



St. John's Lutheran Church

The EAGLE CALL

Volume 43, Number 4
April, 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

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Come and Worship

Our Lenten journey reaches its climax and culmination in the eight days framed by Palm / Passion Sunday and The Resurrection of Our Lord, Easter Sunday.

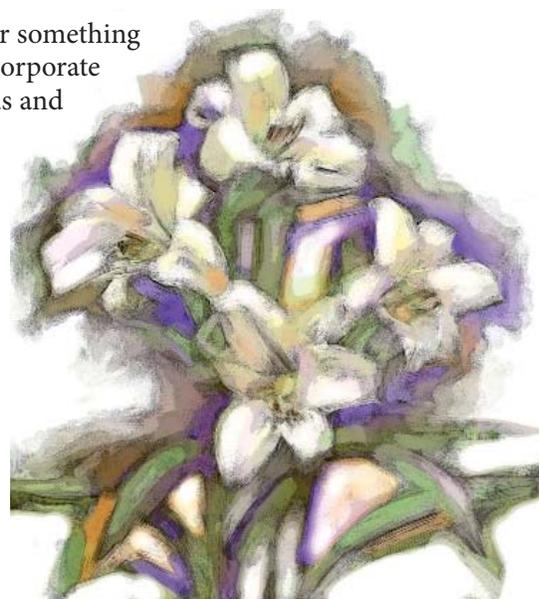
Sunday, April 17th, Palm/Passion Sunday begins with shouts of "Hosanna! Blessed is He who comes in the name of the Lord" and moves quickly into the reading of the complete passion narrative from Matthew's gospel. The congregation for 8:45 a.m. and 11:00 a.m. will assemble in the alley on the west side of the church, receive palms branches, and process around to enter the building from the east side.

Holy Week this year will introduce an opportunity for additional devotion. On Monday, Tuesday, and Wednesday there will be a contemplative service of scripture reading, prayer, and meditation in the chapel. There will be no music, sermon, or sacrament, and no lunch served. This is simply an opportunity offered for individuals to step away from the rush of daily life to prepare hearts and minds for the events of "The Three Days".

Maundy Thursday at St. John's will also offer something old but new to us - the opportunity for corporate confession and individual laying on of hands and the pronouncement of absolution. This will be available in the chapel at 11:30 a.m. and 7:00 p.m. one half hour prior to the 12:05 p.m. and 7:30 p.m. services. The services themselves will be held in the sanctuary with Holy Communion and, at 7:30 p.m., rituals of footwashing and the stripping of the altar.

Good Friday, in many ways, contains the most confounding and offensive part of the Christian gospel: that divinity not only became human, but in that human form

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In the City for Good!
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Office Hours are:

Monday – Thursday

9:00 am – 5:00 p.m.

Friday

9:00 - 4:00 p.m.

Saturday

9:00 am – 12:00 p.m.

Next Eagle Call Deadline
April 14th at 12 p.m.



A Word from Our Pastors
Pastor Ray Runkel

“He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?” Micah 6:8

I think part of walking humbly with God means that we can laugh at ourselves and the situations we find ourselves in at times.

I will not forget an older fellow who supervised a cottage of delinquent teenagers. These kids were grumpy, and smiles and laughter were seldom heard or seen in their home. So Mr. Brown, the cottage father, would encourage them saying, “Smile - and they will think you are up to something.” It seemed to help make things better.

Psalm 2:4 says, “He who sits in the heavens laughs; the Lord has them in derision.” Again, in Psalm 59:8-10, “But you laugh at them, O Lord; you hold all the nations in derision. O my strength, I will watch for you; for you, O God, are my fortress. My God in his steadfast love will meet me; my God will let me look in triumph on my enemies.”

Perhaps you have heard these little sayings. They always make me smile...
God is Like...

- *God is a little like General Electric. He lights your path.*
- *God is a little like Bayer Aspirin. He works wonders.*
- *God is a little like Hallmark cards. He cared enough to send the very best.*
- *God is a little like Alberto VO-5 Hair Spray. He holds through all kinds of weather.*
- *God is a little like Dial Soap. Aren't you glad you know Him? Don't you wish everyone did?*
- *God is a little like Sears. He has everything.*
- *God is like Alka Seltzer. Oh, what a relief He is!*
- *God is like Scotch tape. You can't see Him, but you know He's there.*
- *God is like the Energizer battery. Nothing can outlast Him.*
- *God is like American Express. Don't leave home without Him.*

On a more serious side, I continue to participate in a religious group that addresses issues of justice in the Iowa correctional system. The groups name is The Micah Corporation. It is a nonprofit ecumenical group started in 1977, and has done outstanding work in improving our correctional system through the work of leaders such as Bishop Maurice Dingman, Bishop Ray Lingwell, Bishop Bruno Schactenhaufon, Phillip Riley (Des Moines City Attorney) and other church, city and state people. This group is still active and needs more active participants - young and old - to join in making our correction and justice system work for better, more effective justice in Iowa.

Have a good, humble and happy walk in Christ.
 Pastor Runkel

Women of the ELCA



The Women of the ELCA are providing a lunch for \$6.00 following the Lenten Noon Worship Service. Lunch is served in Neumann and includes a choice of sloppy joe or egg salad sandwich, soup, salad, a dessert and drink. Please come

and join the fellowship.

Lois and Sarah Groups will meet on Wednesday April 6th. Sarah Group will meet at 11:00 a.m. Both Groups will attend the Noon Lenten Service and eat lunch (\$6.00). Lois Group will have a short business meeting following lunch.

Thanks to Lois Group for serving Sunday Coffee for the month of March. Both Sarah and Lois Groups have been providing food and help for the Lenten Lunch on Wednesdays. Many thanks to all involved especially Carol Dittmer for overseeing the entire project.

April will bring a service meal for Serenity Seekers on April 14th.

The April WELCA outreach project will be a collection for CHILDREN AND FAMILIES OF IOWA/FAMILY VIOLENCE CENTER. The congregation is invited to participate in donating.

The most urgent needs are:

Diapers (all sizes, but esp. sizes 5 & 6), shampoo, combs, brushes, disposable razors, hair dryers, toothpaste, deodorant, bath towels, wash cloths, twin size sheets, adult and children's new underwear and socks, new bras, new toys, and medium size tote bags.

Please select one or more items and place in the marked boxes near the office reception desk or in the hallway outside Neumann Hall. Your support is really appreciated!

Clusters #10 / 11, Women of the ELCA invites all women to our Spring 2011 Gathering at Lutheran Church of the Good Shepherd in Des Moines, 3820 SW 9th Street, on April 30, 2011. The program will be presented by Carrie Leiran, Dietitian for Iowa Health Nutrition Center, Methodist Way, speaking on "Cooking for One or Two".

Council Update



I am glad to have the opportunity to share some information about your 2011 church council. Each quarter, I plan to bring you an update on our work and plans for the year. First, let me say that we have a very talented group of people. We are active and passionate about our involvement at St. John's and excited to be part of this church and its ministry. Everyone has expressed that

we have a vibrant healthy church that understands its mission of preaching the gospel, supporting each other in community, and making deep personal connections. Worship at St. John's is engaging, we have people of all ages (including youth) involved, great music and the arts, and our many outreach programs really live up to "in the city for good".

Next for some good financial news. Our giving is trending upward. We have received more Estimates of Giving and Simply Giving cards for 2011 than last year. Hopefully, improvements in the economy will continue to help our ministry plan. We hope you are experiencing recovery in your personal finances, too.

During our council retreat and our monthly meetings, we have set the following goals for the year. First, we want to advocate for the common good so that everyone is empowered by the gospel. Next, we want to find more ways for people to share their St. John's story and their journey in faith. We also want to encourage people to find and share their gifts, then take a risk and get personally involved. Finally, we want to grow in gratefulness. My next article will highlight our plan of action to support our goals.

Finally, at the annual meeting (and at each of the council meetings), I have been beating the drum of invitation. I asked council members to remind their committees to invite new people to get involved. I am thankful we have many wonderful volunteers, but there is always someone new in the pew who simply needs to be asked to help or join a group. But it does not have to start (or stop) with the council. I also am asking you to be purposeful in your invitation. Please ask someone to join your committee, Bible study, book club or social group. When was the last time you invited a neighbor, co-worker or friend to church? Or, please make contact with someone who used to attend regularly, but you have not seen for a while. All of us together make St. John's a welcoming congregation. And together we help people make connections that become friendships.

I would like to hear your thoughts and suggestions. Please stop me and tell me your St. John's story. We have a great history and a vital ministry today. Let's work together to be good stewards of all the gifts God has given us.

Kris Gregersen
President, 2011 Church Council

Prepare for Worship

Sunday, April 3 Fourth Sunday in Lent

Baptism is sometimes called enlightenment. The gospel for this Sunday is the story of the man born blind healed by Christ. "I was blind, but now I see," declares the man. In baptism God opens our eyes to see the truth of who we are: God's beloved sons and daughters.

The readings are 1 Samuel 16:1-13; Psalm 23; Ephesians 5:8-14; and John 9:1-41. The hymns are ELW 673, "God, Whose Almighty Word," ELW 637, "Holy God, Holy and Glorious," and ELW 768, "Lead Me, Guide me." At 8:45 Kisasa Choristers will sing "Savior, Like a Shepherd Lead Us," by William Bradley Roberts for offering and, during communion, Amy Walman Madden with Asphalt & Stained Glass will sing "I Quietly Turned to You," by Buryl Red. At 11:00 a.m., our Cathedral Choir and Chamber Orchestra will present "Be Thou My Vision" in a setting by John Ness Beck for offering, and "Open My Eyes," by K. Lee Scott during communion.

Beginning Sunday, April 3, there will be a station for laying on of hands and anointing for healing available in the east transept every 8:45 a.m. and 11:00 a.m. service during communion.

Sunday, April 10 Fifth Sunday in Lent

In today's gospel Jesus reveals his power over death by raising Lazarus from the dead. The prophet Ezekiel prophesies God breathing new life into dry bones. To those in exile or living in the shadows of death, these stories proclaim God's promise of resurrection. In baptism we die with Christ that we might also be raised with him to new life.

The readings are Ezekiel 37:1-14; Psalm 130; Romans 8:6-11, and John 11:1-45. The hymns are ELW 333, "Lead Me, Guide Me," ELW 637, "Holy God, Holy and Glorious," and ELW 758, "You Are the Way." At 8:45 a.m. Cantorei and Cathedral Choir will sing, "I Am the Resurrection and the Life," for double choir by Heinrich Schutz. At both 8:45 a.m. and 11:00 a.m. Larry Christensen with A&SG will sing a setting of Psalm 130, "De Profundis Blues," by Paul Wellicome for communion, and at 11:00 a.m. Paul and Susan Stageberg will sing the offering music. There will be laying on of hands and anointing with oil for healing at all services this weekend.

Sunday, April 17th Sunday of the Passion / Palm Sunday

This day's liturgy begins with a palm procession beginning outdoors, commemorating Jesus' triumphal entry into Jerusalem. Quickly the tone of the service changes as we meditate upon Jesus' passion and death. Because this story is so central to our faith, our only reading will be Matthew's account of the passion: Matthew 26:1 – 27:66. The congregation will participate in the reading using booklets with the entire text.

The hymns will be ELW 334, "All Glory, Laud, and Honor," ELW 343, "My Song is Love Unknown," and ELW 354, "Calvary." The Kisasa Choristers will sing at 8:45 a.m. and Cathedral Choir at 11:00 a.m.

Information on the Holy Week services is in the cover article for this Eagle Call.

Sunday, April 24th Resurrection of Our Lord / Easter Day

On this day the Lord has acted! On the first day of the week God began creation, transforming darkness into light. On this, the "eighth day" of the week, Jesus Christ was raised from the dead. We celebrate this new creation in the waters of baptism and in the feast of victory. With great joy we celebrate this day of days, even as we begin the great fifty days of Easter. Filled with hope, we go forth to share the news that Christ is risen!

The readings are Acts 10:34-43 (or Jeremiah 31:1-6); Psalm 118:1-2, 14-24; Colossians 3:1-4; and Matthew 28:1-10 (or John 20:1-18) The hymns are ELW 365, "Jesus Christ is Risen Today," ELW 449, "We Know That Christ is Raised and Dies No More," and "The Day of Resurrection." There will be three services: 6:30 a.m., 8:45 a.m., and 11:00 a.m.

The tone of the 6:30 a.m. Sunrise Communion service will be joyful, lyric, and gentle led by Sarah Garner on organ and piano. At 8:45 a.m. and 11:00 a.m. we will be in full-voiced festival mode with organ, brass, orchestra, bells, percussion, Cantorei, and Cathedral Choir. At 8:45 a.m. the Kisasa Choristers will sing "Alleluia" by W.A. Mozart. The choirs and instrumentalists will join baritone Mark Garner in presenting three of Ralph Vaughan Williams' famous "Five Mystical Songs" on Easter poems by George Herbert. There is communion at all services.

Health Ministry



Good health, understood to include body, mind and spirit pervades scripture and is focal to Jesus' teachings. From a biblical perspective, healing is a part of the process of living and, as such, it is not reserved strictly for the sick but helps all focus on wholeness, God's intention for His people.

St. John's has long designated the third Sunday of the month as a day to emphasize wholeness with the laying on of hands and prayer. Beginning in April this ministry is being expanded to every Sunday at the 8:45 and 11:00 services when there will be a healing minister located in the east transept for those desiring to participate. As you leave the communion rail, you may stop at a kneeler where the health minister will be available.

We have need for additional health ministers to allow us to provide this ministry. If anyone would like to serve in this capacity, please call Katie at the church office. There will be a short class after Easter for the training.

HEALTH CARE PROVIDERS PLEASE NOTE

Health Ministry has had a request from the Ushers for a list of health care providers who could be identified if there is an emergency need during the service. You would not be assigned, but only place a provided marker on the pew where you are seated during worship so the ushers could quickly find someone, if needed. If you would be willing to do this, please call the church office, 243-7691, and ask for Katie.

Healing Touch Journey



Karen Zaabel, RN, began healing touch courses in the summer of 2008 with a goal to become a certified healing touch practitioner. In February 2011, the Healing Touch International Board of Certification awarded her certification as a healing touch practitioner. She wishes to thank the people who supported her in her journey. Karen

is currently offering healing touch at the Zimmerman Chiropractic Clinic at 800 South 50th Street in West Des Moines. If you are interested in learning more about healing touch or scheduling an appointment, contact her at 515-225-8476.

Cover Story (continued)

submitted to humiliation, torture, and death at the hands of religious and political powers of this world. That was beyond acceptance for religious folk of the time and for some to this day even as it is also taken for granted, or of little importance. Yet this passion narrative, from the gospel of John, reads us and our lives as we hear it read and sung. The services are 12:05 p.m. and 7:30 p.m. in the sanctuary.

The Easter Vigil, concluding Holy Saturday and ushering in Easter, is the hinge into and the first celebration of the Resurrection of our Lord. It begins in the courtyard with the striking of a new fire, the lighting of the new Paschal Candle, and a procession into the church with individual candles lighted from that one flame. The service in the chapel includes four dramatic readings from the Biblical salvation history, remembrance of our baptism, and communion. Bring a bell to ring!

The Resurrection of Our Lord/Easter

6:30 a.m. will have the gentle quality of a peaceful yet exciting sunrise with music on organ and piano by Sarah Garner, preaching, and Holy Communion.

8:45 a.m. and 11:00 a.m. will be identical services with music by Cantorei and Cathedral Choir, brass, organ, and orchestra. The liturgy will be as festive as we can make it with processions, shouted and sung "Alleluias", banners and bells, white and gold paraments, gospel preaching, and communal eating of the sacrament of the table, the holy fellowship in which we are one body, the Body of Jesus Christ, our Lord.

"Christ is Risen! He is Risen Indeed!"

Midweek Music Returns



With Easter coming so late this year there are only two remaining Midweek Music offerings left this spring. Wednesday, April 27th, we present the "Odyssey Duo," Sandra Moore Wacha, flute, and Kristin Maahs, harp. May 4th will feature the violin and viola students of Drake University faculty member Sarah Plum. The

concerts begin at 12:05 p.m., are free and open to the public. They are followed by a hot, home-made lunch for only \$ 6.00.

Small Groups

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

CALENDAR

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

Christian Involvement/Restaurant Visitation, Tuesday, April 5, 6:00 p.m. at Kirkwood Café.

Saturday am Bible Study, Saturdays in April (except April 23), 8:30 a.m.

St. John's Moms, Saturday, April 9, 10:00 a.m. in the Nursery at church.

WIRED luncheon and program, Sunday, April 10, 12:30 p.m. at Grand View University, Rasmussen Center.

St. John's Networking Group, Monday, April 11, 5:30 p.m., Gateway Market on MLKing.

WIRED Night Out, Tuesday, April 12, 6:30 p.m. at Darla Stiles' house for a chocolate party.

WIRED Book Discussion, Wednesday, April 13, dinner for discussion, then attend Anne Lamott's presentation.

EAGLES, Friday, April 15, meet at church at 8:30 a.m. for a trip to Gladbrook & Marshalltown.

WIRED group to serve at the shelter, April 18, as part of the WIRED Service Learning group.

3D, Wednesday, April 20, 10:00 a.m.

Lunch Bunch II, Wednesday, April 20, 12:30 a.m.

Lunch Bunch I, Thursday, April 21, 11:30 a.m.

Recreational Reading, Wednesday, April 27, 4:30 p.m. in Rose Holm.

Scrapbooking will not meet this month.

Photography will not meet this month.

Couples/Singles Group, Saturday, April 30, at The Social Club to see "Cat on a Hot Tin Roof," see below for more details.

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

More information on upcoming events

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

Saturday am Bible Study will meet Saturdays in April (except Easter weekend, April 23) 8:30 a.m. at a location to be determined by the group—Contact Ellen Fisher, 250-9916 or ellenfisher123@yahoo.com or Rod Snavely, rsnavely@aol.com for location.

St. John's Moms will meet on Saturday, April 9, 10:00 a.m. in the nursery at church. This group is for moms of young children (around age 3 and under). Facilitators: Kirsten LaBlanc k.lablanc@gmail.com

(491-0907) and Rachel Corron, rpcorron@gmail.com (313-6645).

EAGLES April event: Trip to Gladbrook and Marshalltown - Friday, April 15. The EAGLES will leave the church promptly at 8:30 a.m. to travel to Gladbrook to view the Matchstick Marvels (cost \$3). They will then travel back to Marshalltown for lunch at the Binford House (\$13). A tour of the newly restored Orpheum Theater will follow lunch, then a stop at the Fisher Art Museum to see an Impressionism exhibit before returning to Des Moines. Call or e-mail Margaret Townsend, 515-274-0962, or mtownsend1@mchsi.com if you will be able to attend.

The St. John's Networking Group meets the 2nd Monday of each month, which will be April 11th this month. The group meets at Gateway Market @ 5:30 p.m. Whether you're job hunting or not, it's a fun way to get to know great people from varied backgrounds. Gatherings are very informal. Questions? Contact Ellen Fisher 274-5236 or ellenfisher123@yahoo.com

Lunch Bunch II: This group will meet on Wednesday, April 20, at 12:30 p.m. If interested in joining this group, contact Janet Figg, 279-6326.

Lunch Bunch I will meet on Thursday, April 21, at 11:30 a.m. Anyone interested in joining the group please call Margaret Roby at 288-6304 to reserve a space. New members are most welcome!

Recreational Reading will meet on Wednesday, April 27, at 4:30 p.m. in Rose Holm. The book for discussion is *The Spirit Catches You and You Fall Down* by Anne Fadiman.

Scrapbooking will not meet this month due to Easter weekend.

Photography will not meet this month due to Easter weekend. If you have an interest in participating in St. John's photography small group, please contact Rod Snavely at rsnavely@aol.com.

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Couples/Singles Group will attend the Repertory Theater of Iowa production of "Cat on a Hot Tin Roof" at Des Moines Social Club's new location in the Kirkwood Hotel on Saturday, April 30 at 7:30 p.m. Cost: \$15.00. Let Karen Ritchie know either by e-mail wkritchie3@mac.com or 279-0153 if you can attend and if you might be interested in going out for dinner preceding the production (possibly Kirkwood Café or another downtown location.) Please send a check by April 8 for the tickets to Karen Ritchie at 181 38th Place, Des Moines, IA 50312-2815.



The next WIRED Luncheon and Program is Sunday, April 10, 2011, 12:30 p.m. at Grand View University, Rasmussen Center. Cost for lunch and the speaker is \$20.00. Registration may be done at St. John's in the lounge or through St. John's website. The Speaker is Kathy Reardon, a spiritual director, holistic nurse, teacher, retreat leader, and co-developer and faculty member of Prairie Fire, a two year spiritual deepening experience offered through the Des Moines Pastoral Counseling Center. Her topic is "Wired for God."

Did you know that we truly are "wired" for God? That the Divine DNA is in the cells and substance of every human person? Psalm 139 beautifully reveals that we are "fearfully and wonderfully made," a truth of whose amazing reality we are only beginning to understand.

This presentation will give an overview of the interweaving of science and spirituality to enhance our understanding of the interconnectedness of the human body, of human beings, of the world community with the universe we live in. Jesus invited his followers to, "Come and see." You are invited to join us...come, see, and be open to amazement. Register online at www.stjohnsdsm.org.
Registration deadline: April 3, 2011

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

1. **COOKING CLASSES:** Carol Lunde (carollunde@q.com) Several things are being planned. Watch for details.
2. **BOOK DISCUSSION:** Mary Ritchie (ritchiem82@gmail.com). The group is reading Anne Lamott's *Traveling Mercies* this month and will meet for dinner on April 13 to discuss the book, then go to hear Anne Lamott speak that evening. More details to follow.
3. **WOMEN'S NIGHT OUT:** Darla Stiles (darlastiles@stjohnsdsm.org) The group will meet on Tuesday, April 12, at 6:30 pm at the Stiles' home for a Dove Chocolate Party. Reservations necessary.
4. **SERVICE / LEARNING PROJECTS:** Karen Andeweg (kandeweg@bankcsb.com) Plans are being made to take over the shelter meal for April 18. Contact Karen Andeweg if you can bring food and/or help that evening.
5. **Wii FITNESS:** Delaine Marker (gramsmkr@hotmail.com) The group will decide at the WIRED luncheon on April 10 if there is sufficient interest.
6. **YOGA:** First session ran on Thursdays until March 24 (5:45 pm in the Fireside Lounge). Contact Sue Tew (sue4youth@aol.com) if you have an interest in attending a new session.

Tend Your Inner Garden

Within you is a sacred space that holds your true self—your dreams, gifts and life purpose. You can visit this Inner Garden and discover what you truly desire in life.

Come to an introduction to Tending Your Inner Garden© Sunday, April 3 at 10:30 a.m. in Neumann to learn about a new group forming for women at St. John's interested in spiritual growth and community. Diane Glass will present the program used by women in Iowa and around the world since 2003.

If you cannot attend the meeting but would like to learn more, contact Diane at diane.glass@mchsi.com or 515/243-2038.

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.

Children's Ministries

April Sunday School Schedule

April 3: The Empty Tomb (Matthew 28:1-10)

Talk about these questions:

- What do you think the white shroud on the cross symbolizes?
- What gifts can you give to friends and family to show your love to them?
- How can you share Jesus' greatest gift with people you meet?

April 10: The Great Commission (Matthew 28:16-20)

Talk about these questions:

- Why does Jesus want us to tell people about him?
- Would you rather have someone ask you to do something, or tell you to do it? Why?
- How can you find out what Jesus wants you to do?

April 17: Doubting Thomas (John 20:19-31)

Talk about these questions:

- How does Jesus show himself to you?
- Who helps you learn about Jesus today?
- Do you think it was easy or hard for the disciples to believe that Jesus had come back from the dead? Why?

April 24 (Easter Sunday): No Sunday School



A big **THANK YOU** to everyone who attended the Pedals, Pipes, and Pizza event this last month!

Youth Ministries



Wow! This year has flown by. We had a fantastic multi-generational trip to New York City over spring break. Our group got the "Pastor Bob Brooklyn Tour" and we were not disappointed! We spent our time exploring the city and eating lots of pastries. We also spent our Tuesday serving breakfast at a free breakfast program at St. Peter's Lutheran Church. Then we served lunch to senior citizens at Gustavus Adolphus Lutheran Church. Needless to say, we all enjoyed ourselves thoroughly and we were glad to be able to serve the city that offered us so much. Hopefully a trip of this kind will take place again because it was definitely worth it!

Looking ahead...

Confirmation 7/8

Confirmation students are busy learning about the significance of Holy Week and preparing some special things for the week. You won't want to miss it!

April 8th & 9th: Lock-In for all Confirmation students at St. John's .

See Megan for details!

April 16th: Holy Week practice from 9:00 a.m. - 12:00 p.m.

April 20th: Holy Week practice from 6:00 p.m. - 9:00 p.m.

High School

High school students are spending the first weekend of April in Iowa City for the Southeast Iowa Synod's LYO gathering. The weekend should be a great time of learning, building relationships, and fun!

JIF Schedule

- April 3rd: No meeting
- April 10th: 5:30-7:30 p.m. at St. John's
- April 17th: 5:30-7:30 p.m. at St. John's
- April 24th: No meeting because of Easter

In the City (and the World) for Good!

This clearly shows what Luther meant by faith active in love: in faith, humans receive God's love and pass it on to their neighbor. The Christian, as a child of God, is used by God to mediate the divine love to other people... (from "Faith Active in Love" by George Forell)

It's time for a mid-Lent check-in on your World Hunger Appeal offering boxes! Are you contributing daily or weekly to this crucial ministry of the ELCA? Your donations go a long way in meeting needs of those who are poor around the world:

- 50 cents provides a pound of seed for growing food
- \$1 provides a chick to a family's egg business
- \$10 provides a fruit tree seedling OR a mosquito net to help prevent malaria
- \$50 immunizes a child against preventable diseases

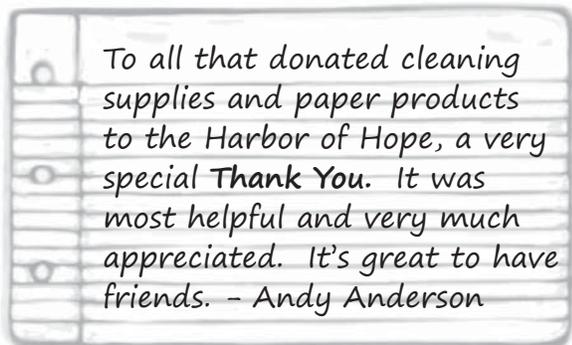
Be generous!

We serve at Central Iowa Shelter & Services on the 18th & 19th of April - the Monday & Tuesday of Holy Week. Thanks to those who contributed in March – especially at the last minute when we came up short on food items! Please sign up in the narthex as soon as possible for the April meals. Serving at the shelter early in Holy Week would be excellent preparation for worship on Maundy Thursday when the Gospel proclaims how Jesus served his disciples by washing their feet...

St. John's will host the worship service that follows the Palm Sunday Peace Procession on April 17th. The procession leaves the west side of the state capitol at 3:00 p.m., and worship will begin at 3:45 p.m. at St. John's. We will need approximately 5 people to serve as ushers/hosts that afternoon. If you are willing to help, please contact Pastor Mithelman.

The churches of The Bridge will sponsor the Good Friday "Way of the Cross" again this year. Watch the Sunday bulletin for announcements and plan to participate in this Good Friday walk through downtown Des Moines.

Thanks for all the ways that you serve the city and the world through your participation in the ministry of St. John's!



THE FANTASTICKS

All proceeds to support the community-building work of AMOS.

SHOW LOCATIONS, DATES & TIMES:

First Unitarian Church – 1800 Bell Avenue, Des Moines
 May 5th through May 7th at 8:00 p.m.
 May 13th and May 14th at 8:00 p.m.

ACTORS in Ames – 120 Abraham Drive, Ames
 May 8th at 3:00 p.m.

AMOS | A Mid-Iowa Organizing Strategy

Tickets: \$20 available by calling 279-2234 or at www.midwestIX.com

AMOS is a 501(c)(3) nonprofit. Interfaith.org certifies community restoration affiliated with the Industrial Areas Foundation.

Quiet Garden Program



Dear Bridge Friends,
 The Cathedral Church of St. Paul would like to invite the members of The Bridge churches to join us for our Third Thursday Quiet Garden programs. These

programs are intended to offer people opportunities to connect with God through the arts (broadly defined as creative activity—from gardening to photography to music). We meet at 5:15 p.m., hoping that people might stop by on their way home from work for a little spiritual refreshment.

Thank you, and I hope to see you soon!
 Sincerely,
 Vicki Ingham
 Cathedral Church of St. Paul

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**.

Hospitality & Outreach



Let's Talk It Over

We talk, we gab, we share... whatever you may call it ... we "communicate."

The dictionary defines "communication" as "the exchange of information between people; a spoken or written message." Here at St. John's we utilize many, many forms of communication. To name a few:

- Membership directory
- Church bulletins, announcements and inserts
- Website
- Email
- Weekly email news update
- Eagle Call monthly newsletter
- Social Media – Facebook, Twitter
- Radio ads – KRNT service broadcasts; Iowa Public Radio
- Des Moines Register – weekly; quarterly banner ads; seasonal notices
- Kiosks and bulletin boards
- Fine Arts ads in various publications
- Printed sermons
- Annual Report
- Tell cards
- Letters, stewardship information, financial statements
- Ministry brochures
- Direct conversation

Believe it or not, a lot of thought is put into how we convey information to you. What communication is more imperative and impacting than proclaiming the Good News of Jesus Christ?

More thought, direction and method of communication is being explored by St. John's Communication Ministry Team. A group of dedicated individuals has been meeting and brainstorming about ways to bring St. John's message(s) to you. The goal is that the communication be interactive – a conversation, a dialog. We hope to impart information and opportunity to you and we want to hear back. Is this what you want, what you need, does it speak to you? And, is this in the most effective format with which to reach you?

To this end, discussion has led to the need to find people with one of two distinct types of skill sets. We want those who are the "thinkers" – the logicians, the theorists. We need those who can visualize the broad picture, who have the imagination to see opportunities where others might see blank space. We also need the "doers" – those who can implement the vision. We're looking for photographers, videographers, graphic artists, magicians with computer software, those with artistic flair who delight in making extraordinary the average or mundane.

We need reporters – those who will keep an eye and ear open for events and stories relating to St. John's church and our members. Coupled with the reporters, we welcome the talents of copyeditors. The reporters can provide the who, what, when, where and why. The copyeditors can polish and handle the grammar and punctuation – arts that are being lost in our text-crazy world.

We have talked before about differing gifts and this Team is a perfect case in point. We need a wide variety of skills to make this happen. If you have a talent, a gift of yourself, to offer our church community (and don't sell yourself short!), please contact Katie, Hospitality and Outreach Coordinator, at St. John's, 515-243-7691 or katiet@stjohnsdsm.org.

Spring Cleaning



Every year, just like clockwork, spring cleaning rolls around. This year the date is April 9 and the fun begins at 9:00 a.m. This is a good opportunity for families to bring children (old enough, of course) and teach them to be active participants in the life of the church.

We spiff up and plan for guests in our own homes; the same for our church home. Please consider giving an hour or two to help prepare for our Easter celebration. There will be some tempting treats to help ease the strain! To offer your assistance, please call Katie at 243-7691 or send an email (katiet@stjohnsdsm.org). Thank you!

TZ11 Recap

On February 15, 2011 seven enthusiastic travelers from St. John's left Des Moines to visit our companion congregation in Tanzania, the Mramba Lutheran Parish, for the third time. Our flights took us first to Amsterdam, then over the Swiss Alps, the Sahara, the equator and, finally, to Kilimanjaro Airport near Arusha, TZ. As we walked from the plane into the terminal, we looked up to see star-studded Tanzania skies. Since this is the land where our ancestors first walked upright, there is always a sense of returning "home"...

After a good night's sleep and a leisurely breakfast at Uhuru Hostel in Moshi, we exchanged our dollars for TZ shillings (\$1 = 1490 Tanzania shillings) and were on our way to Same (pronounced "sa-may") by early afternoon.

Our first visit was with Bishop Mjema, the newly-elected Bishop of the Pare Diocese in Same. We had an excellent

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conversation with the Bishop and Mr. Tumaini Chambua regarding our partnership with Mramba Parish, a more in-depth conversation than we have had before with diocese staff. It is very clear that education of the children and youth of the Pare Diocese is of great importance to the bishop. The Diocese is very interested in how the Children's Club established in Mramba for the Most Vulnerable Children is progressing. This Children's Club is looked upon as a pilot program for all other parishes wishing to establish something similar. The bishop is also interested in setting up a scholarship program for vulnerable children to go to secondary school and in building or repairing a girl's school in Pare.

Later, as we relaxed at the Elephant Hotel, the coach of a local children's soccer team came by to meet Jim Hammer and collect the 35 soccer shirts and 11 soccer balls Jim had brought for the local teams. It was quite a sight to see the coach climb onto his bicycle and head down the driveway with 35 shirts and 11 balls in a bag on his back. His smile said it all!

On Friday, we loaded up our treasures and headed up the mountain to Mramba Parish to meet the new Pastor, Justin Mchome, and our host families. It is exciting to be so warmly welcomed by old and new friends. Some of us stayed with the host families we met during our first trip in 2008, so it truly was like coming home. The hospitality we experience at Mramba is beyond compare, and once you have made the journey, you will understand what we mean.

Saturday was devoted to the official opening of the Most Vulnerable Children's Club which is held at Vuje Primary School just a short walk down the mountain from the church. There we met 50 beautiful faces singing welcome songs in English. The children had written a poem about their experiences, and also a drama about a girl who received the opportunity to attend the Children's Club. The drama reflected the lives of each one of the children there, and portrayed a girl praying for someone to help her so that she could attend school. The prayer was answered through the Children's Club. The program teaches children life skills, supplementing what they learn in school (if they attend school), provides two nutritious meals and a snack, and also helps the children help their families. The children have planted a 12' x 20' garden with trench irrigation and were already growing beans! The food will be used on Saturdays, and the extra will be sent home with the children. Pastor Rachel officially opened the Most Vulnerable Children's Club after a festive lunch, and presented the newly-trained teachers with graduation certificates...It was an amazing day! St. John's will provide financial support for the Children's Club (in partnership with Empower Tanzania, Inc.) when other start-up funding comes to an end this summer.

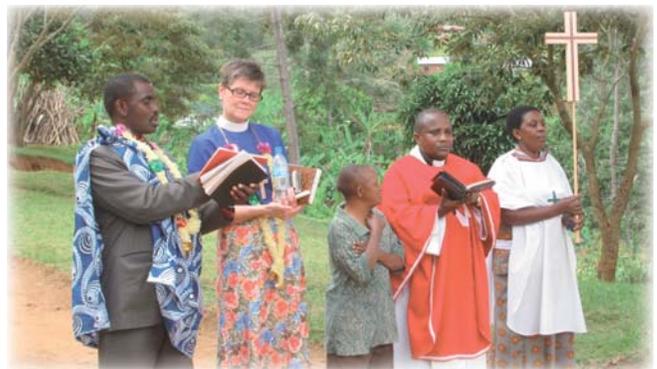
Sunday was devoted to worship - 3 hrs and 45 minutes - fellowship, and Sunday School. Four offerings were received during worship, and the usual auction was held in the churchyard immediately following the service. This particular Sunday brought a live chicken to the auction, which sat very quietly near the pulpit during most of worship. However, near the end of the service, the chicken grew tired, began to cluck, and nearly escaped its basket! (Pastor Mithelman bought the chicken at the auction and presented it to the pastor's wife...)

Monday we spent visiting Mgombo sub-parish and briefly helped move stones for the construction of a retaining wall. St. John's has contributed funds for the expansion of the church building at Mgombo, and new walls have been built and they are preparing to put on the new roof. We also visited some secondary schools and Dindimo Teachers Training College that afternoon, and ended the day with a brief visit to Gonja Hospital. We delivered 25 baby quilts (made by a member of St. John's) and toured the hospital.

Our time in Mramba came to an end with a farewell meal and thank-you speeches on Tuesday. We returned to Same that afternoon. Five of the members of our group then spent a few days with coffee farmers on the slopes of Kilimanjaro, before we were reunited for visits to two other projects - the Usangi Leadership Institute and a safe motherhood project in a remote Masai village.

Our last day was spent at Ngorongoro Crater, which was green and full of animals - zebras, giraffes, elephants, lions and even a couple of cheetahs! On the evening of March 1, we boarded the plane for our long journey home, arriving safely the next evening.

Our travelers will be presenting photos and more information on this most recent visit to Mramba Parish in the weeks ahead. Please feel free to ask questions and, consider joining the next group to visit Mramba in 2012!



Please visit www.stjohnsdsm.org to see more photos and videos of the TZ11 trip.

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HOLY WEEK AT A GLANCE

Palm / Passion Sunday, April 17

7:45 a.m., 8:45 a.m. & 11:00 a.m.

Monday, April 18 - Wednesday, April 20

Contemplative Services

Maundy Thursday, April 21

12:05 p.m. and 7:30 p.m.

(confession & absolution offered at 11:30 a.m. and 7:00 p.m.)

Good Friday, April 22

12:05 p.m. and 7:30 p.m.

The Easter Vigil, April 23

7:30 p.m.

The Resurrection of Our Lord, April 24

6:30 a.m., 8:45 a.m. & 11:00 a.m.

MAY EAGLE CALL DEADLINE

The deadline for all Eagle Call information is **Thursday April 14, 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!