

Garden of Readin'



Emanuel Lutheran Church Newsletter

February 2017

Happenings!

Sunday, February 5 —Confirmation Large Group

Friday, February 10 — Food Pantry Volunteers meet at Our Savior's Lutheran

Sunday, February 12—Children's Ministry Event in Youth Center

Friday, February 17—Family Movie Night & Potluck. We will be watching
"Middle School: The Worst Years of My Life."

Saturday, February 25—Mardi Gras Set-Up in fellowship hall.

Sunday, February 26 — Mardi Gras!

Mission
Statement:
Forgiven
by Grace,
Serving by
Faith

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



Our third annual Family Game night on New Year's Eve had a great turn-out! We had approximately 45 adults and children who played games and enjoyed fellowship.

In This Issue...

Periodic Pastoral Ponderings	2
Congratulations & thanks3
Children's Ministries3
Youth Ministries3
Mardi Gras!3
Birthdays & Anniversaries4
Worship Assistants5
Calendar6
Lutheran Services in Iowa7
Tabitha Cluster7
Council Minutes8-9
ELCA World Hunger9
Wednesday Night Menu9
Music Ministry11
Weather & Records11
Attendance & Giving11
Finance Team Update11



Periodic Pastoral Ponderings

(From a guy who likes alliteration a lot)

BY PASTOR LOWELL HENNIGS

I have heard of your faith in the Lord Jesus and your love towards all the saints, and for this reason I do not cease to give thanks for you as I remember you in my prayers. I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us who believe, according to the working of his great power. (Eph. 1:15-19)

Dear friends in Christ,

I am glad to share these words with you this month. They capture how I see our life together as God's people here and now at Emanuel. At our annual meeting we received a vote of ninety percent in favor of going forward with our Daycare Mission project here at Emanuel. We have studied this issue thoroughly, discussed it fully, and prayed over it fervently. I am grateful for your trust in God's goodness and guidance and your willingness to "know what is the hope to which [God] has called you."

This will be the biggest project at Emanuel in thirty years. It is a project that propels us into a future committed to serving the next generations of the faithful in our congregation and community. This project will take a lot of work, a lot of prayer, a lot of faith and a lot of hope. The Holy Spirit richly supplies us here with all of those gifts.

I want you all to know that you renew my hope for the Church through your faithful mission and service here. I do indeed give thanks for each of you and all of you daily as you live and serve in the love of Christ. I pray that the Holy Spirit works through me to grow your faith, hope and love. I know that the Holy Spirit works through each of you and all of you to grow my faith, hope and love. I am honored to serve with you as your pastor.

Please pray for our fine leaders in our congregation in this coming year. Please express your thanks to them for all the time and energy they put into mission and service here at Emanuel and in their daily lives. We will call on our leaders for great things in the next several years, and I know the Holy Spirit will use them to accomplish the mission here at Emanuel.

Thank you again for your patience and persistence, your trust and courage, your love and friendship. I'm looking forward to another great year of serving together.

Yours in Christ,

Pastor Lowell

CONGRATULATIONS: Noah Jay Smith was born January 9th. He is the son of Jenny & Ryan Smith, brother to Ava, and grandson of Peggy Jarrell.



OUR SYMPATHY: We lift up in prayer and express our Christian sympathy to the families of Ray Kanger, Viola Anderson and Cheryl Helle.



THANK YOU: Your prayers, kind words, thoughtful gifts and support when Ray passed away is very much appreciated. Thank you so much.
-Family of Raymond Kanger





Our outing to the YMCA pool at Kirn to celebrate Jesus' baptism.

Children's Ministries

BY MICHAELA LEWIS

Our next event will be February 12th and will feature some fun activities games that may involve getting to whack your favorite friend with a blow-up hammer. Lunch will be provided!

The pool outing on January 15th at Kirn was a lot of fun. Special thanks to Tyler Hansen for being the only adult brave enough to get in the pool with the kids.

The next Family Movie night will be Friday, February 17th. We will have it at a bit earlier time and include a potluck. Plans are to watch the movie "Middle School: The Worst Years of My Life." Based on the novel of the same title, 'Middle School: The Worst Years of My Life' is a comedy that revolves around a sixth grader, *Rafe Katchadorian*, who is tired of his middle school's obsession with the rules at the expense of creativity. Together with his best friends, they decide to start an 'insurrection' to break every rule in the school. (IMDB.com)

Middle School: The Worst Years of My Life

Friday, February 17
6:30 p.m.

Emanuel Lutheran Church
Potluck and Movie! Bring a dish to share and a friend or neighbor!



Mardi Gras

BY DEANN OVER

On Sunday, February 26 from 4:00-6:00p.m. Emanuel's fellowship hall will again be transformed with the sights, sounds and tastes of New Orleans.

Be sure to invite your relatives, friends and neighbors for this family friendly event for all ages.

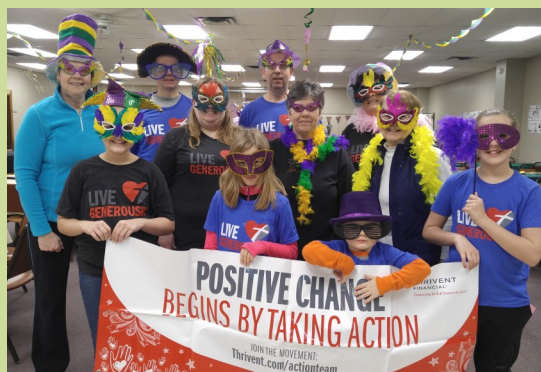
We'll again enjoy jazz and Dixieland music by Emanuel's talented Da Band, Cajun (along with a non-spicy cuisine), King's Cake, cupcakes, photo booth, children's activities and a silent auction!

Brenda Hennigs will coordinate the silent auction items which can be dropped off in the church office during regular business hours or on Sundays. It's always amazing to see the variety of items created by our talented members. Plan to browse the tables lined with silent auction items and enjoy the bidding fun.

So grab your Mardi Gras attire - Don't have beads or masks? - no problem! We'll have beads and masks available!

This will be the 4th year Emanuel will celebrate Mardi Gras and, as in the past, we would love to have assistance in donations for the silent auction, children's activities, set up, clean up, food prep and serving. If you can lend a hand please contact Deann Over.

We plan to decorate the fellowship hall on Saturday, February 25th beginning at 9:00a.m - come join the fun - like this solemn group did last year.



Thank You For Your Support!

BY DEANN OVER

The Children's/Youth Team would like to thank all who attended the lunch following the annual meeting. Free will donated \$284 which will be used toward planning to attend the 2018 ELCA National Youth Gathering.



Thanks to the Hansen (Larry, Tyler and Jesse), Steensland, Nickels, Borwick, Isty, Richards, Lewis, Hipnar, Hennigs, and the See families for their assistance with the lunch. And special thanks to Linda Steensland who prepared all the delicious shredded pork!



Daphne Miller

Glen Fahrenkrug

Lucille Weatherill

Helen Stinson

Bette Ebsen

Dwight Rogers

Andrea Britton

Jeff Smith



Feb. 02 Christina Matuszeski

Feb. 11 Logan Wilson

Feb. 22 Leo Gurnicz

Feb. 03 Melvin Bird
Deborah Zook

Feb. 13 Carla Hipnar
Ernie Techau

Ashley Hipnar
Valerie Schuchard

Feb. 04 Dustin Stairs

Feb. 17 Dennis Beckman
Arlene Betts
Joshua Hubbard
Sandra Smith

Feb. 24 Jason Carrier
Shawn Gallagher
Megan Sorensen

Feb. 06 Rita Epperson
Todd Eyberg
Bethany Spilde

Feb. 25 Nathan Smith

Feb. 07 Phyllis Fowler
Mike Todd

Feb. 19 Taylor Edson
Jay Parker

Feb. 27 Jane Anderson
Rick Croson
Brett Epperson
Donna Nelson

Feb. 08 Angel McGee

Feb. 20 Esther Bender
Matt Jones

Feb. 09 Jane Meyer

Feb. 21 LaWayne Andersen
Sarah Smith

Feb. 28 Jessica Borwick
Crystal Reedy

Feb. 10 Kelsey Carrier
Julie Holland

Feb. 29 Bob Otto



February 5 Sid & Judy Dillon

February 15 Richard & Arlene Betts

February 19 Brad & Penny Dahlke

February 28 Matt & Connie Solon

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

Worship Assistant Schedule

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

Sunday, February 5	9:30 a.m. Service
Ushers	Pat Hiller & Ruth Sullivan
Acolytes	Lauren Hansen & Shae Nickles
Lector	Elaine Sasso
Children's Message	Rosie Spangenberg
Communion Assistants	Elaine Sasso, Jolene Hansen & Peggy Jarrell
Communion Set-Up	Jim & LaWayne Andersen
Visual Tech	Darlene Jeppesen
Sunday, February 12	9:30 a.m. Service
Ushers	Pat Hiller & Ruth Sullivan
Acolytes	Owen Hansen & Kylie Hansen
Lector	Greg Steensland
Communion Assistants	CharLes Kemmish, Connie Solon & Elaine Sasso
Communion Set-Up	CharLes Kemmish
Visual Tech	Peggy Jarrell
Sunday, February 19	9:30 a.m. Service
Ushers	Pat Hiller & Ruth Sullivan
Acolytes	Tyler Steensland & Amari Johnson
Lector	Elaine Sasso
Children's Message	Brenda Hennigs
Communion Assistants	Jolene Hansen, Kevin Epperson & Oscar Over
Communion Set-Up	Connie Eyeberg & Carol Fahrenkrug
Visual Tech	Brenda Hennigs
Sunday, February 26	9:30 a.m. Service
Ushers	Pat Hiller & Ruth Sullivan
Acolytes	Dakota Hopkinson & Owen Hansen
Lector	Linda Steensland
Children's Message	John Husmann
Communion Assistants	Robert Vergamini, Jolene Hansen & Peggy Jarrell
Communion Set-Up	Jeanine Schademann
Visual Tech	Elaine Sasso

If you are interested in helping with worship, please contact the church office, (712) 323-9665, emanuellutherancbi@msn.com or sign-up on our website at: <http://emanuellutherancbi.wix.com/emanuel>



Altar Flowers

February 5

February 12

February 19

February 26

The flower sign-up is on the bulletin board above the usher stand.



February 5

Tyler & Jamie Hansen

February 12

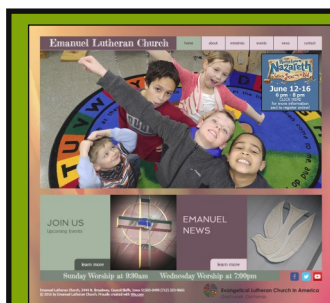
Marge MacIntosh & Carol Fahrenkrug

February 19

Fresh Start Team

February 26

The coffee hour sign-up chart is in the kitchen. Duties include picking up donuts, starting coffee, pouring juice and clean-up.



Have you visited our website?

You can view events, the newsletter, past newsletters, announcements, sermons, past sermons and more!
You can even sign up to help with worship!
<http://emanuellutherancbi.wix.com/emanuel>

February 2017 – Emanuel Lutheran Church

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 9:30am Worship & Holy Communion 10:30am Fellowship & Coffee Hour	30 11 am Tai Chi	31 5:30 pm Girl Scouts in Fellowship Hall 7 pm Boy Scouts in Youth Center	1 9:30 am Mission Action (Quilters) 6:00 pm Dinner 6:45 pm Worship 7:15 pm Bible Studies & Activities	2 9:30 am Adult Study 11 am Tai Chi 1 pm Game Day 6:30 pm Choir Practice 	3 Office Closed	4
5 9:30am Worship & Holy Communion 10:30am Fellowship & Coffee Hour 10:45am-11:30am Adult Study 11 am Confirmation	6 11 am Tai Chi	7 5:30 pm Girl Scouts in Fellowship Hall 7 pm Boy Scouts in Youth Center	8 9:30 am Mission Action (Quilters) 11:30 am Adult Fellowship at Pizza Ranch 6:00 pm Dinner 6:45 pm Worship 7:15 pm Bible Studies & Activities	9 9:30 am Adult Study 11 am Tai Chi 6:30 pm Choir Practice 6:30 pm North Broadway Neighborhood Association Meeting	10 Office Closed 4:30 pm Volunteers for Food Pantry meet at Our Savior's 	11
12 Joyful Noise 9:30am Worship & Holy Communion 10:30am Fellowship & Coffee Hour 10:45am-11:30am Adult Study 11 am Children/Family Game Day 	13 9 am Cookie Crumbs Sorting 11 am Tai Chi 7 pm MS Support Group	14 8:30 am R.O.M.E.O.S. @ Village Inn East 9 am Cookie Crumbs Packing 5:30 pm Girl Scouts in Fellowship Hall 7 pm Boy Scouts in Youth Center 7 pm Church Council Meeting	15 9:30 am Mission Action (Quilters) 6:00 pm Dinner 6:45 pm Worship 7:15 pm Bible Studies & Activities 	16 9:30 am Adult Study 6:30 pm Choir Practice	17 Office Closed 9:30 am Blessings & Brunch 6:30 pm Family Potluck & Movie Night 	18
19 9:30am Worship & Holy Communion 10:30am Fellowship & Coffee Hour 10:45 am Adult Bible Study	20 Presidents' Day	21 5:30 pm Girl Scouts in Fellowship Hall 6:45 pm Worship & Music Meeting 7 pm Boy Scouts in Youth Center 7 pm Children & Youth Ministry Meeting	22 9:30 am Mission Action (Quilters) 6:00 pm Dinner 6:45 pm Worship 7:15 pm Bible Studies & Activities	23 9:30 am Adult Study 6:30 pm Choir Practice	24 Office Closed	25 9 am Mardi Gras Set-Up in Fellowship Hall 
26 9:30am Worship & Holy Communion 10:30am Fellowship & Coffee Hour 10:45am-11:30am Adult Study 4 pm—6 pm Mardi Gras! 	27 11 am Communion at Midlands 11 am Tai Chi	28 5:30 pm Girl Scouts in Fellowship Hall 7 pm Boy Scouts in Youth Center 7 pm Wider Ministries Meeting 7 pm Fresh Start Team Meeting	1 Ash Wednesday 9:30 am Mission Action (Quilters) 12 pm Worship 6:00 pm Dinner 7 pm Worship	2 9:30 am Adult Study 11 am Tai Chi 1 pm Game Day 6:30 pm Choir Practice 	3 Office Closed	4 2 pm Deloris Christensen's 90th Birthday Party

Happy Valentines Day from LSI

"We love because he first loved us." 1 John 4:19



Lutheran Services in Iowa's (LSI) mission is about love: responding to the love of Jesus Christ through compassionate service. We give thanks for all the ministry partners of both individuals and congregations who help share this love for Iowa children, families, and adults!

We see this love in newly adopted children and their families, in teens who learn to trade self-harm for self-worth, in refugee farmers who share their love of the land with the Des Moines community, in struggling parents who learn positive ways to build love and trust with their children and in so many other moments of hope every day. Thank you for the love you share and create through LSI.

Happy Valentine's Day!

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 www.LSIowa.org and www.facebook.com/LSI.iowa.

Building Brighter Futures

Learning new things can always be difficult. Especially when you're learning to be a first-time parent.

Sarah's first son, Mark, was a happy baby. But as he grew into his toddler years, Sarah was unsure how to handle his behavioral changes. When he started acting out at home, she felt herself growing more frustrated.

Sarah knew she needed help. That's when she turned to LSI's Parents as Teachers program.

Parents as Teachers provides free and voluntary parent education and support for families in Boone and Story County, with children up to age 5.

The program was with Sarah every step of the way, providing home visits, introducing her to community support groups, and teaching her how to adjust to Mark's developmental stages.

"With help from Parents as Teachers, I learned his behavior was just a phase, and they told me it was normal," Sarah says. "Before, I thought there was a problem with me, or that I wasn't a good parent."

Mark, now 3, entered preschool last fall, and Sarah is proud to see how much progress he has made. He's meeting new friends and at home, he's become the best big brother to his baby sister, Hannah.

Learning how to handle Mark's developmental stages has made Sarah more confident in raising Hannah. She knows what to expect as Hannah grows up, and she's ready to face each day and create the brightest future for her children.

"Parents as Teachers helped me so much with my parenting," Sarah says. "The program is the best thing I have."

Tabitha Cluster

Is it already a new year? Have the trimmings for the celebration of our Savior's birth been put away for another year? Did we make new year resolutions that now seem a little difficult?

I just reread Bishop Eaton's new year's message about making resolutions and how we don't have to. God's grace has saved us through Jesus birth – we are free. Resolutions are not necessary. WOW! We don't have to spend time worrying about breaking resolutions, we only have to say, Lord, Thank You!

My Christmas decorations have been put away but I have intentionally kept up some reminders – the Christmas Cards received from family and friends. My husband and I were especially blessed this year with more cards

that we can ever remember receiving. Every time I walk by these cards displayed on a bookcase in our living room, I say Thank you, Lord! One of these days when I can spend some time going over each card, its message with the notes written inside, and can say a prayer for each sender, the cards will be taken down. The messages and blessings transmitted will not be forgotten.

As women of the church, I encourage us to pray that this new year strengthens each one of us and makes us more committed to the glory of God through our ministries. Tabitha Cluster will be meeting in October 2017, at Our Savior's Lutheran in Council Bluffs. I am looking forward to hearing all about your ministries! Carol Jeppesen, Tabitha Cluster Coordinator, caroldenny@cox.net, 712-323-1530.



Emanuel Evangelical Lutheran Church Council Minutes for 01/10/2017

RECORDED BY MIKE WINTERS

Present: Kevin Epperson, CharLes Kemmish, Oscar Over, Connie Solon, Bob Vergamini, Patty Maxwell, Mike Winter, Pastor Hennigs

Absent: Jolene Hansen, John Husmann, Judi Malloy, Suzanne Winter

The meeting was called to order at 7:00 p.m. by President Kevin Epperson.

Devotions: Mike Winter

Council Agenda:

- Motion by Bob Vergamini, seconded by CharLes Kemmish, to approve the minutes of the previous meeting. Approved.
- Motion by Oscar Over, seconded by Connie Solon to approve the Financial Secretary report subject to the 2016 transfer report. Approved.
- Motion by Oscar Over, seconded by Bob Vergamini to approve the Treasurer's Report subject to the transfers on the 2016 transfer report. Approved.
- Motion by Oscar Over, seconded by Bob Vergamini, to approve the Capital Fund Report. Approved.
- Motion by Oscar Over, seconded by Bob Vergamini, to approve the Memorial Fund Report. Approved.
- Pastor's Report: Pastor Hennigs presented a report containing 10 items. The Fresh Start Team has indicated that Dwight Rogers is doing everything that he is required to perform and he is doing well. It was also reported that Dan Heithoff has been elected as a member of the Bethany Lutheran Home Board of Directors and has been appointed as their treasurer. Pastor has encouraged the board to ask Dan and Judy Heithoff to come to a board meeting. Pastor indicated that our Special Needs Fund has a balance as of December 31, 2016 of \$1,222.49. The annual Western Iowa Synod Leadership Workshop will be held on February 18 beginning at 9:30 a.m. at St. Olaf Church in Fort Dodge.
- Oscar Over presented the Stewardship Report and presented the 2017 pledge recap which indicated that 205 pledge cards were sent out and 62 were received. The total pledges and anticipated receipts, including a carryover from 2016 of approximately \$9,000, totals \$156,748.
- There were no reports received from the Youth & Children's Ministries Committee, Fellowship and Support Committee and Property Committee, although the property report will be presented at the annual meeting. There was also no report from the Wider Ministries, Worship & Music and Evangelism Visitation Committees. The Mutual Ministries Committee will meet Sunday, January 15.
- The Christmas Bag Fund of \$416.60 and the Christmas Child Boxes Fund of \$158.76 have been transferred to Lutheran Services.
- This was the last board meeting for outgoing president Kevin Epperson. He thanked fellow board members for their support and the board congratulated Kevin on a very successful year under his leadership.
- Emanuel has a stock account at TD Ameritrade in the event donations are made to the church in the form of stocks. A recent donation was made of 46 shares of Ratheon to satisfy a pledge. Motion was made by Mike Winter, seconded by Bob Vergamini to immediately sell this stock. A discussion was held that Emanuel is not in the business of making stock investments. Motion approved.
- Discussion was held regarding the board considering a policy that whenever stock is donated or received by Emanuel, it should be sold as soon as practical since Emanuel is not in the investment business and this would avoid criticism for investing in a certain stock or losing money for holding a stock as it decreases in value.
- It was reported that Jolene Hansen will not be able to complete her term on the board and that position will need to be filled.
- Motion by Oscar Over, seconded by Patty Maxwell to approve 2017 budget except that the pastor's salary will be increased from \$40,288 to \$41,488 and any other changes to the pastor's

benefits caused by this change. The 2017 proposed budget will be \$158,285 plus an additional \$1,200 toward the pastor's salary and whatever increases to his benefits because of that salary increase. Approved.

- Motion by Bob Vergamini, seconded by Connie Solon to adjourn at 7:50 p.m. Approved.

Bethany Heights Apartments Available

Bethany Heights Senior Living Community has several apartments available for seniors. Do you know someone or perhaps even you, who would enjoy the benefits of living in a senior community? Maybe someone interested in living independently or having the benefits of an assisted living community? Bethany Heights offers both independent and assisted living services in apartments ranging in sizes from a Studio to Two Bedroom/Two bathroom. As an individ-

ual's needs increase, services are delivered directly to your apartment. Something unique to the area. Small pets are welcome. Some Long Term Care Insurance Policies are eligible for use at Bethany Heights. Bethany Heights is currently offering 25% off the first month's rent. This special offer expires March 1st. For more information or to set up a visit please contact Paula Fandry at Bethany Heights 712-328-8228.

Raw talents

UNITED STATES
ELCA.org/hunger



In the midst of a food desert, where no grocery stores sell fresh produce, McLaughlin Grows Urban Farm is meeting a critical need for residents of Muskegon, Mich.

McLaughlin Grows Urban Farm, supported by your gifts to ELCA World Hunger, grows everything from radishes to tomatoes in the middle of the city and teaches adults and teens how to grow their own food.

During the summer, Laurie Wieschowski, the farm's manager, teaches middle schoolers the importance of weeding the farm and picking bugs off plants. The reward, says Laurie, comes when the produce grown is served at the public school for lunch.

"They get excited when they see the kale, lettuce and carrots they've been tending," Laurie said, adding that some students return after the session to volunteer at the farm.

This program also hires student interns who earn a stipend while learning how to

promote urban gardening and develop leadership skills. In a city where nearly two-thirds of the residents earn incomes below the federal poverty level, this is an important investment in the community's future.

High school senior Briane Brooks has been involved with the farm for two years, weeding, harvesting and talking to the farm's visitors. "I love the work," she said. "I love being involved in the community."

As part of the Youth Empowerment Program, Briane is paid hourly, but for her, getting healthy food to people is the important goal.

To ELCA World Hunger, she adds, "Your donors are involved in something much bigger than you'd ever believe. You are helping a hurt community."

Thanks to your gifts to ELCA World Hunger, Briane and many residents of Muskegon now have access to fresh, affordable fruits and vegetables they need to thrive.

Your gifts to ELCA World Hunger support innovative solutions that fight hunger and poverty in nearly 60 countries around the world, including the United States.

Will you help with your gift today?

YES! I would like to support
ELCA World Hunger (WHG0038)

- ☐ I have enclosed my gift of \$100
☐ I have enclosed my gift of \$250
☐ Other \$ _____



Mail Make your check payable to
"ELCA World Hunger." Place
your gift in your congregation's
offering plate or mail it to:

ELCA
P.O. Box 1809
Merrifield, VA 22116-8009

Online ELCA.org/hunger/donate

Phone 800-638-3522

ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.

WHF16



6 p.m.-Dinner
6:45 p.m.-Worship
7:15 p.m.-Adult Bible Discussion
& Children's Activities

February 1
Baked Potato Bar

February 8
Chicken
Mashed Potatoes
Green Beans

February 15
Goulash
Salad

Feb 22
Pizza
Salad

Menu is subject to change

A Message from Bethany

BY MIKE VAN SICKLE



Greetings. I want to take this opportunity to share with you some of my comments from the Bethany Annual meeting. It is my intention each month to share information about what is going on at Bethany and to provide opportunities to better connect with our congregations. —Mike Van Sickle, COO.

While we always have our challenges every year we also had our successes. Bethany Heights has won the Nonpareil Readers' Choice Award for Assisted Living Facilities again and Bethany Lutheran Home has again received the Readers' Choice Award for best nursing and rehabilitation facility in Council Bluffs.

As many of you know, we have been offering a Scholarship program for the last 7 years to assist people living at Bethany Heights, either whose funds have run low or who wish to live at the Heights but needed financial assistance. In the beginning the Bethany Foundation generously subsidized this Scholarship. The Scholarship was designed to approximately match what we would have paid in property taxes. The scholarship need has far surpassed the amount we would pay in property taxes. Our property taxes are approximately \$150,000 to \$180,000 and yet we gave over \$300,000 worth of rent subsidy and services to our Heights tenants last year. We will not evict our tenants.

In my last report from our Therapy Department at the Bethany Lutheran Home, 30 individuals came to us needing therapy rehabilitation. Of those 30 individuals, 27 returned to their own home. We are no longer known only as a long term care nursing facility. We also provide skilled therapies for individuals to return home if and when possible.

We continue to offer a nursing scholarship as a member of the Alice Oth Charitable Trust and reimburse some nursing staff for their nursing education.

We continue to support your Bible School programs by purchasing supplies for your vacation Bible Schools as our way of giving back to you, our sponsoring congregations.

Bethany Village has been a few years in the development. We secured a \$12.2 million dollar loan; an Architect drew the plans; and a Contractor began work on the site. Unfortunately, we decided to stop. Bethany Heights had empty apartments that were not being filled and there were no prospects. Staffing has become a challenge as the unemployment rate has dropped, making competent new staff more difficult to find. The Board will be reviewing the plans and how to best move forward.

We received new inspection requirements from the Fire Marshall's Office. The cost for the inspection of our electrical system alone is approximately \$25,000. We are needing to replace our hot water boilers at a cost of approximately \$82,000 for the boilers with additional cost for labor. We will also be replacing a major electrical switch at approximately \$25,000 for the switch alone. Again, labor is on top of that cost.

I have heard disappointment from our congregations that we no longer have our own Chaplain. My staff and I share that disappointment. Our residents enjoy the Christian fellowship and the feeling of peace and comfort a Chaplain offers. The regulations we have had to meet over the last few years have drained our financial ability to hire and maintain a Chaplain. We are apprecia-

tive that several of our congregations are providing communion and vespers services in addition to their monthly responsibility.

We faced many challenges last year:

We had staff turnover of more than 70 individuals. We recently had an exodus of staff going to our competition because they offered to pay \$2 an hour more.

We were not allowed to accept Medicare or Medicaid residents for a month and paid a \$23,800 fine.

We were a 3 star facility and CMS realigned their rules which cost 56% of the nursing homes in the country to lose a star.

Reimbursement from the State Medicaid program decreased again.

What challenges do we face this year?

Staffing will again be a major issue: a low number of job applicants along with low pay due to poor reimbursement from Medicare and Medicaid.

We received 713 pages of new regulations, re-interpreted regulations and re-re-interpreted regulations for nursing homes from CMS on November 28th. Of course, there is no increase in funding for these mandated regulations. The regulations are in 3 phases through 2019.

Supporting of Bethany by our congregations-

As some of you may know, I was an Air Traffic Controller at one time. Working from the airport out is how I was taught as a Controller to keep airplanes separated safely. The greater risk of disaster is close to the airport due to congestion. The farther away from the airport the risk of danger is reduced greatly. What does that mean? The same concept works when we look at our missions.

The church building must stand and that is where the first donation must go. Then you look to your congregation as a mission. Who has needs you can help with. Maybe paint their house or some other work that a member can't afford or needs help with. Then what mission in the community needs your assistance.

There is a need on every Continent for God's word to be heard and we need to support that also, but work from the center out with your giving.

Lastly no endeavor is successful because of one person. Our success is the result of all the staff who work and have worked at Bethany. Our Auxiliary for their many hours and years of support and donations, all of our volunteers and the hundreds of hours they put in each year, our Board members who have provided guidance and consultation and our sponsoring congregations for their prayers, service and financial support. We continue to be appreciative and thankful for the continued support. It is because of you that Bethany Lutheran Home and Bethany Heights continue to be the great places that they are.

We wish you God's blessings in the coming year. Please feel free to stop by anytime to visit or look around. We'd love to have you.

Ramblings from the Back Corner

BY CINDY RICHARDS

Often I listen to podcasts for music directors and piano teachers while driving. Recently one of them discussed the phenomenon of synchronized breathing between members of a choir (congregation). This prompted further investigation.



“Researchers of the Sahlgrenska Academy at the University of Gothenburg in Sweden studied the heart rates of high school choir members as they joined their voices. Their findings, published this week in *Frontiers in Neuroscience*, confirm that choir music has calming effects on the heart — especially when sung in unison.

Using pulse monitors attached to the singers' ears, the researchers measured the changes in the choir members' heart rates as they navigated the intricate harmonies of a Swedish hymn. When the choir began to sing, their heart rates slowed down.

‘When you sing the phrases, it is a form of guided breathing,’ says musicologist Bjorn Vickhoff of the Sahlgrenska Academy who led the project. ‘You exhale on the phrases and breathe in between the phrases. When you exhale, the heart slows down.’

But what really struck him was that it took almost no time at all for the singers' heart rates to become synchronized. The readout from the pulse monitors starts as a jumble of jagged lines, but quickly becomes a series of uniform peaks. The heart rates fall into a shared rhythm guided by the song's tempo.

‘The members of the choir are synchronizing externally with the melody and the rhythm, and now we see it has an internal counterpart,’ Vickhoff says.”

This was just one study, however it is a wonderful example of what happens when many people sing together. They become one. This was a physical phenomenon. Just imagine what happens spiritually when a congregation prays together!

NPR Health News July 10, 2013

Weather & Records

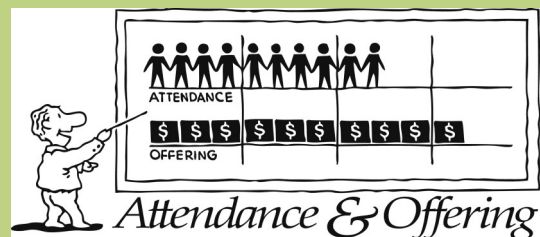
BY MICHAELA LEWIS

This time of year can bring some difficult weather to the Midwest. This is just reminder that if the Council Bluffs Public School system cancels school for the day due to weather, the church office will also close. Activities and meetings for the day will be rescheduled. If there is severe weather on a Sunday, please keep yourself safe. However, we will have worship if you come.



There are some churches with similar names that list their cancellations on the television. We will not cancel, but please keep your safety in mind if you decide to venture out when it is snowy or icy.

I try to keep the computer records current, I have found that there is some information that is out of date. If you move, change your phone or email, have a change in marital status or your name, celebrate an anniversary or birthday that isn't listed in the newsletter, please send me an email at emanuelluther-anchbia@msn.com or call (712) 323-9665.



January 1	80	\$3,871.00
January 8	125	\$5,239.00
January 15	95	\$4,355.00
January 22	99+	\$2,706.00
January 29	n/a	n/a

Finance Team Update

Income & Expenses Monthly and YTD

December Income:\$17,251.96
 December Expense:\$12,753.50
 December Balance\$4,498.46

YTD Income:\$146,888.73
 YTD Expense:\$153,685.33
 YTD Balance\$-6,796.60
 Plus Carryover.....\$13,968.78
 General Budget Fund\$7,172.18



Emanuel Lutheran Church

2444 North Broadway
Council Bluffs, IA 51503-0499

RETURN SERVICE REQUESTED

Game Day

Thursday, February 2nd, 1:00 pm
Fellowship Hall

R.O.M.E.O.'S

(Retired Old Men Eating Out)
Tuesday, February 14th, 8:30 am
Village Inn East

Adult Fellowship

Wednesday, February 8th
11:30 am
Pizza Ranch

Blessings & Brunch

Friday, February 17th, 9:30 am.
Fellowship Hall
All women are welcome!

Mission Action Committee
(Quilters)

Wednesdays, 9:30 am
Fellowship Hall

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
emanuellutherancbia@msn.com

Like us on facebook: facebook.com/emanuellutherancbia
Visit us on the web at: emanuellutherancbi.wix.com/emanuel

Worship Services:

Sunday at 9:30 am, followed by fellowship
Wednesday at 6:45 pm, preceded by a meal at 6:00 pm ,
and followed by adult Bible discussion in the fellowship hall
and Kidz Kamp in the youth center.

Staff:

Pastor Lowell Hennigs
Director of Music Ministries, Cindy Richards
Parish Assistant, Michaela Lewis
Financial Secretary, Darlene Reed