



Garden of Reading!

Emanuel Newsletter

Happenings at Emanuel!

Saturday, July 04—Father’s Day

Monday, July 13—Ale & the Almighty

Tuesday, July 14—ROMEO’s (and Friends) Meet

Sunday, July 19—Blood Pressure Checks & Church Council Meeting

Monday, July 20—Newsletter Articles Due

Tuesday, July 21—Book Club Meets

Tai Chi each **Monday** and **Thursday** morning at 10 a.m. in the upstairs Youth Center.
Bible Study each **Thursday** at 9:30 a.m. in the upstairs conference room.

Mission Statement:
Forgiven by Grace,
Serving by Faith

Vision Statement:
To Grow in Faith, Love,
and Spirit



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Spiritual Practices for Self-Care: Caring for the Life God Has Given You

By Pastor Cara Knutson

When we hear the words *self-care*, we sometimes picture indulgence or luxury. Yet Christian self-care is something much deeper. It is the practice of receiving our lives as gifts from God and tending to our bodies, minds, and spirits so that we can love God and our neighbors with greater joy and faithfulness.

Jesus regularly modeled this rhythm. Throughout the Gospels, we see him withdrawing to quiet places to pray, resting after periods of intense ministry, sharing meals with friends, and trusting the Father's care. These moments were not distractions from his ministry—they were part of it.

In a world that often celebrates busyness, spiritual practices remind us that our worth is not measured by our productivity. We are beloved children of God before we accomplish a single task.

This month, consider incorporating one or two simple spiritual practices into your daily life:

- Begin each morning with a brief prayer of gratitude before reaching for your phone.
- Spend ten minutes reading a passage of Scripture and sitting quietly with God.
- Take a prayer walk, noticing the beauty of creation and offering thanks.
- Practice Sabbath by setting aside regular time for worship, rest, and delight.
- End the day with a simple reflection: *Where did I experience God's presence today? Where do I need God's grace?*

Self-care is not about putting ourselves first; it is about making room for God to renew us. As the prophet Isaiah reminds us, "Those who wait for the Lord shall renew their strength" (Isaiah 40:31). When we allow ourselves to rest in God's love, we are strengthened to serve others with compassion, patience, and hope.

May this season be an invitation to slow down, breathe deeply, and trust that the God who calls you also delights in restoring your soul.



July 5
July 12 Ken Kemmish
July 19 Mike Winter
July 26 Sid Dillon
Aug 2 Chris Nixt



Lutheran Family Services has up to 55 refugees arriving from South Africa. Nine are here already. They get them set up with housing, jobs, school, medical appointments, etc. and keep supporting them for a long period of time.

A box has been placed in the narthex through July for supplies that are needed, and there is a sheet about volunteer opportunities.

Supplies are needed for a Cleaning supplies buckets, Home essentials bundles, and Hygiene kits.

All donations are appreciated!



A Prayer for the 250th Anniversary of the Nation

Gracious and sovereign God, two hundred and fifty years ago, a people dared to dream of something new — and in the long, unfinished work of that dream, you have been present through every generation.

We give you thanks today not for our perfection, but for your faithfulness — for the ways you have called this nation again and again back toward justice, back toward mercy, back toward the neighbor we had forgotten.

On this anniversary, we confess that we are weary. The divisions are deep, the anxieties are many, and the noise of this world makes it hard to hear your still, small voice.

So we ask for rest — the rest that comes not from escape, but from trust: trust that you hold what we cannot, that your purposes will not be undone by our failures, that the arc of history bends, as you have promised, toward redemption.

Renew us, Lord — as citizens, as neighbors, as your people — that from a place of rest, we might rise again to love this land and all who dwell in it with something closer to the love you have shown us.

Through Christ, in whom all things are being made new. Amen.

Come to the Gathering in Des Moines, Iowa July 16-19, 2026!

- Experience electrifying worship
- Connect and build relationships with women of all ages from your church and beyond
- Be inspired by messages from speakers who remind you that you are a miracle
- Learn about and live out the ministry and mission of WELCA
- Participate in service and advocacy
- Run, Walk and Roll with our 5K Fun Run to raise money for women and girls



Learn more & Register:
WELCATG.ORG

Carol Johanna Fahrenkrug

Sep 8, 1949 – Jun 22, 2026



Carol J. Fahrenkrug, age 76, of Treynor, Iowa, passed away at Methodist Hospital June 22, 2026. She was born September 8, 1949, to the late Allen and Delphine (Hekter) Schoening in Council Bluffs, IA.

Carol graduated from Treynor High School with the class of 1967. Carol grew up on the family farm west of Macedonia and attended elementary school there through second grade. Redistricting switched her to Treynor schools, where she spent the rest of her education.

There she met Glen, they married in 1971 and were married 49 years before his passing in 2020. In 1976 they purchased the parsonage at St. Paul Lutheran Church in Treynor, and moved the house to a half acre of the Schoening farmland. There, they raised their children and had many adventures and wonderful fun memories.

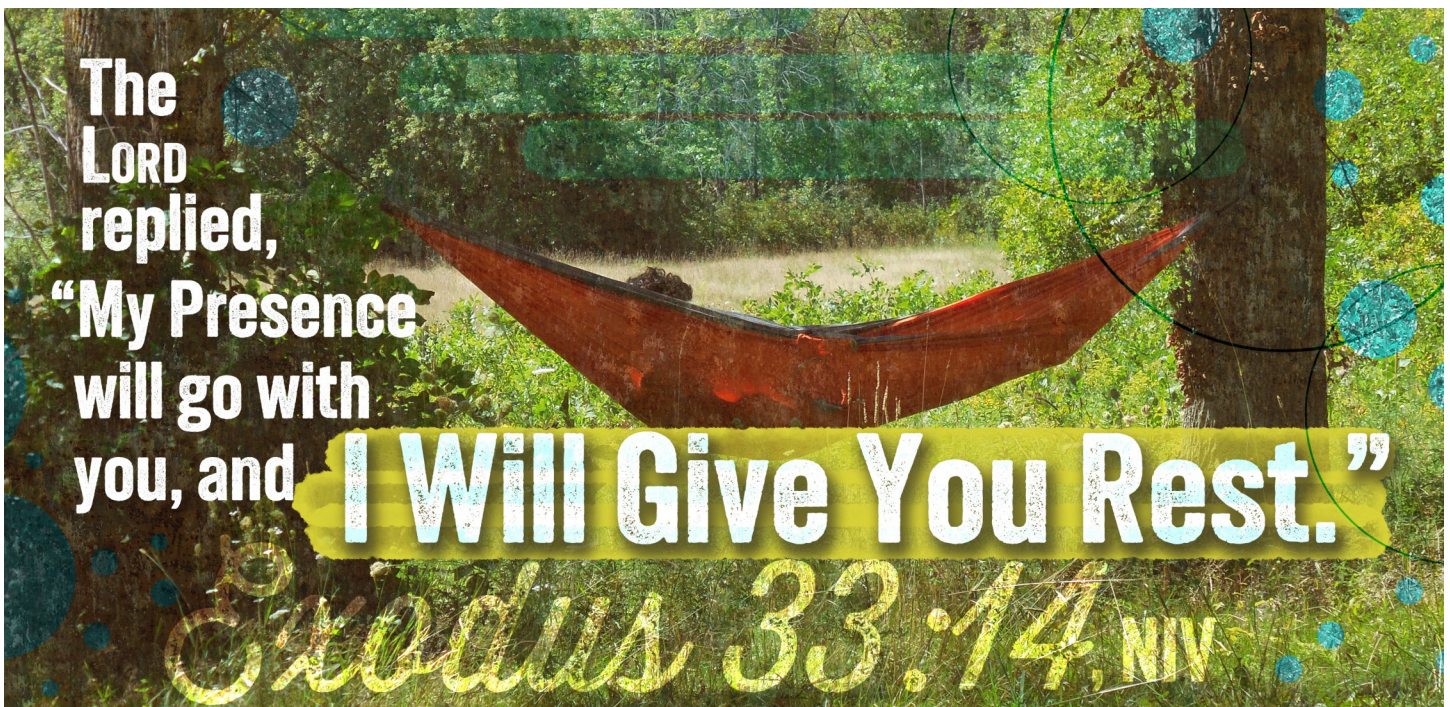
She worked several jobs, including Fashion Bug, JC Penney's, and Grain Dealers Mutual. In her final working years, she worked and retired from Iowa Western Community College in the Admissions Office, and was awarded Employee of the Year in 2012.

Carol loved to go shopping, especially for antiques and vintage pieces for her many collections to decorate her home. She loved everything dealing with Christmas including decorating, making candies with the girls, and coordinating all of her gifts in numerical order.

She loved opening her home and hosting holiday family gatherings and her stitching group while working on her needlepoint and crochet. She was famous for her cooking and wide assortment of salad and dessert recipes. Carol spent many hours planting flowers in the spring and tending to her house plants. She loved attending her kids and grandkids activities, musical performances, and sporting events. She was a member of Emanuel Lutheran Church in Council Bluffs and served in many capacities. She will be dearly missed by her many friends and family.

In addition to her parents, she was preceded in death by her husband, Glen Fahrenkrug; sister, Shirley Mass and brother, Terry Schoening.

Carol is survived by her daughter, Angie Foster of Fremont, Nebraska; sons, Steven (Angela) of Treynor, Iowa and Craig (Mary) of Council Bluffs; sisters, Diane Clausen (Jim) and Joleen Ahart; brother-in-law, Jeff Fahrenkrug; sister-in-law, Sally (Dave) Flippo; grandchildren, Trevor Foster (Jamie), Natalie Floury (Hunter), Chloe Spitsnogle (James Head), Emma Foster, Luella Fahrenkrug, Iris Fahrenkrug, Joshua Fahrenkrug, and Micah Fahrenkrug; great granddaughter, Kaiden Floury; nieces, nephews, and cousins; a host of other family and friends.



Worship Assistant Schedule

(If unable to serve as scheduled, please arrange a substitute and notify the church office.)

| | |
|-----------------------------|------------------------------------|
| Sunday, July 05 | 9:30 a.m. Service |
| Ushers | |
| Lector | Connie Beckman |
| Altar Guild | Chris Reed & CharLes Kemmish |
| Communion Assistants | Chris Reed & Judy Heithoff |
| Visual Tech | Darlene Jeppesen |
| Sound Tech | Mike Hipnar |
| LifeStream Tech | Sherrill Stacy |
| Donut Liaison | Sherrill Stacy |
| Coffee Hour | Judy Heithoff & Richard Reed |
| Sunday, July 12 | 9:30 a.m. Service |
| Ushers | |
| Lector | Joann Blum |
| Altar Guild | Kevin Epperson & Kathy Schneckloth |
| Communion Assistants | Pat Hiller & Kevin Epperson |
| Visual Tech | Darlene Jeppesen |
| Sound Tech | Mike Hipnar |
| LiveStream Tech | Sherrill Stacy & Kathy Schneckloth |
| Donut Liaison | Connie Solon |
| Coffee Hour | Kathy Schneckloth & Connie Solon |
| Sunday, July 19 | 9:30 a.m. Service |
| Ushers | |
| Lector | Mike Winter |
| Altar Guild | Chris Reed & CharLes Kemmish |
| Communion Assistants | Chris Reed & Richard Reed |
| Visual Tech | Darlene Jeppesen |
| Sound Tech | Mike Hipnar |
| LiveStream Tech | Sherrill Stacy |
| Donut Liaison | Richard Reed |
| Coffee Hour | Carol Grieder |
| Sunday, July 26 | 9:30 a.m. Service |
| Ushers | |
| Lector | |
| Altar Guild | |
| Communion Assistants | Pat Hiller & Richard Reed |
| Visual Tech | Darlene Jeppesen |
| Sound Tech | Mike Hipnar |
| LiveStream Tech | Sherrill Stacy |
| Donut Liaison | Sherrill Stacy |
| Coffee Hour | Judy Heithoff & Sherrill Stacy |



We are in need of volunteers for worship assistants (lectors, altar guild, communion assistants, visual tech, livestreaming tech) as well as coffee hour hosts. You can sign-up at emanuelc.org under "ministries". You can also volunteer by contacting Sherrill Stacy at volunteers@emanuelcb.org



VIEW OUR DIRECTORY!

DOWNLOAD "INSTANT CHURCH DIRECTORY" THROUGH THE APP STORE OR GOOGLE PLAY AND SIGN-IN WITH YOUR EMAIL ADDRESS. IF YOU ARE UNABLE TO SIGN-IN, LET MICHAELA KNOW SO SHE CAN CHECK YOUR EMAIL IN OUR SYSTEM.

IF YOU WOULD LIKE A PRINTED COPY OF THE DIRECTORY, PLEASE CONTACT THE CHURCH OFFICE. THERE ARE UPDATES ALMOST WEEKLY, SO THE ONLINE ONE WILL BE THE MOST ACCURATE.



IF YOU HAVE ANY QUESTIONS OR HAVE TROUBLE ACCESSING IT, CONTACT MICHAELA AT OFFICE@EMANUELCB.ORG.



Christianbook
«GIVEBACK»



Emanuel giveback ID:
UDXHMD



Jane Anderson
Bob Bender
Connie Edson
Alan Ellis

Owen Hansen
Sharon Hansen
Norma Heath
Sandy Kanger

Norma Mass
Patty Maxwell
Oscar Over
Abaigh Plummer

Elaine Sasso
Ron Sasso
Ruth Sullivan



July 02

Shelby Clark
Edward Haats

July 03

Greg Steensland

July 04

Jackie Ogg

July 07

Jeffrey Fischer

July 09

Connor Snyder

July 10

Bruce Ellingsen

July 11

Benjamin Hansen

July 12

Tori Hansen

July 15

Mary Lou Johnson

July 17

John Burns
Michele Loos

July 18

Garrett Ashcraft

July 19

Oscar Over

July 21

Matthew Maxwell

July 22

Grant Ashcraft

July 23

Emily Edson
Keven Ferguson

July 23

Cheryl Rowe

July 25

Xander Richards
Jake Ferguson
Autumn Tanner

July 26

Mary Clark
Jordyn Schaal
Miranda Schwartz

July 28

Darryl Petersen

July 29

Kristy Naumann



August 01

William Schademann

August 02

Ryan McSorley

August 03

Debra Ebsen

August 04

Kimberly Egner
Baylee Snyder

August 06

Crystal Nixt

August 07

Andrea Britton

August 08

Peggy Jarrell

August 09

Alexis Gress

August 10

Larry Britton

August 12

Kajanie Schaal

August 13

Dustin Loos

August 15

Kamryn Maxwell
Jessica Winter

August 16

Mike Garrett

August 17

Katelyn Longnecker

August 18

Ben Clark
Samantha Showalter

August 19

Makenzie Shetterly

August 20

Ryan Loos
Erin Miller

August 22

Jordan Hansen

August 23

Mahala Jankowski

August 25

Jeann Foster

August 27

Pamela Sherman
Tyler Steensland
Kali Salda

August 28

Karen Smith

August 29

Alaire Carrier
Charleigh Rickard

August 30

Mark Ellis

August 31

Jack Henderson



July 03

Chris & Amanda Hansen

July 15

Mahala & James Jankowski

July 27

Jakob & Molly Ferguson

July 10

Todd & Jeanine Schademann
Karen & James Smith

July 16

Ridgeway & Danette Hein-Snider

July 29

Brian & Renee Goss

July 23

Suzanne & Thomas Tucker



August 06

Rick & Janice Stone

August 12

Cyndi & John Borwick

August 10

Barry & Tina Larson

August 15

John & Barbara Burns

If we have missed a birthday or anniversary, let us know!
office@emanuelcb.org or (712) 323-9665

God's Work. Our Hands.

Mark your calendar for Sunday, Sept. 13, when congregations of the ELCA will join together for our annual day of service, "God's work. Our hands."

Participating in service projects is one way to celebrate who we are as the ELCA — one church, freed in Christ to serve and love our neighbor.

We are a church that is energized by lively engagement in faith and life. As we continue our tradition of service, we remember the words of Martin Luther, "Our faith is a living, busy, active, mighty thing." With our hands, we do God's work of restoring and reconciling communities in Jesus Christ's name.

If your congregation cannot participate on Sept. 13, you are encouraged to pick another date that fits your schedule. ELCA congregations participate in acts of service every day. This day of service is an extension of the work you already do to make your community a better place.



Be sure to save the date and check resources soon. ELCA.org/DayOfService for updated Go in peace.





JULY

At Emanuel Lutheran Church

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|-----------------------------------|--------------|
| | | | 1 8:30 am Mission Action Quilters Upstairs 9:30 am-3 pm Bobbin Chasers (Community Sewing Group) in community room | 2 9:30 am Adult Bible Study in Conference Room 10 am Tai Chi | 3 <i>Office Closed</i> | 4 |
| 5 9:30 am Worship with Holy Communion & Sunday School 10:30 am Coffee Hour | 6 10 am Tai Chi | 7 5:30 pm Girl Scouts in Community Room | 8 8:30 am Mission Action Quilters Upstairs 9:30 am-3 pm Bobbin Chasers (Community Sewing Group) in community room | 9 9:30 am Adult Bible Study in Conference Room 10 am Tai Chi | 10 <i>Office Closed</i> | 11 |
| Cara out of office | | | | | | |
| 12 9:30 am Worship with Holy Communion & Sunday School 10:30 am Coffee Hour | 13 10 am Tai Chi 6 pm Ale & the Almighty at Glory Days Bar & Grill | 14 8:30 am ROMEO's (& Friends) meet @ Village Inn East 5:30 pm Girl Scouts in Community Room | 15 8:30 am Mission Action Quilters Upstairs 9:30 am-3 pm Bobbin Chasers (Community Sewing Group) in community room | 16 9:30 am Adult Bible Study in Conference Room 10 am Tai Chi | 17 <i>Office Closed</i> | 18 |
| 19 9:30 am Worship with Holy Communion & Sunday School 10:30 am Coffee Hour & Blood Pressure Checks with Crystal 11 am Church Council Meeting | 20 Newsletter Articles Due 10 am Tai Chi | 21 5:30 pm Girl Scouts in Community Room 7 pm Book Club in Conference Room | 22 8:30 am Mission Action Quilters Upstairs 9:30 am-3 pm Bobbin Chasers (Community Sewing Group) in community room | 23 9:30 am Adult Bible Study in Conference Room 10 am Tai Chi | 24 <i>Office Closed</i> | 25 |
| 26 9:30 am Worship with Holy Communion & Sunday School 10:30 am Coffee Hour | 27 10 am Tai Chi | 28 5:30 pm Girl Scouts in Community Room | 29 8:30 am Mission Action Quilters Upstairs 9:30 am-3 pm Bobbin Chasers (Community Sewing Group) in community room | 30 9:30 am Adult Bible Study in Conference Room 10 am Tai Chi | 31 <i>Office Closed</i> | 1 |
| Cara out of office | | | | | | |



AUGUST

At Emanuel Lutheran Church

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|---|------------------------------------|
| 2 9:30 am Worship with Holy Communion 10:30 am Coffee Hour | 3 10 am Tai Chi 11 am Communion at Midlands 10:30 am Music at Bayliss Park with Lori Lynn | 4 8:30 am ROMEO's (& Friends) meet @ Village Inn East 5:30 pm Girl Scouts in Community Room | 5 8:30 am Mission Action Quilters Upstairs 9:30 am-3 pm Bobbin Chasers (Community Sewing Group) in community room | 6 9:30 am Adult Bible Study in Conference Room 10 am Tai Chi | 7 <i>Office Closed</i> | 8 |
| Cara out of office | | | | | | |
| 9 9:30 am Worship with Holy Communion 10:30 am Coffee Hour | 10 10 am Tai Chi 6 pm Ale & the Almighty at Glory Days Bar & Grill  | 11 5:30 pm Girl Scouts in Community Room | 12 8:30 am Mission Action Quilters Upstairs 9:30 am-3 pm Bobbin Chasers (Community Sewing Group) in community room 6 pm Dinner Church | 13 9:30 am Adult Bible Study in Conference Room 10 am Tai Chi | 14 <i>Office Closed</i> | 15 |
| 16 9:30 am Worship with Holy Communion & Sunday School 10:30 am Coffee Hour & Blood Pressure Checks with Crystal 10:45 am Council Meeting  | 17 10 am Tai Chi 6 pm-8 pm Garage Sale Set-Up Newsletter Articles Due  | 18 5:30 pm Girl Scouts in Community Room 6 pm-8 pm Garage Sale Set-Up 7 pm Book Club  | 19 8:30 am Mission Action Quilters Upstairs 9:30 am-3 pm Bobbin Chasers (Community Sewing Group) in community room 6 pm-8 pm Garage Sale Set-Up | 20 9:30 am Adult Bible Study in Conference Room 10 am Tai Chi 6 pm-8 pm Garage Sale Set-Up  | 21 <i>Office Closed</i> 8 am-2 pm Garage Sale  | 22 8 am-Noon Garage Sale |
| Cara out of office | | | | | | |
| 23 9:30 am Worship with Holy Communion, Blessing of Backpacks & Sunday School 10:30 am Coffee Hour  | 24 10 am Tai Chi | 25 5:30 pm Girl Scouts in Community Room | 26 8:30 am Mission Action Quilters Upstairs 9:30 am-3 pm Bobbin Chasers (Community Sewing Group) in community room | 27 9:30 am Adult Bible Study in Conference Room 10 am Tai Chi | 28 <i>Office Closed</i> | 29 |
| 30 9:30 am Worship with Holy Communion & Sunday School 10:30 am Coffee Hour | 31 10 am Tai Chi | | | | | |

COMPANION SYNOD NETWORK

Construction continues at IGUMBILO LUTHERAN GIRLS SECONDARY SCHOOL on a new dining hall and kitchen for the campus. After receiving funds for cement from First/Milford and Bethany/Spencer, individual cement blocks were formed and dried. In April, students helped carry the blocks and pails of cement to laborers who put up walls.

As students carried the blocks, they gave thanks to God for the people of Western Iowa that they will no longer have to eat meals outdoors – “we will eat in a dining hall”! For videos of the students and this construction work, visit the WIS Companion Synods Network facebook® page – “Step by Step – Companion Synod Network”.



Clockwise from above: Walls going up to the sky-thanks be to God!, students carrying cement blocks, students carrying pails of cement, students carrying blocks to laborers as walls go up.



Synod Events

July 6-9
Rostered Ministers Gathering – Indianapolis

July 11
Synod Council Mtg, Synod Office, 10 a.m.


July 16-19
Triennial Gathering-Women of the ELCA, Des Moines




Make sure we have your current address, email and phone number.

If you have something going on where others can help support you, please let us know and we will add it to the calendar.

Follow us on Facebook & YouTube!



Attendance & OFFERINGS



| Services | In-Person Attendance: | Online Views: | Total Attendance: | Weekly Offerings: |
|--------------------------|-----------------------|---------------|-------------------|-------------------|
| Sunday, June 7, 2026 | 41 | 8 | 49 | N/A |
| Sunday, June 14, 2026 | 55 | 9 | 69 | N/A |
| Wednesday, June 17, 2026 | 5 | NA | | N/A |
| Sunday, June 21, 2026 | 33 | 3 | 36 | N/A |
| Sunday, June 28 | 42 | 11 | 53 | N/A |

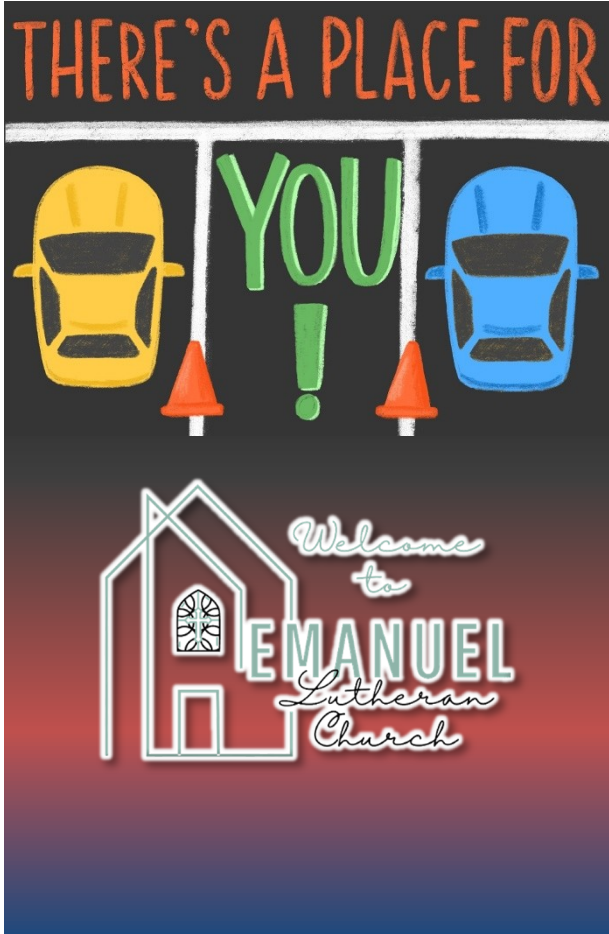
Finance Team Update

| | | Income & Expenses Monthly and YTD |
|--------------------|----------------|--|
| May Income: | \$5,669.00 | YTD Income: \$73,059.28 |
| May Expense: | (-\$14,494.55) | YTD Expense: (-\$80,239.53) |
| May Balance | (-\$8,825.55) | YTD Balance (-\$7,180.25) |
| | | Plus Carryover (-\$5,564.00) |
| | | General Budget Fund (-\$12,744.25) |



2444 North Broadway
Council Bluffs, IA 51503-0499

RETURN SERVICE REQUESTED



Mission Statement: Forgiven by Grace, Serving by Faith
Vision Statement: To Grow in Faith, Love, and Spirit

Contact Us

Emanuel Lutheran Church
2444 N. Broadway
Council Bluffs, IA 51503-0499
(712) 323-9665 Emergencies: (712) 314-0085
Like us on facebook: [facebook.com/emanuellutherancbia](https://www.facebook.com/emanuellutherancbia)
Visit us on the web at: www.emanuelcb.org

Office Hours: Monday –Friday 9 a.m.—3 p.m.

Worship Services:

Sunday at 9:30 a.m. in the worship center followed by coffee hour in the community room. Services are streamed live on YouTube.

Children's Ministry:

Children will be dismissed to Sunday School after the Gospel reading during the Sunday worship service (*September—May*)

Staff:

Pastor Cara Knutson (pastor@emanuelcb.org)
Director of Music Ministries, Cindy Richards (music@emanuelcb.org)
Parish Assistant, Michaela Lewis (office@emanuelcb.org)
Children & Youth Programming, Lori Lynn Ahrends (youth@emanuelcb.org)
Financial Secretary, Darlene Reed
Treasurer, Connie Solon (finance@emanuelcb.org)