

# Garden of Readin'



Emanuel Lutheran Church Newsletter

June 2019

## Happenings!

**Sunday, June 2**—Spaghetti Luncheon to support National History Day Attendees. Ashley Hipnar, along with two other students from A.L., Brianne McDermott and Anna Newby were picked to attend this event.

**Saturday, June 8**—Emanuel Spring Work Day

**Sunday, June 9**—Special Congregational Meeting to vote on proceeding with the North Broadway Neighborhood Center

**Monday June 10-Thursday June 13**—Carol Joy Holling Day Camp

**Friday, June 24**—Help at Our Savior's Food & Pet Food Pantry

**Mission Statement:**  
Forgiven  
by Grace,  
Serving by  
Faith

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



Some brave volunteers at the Kidz Kamp finale event hold Bethany, a red tailed boa constrictor while Jillian from Wildlife Encounters talks about boas. We had 100 people in attendance for the event. This was funded in part by a grant from Promise Partners.

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# Periodic Pastoral Ponderings

(From a guy who likes alliteration a lot)

BY PASTOR LOWELL HENNIGS

Dear friends in Christ,

As Brenda and I come to the end of our time at Emanuel, I want to share a few items of interest. As you may recall, my last Sunday at Emanuel will be July 7th. My last day in the office will be July 11th. We will take some vacation time for the balance of the month.

Beginning on July 12th, you will have the services of Pastor Stephany Sanborn. Pastor Stephany will serve as "standing supply pastor." She will be here on Sundays to lead worship and to preach. She will be available for pastoral emergencies. She may do a few other things here as time and energy permit. I am grateful that she will be available. I know you will welcome her with love and kindness. You will read a letter of introduction from Pastor Stephany in the July edition of this newsletter.

One of the hardest things for many people to understand is the importance of a pastor and family fully and completely leaving a parish. This is to help the congregation move forward into new mission and service. Brenda and I will not be coming back to Emanuel for any events in the foreseeable future. You may notice that we are bringing to a close social media connections with Emanuel folks. I will not be available for weddings, funerals, baptisms, pastoral visits or emergencies or other contacts. I will not reply to text messages or voicemails with Emanuel connections after July 11th.

This may seem extreme to some. But in my experience and in the experience of the Church, this is the best and most helpful policy and practice. It is not because we don't like someone. It's not because we are angry with anyone. It's not because suddenly we don't care about you. It is because this is the best way for the congregation to move forward into the future. I ask for your understanding and your help in this area, so that we don't have to hurt anyone's feelings by not responding.

The Church Council is doing a fine job of facilitating this time of transition. The Call Committee is moving forward in their work. We have a fine bishop-elect who is a friend of Emanuel and will walk with you into the future. All is well in hand. Most of all, the Holy Spirit leads and guides this process and has already worked out how things will transpire. That is true for Emanuel and it is true for us as well.

We are grateful for our time with you in mission and service. We are looking forward to the next chapter of our life and faith together. We will pray for Emanuel and for you all. We hope you will do the same for us.

Yours in Christ,

Pastor Lowell Hennigs

Thank you for everyone's love and prayers when Mom passed away.

Thank you especially to Pastor Lowell, Cindy and Mike for helping with the service and to all the wonderful ladies that helped in the kitchen.

- Patty Maxwell



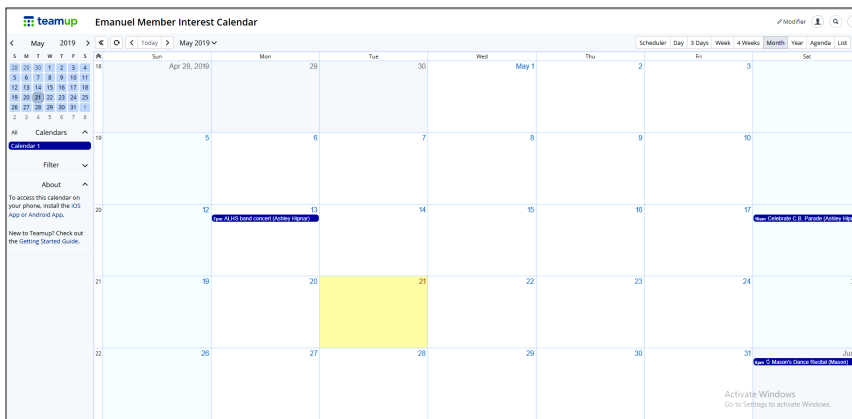
## Spring Work Day

Spring work day will be on Saturday, June 8<sup>th</sup>, beginning at 8:00 a.m. or when you can make it.

Projects are:

- Caulk and clear seal exterior North wall of Sanctuary
- Trim bushes
- Spruce up patio and exterior yard work
- Pant exterior South door to Sanctuary
- Replace lights as needed
- Install ceiling lights, cover in Youth Center
- Check and clean, as necessary, pencil holders in pews in Sanctuary
- Damp mop upstairs hall

The more hands, the more that can be accomplished.



# Emanuel Member Community Calendar

BY MICHAELA LEWIS

We have so many members involved in a variety of activities that it was suggest by the faith team to have a calendar of events. This way, people would able to share these events so that others might be able to come support them at a game, play, speaking event, etc.

We now have a calendar that you may add and view these events on at <http://bit.ly/EmanuelMembers>. Just click on a date to add your event. You may also download the app "TeamUp" on a smart phone or tablet and type in calendar "ksfr5n3wz63hyxoknr" (sorry, it wouldn't let me shorten that code).

Since this is a public calendar, only put information on there that you are comfortable with others seeing. If there are events listed for the week, they will be posted at the usher station for those who do not have access to the online calendar.

You may also send events you would like listed on there to me to add at [office@emanuelcb.org](mailto:office@emanuelcb.org).

## Donations & Help Needed

BY DEANN OVER

During Carol Joy Holing's Day Camp held at Emanuel, the CM/YM team is again asking your help in donations of food and assistance during the day. Help



is needed at the registration desk and in the kitchen preparing and serving lunch and snacks, as well as helping councilors with some programing needs. Please contact Deann Over (712 322-5075) or email [2cbovers@gmail.com](mailto:2cbovers@gmail.com) if you can help.

## Kidz Kamp

BY STEPHEN LEWIS

As we come to the end of Kidz Kamp for the Summer, I wanted to thank everyone. I think we had a great year of learning God's Word and life lessons as well. We had a great time playing games, watching videos, doing art projects, and most of all, having snacks. I want to thank the kids for allowing me to teach them and the parents for bringing the kids each week. I also want to thank the volunteers that helped this past year with class and the Christmas program.

I will leave you with something to ponder over the summer. What would you like to see the kids get out of Kidz Kamp? I am open for any ideas and thoughts. Please feel free to drop me an email at [Youth@emanuelcb.org](mailto:Youth@emanuelcb.org). Thank you again and we will see everyone in the fall.



**June 10<sup>th</sup>—13<sup>th</sup>**

**9 a.m. to 3 p.m.**

**Grades 1—6**

Hosted by staff from

Carol Joy Holling Camp

Registration Forms available in the community room or on our website at [www.emanuelcb.org](http://www.emanuelcb.org). Cost is \$40 per camper for the week. Assistance may be available.



David Appel  
Paul Heath  
Jim Fowler

Glen Fahrenkrug  
Deloris Christensen  
Phyllis Fowler

Daralene Smith  
Esther Bender

Robert Hesseltine  
Kaye Bird



**June 03** Jeselyn Maxwell

**June 04** Danette Hein-Snider  
Bette Juhl

**June 05** Sarah Britson

**June 07** H. Kathryn Bird  
Connie Solon  
Sherri Stinson

**June 10** Heather Linsenmeyer  
Nolan Winter

**June 13** Linda Vergamini

**June 16** Judy Heithoff

**June 17** Ben Heithoff

**June 18** Ken Kemmish  
Ryan Nordstrom

**June 20** Dave Appel

**June 21** Kade Holcombe  
Porter McSorley

**June 24** Ian Spangenberg

**June 28** Megan Hansen  
Brad Holding  
Chris Wade

**June 29** Jeff Wilson

**June 30** Connie Edson  
Mason Lewis



**June 01** Mike & Carla Hipnar  
Ken & Char Les Kemmish

**June 04** Laura & Clayton Kai  
Steve & Jennifer Plummer

**June 11** Ryan & Tara McSorley

**June 17** Jim & Phyllis Fowler  
Jim & Ruth Nelson

**June 19** Kevin & Rita Epperson

**June 21** Bob & Esther Bender

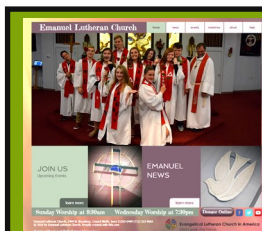
**June 24** Eric & Carrie Hansen

**June 25** Brandon & Jennifer Clark  
John & Jan Husmann

**June 28** Dennis & Jane Eitmann  
Gary & Sherri Stinson  
Mike & Suzanne Winter

**June 29** Chris & Megan Sorensen

*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*



Have you visited our website?

You can view events, the newsletter, past newsletters,  
announcements, sermon videos, make a gift online and more!  
You can even sign up to help with worship!

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



## Worship Assistant Schedule

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

<b>Sunday, June 2</b>	<b>9:30 a.m. Service</b>
<b>Assisting Minister</b>	Carly Sorensen
<b>Ushers</b>	Jamie & Tyler Hansen
<b>Acolytes</b>	Grace Hansen & Kyle Sorensen
<b>Lector</b>	Rosie Spangenberg
<b>Children's Message</b>	John Husmann
<b>Communion Assistants</b>	Elaine Sasso, Rosie Spangenberg, John Spilde
<b>Communion Set-Up</b>	Pat Hiller
<b>Visual Tech</b>	Mason Lewis
<b>Sunday, June 9</b>	<b>9:30 a.m. Service</b>
<b>Assisting Minister</b>	
<b>Ushers</b>	Jamie & Tyler Hansen
<b>Acolytes</b>	Hade Holcombe & Angelina Maxwell
<b>Lector</b>	Elaine Sasso
<b>Communion Assistants</b>	Angel McGee John Spilde, Alan Ellis
<b>Communion Set-Up</b>	Jeanine Schademann
<b>Visual Tech</b>	Peggy Jarrell
<b>Sunday, June 16</b>	<b>9:30 a.m. Service</b>
<b>Assisting Minister</b>	
<b>Ushers</b>	Jamie & Tyler Hansen
<b>Acolytes</b>	Nikki Rickard & Hanna Ferguson
<b>Lector</b>	Mike Loos
<b>Children's Message</b>	John Husman
<b>Communion Assistants</b>	Robert Vergamini, Alan Ellis
<b>Communion Set-Up</b>	
<b>Visual Tech</b>	Cheryl Rowe
<b>Sunday, June 23</b>	<b>9:30 a.m. Service</b>
<b>Assisting Minister</b>	
<b>Ushers</b>	Jamie & Tyler Hansen
<b>Acolytes</b>	Hailey Holcombe & Reegan Haats
<b>Lector</b>	Kevin Epperson
<b>Children's Message</b>	Elaine Sasso
<b>Communion Assistants</b>	Peggy Jarrell, Joel Hauschild
<b>Communion Set-Up</b>	Al & Linda Martens
<b>Visual Tech</b>	Darlene Jeppesen
<b>Sunday, June 30</b>	<b>9:30 a.m. Service</b>
<b>Assisting Minister</b>	
<b>Ushers</b>	Jamie & Tyler Hansen
<b>Acolytes</b>	Emma Richards & Mia Richards
<b>Lector</b>	Alan Ellis
<b>Children's Message</b>	Linda Steensland
<b>Communion Assistants</b>	Robert Vergamini
<b>Communion Set-Up</b>	Connie & Matt Solon
<b>Visual Tech</b>	Elaine Sasso



**June 2**  
Hipnar Family

**June 9**

**June 16**

**June 23**

**June 30**

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



**June 2**

**June 9**

**June 16**





**June 23**

**June 30**  
Suzanne & Mike Winter

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

*If you are interested in helping with worship, please contact the church office, (712) 323-9665, [emanuellutherancbia@msn.com](mailto:emanuellutherancbia@msn.com) or sign-up on our website at: [www.manuelcb.org](http://www.manuelcb.org)*

## June 2019 – Emanuel Lutheran Church

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 9:30 am Worship & Holy Communion 10:30 am Fellowship & Coffee Hour	27 Memorial Day Office Closed 11 am Tai Chi	28 5:30 pm Girl Scouts in Community Room 7 pm Boy Scouts in Youth Center	29 9:30 am Mission Action (Quilters) 6 pm Dinner	30 9:30 am Adult Study 11 am Tai Chi 6:30 pm Choir Rehearsal 7:30 pm Band Rehearsal	31 Office Closed	1 12 pm Community Room in Use
2 9:30am Worship & Holy Communion 10:30am Fellowship & Coffee Hour 11 am—1:30 pm Spaghetti Lunch to support National History Day Attendees 	3 11 am Tai Chi 11 am Communion at Midlands 6:30 pm FAITH Team Meeting	4 5:30 pm Girl Scouts in Community Room 7 pm Boy Scouts in Youth Center	5 9:30 am Mission Action (Quilters)	6 9:30 am Adult Study 11 am Tai Chi	7 Office Closed	8 8 am Spring Work Day 
9 Joyful Noise 9:30am Worship & Holy Communion 10:30 am Fellowship & Coffee Hour 10:45 am Congregational Meeting 11:30 am Wider Ministries 	10 9 am—3 pm CJH Day Camp 9:30 am The Gathering (Women's Study) in conference room 11 am Tai Chi 	11 8:30 am R.O.M.E.O.S. @ Village Inn East 9 am—3 pm CJH Day Camp 5:30 pm Girl Scouts in Community Room 6:30 pm Children & Youth 7 pm Boy Scouts in Youth Center	12 9 am—3 pm CJH Day Camp 9:30 am Mission Action (Quilters) 11:30 am Adult Fellowship at Pizza Ranch	13 9 am—3 pm CJH Day Camp 9:30 am Adult Study 11 am Tai Chi	14 Office Closed	15
16 9:30am Worship & Holy Communion 10:30am Fellowship & Coffee Hour	17 11 am Tai Chi 7 pm Church Council Meeting 7 pm MS Support Group	18 5:30 pm Girl Scouts in Community Room 7 pm Boy Scouts in Youth Center	19 9:30 am Mission Action (Quilters)	20 9:30 am Adult Study 11 am Tai Chi	21 Office Closed 4:30 pm Volunteers for Food Pantry meet at Our Savior's 	22
23 9:30 am Worship & Holy Communion 10:30 am Fellowship & Coffee Hour	24 Office Closed 11 am Tai Chi	25 5:30 pm Girl Scouts in Community Room 7 pm Boy Scouts in Youth Center	26 9:30 am Mission Action (Quilters) 6 pm Dinner	27 9:30 am Adult Study 11 am Tai Chi	28 Office Closed	29
30 9:30 am Worship & Holy Communion 10:30 am Fellowship & Coffee Hour	1 Office Closed 9 am Cookie Crumbs Sorting 11 am Tai Chi	2 9 am Cookie Crumbs Packing 5:30 pm Girl Scouts in Community Room 7 pm Boy Scouts in Youth Center	3 9:30 am Mission Action (Quilters) 6 pm Dinner	4 11 am Tai Chi	5 Office Closed	6 12 pm Community Room in Use

# Mental Health Awareness

BY STEPHEN LEWIS

June is Men's Mental Health Awareness Month. 1 in 5 adult males experience a mental health problem each year. That estimates to about \$193.2 billion in lost earnings per year. The 5 major mental health problems that affect men are:

- Depression- 6 million men suffer from depression each year
- Anxiety- 19.1 million males (adult and child) have an anxiety disorder, whether its panic disorder or any phobia
- Bipolar Disorder- 1.5 million males, 16- 25, are affected by bipolar
- Psychosis and Schizophrenia- 3.5 million people are diagnosed with schizophrenia, 90% of them diagnosed by age 30 are men.

- Eating Disorders- Males account for 10% of those with anorexia or bulimia. They also account for 35% of those with binge eating disorder.

As of 2010, about 40,000 people died by suicide in the US. 79% of them were male. There are many reasons that men go unchecked. The social norm of its not manly or having to always be strong. Its easier to downplay the symptoms than address them. These all add to the reluctance to talk to anyone about how we feel.

So, what can we do to help? We can start to look for signs. If we notice our loved one has started losing interest in their hobbies or become isolated. Mood changes are a big flag as well. We can look into the family health background as some of these are predisposed through genetics. The main thing we can do is be there and encourage help. Mental health

affects all walks of life: Gay or Straight, Black or White, Male or Female, Civilian or Military. We are all in this together and together we can help each other.

Emanuel does have a mental health advocacy and support group that meets the first and third Sunday of each month from 11 am—12 pm in the conference room. ***These meetings will not take place in June, but will resume July 7.*** Everyone is welcome, whether you struggle with mental health issues yourself, support someone who does or you just want to learn more. This group is open to the public as well.

## MENTAL WELLNESS TIPS

IN HONOR OF  
MEN'S HEALTH AWARENESS MONTH



### TAKE A DEEP BREATH

When you inhale, your diaphragm should expand. When you exhale, your diaphragm should fall. This will help your mind and emotions feel more connected to your body, helping ground your thoughts.



### RELAX THOSE MUSCLES

Choose a muscle group (try your biceps first) and flex as hard as you can for 5-10 seconds then release the tension. Practice the same flex and release method with muscle groups throughout your body. This causes relaxation to be felt on a spectrum – going from one extreme to the other can help you feel more in control of your body and emotions.



### WRITE IT OUT

This is an effective way to express yourself and can help you better understand your emotions. Consider this your first step towards sharing your thoughts with others. Speaking up can be difficult but writing a letter or email can be the gateway to having open and meaningful conversations.

VERDESFOUNDATION.ORG





**Amy Epperson:** BA in Architecture, Portland State University

**Brett Egner:** BA Criminal Justice, Midland University

**Jessica Hipnar:** BA in Elementary Education, University of Iowa

**Will Schademann:** BA in Political Science, Creighton University

**Alyson Sorensen:** BA in Strategic Political Communication, Drake University

**Abaigh Plummer:** BS in Health Administration and Policy, Creighton University



The first volunteer of the evening was surprised to find out he was petting a skunk named Oreo.



Lexi, Lowell & Brenda Hennigs granddaughter, got to pet an American Alligator named Tripod. This little guy was born without one of his front legs, but they said it doesn't slow him down a bit.



Thank you to our wonderful volunteers who helped at the Wildlife Encounters Event. Here Stephen Lewis, Grand, Garrett and Abbie Ashcraft serve food to our guests.

## Flock-A-Friend

### Team BLHS Fundraiser 2019 Council Bluffs Walk to End Alzheimer's

We are raising awareness for the Alzheimer's Association by sending flocks of Purple Flamingos around the Council Bluffs area.

- A Small flock of 12 Flamingos cost \$10
- A Medium flock of 24 Flamingos cost \$15
- A Large flock of 36 flamingos cost \$20
- A Super-Size Flock of 60 Flamingos cost \$30

Flocks will only roost in your friend's lawn for a period of 24 hours. A note explaining everything (and who to contact) will be also be given to your friend. There will be no charge to your friends, unless they would like to give a small donation for the flock to roost on someone else's lawn.

You can also purchase "Anti-Flocking Insurance" for \$10 to ensure the Flamingos will not roost on your lawn as they migrate around Council Bluffs during the course of this fundraising event.

Order Forms & "Anti-Flocking Insurance" Forms will be available at the Front Desk of both Bethany Lutheran Home and Bethany Heights on **Friday, June 21<sup>st</sup>.**

**The flocks will not migrate until Monday, July 1<sup>st</sup>.**

Please see Christine Gochenour if you have any questions!

\*Due to limited staff we will not be able to go into Omaha or any other communities except Council Bluffs\*





# CONGRATULATIONS TO OUR GRADUATES!



Drew Hubbard

*Abraham Lincoln High School*

Andrew (Drew) currently works at Hy-Vee in his spare time.

This summer he is going to be shadowing under a Sous Chef at Ameristar Casino with plans in the fall to attend the Culinary Art Program at Omaha Metropolitan Community College. Per his mom, Heather, this was a surprise but he loves to cook!

Andrew was confirmed at Emanuel in 2015. He was also among Emanuel's youth group who went on the Youth Works summer mission trip in 2016 to Rapid City South Dakota



Macy Kephart

*Abraham Lincoln High School*

Macy will graduate from Abraham Lincoln on May 24<sup>th</sup>.

While still in high school Macy was a gold honor roll student, took college credit classes at Iowa Western Community College and earned an advanced CNA certificate.

Macy also balanced classes with working at a daycare everyday! Summer plans for Macy will be working and going on a couple of vacations.

Next fall she will be attending Metropolitan Community College for Nursing. At Emanuel, Macy worked with and provided child care while parents attended Parenting the Love and Logic Way sessions.

Madison Nickels

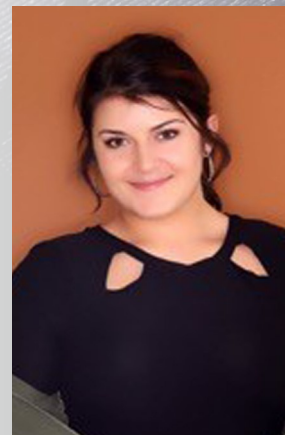
*Lewis Central High School*

Madison was on the varsity cheer squad and an honor roll student.

Madison's passion is soft ball with 4 years on the LC's varsity softball team - her honors included two times all city team and second all conference team. In addition, she played on the Bellevue Elite Softball league.

Her summer plans include working and playing softball. She will be leaving in the fall to attend Northwest Missouri State University for criminal justice and psychology.

Madison was also confirmed at Emanuel in 2015. Last year Mattie attended the national ELCA Youth Gathering in Houston.





# Emanuel Evangelical Lutheran Church

## Council Minutes for 05/20/2019

RECORDED BY STEPHEN LEWIS

**Present:** Rosie Spangenberg, Elaine Sasso, Nick Rickard, Stephen Lewis, Amy Garreans, John Spilde, Judi Malloy, Peggy Jarrell, Joel Hauschild, Alan Ellis

**Absent:** Megan Sorensen, Connie Solon, Pastor Lowell Hennigs

The meeting was called to order at 7:00p by President Rosie Spangenberg

**Devotions:** Joel Hauschild

**Getting Acquainted Exercise:** N/A

### **Council Agenda:**

- Rick Stone gave the council an update on the current budget outlook as of April 2019.
- Amy Garreans updated the council on the Child Care Center proposal.
- The bank is willing to give us the loan based on Emanuel's financials.
- It is the recommendation of the Child Care board to have a congregational meeting to further update everyone and to vote whether to go forward with the bank loan.
- Motion by John Spilde to accept the secretary minutes. 2<sup>nd</sup> by Amy Garreans. Approved.
- Thank you to Michaela Lewis for the formation of the DropBox for council members.
- Motion by Judi Malloy to accept consolidated funds report. 2<sup>nd</sup> by Peggy Jarrell. Approved.
- Motion by Peggy Jarrell to accept the treasurers report. 2<sup>nd</sup> by Joel Hauschild. Approved.
- Motion by Joel Hauschild to accept capital report. 2<sup>nd</sup> by Nick Rickard. Approved.
- Motion by Alan Ellis to accept memorial fund report. 2<sup>nd</sup> by Joel Hauschild. Approved.
- Pastor's report was presented for reading
- Stewardship report was presented
- Stephen Lewis presented the Children and Youth report
- Joel Hauschild presented the Property Committee report
- Emanuel work day is June 8<sup>th</sup>
- Peggy Jarrell presented the Wider Ministries report
- Rosie Spangenberg presented the Worship and Music report
- Wednesday night services are on hold until Fall
- June 30<sup>th</sup> is Pastor James Rut's last Sunday
- July 7<sup>th</sup> is Farewell Sunday
- August 17<sup>th</sup> is the Garage Sale- please have notice placed in announcements and newsletter.
- September 8<sup>th</sup> is God's Work, Our Hands day
- John Spilde presented the fresh start report
- Alan Ellis presented the Faith team report
- Motion made by Elaine Sasso to hold a Congregational meeting on June 9<sup>th</sup> to vote on whether we will move forward with Childcare Center. 2<sup>nd</sup> by John Spilde. Approved. - must be in announcements starting May 26<sup>th</sup>
- Judi Malloy gave an update on James Rut's internship.
- Stephany Sanborn has agreed to be the standing pastoral supply on Sundays, as well as emergency coverage, for July, August and September.
- She will be here on June 23<sup>rd</sup> to meet the Congregation
- July 14<sup>th</sup> will be her first Sunday
- Ministry Site Profile is live on the ELCA website
- Nick Rickard gave an update on the Call Committee



- Things are moving along step by step
- Rosie Spangenberg gave an update on the Synod Assembly
- Lorna Halas was elected Bishop
- Emanuel was recognized for increasing our giving by +10%
- Judi Malloy attended a workshop about immigration
- Elaine Sasso gave an update on the donation of the library books to Westside Omaha Lions Club
- Council will host coffee hour on June 23<sup>rd</sup> and July 21<sup>st</sup>
- Memorial funds and garage sale money was used to purchase a used Baby Grand Piano.
- Motion by Amy Garreans to adjourn meeting. 2<sup>nd</sup> by Peggy Jarrell. Approved.
- Meeting adjourned at 9:17p

**June Devotions:** Elaine Sasso

# **Kicking The Stigma** **of Mental Health**

On May 19th, Emanuel hosted it's second annual mental health Sunday.

We had Connie Grunder from NAMI (National Alliance on Mental Illness) of Des Moines, here to present "Ending the Silence" in the Emanuel worship center, She discussed mental health in young people and the signs and the stigma that goes along with mental illness diagnoses, especially among young people.

MOSAIC hosted lunch with pizza and confirmation families helped provided veggies and dessert. Thank you so much to Deann for all her hard work organizing volunteers for this.

We had a "Kicking the Stigma of Mental Health" kickball game in the upper parking lot. Thank you to all who participated in any of the activities that day. We have additional photos and videos of the event on our Facebook page.

If you would like to see more information about different mental health topics, in May we had "Mental Health Monday" on our Facebook page and posted two different articles or videos relation to mental health.





## Lawn Mowing Team

June 2	Alan Ellis
June 9	Mark Ellis
June 16	Terry Eyberg
June 23	Ken Kemmish
June 30	Phil Meyer



Thanks for volunteering to mow the church lawn. With ten 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 which is open from 9 a.m.-1:30 p.m. on Mondays and 9 a.m. to 3 p.m. Tuesday through Thursday, closed Friday. Any questions, problems, or suggestions, call Larry at 323-7379.**

## Happy Father's Day

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

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

Many of the boys and young men that LSI serves in our Bremwood and Beloit Residential Treatment Centers have never had a positive male role model in their lives. But our caring volunteers and staff members are there to help guide them.

You are making all of this possible through your support of LSI. Thank you for responding to the love of Jesus Christ through compassionate service!

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

## A New Life

A year and a half ago, Kevin was homeless. He struggled with substance use. He didn't have a car. Or a driver's license. Or a job.

Then, his world turned upside down and all at once, his priorities shifted. He found out he was a father to a beautiful baby girl, Willow. Kevin immediately began rehab and fought hard to build a healthy lifestyle. After months of hard work and efforts to get clean, Willow was placed in Kevin's care while her mother received treatment for her substance use disorder.

Kevin turned to LSI's Early Childhood Services for support and a community to help him create the best home for his daughter. After starting services last year, Kevin can't imagine life without LSI.

Through regular in-home visits from Lindsay, his LSI

worker, Kevin is helping Willow develop her language and speaking, as well as her motor skills.

Now one and a half, Willow is learning to use pens and markers, and loves writing and coloring. Her favorite book is a present from her dad – a picture book of the ABCs.

Kevin now has sole custody of Willow, and he works closely with her mother to ensure she gets regular visits. His life has changed for the better, and he credits Lindsay and LSI for walking alongside him on his journey.

"LSI teaches you to think about all the little things we often overlook as parents. And we learn to appreciate those little things more because of it," Kevin says. "LSI is teaching me to be the best father I can be."



# Ramblings from the Back Corner

BY CINDY RICHARDS



Several years ago, I went through a time when I thought I must not be a real musician because I was not very creative. Creativity was just something you just had or didn't have. That -so called-fact (who called it a fact anyway?!) filled me with self-doubt about what I could and couldn't do. Why didn't I have that "special" gene? Was it the luck of the draw? Did God put this great love of music in me but then not give me any tools to play with or use? I thought that kind of cruel. But God isn't cruel. I just didn't understand what he was doing. That was a slow uncovering. Slowly I began to see that this love was given as a lifelong process of peeling away layers to find the real nut inside. And through it all, I've learned tiny bits about creativity.

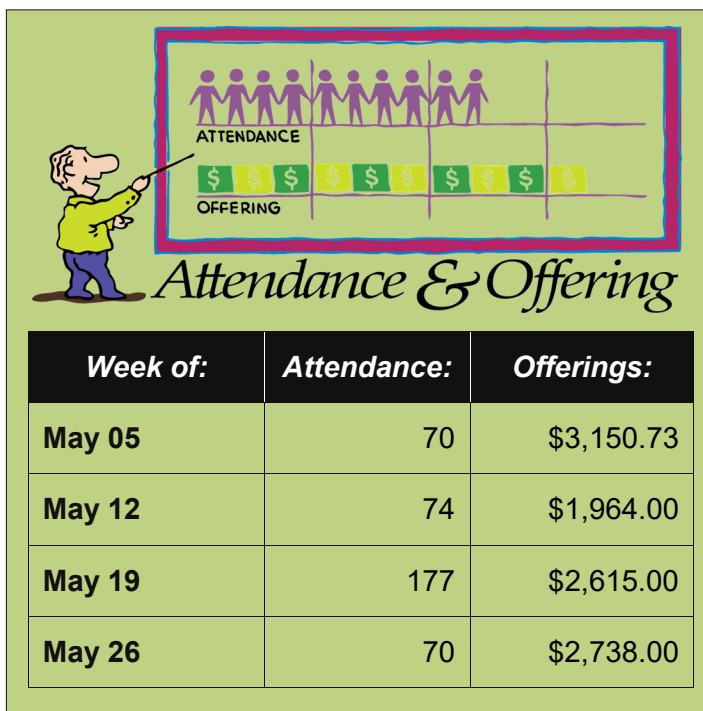
A very creative person, Leonardo Da Vinci, has been studied and several lessons have been noticed from his life. Walter Isaacson wrote a book called "Leonardo Da Vinci" and some of his findings were summarized in recent issues of Time magazine. As I have been listening to this audiobook it has opened many windows to see into the qualities of this genius of creativity. A few of those are listed here.

Be curious. Seek knowledge. Have childlike wonder. Observe and wonder why. Notice the details. Look for what is not there. Enter the rabbit hole. Be distracted. (This is great news for those of us who are this way all the time!) Change your mind with new facts. Allow those facts to wiggle around in our mind for awhile by procrastinating. (Isn't that wonderful news to those of us who are experts at it!). Sometimes keep working until it's perfect. Think with your eyes-how does it look? Let science, art, humanities, technology, and engineering all mix. Reach where you know you might never get to. Fantasize. Do things for yourself. Work with others. Make lists. Write your notes-on paper, not Instagram and Facebook. Think differently.

These are all things that we often did when we were kids but stopped when we got older. However, if we allow ourselves, we can still do all those things! We can be more creative. God did put that in all of us. We must relax, be more curious, and let it out.



Cindy supervises the moving of a baby grand piano into the worship center. The purchase was made possible thanks to memorial gifts.



## Finance Team Update Income & Expenses Monthly and YTD

April Income: .....\$16,714.30  
 April Expense: .....\$15,804.29  
 April Balance .....\$910.01

YTD Income: .....\$68,453.62  
 YTD Expense: .....\$58,823.57  
 YTD Balance .....\$9,630.05  
 Plus Carryover .....\$9,272.00  
 General Budget Fund .....\$18,902.05



## **Emanuel Lutheran Church**

2444 North Broadway  
Council Bluffs, IA 51503-0499

**RETURN SERVICE REQUESTED**

### **The Gathering (Women's Study)**

Monday, June 10<sup>th</sup>

9:30 am

*Conference Room*

### **R.O.M.E.O.'S**

(Retired Old Men Eating Out)

Tuesday, June 11<sup>th</sup>, 8:30 am

*Village Inn East*

### **Adult Fellowship**

Wednesday, June 12<sup>th</sup>

11:30 am

*Pizza Ranch*

### **Mission Action Committee**

(Quilters)

Wednesdays, 9:30 am

*Community Room*

*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

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Visit us on the web at: [www.emanuelcb.org](http://www.emanuelcb.org)

### *Worship Services:*

Sunday at 9:30 am, followed by fellowship and coffee hour in the community room

### *Staff:*

Pastor Lowell Hennigs ([pastor@emanuelcb.org](mailto:pastor@emanuelcb.org))

Director of Music Ministries, Cindy Richards ([music@emanuelcb.org](mailto:music@emanuelcb.org))

Parish Assistant, Michaela Lewis ([office@emanuelcb.org](mailto:office@emanuelcb.org))

Kidz Kamp/Activities, Stephen Lewis ([youth@emanuelcb.org](mailto:youth@emanuelcb.org))

Financial Secretary, Darlene Reed