



# The EAGLE CALL

Volume 46, Number 08  
August, 2014

## Worship

**Saturday**  
5:00 pm

**Sunday**  
8:00 am  
10:00 am

**Radio Broadcast**  
KRNT 1350 AM  
Sunday Mornings  
8:30 am

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The Eagle Call is published monthly by St. John's Lutheran Church, ELCA 600 6th Ave, Des Moines, Iowa 50309-1606.

## Our Grateful Hearts We Lift in Praise

*Our grateful hearts we lift in praise to you, O blessed Lord,  
For you have been our dwelling place, O God, by all adored.  
Your faithful people heed your call and gather in this place,  
To hear, to touch, to taste your Word, receive your living grace...*

Text: Michael D. Costello      Tune: St. John's, Des Moines

This is the first verse of the hymns commissioned for our 150th anniversary year! We will sing it for the first time on All Saints Sunday, Nov. 2, 2014, in our festive All Saints worship! On **page three** find a list of events that are already on the calendar for our 150th anniversary celebration.



*This photo taken in 1890 is the front of the Sanctuary inside the red brick church.*

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**In the City for Good!**  
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**A Word from Our Pastors**

Pastor Rachel Thorson Mithelman



Dear Friends,

It's nearly vacation time for me, so I have to admit that while my body is here, my mind is starting to drift off to the lake or the shore or the mountains – wherever it is we decide that we can afford to go and “sit a spell.”

Let me share just a few things...

- Our son got married July 25 in Sioux Falls, SD. My cute little blonde boy had become a 6'4" man of 28 years, who made earnest promises of a lifetime to his lovely Amy. I pray he has seen in our marriage that it all depends on grace – God's grace shown to us in Christ which we, in turn, share with one another. Please “tuck” this new Mithelman household into your prayers now and then...
- Thank you for participating in the “Season of Creation” over four recent weekends of worship at St. John's. As you can tell, I enjoy this detour from the regular lectionary that allows us to consider our place in God's good creation, our responsibilities, our failures, and our call to “serve and preserve” (Genesis 2) this beautiful garden. I quoted Chief Seattle twice during the season, but his words still bear repeating: *Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web we do to ourselves. All things are bound together. All things connect.* Resources abound for learning more about how to live more gently with and advocate for our “kin.” Someone asked me on River Sunday specifically how to advocate for the rivers on whose banks we live. I recommend starting with the website Iowa Rivers Revival at [www.iowarivers.org](http://www.iowarivers.org). I found it very helpful.
- As we pray for the children whose parents – in desperation – have sent them on the treacherous journey from Central America to the U.S., pray as well for the children and youth of St. John's. Some have had life-changing experiences this summer while participating in mission trips, some are struggling to find trusted friends, some are coping with emotional problems, and some are truly “foot-loose and fancy-free.” But they all need our prayers, our guidance, our example as generous and hope-full people of faith.
- Our thanks to eight of our sisters and brothers who represented all of us on a recent trip to our companion parish, Mramba Lutheran Parish in the Pare Diocese of the Evangelical Lutheran Church in Tanzania (ELCT). By the time you read this, they will be winging their way home; but please thank them for their devotion to our companionship relationship. They are: Carol Fisher, Jacque Warming, Olivia Simpson, Sharon Beerman, Phyllis Olson, Mary Bernau, Tom Mayes and Greg Anderson.

As I anticipate some “Sabbath time” in the next few weeks, it is my hope that you will find that time in the midst of your busy lives as well. The following is from Wayne Muller's book, Sabbath:

*The story is told of a South American tribe that went on a long march, day after day, when all of a sudden they would stop walking, sit down to rest for a while, and then make camp for a couple of days before going any further. They explained that they needed the time of rest so that their souls could catch up with them...*

Amen! May it be so for us all...

## 150th Anniversary



Please note some of the items already on the calendar for our 150th Anniversary celebration:

- August and September 2014: Pictures taken for new photo directory. (Sign up now!)
- November 2014: New St. John's logo unveiled; celebratory Gospel Brunch at Scottish Rite Consistory on Sunday, Nov. 2.
- Weertz Gallery displays throughout the coming year, featuring St. John's history and artists.
- April 2015: Nexus Choir reunion with newly commissioned anthem.
- May 2015: Pastor Elton Richards returns; Larry Christensen's retirement as director of worship and music.
- June 2015: Pastor Jerry Schmalenberger returns; honoring the Women of the ELCA.
- September 2015: Pastor Roy Nilsen returns.
- October and November 2015: Congregational banquet at Veterans Auditorium; ELCA Presiding Bishop, the Rev. Elizabeth Eaton, assists us in celebrating God's future for St. John's.

And there is much more being planned! Former organists will join us for "pop-up concerts," there will likely be an ordination, and service projects for people of all ages will be available on a regular basis! **Mark your calendars, pass the word, invite others! God's grace has sustained us, and we are grateful!!!!**

### DID YOU KNOW

The oldest known copy of the Articles of Incorporation for St. John's Lutheran church were signed by C.A. Weaver, W.W. Witmer and Jacob Steiner on June 18, 1891.



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

*There's a hunger beyond food that's expressed in food, he said, and that's why feeding is always a kind of miracle. It speaks to a bigger desire ... The feeding of the five thousand, he said, the miracle wasn't that Jesus multiplied the loaves. It's that the disciples took the bread and did what they were told, got up and started feeding, and something happened!*

...from "Take This Bread" by Sara Miles, p. 177

**Thank you, thank you, for staying true to our commitment to serve the evening meal at Central Iowa Shelter and Services on the 18<sup>th</sup> and 19<sup>th</sup> of every month!** In July we served, in memory of our friend, Jim Hanson, who delighted in participating in this ministry and rarely missed an opportunity to help with the meals. Please be aware that during the summer months, we have some gaps on the sign-up sheets. If you can bring two items instead of one, it would be greatly appreciated.

**Let's talk about the Des Moines Area Religious Council (DMARC) ...** On July 15 the St. John's Congregational Council held its monthly meeting at the "new" DMARC office and food-pantry warehouse on Mulberry Street (the site of the former Central Iowa Shelter and Services). Prior to their meeting, the council enjoyed a tour of the food-pantry warehouse, a space much more conducive to sorting and packaging for the individual pantries than was the former facility. The new warehouse has a loading dock for big trucks, refrigeration and freezer space, and yards and yards of shelving. ...

It is an impressive space, but there was one heart-breaking sight – **the EMPTY diaper shelf!** The pantry is in desperate need of disposable diapers – especially size 3 and larger. Low-income families with babies or toddlers need disposable diapers because apartment building laundry facilities and many laundromats will not allow the laundering of cloth diapers. DMARC currently has enough diapers on hand to give a family in need 10 diapers per month. (Not 10 packages of diapers, but 10 individual diapers.)

**So, my friends, it is time to shop for diapers, "to get up and do what needs to be done," (whether or not you've had your Powdermilk Biscuits.) Our goal? St. John's will provide a minimum of 50 packages of diapers for DMARC in the month of August! Clip coupons, shop wisely, put the boxes or packages of diapers in the grocery carts at church, and we'll deliver them to the warehouse!**

This is what it means to be "in the city for good!" Thank you in advance for your generous response!



### 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 them to [scottl@stjohnsdsm.org](mailto:scottl@stjohnsdsm.org) or drop them off at the church office. You never know, you may end up in the next issue of the Eagle Call.

## Prepare for Worship

### Sunday, Aug. 3 Time after Pentecost – Lectionary 18

*In this Sunday's first reading God invites all who are hungry or thirsty to receive food and drink without cost. Jesus feeds the hungry multitude and reveals the abundance of God. At the Eucharistic table, we remember all who are hungry or poor in our world today. As we share the bread of life, we are sent forth to give ourselves away as bread for the hungry.*

The readings are Isaiah 55:1-5, Psalm 145:8-9, 14-21, Romans 9:1-5 and Matthew 14:13-21. The hymns will be ELW 807, "Come, Thou Fount of Every Blessing," ELW 461, "All Who Hunger, Gather Gladly," and ELW 689, "Praise and Thanksgiving." Both the offering and communion music will be presented by students in the City Voices summer program. City Voices is a not-for-profit organization that works with under-served middle and high school singers to provide the training that is normally only for those children whose parents can afford private lessons. We welcome the City Voices singers to our worship.

### Sunday, Aug. 10 Time after Pentecost – Lectionary 19

*Elijah finds the presence of God not in earthquake, wind or fire, but in the sound of sheer silence. When the disciples face a great storm on the sea, they cry out with fear. Jesus says: "Take heart, it is I; do not be afraid." Amid the storms of life, we gather to seek the calm presence of Christ that brings us through our fears. In comforting as well as challenging words of scripture and in the refreshing bread and cup of the Eucharist, God grants us peace and sends us forth to be a sign of God's presence to others.*

The readings are 1 Kings 19:9-18, Psalm 85:8-13, Romans 10:5-15 and Matthew 14:22-33. The hymns will be ELW 822, "Oh, Sing to the Lord," ELW 756, "Eternal Father, Strong to Save," and ELW 763, "My Life Flows On in Endless Song." The offering and communion music will be provided by the Kisasa members who will have attended the Kisasa Day Camp on Thursday and Friday, Aug. 7-8, under the direction of Beth Ann Edwards, our director of arts, handbells, and youth choirs.

### Sunday, Aug. 17 Time after Pentecost – Lectionary 20

*In Isaiah we hear that God's house shall be a house of prayer for all people and that God will gather the outcasts of Israel. The Canaanite woman in today's gospel is a Gentile, an outsider, who is unflinching in her request that Jesus heal her daughter. As Jesus commends her bold faith, how might our church extend its mission to those on the margins of society? In our gathering around word and meal, we receive strength to be signs of comfort, healing and justice for those in need.*

The readings are Isaiah 56:1, 6-8, Psalm 67, Romans 11:1-2a, 29-32 and Matthew 15:10-28. The hymns will be ELW 641, "All Are Welcome," ELW 650, "In Christ There Is No East or West," and ELW 538, "The Lord Now Sends Us Forth." Asphalt & Stained Glass, the St. John's "house band," will sing for offering "Jubilee," by Mary Chapin Carpenter, and during communion "I Can Only Imagine," written by Bart Millard and recorded by Mercy Me.

### Sunday, Aug. 24 Time after Pentecost – Lectionary 21

*In Isaiah the people are bid to look to their spiritual ancestors as the rock from which they were hewn. Jesus declares that the church will be built on the rock of Peter's bold confession of faith. God's word of reconciliation and mercy are keys to the church's mission. Paul urges us to not be conformed to this world, but to offer our bodies as living sacrifices, using our individual gifts to build up the body of Christ.*

The readings will be Isaiah 51:1-6, Psalm 138, Romans 12:1-8 and Matthew 16:13-20. The hymns will be ELW 597, "My Hope Is Built on Nothing Less," ELW 583, "Take My Life, That I May Be," and ELW 652, "The Church's One Foundation." Both offering and music during communion will be offered by clarinetist Kris Joy.

### Sunday, Aug. 31 Time after Pentecost – Lectionary 22

*The prophet Jeremiah speaks of the suffering of his incurable wound yet finds in God's words the delight of his heart. Such sacrificial love is described by Paul when he urges us to associate with the lowly and not repay evil with evil. In worship, we gather as a community that we might offer ourselves for the sake of our suffering world.*

The readings are Jeremiah 15:15-21, Psalm 26:1-8, Romans 12:9-21 and Matthew 16:21-28. The hymns will be ELW 655, "Son of God, Eternal Savior," ELW 808, "Lord Jesus, You Shall Be My Song," and ELW 548, "Rise, O Church, Like Christ Arisen." Bass/baritone Alex Redding will provide both the offering and communion music: "Jesus, Still Lead On," with text by Nicolaus von Zinzendorf and music by Adam Drese, and "Nobody Knows the Trouble I've Seen," African-American spiritual arranged by H. T. Burleigh.

St. John's offers Wi-Fi from Weertz to DDI. Just look for the STJOHNS wireless network and use 'inthecity' for the passcode.



## First Circle Friends

In a previous article in the Eagle Call, we announced St. John's partnership with Lutheran Services in Iowa for forming the First Circle Friends (FCF). Good news! We are opening an FCF site here at St. John's on Thursday, Aug. 14. The St. John's FCF location will join the efforts of an active site at Grace Lutheran Church. Grace Lutheran offers hospitality to people with early-to mid-stage memory loss on the first and third Thursdays of each month; St John's will host similar participants on the second and fourth Thursdays.



There are openings for individuals with early- to mid-stage memory loss in our social model group respite. We intentionally do five hours of cognitive and social stimulation through a one-on-one volunteer connection to maximize participation, friendship and support to many who live in increased isolation. Our intent is to work every lobe of the brain during the five hours the participants are with us.

There is an initial assessment of the participant and the caregiver that includes training, continuing education and mentoring of the volunteers. This is not simply adult day care; it is a social model.

The goal is to assist caregivers who are working with someone with dementia, providing the caregiver with a five-hour respite at least twice a month. We assess and reassess the caregiver's level of stress, burden, support and resources with regular check-ins. Caregivers may be a neighbor, friend, pastor, family member or anyone else who cares for a person with memory loss.

### Criteria for Gathering Participants:

- Early- to mid-stage dementia, Alzheimer's or other forms of memory loss/dementia.
- Ambulatory, with minimum assistance (can walk into a bathroom stall on own).
- Continent, able to go to the bathroom themselves (able to change incontinence products or clothing on own).
- Does not need FCF volunteers to administer or remind of any medications to be taken during the session (no medications in pockets / no self-administration).
- No aggressive or inappropriate behavior (Volunteers are trained on communication techniques with those who have dementia; we try to troubleshoot problems when we can.)
- Caregiver needs the break.
- Ability to stay the full day (no drop-ins).

Please make referrals to First Circle Friends by having the caregiver call 515-271-7408 to learn more and to get on the waiting list as soon as possible. Caregivers may also access our website, [www.lsiowa.org/FCF](http://www.lsiowa.org/FCF), for more details.

If you would like to assist this endeavor, St. John's is in need of a few people to help provide lunch on the second and fourth Thursdays of the month. At this point only two people have volunteered; we could certainly use a few more. We anticipate feeding 12 people. Anything simple; suggestions include sandwiches, chips, salad, fruit, dessert bars, simple casseroles, etc. The food may be dropped off at St. John's by 11 a.m. on the designated day. You would not need to serve or clean up – no hassle. We can really use the help.

To assist with lunches, contact Katie Tippins at 515-243-7691 or [katiet@stjohnsdsm.org](mailto:katiet@stjohnsdsm.org).

Please help... and thank you!

## Faith Garden Update

The garden is thriving with the great weather we've been having as well as the great attention of all on the gardening team! Mother Nature has done most of the watering, and the gardeners have been using lots of organic bug spray and trying to keep up on the weeding in between bouts of rain.

Onions, cauliflower, beets, cabbage, eggplant, broccoli, zucchini and sage are some of the vegetables that have been contributed to the Des Moines Area Religious Council (DMARC). The gardeners have also contributed many things from their personal gardens. We are trying to grow potatoes in pots this year. Our goal is to focus more on the things that DMARC really needs.

We had an outing to Chucks on July 29 to relax and spend time together. Throughout the summer, we work in small teams, so it was nice to have a large group of us together.



## 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., Room 308 at church.

**Mah Jongg:** Mondays, Aug. 4, 11, 18, 25, 6 p.m., Smokey Row (on the patio weather permitting; otherwise at church in Neumann Hall). If weather is questionable, contact Darla Stiles (515-225-3499 or [darlastiles@stjohnsdsm.org](mailto:darlastiles@stjohnsdsm.org)).

**Gardening:** Tuesday, Aug. 12, 6 p.m. View the gardens outside the World Food Prize Building downtown; then enjoy the flowers and art along the Riverwalk.

**St. John's Social Club:** Saturday, Aug. 16, 10:30 a.m., Botanical Center downtown.

**EAGLES:** Wednesday, Aug. 20, trip to Lake Rathbun and Centerville.

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

**Recreational Reading:** Wednesday, Aug. 20, 4:30 p.m., Caribou Coffee on Ingersoll (to plan books for the coming year).

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

*Keep up to date with all events by subscribing to our weekly email newsletter (sign up on the homepage of our website) or keep an eye on [www.stjohnsdsm.org/news](http://www.stjohnsdsm.org/news)*

### MORE INFORMATION

**Gardening** will view the gardens west of the World Food Prize Building downtown, and then will stroll the new Riverwalk to enjoy the flowers along the way to the Asian Gardens. The date and time for this event is Tues., Aug. 12, at 6 p.m. Perficut replants the flowers monthly at the World Food Prize and also maintains the Riverwalk and Asian Gardens throughout the summer. The Principal Riverwalk features lighted, landscaped public spaces, world-class public art and unique pedestrian bridges and pathways that connect to central Iowa trails. Plan to enjoy dinner with the group afterward. (Those who are interested in supping together will choose the restaurant.)

**Quilting** continues to meet Tuesdays at 9:30 a.m. in Room 308 at church. If interested, contact Dorothy Parry at 515-255-6049.

**Mah Jongg** will meet on Monday evenings, Aug. 4, 11, 18 and 25 at 6 p.m. at Smokey Row (weather permitting). To find out where to meet if the weather is questionable, call or e-mail Darla Stiles ([darlastiles@stjohnsdsm.org](mailto:darlastiles@stjohnsdsm.org) or 515-225-3499).

**St. John's Social Club** will meet Saturday, Aug. 16 at 10:30 a.m. at the Botanical Center downtown for a tour and lunch.

**Lunch Bunch II** will meet Wednesday, Aug. 20, at 12:30 p.m. If you are interested in joining this group, contact Janet Figg (515-279-6326).

**Lunch Bunch I** will meet Thursday, Aug. 21 at 11:30 a.m. If anyone is interested in joining the group, call Barb Hyler (515-262-5261). New members are most welcome!

**EAGLES** group will travel to Lake Rathbun and Centerville on Wednesday, Aug. 20. The group will stop at the Fish Hatchery for a tour, and then enjoy lunch and a tour at Honey Creek Resort. Afterward, they will travel to Centerville to see a historical museum that includes an interesting display of mining artifacts. They also will see the Bradley Hall Historic Mansion and the courthouse square. To make a reservation, contact David Stewart (265-6897 or [stewjd428@gmail.com](mailto:stewjd428@gmail.com)).

**Recreational Reading** is selecting the books they will read in the coming year on Wednesday, Aug. 20, at 4:30 p.m. at Caribou Coffee on Ingersoll. All are welcome.

**These groups are taking a break for the summer:**

Zumba, Yoga, Hardanger, Photography, Scrapbooking

**Sign Up!**

### SIGN UP for the Pictorial Directory!

This is our 150th anniversary edition, so we would like everyone included! Dates of photography will be Tuesdays through Saturdays, Aug. 5-9, Sept. 9-13 and Sept. 16-20. On Tuesdays through Fridays, portrait times are 2 to 8 p.m.; Saturday times are 9:30 a.m. to 4 p.m. You may sign up online at [stjohnsdsm.org](http://stjohnsdsm.org); click on the 150th Anniversary Directory Sign-Up link on the left and follow those directions. Or you may sign up before or after services on Saturday or Sunday, Aug. 23-24 at church. Or you may call Darla at 515-243-7691 to have her sign you up. questions? call or e-mail ([darlastiles@stjohnsdsm.org](mailto:darlastiles@stjohnsdsm.org)) Darla Stiles.



## Hospitality & Outreach



### Welcome New & Returning Members!

Another new member class was held on Sunday, June 22. We had a relatively small (but mighty!) class. Let me introduce you:



**Jacob Cummings** is a self-employed attorney and resides in Clive. He enjoys reading, running, being physically fit and spending time with family and close friends. He is quiet, but light-hearted. He likes the Hawkeyes most of the time (many of us can relate) and also watching movies from the 80s. Jacob has already volunteered to assist in several ministry areas. He had attended worship at other churches but enjoyed St. John's the most. We're glad he did.



**Misty Harding, Ellison Grell and Lee Nelson** reside in Norwalk. Ellie is 14 and a student at Norwalk High School. She enjoys dance, volleyball and softball. Misty works at Buffalo Wild Wings and is a student at Grand View University studying education. She is very busy with Ellie's activities and also enjoys watching and playing sports. She especially likes the Iowa Hawkeyes and the San Francisco 49ers. She also likes Lee, which is why she is going to marry him here at St. John's in September. Lee is employed by the Norwalk Community School District. He is a ninth-grade technology and business teacher. He is also a Hawkeye fan and enjoys watching sports and golfing. Plus, he's not simply a spectator; he coaches three sports! They were attracted to St. John's because of our proximity, and they also think it's beautiful here. Agreed.



**Alicia and Travis Schmidt** live in Des Moines. Their son, Ethan, age 3, beat them to membership status when he was baptized here at St. John's on May 17. Travis had to work the day of our class so, unfortunately, was not here to have his picture taken. We hope to get to know the Schmidts more in the near future.



**Carol Fredrich** recently returned to Des Moines and is coming home to St. John's now that she is retired. Carol worked at four different Lutheran social service agencies during her career, including 16 years at Lutheran Services in Iowa, five years at Lutheran Family Service of Nebraska and eight years at Lutheran Metropolitan Ministry in Cleveland. Earlier in her career she was a social worker at Lutheran Social Services of Central Ohio. Carol has a wide range of interests: wildlife, variety of cultures (international), immigration and refugee issues, justice issues, and reading. She volunteers at the Des Moines Zoo and Public Schools. She is involved in servant leadership and is open to serving on a nonprofit board. She is drawn to social ministry, the After School Arts Program, our Tanzania partnership, and serving at the Central Iowa Shelter. We welcome her home with open arms.



**Janell Jensen** is yet another person returning to her St. John's roots. She recently moved to Des Moines from Audubon. She is a registered nurse and has worked in various capacities. Janell is a fourth-generation Dane and a member of the Danish Brotherhood. She has a wide variety of interests: providing a comfortable home and good meals for family and friends. She enjoys yard work and, occasionally, farm chores! Janell raised her children here in the 90s and was active in Social Youth and Music Ministries. She credits St. John's with helping raise Jorgen and Gretta (who also will be transferring their memberships here soon) and offers special thanks to Larry Christensen for the attention given to her kids in music. She has many friends at St. John's, and we're happy she's come home.



**Steve Valbracht** is also a member returning to St. John's. Many of you will, of course, recognize his surname. He lives in Johnston and is a senior drafter/designer for EFCO Corporation.

*As always, please take time to make welcome our new and returning members. We're just like any other family; we help give you wings to travel and grow and then are very happy to have you return home.*

## Children's Ministry

### Beloved Community: Summer Edition

The summer edition of Beloved Community at Greenwood Park in Des Moines (and Weertz Hall on a rainy Thursday) was enjoyed by many! This St. John's Vacation Bible School included all ages. For three June evenings, we shared meals, laughter, music and fellowship while examining stories from the Bible and the gift of Holy Communion. Thank you to the many volunteers who made this event possible and to those who attended! Enjoy the photos to the right as they help to tell the story!

### Volunteering for Children's Ministries

Volunteers are still needed as the 2014-2015 program year draws near. Without dedicated volunteers, it would be difficult for St. John's Children's Ministries programs to exist, let alone flourish. So many of you have taken time to share your gifts through teaching Sunday School or KDZ@SJ on Wednesday evenings, not to mention those who have shared their talents through music. Are you able to help out once or twice a month? Teacher's guides are provided which allows for easy planning at each age level. Please consider sharing your faith, time and gifts as a volunteer in Children's Ministries. It undoubtedly will provide you with a rewarding experience and an opportunity to grow in your own faith! Please contact Alicia Karwal at [akarwal@stjohnsdsm.org](mailto:akarwal@stjohnsdsm.org), if you are interested in volunteering or if you have any questions.

### Volunteer Orientation and Child Safety Training

An orientation will be held for all volunteers working with St. John's children and youth on Wednesday, Sept. 3, beginning at 5:30 p.m. in Weertz Fellowship Hall. Dinner will be provided, and a presentation on child safety will follow; specific information about the program you plan to be involved in will be introduced. If you are considering working with children and youth in some capacity at St. John's, or if you plan to continue your call, you are highly encouraged to attend this orientation.



## Youth Ministry

### Summer Update

We have been busy! Between mission trips, confirmation camp, synod-sponsored events and lots of small gatherings in between, our youth ministry programs have hardly had a chance to stop and catch their collective “breath” this summer. Likely, by the time you read this article, our high school students will have just returned from the Red Lake Indian Reservation in Northern Minnesota where they will have spent a week volunteering in the community. Please, ask them how it went! You will hear good stories.

With all of these events, I confess that this *Eagle Call* article will be light on words and heavy on photographs. In other words, this article should make for perfect summer reading. But, before you get too engrossed in the pictures, let me share a thank you. I've said it before, but let me say it again: the St. John's congregation's commitment, your commitment, to our youth ministry makes everything possible. I'm not talking simply about weekly offerings and special gifts. While those gifts are important, even more important are the small, nonchalant ways that you show you care about the young people in our congregation. Asking questions, treating them like the adults they are becoming, praying for them, and sharing your stories of faith: these are the best gifts you can share. Thank you for all the ways you lift up this family of faith! God bless.

### High School and Confirmation Mentors

September is fast approaching and, on behalf of our young people at St. John's, I want to ask you (yes, you!) to consider being a mentor for either our high school or confirmation youth. Our high school youth meet weekly on Sundays after 10 a.m. worship for about two hours, which includes lunch. Our confirmation youth meet most Wednesday evenings from 6 to 7:30 p.m., including dinner.

No prior experience with anything even remotely religious is required. All I can promise is that you'll get to know some pretty amazing young people, and probably learn a few things about yourself, faith and Lutheran theology along the way. Thanks for considering!



## The Arts at St. John's

### Begin Thinking of Fall!

For many of us, the arrival of August means we begin to think about what will happen when the summer ends and our autumn schedules begin. This is just as true for programs at St. John's, including the worship and music areas, which have a full and exciting year planned. Given the kick-off of our 150th anniversary celebration is on All Saints Sunday, Nov. 2, you can expect a year of special music commissions, carefully crafted liturgies and memorable concerts.



Since this also is the last time Director of Worship and Music Larry Christensen will plan a full cycle of liturgies, you can be sure he will be giving our worship his full attention. His final Sunday before he retires is Pentecost Sunday, May 24, 2015. And if you have been promising Larry that you would be singing with him in Cathedral Choir "one of these years," this is your last chance to avoid Lutheran guilt syndrome!

And don't forget Joyful Noise (K-Grade 2), Kisasa (Grades 3-5), Handbell Choirs (for middle and high school youth and adults), Chamber Orchestra and Blower Room Brass. Then there are worship-leadership roles, such as being a lector, communion assistant or healing minister. You can find details of all these offerings on the St. John's website.

You will find worship more meaningful when you are part of making it happen. The word "liturgy" literally means "the work of the people." It is not a performance by the few. It is the service offered by all to God and to the entire assembly gathered for worship.

### DID YOU KNOW



The oldest known copy of the St. John's Lutheran Church Constitution and By-Laws was originally drafted on June 18, 1917 and first amended in July 1917 to add Section 9 - Prayers.

### St. John's 150th Anniversary: Worship, Music & Arts

The Worship, Music and Arts Subcommittee have taken on a full agenda of music and arts for the 150th Anniversary celebration year! Our goal includes commissioning worship music to commemorate our faithfulness and our future, and we are excited to announce that two composers have been chosen to write for us.



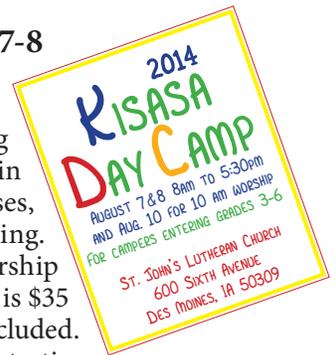
Michael Costello, an ordained minister and trained musician from the Chicago area, has been asked to write a hymn for All Saints Day, Nov. 2, 2014, which has been designated as the opening Sunday of our year-long celebration. Throughout the year, Dr. Costello will expand this hymn into a full-blown concerto to include choirs, orchestral instrumentation, handbells and more! The expanded work will be presented during the closing worship of our year-long celebration on Sunday, Nov. 1, 2015. Dr. Costello has written and delivered the hymn, both text and music, and we can't wait to share it with you on November 2 (see page 1 for the first verse)!

Stacey V. Gibbs has been commissioned to write an anthem for the Nexus reunion weekend and worship service, scheduled for April 18-19, 2015. Mr. Gibbs writes in a Gospel style, which fits perfectly with the music sung by Nexus throughout the years. This work is in progress and will be ready in a couple of months.

Stay tuned for more news about our 150th anniversary. The celebration begins in three short months!

### Kisasa Day Camp - Takes Place Aug. 7-8

It's not too late to sign up for Kisasa Day Camp! We have a few openings for children entering Grades 3-6. Campers will spend two full days in visual art, music, drama and Bible-study classes, plus recreation, lunch, gardening and swimming. Then the campers will provide worship leadership at the 10 a.m. service on Sunday, Aug. 10. Cost is \$35 per child, \$50 max per family, and lunch is included. Scholarships are available. Information and registration forms can be found on the website ([stjohnsdsm.org/finearts](http://stjohnsdsm.org/finearts)) or contact Beth Ann Edwards ([bethann@stjohnsdsm.org](mailto:bethann@stjohnsdsm.org)).



### Kisasa Musicians begin a new season Wednesday, Sept. 10

Kisasa Musicians include students in Grades 3-6. Each Wednesday, after Beloved Community dinner, we meet and rehearse from 6:30 to 7:30 p.m. Our time together is spent singing, ringing handbells, learning about worship and hanging out. We work on visual-art projects from time to time, and retreats are scheduled once or twice a semester. Kisasa musicians provide music

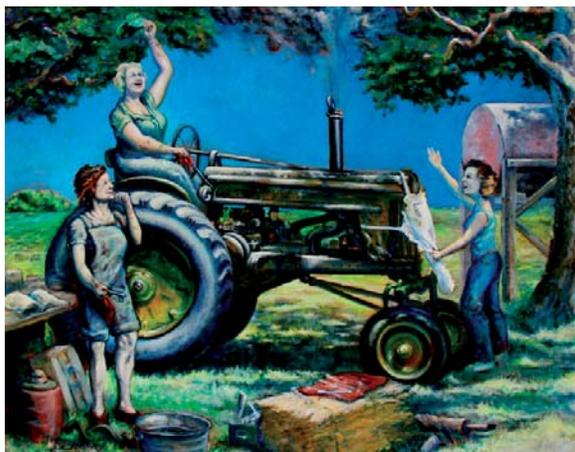
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in worship about once a month, plus a few extra times around Christmas and Easter. The 150th Anniversary year, beginning Nov. 2, will provide opportunities for special music and art as well! For more information about Kisasa musicians or if you have other questions, please contact Beth Ann Edwards ([bethann@stjohnsdsm.org](mailto:bethann@stjohnsdsm.org)).

While the Kisasa musicians are at Kisasa Day Camp early this month, they will work on an anthem, "Somebody's Knockin,'" to sing in worship on Rally Sunday, Sept. 7. Those unable to attend day camp are welcome to sing Sept. 7 also! Mark your calendars and stay tuned for more information.

### Artist of the Month is Stan Sanders



Stan Sanders, our August Artist of the Month, is self-taught and has been painting in oils for more than 45 years. "I hope to paint for 100 years at least!" Stan says. His works are mainly from imagination and memory, he said. A few, more recently, are painted outdoors on location. The bulk of his paintings are in private collections in locations from Alaska to Brazil and Los Angeles to Torremolinos, Spain.

Stan has lived in Iowa since 2003. He previously lived in and explored much of the Rocky Mountains, Pacific Northwest, Alberta and British Columbia, Canada, and for many years he lived in Alaska. Since coming to the Midwest, he has enjoyed the challenge of change in landscape and scene, and has found that he is attracted to images of labor, farming and marginal grounds between fields and streams.

"I still paint scenes from the mountains and Pacific shorelines from memory, but recent subjects have included farms, harvests and local woodlands painted on site," Stan shared. "I accept commissions for private portraits, landscapes and farmscapes, and have recently been exploring figurative works from scripture, history, farm labor and dreamscapes. I hope you enjoy this exhibit of a small sampling of my work."

Stan's studio is in the Fitch Building, downtown Des Moines, at 304 15th St., Studio 301. He offers private showings by appointment; you can contact him at [515-710-8515](tel:515-710-8515).

### Midweek Music Series Begins Oct. 1

The line-up for the 2014-15 St. John's Midweek Music Series is set! The series will run from Wednesday, Oct. 1, through Wednesday, May 6, and lunch will once again be available after each concert for just \$6 per person. All noon-time Midweek Music concerts are free and open to the public. This year's line-up balances perennial favorites with a sprinkling of newcomers. Music genres include classical, dance, popular and folk.

The new on-line St. John's calendar, available for viewing at our website, will provide the opportunity to highlight each week's music presentation. When you have accessed the calendar and found the date, click on the Midweek Music Series event, and a window with a brief description of the ensemble, musician or program will appear.

We look forward to seeing you on Wednesdays at noon. Please invite any and all to attend these concerts. Full schedules will be available on-line and at the Welcome Center in the Lounge. If you have questions, contact Beth Ann Edwards ([bethann@msn.com](mailto:bethann@msn.com)).

As a teaser, take a look at our October schedule:

- Oct. 1 Asphalt & Stained Glass
- Oct. 8 Carol Palmer, Dan Chase, Francine Griffith
- Oct. 15 Opus 3 (Julie Murphy, Karla Killinger, Marie Eikenberry)
- Oct. 22 The Des Moines Tango Trio (Bruce Martin, Patrick Riley, Norman Sue)
- Oct. 29 Classical guitarist Steve Kennedy

## Nexus Reunion Planned

As part of the 150th Anniversary celebration, we are looking for former Nexus members who might be interested in being part of a Nexus anniversary choir. If you or someone you know would like to be on the email list, please contact LaDonna Cowdin Russell at [russellks@aol.com](mailto:russellks@aol.com). Please share widely!



WOULD YOU LIKE TO RECEIVE AN  
ELECTRONIC VERSION OF THE EAGLE CALL?  
E-mail [businessoffice@stjohnsdsm.org](mailto: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**.

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### **Serving at Central Iowa Shelter & Services**

On the 18th and 19th of each month St. John's prepares and serves meals at the shelter.

If you would like to help prepare, serve or donate to this wonderful ministry located in the heart of downtown Des Moines, please call 243.7691 or e-mail [scottl@stjohnsdsm.org](mailto:scottl@stjohnsdsm.org).



### **NEXT EAGLE CALL DEADLINE**

The deadline for all Eagle Call information is **Monday, August 18.**

Please send information or articles in digital format to Scott LaBlanc, [scottl@stjohnsdsm.org](mailto:scottl@stjohnsdsm.org).

If you cannot send it by e-mail, drop it off at the church office.

Thank you!