



St. John's Lutheran Church

The EAGLE CALL

Volume 42, Number 07
July, 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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GOING DEEPER

The first sentence of this book, circulating among the members of St. John's these days, is a great one: *Stewardship has been kidnapped and is being held hostage by a sinister villain named "Paying the Bills"!!*

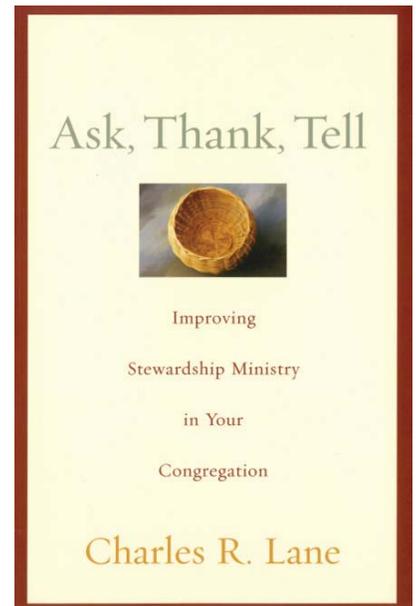
The Rev. Charles Lane presents, in 11 short & very readable chapters, an excellent theology of Biblical stewardship that helps the reader understand that financial stewardship is part & parcel of - rather than separate from - the life of faith. In fact, Lane's stewardship mission statement, which St. John's Congregational Council has adopted as its own, clearly links financial stewardship and discipleship:

The goal of our stewardship ministry is to help God's people grow in their relationship with Jesus through the use of the time, talents, and finances God has entrusted to them.

Lane rightly concludes that as we grow in relationship with Christ, how we live – even with our wealth – is transformed.

If you haven't picked up a copy of *Ask, Thank, Tell*, you will find several copies in the reception area. Please read it, pray about what you learn, come to one of the discussion sessions on Sunday morning, or gather your own discussion group – then pass the book on to someone else in the congregation!

Next month: Characteristics of a Biblical Giver



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St. John's Lutheran Church

In the City for Good!

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Office Hours are:

Monday – Friday
9:00 am – 4:00 p.m.

Saturday
9:00 am – 12:00 p.m.

Next Eagle Call Deadline
July 19 at 12 p.m.



A Word from Our Pastors

Pastor Rachel Torson Mithelman

Breathing

Praying

Remembering

Laughing...

these are the things that I'm trying to do this summer – both in the midst of pastoral ministry and in my time away. Of course, they are things that I do every day; yet, doing them with greater awareness, I remember the Source of breath, prayer, memory, and laughter. The Source is God.

• The author Macrina Wiedekehr tells the story of some westerners who hired a few bushmen guides to help them travel through the Kalahari Desert. Not accustomed to moving at the pace the westerners insisted upon, the guides would suddenly stop walking and sit down to rest, refusing to continue the journey until they were ready. The reason for this much-needed rest, the guides explained, was that they had to wait for their souls to catch up. *They had to wait for their souls to catch up...* When I step away from my desk or sit alone on the porch swing for a few moments and **breathe** – deeply and thankfully – I am giving my soul a chance to “catch up” with me, as well.

• Like many other Christians, my **prayers** often become a laundry list of items I want God to attend to - *right now!* Indeed, if you listened in on them you would wonder if I ever stopped to listen for God's voice or only expected the Almighty to take notes! I'm trying to spend more of my prayer time simply being quiet these days, using a few sentence-long prayers to help me place my fears and requests in God's loving hands. These sentences come from Macrina Wiedekehr's book, *Seven Sacred Pauses*:

*O Gracious One, gather us into the guesthouse of your great heart...
Open my eyes that I may see the grace that waits for me in every moment...
Transform me into a song of gratitude...*

• I learned that my Aunt Margaret Moglebust died this week in Toledo, Ohio, at the age of 94. Later this summer, her daughter will bring her ashes back to the cemetery near Thor where they will be buried next to her husband's, in graves just a few steps from those of my parents, and grandparents. This death, that leaves only two aunts surviving from “the greatest generation” on my mother's side of the family, causes me to **remember** and give thanks for the quiet, yet powerful impact, my dear aunts & uncles have had on my life. They were neither famous nor wealthy, but rather, hard-working, faithful people who lived their lives with integrity...And they all - except for Margaret - loved to sing!

• And this summer I am seeking to **laugh** more and worry less...I had to admit to my counselor recently that I had not fulfilled the assignment she had given me for the three months between appointments: not to worry about, but to trust God with, some of the challenges we face at St. John's. I failed miserably at that assignment, caught in a familiar, downward spiral of thinking that I had to find a way to “fix” everything. Yet, newly aware of the depth and breadth of God's power and love, I am placing this congregation - all of you whom I love - into the grace-full hands of God, trusting God to deepen your faith



and your abundant response to God's grace as I tend to the tasks that you called me to do and which bring me joy: preaching God's Word, leading worship, praying over the broken places, and supporting your Christ-like service of others...And when we do what we love to do, we **laugh** more often!

I hope that you have opportunities to **breathe, pray, remember, and laugh** during these summer months, remembering the Source of all life and joy!

I look forward to seeing you at worship!

WELCA Update

WELCA held their General Meeting on June 3 at the Des Moines Golf and Country Club. The election of new officers was held. They will begin their duties September 1, 2010:

- President:** Margaret Townsend
- Pres. Elect.:** Judy Munger
- Secretary:** Jean Batten
- Treasurer:** Kathy Kroll
- Mission in Action:** Gretchen Lindsey
- Historian:** Evelyn Cole
- Group Leaders:**
- Lois:** Evelyn Cole
- Sarah:** Jean Williams with assistant Marlene Fardahl

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@stjohnsdsm.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.

St. John's Moms



Expectant mothers on bed-rest often have a difficult time filling the hours, days, and weeks before their babies arrive. To help fill that time, St. John's Moms could use your help! Boxes will be located by the front desk and in the Fireside Lounge to collect items to fill the days of expectant mothers at Iowa Methodist.

Items most often requested include:

- DVD's
- scrapbook supplies
- craft supplies
- books
- games

Your donations will be collected and delivered by our own new moms to the soon-to-be new moms. Please contact Kirsten LaBlanc (491-0907) or Rachel Corron (313-6645) for more information. Thanks!

Why Sing in Church Choir?

Ten (more) reasons to Sing in a St. John's Choir



While September is still two months away, we all know how quickly all of our time is spoken for and committed. So, it is not too early to think about how to make singing in a choir at St. John's a reality for you or your children. As added motivation,

here are ten more reasons to get involved in a choir to add to the ten from June's Eagle Call:

11. To make worship more wonder-ful for myself and others
12. To have a way to express my love and gratitude
13. To go somewhere where everyone is happy to see me come through the door
14. To develop my emotional, intuitive, creative side
15. To have a healthy outlet for my feelings and emotions
16. To become more fully human
17. To experience being a co-creator with God
18. To get to hear the sanctuary organ up close and personal and feel those pedal notes in the deepest places in your body
19. To get to see Sarah play and wonder if we really are the same species
20. To watch instrumentalists ply their trade in amazing and wonderful ways

Make it happen this year, and you will wonder why you waited so long!



Prepare for Worship

Sunday, July 4, Time after Pentecost, Lectionary 14 United States Independence Day

On this day when our country celebrates its founding as an independent Nation State we are called to be at once grateful and chastened. We are reminded that from those to whom much has been given, much is expected, and we are blessed to be a blessing.

The readings for this Sunday after Pentecost, Lectionary 14, are Isaiah 66:10-14; Psalm 66:1-9; Galatians 6:1-16; and Luke 10:1-11, 16-20. The hymns will be ELW 888, "O Beautiful for Spacious Skies," ELW 889, "The Right Hand of God," and ELW 887, "This Is My Song." Offering and communion music at both 8:45 a.m. and 11:00 a.m. will be provided by trumpeter Audrey Husted.

Sunday, July 11, Time after Pentecost, Lectionary 15

To love the Lord your God with all your heart, soul, strength and mind is to reflect God's mercy in responding to one's neighbor. Jesus makes this very clear in the parable of "The Good Samaritan" from our gospel for this Sunday.

The readings are Deuteronomy 30:9-14; Psalm 25:1-10; Colossians 1:1-14; and Luke 10:25-37. ELW 836, "Joyful, Joyful, We Adore Thee," ELW 722, "O Christ, Your Heart Compassionate," and ELW 551, "The Spirit Sends Us Forth to Serve" The offering and communion music at 8:45 a.m. will be given by baritone Mark Garner at 8:45 a.m. and at 11:00 a.m. by Susan Odem, oboe. Since this is a second Sunday of the month, the laying on of hands and anointing with oil for healing will be part of all liturgies this weekend.

Sunday, July 18, Time after Pentecost, Lectionary 16

Perhaps the church, at its best, is "all ears." The Holy One urges the faithful, again and again, to "listen up!" – to heed the word from God. So it was with Abraham and Sarah, with Mary and Martha, and the early church at Colossae. So it is today as we join the assembly to hear the word of God, the words of life.

The readings for this Sunday are Genesis 18:1-10a; Psalm 15; Colossians 1:15-28, and Luke 10:38-42. The hymns are ELW 641, "All Are Welcome," ELW 520, "Dearest Jesus, at Your Word," and ELW 853, "When Morning Gilds the Skies." At 8:45 a.m. Katherine McDowell will provide both the offering and communion music.

Sunday, July 25, Time after Pentecost, Lectionary 17

Persistence in prayer evoked the admiration of Jesus and wins the attention of the Lord when Abraham intercedes for Sodom. The life of the baptized – to be rooted and built up in Christ Jesus the Lord – is to be rooted in prayer.

The readings are Genesis 18:20-32; Psalm 238; Colossians 2:6-19; and Luke 11:1-13. The hymns are ELW 533, "Open Now Thy Gates of Beauty," ELW 742, "What a Friend We Have in Jesus," and ELW 741, "Your Will Be Done." Offering music at 8:45 a.m. will be Ruth Bloxham playing recorder and 11:00 a.m. Lisa Samuelson playing violin.

Organ Repair Update

While it did not make as big a mess as replacing the carpet in the front offices and stairway or the elevator repairs, a no less significant project – also funded by the St. John's Foundation – was recently completed. Our sanctuary organ, installed in 1993-94 by the Schlicker Organ Company of Buffalo, NY, recently had a complete "tune up and overhaul," which is to say, upgraded electronics, some new pipework, revoicing, and extensive tuning. The work was done by Bedient Pipe Organ Company of Lincoln, Neb.

Even before the work was finished the improvement was noticeable: ranks that could not be used were once again "in the mix," ranks that were uneven or less-than-pleasant became lovely partners in music-making, pedal stops that were 98 lb. weaklings became robust and muscular, an under-powered Great Trompette got moved to the Swell Division where its sound was more at home and teamed up with a new 4' Swell Clarion while a new Great Trompette announced its welcome arrival. The mixture in the Positiv (the part of the organ on the balcony railing) got the opposite treatment as it was calmed down and sweetened.

To make the organist's work easier and more efficient, the number of memory levels was increased from 8 to 128. Oh, and a new on/off switch on the console means Sarah does not need to plug and unplug the organ every time it is used!

This sort of attention to a valued resource and beloved treasure for this congregation is so important! If you see a member of the Foundation Board, please remember to thank them for funding this project. It shows great vision and insight into the complex web of things that make St. John's what it has been, is, and will be.



Lost and Found

It was 1971...



Photo by Chuck Anderson

The toddler was alone, sitting in the dark just inside the northern Sixth Avenue door. No one knows how he got there or when. But the women meeting in the Fellowship Hall were sure they heard a child cry.

Thomas Sopinski appeared to be about 18 months old...and had been abandoned.

The story and Thomas' picture (see left) appeared in the *Des Moines Tribune* (the evening version of the *Register*). The article stated that the 90 women at the meeting all volunteered to take the baby home with them. However, he was taken to the Juvenile Home where photographs and footprints were taken to help establish his identity.

Flash forward to June 19, 2010. . .

After 40 years, this abandoned tot, now an adult with a wife and child, walked into St. John's, looking for more information about his beginnings. His story had almost been forgotten and was unknown by most of today's St. John's members. Fortunately, it sounded familiar to our Saturday security person, Jack Huff, and he called his sister, Janie Clemenson (pictured below with Tom). Janie had been at the LCW meeting in Fellowship Hall and was among those who heard the baby cry. After Jack showed him around the church, Thomas, his wife and son traveled to the Clemenson home for a "wonderful reunion and visit."

Authorities discovered that Tom had been born on March 24, 1970 to a married couple in Cheyenne, Wyoming. A few months after being found at St. John's, Juvenile Court Judge Don L. Tidrick of Des Moines arranged an adoption with a couple in Kansas City. Tom was raised Catholic, and earned his Bachelor's Degree from the University of New Mexico where he met his wife, Andrea. Today, they live in Leawood, Kansas with their eight year old son, Max, who also is adopted. They are active members of Christ Community Church and have been married 17 years. Through work, Tom traveled to 67 countries but, as Max began growing up, Tom quit traveling and is now the application sales manager for a large software company,

After 40 years, what a thrill it was to hear about this very happy ending to a nearly-forgotten story here at St. John's. The lost was, indeed, found.





Small Groups

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

CALENDAR

- Quilting**, Working at home until the elevator is in working order
- Gardening**, Tuesday, July 6, 6:30 p.m., Tour the gardens of Kelly Schuler and Rod Snavelly at 4411 Franklin in Beaverdale.
- EAGLES**, Wednesday, July 14, trip to Albia
- St. John's Moms**, Saturday, July 10, 10:00 a.m. in the Nursery at church
- St. John's Job Networking Group**, Monday, July 12, 5:30 p.m. at Gateway Market, MLKing
- Friday Study Group**— taking a break until September
- Saturday am Bible Study**, taking a break until September
- Lunch Bunch II**, Wednesday, July 21, 11:30 a.m.
- Lunch Bunch I**, Thursday, July 15, 11:30 a.m.
- Photography** will not meet in July.

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

More information on upcoming events

St. John's Moms will meet on Saturday, July 10, 10:00 a.m. in the nursery at church. This group was formed a few months ago for moms with a child who is 3 or younger to get to know other moms in similar situations; they meet on the 2nd Saturday of each month at 10:00 a.m. in the nursery at church (you may bring your young one with you so they may also get to know each other). A room will be provided for nursing mothers. Contact Kirsten LaBlanc at 491-0907 k.lablanc@gmail.com or Rachel Corron at 313-6645 rpcorron@gmail.com if you are interested or have questions.

EAGLES will visit Albia on Wednesday, July 14. They will gather at church at 8:00 a.m. to car pool. The group will visit the Mouse Trap Factory at 9:45 a.m. for a tour. Other attractions are the museum, turn of the century Bates apartment, and walk around the Victorian Square with a stop at Honey Creek. Contact Margaret Townsend if you plan to attend: phone: 274-0962 or mtownsend1@mchsi.com.

Quilting Group: The quilting group will be working from their homes until the elevator is repaired.

St. John's Job Networking Group will meet on Monday, July 12, 5:30 p.m., at Gateway Market on MLKing. If you are looking for a way to network and connect with others who are job hunting, please join in some great fellowship and sharing of ideas. Questions, contact Ellen Fisher at ellenfisher123@yahoo.com

Photography will not meet in July.

The Gardening Group is meeting on Tuesday, July 6, at 6:30 p.m. at the home of Kelly Schuler and Rod Snavelly, 4411 Franklin, in Beaverdale. Their garden has professional landscaping touches, some unique artwork and lots of annuals and perennials. Please join the group on July 6!

Lunch Bunch II: This group continues to meet on the third Wednesday at 11:30 a.m. at various restaurants (July 21 this month.) If interested in joining this group, contact Janet Figg, 279-6326.

Lunch Bunch I: Lunch Bunch I will meet on Thursday, July 15. Anyone interested in joining the group please call Margaret Roby at 288-6304 to reserve a space. New members are most welcome!

Prayer Shawl Gatherings: The prayer shawl groups meet quarterly. If you have finished a prayer shawl, it may be brought to Jean McKinney's office at church to be blessed (please put your name on a piece of paper with the shawl if you leave it.) The Monday afternoon group will meet July 19, and October 18 in 2010 and February 15 in 2011 at 1:00 p.m. in the Fireside Lounge. The Tuesday evening group: September 28 in 2010, and January 25 and April 26 in 2011 at 7:00 p.m. in the Fireside Lounge. If you are interested in joining this prayer shawl ministry, contact Jean McKinney or Darla Stiles at church, 243-7691.

Thank You

Beloved Community:

A big **Thank You** to everyone who has helped with Beloved Community this past year. It takes many people to make a good meal. Thanks to all who helped cook, serve, and clean up. You are very important. We have had a wonderful time working with everyone, meeting new people and making friends.
See you all in the fall.

Peace,
Richard/Jacque



In the City (and the World) for Good!

- **Thanks for the diapers & wipes!** Your support of the DMARC Diaper Drive was outstanding. Because of your participation many baby bottoms will be dryer and healthier in the months ahead! ☺ Please remember, however, that DMARC Food Pantries are being used by more people than ever these days, and donations of food, personal hygiene items, and cash are always needed. Copies of the newest "needs list" are in the grocery carts in the narthex.

- **Do you have a small group that could provide a meal & serve at the Connection Café?** A few groups that have served the same day of the month for several years have recently left the program, and new groups are needed to "adopt" a serving day. Please contact Rob Hoover, the Connection Café Coordinator, @ 771-1481 for further information.

- **It's time to make kits for Lutheran World Relief!** Our goal is 100 Health Kits and 50 Layettes by Rally Sunday, Sept. 12th!! To make this task a little more fun, you are encouraged to participate by bringing the following items on the following dates in July. Another list will appear in the August Eagle Call, and then we'll put the kits together at the end of the summer!!

July 3 & 4 Bath-size bars of soap (4-5 oz.) in original wrappings

July 10 & 11 Hand towels & wash cloths (dark color recommended)

July 17 & 18 Adult-size toothbrushes in original packaging & sturdy combs

July 24 & 25 Receiving blankets (gently used or new), cotton or flannel, approx. 36 in. x 36 in.

For more information about LWR kits & layettes go to www.lwr.org

- **Donations to the Good Samaritan Fund** are always welcome! This fund, administered by the pastors, helps those who need emergency assistance with food, housing, transportation, prescriptions, and many other things. You have been very generous in giving to this fund, and because of your generosity we have helped hundreds of people. Please continue to contribute so that this particular ministry may continue!

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.

Telecare

Living alone or being homebound can be very challenging. That's why Iowa Lutheran Hospital offers Telecare. With Telecare, participants have daily telephone contact with someone who cares.

Each day, including weekends and holidays, an Iowa Lutheran Hospital Auxiliary volunteer is available to receive calls between 8:30 and 11:00 a.m. If you fail to call in, a volunteer will call you. If you don't answer, a neighbor or other contact person will be called and asked to check on you.

Any individual in the greater Des Moines area can join Telecare. If you need more information about this program, please call 263-5262 or 263-5227 and a volunteer will send you information explaining this free service in detail.

Artist of the Month



St. John's own---A man of many talents

When away from his job as St. John's maintenance supervisor, Les Moeller spends time with his camera capturing the beauty of nature, including landscapes, plants, flowers, birds and animals. You will also see unique architectural elements in some of his favorite photos, along with the smiles of his "four fabulous and very photogenic grandchildren."



Children's Ministries

Growing in Faith at Home

Pentecost is a season of growing in God's love and is a good season to help children understand the stewardship of our gifts. Play this game at home as a family to open a discussion. Get ten pennies (or candy or something small that your child values) for all but one person in your family. Ask for a one person to play the part of God. Dump all the pennies in front of "God." Tell the family that everything we own belongs to God, but God graciously gives it all to us. Ask "God" to give each person ten pennies. "God" should have none left. Ask the family how that makes them feel that God has none left. Ask each person to give one penny back to God. Now explain that when we say we tithe, we are asking that people give back a tenth of what we have to God, to whom it really belongs anyway. How does this make them feel? Ask if it is enough. Talk about how we give to God by giving to our neighbors.

Youth Ministries



FREE Outdoor Movies

Bring ALL your friends and family!

July 9th: Ice Age (rated G)

August 20th: August Rush (rated PG)

All movies will be shown in the north parking lot at St. John's. Parking lot will open at 8:00 p.m. for seating and movie will begin after the sun goes down.

Concessions will be available for purchase with the proceeds benefiting St. John's youth. In case of rain, movies will be shown in Weertz Hall.

Please keep the St. John's service trip participants in your prayers. The middle school students will be going to Duluth, Minn. from July 18-23 and the high school students will be going to Chicago, Ill. from July 30th-August 1st!

Watch for all sorts of FUN fall stuff next month!!!

After School Arts Program

Hello friends of ASAP Summer Arts Camp!



ASAP needs your help. Can you lend a hand at Summer Arts Camp? Come join us for one week of fun and lively hands-on arts experiences for kids in the 50314 neighborhood on Des Moines' near-north side.

Here are the details:

Summer Arts Camp takes place in Evelyn K. Davis Park the week of August 9-13 (Monday through Friday).

Walk-up registration and studio set-up are from 12:30 to 1:00; Studio 1 is 1:00 to 1:50; Studio 2 is 2:00 to 2:50.

There is no culminating event, as studio activities produce work that can be taken home each day.

We need studio assistants who work side by side with the kids under the instruction of the teaching artists, as well as administrative help and floaters to assist me with registration, making signage and nametags, and other duties.

Please let me know if you can volunteer for all or part of the week of August 9. We would love to have your help!

Many thanks,
Michelle Bolton King
Executive Director, ASAP
michelle@asap-dsm.org
515.770.3380
www.asap-dsm.org

Happy Birthday



Our St. John's family has a special birthday coming up. Linnea Meeks, mother of Joyce Hartschen, will be celebrating her 100th birthday on June 28th! Let's honor her very special day with a card shower. Cards may be sent to Linnea at 3309 Lindalavista Way, Des Moines, IA 50310-5027. We may be slightly past the date of the 28th by the time you

receive the Eagle Call. Don't let that stop you! Linnea will continue to enjoy the cards whenever she receives them.



Lutheran Services in Iowa

Show Love for the Little Ones



Everyone expects July to start off with a celebration that includes grilling, fireworks, family, and sparklers. However, it is important not to get swept away and forget

what is most important. July is National Make a Difference to Children Month. The aim of Make a Difference to Children Month is to recognize the positive changes adults can make in a child's life.

Make a Difference to Children Month is celebrated annually to simply give children something to be happy about. Although we cannot always provide immediate solutions to take children's pain away, we can give them something to smile about with small contributions that show them that we deeply care for them.

Lutheran Services in Iowa (LSI) understands the impact adults have on children and witnesses it daily. By providing love and support to children who come from homes where poverty, abuse, neglect, or other unimaginable tragedies exist, we can give them something to smile about. LSI's services such as our early childhood programs, family-centered services and residential treatment for children work to create positive environments where smiles and laughter are part of every day life. Try for yourself: commit to do one special thing with a child in July— make some kind of positive difference for that child. You too can understand the joy it brings to make a child's day.

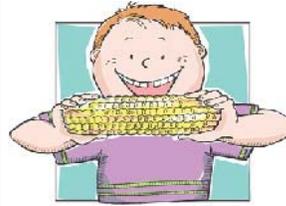
For parenting tips from LSI's professional staff, visit www.lsitips.com



Would you like to receive an electronic version of the Eagle Call? E-mail businessoffice@stjohnsdsm.org and request the eEagle Call. Help us save on the cost of postage, use less paper, and see each issue in **FULL COLOR**.

Healthy Eating

Snacks to Keep Your Kids Healthy and Happy!



Picture your kids, running off the bus, straight into the house and heading right for the kitchen pantry all in search for an afternoon snack. Candy, cookies, pretzels, almost anything that is quick and easy

will do. Sound familiar? For most parents this is a typical routine. The problem is finding a snack that is appealing to the kids and healthy enough for the parents often remains a challenging task. The fact is that after school is the perfect time to take advantage of a hungry appetite and fill it with good nutrition. Try some of these snack options and you will find that all it takes is a few minutes preparation and a little creativity to keep everyone happy and healthy.

- **Veggies & Dips** – Opt for low fat versions of dips made with yogurt or try salsa or low fat salad dressings
- **Fruits with pizzazz** – Try alternatives to plain fruit, such as: berries and whip cream, frozen bananas, apple and peanut butter, fruit kebobs, fruit smoothies and more
- **Pizza crackers** – Layer crackers with tomato sauce and shredded part-skim cheese
- **Half-a-sandwich** – Whole grain bread and a source of lean protein cures a hungry appetite
- **Mug of cereal with milk** – Gives you a healthy crunch and a great source of calcium with excellent portion control
- **Soup** – Soups like minestrone or vegetable are a great way to enhance the intake of veggies
- **Trail Mix** – Make your own variety with a few nuts, a few chocolate chips, add dried fruit and a whole grain cereal
- **Popcorn** – Sprinkle with cinnamon or parmesan cheese for fun
- **Pudding** – Make with skim milk
- **Cheese and an apple** – Use string cheese and slice up a delicious apple
- **Hard boiled eggs** – With or without the yolk
- **Yogurt & Crunch** – Provide a handful of cereal to be mixed right in the yogurt for extra crunch
- **Graham crackers & peanut butter** – 1 serving of crackers with 2 Tbsp. of peanut butter. It's delicious!
- **Turkey roll-ups** – Roll us a few slices of luncheon meats
- **Bananas coated with yogurt & cereal crumbs** – sliced and frozen
- **Yogurt** – but Freeze It! Any traditional yogurt can be frozen and eaten that way. Note: If fruit on the bottom, mix prior to freezing.



Hospitality & Outreach

Ask and You Shall Receive



Note our cover article "Going Deeper" Makes one think doesn't it?.

The word "ask" ... simple, only three letters – a word we use all the time. But I decided to play the thesaurus game and look up "ask." Ask is synonymous with "inquire, pose, invite, expect."

It is, in fact, a very big word for me. As a volunteer recruiter, I'm always asking people to help with various projects at St. John's. Asking isn't always simple. Although the temptation is great, I don't want to continually call on the same pool of people. Certain (amazing!) people seem to frequently step up and, while we are always grateful for their generous spirit of giving, we don't want to overburden them.

When looking for assistance and seeking volunteers the very act of asking requires a little leap of faith. *Asking* makes one vulnerable – you may get turned down. Some people don't feel "qualified," depending on the task. There are times when you simply can't find anyone available.

So, and here's a slight twist, I propose that people may actually *ask* if they can help! In that case, the word ask can take on the connotation of "offer" or "volunteer." Believe me, if you *ask* to help, you will be received!

At any time, we are in need of volunteers. St. John's currently assists (in various ways) at the Central Iowa Shelter, the Interfaith Hospitality Network and the Connection Café, to name a few. There are always a variety of office needs. We usually have several collection drives in process at any time: food pantry, diapers, health kits and, a new one, items for moms-to-be on bed-rest. We have a meal ministry program to offer home-cooked meals to those recently released from the hospital, families with new babies, and families after funerals. Those are just a few; too many options (opportunities!) to list.

The manner of assisting can take many forms. You can be involved as little or as much as you want. You don't have to be all things to all causes. If you're a little apprehensive, just wade into the shallow end. We will always have support for you.

Speaking of support, your donation of time is also tangible, quantifiable support for St. John's. When you offer your time you are gifting yourself. And remember when you volunteer – think of who you are really serving...

"Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms." 1 Peter 4:10

Healing Touch

The Journey of Healing Touch Training



When our body's energy flow gets compromised due to illness or trauma to the body, mind or spirit, symptoms appear such as headaches, colds, insomnia, lethargy or depression to name a few. Healing Touch is an integrative, energy-based therapy with a goal to increase the flow of energy through the body to facilitate conditions for

optimal health, wellbeing and self-healing. Using non-invasive hand techniques, the body's energy fields are cleared, energized and balanced thus affecting the physical, mental, emotional and spiritual wellbeing of the person.

In an *Eagle Call* article last year, I wrote about my journey to become certified in Healing Touch. In August 2010, I will be attending the last level of training prior to applying for certification.

Many of you, friends and family, volunteered to allow me to practice and become proficient in my skill. These willing participants has allowed me to document 85 of the 100 healing touch sessions required for certification with Healing Touch International Organization.

Thank you to those people who volunteered and as a result, experienced the amazing power the body has to self-heal. If you are interested in experiencing a healing touch session, please feel free to contact Karen Zaabel, RN, BSN, HTP-A at kzaabel@msn.com or 515-225-8476.

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.



Photos of the Month

Special Communion Service June 6, 2010



Reception after worship.



PRTM and Lillian Tinker



Jim and Linda Kerch

The EAGLES in Northeastern Iowa



The EAGLES at Mabe's Pizza in Decorah, Iowa.



The eagle has landed.



Fred thinking *Deep Thoughts*.

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DMARC at the I-Cubs

The Iowa Cubs are once again supporting the DMARC Emergency Food Pantry this season. Fans can bring a donation of three food items to any Sunday home game and receive a free—FREE!—general admission ticket, which can be upgraded to reserved grandstand status for \$3.00. Qualifying games begin at 1:05 pm.

July 11 vs. New Orleans
August 22 vs. Nashville

August 8 vs. Portland
September 5 vs. Memphis

AUGUST EAGLE CALL DEADLINE

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