Garden of Readin'

Emanuel Lutheran Church Newsletter

August 2018

Happenings!

Sunday, July 29—Thursday, August 2—Vacation Bible School

Sunday, August 5—Mental Health Support & Advocacy Group

Wednesday, August 8-Friday, August 10—Garage Sale Set-Up and item drop off

Saturday, August 11—Emanuel's Annual Garage Sale

Friday, August 17—Help at Our Savior's Food & Pet Food Pantry

Sunday, August 19—Mental Health Support Group, Middle School & High School Back to School Event

Mission Statement: Forgiven by Grace,

by Grace, Serving by Faith

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



Most of our crew that attended the ELCA National Youth Gathering last month. They shared their experiences with us during worship on July 5.

In This Issue...

Periodic Pastoral Ponderings 2
Announcements/Thank You 2
Jonathan Rundman Concert 3
Garage Sale 3
Bake Sale3
Birthdays & Anniversaries 4
Worship Assistants5
Calendar6
Youth Gathering Highlights 7
Our Youth at the Gathering 8
Women's retreat9
Lawn Mowing Team 9
Church Council Notes 10-11
Lutheran Family Services 12
Volunteer Opportunities 12
College Student Updates 12
Music Ministry 13
Offering & Attendance
Finance Team Update 13



Periodic Pastoral Ponderings

(From a guy who likes alliteration a lot)

By Pastor Lowell Hennigs

Dear partners in abundance,

The combination of reading Ephesians on Sundays and studying a C. S. Lewis book on Thursdays has led me back to one of Lewis's most powerful addresses, entitled "The Weight of Glory." Early in that address, he speaks these words:

"Indeed, if we consider the unblushing promises of reward and the staggering nature of the rewards promised in the Gospels, it would seem that our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased."

This is perhaps shocking to people who have been taught so long and so well that following Jesus is about giving things up, doing without, avoiding temptation, etc. Those things matter, Lewis says, but they are at best means to an end. His perspective echoes the great blessing we find at the end of Ephesians, chapter three: "Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen."

We settle for too little. We worship bits of Creation—money, sex and power—when we could have the love of the Creator. We do everything we can to save ourselves when we could have life with the Savior. We settle for being mildly spiritual when we could be filled with the Spirit of all life. We settle for a bit of entertaining comfort in worship when we could enter into the very throne room of heaven. We see our neighbors as irritating burdens when in fact we are surrounded by bearers of the very image and likeness of God.

Lewis celebrates this reality near the end of his address. "There are no *ordinary* people," he writes, "You have never talked to a mere mortal. Nations, cultures, arts, civilisations—these are mortal, and their life is to ours as the life of a gnat. But it is immortals whom we joke with, work with, marry, snub, and exploit—immortal horrors or everlasting splendours." Hard as it may be, I invite you to imagine yourself in this description, because that is what you are. And then I urge you to see your neighbor in that description as well.

If we see our neighbors in this way, then this vision must shape how we treat our neighbors. Lewis finishes his address with these words: "Next to the Blessed Sacrament itself, your neighbor is the holiest object presented to your senses...for in him also Christ...the glorifier and the glorified, the Glory Himself, is truly hidden." I invite you to reflect on how this might shape your response to the poor, the homeless, the immigrant, the refugee, the disabled, and the different.

Thanks for journeying in faith, hope and love together.

Yours in Christ, Pastor Lowell

WITH SYMPATHY: We lift up in prayer and express our Christian sympathy for the family of Lucile Weatherill, who entered the new life on June 29th.

We also lift up in prayer and express our 🦰 Հարկանի Christian sympathy for Darlene Jeppesen and her family at the death of her brother.

UPPER PARKING LOT: Thank you to Matthew Honig, Eagle Scout candidate, and his crew for restriping and doing minor repairs on the upper parking lot and some gardening as a part of his Eagle Scout qualification.

THANK YOU: I would like to thank Pastor Hennigs for all his visits and prayers for Lucile Weatherill and the beautiful service and also Cindy Richards for taking part with your great music. Also thank you mem-

bers for your cards, memorials and prayers for Lucille. God Bless You all for your sincere kindness. God bless you my friends, Norma Heath & Family



Jonathan Rundman

Live In Concert

Saturday, September 22 7 p.m.

Tickets \$15 in advance Emanuel Lutheran Church 2444 N. Broadway, Council Bluffs, IA



Born and raised in the isolated Finnish-American communities of Michigan's Upper Peninsula, Jonathan Rundman has been writing songs and performing across the country since he was 18 years old. He emerged on the national music scene as a Chicago-based touring artist, generating rave reviews in Billboard, The New York Times, Performing Songwriter, Paste, and countless regional publications. Now living in Minneapolis, he continues to tour and record. Jonathan's songs can be heard on radio stations across America, in Scandinavia and England, and have been featured on television's Ellen Degeneres Show and CBS This Morning.

In 2017 Rundman released the new solo retrospective album *Reservoir*, collecting his best songs of the new millennium.

Deftly navigating between folk music, garagey rock, sophisticated pop, and Americana, Rundman proves to be one of the country's most ingenious and persistent independent songwriters.

Items and Help Needed for Garage Sale

The date has been set for our annual garage sale! It will be August 11th. Items should be clean and if possible marked with a price before bringing them in. No clothing. Several items have been collected already and are being gathering in the downstairs room at the parsonage.

Official drop off dates will be August 8, 9 and 10 from 6 p.m. to 8 p.m. If you would like to help with



set-up or work the day of the garage sale, there are sign-up sheets in the community room.

Please contact Rosie Spangenberg or the church office at 712-323-9665 if you have items that need to be picked up.



Emanuel's youth are again in charge of the concessions and bake sale items at the August 11th garage sale. As in past years we will need donations of baked goods.

- Baked goods can be pies, cakes, cookies, bars, etc.
- Please package and label, i.e., banana nut bread, oreo cookie cupcakes, etc.
- Please bring baked items Friday evening or Saturday morning, August 11th.

Stop by at our concession stand on Saturday - we haven't changed our prices in 9 years!!



Daphne Miller Harvey Coble Paul Heath Glen Fahrenkrug Mildred Rogers Esther Bender Jeff Smith
Dana Blessum
Jim Fowler

Dwight Rogers Kaye Bird Phyllis Fowler



Aug. 01	William Schademann	Aug. 10	Larry Britton	Aug. 22	Jordan Hansen Jane Nelson
Aug. 02	Ryan McSorley	Aug. 12	Dany Springer		Colbey Sullivan
Aug. 03	Debra Ebsen	Aug. 13	Dustin Loos	Aug. 23	Sarah Hubbard Mahala Jankowski
Aug. 04	Kimberly Egner Gene Jeppesen	Aug. 15	Kamryn Maxwell Jessica Winter		Mildred Rogers
	Gladys Koenig			Aug. 25	Jeann Foster
	Baylee Snyder	Aug. 16	Mike Garrett	Aug. 26	Jack Ogg
Aug. 05	Trisha Gysin	Aug. 17	Katelyn Longnecker	Aug. 20	Jack Ogg
•	Chuck Miller	•	Tonia Thielen	Aug. 27	Pamela Sherman Tyler Steensland
Aug. 06	Crystal Nixt	Aug. 18	Ben Clark		•
Aug 07	Andrea Britton		Samantha Showalter	Aug. 28	Wendi Hite
Aug. 07	Andrea Britton Linda Jacobsen	Aug. 19	Makenzie Shetterly Jami Thielen	Aug. 29	Alaire Carrier
Aug. 08	Peggy Jarrell		Wanda Thielen	Aug. 30	Mark Ellis
Aug. 09	Alexis Gress	Aug. 20	Ryan Loos		



Aug. 06 Rick & Jan Stone

Aug. 07 Jeff & Sandy Smith

Aug. 10 Barry & Tina Larson
Danielle & Jesse Schaal

Aug. 15 John & Barb Burns

Aug. 21 Alex & Deanne Skovgaard

Worship Assistant Schedule

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

Sunday, August 5	9:30 a.m. Service	
Assisting Minister	Mike Winter	
Ushers	Phil & Jane Meyer	
Acolytes	Amari Johnson & Grace Hansen	
Lector	Danette Hein-Snider	
Communion Assistants	Alan Ellis	
Communion Set-Up	Connie Eyberg & Jeanine Schademan	
Visual Tech	Peggy Jarrell	
Sunday, August 12	9:30 a.m. Service	
Assisting Minister	Carly Sorensen	
Ushers	Phil & Jane Meyer	
Acolytes	Austin Borwick & Tyler Steensland	
Lector	Elaine Sasso	
Communion Assistants	Elaine Sasso, Valarie Weelborg, Amy Garreans	
Communion Set-Up	Amy Steensland & Linda Steensland	
Visual Tech	Elaine Sasso	
Sunday, August 19	9:30 a.m. Service	
Assisting Minister	Rosie Spangenberg	
Ushers	Phil & Jane Meyer	
Acolytes	Andrew Borwick & Kylie Hansen	
Lector	Deann Over	
Children's Message	Elaine Sasso	
Communion Assistants	Rosie Spangenberg, Lauren Hansen	
Communion Set-Up	Pat Hiller & Deb Ebsen	
Visual Tech	Darlene Jeppesen	
Sunday, August 26	9:30 a.m. Service	
Assisting Minister	Amy Garreans	
Ushers	Phil & Jane Meyer	
Acolytes	Shae Nickels & Lauren Hansen	
Lector	Danette Hein-Snider	
Children's Message	Brenda Hennigs	
Communion Assistants	Rosie Spangenberg, Peggy Jarrell, Kylie Hansen	
Communion Set-Up	Al & Linda Martens	
Visual Tech	Elaine Sasso	



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



August 5
Children & Youth

August 12 Children & Youth

> August 29 Fresh Start

August 26 Church Council

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



August 5

August 12

August 29

August 26

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

\overline{a}	
~	
=	
=	
모	
ᇴ	
$\overline{}$	
≒	
įυ	
6	
=	
_	
¥	
_	
_	
_	
$\overline{}$	
<u>e</u>	
Ĭ	
₹	
20	
Ξ	
.≒	
ш	
1	
$\mathbf{\alpha}$	
=	
÷	
໘.	
2	
_	
ī	
¥	
=	
O	
3	
7	

SATURDAY		8 am—2 pm Annual Garage Sale	9 am Fellowship Hall In Use 4 pm Girl Scouts	25	12 pm Girl Scouts
FRIDAY	6 pm Potluck 6:30 pm Movie: Black Panther	0ffice Closed 6 pm—8 pm Garage Sale Set-Up	4:30 pm Volunteers for Food Pantry meet at Our Savior's	24 Office Closed	31 Office Closed
THURSDAY		9:30 am Adult Study 11 am Tai Chi 6 pm—8 pm Garage Sale Set-Up	16 9:30 am Adult Study 11 am Tai Chi	9:30 am Adult Study 11 am Tai Chi	9:30 am Adult Study 11 am Tai Chi
WEDNESDAY	9:30 am Mission Action (Quilters) 5:30 pm VBS Dinner 6 pm—8 pm VBS	9:30 am Mission Action (Quilters) 11:30 am Adult Fellowship at Pizza Ranch 6 pm—8 pm Garage Sale Set-Up	9:30 am Mission Action (Quilters) 6 pm Dinner 6:45 pm Worship in Community Room Newsletter	9:30 am Mission Action (Quilters) 6 pm Dinner 6:45 pm Worship in Community Room	9:30 am Mission Action (Quilters)
TUESDAY	5:30 pm VBS Dinner 6 pm—8 pm VBS	5:30 pm Girl Scouts in Community Room 7 pm Boy Scouts in Youth Center	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 6:30 pm Children & Youth Committee Meeting 7 pm Boy Scouts in Youth Center	5:30 pm Girl Scouts in Community Room 7 pm Boy Scouts in Youth Center	5:30 pm Girl Scouts in Community Room 7 pm Boy Scouts in Youth Center
MONDAY	30 11 am Tai Chi 5:30 pm VBS Dinner 6 pm—8 pm VBS	11 am Tai Chi	9 am Cookie Crumbs Sorting 11 am Tai Chi	20 11 am Tai Chi 7 pm Church Council Meeting 7 pm MS Support Group	11 am Tai Chi 11 am Communion at Midlands Living Center
SUNDAY	9:30 am Worship & Holy Communion 10:30 am Fellowship & Coffee Hour 5 pm VBS Cookout! 6 pm—8 pm VBS	9:30 am Worship & Holy Communion 10:30 am Fellowship & Coffee Hour 11 am Mental Health Support Group	Joyful Noise 12 9:30am Worship & Holy Communion 10:30am Fellowship & Coffee Hour with 10:45 am Wider Ministries Meeting	9:30am Worship & Holy Communion 10:30 am Fellowship & Coffee Hour 11 am Mental Health Support Group 4 pm Back to School Event for Middle & High School	9:30 am Worship & Holy Communion 10:30 am Fellowship & Coffee Hour



2018 Gathering Highlights

FROM THE WESTER IOWA SYNOD ESPIRIT, JULY 20 ISSUE

Mountaintop Experience

The ELCA National Youth Gathering was a great mountaintop experience for youth and the adults who accompanied them. Can you imagine worshipping with 31,000 mostly young people? I could feel the Holy Spirit moving among us and helping us praise God and be together as the church. Their energy was contagious.

We were motivated by dynamic speakers who shared their faith stories and what God has done, and is doing, in their lives. I would encourage you to follow the links included with this note to experience personally the messages of love, grace, and hope conveyed by the presenters. Whatever apprehension about the content of some of the speakers quickly dissolved as we were told of God finding them in dark places and leading them into the light.

We also had opportunities to serve in Houston neighborhoods as we cleaned houses damaged by hurricane Harvey, worked with children in schools, beautified yards and witnessed to the love of Jesus. Then came the Interactive learning displays that opened the eyes of many to what the ELCA is about throughout the world. This is a big church that makes a significant impact in many places.

I give thanks for all those who supported the trip by prayer and financial backing.

Peace +Rodger Bishop Rodger Prois







Walk Date: September 09, 2018

Walk Location: Lewis & Clark Landing - Omaha, NE

Check-in/Registration Time: 11:00 am

Walk Begins: **1:30 pm** Walk Ends: **4:00 pm**

Join or donate to Emanuel's Team at: https://afsp.donordrive.com/team/180376

For more information, contact Steve or Michaela Lewis

2018 ELCA Youth Gathering

This Changes Everything

Thank you to all who donated both monetarily and prayerfully to send our youth to the tAble and Youth Gathering. What seemed like a monumental challenge of raising nearly \$15,000 was only possible through your support!

We especially want to thank the adult leaders, Megan & Chris Sorensen, Judy Heithoff, Jolene Hansen, Alan Ellis and Tyler Hansen who shared their faith,

time, energy and talents: .

Carly Sorensen, Lauren Hansen, Alexxia Richards, Alexis Ellis, Shae Nickels, Madison Nickels, Ashley Hipnar, Owen Hansen and Brendan Ellis were among the 31,000+ participants.

While the group shared their experiences during the July 8th worship service – here are some of their comments:

"Being in Texas had a very big impact on me and my life. Everyone there loved you just how you are no matter what. The speakers there talked about the problems they wen through in their life and how God helped them through it. I've had a history of depression and still do. I used to blame God for how I felt. I though why would he do this to me? I soon learned after the youth

gathering that God doesn't cause your problems, he helps you through them." Alexxia

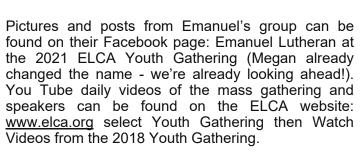
"Service learning day was one of my favorites. I enjoyed knowing what I was doing was so appreciated by the whole neighborhood. I helped paint the shed that was at the church / daycare that we worked at. The others in our group made an irrigation system for the garden that they prepared for the community and worked on a mural that was along the fence. What I took away from this trip was that God works through all of us. Don't be afraid to turn to God for anything. He is with us through good and bad and if we turn to him things will work out." Owen

"To be a part of the 2018 Houston Youth Gathering wasn't just some trip to Texas. It was an experience where worship was around every corner, giving me a connection to God far beyond the traditional church setting. It allowed me to see how the Holy Spirit can work through us within our everyday lives. In fact, just a warm hug to a random stranger can have a ginormous impact on them. But most of all, the reason this gathering meant so much to me was being able

to see our community of faith. To see the tens of thousands of other teenagers come together to worship God and spread his love. To see I'm not alone and to see that kindness and love will always persevere through the darkest of times. I know from experience that this was seen when everyone in the stadium was swaying back and forth, arms around their neighbors. shining their flashlight while singing their hearts out to the lord." Ashev

"When we went on the Houston trip, there was one day that especially stuck with me. We learned about the struggles people all over the world have to deal with on a daily basis. It made me realize how lucky I am to not have to worry, or even think about the things other people have to go through. I am thankful

to God for how blessed I am." Lauren





Youth Gathering Activities







Women **ELCA**

Women's Retreat

SUBMITTED BY MEGAN SORENSEN

Emanuel WELCA will be hosting a Women's Retreat on September 8th from 9am-12 in the retreat center (parsonage). This event is open to all women and girls of the congregation. Doors will open at 8am with a light breakfast and opportunity for some preparation and meditation. event will begin at 9 and consist of fellowship, reflection, worship, and planning for future opportunities. Lunch will be served at noon for those who wish to stay. Emphasis will be placed on creating a space for women and girls to be a part of this community in ways that are accessible and meaningful to their lives. Questions? Contact Darlene Jeppesen, Judy Heithoff, or Megan Sorensen. RSVP via Facebook, email jdheithoof@cox.net, or call Darlene J at 712-322-6391

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. -3 pm Tues.—Thurs. Any questions, problems, or suggestions, call Larry at 323-7379.

August 5 Chris Sorensen

August 12 Alan Ellis

August 19 Mark Ellis

August 26 Terry Eyberg



Emanuel Evangelical Lutheran Church Council Minutes for 07/16/2018

RECORDED BY MIKE WINTERS

<u>Present</u>: Rosie Spangenberg, Mike Winter, Amy Garreans, Elaine Sasso, Peggy Jarrell, John Spilde, Joel Hauschild, Connie Solon, Judi Malloy, Stephen Lewis, Valarie Weelborg, Pastor Lowell Hennigs

Absent: Patty Maxwell

The meeting was called to order at 7:01 p.m. by President Rosie Spangenberg

Devotions: Joel Hauschild

Council Agenda:

- Motion by Elaine Sasso, seconded by Peggy Jarrell to approve the secretary minutes for the May meeting and to approve all of the reports that were filed at the May meeting. Approved.
- Motion by Judi Malloy, seconded by Amy Garreans to approve the secretary minutes for the June 18, 2018 meeting. Approved.
- Motion by John Spilde, seconded by Valarie Weelborg to approve the Financial Secretary (Consolidated Fund) report. Approved.
- Motion by Judi Malloy, seconded by Valarie Weelborg to approve the Treasurer's Report. Approved.
- Motion by Elaine Sasso, seconded by Amy Garreans to approve the Capital Fund Report. Approved.
- Motion by Joel Hauschild, seconded by Judi Malloy to approve the Memorial Fund Report. Approved.
- Pastor Hennigs submitted an 18 point report. The Emanuel Lutheran Church Daycare Construction Committee is meeting on July 19, 2018 at 6 p.m. We have received additional grant funds through the Childcare Resource & Referral Folks in the amount of almost \$2,000. They are trying to recruit a slate of people for the council to consider for an initial Board of Directors. To qualify, you must be a church member. A disbursement was made from the Special Needs Fund in June for \$300. At the end of June, the balance was \$458.21, but gifts were received in the amount of \$540 leaving a balance of at least of \$998.12. The new Mental Health Support Group has met twice. Stephen Lewis is one of

the co-facilitators. Emanuel sponsored the Annual Lakeside Day Camp. There were 19 campers. Our younger people and adults have returned from the ELCA Youth Gathering in Houston and they report a life changing and faith affirming journey. Emanuel contributed about \$400 for the Gerald Dixon Memorial Pavilion at Kimball Park. Pastor officiated at the funeral of Lucille Weatherill on July 2. The "Blessings and Brunch" gathering for the WELCA has stopped meeting. Plans have been made for additional women's ministry activities this fall including a September retreat in our retreat house. Pastor received requests for two weddings. Erin Miller and Rodney Johnson in May 2019 and Amy Steensland and Nick Rickard in the fall of 2018.

- Motion by John Spilde, second by Peggy Jarrell to approve the wedding requests to be held at Emanuel. Approved.
- Stephen Lewis gave the Children's/Youth Ministry's report. He reported that the Eagle Scout project by Matthew Honig completed the striping of the upper parking lot and some additional plantings in the patio area July 7. Vacation Bible School will begin July 29 through August 2. Eleven are registered, but it is expected there will be a total of about 20. Kidz Kamp will kick off on September 5. Emanuel's ninth annual garage and bake sale will take place Saturday, August 11 from 8 a.m. to 2 p.m.
- Peggy Jarrell gave a report for the Wider Ministries Committee. Joyful Noise for August is expected to be Lutheran Family Services. Discussion was held concerning visiting members that are not able to get out. Drivers are needed for Angel Tree transportation. A discussion was held regarding repairing and replacing robes for acolytes.
- Rosie Spangenberg gave a report on the Worship and Music Committee. She reminded the council that the Jonathan Rundman Concert will take place on September 22 at 7 p.m. and on September 23, he will be doing the worship service. The committee would like to purchase a large canopy to be used during rain and sun by Da Band and other groups. Hopefully money from the garage sale can be used to purchase a portable pop-up type canopy. Mike Hipnar is investigating a few options. Ron Reiff is willing to conduct a harmonica class. Marge McIntosh

suggested using Memorial Fund money from her husband and mother to buy the harmonicas. On July 29, 2018, we will dedicate the new hymnals. Mike Hipnar reported that it will cost approximately \$1,200 for two projectors, splitter, mounts and cable for additional video screens/displays in the sanctuary and Fellowship Hall. Ron Reiff brought up the need for training for acolytes so their jobs are performed universally. A discussion was held about electrical updates in the sanctuary and Cindy Richards will talk to Oscar on the Property Committee about this. A discussion was also held about the bad shape of some of the communion linens. It was discussed using some of the garage sale/Memorial Funds for the purchase of new ones. Mike Hipnar purchased two used Yamaha stands, speakers, complete with a mixing board, and carrying bags.

- Council discussed amending the Facilities & Grounds Use Policy. The discussion included eliminating the use of Emanuel facilities for non-members. The council will look at this again next month.
- The church council will be responsible for coffee hour on July 29 and August 26, 2018.
- Motion by Judi Malloy, seconded by Joel Hauschild to change the contribution made to the Capitol Fund back to \$450 as of May 1, 2018 from \$700 which had been approved by the church council. Approved.
- Motion by Elaine Sasso, seconded by Peggy Jarrell to adjourn at 8:23 p.m. Approved.
- All reports presented to the council may be viewed by any church member at the church office.

The next meeting with be Monday, August 20, 2018 at 7 p.m.

PUZZIE! Match the name of each Bible person with his or her occupation.

- 1. Nehemiah
- 2. Luke
- 3. Demetrius
- 4. Matthew
- 5. Lydia
- 6. Joseph
- 7. Paul
- 8. Cornelius
- 9. Tabitha
- 10. Amos
- 11. Eli
- 12. Peter

- A. soldier
- B. carpenter
- C. cupbearer
- D. clothseller
- E. fisherman
- F. shepherd
- G. tax collector
- H. tailor
- I. silversmith
- J. priest
- K. tentmaker
- L. physician

Answers on page 12.

Friday, August 3 6 p.m. Potluck 6:30 p.m. Movie

Emanuel Lutheran Church
Fellowship Hall
Bring a dish to share &
a friend or neighbor!



We will be watching:

Black Panther

T'Challa, heir to the hidden but advanced kingdom of Wakanda, must step forward to lead his people into a new future and must confront a challenger from his country's past.

- IMDB

Back to School Month



School is right around the corner! But imagine being a child or teen with an emotional or behavioral disorder. This time of year can be extremely stressful. They are afraid they won't be able to concentrate or fit in at their school. They worry about adjusting to a new classroom routine or making new friends.

Did you know Lutheran Services in Iowa (LSI) partners with schools across the state to provide mental health services? Our therapists work one-on-one with children while our Behavioral Health Intervention Services team collaborates with families in their own homes to help them develop skills like anger management and healthy decision-making. LSI also provides 24-hour mental health care at the Bremwood and Beloit Residential Treatment Centers in Waverly and Ames to empower lowa's most vulnerable children and teens.

We thank you for your support of LSI's mission as we respond together to the love of Jesus Christ through compassionate service! We know there are more lowa children in need of this critical care. If you would like to learn more about how you can give a gift to support these crucial services, please contact Deb Whitford, LSI director of philanthropy and church relations, at 563-676-2065 or Deborah.Whitford@LSlowa.org.

Our Mission: Lutheran Services in Iowa responds to the Iove 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.

A Loving Bond for Landon

Seven years ago, Ashley was eager to welcome her first child, Landon. While Landon was a perfectly behaved newborn, Ashley began feeling overwhelmed when his behavior changed as he grew.

Landon stopped napping. He began throwing tantrums and lashed out when Ashley tried to help him. Ashley was desperate for a relationship with her toddler, but Landon always pushed her away. She turned to LSI's Behavioral Health Intervention Services.

Peggy, Landon's LSI worker, began visiting their home to help Landon develop the coping skills he needed to control his anger and guide him back to being the happy child he once was.

Peggy and Landon began taking walks together, visiting the library, and playing games. When the family moved to a new home, Peggy made sure Landon was comfortable in his room and encouraged him to use it as a safe space when he needed to be alone.

Peggy and Landon have been working together for years and Landon, now 7, knows he has a support system to turn to on the rough days.

"We would truly be lost without Peggy," Ashley says. "Now Landon gives hugs, lets me know when he's angry and – the biggest gift of all – I occasionally hear, 'I love you, Mom'."



It's that time of year when the young adults of our congregation head off to college. Please let Michaela know of their mailing address this school year.

You can email any updates to: emanuelltherancbia@msn.com or call (712) 323-9665 to update this information.

Puzzle Answers from page 11.

Answers: 1. C, 2. L, 3. I, 4. G. 5. D, 6. B, 7. K, 8. A, 9. H, 10. F, 11. J, 12. E

Volunteers Needed

Each Sunday we have volunteers that host coffee hour. During the summer with busy schedules, we have several Sundays when we do not have a host yet.

Wednesday nights we could also use some more hosts to cook a meal for about 20 people. Sign for either one at our website (www.emanuelcb.org, under ministries) or on the clipboards in the fellowship hall.

Ramblings from the Back Corner

BY CINDY RICHARDS

As a musician, one of the worst things that can happen with any performance is too much tension in our bodies and minds. We'll start to play wrong notes, wrong rhythms, and too loudly. Vocalists and instrumentalists alike will produce sharp notes. Everything starts to break down and the emotion and meaning of the music is not conveyed at all.

Similarly, (just thinking during this sport season), a batter who is holding the bat with too much tension cannot swing efficiently or with a fluid motion. Tension keeps muscles working against each other rather than complementing each other. The swing will be too high or low, too early or too late.

Tension in our minds prohibits us from processing thoughts correctly. Multitasking interferes with the productive stream of thought. It prohibits free thinking in the mind, bottling up the flow of creativity and understanding.

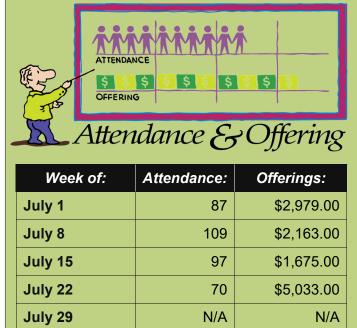
Tension can also close our minds totally. It can restrict the whole process and our thoughts stay in the

grooves that have been previously gouged out by similar thinking. But if we prevent the

tension, thus opening our minds and souls to what can enter, God's love and the spirit can permeate and work through us.

So, when we worship are we too tense? Are we somehow prohibiting the Spirit from entering? Is our praise to Him being hindered by tense voices, bodies, and minds? And can we afford to take the entire service to let go and relax and let the spirit move in us? As we begin worship let's leave the tension at the door. Leave behind the anxieties, the judgements, the one-upmanship, the pressures of family and work. The door into the sanctuary, (the worship space) can be a door of eradication and receptivity. Perhaps the prelude can be a time of tension release, eliminating the stress so that while we are in church the healing and openness can begin to take place through the Holy Spirit. And when we leavethe door then transforms into our opening to a tension free, renewed life to share.





Finance Team Update Income & Expenses Monthly and YTD

June Income:	\$11,137.60
June Expense:	
June Balance	

YTD Income:	
YTD Expense:	\$83,097.67
YTD Balance	\$7,380.69
Plus Carryover	\$10,886.00
General Budget Fund	\$18,266.69



Emanuel Lutheran Church

2444 North Broadway Council Bluffs, IA 51503-0499

RETURN SERVICE REQUESTED

Game Day

Thursday, August 2nd, 1:00 pm Community Room

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

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

Adult Fellowship

Wednesday, August 8th 11:30 am *Pizza Ranch*

Movie Night

Friday, August 3rd 6:00 pm Potluck 6:30 pm Movie Community Room

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 (\s

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: www.emanuelcb.org

Worship Services:

Sunday at 9:30 am, followed by fellowship Wednesday meal at 6:00 pm, Worship at 6:45 pm

Staff:

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