

Garden of Readin'



Emanuel Lutheran Church Newsletter

September 2022

Happenings!

Thursday, September 1—Volunteers for Food Pantry Meet at Our Saviors

Saturday, September 3—Craft Inn

Sunday, September 11—Rally Sunday, Potluck

Tuesday, September 13—ROMEO's (and Friends) Meet

Saturday, September 18—Blood Pressure Checks During Coffee Hour, Acolyte Training, Confirmation Class

Monday, September 19—Church Council Meeting

Wednesday, September 21—Newsletter Articles Due

Saturday, September 24—Fall Work Day

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



Our VBS crew the first night!

In This Issue...

A Post from the Pastor	2
Baptisms	2
Out of the Darkness Walk	3
Vacation Bible School	4-5
Birthdays and Anniversaries.....	6
Worship Assistants.....	7
Ways to Serve	7
Church Directory	7
Event Calendar	8
Church Work Day.....	9
MICAH House Mentors Needed	9
Community Events	9
Craft Fair	9
Lutheran Services in Iowa	10
Did You Know?	11
Mowers for September.....	11
Offering & Attendance	11
Finance Team Update.....	11



A Post from the Pastor

BY PASTOR CARA KNUTSON



Here's the church, here's the steeple, look inside and see all the people! It's easy to forget this simple children's message that the church is made up of the people of God gathered together. Scripture tells us wherever two or three are gathered God is present. Sometimes hundreds of people gather together in a majestic cathedral, sometimes a dozen people meet in someone's home—there's lots of ways to be church together.

And I continue to feel so blessed being able to be church with all of you! I love the feeling of belonging that was missing for our family for a long time until we came here. I hope to be a blessing to your families as we gather together to worship and to pray, to fellowship, and grow in our faith.

Maja Angelou writes, "My grandmother took me to church on Sunday all day long, every Sunday into the night. Then Monday evening was the missionary meeting. Tuesday evening was usher board meeting. Wednesday evening was prayer meeting. Thursday evening was visit the sick. Friday evening was choir practice. I mean, and at all those gatherings, we sang." While we don't have that full of a church calendar, with the coming of fall our activity has picked up.

School has started, we've blessed backpacks and young people. Parents adjust routines to get everyone up and dressed and out the door on time, hoping to beat the school traffic. This year Derek's started getting out of the car and walking up to the entrance of the school by himself. I'm proud of him and his growing independence.

Sunday school will resume Sunday September 11 and will continue to be led by our talented Mr. Steve and Miss Lori Lynn. They have lots of fun lined up! Then Sun. Sept. 18 at 11:30 confirmation will resume for the fall. We'll begin our time together with Jr. Acolyte training with our confirmands helping train and teach. My hopes is that between the confirmands and Jr. Acolytes to have an acolyte assist each Sunday.

Saturday September 17 I'll be officiating for my first wedding here at Emanuel which I'm very excited about. That same day the Lewis family invites anyone who's interested to join them in the Out of the Darkness walk in Omaha to help raise suicide awareness and prevention. See Michaela or Steve if you have any questions.

At the end of the month I'll be going to camp at Lutheran Lakeside for the Fall Convocation to gather with other rostered ministers from the synod. Dr. Anna Carter Florence, a well-known theologian, will be our speaker.

Cindy and I are already planning worship and events for Thanksgiving Eve, Advent and Christmas. We will have lots to look forward to in the coming seasons ahead.

See you in church!

Pastor Cara



On July 31st we celebrated the baptism of Vivienne and Novalee Rowe Van Dyke. Vivianne and Novalee are the daughters of Michelle Rowe. Vivianne's baptism sponsors were Jason Rowe and Erica Rowe. Novalee's baptism sponsors were Jennifer Rowe and Darren Rowe.

Out of the Darkness Walk

BY MICHAELA LEWIS

For nine years our family has participated in the Out of the Darkness Walk in Omaha, NE. Steve's cousin died by suicide in 2013, so we walked with his cousin's family and friends the first few years.

A few years ago we had a group from Emanuel walk. It was interesting to see the reaction from others there. We had several people come up and thank us for being there. Often times when it comes to mental health or topics like suicide, those effected have had a negative experience with church leaders, so having us from Emanuel there and acknowledging the issue and showing support had a positive effect.

We would like to have others join us again this year. It will be Saturday, September 17th. Registration begins at 11:30 am and the walk starts at 1 pm. The walk is structured so you can take a short route or longer one. Some people use scooters or bikes instead of walking and pets are welcome.



You can also register to participate virtually if you are unable to come in person. You can also make a donation to the team by scanning the QR code on this page.

This is only a week after the ELCA's God's Work Our Hands Sunday, so it would be a great opportunity to volunteer! They are always in need of help for the event. We volunteered at registration one year, but they also need help with setting up, tearing down, passing out waters or snacks, selling raffle tickets, etc. If you register for the walk it will ask if you are interested in volunteering and their coordinators will find a good fit for you!



It is a humbling experience to see thousands of people come together for this, and see the names on the shirts and signs of those that have been lost by suicide. It effects people of every age, regardless of social circles or economic status.

There are also tables set-up from several local groups and businesses. It is a great way to find out some of the resources in the community.

If you are able to participate or donate, please scan the QR code or visit <https://supporting.afsp.org/team/299694>.

Crisis services

24/7 Crisis Hotline: 988 Suicide & Crisis Lifeline
988lifeline.org If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org. Veterans, press 1 when calling.

Crisis Text Line
Text TALK to 741-741 to text with a trained crisis counselor from the Crisis Text Line for free, 24/7

Veterans Crisis Line
Send a text to 838255

Vets4Warriors

SAMHSA Treatment Referral Hotline (Substance Abuse)
1-800-662-HELP (4357)

RAINN National Sexual Assault Hotline
1-800-656-HOPE (4673)

National Teen Dating Abuse Helpline
1-866-331-9474

The Trevor Project
1-866-488-7386

Suicide Data: United States

Suicide is a public health problem and leading cause of death in the United States. Suicide can also be prevented – more investment in suicide prevention, education, and research will prevent the untimely deaths of thousands of Americans each year. Unless otherwise noted, this fact sheet reports 2020 data from the CDC, the most current verified data available at time of publication (February 2022).

45,979 Americans died by suicide making it the **12th leading cause of death.**



- 3rd leading cause of death for ages 10-19
- 2nd leading cause of death for ages 20-34
- 4th leading cause of death for ages 35-44
- Over one third of people who died by suicide were 55 or older

10% of adult Americans have thought about suicide.

1.2 million Americans attempted suicide.

54% of Americans have been affected by suicide in some way.

See full list of citations at afsp.org/statistics.

Men died by suicide **3.9x** more often than females.

Females were **1.8x** more likely to attempt suicide.

54% of firearm deaths were suicides.

53% of all suicides were by firearms.

In 2019, the suicide rate was **1.5x higher for Veterans** than for non-Veteran adults over the age of 18.



90% of those who died by suicide had a diagnosable mental health condition at the time of their death.

46% of Americans ages 18+ living with a mental health condition received treatment in the past year.

72% of communities in the United States did not have enough mental health providers to serve residents in 2021, according to federal guidelines.



afsp.org/statistics





Thank you to everyone who helped with vacation bible school! We had such a great time! Thank you especially to Stephen Lewis who was our VBS director, Lori Lynn Arends who was our Moo-sic and more leader, Carly Sorensen and Darlene Jeppesen who were our Projects with a purpose leaders, Grace Nixt and Mason Lewis who led out Hog Wild Games, Maja Knutson who was our Bible Adventure leader and Cara Knutson who helped lead our opening and helped with Bible Adventures.

Thank you also to Tayah Nixt who helped with our toddler group. Thank you so much to the parents and grandparents that helped out as well! Part of the expenses were covered by a grant from Thrivent Financial, submitted by Megan Sorensen.

If you would like to see more photos, Michaela Lewis loaded over 150 photos to our facebook page. There is also a slideshow on our YouTube page.



All ready for Bible Adventures, Kennedy Rickard, Shelby Clark, Roux Smith, Leah Clark get comfortable on the couch.



Dressing the part to play on the farm! Stephen Lewis, Lori Lynn Ahrends and Darlene Jeppesen did an excellent job with their farming attire!



Maja Knutson passes out coins while talking about Zacchaeus in Bible Adventures.



Addison Hart and Noah Smith paint flower pots with help from Darlene Jeppesen.



Carly Sorensen helps lead crafts, as Croix Smith works on painting his flower pot. Everyone had their own style of decorating their pot and it was wonderful to see their creativity.



Each day started with music and a skit. Dteve was not a very experienced farmer whos farming skills weren't very good. After he spent some time with a farmer friend, Old McDonald, he was able to grow sun-flowers! The kids learned that when we take time to learn from Jesus teaching we grow closer to him and can accomplish anything.



Our game leaders Mason Lewis and Grace Nixt.



Bubbles surround Lori Lynn and our farm hands as they sing one of our Vacation Bible School songs.



Our farm crew at the end of day two!



THIS MONTH'S
birthdays

Sept. 02
Darlene Jeppesen

Sept. 03
Jonathan Scheffler

Sept. 06
Marlina Davidson

Sept. 08
Carol Fahrenkrug

Sept. 10
Ian Carrier

Sept. 11
Terry Eyberg

Sept. 12
Kevin Epperson
Judi Malloy

Sept. 13
Cheryl Coble

Sept. 15
Ryan Epperson

Sept. 16
Ridgeway Hein-Snider

Sept. 17
Sandy Kanger

Sept. 19
Maxima Spangenberg

Sept. 20
Marcus McGee
Seth Schwartz

Sept. 21
Reegan Haats

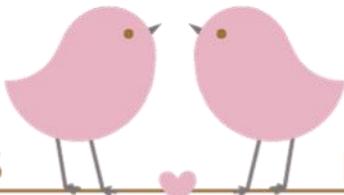
Sept. 22
Norma Mass
Alyson Sorensen

Sept. 24
Deann Over

Sept. 27
Dan Heithoff
Janet Kendall

Sept. 28
Alan Ellis
Alexandra Heithoff

Sept. 29
Leah Clark



THIS MONTH'S
anniversaries

September 8
Robert & Bette Juhl

September 11
James & LaWayne Andersen

September 14
Greg & Linda Steensland

September 17
Elizabeth & Drew Melani
Brittney & Garrett Smith

September 19
Jenny Jarrell-Smith

September 23
Michael & Anita Garrett

September 30
Alan & Kimberly Egner

If we've missed a birthday or anniversary, we apologize. Please let the church office know!
Contact Michaela at (712) 323-9665 or office@emanuelcb.org

Worship Assistant Schedule

(if unable to serve as scheduled, please arrange a substitute and notify the church office of the change)

Sunday, September 4	9:30 a.m. Service
Ushers	Dan & Judy Heithoff
Acolyte	
Lector	
Altar Guild	Char Les Kemmish
Communion Assistant	Char Les Kemmish
Visual Tech	
LiveStream Tech	
Coffee Hour	Carol Fahrenkrug
Sunday, September 11	9:30 a.m. Service
Ushers	Dan & Judy Heithoff
Acolyte	Grace Nixt
Lector	
Altar Guild	Char Les Kemmish
Communion Assistant	Char Les Kemmish
Visual Tech	
LiveStream Tech	
Coffee Hour	
Sunday, September 18	9:30 a.m. Service
Ushers	Dan & Judy Heithoff
Acolyte	Mason Lewis
Lector	
Altar Guild	Char Les Kemmish
Communion Assistant	Char Les Kemmish
Visual Tech	
LiveStream Tech	
Coffee Hour	
Sunday, September 25	9:30 a.m. Service
Ushers	Dan & Judy Heithoff
Acolyte	
Lector	
Altar Guild	Char Les Kemmish
Communion Assistant	Char Les Kemmish
Visual Tech	
LiveStream Tech	
Coffee Hour	

VIEW OUR CHURCH DIRECTORY ON YOUR MOBILE DEVICE!

FREE App for iPhone, iPad & Android



Our church directory is a great resource tool to get to know our church family better!

Simply go to the App Store, search for **Instant Church Directory**  and download the FREE app to begin.

You will use your email address listed in the directory to **CREATE A LOGIN** the first time you use the directory app.

If you're not listed in the directory, **OR** if you have trouble logging into the app, please contact the church office.



Ways you can SERVE

We need YOUR help!

We would love to have you help with worship! Please contact the church office at (712) 323-9665, office@emanuelcb.org or sign-up on our website at: www.emanuelcb.org

This Month's
ACTIVITIES
At Emanuel Lutheran Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 9:30 am Worship with Holy Communion 10:30 am Coffee Hour	29 10 am Tai Chi	30 5:30 pm Girl Scouts in Community Room	31 8:30 am Mission Action Quilters Upstairs 9:30 am—3 pm Community Sewing Group	1 9:30 am Adult Bible Study 10 am Tai Chi 5:30 pm Food Pantry Volunteers meet at OSL	2	3 10 am Craft Inn 
4 9:30 am Worship with Holy Communion 10:30 am Coffee Hour	5 10 am Tai Chi	6 5:30 pm Girl Scouts in Community Room	7 8:30 am Mission Action Quilters Upstairs 9:30 am—3 pm Community Sewing Group	8 9:30 am Adult Bible Study 10 am Tai Chi	9	10
11 Rally Sunday 9:30 am—10:30 am Worship with Holy Communion in worship center 9:30 am—10 am Sunday School in Classrooms, join service after class 10:30 am Coffee Hour with Potluck 10:45 am Wider Ministries Meeting	12 10 am Tai Chi	13 8:30 am ROMEO's (& Friends) meet @ Village Inn East 5:30 pm Girl Scouts in Community Room	14 8:30 am Mission Action Quilters Upstairs 9:30 am—3 pm Community Sewing Group	15 9:30 am Adult Bible Study 10 am Tai Chi	16	17 Wedding of Mason Hiers & Megan Klabunde 
18 9:30 am—10:30 am Worship with Holy Communion in worship center 9:30 am—10 am Sunday School in Classrooms, join service after class 10:30 am Coffee Hour & Blood Pressure Checks with Crystal 11 am Acolyte Training & Confirmation	19 10 am Tai Chi 7 pm Church Council Meeting 	20 5:30 pm Girl Scouts in Community Room	21 8:30 am Mission Action Quilters Upstairs 9:30 am—3 pm Community Sewing Group 	22 9:30 am Adult Bible Study 10 am Tai Chi	23	24 8 am Church Work Day 
25 9:30 am—10:30 am Worship with Holy Communion in worship center 9:30 am—10 am Sunday School in Classrooms, join service after class 10:30 am Coffee Hour	26 10 am Tai Chi	27 5:30 pm Girl Scouts in Community Room	28 8:30 am Mission Action Quilters Upstairs 9:30 am—3 pm Community Sewing Group	29 9:30 am Adult Bible Study 10 am Tai Chi	30	1 10 am Craft Inn



Mentors Needed

The MICAH House is in need of volunteers for their BUDDY Program – a play program that allows kids to be kids while their parents attend classes in the evenings. BUD-DY Program is hosted on Tuesday, Wednesday, and Thursday night from 6 pm—8 pm. Individuals interested in supporting the youngest clients at MICAH House can apply via a form at: <https://bit.ly/3C8HMpU>. They are also in need of food and supplies like pasta, canned vegetables and fruit, and diapers (size 5-6). They have online wish lists through Amazon and Target that can directly ship to them. If you need or want any additional information, please don't hesitate to reach out to Ashley Flater at 712-323-4416 x. 2105 or aflater@themicahhouse.org



Community Events

Good Neighbor Day

LOVE
YOUR neighbor
AS YOURSELF.
Mark 12:31

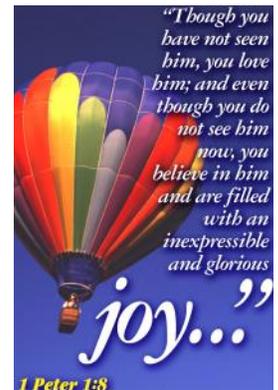
September 7—8 a.m.

Free Flowers! Join Bloomworks for their 17th annual free flower giveaway. Pop in the shop (142 West Broadway, #138) and receive 12 free roses with the intention to keep one for yourself and give the other

11 away to 11 different people. The giving starts at 8 am, first come first serve until supplies run out. Spread the love!! For more Information contact: Alisa Roth at (712) 256-3156 or bloomworkscb@gmail.com

Fields of Flight Hot Air Balloon Festival

September 9 & 10—5:30 p.m. to 9:30 p.m. Join Ditmars Orchard & Vineyard (19475 225th St) for this amazing sight as hot air balloons take to the sky at their scenic Apple Orchard in Council Bluffs! They will have live bands, local vendors, and food trucks! Tickets are available at ditmarsorchard.com. All net proceeds will benefit the American Cancer Society Relay for Life. For more information, contact Ashley Stange at (712) 256-7053 or info@ditmarsorchard.com



Save the date!

October 22

**Proceeds benefit Our Savior's Lutheran
Food & Pet Food Pantry**

Direct Support Professionals Week

Do you know someone who is a caregiver to a loved one? It is a role that is both demanding and meaningful. During September's National Direct Support Professionals Week, we celebrate all the ways in which professional caregivers help children and adults achieve their goals and build meaningful lives.

One way LSI empowers Iowans is through our Services for People with Disabilities. From 24-hour support to occasional respite care, the LSI team lifts up Iowans with disabilities as they find the confidence and independence they need to thrive in their communities. Through our innovative Host Homes program, caregivers can also become mentors to individuals with disabilities, welcoming them into their private family home where they can receive more one-on-one care and encouragement.



If you would like to learn more about how you can support crucial programming like LSI Services for People with Disabilities, please contact Deb Whitford, LSI director of philanthropy and church relations, at 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 LSIowa.org and [Facebook.com/LSI.Iowa](https://www.facebook.com/LSI.Iowa).

A New Home for D.

D. wanted to become more connected to her community, while still ensuring she could receive the care she needed on a daily basis. Through LSI, D. has been able to enroll in the Host Homes program, which provides 24/7 care for individuals with disabilities and mental illness who thrive in a one-on-one setting instead of a busier group home environment.

D. was able to move into a private family home with her Host Homes mentor, Anita, and they have built a friendship and a shared social life. Anita is there to support D. as she works on her personal goals, while D. is still able to get the care she needs.

Currently, one of D.'s goals is to exercise and be-

come more active in the community, so the duo enjoys shopping and walking around the local mall to stay active. Back at home, the two can work on skills – like hygiene and cooking – that make D. feel more independent and confident.

"I like helping D. and seeing her progress and growth in her daily living," Anita says. "When you and the person in your care begin living like a family, when they are able to trust you and open up, then you know you're getting somewhere."

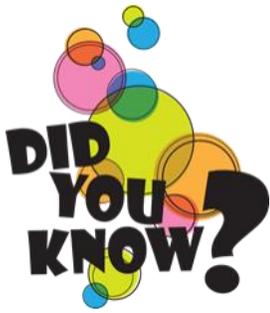
**LSI does not identify the people we serve, except in well-vetted circumstances. The names and some personal details we use in this story have been changed.*



Kevin Epperson and Debbie Ferguson by the sound system and the new cabinet that houses it.

Thank you to Debbie and Keven Ferguson for donating the materials, time and talent making this cabinet for the sound system. It's beautiful and greatly appreciated. Your talent is amazing! Sincerely,
The Music Committee





Being Made Holy

LUTHER'S SMALL CATECHISM,
PASTOR CARA KNUTSON

With confirmation starting back up this month here's my favorite part of Luther's Small Catechism: The Third Article of the Apostle's Creed

The Third Article: On Being Made Holy

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the live everlasting. Amen.

What is this?

Answer: I believe that by my own understanding or strength I cannot believe in Jesus Christ my Lord or come to him, but instead the Holy Spirit has called me through the gospel, enlightened me with his gifts, made me holy, and kept me in the true faith, just as he calls, gathers, enlightens, and makes holy the whole Christian church on earth and keeps it with Jesus Christ in the one common, true faith. Daily in this Christian church the Holy Spirit abundantly forgives all sins—mine and those of all believers. On the last day the Holy Spirit will raise me and all the dead and will give to me and all believers in Christ eternal life. This is most certainly true.





LAWN-MOWING TEAM

Sept 4	Alan Ellis
Sept 11	Mark Ellis
Sept 18	Gary Stinson
Sept 25	Sid Dillon

Thanks for volunteering to mow the church lawn. With eight mowers, we have a nice rotation where we are not mowing all the time. We ask that you mow the lawn **sometime** during your scheduled week, preferably by Thursday. If you have a conflict, just trade dates with someone on the list. Mowing consists of the church lawn and the parsonage lawn. **If you use all the gas in the container, please fill up the container and turn the bill into the church. Keys for the mower and the garage are in the secretary's office. Any questions, problems, or suggestions, call Mark Ellis at 402-699-1472.**



IN PERSON



ONLINE

ATTENDANCE & OFFERINGS





Week of:	In-Person Attendance:	Online Views:	Sunday School Attendance:	Online Sunday School Views:	Total Attendance:	Offerings:
Aug 07	45	27	N/A	N/A	72	\$2,521.00
Aug 14	46	26	N/A	N/A	72	\$565.00
Aug 21	69	27	N/A	N/A	96	\$2,972.00
Aug 28	45	18	N/A	N/A	63	\$932.00

Finance Team Update

Income & Expenses Monthly and YTD

August Income:\$9,308.69
August Expense:.....\$14,224.82
 August Balance.....-\$4,916.14

YTD Income:\$99,475.83
YTD Expense:.....\$96,534.69
 YTD Balance\$2,941.14
Plus Carryover.....\$14,978.52
 General Budget Fund\$17,919.66



Emanuel Lutheran Church

2444 North Broadway
Council Bluffs, IA 51503-0499

RETURN SERVICE REQUESTED



Rally SUNDAY

Sunday, September 11th

Sunday School Starts!
Potluck during coffee hour

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
office@emanuelcb.org
Like us on facebook: facebook.com/emanuellutheranbia
Visit us on the web at: www.emanuelcb.org
Follow us on Twitter at: <https://twitter.com/Lutheranla>

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, Facebook & Twitter

Children's Ministry:

Sunday school is at 9:30 a.m. in the classrooms (September—May)
Our Sunday School Show is posted each Sunday on Facebook & YouTube

Staff:

Pastor Cara Knutson (pastor@emanuelcb.org)
Director of Music Ministries, Cindy Richards (music@emanuelcb.org)
Parish Assistant, Michaela Lewis (office@emanuelcb.org)
Kidz Kamp/Activities, Stephen Lewis (youth@emanuelcb.org)
Financial Secretary, Darlene Reed