

Reaching out in Christian love to all!

Palestine Lutheran Church

1375 Highway 210 Huxley, IA 50124 515-597-2620 (Pastor) 515-597-2624 (Office) palestinelutheran@gmail.com www.plchuxley.com

THE PALESTINE PRESS MONTHLY NEWSLETTER JUNE and JULY 2022 Rev. Eric Klimpel, Pastor 515-597-2620 936-444-3895 (cell) ericklimpel@gmail.com

Nels Dovre, Youth Liaison 319-331-7368 (cell) dovren@gmail.com Mission Statement:

"Palestine Lutheran Church exists to proclaim and live God's Holy Word, to nurture and support our membership, and to enable us to live our faith in our daily lives. As we are nourished, we are called to reach out to our communities, our spheres of influence, and to the wider world through the church-at-large."

Our Vision:

Palestine Lutheran Church will be a haven for all generations, a people worshipping and growing continually in relationship with Jesus, inspired by God's Word; a living example of stewardship, a loving and caring fellowship that reaches out in Christ-centered faith and love to the world.



Pastor Eric will be doing limited visitation for members who would like to have one. Please contact Pastor Eric if you would like to have a visit. You do not have to wait for him to call.

Call 515-597-2620 or email ericklimpel@gmail.com

We would like to work out what is best and safest for the visit and distribution for each person.

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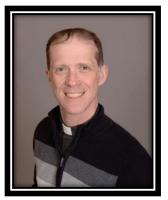
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Palestine will accept your offering!

- 1. Bring to worship service with you and place in offering plates.
- Mail check to: Palestine Lutheran Church 1375 HWY 210 Huxley, IA 50124
- Give online through Easy Tithe. Go to our website <u>www.plchuxley.com</u> and click on the bright red ONLINE GIVING tab on the right located above our "Reaching out in Christian love to all" statement.
- 4. Text GIVE to 515-207-6435. Thank you. Continue to pray and know God is with us.

Page(s)



Enjoy a Summer Sabbath

.....<u>With Pastor Eric</u>

Thus, the heavens and the earth were finished, and all their multitude. ²And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. ³So God blessed the seventh day and hallowed it, because on it God

rested from all the work that he had done in creation.

Genesis 2:1-3

Here we are in the summer months of 2022 after the hustle and bustle of end of school stuff like graduations and end-of-year parties. Now we enter a new schedule of summer camps galore and church trips and sports camps. It gets dark after 9pm which adds more potential to the weekday for hard-working adults. When I was younger, I used to receive the summer season like an extended sabbath – a resting time from the everyday monotony of school rhythms. However, I experience summer differently as an adult. I do not associate "rest" with summer as much. Yes, some things change in the routines, and yes, the warm weather adjusts my energy levels, but overall, the daylight seems endless and the vibe of summer beats with more energy all around me. At times I feel exhausted more in the summer than any other time of year.

I read the creation story in the Book of Genesis, and I read two stories, the first in Genesis 1 which seems so awesome and huge and the second in Genesis 2 which feels more intimate and accessible in which God comes to get the "holy hands" dirty. Right in the middle is Genesis 2:1-3, where God takes a moment and rests amid all the creative goodness!! Do I think that God gets tired like I do...I doubt it...but I do believe that God took time to appreciate and enjoy not only the results of good work, but the fact that God is in the middle of it all in harmony with it. God made it a holy moment, and a holy activity to be in tune with the purpose of creation. Jesus said that man was not made for the sabbath but the sabbath was made for man. Sometimes I forget this teaching especially when I have not observed sabbath because it is easy to forget when you are tired and running this way and that.

This newsletter article is going to cover both June and July this year. I am hoping that as you read this message you will contemplate the role of sabbath in your summer season. Maybe you will be compelled to do more and varied activities? I hope that you will take time to rest with the Lord as well. I suppose that you might not find time and making time is a God-thing, so why not fill some time with devotion, reflection about family, your surroundings, and many blessings. Maybe read some scriptures and visit somewhere new and see how other people live outside your usual comfort zone. Vary up your routine a bit – wake up earlier, or later – take a walk at lunch or after dinner – with family or without family. Consider the creative purpose of your life. What is God doing? Why are you living the way you are? Sabbath is holy and set apart for each child of God - sometimes like a vacation, and sometimes like a time-out - and important to your health in every way. If God takes the time, then you better believe that you need to take the time as well.

Let us pray. Heavenly Father, who created the sabbath for us, help us fill our days with sabbath time and experience your presence so that we might receive peace, health, and wholeness on the way. In Jesus's name we pray. Amen.



Dawn Dialog with Jesus

Sundays at 8 a.m. via ZOOM. Reflection and Prayer on Gospel text for the day "Where two or three are gathered in my name, then I am there among them." (Matthew 18:20). An invitation is in the weekly email announcements. Daily Discipleship will be attached in the Wednesday email announcements for the following Sunday.

ZOOM Bible Study

Tuesdays this summer 7:30 – 8:30 p.m. on Zoom - We are using short Bible study material from the Bible Project website and application. You can download the app for free, or go to the website at <u>www.bibleproject.com</u>. Browse through the site and check out the Bible Study section. First, watch the topic video and then answer the questions. When we gather, we will watch it again and then go through the questions and finish up with a prayer time.

Starting on June 7th – Holy Spirit (What does the phrase "the Holy Spirit" mean?), and then June 21st – God (How do we understand the complex identity of God in the Bible?) No study during VBS week.

Men's Bible Study

Wednesdays at 7:00 a.m. in the council room.

Power of Prayer

Wednesdays at noon via ZOOM. An invitation is emailed out to enter into prayer together every Wednesday. You can email in a prayer request or call the church with a special request. We will pray together for 30 minutes. Join once or every Wednesday! If you would like an invite, call or email Pastor Eric.

New Member Orientation Meetings

Typically Every 2nd and 4th Sunday after worship in the south conference room. Anyone who would like to inquire about Palestine Lutheran Church and find some insights into its history, people and ministry are welcome. For prospective members, new members and yes, even veteran members! All are welcome! Let the church office know if you are interested so that we can prepare materials (@ palestinelutheran@gmail.com)

Summer Adult Catechism

Sundays after worship for 30 minutes to an hour beginning June 5th. You are invited into some catechism discussions based on Luther's Small Catechism. We will watch a short video, then read some scriptures and discuss the topic. What a wonderful way to get to know your faith and refresh those confirmation vibes. If you have a bible and a small catechism, then bring them along.

Theology on Tap

Gathering for adults who want to fellowship, relax and solve the world's problems together while creating some potential new ones. We will take time to fellowship around God's Word and grow together as a community.

Join us Sunday, June 19th and July 17th 5:00 to 6:15 p.m. at the Fenceline Beer Lab, 107 S Main Ave, Huxley, IA 50124 (Drop in if you would like ^(C))

Food Pantry Ministry

Help serve at the local food pantry in Huxley with our Fjeldberg friends. Volunteer at the pantry! Contact Jackie Rasmussen (catsrus@huxcomm.net)



Daily Faith Practices

Daily discipleship themes can be used for Bible study. They are available on the ELCA website <u>www.elca.org</u> \rightarrow Resources \rightarrow Downloadable Resources \rightarrow Bible studies

Pentecost

Focus: What is the Holy Spirit doing this week in your life?

"And I will ask the Father, and he will give you another Advocate, to be with you forever." John 14:16 (NRSV) Read John 14:8-17

Holy Trinity

Focus: How do you as a finite person speak of the infinite nature of God?

"When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own, but will speak whatever he hears, and he will declare to you the things that are to come." John 16:13 (NRSV) Read John 16:12-15

2nd Sunday of PentecostFocus: No Longer Divided"As many of you as were baptized into Christ have clothedyourselves with Christ. There is no longer Jew or Greek, there is nolonger slave or free, there is no longer male and female; for all ofyou are one in Christ Jesus." (Galatians 3:27-28 NRSV)Read Galatians 3:23-29

3rdSunday of PentecostFocus: Freed to love"For freedom Christ has set us free.Stand firm, therefore, and donot submit again to a yoke of slavery." (Galatians 5:1 NRSV)Read Galatians 5:1, 13-25

Go the website above to pull July's discipleship.

VACATION BIBLE SCHOOL



Join us as we travel to the North Castle!

Our quest will take place June 12th-16^{th,} from 6:00 pm to 8:00 pm at Palestine Lutheran Church.

- Registration is open for 4-year old preschool 5th grade (completed grades)! Click on this link: <u>VBS 2022</u> or go to <u>bit.ly/VBSfor2022</u>
- Light dinner will be served before @ 5:15 p.m.
- Seeking volunteers many different roles to fill. Contact Candi Engler (volley 602@hotmail.com) if you are interested.

LOCAL MISSION DONATIONS

Each year we choose a mission project to support. Join us in helping our community! Donate supplies to the local food and clothing pantries. As knights of the North Castle we can "be strong in the Lord and in the strength of his power" Ephesians 6:10. Show your strength in the Lord through helping those in our community.

- Food shelf safe items (canned goods, pasta, sauces, etc.)
- Toiletries (toothpaste, toothbrushes, shampoo, razors, etc.)
- Soaps (laundry soap, dish soap, body wash, hand soap, etc)
- Paper Products (toilet paper, paper towels, tissues, etc.)
- Cleaning products cleaning wipes, toilet bowl cleaner, shower spray, floor cleaner, etc.)



Sunday, May 1st. Last day of children's church!



Chugga, Chugga, Chugga, Chugga,

clap, clap, roll . . .

Remember in Prayer



The following were included in the Prayers of the Church during May: Tyler Anderson, Jean Bair, Anita Brendeland, Penelope Brown, Joan Carson, Matt Carver,

Tonya Crees, Bev Echtenkamp, Arlyce Engles; Julie Gentry, Dolores Hauge, Phyl Hughes, Warren Johnson, Kevin Klingbeil, Alvina Larson, Roger Larson, Merlin Lyon, Lynzee Makowski, Thomas McBride, Matthew Moore, Loree Ness, Roy Paradise, Kathy Saveraid, Shelton Family, Rachel Sinclair, Deidre Qual; Karen Rew; Harold Rittgers; Shannon Tope

<u>Family & friends of</u>: Charles Brendeland, Tanner Houseman, Darrell Rout, John Maier, Travis Ellis, Mae Rivard, Doris Ness, Nathan Stupka, Bart Mason, Lowell Elliott, Kaytie Anderson, Debbie Bollmeyer, Linda Lantz, Hannah Tjernagel, Barb Larson, Jackie Greene, Roy Greene, Ardell Lundgren, Judy Fausch, Mary Nienow, Norma Dovre, Sara Prochnow Ojard, Joe Curtiss, Nancy (Ness) Weber, Lilah Hurley, Marlys Larsen, Harriet Sheldahl, Abby Huntrods, Marilyn Saveraid, Mary Lou Hoover, Roy Paradise

Let's shower our Palestine family with birthday cards!				
June 3 rd	Lyle Martin (83 rd)	July 4 th Dolores Hauge (86 th)		
June 6 th	Leona Larson (100 th)	July 24 th Ron Locker (84 th)		
June 24 th	Sandy Wirtz (80 th)	July 29 th Pat Martin (80 th)		
June 30 th	Shirley Saveraid (92 nd)			

Join us Sunday, June 5th for many Celebrations within our church:



Dedication of the Cemetery Archway



167th Church Anniversary



100th Birthday

Leona Larson (June 6th)



- 1 Karlee Emerson
- 2 Kaylee Van Pelt
- 3 Lyle Martin (83rd)
- 4 Jennie Huxford Marcus Schaudt
- 5 Ramsey Roelfs
- Samuel Engler Leona Larson (100th) Kim Van Pelt
- 7 Elman Sheldahl
- 8 Shania Schmidt
- 9 Mindy DeVries Madeline Schonhorst
- 11 Russ DeVries
- 12 Pastor Eric Klimpel
- 13 Ashley Klimpel
- 15 Nolan Schonhorst Taylor Wuebker
- 17 Casondra DeHaven
- 18 Maddison Ewing
- 19 Janell Van Gorp
- 20 Mary Brendeland (70th) Josephine Engler
- 22 Kasey Larson Brooks Wuebker
- 24 Nathan Moore Sandy Wirtz (80th)
- 25 Havanna Roelfs
- 26 Vincent Peterson
- 28 Sue Larson (71st)
- 29 Ken Larson (77th)
- 30 Shirley Saveraid (92nd)

1 Ron & Rosalie Locker (65th)

JUNE 2022

VERSAR

- 8 Virgil & Diane Larson Stacie & Aldo Medici
- 9 Jeff & Kim Van Pelt
- 12 Dave & Christy Mueller Matt & Michelle Siepker
- 14 David & Jean Saveraid
- 15 Paris & Cody Hitchcock
- 16 Melanie Fausch & Ryan Peterson
- 22 Mark & Robin Doty
- 23 Kari & Tom Sandquist
- 26 Ben & Candi Engler
- 29 Karina & Derrek Kelso

If your birthday or anniversary was not included or is incorrect, please contact the church office so we can update our records. Thank you!



ALTAR GUILD: Helen Kepler and Teri Klimpel

COMMUNION ASSISTANTS: June 5: Vivian Lundgren & Jean Saveraid June 19: Tim Wilson

OFFERING COUNTERS: Dick and Helen Kepler

GREETERS*, **: June 5th: Dax & Haylie Clark; Troy & Jody Calvert June 12th: Tom & Kristin Shelton; Tim & Shannon Wilson June 19th: Chris & Amanda Richter; Jean Saveraid June 26th: Brad & Lesa Lewis; Rich & Chris Nelson

*Greeters scheduled are asked to serve coffee/juice/water during fellowship **All greeters for the month are asked to bring two dozen

8 3.	SUN	MON	TUE	WED	THU	FRI	SAT
28						1	2
v	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
29	17	18	19	20	21	22	23
**	24	25	26	27	28	29	30
21	31						

SUNDAY	MONDAY	TUESDAY
29 Ascension of our Lord Memorial Weekend 8:00 a.m. Dawn Dialog 9:30 a.m. Worship Outside (weather permitting)	30	31
5 Pentecost 8:00 a.m. Council Mtg 8:00 a.m. Dawn Dialog with Jesus Zoom 9:30 a.m. Worship; Holy Communion Outside dedication @ cemetery for new archway Adult Catechism	6	7 7:30 p.m. Zoom Bible Study
12 Holy Trinity **Cookie Sunday 8:00 a.m. Dawn Dialog with Jesus Zoom 9:30 a.m. Worship New Member Orientation Adult Catechism	13	14 7:30 p.m. Zoom Bible Study
5:15 p.m. Light meal before VBS 6 – 8 p.m. VBS	5:15 p.m. Light meal before VBS 6 – 8 p.m. VBS	5:15 p.m. Light meal before VBS 6 – 8 p.m. VBS
19 2 nd Sunday of Pentecost; Father's Day 8:00 a.m. Dawn Dialog with Jesus Zoom 9:30 a.m. Worship; Holy Communion Adult Catechism 5:00 p.m. Theology on Tap @ Fenceline	20	21 7:30 p.m. Zoom Bible Study
26 3 rd Sunday of Pentecost 8:00 a.m. Dawn Dialog with Jesus Zoom 9:30 a.m. Worship New Member Orientation Adult Catechism	27	28 7:30 p.m. Zoom Bible Study

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 7 a.m. Men's Bible Study 12 p.m. Zoom Palestine Prayer Time	2	3	4 10:00 a.m. Visitation 11:00 a.m. Roy Paradise funeral @ Palestine
8 7 a.m. Men's Bible Study 12 p.m. Zoom Palestine Prayer Time	9 3:30 p.m. Ballard Creek Assisted Living Worship – you are invited to come for worship with Pastor Eric	10	11
15 7 a.m. Men's Bible Study 12 p.m. Zoom Palestine Prayer Time 12:30 p.m. Prayer Support Group 5:15 p.m. Light meal before VBS 6 – 8 p.m. VBS	6 p.m. VBS program with community meal after	17	18
22 7 a.m. Men's Bible Study 12 p.m. Zoom Palestine Prayer Time	23	24	25
29 7 a.m. Men's Bible Study 12 p.m. Zoom Palestine Prayer Time 10:30 a.m. Green Hills Devotions	30	1	2

Graduate Celebration 5-15-22

Showing off their new quilts!







JULY 2022

- Jax Clark Charlie Rhoads Marshal Sheldahl Michelle Siepker
- 2 Julie Huxford Emmett Johnson
- 3 Mitchell Peterson Deidre Qual (70th) Jean Saveraid (73rd)
- 4 Dolores Hauge (86th)
- 6 Melanie Fausch Kevin Rahner
- 7 Holly Larson
- 9 Shane Harmon Annika Larson Jacob Saltzman Tim Wise
- 10 Lori Edwards Amber McKenna
- 11 Kevin Rowedder
- 13 Sandy Harleen
- 14 Leslie Harris Jamie Ness
- 15 Kiley Calvert
- Brent Larson
 Donna Millang (73rd)
 Ila Russell
 Kari Sandquist
- 17 Jenny Gallagher Greg Hartsook Gus Madson
- 18 Merle Brendeland (70th)
 Roger Larson (74th)
 Aldo Medici

- 20 Brayden DeVries
- 21 Paris Hitchcock
- 22 Henry Sandquist
- 23 Apollo McKenna
- 24 Ron Locker (84th) Matt Siepker
- 25 Deb Ness Benjamin Williams
- 27 Scott Johnson Shannon Wilson
- 29 Josie Jensen Teri Klimpel Abbie Larson Pat Martin (80th)
- 30 Shelley Klingbeil
- 31 Taylor Sample



- 1 Paul & Deb Ness (50th)
- 14 Tracy & Doreen Blackmer Kevin & Melissa Kopaska Garrett & Ellen Longnecker
- 15 Doug & Lori Schonhorst
- 17 Shane & Jennifer Harmon Wade & Holly Twedt
- 20 Tom & Kristin Shelton Dave & Phyllis Prichard
- 22 Nels & Allison Dovre
- 25 Dennis & Donna Millang



ALTAR GUILD: Nancy Fausch and Donna Millang

COMMUNION ASSISTANTS: July 3: pre-packaged communion July 17: Lora Young

OFFERING COUNTERS: *still need*

GREETERS*, **: July 3rd: Ken & Louise Larson; Brent & Missy Larson July 10th: David & Vallery Eisenmann; Kent & Shelley Klingbeil July 17th: Leonard & Sue Larson; Doug & Lori Schonhorst July 24th: Ben & Candi Engler; Mark and Jen Pote July 31st: Dick & Helen Kepler; Justin & Jodie Sample

*Greeters scheduled are asked to serve coffee/juice/water during fellowship **All greeters for the month are asked to bring two dozen treats to share on the 2nd Sunday of the month.

Augus	t 2022	Tuesday	Wednesday	Thursday	Friday	Calendarpecke Seturiae
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

SUNDAY	MONDAY	TUESDAY
3 4 th Sunday of Pentecost 8:00 a.m. Dawn Dialog with Jesus Zoom 9:30 a.m. Worship; Holy Communion Outside service (weather permitting) Adult Catechism	4	5 7:30 p.m. Zoom Bible Study
10 Sth Sunday of Pentecost **Cookie Sunday 8:00 a.m. Dawn Dialog with Jesus Zoom 9:30 a.m. Worship New Member Orientation in Conference room Adult Catechism	11	12 7:30 p.m. Zoom Bible Study
17 6 th Sunday of Pentecost 8:00 a.m. Dawn Dialog with Jesus Zoom 9:30 a.m. Worship; Holy Communion Adult Catechism 5:00 p.m. Theology on Tap @ Fenceline	18	19 7:30 p.m. Zoom Bible Study
24 7 th Sunday of Pentecost 8:00 a.m. Dawn Dialog with Jesus Zoom 9:30 a.m. Worship New Member Orientation in Conference room Adult Catechism	25	26 7:30 p.m. Zoom Bible Study
31 8th Sunday of Pentecost 8:00 a.m. Dawn Dialog with Jesus Zoom 9:30 a.m. Worship Adult Catechism	1	2 7:30 p.m. Zoom Bible Study

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 7 a.m. Men's Bible Study 12 p.m. Zoom Palestine Prayer Time	7 3:30 p.m. Ballard Creek Assisted Living Worship – you are invited to come for worship with Pastor Eric	8	9
13 7 a.m. Men's Bible Study 12 p.m. Zoom Palestine Prayer Time	14	15	16
20 7 a.m. Men's Bible Study 12 p.m. Zoom Palestine Prayer Time 12:30 p.m. Prayer Support Group <i>Newsletter deadline</i>	21	22	23
27 7 a.m. Men's Bible Study 12 p.m. Zoom Palestine Prayer Time	28	29	30
3 7 a.m. Men's Bible Study 12 p.m. Zoom Palestine Prayer Time	4	5	6



These minutes are not yet approved. Agenda – Palestine Lutheran Church Council Meeting Sunday, May 1, 2022 @ 8 a.m. MAY DAY

Attendance: Hailey Clark (remote), Brad Lewis, Chris Richter, Dr. Eisenmann, Leonard Larson, Deidre Qual, Kristen Shelton (remote), Greg Saveraid Absent: Julie Emerson, Candi Engler, Kent Klingbeil, Jen Pote, Deb Moore

Quorum Established: Yes Devotions: Kent Klingbeil Treats: Jen Pote

Read Vision and Mission Statements.

Goals and Reflections: Lent/Easter Participation Drive in-person attendance and final push for Church updates

Minutes of Previous Meeting: Motion to approve: Greg Saveraid Second: Dave Eisenmann Unanimous vote of approval

Treasurer's Report: General Fund Balance: \$14,012.81 Total Checking: \$94,388.65 Issues Motion to approve: Dave Eisenmann Second: Leonard Larson Unanimous vote of approval

Pastor's Report:

Chris read aloud, everyone listened intently . . . Blackmer wedding. Ashley graduates. Holy Week attendance excellent. Dedication of cemetery sign. VBS coming up fast. Children's church honoring. Trip to Texas?

New Business:

- Inflation concerns
- Alcohol policy
- Liaisons for committees

Old Business:

- West Windows, updated quote?
- AV finalization (before June)

Closing Statements:

<u>Adjourn:</u>

Motion to Adjourn: Dave Eisenmann Second: Leonard Larson

Close with Lord's Prayer

Next Meeting: 6/5/22 Devotions: Kent Klingbeil Treats: Jen Pote



A NOTE FROM THE FINANCIAL SECRETARY

If you are donating to Palestine through Easy Tithe and are making a donation via card, there is a new fee associated with the transaction that was not previously there.

We will happily accept all monetary types of transactions, but wanted you to know that we are not getting all of your donation amount if you are using a card.





Southeastern Iowa Synod Evangelical Lutheran Church in America God's work. Our hands.

The annual Synod Assembly was held in Coralville last weekend (May 20-21st). Pastor Eric along with Mark and Jen Pote were in attendance representing our church.

Meeting information will be available to review soon. It will be in the fellowship hall on the usher's table.



Our own Brad Lewis was elected to the Consultation and Discipline Committee.

TEACHER RECOGNITION 5-15-22



CHOIR 2021-2022





ATTENTION PALESTINE GREETERS!

We need more people willing to greet on Sunday mornings! If you have not greeted since October (or longer) and wish to be added to the list, please let the office know at <u>palestinelutheran@gmail.com</u>

Currently, we are rotating every 3-4 months the same people as we need two sets of greeters each Sunday.

Scheduled greeters are found on the monthly calendar on the lefthand side where they have always been. If you are not available on your scheduled Sunday, please try to coordinate switching with someone in the same month so we have greeters every Sunday.

We ask the greeters to show up early to welcome those to our worship service and then to stay and provide refreshments (coffee, lemonade) during fellowship after the service. On the 2nd Sunday of each month we have "Cookie Sunday" where all the greeters scheduled for the month are asked to bring two dozen treats to share.



June 2022 LSI Bulletin/Newsletter Article and Story

Happy Father's Day!

At Lutheran Services in Iowa (LSI), we strive to build up and empower Iowa kids and families. For us, Father's Day is a time to celebrate all the fathers and male role models we see every day.

Through our Early Childhood Services, young men are learning to become dads. They're becoming confident and active in their child's life, and they are creating loving, bright futures for their families.

Many Iowa children entering foster care need a positive male role model in their lives. And through LSI Foster Care and Adoption, our licensed foster dads are there to help guide them.

This is only possible through your support of LSI! If you would like to make a gift, please contact Deb Whitford, LSI director of philanthropy and church relations, at <u>Deborah.Whitford@LSIowa.org</u> or 563-676-2065.

Thank you for responding to the love of Jesus Christ through compassionate service!

Our Mission: Lutheran Services in Iowa responds to the love of Jesus Christ through compassionate service. LSI is an affiliated social ministry partner of the Iowa congregations of the ELCA (Evangelical Lutheran Church in America) and a member of LSA (Lutheran Services in America). We proudly serve people of all ages, abilities, religions, sexes, gender identities, national origins, ethnicities, races, and sexual orientations. Learn more at LSIowa.org and Facebook.com/LSI.iowa.



Therapy Provides a Solid Foundation

Dana and Jack have lots to look forward to. They are planning their wedding, Jack is hard at work finishing his college degree, and they share a growing baby boy, Levi.

But while they wanted to keep their sights set on the future, Jack struggled to cope with some of his past.

As an Army veteran, Jack found himself struggling with addiction after he returned home, and he found it difficult to process some of the emotions that came with it. He wanted to break free from those struggles and get help. Dana had been meeting with her LSI therapist, Andrea, for several years already and wanted her to connect with Jack too.

Now, after meeting with Andrea, Jack has learned to cope with his past in healthy ways. He has since been able to break his addiction and he now feels clear-headed whenever he needs to cope through the challenging days.

Jack and Dana also attend couples counseling with Andrea and through their sessions, they are able to ensure they have a happy, healthy home for Levi.

The couple says Andrea and LSI have been a "breath of fresh air," and they feel more empowered and in control of their life.

Palestine Lutheran Church 1375 HWY 210 Huxley, IA 50124-8110 Address service requested