



the Eagle Call

Volume 51, Number 9 | September 2019

September at St. John's!



Worship

Saturday

5:00 pm

Sunday

8:00 am
10:00 am

Radio Broadcast

Praise 940 AM
Sunday Mornings
8:00 am

Scott LaBlanc
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Business Office Hours:

Monday – Thursday
9:00 a.m. – 5:00 p.m.
Friday
9:00 a.m. – 4:00 p.m.

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stjohnsdsm.org

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

Opportunities to grow in faith through classes, choirs and small groups – as well as weekly worship - abound in September at St. John's.

- **After a summer hiatus, our Wednesday evening gathering known as Beloved Community resumes on September 4th.** Supper begins at 5:30pm in Weertz Fellowship Hall (donations accepted but not required), followed by worship. Choirs (vocal and bell), confirmation classes and Bible study for adults commence at 6:30pm. (See articles inside for details.)
- **Sunday morning education for all ages resumes on Sunday, September 8th.** Ann Strom, Director of Children's Ministries, has designed a fun Rally Day event for children ages 3 through 5th grade beginning at 8:45am, centered on the Season of Creation. Our youth will present a review of their summer trips - to Lutheran Lakeside, Milwaukee and the Boundary Waters - that morning at 9am in Weertz Hall.
- **And one of my favorite events happens on Sunday, September 15th,** when we help parents of our children keep their baptismal promises to "place in their (child's) hands the Holy Scriptures" by giving new Bibles to our 3-year-old and third grade Sunday school classes and (this year) both sixth and seventh grade confirmation students. Your faithful – even legendary - support of the children and youth of St. John's makes this gift of the Word possible and has a life-long impact.

For a complete schedule of classes, choirs and activities resuming in September, please go to our website, www.stjohnsdsm.org or feel free to call, 515-243-7691.



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A Word From Our Pastor

by Pastor Rachel Thorson Mithelman



Every three years, our denomination, the Evangelical Lutheran Church in America, holds what is called a Churchwide Assembly where voting members elected from all 65 synods gather to elect leadership, adopt budgets, and - most importantly - worship, pray and consider God's mission for the ELCA. The Assembly was held in early August this year, in Milwaukee, WI. Many items of business were considered, Bishop Elizabeth Eaton was elected to a second term as the Presiding Bishop and a new General Secretary was elected as well. The action of the assembly that got the most press, however, was the vote to declare the ELCA a **sanctuary denomination**. We are the first North

American denomination to declare itself a sanctuary church body, boldly witnessing to God's call to welcome the stranger and love our neighbor. But to ask a very Lutheran question, "What does this mean?" A communication that we received shortly after the assembly offers some basic explanation:

- In its simplest form, becoming a sanctuary denomination means that the ELCA is publicly declaring that walking alongside immigrants and refugees is a matter of faith. That is, when we preach on Sunday that Jesus told us to welcome the stranger, we will honor that call - in word and deed - on Monday.
- Being a sanctuary denomination does not call for any person, congregation or synod to engage in any illegal actions.
- We have a broken system regarding immigration, refugees and asylum-seekers. To declare ourselves a sanctuary church body is to say that we seek to provide concrete resources to the most vulnerable who feel the sharp edges of this broken system.
- Being a sanctuary denomination will look different in different contexts. Congregations are not mandated to respond in specific ways, though many are already doing sanctuary work.
- Becoming a sanctuary denomination underscores the advocacy work that the ELCA has engaged in for many years, including strong opposition to the detention of children and families. The covenantal relationship Christ establishes with us in baptism commits us to "strive for justice and peace in all the earth."
- Becoming a sanctuary denomination is not about politics, but is a matter of faith.

The ELCA will continue to enrich the meaning of this bold declaration in the months to come. I can tell you, however, of a youth group that fulfilled the meaning of being a sanctuary for the most vulnerable as part of their yearly summer mission trip...

Our daughter, Constance, serves as a Youth Minister for two congregations in Encinitas, CA - one an ELCA church and the other Episcopal- located across the street from one another. In August, approximately 40 youth and chaperones from both congregations participated in a week-long experience with the Border Servant Corps, based in an ELCA congregation in Las Cruces, NM. During that week they listened to the often heart-breaking stories of migrant families, visited immigration court, spoke with immigration judges and immigrant advocates - and visited with children through the border wall in El Paso. And it was the photos from the wall, printed here, that spoke



most powerfully to me. In the first image on the previous page, you can see hands playing a game through the slats of the wall, hands belonging to beautiful, precious children of God, not “enemies.” And in the other, pictured below (though it’s hard to see), a happy game of catch is played after a little Mexican boy rolled a ball under the wall to the teenagers on the other side. Such care, such joy, such abandon and acceptance – that is being a sanctuary church.



Youth Ministry

By Maggie Evans

September Youth Notes

- Confirmation class kicks off Wednesday, Sept. 4, with our first Mosaic night of the year. We will meet in Weertz Fellowship Hall at 6:30 p.m. for crafts and games with our friends from Mosaic.
- Please join us in Weertz Fellowship Hall on Sunday, Sept. 8, at 9 a.m. for the summer youth presentation during the adult-education hour. (All summer youth-activities participants and chaperones should gather there at 8:45 a.m.)
- Lutheran Study Bibles will be presented to all 6th- and 7th-graders on Sunday, Sept. 15, at the 10 a.m. service. Parents and students will be asked to come forward during the service to receive their Bibles.

September Youth Highlights

Did you know our church was at the Iowa State Fair this year? Samantha (Sammi) Harris, a Roosevelt High School junior and a recently confirmed (2018) member of St. John's, had three photos displayed – one was of St. John's! I asked Sammi a few questions about her road to a blue-ribbon photograph at the Iowa State Fair:

Q: How long have you been interested in photography?

A: I've been interested in photography since I was very little, probably about 5-years-old (Kindergarten).

Q: What is your favorite type of subject to photograph?

A: My favorite subject to photograph is people. I love taking portraits, which is why it meant a lot to win first-place in the people category this year.

Q: Is this your first time entering a photograph at the Iowa State Fair or any competition?

A: This is my second year entering the fair. Last year I submitted four photos but only had one shown. This year I submitted four and three were shown. I received first place in the people category, honorable mention in the plant category, and my third photo (the one of St. John's) was shown but received no award. I have only entered my photos in the Iowa State Fair but hope to branch out and enter more in the next two years.

Q: Do you plan to pursue photography professionally?

A: I plan to continue photography as a hobby when I grow up. I want to pursue my passion through college and my adult life even if it isn't my main career focus.

Q: Do you work with photography at school?

A: I have never taken a photography course in school or outside of school, but I shoot many school events and use my photography for class assignments.



Prepare for Worship

By Michael Elsbernd

Sept. 1 – Season of Creation – Storm

Readings: Job 28:20-27; Psalm 29; 1 Corinthians 1:21-31; Luke 8:22-25

Today we worship with the storm, singing with the winds, the clouds and claps of thunder. Surrounded by the fierce expressions of these elements, we become aware of God's powerful presence revealed in nature. We also witness the powerful presence of Jesus in the stillness after the storm and trust in his promise to guide us through troubled waters.

Hymns: "Wade in the Water" (459); "We Sing to You, O God" (791); "God of Tempest, God of Whirlwind" (400)

Sept. 8 – Season of Creation – Universe

Readings: Proverbs 8:22-31; Psalm 104:24-26; Colossians 1:15-20; John 6:41-51

With the entire universe, we celebrate the vastness of God's ever-expanding creation. The spiritual presence that permeates the universe connects each of us here upon the earth. This profound spiritual presence can be understood as God's wisdom. The hymns selected for today help us to resonate with the music of the celestial spheres, praising their Creator as they move throughout space and time.

Hymns: "Earth and All Stars" (731); "As the Grains of Wheat" (465); "God, Who Stretched the Spangled Heavens" (771)

Cathedral Choir: "The Heavens Are Telling," from The Creation by F.J. Haydn

Sept. 15 – Time after Pentecost – Lectionary 24

Readings: Exodus 32:7-14; Psalm 51:1-10; 1 Timothy 1:12-17; Luke 15:1-10

God's desire to find and welcome those who are lost back into the fold gives us comfort and reassurance. No matter how far we stray, we learn in Luke's Gospel that "there is joy in the presence of the angels of God over one sinner who repents" (Luke 15:10). In the Old Testament lesson, Moses asks God to have mercy on the Israelites in spite of their sinfulness. In the letter to Timothy, we learn that God's mercy can find even the least worthy among us.

Hymns: "Immortal, Invisible, God Only Wise" (834); "Lord Jesus, You Shall Be My Song" (808); "Come, Thou Fount of Every Blessing" (807)

Cathedral Choir: "Come, Thou Fount of Every Blessing," arranged by Kenneth Dake

Sept. 22 – Time after Pentecost – Lectionary 25

Readings: Amos 8:4-7; Psalm 113; 1 Timothy 2:1-7; Luke 16:1-13

God generously provides all that we need. Throughout the readings today, we are asked to think about what it means

to be managers of all that has been given to us. Jesus tells a story of a dishonest man who cheats his employer and yet is commended by him for acting shrewdly. In the lesson from First Timothy, we are reminded that we are bought with a price, "Christ Jesus, himself human, who gave himself a ransom for all." (1 Timothy 2:5)

Hymns: "Lord, Speak to Us, That We May Speak" (676); "Take My Life, That I May Be" (583); "We Are Called" (720)

Cathedral Choir: "Be Thou My Vision," arr. by Alice Parker

Sept. 29 – Time after Pentecost – Lectionary 26

Readings: Amos 6:1a, 4-7; Psalm 146; 1 Timothy 6:6-19; Luke 16:19-31

How we use our resources to care for those around us is an important aspect of good stewardship. The prophet Amos declares that Israel's wealth is not cause for rejoicing but for sorrow because God's people have forgotten how to care for the poor. In Luke's Gospel, Jesus tells a parable in which the poor are lifted up and the rich one is sent away with nothing.

Hymns: "Praise to the Lord, the Almighty" (858); "Lord, Whose Love in Humble Service" (712); "For the Beauty of the Earth" (879)

Cathedral Choir: "Fight the Good Fight," by John Gardner

Small-Group Dinners

sponsored by the Arts at St. John's

September 27-28-29 & October 4-5

Two ways to participate:

1. Host

- Choose a date and set the time
- Determine the number of guests you can host
- Contact Beth Ann or an AVT member to make sure your dinner is included on the list
- Choose a theme, if desired
- Choose a menu, prepare and serve dinner
- Invite guests, and/or host people who sign up

2. Attend

- Sign up to attend a small-group dinner. Choose a host, or ask to be assigned as space permits.
- Attendees are asked to give a free-will donation to support the Arts at St. John's. All donations are voluntary, and are tax-deductible.

Questions?

Contact Beth Ann Edwards (515.490.9408 mobile or bethann@stjohnsdsm.org)

Small Groups

By Amanda Landers-Each

Mah Jongg: Mondays, Sept. 9, 16, 23 and 30, 6 to 8 p.m., Neumann Hall, St. John's Lutheran.

Quilting: Tuesdays, Sept. 3, 10, 17 and 24, 9:30 a.m., Room 308.

Celebrating Katy: Thursday, Oct. 3, 7 p.m., Fox Brewing, 103 S 11th St., West Des Moines; Nov. 7, Uptown Garage Brewing Co., 305 SW Walnut St., Ankeny; Dec. 5, KRAM-PUSNACHT, Hessen Haus, 101 SW 4th St., Des Moines. This group celebrates Katharina von Bora, wife of Martin Luther who was a home brewer. All Celebrating Katy gatherings are on Thursdays at 7 p.m. at local breweries. For questions, you can email, text or call Rod Snavely (celebratingkaty@gmail.com or 515-494-3178).

YoPro (Young Professionals of St. John's): Tuesday, Sept. 17, 5:50 to 7:30 p.m., DSM Brew Coffee Co., 300 W. Martin Luther King Jr. Parkwy, Des Moines. YoPro is a social opportunity to share tea, coffee and libations with people who are interested in exploring and discussing the challenges, opportunities and issues of the 21st Century. (Beverages and food may be ordered and paid for by each participant.)

What is YoPro? This group is for single and married young professionals, who are interested in growing community among each other and our church. This group discusses ways to maneuver life in faith, positively and constructively, with like-minded individuals. This group is open to all genders, races and interests, so bring ideas and open minds to respectfully engage with others. All professionals in all fields are welcome!

Lunch Bunch I: Thursday, Sept. 19, 11:30 a.m. Lunch Bunch I meets the third Thursday of each month. All are welcome! Our September coordinator is Sue Ging (515-210-0826); October coordinator is Mitzie McCloskey (515-277-0826); November coordinator is Blanca Hanson (515-254-0750). If you have questions regarding this group, please contact Mary Liechty (hoganmary2@msn.com).

Lunch Bunch II: Wednesday, Sept. 18, 12:30 p.m. Lunch Bunch II meets the third Wednesday of each month. All are welcome! If you are interested in this group or require additional information, please contact Anne Moeller (akase1957@msn.com or 515-277-7339).

St. John's Social Club: Saturday, Sept. 21, 2 p.m., White Pole Road trip. Meet in the southwest parking area of Valley West Mall. Where did the "Give 'em ..., Harry" phrase originate? Where was the first train robbery? Join us as we explore the route of this early highway, visiting five small towns along the way. We will share interesting events and sights as we follow this old auto route westward. We will carpool to the towns, potluck picnic at the end, then return to Des Moines. Travel time is about an hour each way, and we will allow two to three hours for touring. So that we can plan our picnic, RSVP by Monday, Sept. 16, to Jean Williams (rwilli1195@aol.com or 277-9120).

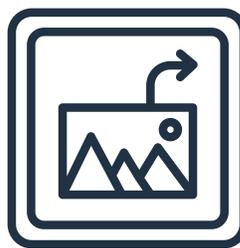
EAGLES: Friday, Sept. 13, 9:30 a.m., Blank Park Zoo. Meet at zoo entrance. We will have lunch together at 12:30 p.m. (If 15 or more sign up, the cost will be \$8 each. Otherwise the price will be \$11. (Pay at event.) Coordinator for this event is Barb Hyler. October Ragtime in Randell, coordinator Don Brekke; November (Thanksgiving) Veterans Band Concert at DMACC, coordinator Carol Dittmer. (More details about these events to come.) For additional questions, please contact Amanda Landers-Each (alanderseach@stjohnsdsm.org).

Scrapbooking/Card-Making: Saturday, Sept. 28, 10 a.m. to 2 p.m., Room 8. All are welcome to join a fun group for as long as they like on the fourth Saturday each month. Bring your project, supplies and ideas to share. If you have questions, contact Delaine Marker (gramsmkr@hotmail.com or 515-238-0094).

Wired Book Discussion: Thursday, Sept. 12, 6 p.m., home of Mary Ritchie, 2014 Cedar Dr., West Des Moines. Bring an hors d'oeuvre to share. Author Carol Bodensteiner will be joining us for the discussion of her novel, *Simple Truth*. This is a book discussion you won't want to miss. The deadline for RSVPs is Thursday, Sept. 5. If you will be joining us, contact Mary Ritchie (ritchiem82@gmail.com). Or, if you have questions, contact Deb Donald (DDonald126@aol.com).

WIRED Fall Nature Retreat: Sunday, Oct. 6, 11:30 a.m. to 5:30 p.m., Walnut Woods Lodge, Walnut Woods State Park, 3155 SE Walnut Woods Dr., West Des Moines. A day of reflection, renewal and growth while enjoying the beauty of God's creation in nature. Sandwiches and chips will be provided. Please bring a side dish or dessert to share and your beverage(s) of choice. Water will be provided. Cost: \$15. The day will include a speaker, crafts or pottery lead by Deb Anderson, and hiking! Our speaker is Ed Slattery, an environmental engineer, who will talk about local water-quality issues and some of the efforts currently underway to improve the quality of Iowa water bodies. Water is essential for life and a frequent theme in the Bible. REGISTER at stjohnsdsm.org/event/wired2019fallretreat. For more information or questions, contact Amanda Landers-Each (alanderseach@stjohnsdsm.org).

As Christian Involvement Coordinator, I am available to discuss all our small group opportunities and look forward to connecting with you and hearing your ideas! Contact Amanda (alanderseach@stjohnsdsm.org or 243-7691).



Insert Picture

Every person connected to St. John's has a unique perspective and experience. As you find yourself at St. John's events or when you're with other members of St. John's consider sharing your perspective and your experience. Take a picture, capture the moment and send the image to photos@stjohnsdsm.org.

Children's Ministry

By Ann Strom

Hello!

My name is Ann Strom, and I am the new director of children's ministry here at St. John's. I have been a member of St. John's my entire life and have loved volunteering in many different ways with the children's and youth ministries here. I graduated from the University of Northern Iowa with a degree in elementary and early childhood education and am a preschool teacher in Des Moines.



I am excited to help our kids grow in their faith and community. Please feel free to reach out to me with any questions or to introduce yourself. My email is astrom@stjohnsdsm.org.

Rally Sunday

You are invited to Rally Sunday on Sept. 8 from 8:45 to 9:45 a.m. This is a family event ... ALL ARE WELCOME! Please join us in Fireside Lounge for the start of our activity. You also will be able to register your child for Sunday School, learn about our schedules for the program year, and preview the Spark curriculum and Bibles that will be used for Sunday School classes.

This year's theme is creation and will follow the four themes our pastors have been preaching on during Creation Season. Children and families will explore the ocean, animals, storms and universe through many different activities in the Sunday School classrooms.

I will be in Fireside Lounge to meet and greet families and answer any questions. Please introduce yourselves and your children! While I know many of you, I am excited to get to know ALL of you!

Sunday School

The first day of Sunday School is Sept. 15. All children, ages 3 through fifth grade are invited to participate in Sunday School each week from 8:45 to 9:45 a.m. Children in first through fifth grades begin in Classroom 205, while the younger students begin in their assigned classrooms on the ground floor. Preschool meets in Room 6, and Kindergarten meets in Room 7. Please remember that you will need to sign your child in and out of their Sunday School classroom each week.

Sunday School Volunteers Needed!

Are you able to help out with Sunday School once or twice a month? A teacher's guide, along with plans for games and crafts are provided for every lesson, which allows for easy planning at every age level. Please consider sharing your

faith, time and gifts as a volunteer in Children's Ministries. If you are willing to volunteer or have questions, contact Ann Strom (astrom@stjohnsdsm.org).

Our Whole Lives

During Rally Day there also will be a table where you can register your 4th or 5th grader for Our Whole Lives: Elementary Edition, which will begin Sunday, Sept. 15, during the Sunday School hour in Room 307. All 4th and 5th graders are invited to participate. Stop by the Fireside Lounge to learn more.

Presentation of Bibles

On Sunday, Sept. 15, during the 10 a.m. service, Bibles will be presented to all 3-year-olds and 3rd graders. You and your child are invited to attend worship when you will be called up to the altar for a special presentation, as the word of God is placed in the hands of our St. John's children.

Photos from VBS 2019



Sunday Morning Education Forum

by Pastor Bob Speirs

St. John's Sunday morning Education Forum meets weekly from Sept. through mid-May in the Neumann Conference Room, located on the first floor across from the Chapel. Coffee and snacks are provided. All are welcome. Please join us.

Sept. 8: Summer Youth Trips 2019. Director of Youth Ministry Maggie Evans and Director of Arts, Handbells and Youth Choirs Beth Ann Edwards.

This past summer our young people of St. John's and our fine chaperones, had the great opportunity, to travel to Lutheran Lakeside Bible camp, Spirit Lake, Iowa, to Fox Point Lutheran Church, in Milwaukee, Wisconsin, and Grand Marais, Minnesota, to the Boundary Waters Canoe Base. Whether it was spending a week at Confirmation camp at Lutheran Lakeside, playing the Hand bells at worship in Milwaukee and then participating in service projects in Milwaukee or enjoying the great outdoors at the Boundary Waters Canoe Base, our young people had life enriching experiences they won't soon forget. Please join us to hear from our youth, their insights and the highlights of these summer trips. This forum will be held in Weertz Fellowship Hall.

Sept. 15: How to Make a Lasting Charitable Contribution to St. John's, St. John's Treasurer Matt Busick and President of St. John's Foundation Jacque Warming.

Attend this session to explore ways to contribute to St. John's more tax efficiently than ever before. We'll explain how to give directly from your IRA so that the IRS makes part of your contribution. We'll discuss the difference between giving to St. John's and giving to St. John's Foundation. We'll explore why both types of gifts are critically important to St. John's and how you can smartly plan to do both by taking the long view.

Sept. 22: Companion Parish Team Report, Carol Fisher and the Companion Parish Team.

We will bring an updated report on our relationship with the people of Mramba Parish and the latest projects and initiatives we are working on together.

Sept. 29, Oct. 6, Oct. 13 & Oct. 20: Confirmation Capstone Projects, confirmation students.

As we have done over the past six years, our confirmation students, who will be confirmed on Reformation Sunday, Oct. 27, will present their Capstone Projects to our church community and will explain how their confirmation experience has helped shape their commitment to Jesus Christ. Please join us to embrace and support our young people as they grow in faith and develop a deeper understanding of what it means to be a person of faith.

Oct. 27: Thrivent Financial, Community Engagement Officer Derek Trobaugh.

While many of us who are Thrivent members equate Thrivent Financial with offering financial products, such as life

insurance, annuities, mutual funds, retirement planning and brokerage services, Thrivent also is involved in what they refer to as community engagement – their work with Habitat for Humanity and a number of other local charitable organizations. Derek will explain ways that Thrivent works through faith communities to reach out and help our neighbors in need.

Nov. 3: All Saint's Sunday (No Forum)

Nov. 10: The Life of a Palestinian Farmer, Mr. Doud Nasser.

Nov. 17: Confirmation – Then and Now, Director of Youth Ministry Maggie Evans.

The Lutheran Confirmation class design, content and age range has undergone many changes over the years. During this education hour we will discuss some of those changes, where we are now, and where trends are headed within the ELCA.

Nov. 24: Lutheran Lakeside Bible Camp, Lutheran Lakeside Bible Camp staff.

These Lutheran Lakeside staff members will talk about the ministry of Lakeside and the new and exciting programs being developed to help grow the faith of our young people, provide campers with fun outdoor experiences, and encourage participants to appreciate the beauty of God's creation.

Dec. 1: Congregational Annual Meeting (No Forum)

Dec. 8: Young Adults in Global Mission, St. John's member Amanda Speirs.

This past year Amanda served in Cholula, Mexico, with the ELCA's Young Adults in Global Missions program. Please join us for a power-point program of Amanda's experiences and ways we can continue to support this amazing ministry.

Dec. 15: Sunday School Advent Program (No Forum)

Dec. 22: Des Moines Pastoral Counseling Center, Director of Community Relations Terri Mork Speirs.

Iowa is experiencing a mental health crisis – increasing depression and suicide and fewer trained professionals and services. Every one of us is impacted. Every. One. Children, teens and adults. The underinsured are especially vulnerable. Yet emotional wellbeing is more than mental health. It also involves purpose, creativity, meaning, community, generosity, curiosity and other elements that bring us more fully alive. With more than 30 multi-disciplinary clinicians, the center offers a unique approach to mental-health counseling and education that integrates mind, body and spirit. Come and learn more about the center's mission and its history of serving the community for more than 47 years – thanks to a broad base of community support, including from St. John's.

Dec. 29: Coffee with the Council (No Forum)

Hospitality & Outreach

by Katie Tippins

Sunday Morning Coffee Hosts Needed

We all love coffee and donuts, and every Sunday morning they are available for social time in Weertz Fellowship Hall. We have some very faithful people who frequently volunteer to host. It is only through their efforts that we can continue this tradition. They offer hospitality, make sure drinks and treats are available, and answer questions, if needed. We very much need to expand our existing list of volunteers. Please consider helping; the larger the pool of volunteers, the fewer times people need to serve.



We need two volunteers each Sunday. If you're part of a couple, that's great. If not, we'll partner you with someone. Volunteers need to be here around 8:15 a.m. On the plus side, the coffee is already made; you don't have to make it. The donut holes are delivered; you don't have to pick them up. Volunteers are usually able to leave around 9:45 a.m. No dishes to do. There is a detailed instruction sheet in the Weertz kitchen for the process. It's not demanding, we simply need people to keep an eye on things and make sure all goes well. To volunteer or with questions, please contact Katie (515-243-7691 or katiet@stjohnsdsm.org).

Spotlighting Volunteers

"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another." ~ Erma Bombeck

It comes as no surprise that volunteers are the heart and soul of a church, and St. John's has a 150-year tradition of members stepping up and assisting with various ministries, events and activities. I marvel at the time, effort and resources church founders and members invested at the birth of our church. Here we are in the 21st Century, and volunteers are still essential to St. John's.

We featured some volunteers in a previous issue of the Eagle Call, and with our program year gearing up we wish to share insights from a couple more.

Liz Arthur

I love helping with Sunday School and Joyful Noise/KIDZ on Wednesday evenings (Kindergarten through Grade 2 choir) and Pre-Kindergarten through Grade 2 Bible activities! I choose to volunteer in Children's Ministry because of the children's energy and enthusiasm. Learning about Jesus and the Bible is contagious. The children have a clearer view of Jesus' love as they haven't had the filters and biases that adults develop through their life experiences. Also, I thrive in mildly chaotic environments. If you see me after Sunday School or Joyful Noise, ask me about volunteering.

Amy Wallman Madden

Life is busy and truthfully, there are times when I do some self-talk to get to church. But once I get into that classroom with those 3- to 6-year-olds, it doesn't take long to remember why my small part in Children's Ministry is selfishly so fulfilling for me. Here are a few Wikipedia-proven benefits of volunteering:



- **Volunteering helps you stay healthy.** Yes – I feel like we go through a Zumba class every Sunday with some of those action songs. I should start wearing workout gear! Looking for a Sunday morning workout? Come down to Room 205 around 9:35 a.m.
- **Volunteering increases self-confidence.** My own kids are at an age where I am embarrassing. These kids still think I am somewhat entertaining. It really does wonders for my self-confidence.
- **Volunteering provides a sense of purpose.** I honestly love it when I hear parents say their kids sing the songs that we learn at the end of the Sunday School hour. I know I find great comfort in singing and reminding myself, that yes, Jesus does love me, my quirks and all.

The above two volunteers are connected to Children's Ministry and music. As many of you know, however, St. John's has a variety of opportunities in ministry as well as outreach and service.

If you're a new member and find yourself with the urge to help and meet new people, contact Katie (243-7691 or katiet@stjohnsdsm.org).

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).

— SEPTEMBER 2019 —

DONATION
of the
MONTH

Rice
brown, arborio, wild rice

Culturally
Appropriate Food

Jasmine Rice
in large bags

DMARC
FOOD PANTRY NETWORK

In the City (and World) for Good!

by Pastor Rachel Thorson Mithelman

A good deed doesn't just evaporate and disappear. Its consequences saturate the universe and the goodness that happens somewhere, anywhere, helps in the transfiguration of the ugliness. - Archbishop Desmond Tutu

The love and mercy we show to others reflects the love and mercy shown to us by God in Christ. Opportunities to make our faith active in love abound at St. John's. Faithfulness to these long-term, as well as one-time, commitments bless the world in untold ways...

We serve the evening meal at Central Iowa Shelter & Services on the 18th & 19th of every month. This month those days fall on a Wednesday and Thursday. As a founding congregation of the Shelter, please continue your faithful support of this crucial ministry. Sign-up sheets for providing food and/or helping serve are found in the narthex. And thanks to all who provided for these meals over the summer months when many "regular" donors are often out of town.

We are very close to fulfilling our promise of a Johanna Scholarship for one woman student at Usangi Leadership & Training College in Tanzania this year. You have generously supported 15+ women training to be evangelists and parish workers over the past 10 years. As this Eagle Call goes to print, we have \$690 of the \$750 needed to provide one female student tuition, room & board and transportation money for the year. With your help, we can complete this and start saving for the student's second year. Fund will be wired to the college by mid-September.

Thanks to those who volunteered for our two Habitat for Humanity work days this summer! We were able to provide 10+ volunteers in both late June and late August. Our Facebook page has photos!

Other opportunities in the community that regularly come across my desk include:

- Des Moines Area Religious Council is always in need of volunteers in the main food pantry warehouse as well as the mobile pantries in various neighborhood. Call or google their website.
- The United Way has opportunities for volunteers to read to and with children in local schools on a weekly basis. Imagine what a gift it is to a child to have a special person come every week and focus solely on that child! Again, call United Way or go to their website.
- Finally, WesleyLife always needs volunteers for the Meals on Wheels program in Des Moines. Call 515-699-3243 for more information.

A good deed doesn't...evaporate or disappear.

LSI Update

by the Staff at Lutheran Service in Iowa

Direct Support Professionals Week

Do you know someone who is a caregiver to a loved one? It is a role that is both demanding and meaningful. During September's National Direct Support Professionals Week, we celebrate all the ways in which professional caregivers help children and adults achieve their goals and build meaningful lives.



One way LSI empowers Iowans is through our Services for People with Disabilities. From 24-hour support to occasional respite care, the LSI team lifts up Iowans with disabilities as they find the confidence and independence they need to thrive in their communities.

We thank you for your faithful support of LSI – you create so many new life-changing possibilities for children, adults, and families! If you would like to learn more about how you can support crucial programming like LSI's Services for People with Disabilities, please contact Deb Whitford, LSI director of philanthropy and church relations, at Deborah.Whitford@LSIowa.org or 563-676-2065.

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).*

Building Bright Futures

For 13-year-old Eric, the weekends he spends with his respite caregivers, Carolyn and David, have been life-changing.

Through LSI's Services for People with Disabilities, Carolyn and David provide temporary care for Iowa children, allowing their families and caregivers to take a well-deserved break. As respite care providers, they are helping kids like Eric become more active in their community and find hobbies they enjoy.

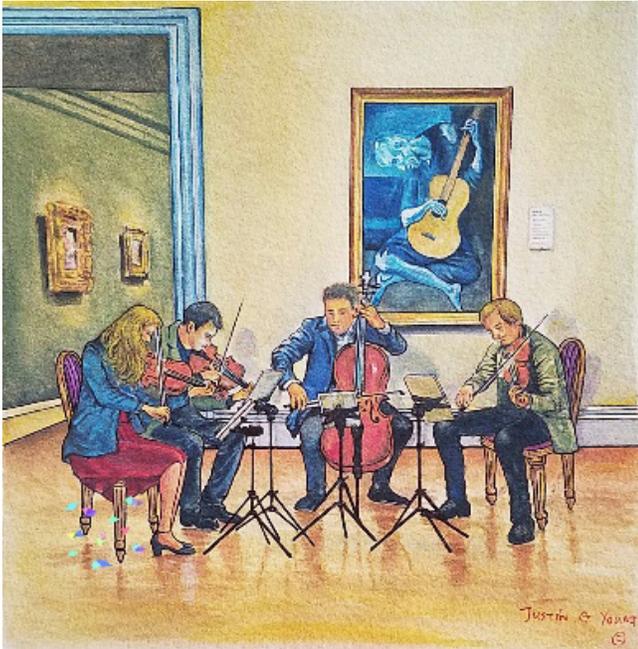
During every visit, Eric loves going to the movies, flying kites in the local park, discovering the newest video game, and playing with the family dogs. He's enjoyed learning how to play pool – especially when he wins a match against David.

His mom, Erika, says it's amazing to see her child bloom. Carolyn and David have created a space where Eric can relax, receive one-on-one care away from his siblings, and just be a kid.

"Spending time with Carolyn and David is something I know my son loves and looks forward to. As a mom, that's huge for me," Erika says. "Respite is one of the best decisions I've made for Eric. I thank heaven for Carolyn and David and for LSI."

The Arts at St. John's

By Beth Ann Edwards



September Artist of the Month: Painter Justin Young

After graduating from high school in Iowa City, Justin earned a bachelor's degree from Iowa State University. He has enjoyed painting since he was a youngster. Justin uses pastels, watercolors, acrylics, charcoal etc. in his artwork, which includes cityscapes and pet, human and architectural portraits. He enjoys creating whimsical clay Christmas ornaments and board games. After work he teaches private art lessons for children and has conducted art workshops for K-12 and college-level students. His commissioned artwork is included in private and corporate collections, and he has exhibited in Central Iowa, the Iowa State Fair, Lauritzen Gardens in Omaha and select public-exhibit spaces.

His awards include People's Choice at the Iowa Watercolor Society Art Show (2019) and the Hoyt Sherman Art Show (2016, 2018), honorable mention at the Hoyt Sherman Art Show (2008 and 2018), second place and two honorable mentions at the Iowa State Fair Fine Art competition (2016), honorable mention at the Polk County Art Show (2016) and People's Choice at the Iowa State Fair Fine Art Show (2007).

Two Invitational Art Exhibits for 2019-20 Program Year

Youth Art Exhibit: An exhibit designed for children and youth (preschool through high school) will be exhibited during the months of January and February 2020. Works of all subject matters and media, including photography, will be accepted.

Easter-themed Exhibit: Scheduled for the Easter season, an art exhibit entitled *Where Did He Go? Finding Jesus in Today's Landscape* will collaborate with the choral and orchestral Easter Oratorio by J. S. Bach, which will be performed by the St. John's Cathedral Choir and Chamber Orchestra on Tuesday, April 21, at 7 p.m. All artists are

encouraged to participate as they choose to interpret the theme. For more information, please contact Beth Ann Edwards (bethann@msn.com).

Small-Group Dinners in Homes Sept. 27-29 & Oct. 4-5

The Arts Visioning Team invites all in the St. John's community to host and/or attend a small-group dinner this fall. Several dates are available for hosts and guests to share a meal and an evening to get acquainted and socialize. Sign up by Sunday, Sept. 8, to host. Look for the guest sign-up sheets in Fireside Lounge. A few dinners will be scheduled outside of the two designated weekends (Friday through Sunday, Sept. 27-29, and Friday and Saturday, Oct. 4-5). For more information, see the poster in this edition of the Eagle Call, and to sign up as a host, contact Beth Ann Edwards (cell: 515-490-9408).

A shared meal is a social event where thoughts, experiences and emotions are shared. Sharing a meal with someone, eating and drinking together behind the same table, is one of the most important manifestations of sociality in all cultures. Eating together confirms the sense of belonging, being part of a community.

Handbell Choir Rehearsals Resume

The Adult Handbell Choir will rehearse each week on Wednesdays from 4:30 to 5:30 p.m. in Fuller Rehearsal Room, starting Sept. 4. The ensemble presents music in worship once or twice a month at the 10 a.m. service, plus festival services and Christmas Eve. New ringers of all ringing abilities and experience are always welcome!

The St. John's Youth Handbell Choir will rehearse from 8:45 to 9:30 a.m. on Sundays in Fuller Rehearsal Room, beginning Sept. 15. The Youth Handbell Choir rings in worship about three times each semester, and new members in Grades 6-12 are always welcome! The Youth Handbell Choir plans a summer road trip each year in collaboration with the confirmation class and senior high-school mission trips.

Kisasa Handbell Choir, for Grades 3-5, rehearses Wednesday evenings during scheduled Kisasa Musicians program time (6:30 to 7:30 p.m.). Rehearsals begin Wednesday, Sept. 4.

Vocal Choir Rehearsals Resume Sept. 4

Youth Vocal Choir will rehearse on Wednesdays from 7:30 to 8 p.m. in the Chapel, starting Sept. 4. The ensemble is open to all students Grades 6-12. The choir is scheduled to present music in worship about three times each semester. For more information about youth music opportunities, please contact Director Beth Ann Edwards (bethann@stjohnsdsm.org).

Kisasa Rehearsals will resume on Wednesday, Sept. 4. All students in Grades 3-5 are invited to participate as a Kisasa musician. Rehearsals are Wednesdays from 6:30 to 7:30 p.m. (immediately following Beloved Community dinner). Rehearsals include singing and handbell ringing, with occasional art projects and other worship-based activities. Kisasa presents worship music about once a month, plus Christmas Eve (5 p.m. worship) and festival Sundays. For more

information about children's music opportunities, contact Director Beth Ann Edwards (bethann@stjohnsdsm.org).

Midweek Music Series Begins Wednesday, Oct. 2

The Midweek Music Series opens with the Des Moines Tango Ensemble, comprised of musicians Bruce Martin (piano), Robert Espe (violin), Patrick Riley (cello) and Norman Sue (bandoneon). The ensemble, formed in 2007, primarily explores a wide range of music associated with, but not limited to, 20th-century Argentine forms of tango.

Please join us each Wednesday, beginning Oct. 2, for performances by world-class vocal and instrumental musicians. A variety of classical, folk, pop, and jazz concerts will be presented throughout the season. Each 30-minute concert begins at 12:05 p.m. in the Sanctuary. All performances are free and open to the public. A light lunch, priced at \$6 each, is available in Weertz Fellowship Hall, following the concert. The full season's schedule can be found on the arts page on the St. John's website. October's schedule brings a wealth of talent and top-notch entertainment:

- **Oct. 2** - The Des Moines Tango Ensemble
- **Oct. 9** - Ray Songayllo, pianist
- **Oct. 16** - Ashley Sidon String Studio from Drake University
- **Oct. 23** - Party of Four vocal quartet with Joel Gettys
- **Oct. 30** - Lyric Winds (Kimberly Bachelder Helton, flute; Sue Odem, oboe; Kariann Voigts, clarinet)

St. John's Organ Recital Series Features Charles Barland

Dr. Charles Barland, professor of music and head of the Fine and Performing Arts Department at the University of Dubuque, will present an organ recital at St. John's on Sunday, Sept. 15, at 7 p.m. A native of Eau Claire, Wisconsin, he earned a bachelor of arts degree at Carroll University, Waukesha, Wisconsin, a master of arts degree at the University of Iowa, and a doctor of musical arts degree at the University of Kansas.



He has performed throughout the United States and in Germany, Northern Ireland, Scotland and England.

The concert is free and open to all. Dr. Barland will perform works that represent more than 300 years of organ composition, beginning with J. S. Bach (Six Schübler Chorales, Prelude and Fugue in C Major) and moving forward to include contemporary composers Lynn Trapp and Robby Hobby. Additional works include Two Jazz-style Hymn Settings arranged by Joel Utterback, Sarabande (from "Baroques" Suite for Organ) by Seth Bingham, and more.

Photos from the Fine Arts Patron Party



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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 September 16**. 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!