

the Eagle Call

Volume 47, Number 10 | October 2015

With Joyful Expectation Stewardship 2016

Worship

Saturday
5:00 pm

Sunday
8:00 am
10:00 am

Radio Broadcast
Praise 104.5 FM
Sunday Mornings
8:30 am

Scott LaBlanc
Eagle Call Editor & Designer

Deb Blume
Eagle Call Copy Editor

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515-243-7691
stjohnsdsm.org

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

After a 150th anniversary year filled with gratitude, laughter, stories and rejoicing, we look to God's future for St. John's with confidence and hope!

We have chosen the phrase, "with joyful expectation," from the hymn commissioned for our 150th anniversary, as the theme for our stewardship emphasis for mission and ministry in 2016, an emphasis which will begin Saturday and Sunday, Oct. 3- 4, 2015.

On that weekend, we hope that you will – joyfully! – pick up your household's stewardship envelope in the Fireside Lounge outside the Sanctuary. In the envelope, you will find just three items: 1) a newsletter-sized brochure with the "joyful expectations" of St. John's Congregational Council presented in photos and text along with a letter encouraging faithful stewardship from Pastor Mithelman; 2) an Estimate of Giving form on which you may note your financial commitment to St. John's for the year ahead, your desire to be involved in various aspects of mission and ministry, and a place to note updates of your household information; and 3) a return envelope for your Estimate of Giving form.

We ask that you return your Estimate of Giving within two weeks – by Sunday, Oct. 18, if at all possible. There will be a basket in the Sanctuary near the baptismal font where you can place the form during worship or feel free to mail it to the office as soon as you have made prayerful decisions.

We do not worry about the future, but look ahead with eagerness and hope. It is, after all, God's future. We enter it "with joyful expectation" that God will call us to continue in mission in the days and years to come!

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Pastors

Rachel Thorson Mithelman
Senior Pastor
pastorrachel@stjohnsdsm.org

Robert Speirs
Associate Pastor
pastorbob@stjohnsdsm.org

Gene Anderson
Visitation Pastor
pastorgene@stjohnsdsm.org

Becky Goche
Seminary Intern
becky@stjohnsdsm.org

Staff

Andy Anderson - Security & Reception

Lisa DeGroot
Nursery Coordinator
lisadegroot5203@yahoo.com

Beth Ann Edwards
Director of Arts, Handbells,
& Youth Choirs
bethann@stjohnsdsm.org

Michael Elsbernd
Director of Worship & Music
michael@stjohnsdsm.org

Thom Evans - Custodian

Zennida Huff - Nursery

Alicia Karwal
Director of Children's Ministries
akarwal@stjohnsdsm.org

John Kelly - Security & Reception

Amanda Kuhlman - Nursery

Scott LaBlanc
Director of Parish Operations
scottl@stjohnsdsm.org

Kim Lamb
Front Office Manager
receptionist@stjohnsdsm.org

Noah Niermann
Director of Youth Ministry
noah@stjohnsdsm.org

Katie Tippins
Hospitality & Outreach
katiet@stjohnsdsm.org

Darla Stiles
Christian Involvement
darlastiles@stjohnsdsm.org

Patricia Stofferahn
Lead Financial Assistant
pstofferahn@stjohnsdsm.org

Mark Welsh
Facilities Manager
mark@stjohnsdsm.org

Kate Winslow - Security & Reception

A Word from Our Pastors

By Pastor Rachel Thorson Mithelman



My dear friends,

As we come to the completion of this year-long party celebrating St. John's 150th anniversary as a congregation in the heart of Des Moines, I want to say how grateful I am for the wonderful spirit in which you have embraced this celebration. Ever since the Gospel Brunch last All Saints Sunday, there has been a beautiful sense of gratitude for God's amazing grace in our community of faith as we gathered to greet and thank old friends, hear stories of the saints, share meals, laugh and weep with gratitude. What an amazing journey it has been as our celebration also deepened our commitment to be in this city "for good" – sharing the "good news" of God's love in word and deed – for years to come. We have spent the year with truly grateful hearts and a joyful expectation of the future God is calling us to enter.

I'd like to tell you about a few things happening this month leading up to the 150th Anniversary Gala event to which you have been invited on Saturday, Oct. 31, and All Saints Day festival worship the next day (Nov. 1):

- On Saturday and Sunday, Oct. 17 and 18, you are invited to experience lunch at the Connection Café by taking home a typical Café sack lunch after worship for a suggested \$6 donation. The Café is a collaborative ministry of the four historic downtown congregations – St. Ambrose, St. Paul, First United Methodist and St. John's. We want to raise awareness and support for the Café with this experience.
- On Tuesday, Oct. 20, Wilfred Mziray – teacher of music, evangelist, farmer and all-around amazing servant of God from Usangi Leadership and Training College in Tanzania (where we support women through the Johanna Scholarship) – will arrive for the remainder of the week. Wilfred is on sabbatical at Wartburg College in Waverly, transcribing his compositions and working with students. He'll be part of Beloved Community, music rehearsals, After School Arts Program and other events while at St. John's.
- On Saturday, Oct. 24, the Wartburg College Choir, directed by Dr. Lee Nelson, will present a concert at St. John's in celebration of our 150th anniversary, with our friend Mziray and St. John's choirs involved as well!
- On Sunday, Oct. 25, our 10th-grade students will affirm their baptisms during the 10 a.m. confirmation service, where the Wartburg Choir will again enrich our worship experience.
- On Saturday, Oct. 31, the entire St. John's faith community, neighbors and friends will gather for our 150th Anniversary Gala at the Iowa Events Center with the Rev. Elizabeth Eaton, presiding bishop of the ELCA, as our special guest!!!
- And on All Saints Day, Nov. 1, Bishop Eaton will preach at the 8 a.m. and 10 a.m. festival services as we rejoice in the gift of baptism, give thanks for the saints who have died in Christ this past year, and sing with hope and joyful expectation!



As a former bishop once said, "It's a great time to be the church!" How very true! We have had a remarkable, Spirit-filled year of celebration, and it is still a great time to be St. John's, called to serve God in the heart of the city of Des Moines for years to come.

Thanks be to God!

The Arts of St. John's

By Beth Ann Edwards

Wartburg Choir in Concert

As our 150th anniversary celebration comes to a close, we will celebrate with a concert from Wartburg Choir, directed by Dr. Lee Nelson, on Saturday, Oct. 24, at 7:30 p.m. The concert will feature a guest appearance by our very own Kisasa musicians, as they join the Wartburg singers for a few numbers!

During the past 20 years, the choir has performed at prestigious concert halls and events, such as the White House, Kennedy Center and National Cathedral in Washington, D.C., Avery Fisher Hall (Lincoln Center) and Carnegie Hall in New York City, Orchestra Hall in Minneapolis, Chicago Symphony Center, two national conventions of the American Choral Directors Association (ACDA) and a North Central ACDA Convention. Throughout 38 U.S. states and the District of Columbia. Outside the United States, the choir has performed in 15 European countries, three of the Canadian provinces and South Africa as well as national and international music gatherings. Choir members are selected by audition and represent nearly all academic disciplines on the Wartburg campus. The choir tours every year and internationally every three years.

Overnight Hosts Needed for Wartburg Choir

Overnight housing is needed for Wartburg students the evening of Saturday, Oct. 24. Hosts can pick up students after the concert (which begins at 7:30 p.m.), provide an evening snack and breakfast the next morning, and return them to St. John's Sunday morning by 8:30 a.m. If you can house two or more students, please contact Maria Brownell (brownell.maria@yahoo.com) or Beth Ann Edwards (bethann@stjohnsdsm.org).

St. John's is providing Saturday evening dinner and Sunday lunch for the students. If you are interested in providing assistance and/or food for those meals, contact Jacque Warming (jrwarming@msn.com) or Beth Ann Edwards (bethann@stjohnsdsm.org).



The Wartburg Choir at St. John's during their 2010 tour.



Midweek Music Series Opens

Asphalt & Stained Glass, the Midweek Music Series' season-opening act, will perform Wednesday, Oct. 7, at 12:05 p.m. in the St. John's Sanctuary. This self-described eclectic musical group features members and friends of St. John's: Amy Wallman Madden, keyboard and vocals; Larry Christensen, acoustic and electric guitar and vocals; Scott Davis, bass guitar and blues harp; Sharon Stilwell, bass guitar, acoustic guitar, flute and vocals; Brian Joy, drums, percussion and vocals; and Audrey Hustad, trumpet. The band plays blues-colored pop, rock, jazz, folk and country rock, while mixing up their performances with a variety of genres. A light lunch (priced at \$6) in Weertz Fellowship Hall will follow the performance.

Midweek performances (and lunches) are scheduled for each Wednesday through mid-May with a break during Lent. Please join us each week at 12:05 p.m. as we present world-class music in our beautiful neo-Gothic Sanctuary. All concerts are free and open to the public. To receive weekly reminders about the Midweek Music Series, contact Beth Ann Edwards (bethann@stjohnsdsm.org).

Midweek Music Series (Oct. - Dec. 2015)

Oct.	7	Asphalt & Stained Glass
	14	The Des Moines Tango Trio
	21	Big Joe Kinser
	28	Violinist Sarah Plum
Nov.	4	Lyric Winds
	11	Sarah Plum & the Drake String Studio
	18	David Liljedahl
	25	Bruch Trio
Dec.	2	Grand View College Choir (Director Kathryn Pohlmann Duffy)
	9	Scott Davis Brass Quintet
	16	Principal Guys (Director Jeremy Phillips)
	23	Christmas at St. John's
	30	Hudson Family

Prepare to Worship

By Michael Elsbernd

Oct. 4 – Time after Pentecost/alternate texts with Stewardship Emphasis, “With Joyful Expectation”

Readings: Joshua 1:1-9; Psalm 145:1-7; Hebrews 11:8, 17, 23, 29-31; 12:1-3; Luke 12:22-34.

Highlighting our stewardship emphasis this fall, we momentarily depart from the Revised Common Lectionary, incorporating texts that support the stewardship theme, “Joyful Expectation.” God’s faithful provision and trusted guidance begins with the hope-filled optimism of the Israelites entering into Canaan at the death of Moses. Throughout our struggles, we are called to act out of faith, recalling that God has indeed acted in marvelous ways throughout history: Passage through the Red Sea; the fallen walls of Jericho; Christ’s death and triumphant resurrection “for the sake of the joy that was set before him.” (Hebrews 12:2)

Hymns: “All Creatures, Worship God Most High” (835); “We Plow the Fields and Scatter” (681); “For the Fruit of All Creation” (679).

Assisting with worship:

- Kisasa Musicians
- Cathedral Choir: “For the Beauty of the Earth,” arranged by John Rutter.

Oct. 11 – Time after Pentecost/Lectionary 28

Readings: Amos 5:6-7; Psalm 90:12-17; Hebrews 4:12-16; Mark 10:17-31.

“Good Teacher, what must I do to inherit eternal life?” The answer to the rich man’s question in Mark’s gospel today is difficult news which sent the man away in sorrow. It is not enough to simply obey the commandments – but to sell everything and give the money to the poor. Jesus’ response, according to Mark, is done out of love instead of judgement.

Hymns: “Joyful, Joyful We Adore Thee” (836); “Son of God, Eternal Savior” (655); “Now Thank We All Our God” (840).

Assisting with worship:

- Cathedral Choir: “A Song of Thanksgiving/Psalm 90,” by John Ferguson.
- Organ Voluntaries: “These are the Holy Ten Commandments,” by J.S. Bach; “Now Thank We All Our God,” arranged by Egil Hovland.

Oct. 18 – Time after Pentecost/Lectionary 29

Readings: Isaiah 53:4-12; Psalm 91:9-16; Hebrews 5:1-10; Mark 10:35-45.

What does God have to say about power and prestige? Who is the most important among Jesus’ followers? Worldly ideas of what it means to be powerful and great collide with God’s

values when Jesus says, “For the Son of Man came not to be served but to serve, and to give his life a ransom for many.” (Mark 10:45)

Hymns: “You Servants of God” (825); “O Christ, Our Hope” (604); “The Church of Christ, in Every Age” (729).

Assisting with worship:

- Youth Handbells
- Cathedral Choir
- String Scholars

Oct. 25 – Reformation Sunday/Lectionary 30

Readings: Jeremiah 31:7-9; Psalm 46; Hebrews 7:23-28; Mark 10:46-52.

At the heart of our faith is the good news – the gospel – of Jesus, the Christ. As the confirmands affirm their baptisms, we pray the Holy Spirit would continue to renew the church. May we have the courage to be as bold as Bartimaeus to recognize the “Son of David” in whom we find true freedom.

Hymns: “A Mighty Fortress Is Our God” (504); “God, Whose Almighty Word” (673); “God’s Word is Our Great Heritage” (509).

Assisting with worship:

- Kisasa Musicians
- The Wartburg Choir

Buy Bag Lunch to Support the Connection Café

By Susan Ging

Buy a lunch for each member of your family on Sunday, Oct. 18, after 10 a.m. worship with proceeds going to Connection Café. They cost just \$6 each, plus any additional donation you’d like to give. The lunches you buy are just like those served Monday through Friday at the Café; they include a sandwich, chips, fruit and cookie.



Des Moines’ Ecumenical Eatery

The Connection Café served 37,650 meals in 2014 to low-income and food-insecure individuals in downtown Des Moines.

St. John’s is one of four downtown congregations who co-sponsor the Connection Café. Being a sponsoring church means you play an important part in ensuring that this vital mission continues. Five St. John’s members are on the Connection Café’s board of directors, which manages and ensures funding of the Café.

Companion Parish

News from Mramba

By Carol Fisher

We have some very interesting news from our friends in Mramba. Much has happened since our visit in July 2015. Pastor Paul has left, Pastor Ombeni took over for him and since has left as well. Currently, the pastor is the Rev. Mmwiri. With all these changes, I expect daily life in Mramba Parish has been quite hectic and disrupted.

The Most Vulnerable Children's Club has wonderful news. Ched, our employee in Mramba, has been doing much work with the teachers and the Most Vulnerable Children Committee. He projects there will be 13 additional children sitting for Government Standard Tests in November; it is expected all will pass and move on to secondary school, giving us a total of 29 children in secondary school. This is a wonderful success for them. It's been a rewarding ride for all.

Ched and the Most Vulnerable Children Committee also are in the process of identifying an additional 20 children for Children's Club. This is a long, slow process for all involved. During our last trip to the parish, a projected 250 children who have been determined to be most vulnerable are not even in primary school and have no hope for any opportunities in life. Ched and the committee are trying to identify 20 of the absolute most-vulnerable children to become Children's Club students. At a later date, we will seek support for them as well.

The Tanzania 2016 trip is scheduled for Jan. 26 through Feb. 10, 2016. Please notify Pastor Rachel Thorson Mithelman or me if you are interested.

See you Sunday, Oct. 4, for the Adult Forum about our Companion Parish in Tanzania.



In the City – and the World – for Good!

By Pastor Rachel Thorson Mithelman

*Service be our sure vocation; Courage be our daily breath;
Mercy be our destination from this day and unto death.
Alleluia, Alleluia. Rise, O church, a living faith.*

Throughout these later weeks of the Season of Pentecost, Jesus has taught us: "Deny yourselves, take up your cross, and follow me... Whoever would be first among you must be last and servant of all... Whoever welcomes one of these little ones welcomes me, and whoever welcomes me, welcomes not me but the one who sent me."

As the hymn verse above (from "Rise, O Church, Like Christ Arisen," text by Susan Palo Cherwien) so beautifully proclaims, service, courage and mercy shape our lives "from this day unto death." Thank you for the ways you truly serve one another, this city and the world. There are more opportunities below:

The ELCA Malaria Campaign has reached its goal of \$15 million!!! An e-mail arrived with that announcement earlier this month. St. John's actively participated in this campaign at its launch a few years ago, and I'm sure that many have continued to faithfully contribute since. The church, as well as children and families in sub-Saharan Africa, thank you for your generosity! Together, we helped save lives!

The refugee crisis in Europe is dire, but we – as the ELCA – are present through partner agencies, such as Action by Churches Together, Lutheran World Relief and Lutheran World Federation. The recent gift of 186 quilts and 150 school kits from St. John's will likely find its way to Serbia for distribution. Financial gifts are always needed to meet immediate needs. You may write a check to St. John's, marking "refugee relief" on the notation line, and we will send it on to one of these highly-regarded organizations. Or you may give through www.lwr.org or www.elca.org.

We serve the evening meal at Central Iowa Shelter and Services on Oct. 18-19 (a Sunday and Monday this month). This commitment is a long-standing one for St. John's, which is a founding congregation of the shelter. We have recently experienced some difficulty in securing enough food and volunteers for this act of service, courage and mercy. May we recall what a privilege it is to provide these meals to our neighbors in need and, therefore, to Christ himself.

The After School Arts Program (ASAP) invites you to attend its annual fundraising dinner, "Savor!" As you know, ASAP began as an outreach ministry of St. John's. In 2008 it received nonprofit status under the name, Arts for the City, Inc. The "Savor" dinner has been held in different venues over the years, and we are excited to be meeting this year in the beautiful galleries of Hoyt Sherman Place. The date is Tuesday, Oct. 13. Cocktails begin at 5 p.m., and dinner is at 6 p.m. The cost is \$50 person. To reserve your place, contact Pastor Rachel Mithelman (pastorrachel@stjohnsdsm.org).



Celebrating 150 years 1865-2015

Celebrating Together

By Ellen Fisher

“Celebrate” is the word of the month at St. John’s, as we look forward with great excitement to the gala on Saturday, Oct. 31! Bring on the music, the message from Bishop Eaton, the fellowship, the memories and much more! (Remember to RSVP for the Gala!)

Remember that we are celebrating the love of God and the “abundant goodness” we are given as a beloved community. Here are just some of the celebratory events this month:

- Learn about and “recall” the history of St. John’s through the amazing history book that will be published. (See details elsewhere in this Eagle Call.)
- The specially commissioned composition, “Our Grateful Hearts We Lift in Praise,” by Michael D. Costello, will be premiered in its entirety on All Saints Sunday, Nov. 1. (See elsewhere for details.)
- The Wartburg College Choir, along with our very own Kisasa Musicians, will celebrate with “songs of joy” at worship services the weekend of Oct. 24-25. (See elsewhere.)
- The “news” of our anniversary is being publicized Sept. 28 through Oct. 9 on the KCCI Channel 8 local morning show between 5 and 7 a.m. Also, watch for the 150th anniversary banners that will be on display in downtown Des Moines this month.
- For All the Saints, a book about St. John’s produced by members of the congregation, will be published during October. (See elsewhere for details.)

We are building to the celebration gala on Oct. 31, the culmination of the year-long 150th anniversary of St. John’s Lutheran Church. The good news – the great news, the wonderful news! – is that celebration is a foundation of St. John’s. We celebrate the abundant gifts we are given as we serve our community and beyond. And we look FORWARD to what God is calling us to do (tomorrow, next year and in the next 150 years). Thanks be to God!

Former Associate Pastor Randy Pauling to be Honored with Reception

By Randy Pauling



I served at St. John’s from September 1973 until 1983 as associate pastor. What a great hard-working staff we had, who served some 5,000 church members! It was a pleasure to serve under Pastor Valbracht. He was an ideal senior pastor to work with and gave free reign to innovative programming and community involvement.

When I served as associate pastor, we had more than 500 homebound members. One of the highlights of my ministry was visiting them quarterly bringing communion. I taught Sunday morning classes from September through May every year and arranged for additional Sunday morning classes. Pastor Valbracht and I taught two Tuesday evening six-week courses each year on biblical topics, and the classes were very well attended. Every Sunday morning after the 9 a.m. service during the coffee hour, Pastor Valbracht loved to go table to table greeting parishioners; when I didn’t teach I also enjoyed greeting the St. John’s family during coffee hour.

After leaving St. John’s, I went into human resources and worked at Federal Home Loan Bank, the United Way of Central Iowa and Wellmark Blue Cross Blue Shield. In 1984 I began teaching evening classes at Grand View University in religion and philosophy and continue at Grandview to this day.

Please stay for a reception after the 10 a.m. worship service so you can greet Randy Pauling.

Artist of the Month

by Beth Ann Edwards

St. John’s Today!

Over the past 11 months, as we’ve marked the 150th anniversary of our congregation, we’ve taken the opportunity a number of times to learn and honor St. John’s fascinating and inspirational history. Now, as we wrap up our yearlong commemoration, it’s time to celebrate the vitality of St. John’s in modern times with the October Artist of the Month display in Weertz Fellowship Hall gallery.

“St. John’s Today!” presents beautiful photographs that capture the dynamic ministries happening here year-round. Worship, music and fine arts, women’s organizations, community and global service, small groups, programs for children and youth, congregational events – all are represented. Stop by Weertz gallery anytime in October to enjoy this look at a church that’s “In the City (and World) for God!”



Gala Dinner Details

By Darla Stiles

Join us for our celebratory 150th Anniversary Gala dinner to be held Saturday, Oct. 31, beginning at 5:30 p.m. with a cash bar and the Scott Davis jazz combo in the foyer of the Iowa Events Center. Then at 6:30 p.m., dinner will be served in the ballroom. The outstanding North High Gospel Choir will entertain us like they did when we started this glorious year.

Cost for the dinner is \$10, thanks to generous financial support of the St. John's Foundation and members of St. John's. Parking is available in the lot north of the Iowa Events Center. Enter the doors on the northwest corner of the building (the old Veterans Auditorium); there will be signs and greeters to direct you to the escalator or elevators going up to the next floor where dinner will be served.

Reservations must be made by Thursday, Oct. 15; there are several ways you can do that: You may sign up in the Fireside Lounge Sunday, Sept. 27, or Sunday, Oct. 4; return the card you received with your invitation; or go to the gala page on the church website (stjohnsdsm.org/event/gala).

Our Grateful Hearts

By Michael Elsbernd

"Our Grateful Hearts We Lift in Praise" is a significant addition to the music of St. John's and the greater church, and there is tremendous excitement surrounding its full-length premiere

The hymn concerto, with its full orchestration (choirs, congregation, strings, brass, handbells, percussion, woodwinds and organ!) expresses the text in deeply moving ways. The act of singing brings together the past, future and present. We anticipate the future as we breathe before each new phrase; we hear the future in the youthful timbre of the Kisasa Musicians; we honor the past and celebrate God's future within the text and context of anointed community.

The composer, Michael D. Costello, is the cantor at Grace Lutheran Church in River Forest, Illinois, where he also directs the church's Bach Cantata Vespers ministry. He is a composer of music for both choir and organ, and is known for creative hymn improvisations.

A Keepsake 150 Years in the Making

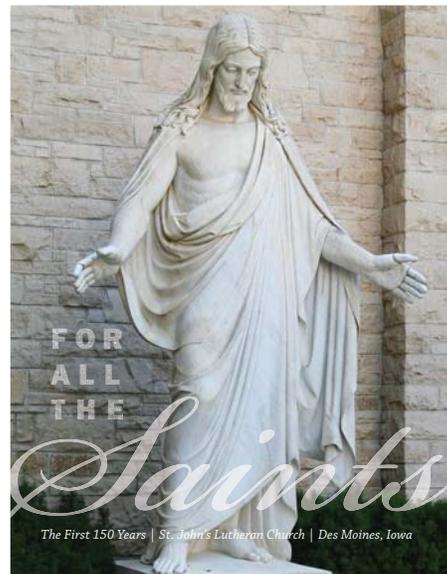
By Jim Blume

For All the Saints, a beautiful hardcover celebration of the first 150 years at St. John's Lutheran Church, is expected to arrive from the printer in late October, just in time for the big finish to our anniversary festivities.

The 112-page book, featuring more than 240 photographs, honors all the saints past and present who, since 1865, have made St. John's a powerful beacon of Christ's word in downtown Des Moines. Chapters offer a historical look at a broad sweep of St. John's ministries: worship, music and fine arts, children and youth, women's groups, and service to the community and the world.

Three of our members with extensive publishing experience – Jim and Deb Blume and Becky Lau Ekstrand – created the book, with the help of a team of volunteer writers and in consultation with a number of longtime St. John's members. Contemporary photographs by Jacque Warming, as well as ones by Brent Isenberger, Les Moeller and Margaret Townsend, are shown alongside those by photographers from years past.

Books will be sold at a subsidized price of \$15 each to help ensure that everyone who would like a copy is able to afford it. Books will be made available throughout November and December before and after worship services and at other events.



Celebrating

Small Groups

by Darla Stiles

WIRED Book Discussion: Thursday, Oct. 1, 6 p.m., Jacque Warming's home, 3827 128th St., Urbandale.

Yoga: New session begins Thursday, Oct. 1, 5:45 p.m., Fireside Lounge, St. John's.

Quilting: Tuesdays, 9:30 a.m., Room 308, St. John's.

Mah Jongg: Mondays, Oct. 5, 12, 19 and 26, 6 p.m., St. John's unless notified otherwise.

EAGLES: Friday, Oct. 9, trip to Algona.

A Stitch in Time (previously Hardanger): Tuesdays, Oct. 13 and 27, 11:30 a.m., Valbracht Gallery, St. John's.

WIRED Night Out: Thursday, Oct. 15, 7:30 p.m., Des Moines Playhouse, 831 42nd St., Des Moines.

Lunch Bunch I: Thursday, Oct. 15, 11:30 a.m.

WIRED: Sunday, Oct. 18, 11 a.m., kitchen adjacent to Weertz Fellowship Hall, St. John's (make pies for Iowa Central Shelter and Services).

Lunch Bunch II: Wednesday, Oct. 21, 12:30 p.m.

St. John's Social Club: Watch for information about October event.

Scrapbooking: Saturday, Oct. 24, 9:30 a.m., Room 8, St. John's

Next Adventure: Saturday, Oct. 24, activity to be determined.

Photography: Sunday, Oct. 25, 11 a.m., Neumann Hall, St. John's.

Recreational Reading: Wednesday, Oct. 28, 4:30 p.m., Rose Holm Room, St. John's.

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

Quilting continues to meet on Tuesdays at 9:30 a.m. in Room 308.

Yoga will begin a new eight-week session Thursday, Oct. 1, running weekly through Thursday, Nov. 19, 5:45 to 6:45 p.m., Fireside Lounge. Contact Corinne Lambert, yoga instructor (515-556-3679 or callingwisdom1@hotmail.com).

WIRED Book Discussion will meet on Thursday, Oct. 1, at 6 p.m. at the home of Jacque Warming, 3827 128th St., Urbandale. We will discuss *Summer at Tiffany*, by Marjorie Hart. Please bring an hors d'oeuvre to share. RSVP to Jacque (jrwarming@msn.com).

Mah Jongg will meet Mondays, Oct. 5, 12, 19 and 26 at 6 p.m. at St. John's (unless otherwise notified).

A Stitch in Time is expanding their small group (formerly called Hardanger) to include anyone who enjoys stitching of any type. The group meets the second and fourth Tuesdays of the month at 11:30 a.m. in Valbracht Gallery. Their meetings will be Tuesday, Oct. 13 and 27 this month. If you have questions and/or would like to join the group, please contact Arlene Field (515-266-0384 or fjeldt@q.com) or Barb Hyler (515-401-5721 or b.hylar@mchsi.com).

Lunch Bunch I will meet on Thursday, Oct. 15, at 11:30 a.m. New members are most welcome! If anyone is interested in joining this group, please contact Barb Hyler (515-401-5721 or b.hylar@mchsi.com).

Lunch Bunch II will meet Wednesday, Oct. 21, at 12:30 p.m. If you are interested in joining the group for lunch on the third Wednesday each month, contact Barbara John at 515-279-5089.

New Small Group – *Next Adventure* – is an outdoor expedition group for beginners, it's for anyone interested in hiking, kayaking, biking, snowshoeing and other nature activities. The group will gather monthly (probably on a Saturday) for a daytrip to a local state or national park for Christian reflection and renewal. Participants will cover their own costs. No previous experience is necessary. Seminary Intern Becky Goche will lead the outdoor treks and provide spiritual guidance, lending us her theological training and her vast experience as a park ranger with the U.S. Fish and Wildlife Service. Terri Speirs is helping to organize the group and invites others to step up as well.

Mark Saturday, Oct. 24, on your calendars for the Next Adventure event. More details will be announced later. For more information, contact Becky (BGoche@stjohnsdsm.org), Terri (terrispeirs@yahoo.com) or Darla Stiles (darlastiles@stjohnsdsm.org).



The first gathering of the Next Adventure Group at the Neil Smith Wildlife Refuge.

EAGLES will go to Algona on Friday, Oct. 9, to visit the nativity scene and museum, departing from St. John's at 8:30 a.m. The nativity scene was built by WWII German prisoners-of-war during their imprisonment in the U.S. With questions or to sign-up, contact Marge Sexton-Randels (515-967-2676 or mlsextton36@aol.com).

St. John's Social Club will announce details later about their October event.

Scrapbooking will meet Saturday, Oct. 24, between 9:30 a.m. and 2 p.m. in Room 8 at church to learn about new products and work on your individual projects.

Photography will meet Sunday, Oct. 25, at 11 a.m. in Neumann Hall at church. The theme for this month is "reflections." Bring a few photos to share.



Reflection under the Des Moines Pedestrian Bridge by Scott LaBlanc

Recreational Reading will meet Wednesday, Oct. 28, at 4:30 p.m. in Rose Holm at church. We will discuss *The Evening Chorus*, by Helen Humphries. If you have questions, contact Carol MacDonald (macpac00@mchsi.com).



WIRED Night Out is meeting Thursday, Oct. 15, at 7:30 p.m. at the Des Moines Playhouse for a production of "Yesterday and Today," a Beatles interactive event. (Those who sign up will receive their ticket in the lobby at 7:15 p.m.)

WIRED is making pies for the Central Iowa Shelter! We will be making pies on Sunday, Oct. 18, after 10 p.m. worship. Hope you can join us in the kitchen adjacent Weertz Hall around 11 a.m. You also have the option of bringing pie(s) already made (homemade or purchased) for the shelter. We are hoping to get enough so everyone at the shelter can enjoy a piece of pie that day.

Children's Ministries

By Alicia Karwal

The program year is off to a busy start!

Beloved Community and Wednesday evening programming for children and youth began Sept. 9 followed by Rally Day on Sept. 13. On Rally Day children, age three through fifth grade, and their families enjoyed a carnival theme as they participated in games that connected to a Bible story we will study this coming year. Finally, Sunday School classes began on Sept. 20. In addition to many returning children, several new students have joined our Sunday School classes. We also have been blessed with several new volunteers! God is good!

New Family Page is introduced

Each week the new Family Page, with activities to enhance your child's learning at home, will be emailed to you. Please take a minute to ask your child each week what they learned in Sunday School and challenge them to think about how they might apply these lessons at home and in their community. The Family Page, along with weekly communication from me, should be helpful in guiding your child towards a better understanding of the Bible stories and how we might apply that learning to our everyday lives.

Sunday School to Hear Program on Companion Parish

Sunday School children and their families are invited to a special presentation, titled "Our Brothers and Sisters in Tanzania," on Sunday, Oct. 18, from 8:45 to 9:45 p.m. in Weertz Fellowship Hall. This learning hour will be led by Carol Fisher, who graciously will share her expertise and experience from the times she has visited our sister church in Tanzania. Children will learn more about how our friends in Tanzania live their daily lives and will even get to try a special recipe from Tanzania.



Service Project: Coins to be Collected

This year's Sunday School service project has begun; our children are once again collecting coins for a greater cause, an experience that encourages them to do good and care for others. This year the coins collected will go towards purchasing seeds for our brothers and sisters enrolled in the St. John's-sponsored Most Vulnerable Children's Club. These Tanzanian students learn how to grow and sustain gardens, and then they share that knowledge of growing healthy fruits and vegetables with their families.

Children should place their coins in the small garden basket in Fireside Lounge. Thank you in advance for helping our youngsters serve the greater good.

An Intern's View

By Seminary Intern Becky Goche



Living with Grief

Over the past several days, the jarring racket of construction around St. John's has made it difficult for me to concentrate. In addition to the various construction projects near the church, there also has been a crew of workers making repairs to

the church's roof. When the roofers began working on the section directly above my office, the clamor intensified and based upon what I was hearing, I expected a worker to come through my ceiling at any moment.

The noises above my head have reminded me of the story found in Mark 2:1-12 in which a paralyzed man is lowered down by his four friends through the roof of a crowded house where Jesus is staying so Jesus can heal him. Every time I read this story, I see in my mind's eye the painting found in the chapel at the Iowa Methodist Medical Center in Des Moines. Last summer while doing my clinical pastoral education and serving as a chaplain intern there, I gazed upon this painting countless times. The painting is rich and complex, much like the story, which is filled with an intricate mixture of conflict, healing and forgiveness. Despite all that is going on in the painting, each time I looked at it, my eyes were always drawn to the friends who are lowering the paralyzed man down on his mat in front of Jesus. I can relate to them, because at times I have been one of those who helped to hold onto the ropes. There are times when I am the one on the mat being supported by others. Since my mother passed away in late August, I have found myself on the mat.

Loss and grief are a part of everyone's life. Grief can happen after the loss of a loved one or friend, divorce, diagnosis of a serious illness, death of a pet, loss of a job, retirement, moving, going away to college, etc. How one grieves is different for everyone. There is no set time limit for grief. Overcoming grief and healing from it takes a conscious effort. A simple phrase I remember one of my seminary professors sharing with us during pastoral-care class to help us provide care to the grieving is: "Feel, deal and move on." I did not realize at the time when I jotted the phrase down that I would be one who needs to use it.

Feeling your grief when the time is right seems obvious, but may not always happen. Sometimes it seems easier to avoid and deny how you are feeling, but the results can be disastrous. There are numerous ways some people try to avoid their grief, ranging from keeping themselves busy to turning to alcohol or drugs in an effort to numb the pain. One of my favorite poets, Mary Oliver, in *The Leaf and the Cloud*, captures the sense of feeling your grief when she writes, "Grief will be your sister whether or no so let sorrow rise up from the stump."

I know that my internship experience may be challenging at times. My mother's recent death has added different challenges to my experience. Fortunately, like the story in Mark 2, I have been supported by family and friends who have helped to hold me up on a mat. I have been stunned beyond words with the support I have received from the St. John's community. In my short time here, so much love has been shown to me. The support of others is key when healing from grief. Wherever the support comes from, whether family, friends, your church community, pastor, counselor or spiritual director, accept it and do not grieve alone.

Connecting with others has helped me deal with my grief and begin healing. I have learned that it is also important to take good care of oneself. Grief can be exhausting so getting plenty of rest is necessary. Eating healthy foods and exercising helps, too. Find activities you enjoy and that speak to your soul. My soul is nourished when I am out in nature with all of God's creation surrounding me, especially while hiking. I also enjoy feeling the wind and even the bugs that hit me when I am riding on my motorcycle. Yoga is one of my new-found passions. It allows me to connect with who God made me to be in a new, physical way. Whatever it is that speaks to your soul and revitalizes you, whether it is reading, knitting, running, singing, praying, etc., make the effort to do it to help you heal.

Feeling and dealing with my grief is helping me to slowly move on and live my life. I place my trust in God, who is always present. It does not matter if I am one of those holding the ropes for my friend on his or her mat or if my friends are the ones holding me up on my mat, Jesus is there. I hope that all of you who are living with grief know that you, too, are not alone.

Creating in Community

Evening Wine Tasting!

By Noah Niermann

Join your friends for a Creating in Community wine tasting on Thursday, Oct. 22, at 6 p.m. at Louie's Wine Dive in Waukeez! Our tasting will be led by Lyssa Hoffmann, St. John's member and certified sommelier extraordinaire. Expect six to eight wines from a wide variety of regions and opportunities for food pairings.



After the tasting you are invited to stay for dinner at the restaurant. Space is limited, so look for a signup table at church this month or contact Noah Niermann directly, either at the church office or by email (noah@stjohnsdsm.org).



Youth Ministries

By Noah Niermann

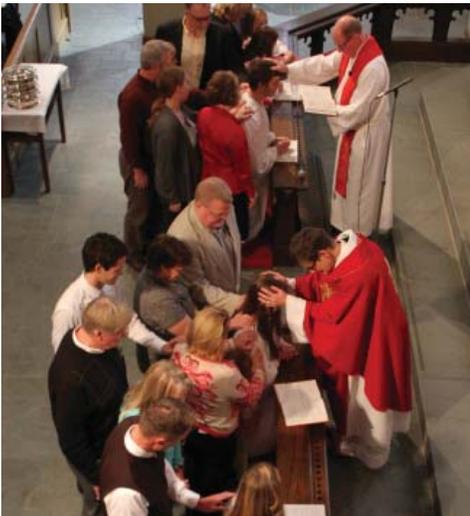
Youth Ministry Event Calendar

High School: Our final "Cooking for a Date" class is scheduled for Sunday, Oct. 4, from 4 to 6 p.m. Other events this month include the Hunger Hike on Sunday, Oct. 11, Reggie's Sleepout on Saturday, Oct. 17, and the 150th Anniversary Gala on Saturday, Oct. 31.

Confirmation: Confirmation class will continue to meet on Wednesdays from 6:30 to 8 p.m. in classrooms on the third floor. See you there!

Fall Confirmation Retreat: This year's retreat is Friday and Saturday, Oct. 2-3, at Riverside Lutheran Bible Camp. All confirmation students are invited!

Other Events? Don't forget to check the Youth Ministry website page regularly for updates on current events!



Confirmation Sunday is Oct. 25

"You belong to Christ, in whom you have been baptized. Alleluia!"

On Reformation Sunday, Oct. 25, we invite the whole congregation to celebrate the promises made in our baptism as we recognize this year's confirmation class. At the 10 a.m. service we will confirm nine of our young people. Please join us as we remember and affirm our baptisms! A small cake reception will follow the service at which point you may quiz the recently confirmed on anything in Luther's Small Catechism.

We also ask you to listen for the capstone projects that these confirmation students are organizing. Ben Kooker already put together a volunteer event at Meals from the Heartland, Noah Matykowski is organizing a small walk for stroke awareness in

honor of his Uncle Kevin, Will and Neil Fajen are assembling "Blessing Bags" for those who are currently homeless, and still other students are interviewing people and writing papers about specific aspects of faith. On the Sundays of Oct. 11 and 18 all of these young people will talk about their projects at the Sunday morning educational forum in Neumann. Please join us!

Mosaic

"Embracing God's call to serve in the world, Mosaic advocates for people with intellectual disabilities and provides opportunities for them to enjoy a full life."



Our Youth Ministry Advisory Committee is excited to share the news of a continued partnership with Mosaic of Des Moines and our confirmation program. On the first Wednesday of each month, Mosaic residents from around Des Moines will join us for our Beloved Community meal and stay after to participate in games and activities organized by our confirmation students. Please come over to say "hi" if you are around on a Wednesday evening!

Hunger Hike - Oct. 11 at 1:30 p.m.

On Sunday, Oct. 11, we invite people of all ages to participate in the Des Moines Area Hunger Hike. This is the 46th annual walk since 1969! The 3.2-mile walk starts and ends at the World Food Prize Hall of Lauretes. In addition to simply joining this walk for hunger awareness, we also request that you collect contributions that directly support service agencies like the DMARC Food Pantry, CISS, the Connection Café, Beacon of Life and many others.



First, join us in Weertz Fellowship Hall following the 10 a.m. service for a simple brunch of eggs-to-order, toast, fruit and coffee. We then will walk over to the World Food Prize Building. If you can't make it to the brunch, look for the St. John's banner we will carry at the walk! We hope to see you there.

Women of the ELCA

by Members of WELCA

October Outreach Project

Recently we donated food for the Food Bank of Iowa. When we delivered the food, they stated there is a continual need for peanut butter. It is one of the most needed items on a daily basis. For October we will collect peanut butter for this ongoing need. Our collection boxes are always located in the reception area by the brochure stands and next to Neumann Hall.



Children and Family Urban Ministries was very grateful for the donations they received from you. Thank you for all of your donations!

St. John's Lutheran Church
600 Sixth Avenue
Des Moines, Iowa 50309-1606
515-243-7691

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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.



EAGLE CALL DEADLINE

The next deadline for all Eagle Call content is **noon on Monday, October 19**. Please send articles in digital format to Scott LaBlanc, scottl@stjohnsdsm.org. If you are unable to send it by e-mail, drop it off at the church office.

Thank you!