



The EAGLE CALL

Come and worship...

Volume 42, Number 04
April, 2010

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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While it may sound strange to use the word “exciting” to describe the services of Holy Week, it does accurately reflect the sense of anticipation felt since shortly after Christmas as Worship, Arts, Youth, and Children’s Ministries collaborated to plan this year’s Triduum and Easter observance and celebrations. The involvement of young people in these liturgies at once is a “hands on” learning experience for them about the meaning of these rituals and a deepening for all of us about their central place in the common life of this faith community.

April 1, Maundy Thursday: services at 12:05 p.m. and 7:30 p.m.
At 7:30 p.m. our Kisasa choristers will sing “God So Loved the World,” by Michael Krentz for offering, and seventh grader Lander Geadelmann will accompany Cantorei in a setting of Psalm 22 as confirmands strip the altar area in preparation for Good Friday.

April 2, Good Friday: services at 12:05 p.m. and 7:30 p.m.
At 7:30 p.m. our youth have prepared a dramatic reading with written reflections of how they think characters in John’s passion account may have felt. They will also process the cross with liturgical dance to “Amazing Grace.” After the passion account, Cathedral Choir will allow for reflection using Max Reger’s beautiful setting of “O Sacred Head, Now Wounded” with soloists Sarah Plum, violin, and Susan Odem, oboe, with interpretive and reflective dance by Hurley and Dancers.

(Continued on Page 4)

WHAT'S INSIDE

A Word From Our Pastors.....2	Arts Events, WELCA updates,	Children’s Ministries.....8
In the City for Good.....3	Grief Support Group, & Thrivent	Life & Health Seminar, Interfaith...9
Holy Week & Easter, Prepare for	Choice.....5	Hospitality & Outreach.....10
Worship.....4	Small Groups.....6	For Good Award, Financials.....11
	Youth Ministries, AMOS	
	Fundraisers.....7	



St. John's Lutheran Church
In the City for Good!
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Monday – Friday

9:00 am – 5:00 p.m.

Saturday

9:00 am – 12:00 p.m.

Next Eagle Call Deadline

April 19 at 12 p.m.



A Word from Our Pastors

Pastor Rachel Thorson Mithelman

On the Sunday before Ash Wednesday we “put away” the **Alleluia** here at St. John’s. During the children’s time in worship, our Director of Children’s Ministry, Sheryl Reed, showed us all a banner that the children and youth of St. John’s had made the preceding week. The banner had a multi-colored background and the word **Alleluia** painted on it in big, gold letters. Sheryl spoke

about the centuries-old tradition of omitting the Easter word of praise from the community’s worship during the Lenten season, a way of calling us to a prayerful, quiet “keeping” of Lent in which we consider the height and depth of God’s love for sinners. And she promised us that the **Alleluia** would taste so sweet on Easter morning that we would never want to stop saying and singing it...

Sheryl then folded up the banner, put it in a wooden box, had us all shout one more **Alleluia** to add to the box, as well, then snapped the lid shut. Now the box rests on a dark shelf inside the altar until Easter morning.

Alleluia means “praise God,” and it is the Easter word of praise for the death and resurrection of our Lord Jesus Christ. Literally burying or putting it away for the season of Lent has been part of my ministry for over 26 years...

- In western Minnesota I asked a farmer to burn the word into a large board. We then wrapped it in black garbage bags, and buried it in the ground (and under about 3 feet of snow!) just outside the church door. No one used that door during the weeks of Lent without thinking about that buried word of praise, and this somehow made our worship and prayer more meaningful. (I also never let that farmer, a good Lutheran boy by the name of Rasmussen and a graduate of Concordia College in Moorhead, MN, live down the fact that on the first board he made he misspelled **Alleluia**. I wondered exactly what they were teaching at that college up on the frozen Minnesota tundra?? ☺)

- In southern Minnesota we buried an **Alleluia** banner one year that we did not seal very well. Easter was late, and we had so much rain that spring that when we dug the banner up on Easter morning, it was dripping wet. We hung it in the sanctuary anyway, the painted letters running off the banner, down the wall and onto the floor!

- And I still remember Diana Gorder asking me quietly whether we could make an exception to this Lenten “rule.” We were planning the funeral of her 25-year-old son who had been killed in a construction accident. “I know that it is Lent,” she said softly, “but could we sing the hymn, ‘Alleluia! Jesus Lives!’?” Not only could we, I said, we needed to sing it. We desperately needed that Easter word of praise for Christ’s victory over the grave as we stood face-to-face with death, and we sang it with all our might!

Putting the **Alleluia** away for the season of Lent is a simple discipline; yet one that has truly deepened my Easter celebration...When I leave the house long before it is light on Easter morning, I always pause to listen to the pre-dawn song of the

Continued on Page 3



Continued from Page 6

birds. They sing the first of the Easter **Alleluia's**. And then when worship finally begins, and we stand to sing that first magnificent hymn, the **Alleluia!** does, indeed, taste sweet on my lips. It is pure praise for the life, hope, and freedom we have received in Christ!

It is my prayer that you will keep Holy Week and Easter with the St. John's community so that you may also savor that glorious word of Easter joy: **Alleluia!**

In the City (and the World) for Good!

St. John's is a center for mission in the heart of Des Moines. We seek to serve Christ in word & deed, both in our downtown community and around the world. Below are updates about & opportunities to share God's love with others. Questions and / or requests for further information may be directed to Katie Tippins or Pastor Mithelman @243-7691. Thanks!

• **There is a group that meets at St. John's the second Thursday of every month that is called Serenity Seekers.** This is a group of women that includes staff and clients of Children & Families of Iowa Domestic Violence Services and allies from the community, including St. John's. More women volunteers from St. John's are needed in this group, however. Volunteers must be willing to attend the monthly gathering on a regular basis and have the capacity to befriend a stranger, showing support by listening, laughing, and crying together. The 5:30-7:30 p.m. meeting includes a meal, an activity and/or presentation, and a time of sharing struggles & achievements. Pastor Mithelman can share more information with those who are interested in this ministry.

• **Thanks to all of you who supported the DMARC Soup Supper held at St. John's on Sunday, February 21st.** The event was wildly successful with over 500 people in attendance and over \$9000 raised for the DMARC Food Pantry! Pantry use has increased dramatically in the past year. In 2008, 7,719 families accessed the pantry in their area of Des Moines. In 2009, 11,661 families used their neighborhood pantry! Please continue to donate both cash & food for the sake of all of these families in need!

• **What is DMARC DIAPER CENTRAL??**

It is an attempt to gather 60,000 – yes, 60,000! – disposable diapers for the DMARC Food Pantry by July 1, 2010. Because diapers are expensive and low-income families may have to choose between buying food, paying rent, or buying diapers, some babies in our community remain in a single soiled diaper for a day or more. And because cloth diapers are not an option – daycare settings do not allow them and many families have limited access to laundry facilities - having a supply of clean diapers at the pantry is crucial for the health of the children in our community... So, friends, it's time to start buying diapers – of all sizes – when you shop for the DMARC Food Pantry! Leave the packages of diapers in the grocery carts in the narthex, and we will deliver them to the pantry.

• **Financial gifts for earthquake relief in Haiti and Chile are still needed!** One of the easiest and quickest ways to give is through the ELCA at www.elca.org. Click on the "Faith in Action" tab and you will be directed to the page where you may give via credit card. You may also give to the ELCA through St. John's by marking your check "earthquake relief." 100% of all gifts given to the ELCA for earthquake relief go to direct aid.

• **Thanks for your ongoing support of the many different ways we reach out to the community and the world!** Please watch for new opportunities to serve Christ through the ministry of St. John's each and every week. We are called by the Good News of God's love to truly be "In the City – and the World – for Good!"

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.



Holy Week and Easter

(cover story continued)

April 3, Easter Vigil 7:30 p.m.

"This is the night!" For centuries the Church regarded the Easter Vigil as its most holy and sacred liturgy. But that does not mean it needs to be somber! The Hebrew word for "holy" means something like "intense" or "full of life-energy," and this year our Sunday School children, Youth, and Arts Drama Ministries will try to bring as much life as possible to the stories of our salvation history. The service itself is a journey and will begin, weather permitting, in the courtyard with the lighting of the "new fire."

April 4, The Resurrection of Our Lord / Easter: services at 6:30 a.m., 8:45 a.m. & 11:00 a.m.

The 6:30 a.m. Sunrise Service is a gentle service that mirrors the first streaks of light in the morning sky and also the small scale of that first recognition of the empty tomb by just three women. The Des Moines Harp Ensemble, a group of high school age musicians, will provide the prelude, offering, and music for communion. The sermon is the same at all services.

The services at 8:45 a.m. and 11:00 a.m. are more festive and, yes, louder with brass quintet at 8:45 joining the organ and Cantorei in leading worship. Mark Garner will sing "The Trumpet Shall Sound" from Messiah, with trumpet, to underline what Jesus' Resurrection means for all of us. At 11 am full orchestra joins Sarah at the organ console and Cathedral Choir for some exciting new arrangement of old favorites and some new favorites too. **Don't forget to bring a bell with you to welcome back the "Alleluia" with relish and "holy life-energy"!**



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**.

Prepare for Worship

In spite of all we have heard and seen, it is often hard to believe. Because it is hard to believe, we will invest ourselves in the Easter mystery for fifty days (a week of weeks.) Because it is hard to believe, John the evangelist will provide sign after sign celebrating Jesus' victory over death. Because it is hard to believe, the Lord Jesus will return to us again and again in the mystery of Holy Communion, inviting us to touch and taste his presence, offering us his peace.

Sunday, April 11

Second Sunday of Easter - Healing Sunday

The readings are Acts 5:27-32; Psalm 150; Revelation 1:4-8; and John 20:19-31. The hymns will be ELW 363, "Come, You Faithful, Raise the Strain," ELW 635, "We Walk by Faith," and ELW 386, "Be Not Afraid." At 8:45 a.m. Megan Hartwig will sing during the offering, and during communion Hannah Ryan and Sarah Garner will play a piano/organ duet. All services this weekend will offer anointing with oil and laying on of hands for healing.

Sunday, April 18

Third Sunday of Easter

The readings are Acts 9:1-20; Psalm 30; Revelation 5:11-14; and John 21:1-19. The hymns will be ELW 847, "Come, Let Us Join in Cheerful Songs," ELW 384, "That Easter Day with Joy Was Bright," and ELW 391, "This Joyful Eastertide." At 8:45 a.m. Cantorei will sing for both offering and communion. At 11:00 a.m., Cathedral Choir will sing "Easter Carol" for offering and "Feed My Lambs" for communion.

Sunday, April 25

Fourth Sunday of Easter

The readings are Acts 9:36-43; Psalm 23; Revelation 7:9-17; and John 10:22-30. The hymns will be ELW 385, "Good Christian Friends, Rejoice and Sing," ELW 764, "Have No Fear, Little Flock," and ELW 789, "Savior, Like a Shepherd Lead Us." At 8:45 a.m. Susan Odem, "Sinfonia," from Cantata 12, J.S. Bach, for offering. She will also provide music during communion. At 11:00 a.m. "shepherd theme" will be picked up by Cathedral Choir as they sing "The Lamb Will Be a Shepherd Now," by Richard Leach for offering and "The Lord is My Shepherd," by John Rutter for communion.



April Arts Events

Midweek Music for April

If sightings of robins and turkey vultures were not proof enough, the return of post-Easter "Midweek Music" is sure-fire proof of spring's arrival. This celebrated series of Wednesday noon-time concerts comes roaring back on April 7 with "Hot Club of Des Moines," a local Gypsy Jazz ensemble. Then on April 14 the Drake String Ensemble, which made a stellar debut here last year under the direction of Akira Mori, makes its second appearance on the series. Woodwinds take over the next two weeks with clarinetist Lois Eldal on April 21 and "Lyric Winds", the faculty trio from Simpson on April 28. Lyric Winds is made up of Kimberly Helton, flute; Susan Odem, oboe; and Kariann Voigts, clarinet.

The Wednesday 12:05 to 12:30 p.m. concerts are free and open to all. A meal is served in Weertz Hall following the music for only \$6. This is an outstanding lineup and a true gift to the Des Moines metro community. Treat yourself and a friend to a mid-week break from the hassle; beautiful music in a uniquely beautiful setting – what could be better?

Pianist Feilin Lin, In Concert
Saturday, April 10th, 3:00 p.m.

The Des Moines Music Teachers Association is hosting pianist Feilin Lin for a recital on Saturday, April 10th, at 3:00 p.m. Ms. Lin is preparing for her New York City debut in May and is playing her program here first. The concert is free and open to the public. There will be a reception following the concert in Neumann Hall. For more information about Feilin Lin including a link to her website visit www.stjohnsdsm.org

Grief Support Group

We will be starting a new Grief Support Group in April; call 243-7691 to pre-register. If you have any questions please contact Jean McKinney.

- Saturday, April 10th, 9:30 - 11:30, no cost
- Saturday, April 17th, 8:30 - Noon, \$10.00, in conjunction with the Life & Health Decisions Seminar.
- Saturday, April 24th, 9:30 - 11:30, no cost
- Saturday, May 1st, 9:30 - 11:30, no cost

WELCA Updates

Contributions are welcome

Are you aware of how many different items the Women of the ELCA are sharing with the community? Below are items that are collected in our bins by the front office and in the hall upstairs next to the sanctuary. Check your homes and see if you have any of the following:

- soap, toothbrushes, etc...
- eye glasses
- tabs from pop cans (or beer) for Ronald McDonald House
- new underwear
- cell phones
- labels or box tops for education

April Outreach

The Women of the ELCA will have as their April outreach emphasis the Connection Café. The Café is the joint venture sponsored by St. John's and other downtown churches. Noon-time free lunches are provided five days a week and are served in a space in the lower level of the 7th & Grand City Garage. Donations of socks, coffee, sugar, lemonade/ juice mix, napkins, paper towels, drink cups and, of course, cash will be collected. The congregation is encouraged to participate in these outreach projects. There are bins in the narthex (outside Neumann) and in the office reception area for the items to be placed.

Sarah Group

The Sarah Group will meet Thursday, April 1st, at Karen Schoenenberger home.

Thrivent Choice

St. John's is currently in the process of becoming a member of the Thrivent Choice Charitable Fund program. Through this program St. John's will be eligible to receive charitable funds from all eligible Thrivent members. In addition to our online contributions program this is another exciting way for people to give to the ministries here at St. John's. Once we are accepted into this program we will provide more information about how to give and the specifics of how this program works.



Small Groups

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

CALENDAR

In the Word—Saturday am Bible Study, Saturdays, April 3, 10, 17, and 24 at 8:30 a.m.

Quilting, Tuesdays, April 6, 13, 20, and 27 at 9:30 a.m. in Room 308

EAGLES, Friday, April 23, 10:00 a.m. at Hoyt Sherman for a tour

3D, Wednesdays, April 7, 14, 21, and 28 at 10:00 a.m.

In the Word—Markers Group, Fridays, April 9 and 23 at 9:30 a.m. in the Fireside Lounge at St. John's

Seven @ Seven, Saturday, April 10 or Sunday, April 11 hosted by members in their homes

Hardanger, Mondays, April 12 and 26, 9:00 a.m. in Neumann

St. John's Job Networking Group, Monday, April 12, 5:30 p.m. at Gateway on Martin Luther King Parkway and Woodland

Lunch Bunch I, will meet Thursday, April 15, 11:30 a.m.

Prayer Shawl, Monday afternoon group, Monday, April 19, 1:00 p.m. in the Fireside Lounge

Lunch Bunch II, will meet Wednesday, April 21, 11:30 a.m.

Scrapbooking, Saturday, April 24, 9:30 a.m. to 3:00 p.m. in Room 8

Photography, Sunday, April 25, 10:00 a.m. in Neumann

Recreational Book Club, Wednesday, April 28, 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 are meeting at 10:00 a.m. on Friday, April 23, at Hoyt Sherman for a tour. They will then go to lunch and visit the Pappajohn Sculpture Garden, weather permitting.

Quilting Group: This group meets every Tuesday morning from 9:30 a.m. to noon. 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.

The Hardanger Group meets the 2nd and 4th Mondays of each month at 9:00 a.m. If you are interested in this needlework, please contact Arlene Field, 964-3363, or Barb Hyler, 262-5261.

St. John's Job Networking Group: If you are looking for a way to connect with others who are job hunting, please join in some great fellowship and share ideas at the St. John's Job Networking Group. The next meeting is Monday, April 12, 5:30 p.m. at Gateway on Martin Luther King and Woodland in the Sherman Hill district;

Prayer Shawl Gatherings: The prayer shawl groups have changed to quarterly gathering meetings. The Monday afternoon group will meet at 1:00 p.m. in the Fireside Lounge the following afternoons: April 19, July 19, and October 18 in 2010 and February 15 in 2011. The Tuesday evening group will meet at 7:00 p.m. in the Fireside Lounge the following evenings: May 25 and September 28 in 2010, and January 25 and April 26 in 2011. Feel free to bring any finished prayer shawls at any time to Jean McKinney's office to be blessed and given to those going through difficult times (please put your name on a piece of paper with the shawl if you leave it.) If you are interested in joining this prayer shawl ministry, contact Jean McKinney or Darla Stiles at church, 243-7691.

Lunch Bunch I will continue to meet on the third Thursday of each month at 11:30 a.m. at the restaurant of the host's choice (next gathering, April 15). Anyone interested in joining this group please call Margaret Roby at 288-6304 to reserve a space. New members are most welcome! Current members will receive a phone call for their reservation.

Continued on Page 7



Continued from Page 6

In the Word—Marker Group is meeting at 9:30 a.m. on the 2nd and 4th Fridays of the month in the Fireside Lounge at church. The group is adding new people and still open. Call Delaine Marker, 285-2605, if you are interested in joining them.

Recreational Reading will meet Wednesday, April 28, at 4:30 p.m. in Rose Holm. The book to discuss is *Giants* by John Stauffer.

Scrapbooking will be meeting on their usual 4th Saturday, April 24, 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@stjohnsdsdm.org

Photography has changed their name to welcome those who enjoy taking pictures with a 35mm camera as well as those who use digital cameras. Their next meeting is Sunday, April 25, at 10:00 a.m. in Neumann. The group has lots of new ideas for the coming year and hopes to get more people involved. Anyone interested in photography is welcome to join. The theme for April is “What is it?” which involves taking photos either of something unusual or an unusual close-up angle of something familiar.

Seven @ Seven (formerly known as Nine to Dine) There have been several suggestions to revisit the Nine-to-Dine events that were organized in years past. The Christian Involvement Team has decided to do just that with one tweak: It will be called Seven @ Seven (so that those who don't have room for nine people around their table might be able to squeeze seven!) For those new to this concept, we have signups in the lounge for a few weeks—people can sign up to go to the home of a member for a potluck dinner for the sole purpose of getting to know others in our congregation better. (There will also be a place on the signup sheet to offer to host the dinner at your house if you so desire). There are about 4 dates suggested and each person interested can select a date that fits his/her schedule. The dates chosen for April are Saturday, April 10, or Sunday, April 11. East host/hostess will be notified of seven people in their group and they will call those people to give specifics. We hope this sounds like a fun idea and you will take a look at what date may work for you. Sign up on an easel board in the lounge.

Youth Ministries

COME ONE, COME ALL!!! The St. John's Confirmation students invite EVERYONE (and their family, friends, neighbors, acquaintances... anyone you know) to Holy Week services at St. John's on April 1st, 2nd, and 3rd. This year the Confirmation students have worked very hard learning about the importance of the Maundy Thursday, Good Friday, and Easter Vigil. They have also tried to add new, unique elements for each service. Come on down and check out their hard work! Any questions? Contact Megan Clausen (meganc@stjohnsdsdm.org OR 243.7691).

Quick Colorado Update:

21 high school students hit the ground running in Denver last month. From refreshing houses to learning about the prevalence of homelessness in Denver to skiing and snowboarding, the students had a great time learning about and doing service in and around Denver! Be sure to ask a St. John's high school student about their experiences!



AMOS Fundraiser

SAVE THE DATE(S) for the 2010 AMOS fundraiser: May 6, 7, 8 and May 14 and 15. The musical version of Studs Terkel's “Working” will be presented each night at 8:00 p.m. at First Unitarian Church, 1800 Bell Avenue, Des Moines. Bring your family and friends for a fun night out and help support the social justice work of AMOS (A Mid-Iowa Organizing Strategy). Watch the weekend announcements and St. John's web site for details about purchasing tickets. St. John's is a member institution of AMOS.



Children's Ministries

Growing in Faith at Home

Easter Sunday is the day we celebrate the Risen Christ! Easter is a season—not just a single day. After Easter Sunday, the season lasts 50 days. It's a time to embrace the spiritual renewal of Lent and joyous rebirth of Easter! Have conversations with your child about these symbols, as you see signs of new life this Easter season.

Here are some special symbols that remind us of Jesus at Easter time.

Lambs: remind us of the sacrifice of Jesus.

Eggs: remind us of Jesus becoming alive again.

Easter lilies and butterflies: remind us of new life.

Symbol Saturday

Families are invited to a special tour of the symbols and art found in our stained glass windows of our sanctuary on Saturday, April 10 at 9:00 a.m. Jean LemMon will be leading this tour which is specifically geared for kids and their families.

Below is a story I found in *Laugh and Tickle, Hug and Pray* by Julaine Kammrath (published by Concordia Publishing House --1997).

My father once showed us a deep red box with a cross shaped slit in the top. In his hand he had several gray hearts. As he put each heart through the slit, he mentioned a particular bad deed (ones amazingly familiar to us). Then he'd say, "Jesus died to remove this sin from us." When all the hearts were inside, he asked, "What does Jesus do for sinners? Let's look and see." Carefully he lifted off the lid and tilted the bottom of the box. All the hearts were now white! We thought it was magic! When I was older, Dad showed me that there was a small, flat box taped right under the slit. The gray hearts were caught in this box. The white hearts had been there all along. Even now, I remember this symbol of what Jesus did for us.

Age 3 - 4th Grade

Date	Bible Story	Faith Trait	Big Idea
April 11	Crucifixion and resurrection Luke 23:26-49; 24:1-12	Peace	Jesus is Alive!
April 18	Jesus appears to disciples Luke 24:36-49	Peace	Jesus gives us peace.
April 25	Jesus' ascension Acts 1:6-11	Patience	Jesus calls us to be witnesses.

5th and 6th Grade

Date	Bible Story	Faith Trait	Big Idea
April 11	Crucifixion and resurrection Luke 23:26-49; 24:1-12	Peace	Jesus Christ is risen today!
April 18	The road to Emmaus Luke 24:13-35	Joy	Jesus walks with us every day.
April 25	Jesus' ascension Acts 1:6-11	Patience	Jesus equips us to be witnesses.



Life & Health Decisions Seminar



Life & Health Decisions Seminar to be held at St. John's on April 17

End-of-life planning, acupuncture, healing touch and prostate health all will be addressed at the upcoming Life and Health Decisions Seminar at St. John's on Saturday, April 17, from 8:30 a.m. to noon. Registration is at 8:30 a.m., the first session begins at 9:00 a.m., while the second session starts at 10:30 a.m.

Free child care will be available. If you do need child care, be sure to indicate the number of children you will bring as well as their ages. The cost is \$10 per person or \$15 per couple, which includes the child care, healthy snacks, and coffee.

There will be two sessions. Participants may choose one

program from each session.

First Session

End-of-Life Care Decisions: What are they? Why are they important?

Attorney Tom Tarbox, Norma Hirsch, M.D., and Jean McKinney, R.N., will make people aware of the critically important choices they need to make in charting the direction of their own death and dying. Participants of all ages will receive information regarding advanced directives, time of death, pre-funeral planning, and organ transplants.

Acupuncture & Healing Touch

Jay Heaverlo, M.S., of Midwest Acupuncture Clinic, will present "Understanding Acupuncture and Traditional Chinese Medicine," the first of this two-part class. He will explain how acupuncture and herbal medicine remedy acute and chronic ailments, relieve pain, enhance recuperative potential, and strengthen the immune system.

The second part will feature Karen Zaabel, R.N., whose program, "Healing Touch: An Energizing Gift," will introduce participants to healing touch, an energy-based approach to health that can support and facilitate physical, emotional, mental, and spiritual health and healing.

Second Session

Prostate Health and Awareness

Jerry McCauley, M.D., will emphasize prostate health awareness and prostate cancer prevention, including the importance of yearly exams and PSA tests, especially after age 50.

End-of-Life Care Decisions

The program from 9:00 a.m. will be repeated at 10:30.

If you are interested in attending call 243-7691 to find out options for registering for the event.

Interfaith Hospitality Network

On May 4th and 6th, 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.

May 4th (Tuesday) & May 6th (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 sign-up sheet just outside the Sanctuary. Contact Jennifer Early or Wanda Havard with questions, 274-6872

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.



Hospitality & Outreach



We are pleased to welcome these new members to our St. John's family. These fine folk joined our congregation on February 21, 2010. Please take time to get to know them. Pictures are printed below (for those we were lucky enough to

corner!) and they took time to introduce themselves to you. We encourage you to also take time to introduce yourselves to them!



Emily Beeler - My home is in Ankeny and I am a hair stylist at a salon in Huxley. I love to exercise and especially enjoy running; two years ago I ran a marathon and would love to run another. Other activities I enjoy are playing with my dog and gardening – basically, I simply love being outside! I also enjoy decorating my new house. I am an optimistic person with a

pretty bubbly personality and a good sense of humor. Other churches I visited made me feel intimidated. After a couple visits to St. John's, it just felt like a right fit.

Travis Feddersen (pictured above) - I also live in Ankeny and enjoy any and all sports. I work at Wells Fargo and write loans to people in six states in the Midwest. My interests are varied and include weightlifting, movies, my dog, reading and the stock market and financial news. I grew up on a farm and enjoy going back to help my dad with the cattle. I was attracted to St. John's because of the location and the atmosphere. - **(Editor's note: Emily and Travis are engaged! Congratulations!)**



Karin Blomker - A resident of West Des Moines, I work part-time at the YMCA. I have two children: Matt also lives in West Des Moines, and my daughter, Kristin, is in Phoenix. I enjoy reading, spending time with family and swimming. I grew up in Des Moines and moved to Humboldt in 1977. I'm

glad to be back in the Des Moines area. When living here previously, I was a member of Central Lutheran Church.

I was familiar with St. John's when I lived in Des Moines before and always liked the church.



Lori Garetson and Angela Lillebo - We live and work in Des Moines. I serve as director of the Iowa Chapter of Paralyzed Veterans of America, and Angela is a medical secretary/clerk at O.O.S.C. She registers people for surgery and inputs data regarding the

surgeries. We both enjoy the outdoors and a variety of activities. I especially like hiking kayaking, nature walks and gardening. We both enjoy biking and reading; I particularly like novels but occasionally read non-fiction such as biographies and spiritual/religious writings. I used to belong to a church book group. Angela loves anything sun and water related and playing with her kids (the four-legged kind!). In the winter, we support the ISU women's basketball team by attending home games.

I am a liberal with caretaking tendencies and plan on becoming much more involved in the church and community in causes for which I have a passion. Angela has a strong belief in God and is amazed at all the wonderful ways he lets us know he loves us...if we trust and have faith. We both were drawn to St. John's because of Pastor Rachel. We go way back!



John Gertenrich
- Editor's note: Unfortunately, we didn't get an introduction sheet from John. But his picture is here and he is a wonderful conversationalist! Take the time to have a cup of coffee with him in Weertz

and he'll relay some stories. He's lived in a variety of places and known some interesting people. Share some time with him; it is time well spent.

Mark Kay Frasier - I reside in Johnston and work at Innovative Learning Professionals. I wear several hats there – counselor, owner and managing partner. My outside work interests include music, travel, art, architecture and international relations. I was attracted to St. John's for the liturgy, music and sermons and also the diversity and urban location.



Demitu Mogassa - I live in Des Moines with my husband, Gemechisa Mosa. I am a teacher at Iowa Health Child Development Center. I enjoy spending time with my husband and watching movies. My husband is a member here and we like the worship and the love we get from all our friends.

Troy Bigelow, JoAnn Barten-Bigelow and baby, Carl

We make our home in Ames. Troy is a United States Department of Agriculture veterinarian with Swine Surveillance Programs. His interests include tractors, trucks and home remodeling. I am an Immigration Attorney with my own firm and enjoy reading, bicycling, movies and gardening. We both enjoy their infant son, Carl, who was born in December, and Troy is very talented at whistling songs. We like the traditional liturgy at St. John's with the modern view of inclusiveness and focus on care for the community.

It's good to know that our new members were attracted to St. John's because of our liturgy, music, atmosphere and hospitality. Thank you all for making visitors welcome and at home here at St. John's.

For Good Does it Again!



For Good magazine was once again honored as recipients of the 2010 DeRose-Hinkhouse Award by the Religion Communicator's Council winning the Award of Excellence for the Fall 2009 issue. This marks the third national award for the publication which is distributed twice annually to 20,000 households around the metro.

"The mission is simple, reach out to the city among us and share the good news. It's a huge honor for our *For Good* team to continue to serve St. John's, the city and God Himself. But to win an award for the effort is a dollop of frosting on top... delicious!" said Micholyn Fajen, *For Good's* editor.

The *For Good* team includes: Jean LemMon, Julie West, Brent Isenberger, Jacque Warming, Terri Speirs, Scott LaBlanc and a handful of talented contributors. **Watch for the next issue of *For Good* in May 2010.**

ASAP Spring Session



ASAP just started its Spring 2010 session, which runs March 25 through May 6. Program days are Thursdays, about 3:20 to 5:30 p.m.

We have five wonderful studio offerings, all of which relate to the theme of "garden":

1. Clay Panel Sculpture, with Iowa State Professor Carl Rogers.

Students will draw various garden vegetables, then will develop their drawings into three-dimensional clay tiles that will be glazed with vibrant colors and patterns. The tiles will be incorporated into a panel sculpture permanently installed in the Empowerment Community Garden at 13th and College.

2. Mural Painting, with Jill Wells. Students will plan and develop either one large mural or several smaller murals that will be permanently installed on raised beds in the Empowerment Garden.

3. Mexica/Aztec Dance and Drumming, Part 2, with Dawn Martinez Oropeza and Juan Carlos Romero. This is a continuation of the studio started during the winter session, though a few new students will be permitted to join. Students will learn about the contributions of the Aztec/Mexica people, including the Aztec calendar, dancing, drumming, and several words in Nahuatl, the language of the Aztecs which is still spoken by 1.4 million people in Mexico. Students will experience the wholeness of the Mexica society as they experience the teachings of the calendar through learning a traditional blessings dance.

4. Giant Puppets: Making and Performing, with Tim Schmitt. Students will plan and create giant puppets, then learn how to move them.

5. Mixed Media: The Natural World, with Laura Peters. Students will do three or four separate art projects that relate to the garden, including making Japanese Carp Kites, which are traditionally flown on Children's Day (May 5).

ASAP is always looking for volunteers to work in studios, for descriptions of all volunteer positions, please check out www.asap-dsm.org.

April 2010
Volume 42, No. 04 · Periodical

Lutheran College Choirs at St. John's this month

Friday, April 9th, 7:30 p.m.

Wartburg College Choir
Dr. Lee Nelson, Conductor
with Valley High School Concert Choir
Michael Esser, Conductor

Sunday, April 25th, 4 p.m.

Gustavus Choir
Gustavus Adolphus College

Check out www.stjohnsdsm.org for all of the details.

MAY EAGLE CALL DEADLINE

The deadline for all May Eagle Call information is **Monday, April 19, 2010**. 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!