



St. John's Lutheran Church

The EAGLE CALL

BIBLICAL STEWARD

Volume 42, Number 08
August, 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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In **Ask, Thank, Tell**, the Rev. Charles Lane draws us into a thoughtful study of Biblical stewardship. Lane's stewardship mission statement, which St. John's Congregational Council has adopted as its own, clearly links the life of faith and financial stewardship: *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.*

In chapter 4 of **Ask, Thank, Tell**, Lane offers six characteristics – or values – of a Biblical steward. *

#1 – Intentional

Being intentional in one's giving means to develop a plan for your giving and then follow through with that plan.

#2 – Regular

To be regular in your giving means to establish a pattern in your giving, and to follow that pattern...Whenever you receive income, and however you receive income, you give according to your predetermined plan.

#3 – Generous

God's incredible generosity is the basis for any call for generous giving on the part of God's people. We can't out-give God!

#4 – First

Giving first means giving to God first and living off the rest.

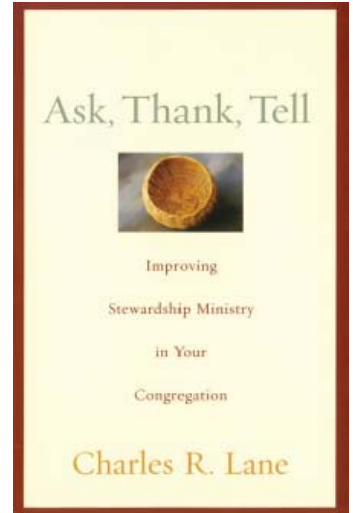
#5 – Proportional

The Bible always calls us to percentage giving. Nowhere in the Bible will you find something like, "Give fifty dollars!" The language is always, "Give in proportion to the blessings you have received."

#6 – Cheerful

The key to being a cheerful giver is to practice the other stewardship values. If the first five stewardship values characterize your giving, you will be cheerful in your giving. If they don't, you won't. It's that simple. *From **Ask, Thank, Tell**, pages 45-56

If you haven't yet had a chance to read **Ask, Thank, Tell**, please pick up a copy in the reception area. Read it, pray about what you learn, and pass the book on to someone else in the congregation!



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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
August 16 at 12 p.m.**



A Word from Our Pastors

Pastor Bob Speirs

For everything there is a season, and a time for every matter under heaven: a time to be born, a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep and a time to laugh. (Ecclesiastes. 3:1-4)

And so the writer of Ecclesiastes continues for several more verses reflecting on the contrasting experiences of life that defines our common humanity. As one writer has stated about this passage, *“To live is to face inevitable change, and to come to terms with what can surely never be boring, since it is so challengingly varied.”*

Just a few days ago I was having a conversation with a church member and we were both commenting on how quickly this summer is passing by. It seems just a few days ago that school ended, and we were looking forward to all the wonderful activities and vacation time that the summer brings. As I write, however, the Middle school mission trip is well under way, the High school trip to Chicago just two weeks away and shortly afterwards school will begin for another year. And our High School grads will be off to begin their college careers. The fall will be upon us quickly, and so we begin our preparations for the “unofficial” church year to begin again. (We all know that practically speaking, the real church year begins in September, with my apologies to the liturgical calendar.)

So, as we look towards fall, a few things to keep in mind:

- Our Adult Forum will begin on Sunday, September 19th. I am putting the calendar together and will have it available by the beginning of September. There will be some new presenters (Pastor Doug Holmgren) as well as a few of our old friends as well (Ken Jones, Mark Mattes), it promises to be a good year for these sessions.
- One of the ministry efforts that I and a number of our men of St. John's are discussing and hope to begin in the fall is a regular Men's Ministry group. We have had three meetings so far (and have enjoyed a few golf outings), and we expect to finalize some firm plans and ministry offerings come September. This Men's ministry initiative is open to all men of St. John's (18 years of age and older) and their friends should such a request be made. We hope to include activities of a spiritual, social and service nature. If you have interest (and I hope you do), please contact Pastor Bob at the church office.
- Our Confirmation program will have a change in our meeting time this year. The 7th and 8th grade students will continue to meet on Wednesday nights after Beloved Community upstairs (3RD FLOOR) in MPR, but our 9th grade class will meet on Sunday evenings as part of our High School night in DDI. This will allow the 9th grade youth to join in the High School activities without having

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to come an additional night. It saves time and allows participation and group building efforts as well.

- I have had several conversations with a gentleman who represents a company "Faith Comes by Hearing" that is distributing what they have coined as a "Military Bible Stick". It is not a weapon, but a MP3 player that has the New Testament on it that can be sent to soldiers in the field. They also carry a civilian version for people who would like to listen to the Bible, while sitting at home, taking a walk or engaging in whatever activity. If you have or know of such a young person (or older for that matter) who would like or benefit from such an audio player please call, "Faith Comes by Hearing", phone number (800) 545-6552. The cost, I believe, is \$25.00.

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.

Committing to Choir

Can't Make a Big Choir Commitment?



How about a small one?

The most common reason people give for not singing in a choir is, "I hate to commit to something and then not follow through." People's lives today are intense and complicated: job travel and long hours, single parenting or both parents working while juggling child-care; night-time classes; caring for an out-of-town relative. We sometimes hear that people today are "less committed" than former generations. Often just the opposite is true: today people are over-committed and over-extended.

But that does not mean you have to entirely forego the pleasure and satisfaction of being part of a choir at St. John's. There are a number of flexible options:

- Cantorei rehearses right after the mealtime of Beloved Community from 6:40 to 7:25 pm. For parents with children in Kisasa Choristers, you are done at just the same time. And Cantorei sings only every other week at the 8:45 am service with a very few exceptions.
- While Cathedral Choir rehearses 7:30 to 9 pm September through mid-May and sings every Sunday, it is not always necessary to commit to that whole schedule. Consider:
 - You could sing for a month when your schedule is clear.
 - * You could sing with Cathedral Choir for a big festival like All Saints, Christmas or Easter or for a specific cantata, mass, or major work.
 - * You could avoid those same sorts of events and be part of just "regular worship" music if that is more to your taste or schedule.
- And if you are an instrumentalist, there are options as well, including our Chamber Orchestra.

So much good can come from involvement with music and the arts at St. John's. We want as many men, women, and children as possible to enjoy that chance. Check out the St. John's website or contact:

Larry Christensen, Director of Music, Worship, and the Arts
larryc@stjohnsdsm.org (515) 243-7691, ext. 343.



Prepare for Worship

Sunday, August 1, Time after Pentecost, Lectionary 18

This Sunday's texts offer instruction and encouragement for all who are occasionally overwhelmed by the "unhappy business" of life. Jesus urges us to take care and be on guard against all kinds of greed. We who have died with Christ in holy baptism have also been raised with him and are encouraged to elevate our thinking, seeking the "things that are above." To that end we seek the sustenance of the Lord's Supper and the encouragement of God's word.

The readings are Ecclesiastes 1:2, 12-14; 2:18-23; Colossians 3:1-11; and Luke 12:13-21. The hymns are ELW 678, "God, Whose Giving Knows no Ending," ELW 793, "Be Thou My Vision," and ELW 729, "The Church of Christ, in Every Age." At both the 8:45 a.m. and 11:00 a.m. services the vocal octet "Octangle" will sing traditional southern folk hymns and spirituals including, "Hark, I Hear the Harp's Eternal", "The Morning Trumpet," "Cert'nly Lawd," "Swing Low Sweet Chariot," and "Deep River."

Sunday, August 8, Time after Pentecost, Lectionary 19

Jesus says, "It is the Father's good pleasure to give you the kingdom." It is God's promise from the beginning – to Abraham, to the early church, and to the "little flock" of which we are a part today in assembly. Faith, God's baptismal gift, trusts the promises of God. Have no fear.

The readings are Genesis 15:1-6; Psalm 33:12-22; Hebrews 11:1-3, 8-16; and Luke 12:32-40. The hymns are ELW 768, "Lead Me, Guide Me," ELW 764, "Have No Fear, Little Flock," and ELW 633, "We've Come This Far by Faith." At 8:45 a.m. both offering and communion selections will be by Katherine McDowell. At 11:00 a.m. Rachel Almlie will provide music for both. Since this is a second Sunday of the month there will be laying on of hands and anointing with oil at all services.

Sunday August 15, Time after Pentecost, Lectionary 20

The word of God is a refining fire. Jesus is the great divide in human history. He invites our undivided attention and devotion. In the word and in the holy communion we are invited yet again to look to Jesus, "the pioneer and perfecter of our faith."

The readings are Jeremiah 23:23-29; Psalm 82; Hebrews 11:29-12:2; and Luke 12:49-56. The hymns are ELW 876, "Let the Whole Creation Cry," ELW 511, "Thy Strong Word," and ELW 400, "God of Tempest, God of Whirlwind."

Sunday, August 22, Time after Pentecost, Lectionary 21

Remember the Sabbath day and call it a delight. This is the Lord's Day, and the Lord will do for us what the Lord does: feed us, forgive us, help and heal us. We can rejoice in all the wonderful things God is always doing.

The readings are Isaiah 58:9b-14; Psalm 103:1-8; Hebrews 12:18-29; and Luke 13:10-17. The hymns are ELW 858, "Praise to the Lord, the Almighty," ELW 796, "How Firm a Foundation," and ELW 521, "O Day of Rest and Gladness." At 8:45 a.m. Ruth Bloxham will offer recorder selections during offering and communion.

Sunday, August 29, Time after Pentecost, Lectionary 22

Invited and inviting - that is the nature of the church. By God's grace in holy baptism we have a place at the banquet table of the Lord. When, by the power of that same Spirit, humility and mutual love continue among us, the church can be more inviting still.

The readings are Proverbs 25:6-7; Psalm 112; Hebrews 13:1-8, 15-16; and Luke 14:1, 7-14. The hymns are ELW 531, "The Trumpets Sound, the Angels Sing," ELW 532, "Gather Us In," and ELW 522, "As We Gather at Your Table." Offering and communion music at 8:45 a.m. will be offered by baritone Mark Garner and at 11:00 a.m. by oboist Susan Odem.



Worship & the Arts

What Worship or Arts Options Should We Add?

Each year offers different opportunities and challenges. People with new talents join St. John's and others retire or move on. That has a natural impact on our offerings in worship, music, and the arts. As we look ahead to the 2010-2011 program year, on what needs and opportunities should we focus? Or better still, what would you like us to offer that you would enjoy being a part of – or leading?

Here are a few options, but you might think of others.

- **Liturgical Dance**

Kathleen Hurley has expressed interest in working with St. John's members on liturgical dance. Like other art forms in worship, dance is both a means of personal, spiritual expression and an evocative invitation to experience God's presence and word in a new way. We tend to think of "teen and tween" girls when we think of dance, but it need not be limited only to that population.

- **A choir / musical experience for Kindergarten through 2nd graders**

We did not have our Joyful Noise choir this past year for lack of a director and concerns about the proper practice time. Is there an interest in trying to provide a choir/musical experience for this age group? Would parents like to meet and discuss what would be the best way to go about it?

- **Hand Bells**

With Bill Bensen preparing to go to medical school, we lost our "Bell Canto" director. At the same time some of our ringers became unavailable. Is there interest in trying to revive a bell choir this year? How about a "low impact" liturgical bell-ringing group that could meet for about 20 minutes between services on Sunday mornings to work on parts to accompany hymns, anthems, and psalms?

- **Percussion Ensemble**

Through gifts and bequests in memory of George Graves, Sarah Garner's father, St. John's has been able to add a tam-tam (deep-sounding gong) and a bass drum to our orchestral percussion instruments which already included timpani, suspended and crash

cymbals, and orchestral bells (glockenspiel). Having the instruments is one thing; having folks prepared to play them is something else. It would be great if for festivals like "All Saints", "Reformation", Christmas Eve, and Easter we could add these sounds – not to make everything louder – but to make our sound richer and more emotionally moving. A half dozen people working for a month prior to a given festival could get the job done.

- **Brass Ensemble**

We have members who have played brass instruments in the past or presently in school groups. Since most adults do not have a regular reason to play or practice, it is hard to keep their lips in shape. We could save money on hiring brass for at least some Sundays and lesser festivals if we had a group working with an experienced, professional player.

Contact Larry Christensen, Director of Music, Worship, and the Arts, if any of these ideas spark interest in you: larryc@stjohnsdsm.org (515) 243-7691.

Women Wired



W.I.R.E.D.

Women, are you so WIRED by the constraints of your life that you have lost a CONNECTION with other women? If so, watch for the

fall kick-off of a new Women's group called WIRED: Women Interested in Renewal, Education, and Discovery. Maybe it is time for you to get "rewired"! More details to come about WIRED later this summer!

Book Club



The Recreational Book Club will be meeting on Wednesday, August 18, at 5:15 p.m. at Caribou Coffee on Ingersoll to pick books for the year. Everyone is

welcome. Bring books or titles that you would like to read and discuss. We meet in Rose Holm September through May on the 4th Wednesday of every month, except when it falls on a holiday. Any questions, contact Carol MacDonald at 255-2656 or macpac00@mchsi.com.



Small Groups

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

CALENDAR

Quilting, Tuesdays, 9:30 am in Room 308

Gardening, Wednesday, August 4, 6:00 p.m. Tour Dennis and Karen Zaabel's gardens at 1102 S. 50th Place in West Des Moines.

St. John's Job Networking Group, Monday, August 9, 5:30 p.m., Gateway Market on MLKing, Contact Ellen Fisher if questions, 274-5236 or Ellenfisher123@yahoo.com.

St. John's Moms, Saturday, August 14, 10:00 a.m. in the Nursery at church.

Friday Study Group - taking a break until September.

Saturday a.m. Bible Study, - taking a break until September.

Lunch Bunch II, Wednesday, August 18, 11:30 a.m.

EAGLES, Thursday, August 19, trip to Fairfield, leave church at 8:00 a.m.

Lunch Bunch I, Thursday, August 19, 11:30 a.m.

Photography, Sunday, August 22, 10:00 a.m. in Neumann. Theme: "Summer Shots".

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

More information on upcoming events

The Gardening Group is meeting on Wednesday, August 4, 6:00 p.m. at the home of Dennis and Karen Zaabel, 1102 S. 50th Place in West Des Moines. Dennis has a large variety of perennials and enjoys adding an interesting garden item each year. Join the group on August 4 to see his latest addition.

St. John's Job Networking Group will meet on Monday, August 9, 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.

St. John's Moms will meet on Saturday, August 14, 10 a.m. in the nursery at church. This group was formed a few months ago for mom's with a child who is 3 or younger to get to know other mom's 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. The group is still collecting DVDs, games, books, craft items, scrapbooking supplies, etc. - items that would help occupy the hours of some very long days for expectant moms on bed-rest at Iowa Methodist. Look for drop-off boxes at the front desk and Fireside Lounge. A list of suggested items will be posted on the collection boxes. 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 next event will be on August 19, meeting at church at 8:00 a.m. for a day trip to Fairfield to tour the Arts and Convention Center, Maharishi Vedic City (with a unique observatory, including 10 masonry sundials displaying movements of the sun, planets and stars), an abbreviated tour of Creative Edge (floor art), abbreviated tour of an organic dairy farm, and a stop at the famous American Gothic House used in Grant Wood's painting, "American Gothic". Call or e-mail Marge Sexton Randels if you are able to attend, 967-2676 or MLSEXTON36@aol.com.

Quilting Group: The quilting group will again be meeting on Tuesdays at 9:30 a.m. in Room 308 at church now that the elevator is repaired.

Lunch Bunch II: This group will meet on Wednesday, August 18, at 11:30 a.m. If interested in joining this group, contact Janet Figg, 279-6326.

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Lunch Bunch I will meet on Thursday, August 19, 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!

Photography will meet on Sunday, August 22, 10:00 a.m. in Neumann at church. The theme for this month will be "summer shots" so bring a couple of your favorite pictures taken this summer. Also continue to take alphabet pictures (letters found in nature, architecture, etc.) as there is a possibility that will be used for the Artist of the Month theme. Another possibility is a collage of everyone's best pictures done in 4 x 6 size. Anyone with an interest in photography is welcome to join the group on the 22nd.

In the City (and the World) for Good!

• **Wow! What a wonderful response to our Lutheran World Relief Health Kit/Layette Project!!** Thank you for such generous support throughout the month of July as we gathered soap, hand towels and washcloths, toothbrushes and combs, and receiving blankets!

The August list of items needed to complete the kits and layettes is below. Keep up the good work!

- **July 31 & Aug. 1** Cloth diapers, flat fold preferred, and diaper pins. (Diapers can be made from flannel or even by recycling t-shirts! Go to lwr.org for the "Diaper Tip Sheet.")
- **August 7 & 8** Infant sweaters or sweatshirts – up to 24 months in size. (New or gently used.)
- **August 14 & 15** Cotton shirts or Onesies and gowns or sleepers – with or without feet. Up to 24 months in size. (New or gently used.)
- **August 28 & 29** Washcloths (yes, more washcloths) and receiving blankets. Blankets can be used or new, approx. 36 in. x 36 in., cotton or flannel.

• **On Sunday, August 22nd – the Sunday prior to the beginning of the school year for most of our children – we will offer a blessing to students, teachers, and staff AND support the "Backpack Buddy" food drive.** A program of the Food Bank of Iowa, this program helps to stock food shelves in local elementary schools. If you are a student, staff member, or teacher in any area schools,

consider filling your backpack with some non-perishable food items and bring them to the 8:45 service on August 22! (For more information, go to www.foodbankiowa.org and click on "Backpack Buddy.")

• **Did you know that St. John's has a networking group for those who have lost employment?** This group meets regularly for coffee (or wine!) and welcomes all who desire support and conversation with others who are or have been unemployed. Contact Ellen Fisher - ellenfisher123@yahoo.com – for more information and next meeting date.

• **Thank you for your generous support of the Good Samaritan Fund!** As the economy is slow to recover, dozens of people seeking assistance for prescriptions, fuel, bus tokens, rent, and other necessities of life seek emergency help at St. John's every week. Your "over & above" gifts to the Good Samaritan Fund make a huge difference in the lives of people you may never meet but who thank you from the bottom of their hearts!

• **Don't forget that St. John's serves the evening meal at Central Iowa Shelter & Services on the 18th & 19th of every month!** (And if you are there and it's your birthday, the whole community will sing to you!! Just ask Jim Hansen about his birthday experience. ☺) The sign-up sheets for items and servers needed each month are on clipboards in the narthex. Serving at the shelter is also a great way to meet other St. John's members you may not encounter otherwise!

Artist of the Month

Jacqueline Warming: Another talented St. John's photographer

Jacque's interest in photography began early in her life and gained momentum as her children's lives developed. As a result of that interest, she has taken photography classes in college and post-college. She enjoys taking photos of people, scenery, and architecture. Her children tease her about having "her camera attached to her hip."



Children's Ministries

Rally Sunday



To kick off the programming year, we'll celebrate Rally Sunday, September 12, at 10:00 a.m. Meet us in the Fireside Lounge to pick up a Rally Sunday booklet full of clues to some of the windows in the sanctuary. By the time you have discovered all the windows, you will have created a Life of Christ picture and storybook that you can keep to take home and read again! Families will also get a chance to put together puzzles of other St. John's

stained glass windows and their meanings. Finish up with a treat that will remind you of one of the Life of Christ stained glass windows. Register for Sunday School and get a sneak peek at the new SPARK curriculum we'll be using in Sunday School this year!

Sunday School starts Sept. 19. All children age three through sixth grade are invited to register for Sunday School. Registrations are available on the table outside of the chapel. Our Sunday School program is based on a strong biblical foundation, dedicated to the mission to learn from the Bible, to live the Good News, and focused on presenting the Bible stories in a way that engages learners appropriately for their age level. Children will be experiencing God's word through interesting and engaging discussions, games, art, music, and other activities.

Children's Ministry Dates to Remember:

- **September 12**—Rally Sunday (Fireside Lounge at 10:00 a.m.)
- **September 19**—Sunday School begins. Bibles will be given to 3-year-olds and 3rd graders at the 8:45 a.m. service. Sunday School teachers will be installed at the 8:45 a.m. service.

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

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

Youth Ministries



FREE Outdoor Movies
Bring **ALL** your friends and family!

August 20:
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.

2010 - 2011 Tentative Schedule

Sundays:

- **9:55 - 10:55 a.m.** - Breakfast Club (grades 7,8, & 9)
- **5:30 - 7:30 p.m.** - J.I.F: Journeys in Faith (High School)
 - **5:30 - 6:30 p.m.** - Will be time to share a meal together and catch up on life.
 - **6:30 - 7:30 p.m.** - Will be time for 9th grade Confirmation and High School Bible study/discussion time.

Wednesdays:

- **5:30 - 6:30 p.m.** - Beloved Community meal and worship.
- **6:30 - 8:00 p.m.** - 7th & 8th Grade Confirmation.

Be watching the mail, website, and e-mail for more detailed information closer to September!!! Get excited. It will be a very FUN and EXCITING year!!!

The Middle School and High School students, along with Megan, Pastor Bob, and adult volunteers, are on service trips right now to Duluth, MN, and Chicago, IL. Be on the lookout for a full recap of the trips in the September Eagle Call!



Beloved Community Update

Looking Ahead to Beloved Community This Fall!!!

Our Wednesday evening gathering for food, fellowship, worship and learning – which we know as Beloved Community – resumes on Wednesday, September 8, at 5:30 p.m. The schedule remains the same as last year:

- **5:30 p.m.** Dinner is served in Weertz Hall (until approx. 6:00 p.m.).
- **6:15 p.m.** Brief worship service, also in Weertz.
- **6:30 p.m.** Confirmation classes, Adult Bible Study, Cantorei, and Kisasa Choristers rehearsals.

Because our “original” Beloved Community leadership team retired last spring, we have made some changes in how we are organizing the preparation and serving of our BC meal. We will have team leaders for each Wednesday of the month, i.e. 1st Wednesday, 2nd Wednesday, etc., who will recruit / invite others to join them. We also have a purchasing / inventory team in place.

So...if you would enjoy preparing / serving a meal once per month, please contact any of the following people: Pastor Mithelman, Terri Speirs, Deb & Greg Anderson, or Jim & Mary Bernau. We'll get you connected to a team, and you will have a great time!

Getting Fit

Strength Training for Seniors

Iowa Lutheran Hospital's Cardiac Rehab Department offers a program focusing on increasing muscle strength and balance. Both of these attributes are increasingly important as we grow older. Resistance bands, exercise balls and various conditioning techniques are used during class sessions. The class is appropriate for anyone interested in increasing their muscle strength and/or balance.

Classes are held on Monday and Wednesday 11:45 a.m. - 12:45 p.m. The next 6-week session begins on August 23rd and continues through September 29th. A moderate fee is required.

If you are interested, call Chris McDaniel @ 263-5217.

A Lot Happening

As many of you have noticed it has been a very busy first half of the year here at St. John's.

With the generous help of the St. John's Foundation we were able to take on four major renovations.

Two project are complete. Earlier this summer new carpet was installed in the first floor offices, the reception area and Valbracht. Replacing a well used decades old carpet. As Larry talked about in the last issue of the Eagle Call the organ renovations are also complete.

We just have two project remaining. The elevator modernization is ahead of schedule and should be complete in early August. On August 9th we will begin removing the red carpet starting first with the area around the sanctuary. Workers will be here starting August 16th to install the new carpet. We anticipate that it will take a couple of weeks for everything to be complete so there will a couple of Sundays when things will look a little out of sorts.

In addition to these projects we have recently launched a newly redesigned website. If you haven't yet, please take a look at www.stjohnsdsm.org and let us know what you think.

If you would like to receive updates about St. John's in your email contact the front desk or email scottl@stjohnsdsm.org. We promise not to send too much, but it's a great way to keep up to date with weekly happenings and special events. You can also find us on Facebook (www.facebook.com/stjohnsdsm) and follow us on Twitter ([stjohnsdsm](https://twitter.com/stjohnsdsm)).

Finally, at the beginning of the year we launched the ability for you to make online contributions. This service allows you to make a one time contribution or to create an account and schedule your giving. Access online contributions through the St. John's website.

I can't wait to see what the rest of 2010 brings.

Peace,
Scott LaBlanc
Director of Parish Operations



LSI Update

Children are God's greatest gift

With the new school year approaching, August is a busy time. Parents are getting last-minute school supplies, and children are spending their last summer moments playing with friends. Soon kids will be in the classroom, and the local parks will be quiet and the community pools become empty. During these waning moments of summer it is a great time to celebrate the exuberance of youth and the life-changing presence a child has on life. Children truly are God's greatest gift.

LSI understands how special children are and believes that every child deserves a loving permanent home. This is why LSI strives to provide services that promote children's best interests in finding a safe permanent family. LSI's services educate parents in an effort to prevent abuse and neglect and promote positive parenting, increasing the chance a child can remain part of a happier, healthier family. LSI is also a leader in Iowa KidsNet, a statewide collaboration of agencies that recruits, trains, licenses and supports families to foster and adopt Iowa children. With support, children can reach their potential for greatness and make successful transitions to adulthood. A life influenced by a child is a beautiful gift from God.

For information on staying involved in your child's school experience or for parenting tips, visit www.lsitips.com.

Everyone should have a place to call home

Annette and Darryl Koudelka were moving their oldest son to independent living three years ago when they got the phone call. Could they take in an 11-year-old boy who needed a foster home?

It was a familiar question. The Koudelkas have been fostering Iowa children for 15 years, something Annette says has become a ministry for them. A ministry that has led to a family of eight children, six of whom were adopted from foster care in sibling sets of two.

That boy, Caleb, is now 13. This past fall Annette and Darryl adopted him and his younger brother, Noah, 7, who had previously been in another foster home.

"Everyone should have someone and have a place they can call home," said Annette.

LSI remedial services caseworker Diane Hinderaker is helping the boys thrive in their new home. Remedial services help children build skills in areas, such as anger management, decision-making or conflict resolution.

Together with the Koudelkas, they have all found a place to call home.

Photo of the Month



Pastor Bob learns the fine art of quilting.

Watch for more details about the next Old Fashioned Quilting Bee for Lutheran World Relief.

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.



Midweek Music 2010 - 2011

"Midweek Music" is a series of free, 25 minute, noon-time concerts funded by Friends of the Arts at St. John's.

Each concert is followed by a hot, home-cooked lunch for only \$6.00.

Friends of the Arts at St. John's supports other programs, such as

- Artist of the Month display
- Performing Arts Series
- Creating in Community
- Liturgical Arts within Worship



For more information on any of these programs go to our website www.stjohnsdsm.org.

2010

September 29 Brian Joens,
acoustic folk guitar / singer song-writer

October 6 Robert Lien, piano

October 13 Seth Hedquist, guitarist:
Original and Old-Timey Folk Music

October 20 Leah McIntire, soprano

October 27 *Hurley and Dancers*,
music by *Asphalt and Stained Glass*

November 3 Sue Odem, oboe,
and Patrice Ewoldt, piano

November 10 *Central College Chamber Singers*,
Mark Babcock, conductor

November 17 Sarah Plum, violinist

November 24 Kimberly Roberts, soprano

December 1 Ray Songayllo, pianist

December 8 *Wild Rose Trio*: Kevin Amidon, violin;
Derek Claussen, cello;
Robert Lien, piano

December 15 *The Principal Chorus*

December 22 *A St. John's Christmas*

No Midweek Music on December 29

2011

January 5 Tom Hudson, cello,
and Sue Hudson, piano

January 12 *Ballyhoo Foxtrot Combo*

January 19 Simpson College Madrigal Singers

January 26 Anne Stein, flute, and
Ray Songayllo, piano

February 2 IMTA District Piano Audition Winners

February 9 Mark Garner, baritone

February 16 *Lyric Winds*

February 23 *Asphalt and Stained Glass*

March 2 *Amadeus Trio*

*No Midweek Music during Lent
March 9 through April 20*

April 27 *Odyssey Duo*: Sandra Moore Wacha
and Kristin Maahs, flute and harp

May 4 Lois Eldal, clarinet,
and Robert Lien, piano

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Dates to Remember!

- | | |
|---------------------|--|
| August 22 | Back to School Blessing of all students / teachers / staff at 8:45 a.m. worship |
| September 12 | Rally Day!
Children/family educational event |
| September 19 | Bible Sunday for 3-year-olds
& 3rd-grade students, Sunday School / Youth staff and volunteer blessing |
| September 24 | Fine Arts Donor Appreciation Event |
| October 3 | Jester Park Worship & Oktoberfest! |

SEPTEMBER EAGLE CALL DEADLINE

The deadline for all Eagle Call information is **Monday, August 16, 2010**. Please send information or articles, in digital format if possible, to Scott LaBlanc. At scottl@stjohnsdsm.org. If you cannot send it by e-mail, drop it off at the church office.
Thank you!