



St. John's Lutheran Church

The EAGLE CALL

Volume 43, Number 8
August, 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

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

A New School Year

The beginning of the school year (now usually in mid-August) makes one a bit nostalgic for the "good ol' days" of bus-riding, chalkboards and – in nice weather – a game of ball during recess, after which we returned to our desks as sweaty, grimy and happy as could be...

But whether we were students decades ago or are students now, we have always taken a few things for granted when it comes to education:

- We are allowed to go to school and we have a school building to go to.
- Paper, textbooks and other basic supplies are provided.
- Well-educated teachers who care will be in the classroom every day.

However, there are millions of children in this world who cannot take any of those things for granted; yet, an education can make the difference between a lifetime of struggle and a future of promise for them. **How can we help?** By collecting items for **100 Lutheran World Relief School Kits** during the month of August for shipment to children around the globe.



Please see the schedule on page 3 for items needed for school kits. Please donate as much as you can, since multiples of notebooks, pencils and pens go in every kit. If possible, bring the items on the designated days below (but if you can't, bring them anytime). And, when you are shopping, remember that good quality pens, crayons, etc., will last longer than the cheapest ones!

Thank you for supporting this important project!

WHAT'S INSIDE

A Word from Our Pastors2	Artist of the Month	Children's & Youth Ministries8
Center for Social Ministry & School	& Faith Garden5	Forgiveness Group Counseling9
Kit Supplies.....3	Small Groups.....6	Hospitality & Outreach, FRB
Prepare for Worship4	SHIIP, Financials & WELCA7	Gathering.....10
		In the City for Good11

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@stjohnsdsdm.org

Megan Clausen

Director of Youth Ministry
 meganc@stjohnsdsdm.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

Sandy LaBlanc

Wellness Ministry Coordinator
 sandyl@stjohnsdsdm.org

Scott LaBlanc

Director of Parish Operations
 scottl@stjohnsdsdm.org

Kim Lamb

Front Office Manager
 receptionist@stjohnsdsdm.org

Laura Lundy

Financial Assistant
 laural@stjohnsdsdm.org

Katie Tippins

Hospitality & Outreach
 katieltippins@stjohnsdsdm.org

Teresa McKeever

Financial Assistant
 financeoffice@stjohnsdsdm.org

Leslie Moeller

Maintenance Supervisor
 lesmoeller@stjohnsdsdm.org

Sheryl Reed

Director of Children's Ministries
 sherylreed@stjohnsdsdm.org

Darla Stiles

Christian Involvement
 darlastiles@stjohnsdsdm.org

Summer Office Hours:

Monday – Friday
 9:00 am – 4:00 p.m.

Saturday
 9:00 am – 12:00 p.m.

Next Eagle Call Deadline
August 15th at 12 p.m.



A Word from Our Pastors
 Pastor Robert Speirs

'It Takes a Village'

According to the grace of God given to me, like a skilled master builder I laid a foundation, and someone else is building on it. Each builder must choose with care how to build on it. For no one can lay any foundation other than the one that has been laid; that foundation is Jesus Christ. Corinthians 3:10-11

Recently, our newly formed Youth Ministry Team (aka YMAC) met at the home of Jim and Mary Bernau to discuss the upcoming year and how we as adults can best mentor, support and encourage our middle- and high-school youth in their lives of faith and participation in the life of our church community. We had a good, productive meeting and have begun to set the foundation for the program and activities our youth will participate in this year.

Both confirmation classes (7-8th grades and the 9th grade) will be meeting Wednesday evenings this year from 6:30 to 7:45 p.m. Our high-school program, Journeys in Faith, also will meet once again on Wednesdays from 8 to 9 p.m. In addition, our high-school and middle-school young people will come together occasionally on Sundays for social and/or service events; these will usually be scheduled for the third Sunday of the month or as opportunities arise.

We also spoke about and look forward with great hope and anticipation to next summer's ELCA National Youth Gathering that will be held in New Orleans again.

We are excited about the possibilities of this coming year, including the rich, significant relationships that will develop among our young people themselves and in the mentor-youth relationships as well.

As I have reflected on the meeting and the people involved, I have to say that I was impressed and heartened by the concern and passion of these adults, who in some cases no longer have a direct connection with the youth program; their own children are either college age or older, but they are still willing to commit themselves as mentors and committee members, to lend their time, ability and experience so our St. John's middle- and high-school youth can reap the benefit of their wisdom and insight. Our youth committee is a microcosm of an authentic community of faith. They are people who understand it takes more than one or two to lead a faithful and effective youth ministry, who have a passion to proclaim the Gospel and help grow the faith in Jesus Christ (our real foundation) – not only in the lives of those they serve, but in their own lives as well. I believe that by serving and giving, we are also served and receive ourselves. This happens through the experience and learning we gain, the relationships formed in our interactions, and the satisfaction and joy of using the abilities and resources God has given us. This, in the truest sense, is living out Jesus' great commandment to love God with all our heart, mind and soul and to love and serve our neighbor as God loves us.

So **thank you** to our YMAC team...Megan Clausen, Jim and Mary Bernau, Joel and Carol Lunde, Deb and Greg Anderson, Rod and Kelly Snavely, Lora Simpson, Terri Speirs, LaShell

Continued on Page 3

Continued from Page 2

Berkenpas, Janet Witte...for your dedication, time and generosity in supporting and helping to lead our youth program. And for the example you set for our young people who, whether they realize it or not, will learn what living lives of faith looks like and represents. It is a privilege and joy to work with each and every one of you.

Blessings and Peace,
Pastor Bob

Center for Social Ministry

Share a journey of faith and compassion with others...

The Center for Social Ministry invites you to participate in one of the JustFaith Ministries programs. The following programs will be offered in the Des Moines area, beginning this fall: JustFaith, Engaging Spirituality, and JustMatters. For more information about each of these programs, please join us:



- **JustFaith Informational Meetings:** Tues., Aug. 2, from 6:30-7:30pm at St. Pius X (Urbandale); Wed., Aug. 3, from 6:30-7:30pm at First United Methodist (downtown); OR Sun., Aug. 7, from 5-6pm, at Our Lady's Immaculate Heart (Ankeny)
- **Engaging Spirituality Informational Meetings:** Mon., Aug. 29, from 6:30-8:00pm at Our Lady's Immaculate Heart (Ankeny); Tues., Sept. 6, from 10:00-11:30am at Trinity United Methodist; OR Tues., Sept. 13, from 6:30-8:00pm at St. Theresa (Windsor Heights)

No commitment is necessary or required to attend! These meetings are informational only! Please contact Susie Paloma at 515.782.3054 or centerforsocialministry@gmail.com if you have questions or are unable to attend an informational meeting and would like more information about any/all of these programs.

SCHOOL KIT SUPPLIES

Each Kit Needs:

- 4 – 70-sheet notebooks of wide or college – ruled paper approximately 8 x 10.5; no loose-leaf paper.
- 1 – 30-centimeter ruler, or a ruler with centimeters on one side & inches on the other.
- 1 – Pencil sharpener
- 1 – Blunt scissors (safety scissors with embedded steel blades work well).
- 5 - Unsharpened #2 pencils with erasers; secure together with rubber band
- 5 – Ballpoint pens (no gel ink); secure together with rubber band.
- 1 – Box of 16 or 24 crayons.
- 1 – 2 ½ inch eraser.
- 1 – Sturdy drawstring backpack-style cloth bag approximately 14" x 17" with shoulder straps (no standard backpacks); Recommended fabrics include heavy cotton, canvas, denim, and twill.

August Supply Schedule:

Sunday, August 7 70-sheet notebooks of wide or college-ruled paper (approx. 8"x10") AND 30-centimeter rulers (or rulers with inches on one side & centimeters on the other)

Sunday, August 14 Unsharpened #2 pencils with erasers AND pencil sharpeners

Sunday, August 21 Blunt scissors (safety scissors work best) AND 2.5-inch erasers

Sunday, August 28 Ball-point pens (no gel pens) AND crayons (boxes of 16 or 24)

The kits will be assembled in September!

THANK YOU for supporting this project!!



Prepare for Worship

Sunday, August 7

Time after Pentecost – Lectionary 19

Though Joseph was Jacob's favorite son, his jealous brothers sold him into slavery. Yet Joseph will proclaim later that even this violent evil God turns to good. When the disciples face a great storm on the sea, they cry out with fear, and Jesus says, "Take heart, it is I; do not be afraid." Amid the storms of life, we gather to seek the calming presence of Christ that anchors us amid our fears. In the comforting words of scripture and in the refreshing bread and cup of the Eucharist, God grants us peace and sends us forth to be a sign of God's presence to others.

The readings are 1 Kings 19:9-18; Psalm 105:1-6, 16-22, 45b; Romans 10:5-15; and Matthew 14:22-33. The hymns are ELW 796, "How Firm a Foundation," (ELW 756 "Eternal Father Strong to Save") ELW 794, "Calm to the Waves," ELW 632, "O God, Our Help in Ages Past."

At 8:45 a.m. the offering and communion music will be by the "house band," Asphalt & Stained Glass, with "Praise, Praise! You Are My Rock" by Rusty Edwards and "When Peace Like a River" by Philip P. Bliss. At 11 a.m. oboist Susan Odem will provide music for offering and communion.

Sunday, August 14

Time after Pentecost – Lectionary 20

Moved to tears by Judah's plea on behalf of Benjamin, Joseph declares, "I am Joseph!" and asks, "Is my father still alive?" The evil intent of the brothers has been trumped by God's using Joseph to preserve many lives in a time of famine. In the gospel reading, a Canaanite woman, a Gentile outsider, is unflinching in her request that Jesus heal her daughter. Jesus commends her bold faith. How might our worship move us to extend the church's mission to those on the margins of society, to see and serve them as Jesus does?

The readings are Genesis 45:1-15; Psalm 133; Romans 11:1-2a, 29-32; and Matthew 15:10-28. The hymns will be ELW 665, "Rise, Shine, You People!" ELW 587, "There's a Wideness in God's Mercy," ELW 651, "Oh, Praise the Gracious Power," and ELW 707, "Lord of Glory, You Have Bought Us." At 8:45 a.m. Asphalt & Stained Glass will do "Beloved, God's Chosen" by Robert Hobby for offering and "The Peace of the Lord" by Anders Ruuth during communion. At 11 a.m. offering and communion music will be provided by sister violinists Sofia and Mila Kaut. The rite of laying on of hands

and anointing with oil for healing is offered at all services on the second Sunday of each month.

Sunday, August 21

Time after Pentecost – Lectionary 21

The brave Hebrew midwives defied Pharaoh to save many from death. When Moses' mother placed him in a basket in the Nile, Pharaoh's daughter found him and adopted him, but Moses' birth mother and sister played decisive roles in this drama. Jesus declares in our gospel reading that the church will be built on the rock of Peter's bold confession of faith. But as Peter's later denial displays, it is not Peter who is the foundation rock but the proclamation of Jesus' identity.

The hymns are ELW 786, "O Holy Spirit, Enter In," ELW 652, "Built on a Rock." Offertory: ELW 691, "Accept, O Lord, the Gifts We Bring," and ELW 583, "Take My Life, That I May Be." Ruth Bloxham will play recorder of offering and communion at 8:45 a.m. Katherine and Marleen McDowell and Maggie Evans will provide offering music at 11 a.m., and Katherine will sing for communion.

Sunday, August 28

Time after Pentecost – Lectionary 22

Moses experienced the call of God when God appeared to him in a bush that burned but was not consumed. When Moses expressed his unworthiness, God promised to be with him. Then Moses objects that people will demand to know God's name, and God reveals his personal name, Yahweh (I AM WHO I AM), or the LORD. When Peter, in the gospel doesn't grasp Jesus' words about suffering, Jesus tells the disciples that they will find their lives by losing them.

The readings are Exodus 3:1-15; Psalm 26:1-8; Romans 12:9-21; and Matthew 16:21-28. The hymns are ELW 655, "Son of God, Eternal Savior," ELW 879, "For the Beauty of the Earth" ELW 798, "Will You Come and Follow Me," ELW 691, "Accept, O Lord, the Gifts We Bring" vs. 1 And ELW 660, "Lift High the Cross." Oboist Susan Odem will provide the offering and communion music at both 8:45 and 11 a.m.

The laying on of hands and anointing with oil for healing is available at two stations in the East Transept at the 8:45 a.m. and 11 a.m. services on the first, third, fourth and fifth (if applicable) Sundays of each month.

Artist of the Month



Long time member of St. John's and Director of Parish Operations, Scott LaBlanc, is our August Artist of the Month. Scott grew up in Des Moines and joined St. John's in 1982. He is a graduate of Luther College with a Bachelor of Arts and major in music.

"I photograph in order to explore the ordinary and uncover the unexpected. During a trip to Washington DC in 2001, I found myself standing in a middle of a sculpture garden taking snapshots. Without much forethought, I realized I was on my back crawling underneath a large suspended sculpture. This perspective unlocked a unique and hidden beauty with in this work of art. (This image entitled "Star Sculpture" can be found in the exhibition) It was the first time I purposefully and thoughtfully moved my photography in this new direction and have enjoyed the challenge ever since."

Scott moved back to Iowa in 2007 after living in Denver, Colorado for almost ten years. He lives in Pleasant Hill with his wife, Kirsten, and two year old daughter, Maddie. Follow his photography at www.scottlablancphotography.com.



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**.

Faith Garden

Good news! Linda Christensen and Margaret Townsend triumphantly announced the Faith Garden's first fruit, a cherry tomato, on June 29.

Since our last epistle from the garden, we've had a lively but very civil and thoughtful discussion about whether we'll use chemical or organic methods to fertilize our plants and discourage tomato fungus and nonbeneficial insects. We e-mailed back and forth, listing the pros and cons. Linda did some research, and organic methods won out. After Brenda Couch had bathed the plants with lemon dish detergent and Listerine and Linda had fertilized them with a fish emulsion, Diana noticed that the garden had perked up.

Thank you to our faithful gardeners: Linda Christensen, Brenda Couch, Wanda Havard, Diana and Phil Sickles, Pastor Bob and Terri Speirs and Margaret Townsend.

We thank these St. John's members for their contributions (as of July 10) since last month's Eagle Call article:

- Diana and Phil Sickles for fertilizer and fungicide.
- Brenda Couch for the spray bottle filled with lemon dish soap and Listerine, which are not just for washing dishes and mouthwash anymore!
- Linda Christensen for the fish emulsion.
- Margaret Townsend for cucumber plants.
- Linda Christensen, Carol Lunde and Bonnie Thorn for tomato cages.

Our current garden needs are:

- A scale to weigh garden produce before it's donated to the Des Moines Area Religious Council (DMARC).
- Dollars for garden supplies and the water bill. Please mark your offering for St. John's Faith Garden.

Contact Diana Sickles, garden coordinator, if you have a scale you wish to donate. Contact her at dsickles@mindspring.com (255-5055).

Keep track of the garden by visiting our garden blog at: <http://stjohnsfaithgarden.blogspot.com>



Small Groups

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

CALENDAR

Quilting: Tuesdays, 9:30 a.m., Room 308.
Gardening: Wednesday, Aug. 10, 6 p.m. Don Jordahl's in West Des Moines.
Couples/Singles: Friday, Aug. 12, 7 p.m., concert at West Des Moines Christian Church.
St. John's Moms: Saturday, Aug. 13, 10 a.m., Nursery at church.
Saturday Morning Bible Study: Taking a break for summer.
Hardanger: Taking a break for summer.
St. John's Networking Group: Taking a break for summer.
Lunch Bunch II: Wednesday, Aug. 17, 12:30 p.m.
Lunch Bunch I: Thursday, Aug. 18, 11:30 a.m.
EAGLES: Plans are in progress for the EAGLES August event.
Scrapbooking: Taking a break for summer.
Photography: Sunday, Aug. 28, 10 a.m., Neumann. Theme: "People at work."
Be sure to check www.stjohnsdsm.org for small group dates and events.

More information on upcoming events

Quilting Group will meet Tuesdays at 9:30 a.m. in Room 308 at church.

Saturday Morning Bible Study will take a break for summer and start again in the fall. Contacts are Ellen Fisher, ellenfisher123@yahoo.com (250-9916), or Rod Snavely, rsnavely@aol.com.

St. John's Gardeners will meet Wednesday, Aug. 10, at 6 p.m. at the home of Don Jordahl, 2110 Army Post Road., West Des Moines, for a "Picnic in the Country." We will see prairie grasses, wildflowers and much more in this awesomely serene setting with many interesting focal points. We will eat in a 120-year-old wooden peg barn and have dessert in an 1860s log cabin that was taken down in Minnesota and reassembled on Don's property. Because Don will be grilling "dogs" and burgers, please respond by Aug. 3 to let us know if you can join us. E-mail or call Darla at darlastiles@stjohnsdsm.org (243-7691).

Couples/Singles Group will meet at the West Des Moines Christian Church, 4501 Mills Civic Parkway, West Des Moines, on Aug. 12 at 7 p.m. for a concert that is part of their Lighthouse Concert Series. The performer is Dennis Warner, a folk singer from Minnesota. The cost is \$10 a person at the door. They serve delicious desserts and coffee from Grounds for Celebration. The atmosphere is wonderful and the performers great! You can check out directions and listen to Dennis by clicking on his picture at www.lighthouseconcerts.webstarts.com. Hope to see a lot of you there! To give Ed and Mary Slattery an indication

of who is attending, contact them at maryslatt@mchsi.com.

St. John's Moms will meet Saturday, Aug. 13, at 10 a.m. in the nursery at church. Facilitators are Kirsten LaBlanc, k.lablanc@gmail.com (491-0907), and Rachel Corron, rpcorron@gmail.com (313-6645).

The St. John's Networking Group will take a break for the summer. The contact is Ellen Fisher, ellenfisher123@yahoo.com (274-5236).

Lunch Bunch II will meet Wednesday, Aug. 17, at 12:30 p.m. If you are interested in joining this group, call Janet Figg at 279-6326.

Lunch Bunch I will meet Thursday, Aug. 18, at 11:30 a.m. New members are most welcome! Anyone who is interested in joining the group should reserve a space by calling Margaret Roby at 288-6304.

EAGLES plans are in progress for the EAGLES August event.

Recreational Reading will break until fall.

The Recreational Book Club will meet at Caribou Coffee on Ingersoll Avenue Wednesday, Aug. 31, at 4:30 p.m. to pick the books we will read this year. Everyone is welcome. Bring the books or titles of books you would like to read. If you are unable to attend but would like to join the book club, e-mail or phone suggestions to Carol MacDonald at Macpac00@mchsi.com (515-255-2656).

Scrapbooking will break until fall.

Photography will meet Sunday, Aug. 28, at 10 a.m. in Neumann. The theme this month is "people at work." Bring a couple of shots of people at work or just attend and see other members' photos. If you have questions about the St. John's photography small group, please contact Rod Snavely at rsnavely@aol.com.

Continued on Page 7

Continued from Page 6



WIRED Open the Door retreat and luncheon, Sunday, Oct. 23, 12:30 to 4 p.m. This retreat, based on Joyce Rupp's latest book, *Open the Door*, is led by the author. It will offer inspiration and encouragement for personal growth. The number of participants for this retreat will be limited. The retreat is now open to women in the community as well as St. John's members. If you have not already signed up and wish to attend, please sign up in the fireside lounge as soon as possible or e-mail Darla at darlastiles@stjohnsdsm.org or sign up on our website at www.stjohnsdsm.org. Cost is \$30 for lunch and the retreat. You may send your check, made out to St. John's Lutheran Church (with Joyce Rupp WIRED Retreat in the memo line), to: St. John's Lutheran Church, Attention Darla Stiles, 600 6th Avenue, Des Moines, IA 50309.

Senior Health Insurance

The Senior Health Insurance Information Program (SHIIP) is a federally-funded program operated in Iowa through the Department of Insurance. The program's mission is to provide trained volunteer counselors to assist seniors, disabled persons on Medicare, and those who are about to turn 65 in navigating the complex world of Medicare.



Counselors assist, on a no-fee basis, those about to enroll in Medicare, helping them select Medigap plans, choosing between regular Medicare and Medicare Advantage plans as well as aiding them in selecting and enrolling in a prescription drug plan (Medicare Part D).

Four downtown Des Moines congregations are members of The Bridge, which is a sponsor organization for SHIIP. If you are a member of one of these congregations and would like assistance, you can call SHIIP directly at 800-351-4664 or call the receptionist at St. John's Lutheran Church at 243-7691. A volunteer counselor will then contact you to help make appropriate Medicare decisions.

Financials

A statement of our financial position can now be obtained in the weekly bulletin or by contacting the church office.

NOTICE: All who give stock or other types of investments to St. John's, please be advised that St. John's has moved its investment portfolio from Ameritrade to Morgan Stanley Smith Barney (MSSB). When gifting please use the following information to make transfers to MSSB: **MSSB's DTC number is: 0418. MSSB's account number is: 461-00524-1-9-013. The name on the MSSB account is: St. John's Lutheran Church.** Those making a contribution of stocks or other equities, please notify the finance office at financeoffice@stjohnsdsm.org or call 515-243-7691. New rules do not allow brokers to identify donors without prior approval from the donor.

Thank you for your generous and continued support of the ministries of St. John's Lutheran Church.

Women of the ELCA

WELCA collects school supplies

The Women of the ELCA is now collecting school supplies for students in the Des Moines Public Schools. School supplies are on sale now at many retail businesses, so it's a good time to stock up. Place any donations in the WELCA baskets found in the church reception area or next to Neumann Hall.



Reminder: *Bring in your magazines that are under six months old and WELCA will distribute them in our local hospitals.*

WELCA Board to plan year

The new board of the Women of the ELCA will hold a brunch potluck Monday, Aug. 22, at 9:30 a.m. in Neumann to plan for the coming year.

DID YOU KNOW?

St. John's offers Wi-Fi from Weertz to DDI. Just look for the STJOHNS wireless network and use 'inthecity' for the passcode.



Children's Ministries

Rally Sunday

All families are invited to Rally Sunday on Sept. 11 from 10 to 11 a.m. in the Fireside Lounge. This year's theme is *I Love to Tell the Story*. The Growing Together Ministry Team is busy planning some interactive activities where you'll get opportunities to tell, hear and experience Bible stories with puppets, yarn, pictures, music and your tongue!!! Register for Sunday School and get a sneak peek at the SPARK curriculum we'll be using in Sunday School this year!



Sunday school starts Sept. 18

All children age three through sixth grade are invited to register for Sunday School. Registration forms are available on the kiosk at the west entrance to the sanctuary. You can also find a registration form on the St. John's web site. Our Sunday School program is based on a strong Biblical foundation and is dedicated to this mission: to learn from the Bible, to **live** the Good News, and to present Bible stories in a way that engages learners appropriately for their age level. Children will be experience God's word through interesting and engaging discussions, games, art, music and other activities.

Children's Ministry Dates to Remember

Sept. 11:

- Rally Sunday, 10 a.m. in the Fireside Lounge.

Sept. 18:

- Sunday School begins.
- Bibles will be given to 3 year olds and third graders at the 8:45 a.m. service.
- Sunday School teachers will be installed at the 8:45 a.m. service.

Sunday School teachers and helpers needed

Could you commit to teaching or helping one Sunday a month? You **need not** be a parent!!! You **need not** have teaching experience or be a theologian. A teacher's guide gives you a brief description of the Bible story to be explored. It explains how to relate the lesson to children in a Lutheran-based, age-appropriate way and gives you choices of activities to share with your class.

If you choose to answer this call, don't be surprised if **YOU delight in growing in your own faith** as you share God's love with the children of St. John's! If interested, contact Sheryl Reed at 243-7691, ext. 193.

Youth Ministries

Middle-schoolers serve, bond and play in Duluth



Nine middle-school girls, chaperone Mary Bernau and Youth Director Megan Clausen just returned from a week of serving others in Duluth, MN. The weather was gorgeous, and the people were fantastic!

The girls were silent, and I mean not one peep was heard out of them +the whole 7-hour car-ride up to Duluth. The way home from was a totally different story — screams, giggles, singing, more giggles and bug attacks!

You see, at St. John's we have the unique circumstance of having students who attend different schools. This means that they don't know each other really well. Let me tell you, they got to know each other in a way that only a mission trip will allow! We brought home a totally different group of girls. Not only did they learn about their faith and what it means to serve, they also learned about themselves and each other in big ways.



We spent the week serving at the Benedictine Health Center, a nursing home for senior citizens who can no longer live on their own. We played card games, balloon volleyball and BINGO, made ice cream, held a car wash fundraiser, talked with residents, made friends, sang off-key, and pushed a lot of wheelchairs. But, most importantly, we had the time of our lives!!!



During the time that we weren't at the nursing home we were learning how to "Be Different" in our homes, churches, schools and communities. We had personal devotion time every day and ended the day with "Club"

Continued on Page 9

Continued from Page 8

time when we heard a sermon of sorts and worshipped God. In the evenings, we also got to see some of the beautiful things Duluth has to offer. We went roller-skating, ate at a homeless shelter, learned about injustice, visited Canal Park, were attacked by seagulls, and spent some time on the beach of Lake Superior.

The week was fantastic! Be sure to ask the students what they learned and how they felt about their week.

Students who attended were Kennedy Berkenpas, Kassidy Berkenpas, Lauren Slinker, Sara Slinker, Holly Krause, Lauren Krause, Alex Runkel, Taylor Kooker and Hannah Toresdahl, who is a member at Windsor Heights Lutheran.



MARK YOUR CALENDARS

Friday, Aug. 26:
MIDDLE SCHOOL FUN NIGHT, 6:30-10 p.m. at church. Pizza, movie, games, prizes and FUN! Friends welcome! E-mail Megan to sign up.

Wednesday, Aug. 31:
Confirmation Kick-Off Cookout and Pool Party, 5:30-8 p.m. at Pastor Bob's house. For all Confirmation students(grades 7-9) AND their parents.

Forgiveness Group Counseling

Do you or someone you know struggle with anger, hurt, or holding a grudge?

Individuals who are holding on to these feelings may be able to address these issues through group therapy at Des Moines Pastoral Counseling Center!

Des Moines Pastoral Counseling Center is collaborating with Iowa State University professor, Dr. Nathaniel Wade, and his team who are currently investigating the group processes and interventions that are most effective for helping people overcome past interpersonal hurts. In order to complete this research, volunteers are needed to participate in group counseling sessions that are designed to help

people overcome past interpersonal offenses, injuries, or abuses.

Who is Eligible?

The group counseling being offered will deal with offenses or hurtful experiences that occur in interpersonal relationships. Therefore, we are interested in working with people who can recall a time when they were offended or hurt by someone and have not gotten beyond the experience. In other words, people who would likely say that they are still angry, hurt, or upset about the event, or are still holding a grudge. If that is true for you or someone you know, this group therapy opportunity may be for you.

What is the First Step?

The first step is to indicate interest in the forgiveness group counseling study by contacting the study team at Iowa State University. Call (515-294-1898) or email (info@isugroupstudy.com). This team will work with you to set up a time for a short interview with one of the team members and to complete the initial paperwork and questionnaires for the study.

If deemed eligible for this study, each individual will be assigned to a weekly meeting time in Des Moines that works with their schedule. Groups meet for 90 minutes once a week for two months. Groups will be held at Des Moines Pastoral Counseling Center, 8553 Urbandale Ave., in Urbandale.

For more information regarding this study, please visit our website:
<http://www.isugroupstudy.com/>

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

Hospitality & Outreach



Guess What I Just Figured Out?!?!

The other day I was reading my daily devotions. The particular section for the day was about Jacob stealing his brother's birthright. It started me thinking about other "heroes" in Scripture; I remembered being uneasy when reading about David, the boy who would become king. His Bathsheba incident wasn't exactly something to put on his résumé. And Peter couldn't tuck tail fast enough when asked if he knew Jesus.

Of course, I've read and heard the stories hundreds of times. I was always a bit uneasy but didn't question too far. After all, who was I to query?

Recently, I have been engaged with a friend in weekly debates about religion – not a specific religion. He is an equal-opportunity skeptic – and with reason. As I child, his family was in a concentration camp during World War II. He was quite young but remembers coming to America, arriving in Iowa's own Webster City and promptly being treated less than hospitably by the local citizenry. The people with the loudest boasts of being Christian treated him and his family the worst. Within the past nine months, he was diagnosed with a severe illness with stressful treatment. It has opened his mind and his emotions to many questions. Through the course of our conversations, I have felt directed to put more substance and credence to my beliefs. My belief is as strong, if not stronger, than ever, but I want to be able to articulate it to others. My belief in God doesn't exist just because of the way I was raised. I believe because God is alive, real and active in my life.

So, now that you have the basic background, let me share my startling revelation about our Biblical heroes...they are just like us! Every human being is flawed; every human being is a sinner; every human being needs God to redeem us. We certainly have the BIG redemption and are counting on that. (Maybe we'll even discuss this column in heaven one day!) But we have hundreds, if not thousands, of smaller redemptions throughout our lifetimes.

Being raised Catholic I was an expert at categorizing sin; after all we had venial sins (not really a big deal as long as you confessed them), but we also had MORTAL (!!) sins, and they could send you down below (which would even be hotter than today – a day when it is 100 degrees outside with a heat index waaaaaay above that)!

Again, as I've gotten older, I have abandoned classifying sin. I have realized that sin is sin, is sin. And we're all in the same boat.

So, what does this have to do with Hospitality and Outreach? It may be a 'round-about way to get here; but just as God worked in and through people during Biblical times, He continues to work with us in this day. We're no better than David; we can be as conniving as Jacob. And I'm sure there are some times that God may hesitate to claim us because of the way we act. But, God never abandons us no matter how difficult we may make it for Him. And, the plus side is we can serve God in countless ways through our ministry efforts here at St. John's. He calls us in all our flawed magnificence to make His presence known to others. I'm taking away our excuses: "I'm not good enough / I don't have the talent / Someone else will do it." God's grace will be sufficient to the task; He'll make sure we have what we need as we need it.

As autumn approaches and Rally Sunday, Sept. 11, appears on the horizon, think of ways to get involved. Take delight in realizing that God has given you all that you need to serve Him. Whatever your interest or passion, I can connect you with like-minded and like-hearted friends. Please contact Katie, Hospitality and Outreach Coordinator, at katieta@stjohnsdsm.org or 243-7691.

FRB Annual Gathering

On August 10, Plymouth Congregational United Church of Christ in Des Moines, IA will host the 2011 Foods Resource Bank (FRB) Annual Gathering. In attendance at the meeting will be 5 international guests from countries in Africa and South America.

The FRB Annual Gathering is a three day event, Aug. 9th – 11th, during which volunteers, international visitors, and staff get together to celebrate the work being done to end hunger around the world through small-scale agricultural development.

The gathering begins Aug. 9th with an evening Ice Cream Social at Living History Farms and continues with the all day Gathering Aug. 10th. Iowa's Secretary of Agriculture, Bill Northey will give the keynote address and the day will end with a screening of the documentary film "What Are We Doing Here?" The meeting will conclude with an IA Ag Tour on August 11th. The tour plans to visit various Ag

Continued on Page 11

Continued from Page 10

related institutions such as the ISU Dairy and ChannelBio Corp.

Two of the five international guests are from Bolivia, while the other three are from Zambia, Sierra Leone and Ghana. Four of the five visitors are staff of local development organizations and the fifth visitor is a participant farmer. During the meeting they will participate in a panel and breakout sessions, discussing their successes and struggles in farming within their countries and how hunger and poverty are effectively being reduced.

Foods Resource Bank, which began in 1999, is a non-profit working to "grow lasting solutions to hunger" by raising money to support sustainable agricultural development overseas. The five overseas visitors represent a sample of the 55 programs in 32 countries FRB is currently supporting around the world. FRB's support comes from thousands of US volunteers who participate in 200+ US projects by growing crops to sell.

To learn more about Foods Resource Bank, the international visitors and the 2011 FRB Annual Gathering please visit www.foodsresourcebank.org. We hope you can join us in Des Moines. If you would like to attend either the meeting or the film screening please register by emailing admin@foodsresourcebank.org or calling (888) 276-4372.

In the City (and the World) for Good!

But those who live in ways that allow others to live as well, those who reach out in service to their brothers and sisters with confidence that God will meet their needs, they will find a life of plenty which transcends the economics of scarcity...

Parker Palmer

It was an honor...

to be present at the ground-breaking for the new Central Iowa Shelter & Services facility, located south of the present facility on 15th St. At the brief program preceding the ground-breaking, St. John's was recognized as one of the seven founding churches of the shelter, previously known as Churches United. Please watch for an opportunity to make an over & above gift to CISS this fall. The fundraising campaign is only \$2 million short of its \$14.5 million goal!

Speaking of the shelter...

We want to thank all who provide and serve the evening meals at the shelter on the 18th & 19th of every month. During the July heat wave, temps in the shelter kitchen exceeded 100 degrees!! Our thanks for your compassionate care (& sweat!) for our neighbors in need.

Staying on the theme of "shelter"...

Our partnership with West Des Moines Christian Church in support of the Interfaith Hospitality Network has concluded. WDM Christian decided to exit the program after many years of service in order to reach out to the community in new ways. "Stay tuned" for news about where we may be asked to partner next!

If you can tie knots...

you can help make a quilt at the next Lutheran World Relief quilting day, August 6, 9 am to noon. No sewing experience is necessary. Just show up in Weertz Hall and a kind volunteer will put you to work – and you will make a difference in the life of someone who needs the shelter & warmth a quilt will provide!

And thanks for remembering...

that hunger continues to haunt many homes in our community during the summer months. Food & cash donations to DMARC's Emergency Food Pantry are needed now, months before the traditional Thanksgiving/Christmas "season" of gratitude. Please be generous!

*announcing the
exclusive Des Moines screening of*

This is a Music: Reclaiming an Untouchable Drum

an ethnomusicological documentary shot in Tamil Nadu, India, produced and directed by Des Moines native Dr. Zoe Sherinian

Friday, August 5, 2011, 7:00 to 8:15 p.m.,
followed by discussion and reception to meet
Zoe Sherinian

At The Cathedral Church of St. Paul
corner of 9th and High Streets in downtown
Des Moines. Free parking on street or in new
lot -- enter from Pleasant Street.

Return Service Requested

August 2011
Volume 43, No. 8



*Just a reminder that from Memorial Day to Labor Day
the church office will be open from
9 a.m. to 4 p.m. Monday through Friday
9 a.m. to noon on Saturday.*

SEPTEMBER EAGLE CALL DEADLINE

The deadline for all Eagle Call information is **Monday, August 15, 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!