



The EAGLE CALL

Volume 42, Number 01
January, 2010

Thank you for a great 2009!

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

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In the City for Good!
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Office Hours are:

Monday – Friday

9:00 am – 5:00 pm

Saturday

9:00 am – 12:00 pm

Next Eagle Call Deadline
January 18 at 12 pm



A Word from Our Pastors
Pastor Rachel Thorson Mithelman

A Prayer for the New Year

O Light of God, anointed by your morning light I lift my spirit to receive the gift of this new day. Open my eyes to the beauty that surrounds me that I may walk through this day with the kind of awareness that calls forth grateful living. In all of creation let me see the brightness of your face. Shine in my heart and on my life, filling me with joy, creativity, hope, and laughter. Draw me into the radiant glory of your presence and into the small lights of those with whom I live and work. Inspire me to take time for those who are discouraged. May I live with the kind of presence that enables others to feel at home. Great Dawn of God, hear my prayer. Amen.

(from Seven Sacred Pauses by Macrina Wiederkehr)

This prayer is from a favorite book of mine that honors “the hours,” the seven specific times within a day when especially those who live in monastic communities pray. The “hours” are: midnight, dawn, mid-morning, noon, mid-afternoon, evening, and night. And, as you may suspect, the prayer above is appointed for dawn, “the awakening hour.” It is a prayer, however, that is certainly appropriate for another “awakening hour” – the dawn of a new year, the beginning of a new, 365-day journey around the sun.

- *Light of God, anointed by your morning light I lift my spirit to receive the gift of this new day...*We so easily forget that every day – and every year - are, indeed, gifts of new time that we have not had before and will never have again. Today is not a re-run of yesterday, my friends, but God’s new and precious creation. And for us as a congregation, this new year is the gift of new time for ministry, some of it similar to past ministry and some of it innovative and – yes - new!
- *Shine in my heart and on my life, filling me with joy, creativity, hope, and laughter...*The prayer reminds us that we, as individuals, and as a community of faith, are created - in all ways and always - to praise God. While a prayer for strength “just to get through the day” is certainly appropriate, and has seemed to be the one we’ve prayed most often in the past year, I want us to also pray as a community: *fill me - fill us - with joy!* Joy has the ability, you see, “to live with and through the sorrows,” deepening our trust in God.
- *May I live with the kind of presence that enables others to feel at home...* This is, perhaps, my favorite line of this prayer. We cannot, by our own effort, do what we ask for in these words. In our rush to judge, to build ourselves up by cutting others down, and, as a result of the fear that our differences often provoke, we make it difficult for others to find hospitality in us and in our community. Yet, what are all sinners constantly seeking? Community, home, welcome, and rest. If I had to choose just one line of the prayer for St. John’s to pray in the year ahead it would be this one: May we live – in Des Moines, in the ELCA, in the world – with the kind of presence that enables others to feel at home.



As we begin a new journey around the sun, I invite you to save the prayer above and put it with your Bible and devotional books, so that we will be praying it together as the calendar turns, and as our mission to share God's love with others continues. I count it a privilege to be sharing each new day, as well as this new year, with you.

Hope for the Hungry

SAVE THE DATE: SATURDAY, JANUARY 30

What: Hope for the Hungry: Feeding Greater Des Moines. A one-day gather to learn ways to help alleviate hunger in the greater Des Moines area.

Where: Walnut Hills United Methodist Church, 12321 Hickman Road, Urbandale.

When: Saturday, January 30, 9:00 a.m. - 4:00 p.m. Registration begins at 8:00 a.m.

Registration Cost: \$15.00. Watch for ways to register future publications and on the website.

Contact: Diana Sickles: dsickles@mindspring.com; phone 255-5055 or Adam Hammes: adamhammes@gmail.com.

Format: Food & Faith: A Call to Action and Urban Ambassadors are joining forces to provide an inspirational, informative, and practical summit to assist all who want to help feed hungry people but don't know what to do or how to go about doing it. Leaders in the greater Des Moines area, who are currently feeding the hungry and are eager to share their experiences, will be on hand to inspire, educate, and lead a call to action so that all hungry people in the greater Des Moines area can be fed.

Keynoters are Debra Landwehr Engle, Jason Grimm, and St. Anthony's Catholic School. Panelists and workshop leaders will **inform** and what is going on and the possibilities for future opportunities; **inspire** by sharing personal experiences; **motivate** with practical information; and **empower** through providing networking, mentoring, and support people. Everyone will go away seeing that feeding the hungry and providing food security for all is not only a possibility but can become a reality.

Give a Christmas gift to yourself, a loved one, and a hungry person you may not know by SAVING JANUARY 30TH ON YOUR CALENDAR NOW.

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 Citigroup Global Markets, Inc/Smith Barney to Ameritrade. When gifting please use the following information to make transfers to Ameritrade: **Ameritrade's DTC number is: 0188. Ameritrade's account number is: 788-285389. The name on the Ameritrade account is: St. Johns Lutheran Church.** Those making a contribution of stocks or other equities, please notify the finance office at financeoffice@stjohnsdsdm.org or call 515-243-7691. New rules, post 9/11, 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.

WELCA Updates

WELCA COASTER SALES CONTINUE

Sales are brisk, but a good supply is available. If you haven't gotten your set of coasters---or filled your gift list--- you'll find the boxed sets available in the narthex each Sunday. Special orders may be arranged by calling Janie Clemenson at 274-0924. The set of four coasters is priced at \$10 and includes heart warming images of St John's, including the chancel at Christmas, the welcoming red door, the courtyard and the balcony with its organ pipes and Luther Rose window. Photos were taken by St. John's photographers Les Moeller, Margaret Townsend and Jacque Warming. Julie West, art director of "For Good" magazine, cropped and prepared the images for printing and Kris Gregerson of our congregation worked with suppliers to achieve the most attractive product at the most affordable price. Beautiful images, vinyl coated and finished with a cork backing make these coasters a lasting memory of our church as St. John's prepares to celebrate 145 years as a congregation.



Prepare for Worship

Sunday, January 3, Second Sunday of Christmas

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

The readings are Jeremiah 31:7-14; Psalm 147:12-20; Ephesians 1:3-14; and John 1:1-18. The hymns will be ELW 253, "He Came Down," ELW 510, "Word of God, Come Down to Earth," and ELW 292, "Love Has Come." At 8:45 Cathedral Choir will sing "The Glory of the Father," by Egil Hovland based on John 1. At 11:00 am Amy Walman Madden will sing, "Nothing But a Child." The assembly will sing "What Feast of Love," ELW 487 during communion.

Sunday, January 10, Baptism of Our Lord – Healing Sunday

The Baptism of Our Lord cannot help but recall our own and all baptismal blessings. We recall and celebrate our adoption as daughters and sons, the gift of the Holy Spirit, and the promised company of almighty God when we "pass through the waters... the rivers... Fire." On this day the heavens open again, for this assembly, and we receive the gift of the beloved Son of God in bread and wine.

The readings are Isaiah 43:1-7; Psalm 29; Acts 8:14-17; and Luke 3:15-17, 21-22. The hymns will be ELW 448, "This Is the Spirit's Entry Now," ELW 305, "When Jesus Came to Jordan," and ELW 310, "Songs of Thankfulness and Praise." Cantorei at 8:45 and Cathedral Choir at 11:00 am will sing "As Jesus Walked into the Stream" by Susan Borwick for offering and "I'm Going on a Journey" ELW 446 during communion.

Sunday, January 17, Dr. Martin Luther King, Jr. Observed

Throughout the early centuries of the Christian Church right on through the Middle Ages, saints and martyrs

played an important role in forming the faith and piety of Christians, not only by serving as examples but by showing clearly the cost of discipleship. The Protestant Reformation understandably de-emphasized saints in an effort to focus more clearly on Christ as our unique savior and God's only son. Still, we miss something important in our faith journey if we do not acknowledge the price paid by those Christian who paid the ultimate price to bequeath the faith to us: Dietrich Bonhoeffer, no less than Justin Martyr, and Dr. Martin Luther King, no less than Saint Lucy.

The readings will be specially chosen for the day both from scripture and from the writing of Dr. King. The hymns will be ELW 523, "Let Us Go Now to the Banquet," ELW 729, "The Church of Christ, in Every Age," and ELW 720, "We Are Called." At 11:00 am Cathedral Choir will present an extended work written by Moses Hogan in honor of Dr. Martin Luther King, "His Light Still Shines."

Sunday, January 24, Third Sunday after Epiphany

Every week the lectors at St. John's preface their reading with the words, "People of God, listen for the Word of the Lord," to which we respond, "Our ears are open." The readings this week give a vivid example of what that looks like. The glory of the Lord is revealed in the reading of scripture. People stand at attention. People weep. People prostrate themselves in prayer. The unity of the church is another reflection of the glory of God. Most gloriously, the promises of God are fulfilled in the person of Jesus Christ. Gather round. Listen up. Glimpse the Glory of God.

The readings are Nehemiah 8:1-3, 5-6, 8-10; Psalm 19; 1 Corinthians 12:12-31a; and Luke 4:14-21. The hymns will be ELW 886, "Oh, For a Thousand Tongues to Sing" ELW 311, "Hail to the Lord's Anointed," setting by Mark Bender, and ELW 843, "Praise the One Who Breaks the Darkness." At 8:45 Cantorei will sing the offering music. At 11:00 am, the St. John's Cathedral Choir and Chamber Orchestra will perform Joseph Haydn's setting of Psalm 19 from "The Creation," "The Heavens are Telling" for offering and Michael Haydn's "Beatus Vir," ("How Blest are They") during communion.

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Sunday, January 31, Fourth Sunday after Epiphany

The glory of God is often revealed when and where it is least expected. God uses our lips to declare that glory, inexperienced and hesitant thought they may be. God uses our love to demonstrate that glory and so urges us to exercise it. God uses Jesus of Nazareth, water and the word, bread and wine, to reveal God's glory where and when God chooses. Take heed, lest the glory of God slip through our midst unnoticed.

The readings are Jeremiah 1:4-10; Psalm 71:1-6; 1 Corinthians 13:1-13; and Luke 4:21-30. The hymns will be ELW 520, "Dearest Jesus, at Your Word," ELW 676, "Lord, Speak to Us that We May Speak," and ELW 668, "O Zion, Haste." At 8:45 the offering music will be "He Comes to Us as One Unknown," Jane Marshall sung by Cathedral Choir.

Interfaith Hospitality Network

On February 9th & 11th , St. John's will assist WDM Christian Church in hosting 3 homeless families in transition. Please consider volunteering for a shift. We need food preparers & servers, evening and overnight hosts. This is a great opportunity for youth, families or small groups to serve together. We hope to have all shifts covered before the end of January.

Februray 9th (Tuesday) & 11th (Thursday)	
5:30 p.m. - 7:00 p.m.	Serve supper & clean up
6:00 p.m. - 8:00 p.m.	Evening Hosts
8:00 p.m. - 6:00 a.m.	Overnight hosts (at least one male needed)
Food Needs - Deliver by 5:30 p.m.	
Main Dish	Enough for 25 people
Salad	
Vegetable / Starch	
Bread - two loaves	
Dessert	
Milk - two gallons	

Please see signup sheet just outside the Sanctuary. Contact Jennifer Early or Wanda Havard with questions, 274-6872

Stephen Ministry



Stressed?
Discouraged?
Lonely? Sad?
Don't Suffer Alone.
Help Is Available.

Sometimes we fall into a trap where we think it's a sign of weakness to ask for help. So when we're stressed, discouraged, lonely, or sad, we try to keep our struggles hidden and are reluctant to seek help. However, that's not God's plan. Galatians 6:2 says, "Bear one another's burdens, and so fulfill the law of Christ." God wants us to care for others--and allow others to care for us in our time of need.

If you're sad or struggling inside, don't suffer alone. Ask for help. We have a team of Stephen Ministers who are ready to provide confidential one-to-one care, encouragement, and support to help you through a tough time. Give yourself a gift this holiday season and reach out for our caring ministry. Find out more about Stephen Ministry by talking with one of our Stephen Leaders: Pastor Speirs, Karen Zaabel or Linda Rieck. Our sever Stephen Ministers are ready to bring God's love and care into your life.

Property Update

The property committee reports that the major projects completed in 2009 at St John's are the resurfacing of the parking lot, and the installation of the last set of fire doors for the 2nd and 3rd floors in the Sunday school area. Funding was provided by the St John's Foundation. Weertz hall had a north wall water leak repair, installation of new carpeting, and relocation of the center island. The funding was provided by Cathedral Preservation, St John's Foundation and Welca. The property committee wishes to thank all those involved in these projects.



Small Groups

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

CALENDAR

In the Word—Saturday am Bible Study, January 2, 9, 16, 23, 30 at 8:30 a.m. at Caribou Coffee on Ingersoll.

Restaurant Visitation (Christian Involvement Team), Tuesday, January 5, 6:00 p.m., Brickhouse Grill off University, WDM

Quilting, Tuesdays, January 5, 12, 19, 26 at 9:30 a.m. in Room 308

3D, Wednesdays, January 6, 13, 20, and 27 at 10:00 a.m.

In the Word — Marker Group, January 8, planning meeting at Starbucks on Fleur at 9:30 a.m.

EAGLES, Friday, January 8, noon potluck and planning.

Couples Club, Sunday, January 10, 5:00 p.m., Dinner and annual planning meeting/leader selection at Bob and Jean Williams home.

Hardanger, Monday, January 11 and 25, 9:00 a.m.

Prayer Shawl, Monday afternoon group, Monday, January 18, 1:00 p.m. in the Fireside Lounge.

Lunch Bunch II, will meet Wednesday, January 20, 11:30 a.m.

Lunch Bunch I, will meet Thursday, January 21, 11:30 a.m.

Scrapbooking, Saturday, January 23, 9:30 a.m. to 3:00 p.m. in Room 8.

Digital Photography, Sunday, January 24, 10:00 a.m. in Neumann.

Prayer Shawl, Tuesday evening group, Tuesday, January 26, 7:00 p.m. in the Fireside Lounge.

Recreational Book Club, Wednesday, January 27, 4:30 p.m. in Rose Holm.

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

More information on upcoming events

EAGLES will meet on Friday, January 8, at noon in Neumann for their annual potluck and planning. Please rsvp if you will be able to attend and also let us know of any ideas you may have for trips or tours for the coming year. Call or email Darla at 243-7691 or darlastiles@stjohnsdsm.org Please bring a dish to share. Table service and beverages will be provided.

In the Word—Marker Group is meeting on Friday, January 8, 9:30 a.m. at the Starbucks on Fleur to make plans as to dates, times, places, and what study materials to use. The group is adding new people and is still open. Call Delaine Marker, 285-2605, if you are interested in joining them.

Couples Club will meet on Sunday, January 10, 5:00 p.m. at the home of Bob and Jean Williams, 314- 42nd Street, Des Moines, for dinner and their annual planning meeting/presiding leader selection. All couples and singles are welcome. A main dish will be provided. Please let Bob and Jean know if you will be able to attend, 277-9120, rwilli1195@aol.com Come with ideas for the coming year.

Quilting Group: This group meets every Tuesday morning from 9:30 a.m. to noon. From three to five ladies have worked on these quilts weekly and have finished 23 tied quilts to give to the shelters in the area, as well as 2 hand-quilted quilts done for private individuals with the money going to Women of the ELCA's service recipients. They are also working on a quilt for Lutheran World Relief. The quilting group would like to have others join them, so if you are interested in quilting or tying quilts, please talk to Dorothy Parry, 255-6049, or Lu Saf, 277-4101. They are in need of crochet thread (especially colors) to tie the quilts. There is also a Quilters Fund if you would like to donate for the cost of materials.

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The Hardanger Group is resuming on Monday, January 11 at 9:00 am. If you are interested in this needlework, please contact Arlene Field, 964-3363, or Barb Hyler, 262-5261.

St. John's Job Networking Group: Job hunting? Looking for a way to connect with others doing likewise? Join in some great fellowship and share ideas at the St. John's Job Networking Group. Stay tuned for their next gathering.

Recreational Reading will meet Wednesday, January 27, at 4:30 p.m. in Rose Holm. The book to discuss is The Book Thief by Markus Zusak.

Prayer Shawl Gatherings: Monday afternoon group will meet on Monday, January 18, 1:00 in the Fireside Lounge; Tuesday evening group will meet on Tuesday, January 26, 7:00 p.m. in the Fireside Lounge. Come with ideas to rejuvenate. Anyone wishing to learn how to knit is welcome.

Digital Photography is meeting on Sunday, January 24, at 10:00 a.m. in Neumann. The group will talk about ideas for the coming year. Come and bring a friend who might be interested in digital photography. The group is excited to have new people join them.

Scrapbooking will be meeting on their usual 4th Saturday, January 23, between 9:30 a.m. and 3:00 p.m. Anyone who enjoys scrapbooking is invited to attend—bring your pictures and pages and materials to work with. People come and leave whatever time fits their Saturday schedule. If you are interested in attending, please call or email Darla at 243-7691 or darlastiles@stjohnsdsm.org.



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

Midweek Music

January 6 – Ballyhoo Foxtrot Combo

If you were not able to come to the Arts Kickoff event in October with the full Ballyhoo Foxtrot Orchestra, you can get a taste of the delightful, traditional jazz that group plays with the trimmed down ensemble. This is guaranteed fun and exceptional musicianship.

January 13 - Lisa Bost-Sandberg, flute

Lisa Bost-Sandberg is the flute half of a musical couple. (We will hear her husband, Scott, on February 3.) Lisa is new to the Midweek Music line-up, lives in Iowa City, and teaches in area colleges.

January 20 - The Amadeus Trio

The name "Amadeus" means "beloved of God," and happens to be the middle name of Wolfgang Amadeus Mozart. This beloved woodwind trio is made up of Susan Odem, oboe; Joyce Wheeler, clarinet; and Janean Schaefer Denhart, bassoon. With lots of variety in tone color and spirited playing expect great things from these three.

January 27 - Rebecca Gruber, soprano, and Sue Hudson, piano

"The Music of Women Composers" is the theme of this concert. Dr. Rebecca Gruber, the Director of Music at St. Pauls Episcopal Cathedral, is a past conductor of the Simpson College Choir, and currently conducts the Des Moines Gay Men's Chorus. She has also written children's choir curriculum for Choristers Guild. But for this concert Rebecca will demonstrate her talent and skill as a vocalist. We are privileged to welcome Rebecca to our Midweek Music series.

Midweek Music concerts are Wednesdays from 12:05 to 12:30 p.m., and they are free. For those who can stay, a hot, home-cooked lunch follows in Weertz Hall for only \$6. Please join us for one of the best ways to celebrate "hump day" in the city.



Children's Ministries



An Epiphany Follow the Star Family Event will be held at 10:00 on Sunday, January 3. Meet in the chapel to receive a *Magi Passport and a constellation map that will lead you to the best gift of all!!!* Your map will send you on a journey to locations you

might have never set foot-- like our church basement and a special Pastor's Office!!! On your journey, you'll participate in some activities that will help you learn more about the season of Epiphany.

Epiphany is just around the corner. We know the Wise Men knew that something amazing was happening. A king was being born. It was so important to them that they made a long journey to worship this new king of the Jews. To show reverence for Jesus, the Wise

Men brought gifts to him. You are invited to share in showing this reverence by donating baby items to the Young Women's Resource Center (YWRC), an organization that supports, educates and is an advocate for young women as they experience life's challenges. Just drop baby items in the "**Treasures for Jesus**" box (with a big yellow star on it) located by the fireplace in the Fireside Lounge by Sunday, January 3. All items donated will be boxed and wrapped at the Epiphany *Follow the Star Family Event* on Sunday, January 3. So if you have leftover wrapping paper, you could drop that in the box, as well!!! **These are the items most needed at the YWRC: formula (anything with DHA or ARA on the label), Diapers: sizes newborn, 4, 5 and 6, Pull-ups sizes 3, 4, 5 and 6, Baby Powder, Baby Lotion, Baby Oil, Baby Shampoo, Nail Clippers.**

Sunday School Schedule (age 3-4th grade)

	Bible Stories	Faith Traits	Big Idea
January 3	Epiphany Follow the Star Family Event		
January 10	Jesus is presented in the temple Luke 2:22-38	Reverence	People of all ages recognize who Jesus is.
January 17	Jesus in the temple Luke 2:41-52	Wisdom	Even the wisest people can learn from Jesus.
January 24	Followers of Jesus Luke 5: 1-11; 8:1-3	Cooperation	Jesus' call to come with him changes our lives.
January 31	Jesus speaks of true greatness Luke 9:46-48	Humility	Jesus thinks kids are great!

Sunday School Schedule (5th/6th Grade)

	Bible Stories	Faith Traits	Big Idea
January 3	Epiphany Follow the Star Family Event		
January 10 Session 1	John Prepares the Way Luke 3-1-18	Perseverance	We need to get ready for the good news of Jesus.
January 17 Session 2	Temptation of Jesus Luke 4:1-13	Self-Discipline	Knowing and trusting God helps us make good choices.
January 24 Session 3	Beginning of Jesus' Ministry Luke 4:14-30	Boldness	Doing important things for God can be painful and hard.
January 31 Session 4	Transfiguration of Jesus Luke 9:28-36	Reverence	Look and listen: Jesus is God's Son.



Youth Ministries

Middle School

Breakfast Club Schedule for January (Sundays 9:55-10:55 a.m. in room 307)

January 3: Meet in the chapel to participate in the Epiphany Family Event

January 10: Living Faithfully Part 2

January 17: Living Faithfully Part 3

January 24: Caring for Neighbors Part 1

January 31: Caring for Neighbors Part 2

Wednesday Night Confirmation Schedule (Wednesdays 6:30-7:45 p.m. in MPR)

January 6 - Feeding of the 5,000 and The Transfiguration

January 13 - The Sending of the 70 and The Good Samaritan

January 20 - Healing the Bent-Over Woman and Parables of the Lost and Found

January 27 - The Rich Man and Lazarus

High School

Do you want to go to Denver, Colorado over spring break? You will get to serve others, worship with new communities, and ski/snowboard! If so, please give Megan a \$100 deposit by February 1st! Call or email Megan with any questions.

School of Ministry

The Center for Renewal and Grand View University will be hosting a School of Ministry on Monday, January 18, 2010, at 7:00 p.m., at the Rasmussen Center for Community Advancement Professions, classroom 103. Dr. Walter (Chip) Bouzard, professor of religion and philosophy at Wartburg College and psalms specialist, will explore the types of psalms that appear in the Bible and ways that these psalms might be better employed in Christian worship and discipleship. Cost for the event is \$10 and the fee is payable at the door. However, we need to know if you intend to come, so please register by calling 515-263-6008, email to jwhite@grandview.edu or online at www.renewingchurch.org (the workshops and events tab). All participants are asked to bring a Bible with them.

Online Contributions

Shortly after the first of the year St. John's Lutheran Church will begin accepting online donations through our website, www.stjohnsdsm.org. This exciting new feature will allow you the flexibility of giving when you are unable to attend a service, can't find your contribution envelopes, or forget your checkbook at home.

Some of the features of this service include:

- Give a one-time donation.
- Create an account for reoccurring donations.
- Assign a memorial designation to a gift
- Give using your credit card, checking, or savings account.
- Hosted by Simply Giving all data is stored securely and properly. None of your credit card or banking information will be stored by St. John's.
- Integration with our current church management software.
- if you create an account you will be able to track your own giving history.
- Eventually we will use this service for event registrations and for special offerings.

As of the time this publication went to print we are still in the final phase of this project. Watch our website for an **Online Giving** button. Once it appears we will post detailed instructions, provide bulletin inserts outlining this new opportunity to give, and will host a demonstration of the service between services in January.

Thank you for your support and help as we move forward with this exciting new way of giving.

Scott LaBlanc
Director of Parish Operations

Send us your photos

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

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



In the City (and the World) for Good!

There are many ways in which the members and friends of St. John's use their passions to serve the city & the world. Where do your particular gifts meet the needs of others? Below are examples of some of our efforts to make "faith active in love." Questions regarding these opportunities, as well as many others, may be directed to the Social Ministry Team, chaired by Jennifer Early, or to Pastor Mithelman.

- **Thank you for generously "adopting" guests from the Connection Café and the Interfaith Hospitality Network for Christmas!** All of the tags for gift items were taken from the "gift tree" in the narthex and returned in beautiful, brightly-colored wrapping paper. They were delivered on December 21st to Rob Hoover, Café Coordinator, and Jim Cain of IHN for distribution that week.

- **Speaking of the Connection Café, we ended the year short of our \$10,000 commitment to this ministry that provides a free noon meal downtown at 7th & Grand, five days/week.** As of press time we have contributed \$6516 to this program that is not part of St. John's operating budget. St. John's Foundation has also contributed \$1500 toward the support of the Café. So...if you could make a New Year's gift of thanks to the Café it would be greatly appreciated!

- **The question is: Do you like to cook and/or bake?** In early 2010 we will be organizing a team of folks with a passion for ministry through food to be "on call" for a meal (or meals) when a household in our congregation experiences a life-altering change such as a birth, death, hospitalization, tragedy, etc. If you have interest in this area of ministry, please contact Katie Tippins at 243-7691 or katietippins@stjohnsdsm.org and we'll get an organizational meeting on the calendar!

- **Thanks for your faithful support of our commitment to serving the evening meal twice per month and providing the Hygiene Kits for Central Iowa Shelter & Services!** Given the projected cuts in the city of Des Moines' budget for services to the most vulnerable in our community, our continued involvement at the shelter is crucial.

- **And remember...toothbrushes & toothpaste make an enormous difference in the overall health of children and adults!** Please remember to pick up a couple of extras when you are shopping and leave them in the bins in the narthex or the reception area. These items go to various shelters around the city.

Hospitality & Outreach



Be It Resolved....

Some of you may remember that those three words were the beginning of formalized debate – at least in high school! Many years ago my brother was in debate; in fact, he won the state debating championship. I remember him researching, writing and practicing. I didn't go into debate. The idea of having a position or opinion assigned, and having to support it – whether or not I believed it – didn't work for me. I could not debate something I personally did not believe – even if I could prove it through "facts" and documentation. And, as we've all seen from the media, almost anything can be argued and facts can be manufactured to support any position.

For those of us who find our reality and opinions based on the Word of God, there are absolutes. Through the guidance of the Holy Spirit we can determine what's right. We can ask God for guidance when we have a choice to make. We can look to Scripture; we can pray for discernment. Most importantly, we have to remember to take our time to utilize the gifts and tools God has given us for direction.

To be honest, most of the time, I "automatically" proceed with life and move forward at warp speed. And you know the saying, "Act in haste; repent in leisure." I don't WANT to act hastily and choose the wrong path. I simply don't stop and fully consider what I'm doing; I'm on automatic pilot. I rarely stop and take the time to think a situation through, pray about it, and ask for God's direction. But I spend plenty of time reviewing my decisions AFTER the fact; that's when the questions come.

So, with a new year approaching and resolutions (another derivation of the word "resolve) to make, I resolve to slow down, pray about my direction in life, ask God for guidance and make an sincere effort to follow the path God has laid out for me. I will strive to be faithful and faith-filled. Join me. Be it resolved.



Healing Touch Journey

I am Karen Zaabel, RN/BSN, a member of St. John's for a number of years. Over the last two years, I have been taking classes in Healing Touch working toward a certification in this alternative health care modality.

What is Healing Touch?

Healing Touch is a relaxing, nurturing energy-based therapy that can be used for ages and works with standard medical care.

The goal of Healing Touch is to restore harmony and balance in the body's energy system placing the client in a position to self-heal. The Healing Touch Practitioner's hands are placed lightly on the body or above the body to clear, energize, and balance the human energy flow.

Body, mind, emotion, and spirit are touched through this therapeutic process, and each individual is empowered to participate fully in his or her healing journey. People frequently report feeling deeply relaxed and peaceful during and after the treatment.

How can healing touch benefit you?

- Reduce stress
- Calm anxiety, depression
- Decrease pain
- Strengthen the immune system
- Enhance recovery from surgery
- Complimentary care for neck and back problems
- Deepen spiritual connection
- Support cancer care
- Create a sense of well-being
- Ease acute and chronic conditions

For additional information on healing touch, go to the Healing Touch International website at www.healingtouchinternational.org.

How can you assist me on my journey?

The course requires documentation of 100 hours of healing touch sessions which allow for practice of healing touch techniques and client assessment. People willing to volunteer to receive healing touch sessions would allow me to complete this portion of my course work. There would be no fee for a limited number of individual sessions. Arrangements for healing touch sessions can be arranged at mutually convenient locations. Person interested having a healing touch session(s); please contact Karen Zaabel at 515-225-8476 or kzaabel@msn.com.

Photos of the Month



Larry Christensen waiting for the ASAP group photo session to begin.



The first shot of our 2010 Congregational Council.

Did you know?

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

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happening at St. John's?

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JANUARY EAGLE CALL DEADLINE

The deadline for all
January Eagle Call
information is **Monday,
January 18, 2009.**
Please send information
or articles, in digital
format if possible,
to Scott LaBlanc. At
scottl@stjohnsdsm.org.
If you cannot send it by
email, drop it off at the
church office.
Thank you!