



St. John's Lutheran Church

# The EAGLE CALL

Volume 42, Number 10  
October, 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

## Pastors

**Rachel Thorson Mithelman**  
Senior Pastor  
pastorrachel@stjohnsdsm.org

**Robert Speirs**  
Associate Pastor  
pastorbob@stjohnsdsm.org

**Ramon Runkel**  
Visitation Pastor  
Runkel1060@msn.com

## Website

www.stjohnsdsm.org

## God Gives, We Share...

145 years in the city for good!  
**St. John's Lutheran Church**

a few of their responses.

The theme for this year's stewardship campaign — **God Gives, We Share...** — requires each of us to prayerfully consider two questions:

- How has God given to me?
- How do I share what I've been given?

In preparing a video for the campaign, members of the Congregational Council asked more than 30 members of our St. John's faith community how they would answer those questions. Here are

*"The most important thing, of course, is that God has given me grace through my faith, and I have total confidence as a result of that I will be in heaven with Him. But then that also requires some response from me as to what I do with my time, my treasure, my life with the people around me, the church family, the nation. So I have to be generous in all of those things, which is hard to do." — Jo Rod*

*"Our money, our time, our son, our abilities, our house, our cars. Nothing is ours, right? But we are keepers of them. It's so easy to think that everything is yours." — Erin Hill*

*"God gives us life. God gives us joy. God gives us relationships with other people. And how we share back is abundantly—with our gifts of talents, our compassion to other people, and always understanding that everything we have is not ours, it's God's, and He gave it to us." — Jennifer Early*

*"God has given me the ability to have lots of energy, which in turn helps me help people." — Wanda Havard*

*"God has really given to me through my position as the Nursery Coordinator because He has provided me the opportunity to get to know so many of St. John's youngest members and to minister to them in really meaningful ways. I've been very lucky to get to know all of their families and to get to know so many wonderful friends here at St. John's." — Amber Jackson-Elwer*

*"As far as my sharing of my modest wealth, it's been easy for me to give up a portion of it because I believe that nothing that I have—any of my possessions—are mine, they're God's. God has just given them to me to use." — Bob Rod*

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**St. John's Lutheran Church**

**In the City for Good!**

**Phone 515.243.7691**

**Staff**

**Larry Christensen**

Director of Music,  
Worship and the Arts  
larryc@stjohnsdsm.org

**Megan Clausen**

Director of Youth Ministry  
megancl@stjohnsdsm.org

**Sarah Garner**

Organist  
sgarner22@me.com

**Jack Huff**

Evening / Weekend  
Security / Maintenance

**Amber Jackson-Elwer**

Nursery Coordinator  
amberbeth22@yahoo.com

**John Kelly**

Evening / Weekend  
Security / Maintenance

**Amanda Kuhlman**

Nursery

**Scott LaBlanc**

Director of Parish Operations  
scottl@stjohnsdsm.org

**Kim Lamb**

Front Office Manager  
receptionist@stjohnsdsm.org

**Laura Lundy**

Financial Assistant  
laural@stjohnsdsm.org

**Katie Tippins**

Hospitality & Outreach  
katie Tippins@stjohnsdsm.org

**Teresa McKeever**

Financial Assistant  
financeoffice@stjohnsdsm.org

**Jean McKinney**

Parish Nurse  
jeanmckinney@stjohnsdsm.org

**Leslie Moeller**

Maintenance  
lesmoeller@stjohnsdsm.org

**Sheryl Reed**

Director of Children's Ministries  
sherylreed@stjohnsdsm.org

**Darla Stiles**

Christian Involvement  
darlastiles@stjohnsdsm.org

Office Hours are:

Monday – Thursday  
9:00 am – 5:00 p.m.

Friday

9:00 - 4:00 p.m.

Saturday

9:00 am – 12:00 p.m.

**Next Eagle Call Deadline**

**October 18 at 12 p.m.**



**A Word from Our Pastors**

**Pastor Ramon Runkel**

One of the phrases in our state song about Iowa is, "Joy on every hand." Iowa, I think, is a joyful place to live. Joy happens when we have the love of Jesus in our life first, love for others second, and love of ourselves third.

The state of South Dakota also has a song that claims: "Health, Wealth and Beauty, that's what makes it GRAND!"

So, what we have as we live in the Midwest is an abundance of "Joy and Health," two things we often take as "givens." Each one is important and we have and enjoy plenty of both.

One of the important ministry teams at St. John's – the Health Ministry Team - was started years ago under the leadership of Jean McKinney, our Parish Nurse. That group plans and helps our church and community continue to become more healthy and experience God's love and joy, even when it becomes difficult to go. Aging, pain, health problems and brokenness are some things that make that difficult.

The Health Ministry Team does some very wonderful work at St. John's, including special workshops about health issues, a special healing service at Christmas, healing prayer each month (second Sunday of each month), and special Holy Communion services for those who need assistance getting to church.

A reminder... We all face a broken world each day. But Jesus and God's Spirit can and do help us each day to look around and see the resources we have at St. John's, the beauty of creation, the music and other arts that inspire us, and the joy of the children as they discover the freshness and excitement of life. We grow in knowledge and hope as we live together by faith in God.

So as we begin a new fall season, my hope for us all is this: that we let that joy – that is the love of Jesus for others and ourselves - grow and bless us, and that health abounds in our community as we celebrate life with our family, friends and the St. John's community, a community that is in the city of Des Moines for good!

Have a great fall season!!

Pastor Ramon Runkel

P.S. That Health Ministry Committee would welcome new members, so if you are interested contact the St. John's church office.

P.P.S. A **Special Communion Service** will be held Sunday, Oct. 17, at 3:00 p.m. in the sanctuary, followed by a reception in Neumann. This service and the reception are open to the entire congregation. Members who are not able to attend regularly are especially encouraged to come. Please join your friends for this special time of worship and fellowship.

Call the church office at 243-7691 if you require transportation to this event. We will have extra people here to assist you if you have mobility issues.

## God Gives, We Share

*cover story continued*

*"I try to be good to everyone, be friendly, be helpful in my church work. I do what I can to help out. There are a few who do many jobs. We need many to do a few jobs."—Mitziemarie McCloskey*

*"We try to give of ourselves to people who are hurting, who are lonely. Marilyn will often have people in for dinner. We just had someone in who lost their spouse very suddenly. We just feel, at least I feel, that our gifts that are most meaningful right now are the ones that enable us to befriend someone that is hurting or perhaps incapacitated in some way."—Pastor Ed Brown*

*"Not to be so institutional, but I really do feel like being part of an institutional church is the way I share; because I can barely stand to watch the news and to know that, for example, a fifth of Pakistan is under water and (to be left wondering) what can I do. But I know my church is there doing something. For me to be a part of the church and part of even giving a humble little offering that would be offered to, say, an international disaster, that's how I feel like I share"—Terri Speirs*

Your opportunity to weigh these two questions will come in October—when you receive a card that asks you to mark your Estimate of Giving for 2011 and the ministries in which you are interested in serving—and on Sunday, November 7, when you'll bring your filled-out card to the front of the sanctuary as part of our church's 145th anniversary celebration. What will your answers be?

### NOTICE OF CONGREGATIONAL MEETING

A special congregational meeting will be held on Sunday, October 31, 2010 at 10:00 a.m. in Weertz Hall.

The purpose of the meeting will be to provide updates on mission and ministry, and to consider proposals for ongoing financial support of St. John's

## Celebrating 145 Years

Some have noticed an announcement in the bulletins / Eagle Call about celebrating our 145th Anniversary and asked why we are celebrating when we have a big 150th coming up in just five years. When we signed on to do a pictorial directory last fall, Olan Mills had a special for churches that had an anniversary in the next year. They gave us a \$1,000 gift card to use for the next year's anniversary (it has to be used within a year). We are planning to celebrate the 145th anniversary by having a "Memories Room" and a brunch at 10:00 am on November 7th. We are, however, using the majority of the gift card to transfer film and video tapes to DVDs in the hope of using it for the 150th Anniversary and preserving the past in the archives for future generations.

Several people have brought very interesting items to put in the Memories Room. Thank you! We are still accepting items or pictures for this purpose. We hope you can join us on the morning of November 7 to remember or browse through items from our history and enjoy brunch with others from our congregation!

## Call for Volunteers

### ASAP Fall Session Starts October 21

ASAP, the After School Arts Program, is gearing up for its fourth Fall session and is now recruiting volunteers for a number of positions. Imagine yourself helping out as a ...

- \* Studio Assistant
- \* Artist Assistant
- \* Table Host/Opening Activity Leader
- \* Snack Coordinator
- \* Transportation Coordinator
- \* Quiet Corner Counselor
- \* Resident Photographer/Videographer
- \* Web Guru
- \* Administrative Assistant



We are happy to put your skills to work in any number of ways!

ASAP meets Thursdays 3:30 to 5:30 at St. John's, October 21 through December 9 (no class Thanksgiving Day). On the last session day, a reception follows until 6:30 that you will not want to miss! An orientation for new staff will be held Thursday, October 14, 4:00 to 5:00.

No art experience is necessary. Studios this fall include Painting, Ceramics, Handbell Choir, Storytelling/Mixed Media, and Knitting. For more information or to sign up, please contact Michelle Bolton King at [michelle@asap-dsm.org](mailto:michelle@asap-dsm.org), [mboltonking@mchsi.com](mailto:mboltonking@mchsi.com), or 515-770-3380.

## Prepare for Worship

### Sunday, October 3, Celebrating Creation

Our annual trek to Jester Park for worship in the midst of God's beautiful and gracious creation will be Sunday, October 3. We combine the 8:45 a.m. and 11:00 a.m. services for one 10:30 a.m. worship event that day. 5:00 p.m. Saturday and 7:45 a.m. Sunday will be at St. John's as usual. The music will be led once again by our Chamber Orchestra, and special music will be provided by Kisasa Choristers during the offering and Kristal Bells during communion. The hymns will be ELW 835, "All Creatures of Our God and King," ELW 837, "Many and Great," and ELW 838, "Beautiful Savior." Additional information may be found elsewhere in this Eagle Call and on St. John's website.

### Sunday, October 10, St. Luke, Evangelist and Physician

*The waters of holy baptism have healed us. The body and blood of Jesus in holy communion have made us whole. We have died with Christ and been raised with him. For all this we have returned to offer thanks and are sent on our way rejoicing to share the good news.*

The readings are Isaiah 43:8-13; (or Isaiah 35:5-8); Psalm 124, 2 Timothy 4:5-11, and Luke 17: 11-19. The hymns will be ELW 611, "I Heard the Voice of Jesus Say," ELW 617, "We Come to You for Healing, Lord," and ELW 543, "Go, My Children, with My Blessing." Cantorei and Cathedral Choir will combine for the first time this year for one, big, glorious choir and sing "Praise His Holy Name!" by Keith Hampton for offering and "I'm So Glad Jesus Lifted Me," for communion. "Asphalt and Stained Glass" will provide offering and communion music at 11:00 a.m.. There will be the laying on of hands and anointing with oil for healing at all services this weekend.

### Sunday, October 17, Time after Pentecost – Lectionary 29

*Pray always. Do not lose heart. This is the encouragement of the Christ of the gospel today. Persistence in our every encounter with the divine will be blessed. Wrestle with the word. Remember your baptism again and again. Come regularly to Christ's table. Persistence in our every encounter with the divine will be blessed.*

The readings are Genesis 32:22-31, Psalm 121, 2 Timothy 3:14-4:5, and Luke 18:1-8. The hymns are ELW 769, "If You but Trust in God to Guide You," ELW 742, "What a Friend We Have in Jesus," and ELW 722, "O Christ, Your Heart, Compassionate." Offering music at 8:45 a.m. will be the

Kisasa Choristers accompanied by bells on "Sabbath Bells," by Eugene Butler, and the women of Cantorei singing "Lift Thine Eyes," by Felix Mendelssohn from Elijah. At 11:00 a.m. Cathedral Choir will sing "How Firm a Foundation," arranged by Leonard Van Camp for offering and the women will sing "Lift Thine Eyes."

### Sunday, October 24, Time after Pentecost – Lectionary 30

*Genuine repentance and pretentious piety stand in stark contrast in the gospel and all around us. All creation stands in need of God's forgiveness. Keep the faith. God's people – "all who have longed for his appearing" – shall be accounted righteous for Jesus' sake. Our God is merciful to sinners. For all this the assembly glorifies God forever.*

The readings are Jeremiah 14:7-10, 19-22; Psalm 84:1-7; 2 Timothy 4:6-8, 16-18; and Luke 18:9-14. The hymns are ELW 602, "Your Heart, O God, Is Grieved," ELW 599, "Lord Jesus, Think on Me," and ELW 893, "Before You, Lord, We Bow." During the gospel Heinrich Schutz's setting of "The Pharisee and the Publican" will be sung by Cantorei at 8:45 a.m. and Cathedral Choir at 11:00 a.m. The offering music at both services will be by Asphalt and Stained Glass who will also sing "Change My Heart, O God," during communion at 8:45 a.m. Cathedral Choir will sing "Caro mea," by A. Gabrieli then at 11:00 a.m.

### Sunday, October 31, Reformation Day

*On this day we celebrate the heart of our faith: the gospel of Christ – the good news – that makes us free! We pray that the Holy Spirit will continue to unite the church today in its proclamation and witness to the world. In the waters of baptism we are made one body; we pray for the day that all Christians will also be one at the Lord's table.*

The readings at Jeremiah 31:31-34, Psalm 46, Romans 3:19-28; and John 8:31-28. We will sing ELW 504, "A Mighty Fortress is Our God," ELW 517, "Lord, Keep Us Steadfast in Your Word," and ELW 654, "The Church's One Foundation." The St. John's Brass Quartet will join the organ in accompanying our singing, and Cathedral Choir will sing "I Build on God's Strong Word" by Johann Walter for offering at 11:00 a.m.

#### 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.

## Midweek Music

Pianist Bob Lien was set to play for us on October 6, but due to both injury and illness will not be available. We wish Bob a speedy recovery! In his stead, another long-time, faithful friend of St. John's and favorite piano performer, David Liljedahl, will fill in. On October 13th, a talent and much sought-after young guitarist, Seth Hedquist, will perform both some of his original folk pieces and some Americana "Old-Timey Music." It should, as they say, "be a hoot." Soprano Leah McIntire returns from her summer singing opera in Italy to perform on October 20th, and on October 27th the only professional modern dance company in Des Moines, Hurley and Dancers, will perform accompanied by live music provided by our own band, Asphalt and Stained Glass.

As always these free concerts begin at 12:05 and are done by 12:30 pm. Then a home-cooked lunch is available for only \$6 in Weertz Hall. Don't miss out, and don't let your friends miss out on this mid-week oasis of enjoyment.

## Organ Recital



The Fine Arts Series at St. John's continues to build momentum with its next offered concert on Saturday, October 9th at 7:30 p.m. The Friends of the Arts at St. John's present our congregation's organist, Sarah Garner, in concert on our newly voiced and refurbished Schlicker Organ. "The transformation to our instrument has been, quite

frankly, amazing," remarks Garner on the revoicing project. "Each stop has better clarity, quality and beauty. The replacement of two sets of reed pipes has given a depth to the sound that is truly breathtaking. Preparing for the recital has been a real treat this year!"

The concert will open with Gigout's Grand Choeur Dialogue. "This is a piece that I've been longing to play for many years. The work done on our instrument makes playing the piece truly possible! It's a very grand dialogue between the festival trumpets and the full organ. I can't imagine a more fun way to start the concert!"

After the triumphant opening, Garner will take the audience several centuries prior to the music of Dutch composer Jan Pieterszoon Sweelinck. "Sweelinck wrote six variations on the tune "My Young Life has an End". They are very

contemplative and show off the quieter colors on the organ. This is a place where the clarity of the newly voiced pipes really shines in the inner voices of the variations." Bringing the first half to close is J. S. Bach's dynamite Toccata, Adagio and Fugue.

"I can't wait to open the second half of the program with 'Hoedown' from Aaron Copland's Rodeo!" Garner arranged the piece for organ and percussion. "You will be astounded to watch Brian Joy, our own percussionist extraordinaire, spin around the loft to play xylophone, timpani, snare, woodblock and more! Thank goodness that we have Larry to help keep our ensemble of organ and percussionists together. This piece whizzes by and we need someone to keep our steps in sync!"

Following the Copland, Garner will take us to exotic music of Jehan Alain. "The Second Fantasy and Fantasmagorie" of Jehan Alain are extremely imaginative and mesmerizing. You can almost taste and smell the bizarre and colorful world he creates. It's the most programmatic music on the recital and it's the most fun to play." The program culminates in Charles Tournemire's fantastic and fiery improvisation on the ancient Easter chant "Victimae Paschali Laudes".

"It never ceases to amaze me how music feeds the souls of those who engage and partake in it. Our sanctuary is a powerful space in which to hear these sounds, not only because its fine organ but also because of the beauty of its grandeur. Please join me on October 9th at 7:30 for a wonderful evening!" This Fine Arts Event is open to the public with nursery care provided!

## Central Iowa Shelter

Thanks so very much to each of you who share your gifts of food, time volunteering, and commitment to the Central Iowa Shelter, on the 18th and 19th of each month. This ministry is so vital to St. John's, as part of our outreach to the Des Moines Community.

We are truly in need of even more people getting involved in this ministry. It takes caring individuals, willing to make a difference. Please consider signing up each month on the sheets in the narthex, and know you are helping others who appreciate your faithfulness so very much. Thank you for your ministry.

Sincerely,  
Ed and Mary Slattery  
Peter and Carol Dittmer

## Small Groups

Questions? Contact Darla Stiles, Small Groups Coordinator  
243.7691 or [darlastiles@stjohnsdsm.org](mailto:darlastiles@stjohnsdsm.org)

### CALENDAR

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

**Saturday AM Bible Study**, Saturdays in October, 8:30 a.m., Check with Ellen Fisher, 250-9916, [ellenfisher123@yahoo.com](mailto:ellenfisher123@yahoo.com) or Rod Snavelly, [rsnavely@aol.com](mailto:rsnavely@aol.com) for location.

**3D**: Wednesday, October 6, 10:00 a.m. at Caribou on Ingersoll.

**EAGLES**, October 8, Meet in St. John's parking lot at 8:00 a.m. to carpool to Kalona for the day.

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

**Hardanger**, Mondays, October 11 and 25, 9:00 a.m. in Neumann.

**St. John's Job Networking Group**, Monday, October 11, 5:30 p.m., Gateway Market on MLKing, Contact Ellen Fisher if questions, 274-5236 or [ellenfisher123@yahoo.com](mailto:ellenfisher123@yahoo.com).

**Night Out**, Friday, October 15, 5:00 – 8:00 p.m., Alba's Restaurant with babysitting free of charge at St. John's nursery, beginning around 4:30 p.m. Contact Amy Wallman Madden, [hope2\\_amy@yahoo.com](mailto:hope2_amy@yahoo.com) or 255-3109 if you are interested or have questions.

**Couples / Singles Group** are planning a road rally on Saturday, October 23. Mark your calendars and watch for further details.

**Prayer Shawl** quarterly gathering for afternoon group, Monday, October 18, 1:00 p.m. in the Fireside Lounge.

**Lunch Bunch II**, Wednesday, October 20, 12:30 p.m.

**Lunch Bunch I**, Thursday, October 21, 11:30 a.m., Hostess: Joyce Burch, location to be announced.

**Photography**, Sunday, October 24, 10:00 a.m. in Neumann.

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

**WIRED**: Women Interested in Renewal, Education and Discovery, watch bulletins for more details;

*Be sure to check [www.stjohnsdsm.org](http://www.stjohnsdsm.org) for small group dates and events.*

### More information on upcoming events

**Octoberfest**: Join us next Sunday, October 3, at 10:30 a.m. for an inspiring service at Jester Park Lodge, then enjoy dinner around 11:45 a.m. (free will offering). Asphalt and Stained Glass will provide the music during the dinner along with a special guest star. The 8:45 a.m. and 11:00 a.m. services will be combined into this one service to be held at Jester Park Lodge. (The Saturday evening service at 5:00 p.m. and the 7:45 a.m. Sunday service will still be held at St. John's.) We hope you will enjoy worshiping in a beautiful fall setting. (Maps will be available in the narthex.)

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

**Saturday AM Bible Study** will meet Saturdays in October, 8:30 a.m. at a location to be determined by the group—Contact Ellen Fisher, 250-9916 or [ellenfisher123@yahoo.com](mailto:ellenfisher123@yahoo.com) or Rod Snavelly, [rsnavely@aol.com](mailto:rsnavely@aol.com) for location.

**The EAGLES** will take advantage of the beautiful autumn foliage with a trip to Kalona on Friday October 8th, meeting in the church parking lot at 8 a.m. to carpool. In Kalona they will take a tour (via mini-bus) of the area, stopping at a woodworking shop, an Amish country store and the Kalona Cheese Factory. The cost of the tour is \$10.00 per person. The driver and guide will explain many interesting facts about the history of the Old Order Amish, Mennonite, and Beachy Amish in the area. The group will eat at the Kalona Family restaurant. During the remainder of the time, they may visit Quilt shops, The Kalona Bakery, Kalona General Store, The Kalona Historical Village with 15 restored buildings (cost for the Historical Village is \$7.00), the Mennonite Museum, a Gem and Mineral display, an Agricultural Museum, and a Quilt and Textile Museum. Please call or e-mail Ginny Pauling at 285-4709, [rg.paul@att.net](mailto:rg.paul@att.net) before October 1st as they need a final count for the tours and lunch.

**St. John's Moms** will meet on Saturday, October 9, 10:00 a.m. in the nursery at church. This group is 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.

**Hardanger** group will meet Mondays, October 11 and 25, at 9:00 a.m. in Neumann. If you are interested in joining the group or have questions about it, contact Arlene Field, 964-3363.

**St. John's Job Networking Group** will meet on Monday, October 11, 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

**Night Out** is a new group forming for fun and fellowship. They will meet for the first time on Friday, October 15, 5:00 – 8:00 p.m. at Alba's Restaurant, 524 East 6th, Des Moines, with babysitting free of charge at St. John's nursery, beginning around 4:30 p.m. Contact Amy Wallman Madden, hope2\_amy@yahoo.com or 255-3109 if you are interested or have questions.

**Couples / Singles Group** are planning a road rally on Saturday, October 23. Mark your calendars and watch for further details.

**Prayer Shawl Gathering:** The Monday afternoon quarterly prayer shawl group will meet on Monday, October 18, 1:00 p.m. at St. John's – Fireplace Lounge. Anyone who knows how to knit/crochet OR wants to learn is welcome to join them.

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

**Lunch Bunch I** will meet on Thursday, October 21, at 11:30 a.m.. The hostess for this month is Joyce Burch, location to be announced. 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, October 24, 10:00 a.m. in Neumann at church. This month's theme is "Our world in motion" so bring a couple pictures depicting action of some kind. Anyone with an interest in photography is welcome to join the group on the 24th .

**Recreational Reading** will meet on Wednesday, October 27, at 4:30 p.m. in Rose Holm. The book for discussion is "Driftless" by David Rhodes.

**"WIRED"—Women Interested in Renewal, Education and Discovery:** This is a new group just forming. Watch the bulletin announcements for further information.

## You're Invited!



**Fields of Hope**, our growing project near Polk City, is just about ready to harvest and we are ready to celebrate! On **Oct. 16, starting at 10:00 a.m.**, you can ride in a real combine as our actual farmer, Steve Lee, brings in the corn. We'll have a chance to learn how to estimate the yield on our 20 acres – and the one who comes the closest will win a fabulous prize – a squirrel feeder! Look for a petting zoo and possibly even hay rack rides. We'll bless the harvest and enjoy a real farm picnic (all free), as we finance our Guatemala program helping Mayan families in the high country achieve food security.

The Totonican program which we supported has been so successful that a nearby area, Nejab, is beginning a similar program, and the Totonican farmers are helping teach farming techniques and basic nutrition to their neighbors. The need is great: a recent survey found that 90% of the children there under age 5 do not have enough to eat, according to international standards, and the mothers lack understanding of nutrition.

Many of the "inputs" to our 20 acres of corn have been donated by vendors, but we still need to cover the cost of land rent, crop insurance and other expenses. Did you know it costs more than \$500 per acre to plant a crop? It is not too late for you to sponsor part of **Fields of Hope**. A whole row of corn can be yours for \$100 – or you can cover a fraction of a row. Just write a check to St. John's and put "**Fields of Hope**" in the memo line. When the crop is sold, 100% of the proceeds will go to our program in Guatemala through Foods Resource Bank, the Christian response to world hunger. FRB is at work around the world, helping people in 35 countries achieve food security. Check it out at [www.foodsresourcebank.org](http://www.foodsresourcebank.org).

Come to the party! Directions to **Fields of Hope (10800 NW 44th St., Polk City)**: Go north on I-35 to exit 96. Go west to the stop sign (Hwy 69). Continue west 4 miles to NW 44th St. Go south 2 ¼ miles. The field is on the west side. For more information, contact Jean or Bob Williams at 277-9120 or [rwilli1195@aol.com](mailto:rwilli1195@aol.com).

## World Food Prize

The 2010 co-recipient of the World food Prize is the Lutheran pastor, David Beckmann. He is the director of Bread for the World. Pastor Beckmann will be honored at the World food Prize celebration.

The Iowa Hunger Summit - Iowans fighting hunger at home and abroad will be held October 12, 2010 at the downtown Marriott in Des Moines. The program will be from 9:00 to 3:30. To attend the Hunger Summit which is free and open to the public, you may register by going to [www.worldfoodprize.org](http://www.worldfoodprize.org).

## Children's Ministries

### October Sunday School Schedule

**October 3 — Octoberfest at Jester Park** — ALL KIDS meet Sheryl Reed in the lodge at 9:30 to learn about a Native American hymn we'll be singing that morning. We'll also be rehearsing "Let Us Break Bread Together" on the Kristal Bells which we'll share with the congregation during communion. At 10:00 streamers and windsocks will be distributed to families so they can stand on the road to welcome all who are coming to worship that morning!!!!

### **October 10—Abram's Call** (Genesis 12: 1-9)

*Talk about these questions at home:*

- How can you show that you trust God to guide you?
- What is the longest trip you've ever taken?
- What promises has God made to you in your life?

### **October 17—Abraham and Sarah's Visitors** (Genesis 17:1-7, 15-16; 18: 1-15; 21; 1-7)

*Talk about these questions at home:*

- Do you know how you got your name?
- How does God show God's love and faithfulness to you?
- Talk about the importance of the names of different Biblical characters (Jacob, Jesus, John, etc.).

### **October 24—Isaac's Blessing** (Genesis 25: 19-34; 27: 1-40)

*Talk about these questions at home:*

- How has God used you to fulfill God's plans?
- Why do you think Jacob wanted Esau's birthright?
- How do you think God feels when people lie and do dishonest things?

### **October 31—Free from Slavery** (Exodus 5: 1-6: 13)

*Talk about these questions at home:*

- Share a story about a time when you felt God telling you to do something for others.
- Do you think Moses wished he could give up when God's people wouldn't listen? Why didn't he?
- Why do you think God's people didn't want to listen to Moses right away?

**The 1st and 2nd Grade Sunday School classes are bulging with kids!!!** If three people commit to teaching Sunday School once a month, we could split the class!!!! Contact Sheryl Reed (243-7691) if you're willing to help!

**Sunday School Songs** — Music is a powerful tool to help the brain make connections!!!! Each week in Sunday School we'll be singing and ringing Kristal Bells to familiarize kids with traditional Sunday School songs and hymns such as *Angels Watching Over Me*, *The B-I-B-L-E*, *Rejoice in the Lord Always*, *Let Us Break Bread Together*, *Deep and Wide*,

*I've Got the JOY Down in my Heart, Jesus Loves Me*. Sometimes we'll change the words to a familiar song to reinforce the message from the weekly Bible Story. We'll sing a jazzy song with all the books of the Old Testament to help us remember the books of the bible in order. (Case in point: most adults still sing the ABC song in their head to alphabetize). Boomwhackers (plastic musical tubes) will be banged and whacked by kids to chant and sing the focus of Bible lessons.

## Youth Ministries

We are off and running! Things are going great on the Youth Ministry front!

### **Hunger Hike**

On October 10th the youth, middle school and high school students, will be participating in the Hunger Hike! If you are interested in sponsoring them in this endeavor please contact Megan Clausen (meganc@stjohnsdsm.org or 243.7691).

### **Reggie's Sleepout**

On October 16-17 the high school students will be participating in Reggie's Sleepout. This is an event that benefits DMARC and the Iowa Homeless Youth Center. The students will stay overnight at Drake Stadium! Yes, they will sleep outdoors all night! If you are interested in sponsoring the St. John's team or being part of it please contact Megan Clausen (meganc@stjohnsdsm.org or 243.7691).

### **Couches needed!**

Do you have an old couch that you would like to donate to the youth room at St. John's? We are looking for gently used couches for the youth room. We deep cleaned this summer and are in need of some more couches! If you are willing to donate your old couch please contact Megan Clausen (meganc@stjohnsdsm.org or 243.7691).

### **Send us your photos**

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

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

## In the City (and the World) for Good!

*St. John's Lutheran Church is a center for mission in the heart of the city. Opportunities abound for service to our neighbors just outside our doors, as well as on the other side of the world. You may find news about a few of those opportunities here. Contact Pastor Mithelman or Jennifer Early for more information.*

- **We have a few extra dates for service at the Connection Café, the free noon meal program sponsored by The Bridge churches - St. John's, St. Ambrose, St. Paul's & First United Methodist.** Because some veteran serving groups have taken a break from their commitment to the Cafe, there were several dates on the calendar this fall that needed new volunteers to step in to provide & serve the meal. St. John's picked up two of those dates: Wednesday, November 3 and Friday, December 31. If you would be willing to gather a group of volunteers to donate, prepare, and serve the lunch on those dates, please contact Pastor Mithelman as soon as possible. Detailed instructions are provided, and it's fun!

- **The quilts and kits made for Lutheran World Relief in recent months will be blessed in worship on Sunday, October 24th, at the 8:45 a.m. service.** Our thanks to all who shopped, sewed, donated, and assembled these items for people who suddenly find themselves without resources due to natural or man-made disasters. Because of you, a mother will have a clean blanket for her newborn, a refugee will have a washcloth, towel and bar of soap, and a family will have a warm quilt to sleep under on a cold night. Thank you.

- **Are you interested in the work of the Des Moines Area Religious Council (DMARC)?** If so, St. John's needs at least one more person to serve as an official "delegate" to the twice-yearly DMARC assemblies and to advocate for the work of DMARC at St. John's. We also need one or two people willing to deliver St. John's donations to the DMARC pantry once a month. DMARC's ministry in Des Moines is crucial and St. John's has supported it for years. Contact Pastor Mithelman if you would like to be more involved. (The DMARC fall assembly is scheduled for Tuesday, October 26, 7:00 p.m., at Tifereth Israel Synagogue.)

A prayer from Mother Teresa of Calcutta: *Shine through me and be so in me that every soul I know will feel Your presence in my soul. Let them look up and see no longer me, but only You...*

## Altar Guild

St John's Altar Guild will be meeting on Saturday, October 16th at 9:30 a.m. in Room 8. The Guild will begin planning for the upcoming services for Reformation, Thanksgiving, Advent and Christmas. They are looking for new members and/or men / women who are able to help out during this busy season. Meetings are held the third Saturday of each month. Contact Wanda Havard for further information, wanda.havard@stoneriver.com.

## Flu Vaccine at St. John's

A flu vaccine clinic will be offered at St. John's Wed., Oct. 20, from 4 to 5:30 p.m. in Room 8 adjacent to Weertz Fellowship Hall. This clinic immediately precedes Beloved Community, which should be a convenient time for many members. If you are employed downtown, just stop by after work.

The nurses will vaccinate individuals 6 months of age and older. Anyone younger than 17 years must be accompanied by a guardian.

The cost for the inactivated (killed) vaccine injection is \$20, while the live nasal mist is \$30. Medicare will cover the cost in full, so remember to bring your Medicare card if you have one. The VSN will file for Medicare Part B. All other participants should bring cash or a check, payable to Visiting Nurse Services of Iowa (VNS of Iowa).

The 2010-2011 vaccine provides protection against H1N1 (pandemic) influenza and two other flu viruses. People who received the 2009 H1N1 vaccine or had the actual illness should still get the seasonal vaccine this year. Influenza viruses are always evolving, so annual vaccination is recommended. Each year scientists try to match the viruses in the vaccine to those most likely to cause flu that year.

It takes up to two weeks for protection to develop after the vaccination. Adults and older children need one dose each year, but children younger than 9 may need two doses to be adequately protected.

Signs will be posted throughout the church to remind you of the vaccination clinic.

## Hospitality & Outreach



### What You May Not Know about St. John's and Are Afraid to Ask! (Don't Be!)

It recently dawned on me that I've been here at St. John's for over a year now. And what a quick year it's been – full of meeting many new people and learning many new things.

In reflecting over these past 14 months, I realize I've only experienced the tip of the iceberg. There is still so much to learn. As I've come to discover the activities, outreach efforts and ministries, I also realize that the way in which we talk about them is sort of a language of its own, "St. John Speak" if you will – very similar to the alphabet soup used in the churchwide offices. Most departments, positions and functions were referred to by initials. You basically need a translation guide to keep up. I don't believe it is intentionally planned to make newcomers feel out-of-the-loop, but the result is the same.

Here at St. John's, I've noticed various activities – sign-up sheets in the narthex, printed weekend announcements, website notices – all mean something, as long as we're on the inside track and know of what we speak! For those just entering our world and our St. John's family, it can be a confusing time.

I have marveled at how sign-up sheets miraculously fill-up; a need arises and it is met. This is wonderful! It will be even more wonderful if new people learn of these opportunities and decide to share the joy of giving and being part of a united community. If we explain what is involved – the what, where and who – more people may step forward and we will have a bigger pool from which to draw.

So...to that end, I have decided to use this article space to highlight (and explain) some of our ministries.

First up...**Social Ministry**...this ministry team coordinates numerous opportunities to make "faith active in love" in the congregation and in the Des Moines Community. These are some of the outreach efforts:

**Central Iowa Shelter and Services:** On the 18th and 19th of every month, St. John's is committed to preparing and serving dinner at the shelter located at 205 15th Street, just south of the downtown area. Approximately 125 people are served each night – some people cook, some people serve; some do both (depends on your comfort level). There are sign-up sheets in the narthex, and notices in the printed announcements on weekend and on the website. Needed food items are listed. You are **not** individually responsible for a dish to serve 125; quantities are reasonable and are indicated.

**The Des Moines Interfaith Hospitality Network:** IHN is part of a national group that organizes congregations to provide food, shelter and case management to families with children who need temporary housing. Fourteen Des Moines area churches (called Hosts) provide overnight housing one week per quarter for up to 14 people (3-4 families at a time). The Host congregations drive guests to their church in the early evening, prepare and serve dinner and provide hospitality during the evening hours, serve a light breakfast in the morning and make available supplies for sack lunches. Two representatives from Host congregations then spend the night at the church with the guests to be available for security and emergencies. St. John's is a Support congregation within this network. We partner with West Des Moines Christian Church to provide support at their location as needed during the one assigned week per quarter – four weeks (two nights per week) per year. For this coming year, St. John's dates are September 28 and 30; December 14 and 16 (2010); March 8 and 10; and June 14 and 16 (2011).

**Homeless Youth Outreach:** For a number of years a meal was served for Homeless Youth Outreach the second Thursday of every month. Due to a decrease in the number of people who could commit, this particular endeavor has been discontinued. However, at this time, other options are being investigated – possibly assisting with healthy snacks at Moulton Extended Learning Academy, or making 'survival packs' of food for the homeless youth. If these ideas or others of which you may be aware, seem like a good match for St. John's outreach, please let me know.

There is more to our Social Outreach Ministry. Please come back for installment two next month.

If you are interested in learning how your gifts and passions can assist the ministries here at St. John's, please contact Katie, Hospitality and Outreach Coordinator at 243-7691 x 115 or [katietippins@stjohnsdsm.org](mailto:katietippins@stjohnsdsm.org).



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## WELCA Update



Women of the ELCA will hold their regular monthly meetings on October 7th. Our Mission in Action project for the month is gathering makings for a casserole to donate to the DMARC Food Pantry. Sarah Group will meet in the morning at 9:30 at the home of Sue Sandahl. Cindy Morton from the DMARC Food Pantry will be their speaker.

Lois Group will meet at 12:30 in Neuman. Lois Group is reminded to look over the Bible Study on prayer that was handed out last month.

The Fall General Meeting will be at noon on Wednesday October 20th. Pastor Diana Sickles is our speaker. Members begin by attending Mid-Week Music and the lunch in Wertz at a cost of \$6. Women of the ELCA will remain in Fellowship Hall for their meeting.

The women of the ELCA have as their October outreach project the Des Moines Area Religious Council Food Pantry. For the month of October we challenge the women's groups and the congregation to bring the ingredients for at least 100 casseroles. The suggestion is a can of tuna or chicken packed in water, whole grain pasta, and a can of cream of mushroom or can of cream of chicken soup. We aim to garner the ingredients for 100 casseroles. The accumulation of gifts will be gathered near the fireplace in the lounge. The food pantries are really stretched these days and your contributions are needed. The Red Barrels in the supermarkets are another convenient way to help with this growing need. Households may go to the pantry in their neighborhood and may only access this source once a month. This is a well-managed and accountable recipient for your gifts.

## Photos of the Month



Hard at work on the new St. John's Community Garden.

## Artist of the Month



### Our very own Louise Koch

Long-time member of St. John's, Louise Koch, is displaying a selection of her beautiful paintings of rural scenes and landscapes in Weertz Fellowship Hall during the month of October. For many years, she was a weekend painter, packing up her oils and canvases and heading for the countryside. Today, she continues to paint landscapes with her new favorite medium, watercolors, which she finds exciting and challenging. Louise started and for many years was in charge of our Artist of the Month exhibitions.

## Photos of the Month



Why did God only give us two hands when there are so many babies to hold? Pastor Rachel embracing the moment as she introduces the newly baptized Miller triplets to the congregation.

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OCTOBERFEST AT  
JESTER PARK

Sunday, October 3

Education Hour begins at 9:30 a.m.

Worship begins at 10:30 a.m.

Dinner at 11:45 a.m. (free will offering)

Music provided by Asphalt & Stained Glass

## NOVEMBER EAGLE CALL DEADLINE

The deadline for all Eagle Call information is **Monday, October 18, 2010**. Please send information or articles, in digital format if possible, to Scott LaBlanc. At [scottl@stjohnsdsm.org](mailto:scottl@stjohnsdsm.org). If you cannot send it by e-mail, drop it off at the church office.  
Thank you!