please help me raise money for veterans on Memorial Day, so we can give back to those who have given us so much.

Farrell's SouthSide is located at 4230 Fleur Dr., Suite B. Please arrive 10 minutes early to complete paperwork and receive loaner gloves. If you have questions or can't attend but want to make a cash donation to PJF, please email Michelle Benschoter (michellebenschoter@extremebodys shaping.com).



Save the Date:

"Picnic at the Beach"

by Darla Stiles

An all-congregational event, "Picnic at the Beach" will be held on Sunday, June 10, at 1 p.m. at Big Creek State Park north of Saylorville Lake. There will be a picnic, lawn games, sand-castle construction and an opportunity to rent kayaks, canoes, pontoons, paddle boats, etc. Put the date on your calendar and plan to attend. You won't want to miss this!

Hospitality & Outreach

By Katie Tippins

Permission to Do Nothing

A friend recently said she wanted to talk about 'niksen.' When she said it I immediately thought 'Nixon' and wondered why she'd bring up his name! She wasn't! She'd recently read about the Dutch concept of nixsen, which is the art of doing nothing. It's been said that nixsen is the counterpart of "making yourself useful." How many times have we all been instructed to do just that?!

I know people who have made themselves so useful they've gotten sick, depressed, withdrawn from family and friends. Too much stress does not bode well. Something within us is going to snap if we don't slow down. If not done voluntarily, something will FORCE it upon us. Not a good option.

In our tech-heavy, fast-paced world, we are continually bombarded with information and connected to our devices – a media-communication umbilical cord, if you will. We can't miss a text or a call. There are frequent checks of the news to see what we've missed. (You know, we did survive just fine, maybe better, before we had this option.) To my way of thinking, it's an addiction. It's not natural and not healthy. It crept up on us insidiously. One day we didn't have access to it. The next day it was a bright shiny new toy to be explored. Now, we are drowning in it.

We seem to think that downtime is totally unacceptable. If we're not DOING something and being productive, we're failing someone or something. Idle time is not permitted.

So, how do we put on the brakes? How do we give ourselves permission to, not only "unplug," but also allow ourselves the time to renew and regenerate? We're not being lax nor lazy. It's necessary for our spiritual, emotional and physical health.

The Old and New Testament both address this:

"He restores my soul. He leads me in right paths for his name's sake." Psalm 23:3

"Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." Isaiah 40:30-31

"Restore us to yourself, O Lord, that we may be restored; renew our days as of old." Lamentations 5:21

"Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God – what is good and acceptable and perfect." Romans 12:2

"That, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth." Ephesians 4:22-24

"He saved us, not because of any works of righteousness that we had done, but according to his mercy, through the water of rebirth and renewal by the Holy Spirit." Titus 3:5

These are a few of God's words of guidance. We needn't feel guilty about taking time for renewal. We're not machines. We are beings created by God with thoughts, hopes, dreams and fears that affect our bodies and souls. Our psyche is fragile as, ultimately, are our bodies – comprised of bones, blood, ligaments, tendons and organs. Long-term stress can affect our mental and physical health.

Let's take time to let God heal us in all our aspects of being. Give yourself permission and take the time.

As coordinator of hospitality and outreach, I am available to discuss joining St. John's, volunteer opportunities and connecting you with like-minded people who have shared interests – whether they be service, social and/or spiritual. Contact Katie (katiet@stjohnsdsm.org or 243-7691).



Thanks for Helping

By Robert Luke

"I would like to take this time to thank you for your generous donations for my Eagle Scout project. With your generosity, I was able to surpass my goal and made over 220 personal-hygiene bags that the Central Iowa Shelter and Services organization is passing out.

"Also, we were able to buy enough food and make several dishes for the meal on Feb. 18. My volunteers helped make three large casseroles, a large fruit salad, one large tray of lettuce salad and three cake pans of brownies. Your donations went a long way.

"Thank you again for all the donations and support as I earn my final rank of Eagle."

Sincerely,
Robert Luke
Troop 96, Urbandale, Iowa

The Arts at St. John's

By Beth Ann Edwards

Young Handbell Ringers Take to the Road!

Summer brings two opportunities for young musicians to travel. Kisasa musicians, Grades 3-6, head to Omaha, Nebraska, to attend the Handbell Musicians of America Area 8 YouthFest. This event takes place Thursday through Saturday, June 28, 29 and 30. Fourteen ringers (and seven adults) from St. John's will join youth from a five-state region as they participate in massed ringing; take classes on musicianship, rhythm and ringing techniques; and take part in a concert on Saturday morning. Water park fun and a trip to the Omaha Zoo are also on the agenda.



The Youth Handbell Choir, with members in Grades 7-12, will travel to St. Louis, Missouri, Friday through Sunday, July 6, 7 and 8. They will be hosted by Webster Gardens Lutheran Church. The trip will include handbell rehearsal time and sharing music in worship at the host church. The 12 ringers and five adults will explore St. Louis and visit the zoo, art museum, Gateway Arch, City Museum, and the world-famous Ted Drewes Frozen Custard stand.

These road trips offer an opportunity to grow musically while strengthening ties with church family. St. John's generously provides support with prayers and finances. Because of the plant-sale fundraiser, scholarships can be awarded to all who ask, and chaperone registrations for the Kisasa trip are covered. Additional donations will help defray additional trip expenses. Please designate "Youth Handbell Trips" for any donations you can provide.

Music of Mozart on May 6!

Welcome spring with the music of Mozart and his contemporaries on Sunday, May 6, at 11:15 a.m. following the 10 a.m. worship service. St. John's String Scholars will perform Giuseppe Tartini's *Sinfonie in A, Movement 1*. High School senior Nathan Joy will join the String Scholars in performing two movements of *Concerto in B-flat Major, K. 19*, by Wolfgang Amadeus Mozart. Nathan will graduate from Southeast Polk High School in May and will head to the University of Northern Iowa this fall to major in music. The program year's String Scholars have been Adrienne Stratton, violin, Katie Schulz, violin; Vaughn Hommerding, viola, and David Ryu, cello.

Music at the 10 a.m. worship service on May 6 will include Cathedral Choir, Susie Stageberg, soprano, and String Scholars presenting Mozart's *Laudate Dominum*. The newly formed St. John's Youth Vocal Choir will sing Michael Praetorius' *We Will Praise You*. Guest keyboardist Dr. Joby Bell will offer Mozart's *Sonata in D, K. 311* for piano as the prelude and the *Allegro in F* for organ, as the postlude.

Fine Arts Patron Party Sunday, August 26

Save the Date for the Fine Arts Patron Party! The annual Fine Arts Patron Party, hosted by the Arts Visioning Team, is scheduled for Sunday, Aug. 26, from 4 to 6 p.m. The event will take place at the Iowa State Bar Association headquarters at 625 East Court Ave. This newly renovated facility, built in 1902 as the Des Moines Western Railway Freight House, is on the National Register of Historic Places.

Artist of the Month: ASAP Celebrates 10 Years

Begun in the fall of 2007 as an outreach ministry here at St. John's, ASAP offers quality after-school enrichment programming in visual, musical/performing, literary, dramatic, culinary and other applied arts for select 1st through 8th graders attending Des Moines Public Schools. ASAP works to ensure that its students' arts education is both deeply and broadly enriched through their participation in the program. Art studios and learning opportunities are now held in schools, public parks, libraries, and community centers. connecting underserved 1st-8th graders in the heart of the city of Des Moines, Iowa, with challenging, enriching arts experiences. ASAP provides quality instruction in a broad range of arts, all supplies, exhibition/performance experience, and one-on-one attention from caring adults.



The Artist of the Month schedule for 2018-19 is in the process of being developed. If you, or an artist you would like to recommend, might be interested in exhibiting in the Weertz Fellowship Hall gallery, please contact Beth Ann Edwards (bethann@stjohnsdsm.org).



Midweek Music Series Concludes with Foxtrot Hotshots

The final Midweek Music Series performance on Wednesday, May 2, features the Foxtrot Hotshots with John Benoit. Please join us as they close the program year in true New Orleans jazz style! The concert begins at 12:05 p.m. in the Sanctuary and is free and open to the public. A light lunch, priced at \$6 per person, is served at 12:35 p.m. following the performance. Thank you for your patronage and support of this series. The 2018-19 Midweek Music Series schedule will be announced this summer.

St. John's Lutheran Church
600 Sixth Avenue
Des Moines, Iowa 50309-1606
515-243-7691

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Serving at Central Iowa Shelter & Services

On the 18th and 19th of each month St. John's prepares and serves meals at the shelter. If you would like to help prepare, serve or donate to this wonderful ministry located in the heart of downtown Des Moines, please call 243.7691 or e-mail Katie at katiet@stjohnsdsm.org.



EAGLE CALL DEADLINE

The next deadline for all Eagle Call content is **noon on May 21**. Please send articles in digital format to Scott LaBlanc, scottl@stjohnsdsm.org. If you are unable to send it by e-mail, drop it off at the church office.

Thank you!