



## The Palestine Press

**October 2019**

Volume XXXIII Number 10  
Monthly newsletter of  
Palestine Lutheran Church  
Evangelical Lutheran Church in America  
**God's work. Our hands.**

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**Pastor Eric Klimpel**  
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**Oriett Snider, Editor**  
**Christa Hartsook, Webmaster**

### Reaching Out in Christian Love to All

#### *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.

#### *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."

### Appreciating in the Way of Jesus

..... With Pastor Eric

***Then he said to them all, "If any want to become my followers, let them deny themselves and take up their cross daily and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will save it. What does it profit them if they gain the whole world, but lose or forfeit themselves? Luke 9:23-25***

At what point do we appreciate anything/anyone in life? I hope to be more forthright in recognizing the value of people in my life and understand fully the situations and opportunities that I have been afforded. I believe that appreciation comes most readily during times of loss. Endings, mortality, temporal nature of creation are realities that cause me to appreciate. The Bible reminds us that we might know the cost of something but not its true value. There is a cost to discipleship which involves giving up everything, taking up your cross and following...Jesus. We think that we know the cost but we don't and maybe can't understand the true value of that way of life. I would like to share some considerations of discipleship that might be worthy of our time and prayer.

First, we appreciate more what we have when we give it away. I've heard it said that something is not truly yours unless you can give it away. Jesus had the power to lay down his life and the power to take it up again. We appreciate life and the people in it when we give them over to Jesus, and they are free to appreciate us without fear.

Second, we appreciate who we are as we engage others more with our minds, imaginations, hearts and gifts. Spending time with people as they come into our spheres of influence in little ways and large opens up more inside of us to know and share. God did not create you, form you and fill you with gifts for "stuff" but rather for "other people." That is where you are a pearl of great value!!

We are blessed to have been accompanied by Oriett as the Palestine Church Secretary for 29 years. Her value is beyond measure to me in this journey of discipleship at Palestine. Jesus has given me this opportunity to appreciate Oriett and her role in this place, as well as the life she offers in love to her church and her Lord. Pray for her and her family as she moves on from this faithful service as church secretary and give thanks to God.

***Let us pray. Thank you, O God, for people who walk with us on the way of discipleship. Thank you for the opportunity to appreciate these people in our lives and ministry. Continued blessings on Oriett for her faithful service as church secretary at Palestine and for all the years in your light and life, in Jesus's name we pray. Amen.***

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## Bishop's Election 2020

The current Bishop of the Southeastern Iowa Synod, Michael Burk, has announced he will not be available for reelection at the end of his term in 2020. A new bishop of the Southeastern Iowa Synod will be elected at the Synod Assembly to be held May 1-3, 2020 in Coralville, IA.

The election of a new bishop is a process by which a "pastor of the synod" is called. Similar to the process a congregation undertakes when calling a new pastor.

### Synod Ministry Profile

In order to assist the people of the Southeastern Iowa Synod to prepare for the election of a bishop in 2020, the Synod Ministry Profile Committee has created a description of the current status of ministry in and around this synod, noting in particular opportunities, challenges, and pressure points.

Copies of the Profile are available on the counter in Fellowship Hall or you can go to the Synod's website for additional information

<https://seiasynod.org/bishopelection/>



## Palestine Lutheran Church Worship & Study Opportunities- October 2019

The "dial in" number for the worship service is no longer available.

### Tuesday, October 1

6:30-8 p.m. GriefShare @ Slater Methodist Church

### Wednesday, October 2

7:00 a.m. Men's Bible Study

6:30 p.m. Confirmation

### Friday, October 4 & Saturday, October 5

Tri-Synod Women's Fall Retreat @ Bethesda, Ames

### Saturday, October 5

7 a.m. Tri County Men's Bible study @ Ballard Creek

### Sunday, October 6 17<sup>th</sup> Sunday after Pentecost

9:30 a.m. Worship: Holy Communion; Children's Church;  
Handout 3<sup>rd</sup> grade Bibles

11:30 a.m. Blessing of the Pets and Care-Takers

### Tuesday, October 8

6:30-8 p.m. GriefShare @ Slater Methodist Church

### Wednesday, October 9

7:00 a.m. Men's Bible Study

6:30 p.m. Confirmation

### Friday, October 11 thru Sunday, October 13

Riverside Fall Jr Recharge (grades 3-6)

### Saturday, October 12

7 a.m. Tri County Men's Bible study @ Ballard Creek

9 a.m. Fall Cluster 1 Women's Gathering @ Memorial  
Lutheran, Nevada

### Sunday, October 13 18<sup>th</sup> Sunday after Pentecost

9:30 a.m. Worship: Children's Church; Baptism of Julianne  
Schaudt

### Tuesday, October 15

6:30-8 p.m. GriefShare @ Slater Methodist Church

### Wednesday, October 16

7:00 a.m. Men's Bible Study

6:30 p.m. Confirmation

### Saturday, October 19

7 a.m. Tri County Men's Bible study @ Ballard Creek

### Sunday, October 20 19<sup>th</sup> Sunday after Pentecost

9:30 a.m. Worship: Holy Communion; Children's Church

### Tuesday, October 22

6:30-8 p.m. GriefShare @ Slater Methodist Church

### Wednesday, October 23

7:00 a.m. Men's Bible Study

6:30 – 8 p.m. Confirmation

### Saturday, October 26

7 a.m. Tri County Men's Bible study @ Ballard Creek

### Friday, October 25 thru Sunday, October 27

Riverside Fall JH Recharge (grades 6-9)

Sunday, October 27 Reformation Sunday

9:30 a.m. Worship: Holy Communion; Affirmation of Baptism/Confirmation; Children's Church

Tuesday, October 29

6:30-8 p.m. GriefShare @ Slater Methodist Church

Wednesday, October 30

7:00 a.m. Men's Bible Study

6:30 – 8 p.m. Confirmation

**Daily Discipleship** themes which will be used for Wednesday morning Men's Bible study (uses the text for the following Sunday). They are available on the ELCA website—

[www.elca.org](http://www.elca.org) → Resources → Downloadable Resources → Bible Studies

Oct 6 17<sup>th</sup> Sunday after Pentecost –

**Primary Text:** Luke 17:5-10

**Discipleship:** *A New Response*

Oct 13 18<sup>th</sup> Sunday after Pentecost –

**Primary Text:** Luke 17:11-19

**Discipleship:** *A New Gratitude*

Oct 20 19<sup>th</sup> Sunday after Pentecost –

**Primary Text:** Luke 18:1-8

**Discipleship:** *A New Persistence*

Oct 27 Reformation – **Primary Text:** Romans 3:19-28

**Discipleship:** *A New Law on our Hearts*

Nov 3 All Saints Sunday – **Primary Text:** Luke 6:20-31

**Discipleship:** *A New Blessing*



**Bible Presentations to Third Graders –**

October 6th during worship

As part of the Festival of All Saints on November 3 we will be remembering the faithful who have departed their life and have now taken their places among the members of the Church Triumphant in the past 24 months. During the Prayers of Intercession Pastor will read from a shepherd's book names that have been



submitted. He has used this book on each All Saints' Sunday during his ministry. If you have the name of a spiritual friend, mentor, family member or co-worker that you want to include in the prayers on All Saints Sunday please print the name in the book on the table in the North Hall; email their name to the church [PLC@huxcomm.net](mailto:PLC@huxcomm.net) or to Pastor Eric at [ericklimpel@gmail.com](mailto:ericklimpel@gmail.com). We will also include names in the bulletin of those members of Palestine who have departed their life and have now taken their places among the members of the Church Triumphant since last All Saints Sunday and also the newest saints in our church family who were baptized this past year.

**Our pets are a blessing to us...**



**...Join us in blessing them!**

**Blessing of the Pets and their Caretakers** - Oct 6th at 11:30 am behind the parsonage next door to the church (east side). Park in the lot across the street.

Bring your pets (horse, dog, parrot, guinea pig, etc.) for a blessing service and fellowship. Please have all pets leashed, crated or caged. This is a traditional worship service offered around the commemoration of St. Francis of Assisi because Francis was a champion of creation and all of earth's creatures.

**"Palestine Usher Ministry 2019"**



Thank you for those who signed up to be an usher. We are trying a different

approach and asking those willing to serve as ushers to sign up for times when they are available to serve. If you weren't able to sign up when sheets were passed at church and would like to serve as an usher, let Pastor Eric know and he will send you a "sign-up genius" invite in order to allow for scheduling on-line. A hard copy sign up is also available on the counter in Fellowship Hall.

An updated duties sheet is available on the counter in Fellowship Hall and in the bell tower (light's closet). There may be times when these duties are altered on a given Sunday but these are the standard responsibilities. Confirmation students and acolytes might assist you as well during the service, so please use them when possible to help. (Acolyte sign up are pending).

Thank you for serving in this welcoming ministry.

### **Palestine Lutheran "Listening in Love" Project**

Our congregation is growing and engaging with new leadership, young families and a renewed building. We have assets like a parsonage, new kitchen and wonderful grand piano. Our worship has grown with media support and children's church experience. God has not only blessed us with these things but invites us into God's purpose for this place and people. Over the next few months you and I will be encouraged to pray and consider together what God is calling us into as a congregation. We need to listen for God's voice in our midst and we begin by listening to one another, as well as our communities in which we live day to day.

Our congregation council has put together a listening team of five people (*Mark Pote, Jen Pote, Vallery Eisenmann, Robin Doty and Pastor Eric Klimpel*) who will be having conversations with individuals in the congregation about what God is up to in our midst. We will be conducting conversations starting October 13 until December 8th with the intent of discerning what we hear for a report to be shared with the Body of Christ as well as our leaders in council. Together with the Holy Spirit's guidance we will consider what "the new right step" will be for Palestine in its living out of God's calling here. If you would like to get involved right away then please sign up and you will be contacted by someone from the listening team for about a 30 minutes conversation. - Sign up on clip board - Name best time to call.



### **Volunteer schedule**

#### Greeters

10/6 Lynae & Josh Kruse  
Holly & Wade Twedt

10/13... Jean Saveraid  
Deidre Qual

10/20... Doreen Blackmer  
Tony & Jamie Ness

10/27... Troy & Jodi Calvert  
Monica Ewing

#### Acolytes -

10/6

10/13....

10/20....

10/27....

#### Lectors -

10/6

10/13....

10/20....

10/27....

#### Sunday Fellowship

Families who greet also serve beverages for fellowship.

#### Communion Assistants

10/6...Tracy Rhoads, Lora Young  
10/20..David & Vallery Eisenmann  
10/27...to be determined

#### Offering Counters

Cindi Thomas, Nancy Fausch, Brad Lewis

#### Altar Guild

Pat Martin, Cindi Thomas

#### Mowing volunteers

Sept 30-Oct 6.....

Oct 7-13

Oct 14-20

Oct 21-27

Oct 28-Nov 3

#### Deliver Food Pantry donations for Oct.

#### Ushers

10/6

1. Brad Lewis

2. Bob Snider

3. Mark Doty

4.

10/13

1. Chris Richter

2. Brad Lewis

3. Timothy Wise

4. Mark Doty

10/20

1. Doug Schonhorst

2. Brad Lewis

3. Bob Snider

4.

10/27

1. Brad Lewis

2. Bob Snider

3.

4.

Year of Sharing & Caring - for donations for the Huxley area Food Pantry. "October is **Autumn colors** month at the food pantry - please donate items having the colors of orange, brown, red - canned oranges, canned sweet potatoes, spaghetti-o's, carrots, ramen noodles, canned pumpkin, red beans & rice, etc."

Sponsored by Palestine Mission Outreach Committee.

## September



## October

- |                         |                       |
|-------------------------|-----------------------|
| 1 - Evans, Allen 'Pete' | 24 - Millang, Dennis  |
| Morford, Lily           | 25 - Larson, Diane    |
| 2 - Johnson, Hannah     | Larson, Zachary       |
| Ness, Taylor            | 27 - Harmon, Jennifer |
| 3 - Twedt, Holly        | 28 - Lewis, Sienna    |
| 4 - Ness, Paul          | 30 - DeHaven, Hayden  |
| Saveraid, Grace         | Engler, Annabelle     |
| 5 - Johnson, Ethan      | Pote, Jen             |
| Kochheiser, Sue         | Schmidt, Chandler     |
| Larson, Jacob           | Wise, Hunter          |
| 8 - Gotta, Jim          | 31 - Shaffer, Sam     |
| Locker, Rose            |                       |
| 10 - Calvert, Colby     |                       |
| Hill, Heather           |                       |
| 13 - Morse, Monica      |                       |
| 14 - Brendeland, Mabel  |                       |
| Moore, Roger            |                       |
| 15 - Elliott, Monroe    |                       |
| 17 - Engler, Benjamin   |                       |
| 19 - Larson, Nickolas   |                       |
| 20 - Sheldahl, Lisa     |                       |
| 21 - Fausch, Nancy      |                       |
| 22 - Baldwin, Seth      |                       |
| 23 - Emerson, Julie     |                       |

### *Celebrating Their* **ANNIVERSARY**

#### OCTOBER WEDDING ANNIVERSARIES

- 3 - Rick & Lisa Sheldahl
- 8 - Eric & Janell Van Gorp
- 22 - Scott & Megan Brendeland
- 23 - Charles & Mary Brendeland
- 24 - Kevin & Jill Rahner (10<sup>th</sup>)
- 26 - Tom & Jenny Gallagher
- 28 - Dax & Haylie Clark

If your birthday or anniversary was not included or is listed incorrectly, please contact the church office so we can update our

### Remember in Prayer

The following were included in the Prayers of the Church during September: Anita Brendeland; Valerie Brendeland; Joan Carson; Alisha Cox; Bev Echtenkamp; Marvin Edwards; Lowell Elliott; Tom Getz; Jackie Greene; Warren Johnson; Ralph Kalsem; Kevin Klingbeil; Rob Larson; Merlin Lyon; Loree Ness; Chuck Ostermeier; Shannon Tope; Marissa Vermeer; Nova Lynn Walte; Arlene Wee; Sarah JoAnn Young; Phil Zeller  
Famiy & friends of Wanda Halverson; Bonny Erickson; Don Trautner

- Our Compassion International child Roberto Junior Perez Barreto in Columbia.
- Those impacted by hurricanes, flooding, earthquakes, tsunamis, storms, tornadoes, drought & wild fires.
- Those impacted by terrorist attacks around the world & also here at home.



The Ballard Ministerial Association is offering a GriefShare Support Group this fall. Our first meeting was September 10 at 6:30-8 pm. We meet on Tuesdays at 6:30 pm at the Slater Methodist Church, 401 Story Street, Slater. Pastor Padma Templeton, Slater Sheldahl Methodist Church, Kris Polich, and Pastor Eric Klimpel, Palestine Lutheran Church, will be facilitating this group. Questions contact: [ericklimpel@gmail.com](mailto:ericklimpel@gmail.com) or call [936-444-3895](tel:936-444-3895).

GriefShare is a network of 12,000+ churches worldwide equipped to offer grief support groups. The program is nondenominational and features biblical concepts for healing from your grief. Learn more about GriefShare at [www.griefshare.org](http://www.griefshare.org).

### Support and encouragement for your grief journey. The care you need. Information you can trust.

After the funeral, when the cards and flowers have stopped coming, most of the people around you return to their normal lives. But your grief continues and you feel alone.

Often, friends and family want to help you, but don't know how. That's the reason for GriefShare. The group is led by caring people who have experienced grief and have successfully rebuilt their lives. We understand how you feel because we've been in the same place. We will walk with you on the long path through grief toward healing and hope for the future.

GriefShare is a support group that offers 13 seminar topics (which began September 10<sup>th</sup>). Each session is "self-contained". Topics & description available on website.

Church Office: 515/597-2620  
 Fax number: 515/597-2621  
 Website: [www.plchuxley.com](http://www.plchuxley.com)  
 Secretary's Office: 515/597-2624  
 Church e-mail is: [PLC@huxcomm.net](mailto:PLC@huxcomm.net)  
 Pastor Eric Klimpel's email: [ericklimpel@gmail.com](mailto:ericklimpel@gmail.com)  
 cell: 936/444-3895

### Treasurer's Report Treasurer's Report

Balance on hand September 8, 2019	
Checking Account	\$ 19,573.40
General Fund	\$ 4,840.50
Designated Funds	\$ 14,732.90
Benevolence	915.00
Building Improvement	438.96
Technology	3,384.00
Kitchen	1,773.17
Parsonage	3,249.69
Confirmation	1,672.92
Evangelism/Fellowship	1,429.69
Piano Fund	992.14
Maland Fund	827.33
ROCK	50.00

Principal balance for building improvement loan \$ 3,584.64  
 Principal balance for general fund operating loan \$5,200.00  
 (as of September 8, 2019)

**Next Council Meeting** – Sunday, Oct 6<sup>th</sup>, 2019 at 8 a.m.

<b>Church Council 2019</b>	Pastor Eric Klimpel
President: Kristin Shelton	Council: Nels Dovre
Vice President: Tim Wilson	David Eisenmann
Secretary: Ellen Longnecker	Brent Emerson
Treasurer: Deidre Qual	Candi Engler
Financial Sec'y: Dick Kepler	Cynthia Johnson
	Brad Lewis
	Jen Pote
	Jean Saveraid



is Pastor Appreciation  
 Month

## THANK YOU!

*"I always pray for you with a heart full  
 of joy because you have been our  
 partner in ministry." Philippians 1:3-5*

### Minutes - Palestine Lutheran Church Council Meeting

[not yet approved]

**Sunday, September 8<sup>th</sup>, 2019 @ 8:00 AM**

Tim Wilson, Nels Dovre, Candice Engler, Kristin Shelton, Pastor Eric, Deidre Qual, Dick Kepler, Brad Lewis, Ellen Longnecker

Devotions: Kristin Shelton

Goals and reflections:

Backpack blessings went great!

Confirmation kick off was good!

Children church is off to a good start!

Minutes from previous meeting: Nels motioned to approve minutes. Brad Lewis seconded the motion. Motion passed unanimously.

Treasurers report: Brad motions to approve treasurer report. Nels seconded the motion. Motion passed unanimously

Pastor's report: Refer to Pastor Eric's report.

Old/New Business:

VBS: We will be doing it ourselves this year with Fjeldberg. 6:00-8:30PM

Technology: Joe Russell has been helping and put together a few quotes to review.

October 6<sup>th</sup>

Devotions: Jean

Treats: Brad

Closed with Lord's Prayer

**Community Events** - Check bulletin board & counter in Fellowship Hall for additional announcements & information.

### **Thank you for Helping Us Create School Kits for Lutheran World Relief**



We have gathered 25 complete school kits! They will be shipped October 19<sup>th</sup>. Please bring any kits or items you have before that date and place them on the counter in the workroom (area outside of offices). ?s talk to Oriett.

### **God's Work, Our Hands Sunday – Sept. 8, 2019 -**



"God's work. Our hands." Sunday is an opportunity to celebrate who we are as the Evangelical

Lutheran Church in America - one church, freed in Christ to serve and love our neighbor. The 2019 dedicated day of service was Sunday, Sept. 8.

Service activities offer an opportunity for us to explore one of our most basic convictions as Lutherans: that all of life in Jesus Christ - every act of service, in every daily calling, in every corner of life - flows freely from a living, daring confidence in God's grace.

You work every day to make your community a better place. Let us continue doing this work together in 2019! On Sunday, September 8<sup>th</sup>:

10 Workers helped at church making quilts as part of Palestine Piecemakers efforts.

47 Workers (35 from Palestine and 12 from Fjeldberg) travelled to Iowa Gardening for Good and harvested produce - 39 pallets of watermelons (36,370 pounds) and 2,787 pounds of cucumbers.

A special thanks goes to the Evangelism/Fellowship Committee for making sack lunches for the workers.

### **Blood Drive October 8**

We count on your support so consider giving blood – A Blood Drive will be at **Palestine** on **Tuesday, October 8 from 3-7 p.m.** You may schedule an appointment to donate blood by going online [www.bloodcenterofiowa.org](http://www.bloodcenterofiowa.org) or by calling 1-800-287-4903. Previous donors will be contacted by email or phone. You may also sign up with Deb Moore in Fellowship Hall following worship.

To be eligible to donate, donors must be at least 16 years of age (16 and 17 year old first time blood donors must have a signed parental/guardian consent form). Donors must weigh at least 120 pounds and be in general good health. An ID pre-printed with the donor name is required at registration. Donors are encouraged to eat a good meal and drink plenty of water before donating blood.

St Petri Lutheran Church in Story City will be hosting their 30<sup>th</sup> Annual Turkey Supper on Saturday, October 19<sup>th</sup> from 5-7. The cost is \$12 for adults and



\$5 for children 12 and under. The supper is served family style and includes roast turkey, dressing, potatoes and gravy, sweet corn, coleslaw, cranberry relish, dinner roll and homemade pie. St. Petri is handicap accessible by entering the north door on the parking lot. Carry outs are also available at the north door. All those planning to dine with us please enter through the main Sanctuary doors to the south. Please join us that evening at 804 Grand Ave.

Want to learn how to make your own Kringla & Lefsa? Start autumn off right with a chance to learn to make your own kringla & lefsa.

Nazareth Lutheran Church will have kringla classes on Saturday September 28 and October 5 both days at 9:00 am. Come for one or both days.

Lefsa classes will be October 19, October 26, November 2 and November 9<sup>th</sup>. Each day at 9:00 am. Come for as many days as you would like.

Check with the church to enroll in class.

**Vær så god** (you're welcome)  
**Join us for our 30<sup>th</sup> annual kumla supper**  
at Palestine Lutheran Church, 1375 Hwy 210, Huxley  
Saturday, November 9, serving from 5 to 7 p.m.

Cost: \$10.00 for adults; \$5.00 for children under 10.

Carryout available

♥ Sign up to help with **Kumla Supper** – November 9 – It takes many hands to make this possible! Sign up sheet on counter in Fellowship Hall. Thank you!





Riverside Rd, Story City, IA 50248  
1-800-372-7748

[rlbc@riverside.org](mailto:rlbc@riverside.org)

[www.RiversideLBC.org](http://www.RiversideLBC.org)

"To Know Christ and to make Christ known to all."

[Juniors Recharge](#) (grades 3-6) — October 11-13

[Junior High Recharge](#), (grades 6-9) Session 1 —  
October 25-27

[Junior High Recharge](#), (grades 6-9) Session 2 —  
November 1-3

[Senior High Recharge](#) (grades 9-12) — November 15-17

Thrivent Giving Tuesday Riverside Event — December 3 (details to come!)

### Recharge - We Are Known!

John 10:14 says, *"I am the good shepherd; I know my sheep and my sheep know me."*

One thing we know your youth are looking forward to as we head into fall is Recharge season! Our year-round team is enthusiastically preparing some outstanding weekends of worship, outdoor fun, skits, and more focusing around this important scripture and truth. Check out our [website](#) for more information on what a Recharge is all about, what weekend options are available for the different ages, and also to [register](#)!

Fee: \$75 (A \$25 deposit is required to register, balance may be paid upon arrival. The deposit is non-refundable and non-transferable. If registering less than one week before the recharge, please add \$5)

- Arrival is from 7:30-8:20pm on Friday, please do not arrive before 7:30pm.
- Recharge ends at noon on Sunday (pickup at cabins).
- You may want to bring some extra money as the camp store will be open selling candy, soda, t-shirts, and other great camp gear.
- Please bring your Bible, pen or pencil, paper or notebook, sleeping bag or bedding, flashlight, and warm clothes for lots of outdoor activities.
- Please DO NOT bring cell phones, gaming devices, iPods or MP3 players, any type of electronics, expensive jewelry, or food.



### Warming Hearts with God's Love & a Good Pair of Mittens

Far too often, children arrive at LSI's Beloit and Bremwood Residential Treatment Centers with very little in their possession.

We give thanks for Iowa congregations who faithfully respond to these needs, year after year! As winter approaches, LSI relies on your loving support to meet the demands for winter apparel for children and youth at Beloit and Bremwood.

Children in residential treatment have little control over their lives, so it's important for us to give children the opportunity, when possible, to shop for their new coat or mittens. Because of this, we ask that you please not donate articles of clothing. With your generous financial donation, many children will have the simple joy of choosing their new coat, knowing that they are loved and cherished.

If you would like more information, please contact Deb Whitford, LSI director of philanthropy and church relations, at [Deborah.Whitford@LSIowa.org](mailto:Deborah.Whitford@LSIowa.org) or 563.676.2065.

*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 LSI (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 [www.LSIowa.org](http://www.LSIowa.org) and [www.facebook.com/LSI.iowa](http://www.facebook.com/LSI.iowa).*

### "Thank You, God"

Every week, when 8-year-old Chase met with LSI's Pastor Dennis Bauer, he would ask to pray for "the same old thing: to find a good, loving forever family."

Chase is in third grade. But in his young life, he has already experienced trauma most of us cannot fathom. When Chase was 6, he was removed from his home and his mother's parental rights were terminated. He felt confused, terrified, and shocked. Chase struggled to cope with his anger and emotions. He acted out and became physically aggressive. Chase needed help, and LSI's Beloit Residential Treatment Center in Ames offered that help.

After arriving at Beloit, Chase quickly became involved in LSI's voluntary Spiritual Life program, where he participates in faith-based activities like art and music. Through regular meetings with Pastor Dennis, Chase says he is focusing on his faith and "trusting in God and saying prayers."

Outside of Spiritual Life, Chase is also learning healthy skills through group therapy to help him cope on the difficult days.

Now, Chase is thriving. His confidence is building every day, and he has big plans for his future. He wants to be a surgeon when he grows up, and he dreams of learning to bake and do woodworking. And the immediate future is looking pretty bright, too: Chase is in the process of being adopted.

During a recent visit with Pastor Dennis, Chase prayed a different prayer: "Thank you, God, for giving me a family."



Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends or coworkers.

Despite mental

illnesses' [reach and prevalence](#), stigma & misunderstanding are also, unfortunately, widespread.

That is why each year, during the first week of October, NAMI and participants across the country raise awareness of mental illness. Each year, we educate the public, [fight stigma](#) and provide support. And each year, our movement grows stronger.

We believe that mental health conditions are important to discuss year-round, but highlighting them during Mental Illness Awareness Week provides a dedicated time for mental health advocates across the country to come together as one unified voice. Since 1990, when Congress officially established the first full week of October as Mental Illness Awareness Week (MIAW), advocates have worked together to sponsor activities, large or small, to educate the public about mental illness.

NAMI Central Iowa Office and Wellness Center  
Call 515-292-9400 or email [namiofci@gmail.com](mailto:namiofci@gmail.com)  
for more information.

NAMI Central Iowa, 424 5th St., Ames, IA 50010  
Website: <https://namici.org/>

A stigma is a mark of disgrace associated with a particular quality or person. Even in today's more-progressive society, people often foster stigmas toward those who have a mental illness. These stigmas lead to discrimination, misunderstanding and fear. And these stigmas stifle progress toward leading better lives.

**LET'S BE STIGMA-FREE IN CENTRAL IOWA.**

### **Stigmas are born from misunderstanding—so let's start educating ourselves and others.**

Learn the facts about mental illness and help spread them to others. Don't stand by as others keep stereotypes and misinformation alive. When we learn what mental illnesses are, their causes and symptoms, their treatments and how to talk about them, we're helping to dispel stigmas and provide the support and help those with mental illness need.

### **Stigmas overshadow individuals — so let's see each person and not define them as their illness.**

Many Central Iowans live with a mental health condition, and no two people have the same story, experience or journey. Don't see your neighbor as the depressed guy but instead the man who has depression. Don't let your friend be anxious but someone who suffers from anxiety. Listen to people's unique stories. Treat others — all others — with kindness and empathy.

### **Stigmas dissuade people from helping make a difference — so let's show we care and take action on mental health issues.**

Those with mental illness often struggle to find treatment and recovery in our mental health care system. Help us make support and hope accessible to Central Iowans, and others, by pushing for better legislation and policies.

[Join the campaign](#) to turn stigma into hope.  
[HTTP://WWW.NAMI.ORG/STIGMA](http://www.nami.org/stigma)

The National Day of Prayer for Mental Illness Recovery and Understanding has been designated as the Tuesday (October 8, 2019) of [Mental Illness Awareness Week](#). The prayers and actions of both faith communities and secular organizations (e.g. NAMI, NMHA, DBSA, OCF, ADAA, etc.) are needed to restore mental wellness in America. In seeking God's guidance, we can recommit ourselves to replacing misinformation, blame, fear and prejudice with truth and love in order to offer hope to all who are touched by mental illness.