

# Garden of Readin'



Emanuel Lutheran Church Newsletter

March 2019

## Happenings!

**Sunday, March 3**—Mardi Gras

**Wednesday, March 6**—Ash Wednesday

**Sunday, March 10**—Confirmation, Daylight savings Time Begins (move clocks forward)

**Monday, March 11**—WELCA Bible Study

**Friday, March 15**—Help at Our Savior's Food & Pet Food Pantry

**March 30**—Elementary Retreat at Carol Joy Holling Camp

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

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



Special thanks to Larry Hansen for his hard work to clear the parking lot and walkways at church. With several snow storms back to back, this has kept him very busy.

### In This Issue...

Periodic Pastoral Ponderings ..	2
Announcements .....	2
Lenten Dinners .....	2
Spring Forward .....	2
Summer Camp .....	3
Self-Injury Awareness .....	3
Birthdays & Anniversaries .....	4
Worship Assistants .....	5
Calendar .....	6
Thank You from Youth .....	7
Elementary Retreat .....	7
Lutheran Services in Iowa .....	7
Church Council Notes .....	8
Fine Arts Festival .....	9
Offering & Attendance .....	9
Finance Team Update .....	9



# Periodic Pastoral Ponderings

(From a guy who likes alliteration a lot)

BY PASTOR LOWELL HENNIGS

Dear friends in Christ,

I have announced my retirement from full-time parish ministry effective July 31, 2019. I plan to take some vacation in the second half of July, so my last day in the office here at Emanuel will be July 11<sup>th</sup>. Between now and then, I will work with the Church Council on details of closure and transition both for Emanuel and for Brenda and me.

Our Western Iowa Synod staff members have been in contact with the Church Council. As you can see from the council minutes, Pastor Lorna Halaas, assistant to the Bishop, met with the council at their February meeting. She will work closely with the leadership at Emanuel in this time of transition and looking to the future. Pastor Lorna is a wonderful friend of Emanuel and a great servant of our Lord and the Church.

I look forward to spending more time with Brenda and working on our retirement home. I am excited about having more time available to spend with our children and grandchildren, especially at times when they are most available. I look forward to doing some part-time work, but the area of that work is not yet clear to us. I am excited about pursuing hobbies and exploring new avenues of activity.

Thank you for your prayers and good wishes. I am glad to talk to any of you who might wish to discuss this further. I have been honored to be called as your pastor and regard our time together as one of the real high points of my pastoral ministry.

Yours in Christ,

Pastor Lowell

**WITH SYMPATHY:** We extend our Christian sympathy and love to Darlene Jeppesen at the death of her husband, Gene, January 30<sup>th</sup>. Please keep the Jeppesen family in your thoughts and prayers.



**Dinner at 6 p.m.  
Worship & Kidz Kamp at 6:45 pm**



Dinner Hosts:  
March 13: Women of Emanuel  
March 20: Children & Youth  
March 27: Wider Ministries  
April 3: Children & Youth  
April 10: TBA



**Just a reminder that if Council Bluffs Public Schools cancels activities due to weather, the office will close and activities and meetings scheduled for that day will also be cancelled or rescheduled.**



**Sunday, March 10<sup>th</sup>**

# Summer Camp for All Ages!

BY MICHAELA LEWIS

Lets look forward to summer!

We will have information soon in the community room about the programs at Lutheran Lakeside Camp and Carol Joy Holling Camp, but this information is already available on their websites ([www.lutheranlakeside.com](http://www.lutheranlakeside.com) and [www.caroljoyholling.org](http://www.caroljoyholling.org)). Lutheran Lakeside is located in Spirit Lake, Iowa, and Carol Joy Holling is located in Ashland, NE.

Carol Joy Holling offers camp at half price for first time campers for certain weeks during the summer. The first week (June 2-7) school is still in session in Council Bluffs and the week after (June 9-14) is when we will have Day Camp here at Emanuel. The third week they have the discount is July 7-12. These spaces are limited, so early registration is encouraged.

Both camps offer weeks for 1<sup>st</sup> – 12<sup>th</sup> grade, as well as family and grandparent camp. Lots of options to chose from. Emanuel does help with 25% of the cost of camp, as well as an additional amount for first time campers from Emanuel.

For kids and families who are interested, but not sure about camp, Carol Joy Holling is going to host a Camp Preview Day on Saturday, April 27<sup>th</sup>. Registration is required for this. There is more information about this on their website.

**They are also hiring summer staff!** If you are college-aged and would like to spend your summer working with kids and sharing the joy of Jesus, check out their websites. Lutheran Lakeside also has staffing opportunities for students in high school.

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## Mental Health Awareness

BY STEPHEN LEWIS

March is Self-Injury Awareness Month. Self-injury or self-harm is a response to emotional distress. Intentional, non-suicidal injuries are a way for a person to mirror psychological pain with physical pain. In some cases, the physical injury has a temporary calming effect. It is used to “feel Something” in response to emotional numbness.

How common is Self-Injury? 15% of teenagers will experience some form of self-injury. This drops to 4% among adults.

### Common forms of Self-Injury:

- Skin Cutting- Most common
- Head banging or hitting
- Flesh Burning

Many times these go unnoticed as they are easily hidden.

### Signs of Self-Injury

- Arms or legs that show signs of constant injury. Ex: bruises, cuts or burns
- Overdressing in warm weather. Ex: Coats or long sleeves in the summer
- Repeated excuses for how they got injured
- Avoidance or isolation, withdrawal from activities they previously enjoyed

Around 90% of self-injury cases begin in adolescence. While they may get a temporary feeling of relief, it carries a lot of shame and stigma. Labeling them “attention seekers” only adds to this.

### Ways to help if you notice any of the signs of self-injury

- Stay supportive
- Listen
- Do not judge or act disgusted
- Help them seek counseling if needed.
- Educate yourself

“Scars tell the story of where you have been. They do not dictate where you are going”



**As a reminder, the Mental Health Awareness group meets the 1<sup>st</sup> and 3<sup>rd</sup> Sunday of every month. If you have any questions or concerns, please reach out to Stephen Lewis or Mike Garreans.**







Daphne Miller  
Paul Heath  
Jim Fowler

Glen Fahrenkrug  
Mildred Rogers  
Phyllis Fowler

Daralene Smith  
Esther Bender  
Deloris Christensen

Robert Hesseltine  
Kaye Bird  
David Appel



**March 01** Deloris Christensen  
**March 02** Nick Haats  
**March 03** Judy Pleas  
Alexander VanSickle  
**March 05** Gayle Grap  
**March 06** Cheryl Ellis  
Joel Hauschild  
**March 06** Croix Smith  
**March 08** Vern Buley  
Dee Swanger  
**March 09** Macy Hansen  
Owen Hansen  
Ruth Nelson

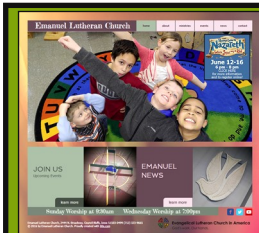
**March 10** Jim Hamilton  
**March 13** Kinsley Cahalan  
Caeli McDowell  
Killion McDowell  
**March 16** Michael Garreans  
Jill Gress  
**March 17** Judith Borwick  
Ron Stairs  
**March 20** Jacquie Moats  
**March 21** Angelina Maxwell  
**March 22** Dean Loos  
Anina Madsen

**March 25** Mike Burns  
Rosie Spangenberg  
**March 26** Stephen Lewis  
**March 27** John Husmann  
**March 29** Ciara Hite  
Chuck Madsen  
Phil Meyer  
Jim Nelson  
John Smith  
**March 31** Emma Richards  
Mia Richards



**March 07** Chuck & Peg Madsen  
**March 08** Joel & Christi Hauschild  
**March 31** Phil & Jane Meyer

*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, March 3</b>	<b>9:30 a.m. Service</b>
<b>Assisting Minister</b>	
<b>Ushers</b>	
<b>Acolytes</b>	Mason Garreans & Amari Johnson
<b>Lector</b>	Danette Hein-Snider
<b>Communion Assistants</b>	Elaine Sasso, Joel Hauschild, John Spilde
<b>Communion Set-Up</b>	Al & Linda Martens
<b>Visual Tech</b>	Peggy Jarrell
<b>Wednesday, March 6</b>	<b>7 p.m. Service</b>
<b>Ushers</b>	
<b>Acolytes</b>	Emma Richards & Mia Richards
<b>Communion Assistants</b>	Rosie Spangenberg, Joel Hauschild
<b>Communion Set-Up</b>	Carol Fahrenkrug
<b>Visual Tech</b>	Mason Lewis
<b>Sunday, March 10</b>	<b>9:30 a.m. Service</b>
<b>Assisting Minister</b>	Amy Garreans
<b>Ushers</b>	
<b>Acolytes</b>	Hanna Ferguson & Reegan Haats
<b>Lector</b>	Elaine Sasso
<b>Communion Assistants</b>	Rosie Spangenberg, John Spilde, Alan Ellis
<b>Communion Set-Up</b>	Deb Ebsen
<b>Visual Tech</b>	Cheryl Rowe
<b>Sunday, March 17</b>	<b>9:30 a.m. Service</b>
<b>Assisting Minister</b>	Rosie Spangenberg
<b>Ushers</b>	
<b>Acolytes</b>	Angelina Maxwell & Nikki Rickard
<b>Lector</b>	Rosie Spangenberg
<b>Communion Assistants</b>	Megan Sorensen, Nick Rickard
<b>Communion Set-Up</b>	Amy Steensland-Rickard & Linda Steensland
<b>Visual Tech</b>	Brenda Hennigs
<b>Sunday, March 24</b>	<b>9:30 a.m. Service</b>
<b>Assisting Minister</b>	
<b>Ushers</b>	
<b>Acolytes</b>	Grace Hansen & Cole Holcombe
<b>Lector</b>	Amy Garreans
<b>Children's Message</b>	Brenda Hennigs
<b>Communion Assistants</b>	
<b>Communion Set-Up</b>	Jeanine Schademann
<b>Visual Tech</b>	Darlene Jeppesen
<b>Sunday, March 31</b>	<b>9:30 a.m. Service</b>
<b>Assisting Minister</b>	
<b>Ushers</b>	
<b>Acolytes</b>	Hailey Holcombe & Cael Hansen
<b>Lector</b>	Alan Ellis
<b>Communion Assistants</b>	
<b>Communion Set-Up</b>	Pat Hiller
<b>Visual Tech</b>	Elaine Sasso



**March 3**  
Brenda & Lowell  
Hennigs

**March 10**  
Church Council

**March 17**

**March 24**

**March 31**

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



**March 3**

**March 10**


**March 17**

**March 24**

**March 31**

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

## March 2019 – Emanuel Lutheran Church

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:30 am Worship &amp; Holy Communion 10:30 am Fellowship &amp; Coffee Hour 11 am Mental Health Support Group 4 pm Mardi Gras</p> 	<p>11 am Tai Chi</p>	<p>5:30 pm Girl Scouts in Community Room 7 pm Boy Scouts in Youth Center</p>	<p>9:30 am Mission Action (Quilters) 12 pm Ash Wednesday Worship 6 pm Dinner 7 pm Ash Wednesday Worship</p>	<p>9:30 am Adult Study 11 am Tai Chi 1 pm Game Day 6:30 pm Choir Rehearsal 7:30 pm Band Rehearsal</p> 	<p>Office Closed</p>	
<p><b>Joyful Noise</b> 9:30 am Worship &amp; Holy Communion 10:30 am Fellowship &amp; Coffee Hour with Ministries 11 am Confirmation</p> 	<p>11 am Tai Chi 9:30 am The Gathering (Women's Study) in conference room</p>	<p>8:30 am R.O.M.E.O.S. @ Village Inn East 9 am Cookie Crumbs Packing 5:30 pm Girl Scouts in Community Room 7 pm Boy Scouts in Youth Center</p>	<p>9:30 am Mission Action (Quilters) 11:30 am Adult Fellowship at Pizza Ranch 6 pm Dinner 6:45 pm Worship &amp; Kidz Kamp</p>	<p>9:30 am Adult Study 11 am Tai Chi 6:30 pm Choir Rehearsal 7:30 pm Band Rehearsal</p>	<p>Office Closed 4:30 pm Volunteers for Food Pantry meet at Our Savior's</p> 	
<p>9:9:30 am Worship &amp; Holy Communion 10:30 am Fellowship &amp; Coffee Hour 10:45 am Worship &amp; Music Committee Meeting 11 am Mental Health Support Group</p>	<p>11 am Tai Chi 7 pm Church Council Meeting 7 pm MS Support Group</p>	<p>5:30 pm Girl Scouts in Community Room 7 pm Boy Scouts in Youth Center</p>	<p>9:30 am Mission Action (Quilters) 11:30 am Adult Fellowship at Pizza Ranch 6 pm Dinner 6:45 pm Worship &amp; Kidz Kamp</p>	<p>9:30 am Adult Study 11 am Tai Chi 6:30 pm Choir Rehearsal 7:30 pm Band Rehearsal</p>	<p>Office Closed</p>	<p>12 pm Girl Scouts</p>
<p>9:30 am Worship &amp; Holy Communion 10:30 am Fellowship &amp; Coffee</p>	<p>11 am Tai Chi 11 am Communion at Midlands Living Center</p>	<p>5:30 pm Girl Scouts in Community Room 7 pm Boy Scouts in Youth Center</p>	<p>9:30 am Mission Action (Quilters) 11:30 am Adult Fellowship at Pizza Ranch 6 pm Dinner 6:45 pm Worship &amp; Kidz Kamp</p>	<p>9:30 am Adult Study 11 am Tai Chi 6:30 pm Choir Rehearsal 7:30 pm Band Rehearsal</p>	<p>Office Closed</p>	<p>12 pm Girl Scouts 9 am—3:30 pm Elementary Retreat at Carol Joy Holling Camp (meet in Emanuel Parking Lot at 8 am)</p>
<p>9:30 am Worship &amp; Holy Communion 10:30 am Fellowship &amp; Coffee</p>	<p>11 am Tai Chi</p>	<p>5:30 pm Girl Scouts in Community Room 7 pm Boy Scouts in Youth Center</p>	<p>9:30 am Mission Action (Quilters) 11:30 am Adult Fellowship at Pizza Ranch 6 pm Dinner 6:45 pm Worship &amp; Kidz Kamp</p>	<p>9:30 am Adult Study 11 am Tai Chi 6:30 pm Choir Rehearsal 7:30 pm Band Rehearsal</p>	<p>Office Closed</p>	<p>1 pm Community Room in Use</p>

# Thank You!

BY DEANN OVER

Thanks to all who attended the Childrens/Youth hosted luncheon following the annual meeting on January 27. Free will donations totaled at least \$300 which will be used toward sending our children and youth to Bible camps and a summer mission trip this summer.

Thanks to the kitchen crew and those providing desserts: the Hansens (Jamie, Tyler, Lauren, Kylie), Steenslands (Linda, Greg, Tristen & Tyler), Shelby & Nikki Rickard, Megan & Kyle Sorensen, Angel McGee and Michaela Lewis. And special thanks to Linda Steensland and Judy Heithoff who prepared the shredded pork!

## Explore! Day Retreat

March 30<sup>th</sup>

9 am—3:30 pm

Grades 1-6. With our theme of Lego and Let, here the campers will learn building a strong foundation through friendship, worship and creativity.

Come join us as we jump into learning, fellowship, fun and of course, praising God! Cost is \$10 per camper.

Register at [www.cjhcenter.org/explore](http://www.cjhcenter.org/explore)  
Carol Joy Holling Camp, Ashland NE

## March is National Professional Social Work Month

March is National Professional Social Work Month, a time to recognize social workers and thank them for all they do. At Lutheran Services in Iowa (LSI), we're grateful for the many social workers who have dedicated their lives to serving our community!

Maybe you've never had a social worker involved in your life. Yet, whether you realize it or not, you've had the benefit of their behind-the-scenes work in your community. Social workers help people help themselves in overcoming life's most difficult circumstances or managing challenges of everyday living: poverty, abuse, mental illness, depression, addiction, disability, and many other situations.

Iowa wouldn't be the same without the patience, guidance, and empowerment that social workers provide. Happy National Professional Social Work Month!

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

## Finding a Support System

Aubreigh knew something needed to change.

She was struggling with substance use and alcohol. She couldn't find a way to take care of her mental health. She was unable to provide a safe home for her son, who needed to move in with his dad. When she finally took a step in the right direction and found a home, all her belongings were stolen.

Through LSI's Family Safety, Risk, and Permanency Services, Aubreigh connected with her worker, Kelsy. Together, the duo is working on budgeting Aubreigh's money, finding a good job, and building a safe home environment for her son.

"I was in a bad situation, and I'm really thankful for

LSI," she says. "Without them, who knows where I'd be."

Aubreigh now meets with Kelsy once a week and feels like she is finally on the right path after plenty of hard work. She is working with her son and his father to build a healthy co-parenting relationship, and she knows Kelsy will always be in her corner, ready to cheer her on.

"Kelsy has been an awesome resource. She helps if we have issues co-parenting, and we do a lot better now as a family," Aubreigh says. "If I have any problems, Kelsy is there."





# Emanuel Evangelical Lutheran Church

## Council Minutes for 02/18/2019

RECORDED BY STEPHEN LEWIS

**Present:** Rosie Spangenberg, Elaine Sasso, Stephen Lewis, Alan Ellis, Nick Rickard, Megan Sorensen, Connie Solon, Judi Malloy, Amy Garreans, Joel Hauschild, John Spilde.

**Absent:** Pastor Lowell Hennigs, Peggy Jarrell

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

Members went around the table and introduced themselves.

**Devotions:** Connie Solon

### **Council Agenda:**

- Butch and Carol Reid were in attendance asking to use the upstairs gym area for family dance lessons.
- Motion was made by Judi Malloy, seconded by John Spilde to allow Butch Reid (ScoutMaster) and his family use the room upstairs for dance lessons on Sunday afternoons, 1p-230p. This will take place March 3<sup>rd</sup>- April 13<sup>th</sup>, excluding March 17<sup>th</sup>. There is room for 3 more couples to join. After noting that this may present a conflict with March Confirmation class, this was approved.
- We were joined by Pastor Lorna Halaas from the Western Iowa Synod. She gave a presentation about the internship of James Rut
- Motion was made by Alan Ellis, seconded by Judi Malloy to allow James Rut to Intern at Emanuel Lutheran under the supervision of Pastor Lowell Hennigs. This was Approved.
- Motion was made by Alan Ellis, seconded by Judi Malloy to compensation James Rut for his internship (Mar- June) the amount of \$800. This is to be taken out of the seminar and training budget and is on the basis that the Synod will match that amount as well. This was approved.
- Pastor Lorna Halaas also spoke about Pastoral Transition. We discussed the guidelines for Congregations in Transition and the call process. The council is to represent assurance and leadership for the congregation as we enter this process. No steps are to be taken at this moment as the Synod will be in touch going forward.
- Motion by Connie Solon, seconded by Joel Hauschild to approve the Secretary minutes. Approved.
- Motion by Allan Ellis, seconded by John Spilde to approve Financial, Treasurer, and Capital Fund reports. Approved.
- Motion by Judi Malloy, seconded by Connie Solon to approve Memorial Fund report. Approved.
- Pastors Report was presented.
- Motion made by Elaine Sasso, seconded by Amy Garreans to approve Sunday March 17<sup>th</sup> 2019 as new member Sunday. Approved.
- Motion made by Megan Sorensen, seconded by Nick Rickard to accept Desiree and Alyssa Snell as new members. Approved.
- Motion made by John Spilde, seconded by Alan Ellis to approve Pastor Lowell Hennigs vacation requests of the last 3 Sundays in July. Approved.
- Youth and Children's Report was given by Stephen Lewis
- Wider Ministries Report was given by Connie Solon. Noted that more volunteers are needed for our week at the Our Savior Food Pantry. Emanuel volunteers every 3<sup>rd</sup> Friday of the month.
- Upcoming coffee hours to be hosted by the Council- March 10<sup>th</sup> and April 7<sup>th</sup>.
- Giving Statement for the Western Iowa Synod was presented. For year March 2018- February 2019, Emanuel has given \$11,080.
- Option to have reports sent in an electronic format was discussed and put on the agenda for next meeting.
- Rosie Spangenberg shared the registration information for the upcoming Western Iowa Synod Assembly in Souix City IA, May 3-5. She encouraged another council member to attend this along with herself.
- Next Council Meeting is March 18<sup>th</sup> 2019 at 7pm. Devotions by Judi Malloy.
- Motion made by Joel Hauschild, seconded by Amy Garreans to adjourn the Council Meeting at 9:15pm. Approved.



# 2019 Fine Arts Festival

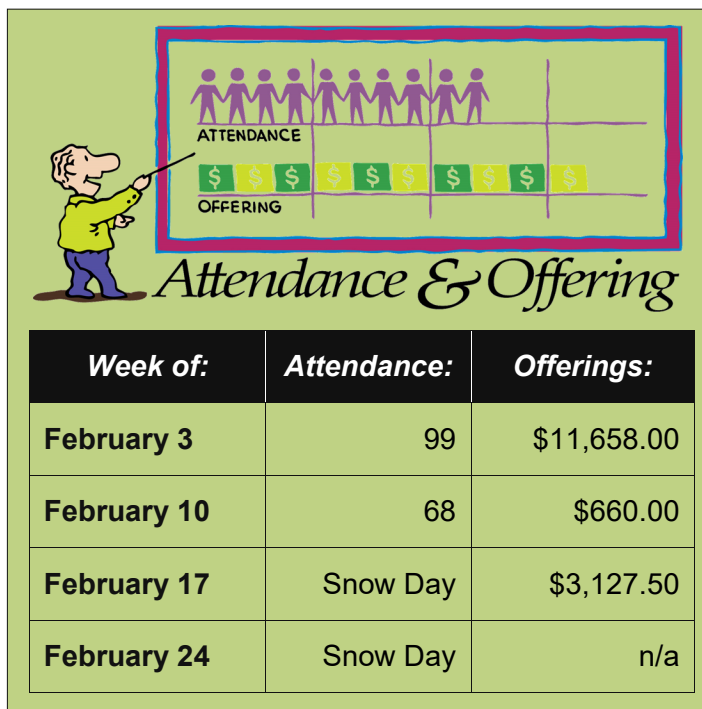
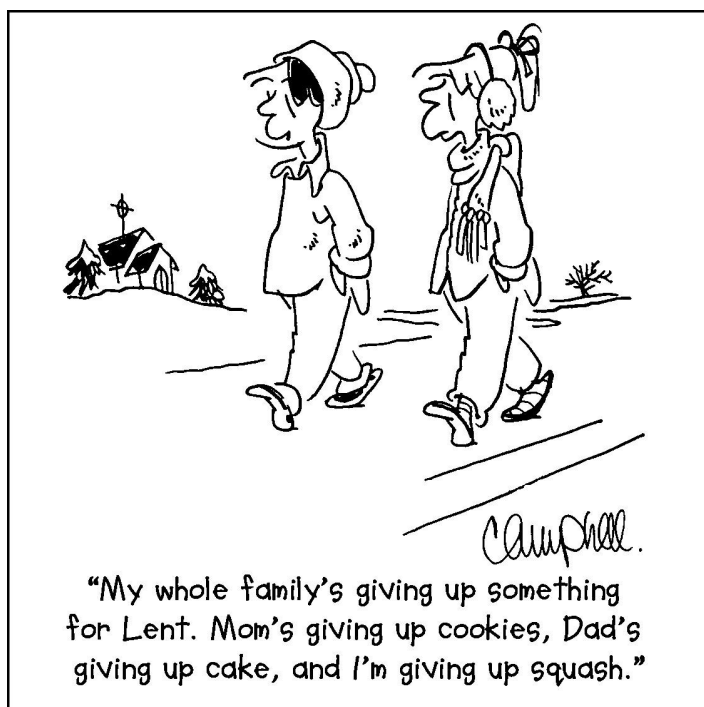
## Palm Sunday April 14 Focus on The Passion of our Lord & the Cross

Bring your paintings, photos, drawings, sculpture to the church April 7-11 from 9-1.

Music, poetry, readings will be used during the Palm Sunday service.

Please talk to Cindy prior to April 7.

*All are welcome!*



## Finance Team Update Income & Expenses Monthly and YTD

January Income: .....\$19,336.23  
January Expense:.....\$16,062.14  
January Balance.....\$3,274.09

YTD Income: .....\$19,336.23  
YTD Expense:.....\$16,062.14  
YTD Balance.....\$3,274.09  
Plus Carryover.....\$9,272.00  
General Budget Fund.....\$12,546.09



## **Emanuel Lutheran Church**

2444 North Broadway  
Council Bluffs, IA 51503-0499

**RETURN SERVICE REQUESTED**

### **Game Day**

Thursday, March 7<sup>th</sup>, 1:00 pm  
*Community Room*

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

Monday, March 11<sup>th</sup>  
9:30 am  
*Conference Room*

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

(Retired Old Men Eating Out)  
Tuesday, March 12<sup>th</sup>, 8:30 am  
*Village Inn East*

### **Adult Fellowship**

Wednesday, March 13<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  
[office@emanuelcb.org](mailto:office@emanuelcb.org)

Like us on facebook: [facebook.com/emanuellutherancbia](https://facebook.com/emanuellutherancbia)  
Visit us on the web at: [www.emanuelcb.org](http://www.emanuelcb.org)

### *Worship Services:*

Sunday at 9:30 am, followed by fellowship  
Wednesday meal at 6:00 pm, Kidz Kamp & Adult Study at 6:45 pm,  
Worship in in Community Room at 7:30 p.m.

### *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