



First Lutheran Church, Newton IA

2017

First Epistle

From the Pastor...

I've said it before and I'll say it again. I need your help. You heard me right. I need your help. In the final chapter of Matthew, Jesus says to his disciples, "Go, therefore, and make disciples of all nations." (Matthew 28:19). Sounds pretty ambitious, right? But not impossible. You see, each and every one of us knows someone... family, friends, or neighbors... who could use a invitation to church. After all, it is estimated there are 160 million unchurched people in the United States. And even more when you include those who have drifted away from church, but still consider themselves members! Surely, you know someone... right?

Is it my job to invite folks? You bet! But here's the problem. Your family, friends, and neighbors probably don't know me. Why would they respond to an invitation from some stranger? That's where you come in. They know you. They trust you. And if you are excited about church and want them to be a part of something special, they will respond with an open heart and mind!

Still not sure? You don't have to take my word for it. Trust the experts. In 2006, Life-Way Research conducted a survey and discovered that 80% of Americans said that a personal invitation from a friend or neighbor would be very or somewhat effective in getting them to visit church. 80%!!! That's incredible!!!

You and I need to be intentional about this. People aren't simply going to break down the front doors so they can get into church to hear me preach. (Although I'm working on that!) Most folks will need an invitation. And those same people who know you and trust you may be searching for something that can only be found when they gather with all the children of God on a Sunday morning.

You don't need to have the Bible memorized or dazzle them with fancy words. They won't be impressed with any of that. But they will be impressed that you cared enough to invite them. All you need to do is extend the invitation... "Come and see."

Thanks for your partnership in this incredible ministry!

Living in Gods Amazing Grace!
Pastor Mark

Sunday Worship
9:30 a.m.

Sunday Fellowship
10:30 a.m.

First Evangelical Lutheran Church

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Pastor's Office Hours

Wednesday
1:00—5:00 p.m.
or by appointment

ANNOUNCEMENTS

First Sunday Potluck will be back in October!

We are skipping the potluck for September since we are fresh off of our combined Downtown Worship Sunday with our neighbors. We will be starting back up on October 1st!

Mark your calendars now and lets meet back up with all of our summer stories to share together. See you soon!



Please remember, if you are having trouble hearing:
Listening devices are available. Please ask an usher.



Food Pantry
Donations Needed

The Food Pantry would like us to emphasize a specific item each month. Remember, you may bring any item you wish, but spreading this among the contributing congregations keeps a steady supply of their most basic needs coming each month. **For the month of September, canned meat and fish have been requested.** There is a basket in the narthex for all food pantry items.

Thank you for being so generous.

Chancel Flowers

Sept. 3—
Sept. 10—
Sept. 17—
Sept. 24—

Fellowship

Sept. 3— Swenson
Sept. 10— Council
Sept. 17— Thrivent
Sept. 24—

Please sign up to provide flowers and fellowship.



9/2	Connie Lucas	9/15	Jim Lammey
	Mary Obersteller	9/16	Sherry Jensen
9/5	Garrett Frehse		Victor Klopping Jr.
	LaVona Thorsen	9/18	Josh Cantu
9/8	Bryce Grabe		Ron Shockey
9/9	Patty Balk	9/20	Rex Thompson
	Morgan Frehse	9/22	Callen Christy
9/10	Brian Baumgartner	9/24	Tyler Reick
9/11	Michael Reick	9/27	Parker Foster
9/12	Belinda Birkenholtz	9/29	Anthony Moran
9/14	Stephanie Moran		

Property Committee notes:

Thanks to those that helped with the removing of old caulking around the exterior of the church and preparing for re-caulking:
Dennis Porter, David Goos, Bob Sandquist, Gary Johnson, Lynette Birkenholz, Stan Kirchhoff and especially Duane Quanbeck for his air compressor, caulking gun and caulk.

Thanks to Steve Putz for cleaning carpet in various areas.

Property Chairman. Stan Kirchhoff

We want to thank our wonderful church family for their caring and kindness to our family during this sad time. Special thanks to Pastor Holmes for his spiritual guidance. To the funeral committee for serving coffee time, and to all those who donated cookies. And to everyone who called, gave a memorial gift or sent a card. It was all deeply appreciated. God bless you.

The family of Dean Birkenholtz



Wednesday Night Community Dinners:

THANK YOU to the people that help with our Wednesday Night Community Dinners! Wednesday Night Community Dinners start back up at the Methodist Church in September and our next meal is on the 27th. **Please come and help as many hands make for light work. Come help Jesus feed the hungry.**

Stewardship is Hip

Over the past couple of months we have been talking about the five T's of stewardship, time, talent, treasure, tissue, and trees. This month we will expand on the T standing for tissue, which means our bodies. There are multiple references in the Bible to the fact that our bodies are temples of God. In 1st Corinthians chapter 6 through 20 it reads "Do you not know that your bodies are temples of the Holy Spirit, Who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

Our responsibility as stewards of what God has given us includes our very being. Our society has changed over the past 10 to 15 years and now the emphasis is no longer on getting well after being ill or injured, it is living a healthy lifestyle that prevents illness. Pick up any magazine today and undoubtedly it will have at least one article about improving your health. The main topics related to living a healthy lifestyle often include exercise, diet, getting enough rest, being socially active, and stimulating ourselves both mentally and spiritually.

When it comes to exercise walking is often found to have more benefits than running or other types of rigorous exercise. This is an activity that we can start when we are young and continue throughout our ages. Another component is some form of light weight lifting to maintain muscle mass, and stretching which allows us to keep our flexibility as we age. There are young adults who participate in activities like CrossFit, that push them to the physical edge, often increasing strength and endurance to its maximum. For most of us regular exercise three or four times a week will provide what our body needs.

The old saying is you are what you eat, we Americans were told to avoid fat at all cost during the 1980s and now we have been enlightened that sugar and processed carbohydrates are a much bigger challenge. Many people today are increasing their portions of fresh vegetables, fruits and lean meats. For me the real test is anything that tastes good is probably not good for me. While this is an exaggeration it is amazing how our palates change when we reduce the amount of sugar and salt in our diets. Our sense of taste begins to wake up and we learn to appreciate subtle flavors.

Doctors today are sharing the affects that missing sleep has on us. They recommend 7 to 8 hours each night so our bodies rejuvenate and our brains have a chance to prepare for another day. Recently I watched a program on television that claimed missing too much sleep would affect a persons metabolism rate and could cause excess weight gain. There is also research that shows a short nap during the day is actually beneficial as long as it it's not much longer than 20 to 30 minutes. I remember as a kid growing up, my grandfather would come home from work each day, have lunch and then take a 20 minute nap before he went back. As I have gotten older I enjoy a nap now and then as well as getting to bed a little bit earlier.

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Social interaction is important because we as human beings are social by nature. Spending time with family and friends strengthens our sense of purpose and worth. We also need support during difficult times in our lives. Whether it is the loss of a loved one or recovering from some type of an illness, the food and well wishes that we receive help push us forward. Participating in the fellowship at church is a way to expand and strengthen our network of relationships.

The last point I will make focuses on stimulating ourselves mentally and spiritually. Reading a good book, doing word games and math puzzles, or playing cards with friends are great ways to keep our minds active. Daily devotions, reading the Bible, and attending worship services keep us spiritually connected. There are now even apps that you can buy for your phone or computer that challenge you mentally, one which I have used in the past is called luminosity. Though they can seem like games they are actually good ways to keep our brains functioning up to their potential.

As we continue to explore stewardship it is interesting to note that it affects all facets of our lives including our body. All that we have are gifts from God which we are responsible to take care of.

David Goos

Martin Luther: The Idea That Changed The World

We all know that we are Lutheran because of Martin Luther, but do we really understand what those 95 theses meant to the world? And how did those ideas shape who we are as Lutherans?

We are all encouraged to watch "Martin Luther: The Idea That Changed the World" on Iowa Public Television on Tuesday, September 12, from 7-9 pm.

Here is the schedule, including when it will be replayed.

Martin Luther: The Idea That Changed The World

- September 12, 2017 7:00 pm on IPTV.1
- September 13, 2017 2:00 am on IPTV.1
- September 17, 2017 7:00 pm on WORLD.3
- September 18, 2017 7:00 am on WORLD.3
- September 18, 2017 1:00 pm on WORLD.3
- September 19, 2017 5:00 pm on WORLD.3

Dinner for 8

It's time to start new groups for fall. If you want to join a group from September — December, please contact the office or Terri Hayden.



Blessing of the Backpacks! Sunday, September 10th



Please bring your backpack, book bag, lunch box or briefcase to our Rally Day worship service to be blessed for the new academic year! Adults and kids alike are welcome to have their bags blessed. First Lutheran metal tags will be handed to each person to be put on their bags as well.

Calling all 7th and 8th Graders:

Confirmation classes start again on **Wednesday, September 13th at 6:30 p.m.** Please bring a 3-ring binder, Bible and a pencil. Our focus this year will be on Luther's small Catechism. It will be the perfect time to study Luther as we celebrate the 500th

Heating Proposal Update:

The goal of the Property Committee has been to replace our Steam Boiler Heating System! It takes a lot of time to check the chemicals with the present system plus the unit is aging and too large for our needs.

Our first goal was to go to a Hot Water System. Last year we were unable to receive a very good bid. This spring we removed some ceiling tiles in the Fellowship hall, giving bidders an opportunity to see what the original sloped floor left for room to replace pipes.

We received one bid for hot water heat for \$67,000 plus \$10,000 to tear out the present boilers. The other potential bidder has been busy and not able to bid.

We also talked about replacing the boiler with a smaller cast iron steam boiler that would have been in the \$35,000 to \$40,000 range but still needs chemical checking.

The option we are exploring now is using Forced Air Furnaces. We will be tearing into the area above the original basement ceiling to see if duct work is possible. The original slanted Sanctuary floor creates duct work problems. This is the reason bidders have been reluctant to bid. Several of our neighbor churches have gone to forced air furnaces.

We will update the congregation as plans become available. We are looking at Heating proposals which are economically feasible for First Lutheran.

Property Committee Stan Kirchhoff, Chairman

Sunday School is starting soon!

September 17 will be the first official day of Sunday School and we are excited to have kids learning and talking and giggling after Fellowship on Sunday mornings. We will be using curriculum that will be based on the same info Pastor Holmes will be preaching on each Sunday (The Revised Common Lectionary is the official name) so hopefully things kids hear in worship service will connect with things they hear in Sunday School time!

PreK through 4th grade will meet in the farthest upstairs classrooms and 5-8 will be meeting in the classroom that connects to the kitchen. Hope to see you there. Sunday School will be finished by around 11:30. If you feel called to consider being a back up teacher to our Sunday School kids (younger or older ages), please email Kellie at the office with your interest.

Adult Book Study and Discussion:

Judy Monroe will be leading a book study based around the book "Under the Overpass" by Mike Yankowski. This is very engaging and powerful book that should lead to some great discussions about where our church mission is headed. These books will be made available free of charge to all those interested in participating. Judy will have those interested join her on Sunday AM during Fellowship time. The first meeting date will be September 17. Please contact Kellie at the church office if you would like a book and we will try to make sure you have a book by that time. Even if you do not think you will be able to make group discussions, we invite many people in our congregation to read the book.

This is a short description of the book for their website: overtheunderpass.com
"After meals from garbage cans and dumpsters, night after night Mike and Sam found their beds under bridges and on the streets. They were forced to depend on the generosity and kindness of strangers as they panhandled to sustain their existence. For more than five months, the pair experienced firsthand the extreme pains of hunger, the constant uncertainty and danger of living on the streets, exhaustion, depression, and social rejection—and all of this by their own choice. This is their story. Through Mike's firsthand account, Under the Overpass provides important insight into the truths of the street and calls the younger generation of believers to take great risks of faith to bring Christ's love to the neediest corners of the world."

Riverside Women's Retreat

September 23-24, Opening at 8:30 am Saturday, Closing at 11:45 am Sunday

Pricing: \$75 includes housing and meals, \$65 for commuters.

Featuring speakers: Jan McDermott and Her Gals

Theme: "In Step" **Galations 5:25 'Since we live by the Spirit,
let us keep in step with the Spirit.'**

For additional details, see flyer in narthex or fellowship hall.

Lutheran Lakeside Quilting & Crafting Retreat

September 28th—October 1st

You are invited to Lutheran Lakeside if you like: Quilting, Scrapbooking, Knitting, Crocheting, Embroidery, Rug Hooking, Painting, or any other craft!

\$160 includes all meals and a 3 night stay.

Quilters Challenge: If you want to participate the challenge this year is to make an unfinished 9 1/2 block that contains the color green. It may be any pattern.

Additional information may be found on the flyer in the narthex or fellowship hall.

Opportunity for Ladies

LADIES! The ladies of Lynnville Friends Church would like to invite you to join us on September 16 for a Beth Moore Simulcast entitled "Captivated: The Wonder of Christ on the Winding Road." Our day will include music and worship, sessions of teaching led by Beth Moore and opportunities for fellowship with other women from our area. The event will run from 8:30-3:30. The event is free of charge but tickets are required so that we have a count for lunch and limited space. A free will donation will be taken to cover lunch costs. Interested? Tickets can be ordered by contacting Missi Bogaard by phone or text at 219.775.5234 or by email at mbogaard@hotmail.com. We are looking forward to a great day of worship and teaching.

God's Work, Our Hands Sunday is September 10th

"God's Work. Our Hands" Sunday is scheduled for September 10th as designated by the ELCA (Evangelical Church of America). This Sunday is an opportunity to celebrate who we are as the ELCA - one church, freed in Christ to serve and love our neighbor. Our congregation is challenged to take part in this Sunday actively this year by serving our neighbors with various projects needing completion within and around our own church and for our congregational members and for our greater community at large. **If you have ideas for projects (big or small)**, please send them to Kellie at the office before Tuesday, September 5th, so that we can get them compiled in a list format and get people energized to help at one or more of them on September 10th.

This is a great opportunity for our congregational family to give back through service in a very active and visible way. So please, wear your work clothes to worship service. The plan would be to do service projects during a portion of our normal worship time and then all come back together for fellowship and snacks afterwards.

IHP—God's work, Our hands!

First Lutheran's outreach and partnership with Paula and Denny Lofstrom has spanned well over 10 years, perhaps 15. We have collected and sent: infant layette kits to lambi, painted ceiling tiles and building supplies for the eye clinic to Mwanza. We send funds to support whatever they need. Sometimes we have had something specific in mind, other times we have not had anything specific and International Health Partners puts our money to use. And 9 years ago we sent 22 pairs of willing hands to build what turned out to be a birthing center in Mwanza.

International Health Partners, with Paula and Denny as their visible spokes persons, are building a children's hospital and a birthing center in Zinga. Besides building materials, everything that women and babies need in the US are needed by the mothers in Tanzania, but those items are not readily available.

This fall we will use our hands to help with the sanitary needs of postpartum women. In Tanzania disposable feminine sanitary supplies are not readily available, and expensive when they are. Our sisters don't have this option. Reusable sanitary pads are provided to the women when they give birth. These supplies will be sent home with them, along with cleaning instructions, and will be used for 3-4 years before wearing out. These are just as important to the women as diapers are for the babies. It allows them to be clean, and be able to leave their homes to function in society, things we take for granted here in the US.

In September we will collect the materials needed to construct the post partum sanitary pads, and in October we will put them together.

This project needs many hands. Hands to look through cloth at home that you no longer use. Hands to purchase the few items that will not be found laying around in drawers at home. Hands to make the construction of the sanitary pads an assembly line - not everyone will need to know how to use a sewing machine! We will need hands to sort material, cut, turn pieces inside out - lots to do.

But this month, we will focus on collecting our supplies.

For this project we need:

Flannel - because it is soft and does not stretch - for the outside. Colors and patterns are welcome and very appreciated!! This can be old flannel pjs, or good sized scraps, or old sheets.

Soft, absorbent material for the inside - flannel continues to work well for this, a well worn towel (but not thread bare), also old cloth diapers and burp cloths!

Snaps or velcro, and of course thread

There will be a basket to collect material located in the Narthex.

If you are interested in helping locate some of the special fabric for the bottom layer please talk to me!!

Judy Monroe and Marie Quanback

***I velcroed my cape, hopped in the van,
and took off towards a super summer...***

This was my 10th summer working with Mobile United Methodist Missionaries. Devoted to making disciples in mostly rural southern Iowa, this organization spends summers working alongside church volunteers in vacation Bible school ministry. This year, we used Cokesbury's *Hero Central curriculum* to show kids (and grown-ups!) that when they live with God, they are superheroes. Places I traveled this summer included Randolph, Van Wert, Osceola, Farmington, Orient, Hebron, New Virginia, Council Bluffs, and a park in Oskaloosa. The other two MUMM travelers, Cherie Miner and Paige Jensen, have similar lists.

Highlights from this summer:

Giving a Bible to a girl who didn't have one

Watching local volunteers take ownership- one brought her own cape!

Having a donkey and his human come share the message about the cross on his back

Bringing 50 kids, who wouldn't normally have a chance to get to church camp, to Wesley Woods for a week of JOY Camp

Hearing kids echo our theme verse - "Do good! Seek peace! Go after it!"- Psalms 34:14b

For more stories, check out my blog: <https://mummsttheword-allison.blogspot.com/> or "like" Mobile United Methodist Missionaries on Facebook to see what we're up to! We appreciate your support and your prayers!

Allison Engel

Senior Summer Assistant, Mobile United Methodist Missionaries (MUMM)

**Prayer
Corner**

We pray for our families, friends and church family. September finds the school year back in session. We start it with the last long weekend of summer. Quickly the fall schedules are in full swing. We have so many choices to make and so many things to do. Let us choose to bless one another through our busy days. Let us choose to reach out and work together to make things a little better all around us. Let us choose to pray for those whose struggles touch our hearts. Let us choose in ways both small and large to take action toward the ways God calls us to live in the world he gave us. We continue to pray for our congregation, our leaders, our community and our world. Amen.

Southeast Iowa Synod News

Hunger Grants now available

Applications are now being accepted from congregations, ecumenical groups and organizations on the territory of the synod that are engaged in or seek to be engaged in efforts to feed hungry people. Grants range from \$100 to \$1,000 and applications will be accepted through November 1, 2017, or until all funds have been distributed.



LSC 2017 Middle School Lock-in

The Middle School Lock-in (open to students in your middle school ministry and the grades you consider to be middle school.) will be held October 13-14, 2017.

This event is sponsored by the partnership of the Lutheran Student Center at UNI in Cedar Falls and the Northeastern Iowa Synod (ELCA). College students of UNI are there to help staff the event. You or other adults are welcome to accompany your youth at the lock-in free of charge.



This year we will be welcoming the amazing Rachel Kurtz as a special guest! She will be providing a short concert at the start of the event and will be sharing her musical gifts with us in worship at midnight.

The registration deadline is September 29th. This year, each student will receive a t-shirt if registered by then.

2017 Tri-Synodical Conference

"The Reformation: What's at Stake? Then and Now"

Speakers:

- Bishop Guy Erwin
- Anna Madson
- Bishop Elizabeth Eaton

Follow along using the hashtag: #3synodIA17

The 2017 Tri-Synodical Conference focusing on the 500th anniversary of the Reformation will be held September 24-September 26 at the Sheraton-West Des Moines.

For more information on any of these events, visit: <http://seiasynod.org/>

September LSI Update

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

One way LSI is empowering Iowans with disabilities is through our Respite Care program. We offer respite care for both children and adults, providing caregivers with a well-deserved break. Through respite, an individual is able to get out into his or her community and build a strong bond with a respite care provider. It's another way LSI is empowering the people we serve toward a more independent lifestyle.

We thank you for your faithful support of LSI – you create so many new life-changing possibilities for children, families and adults! If you would like to learn more about how you can support these crucial services, please contact Deb Whitford, LSI director of philanthropy and church relations, at deborah.whitford@LSIowa.org.

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.

It takes a village

Jessica felt overwhelmed.

She spent most of her time caregiving for her daughters, Angelique and Ariana, and she knew she needed a break.

She turned to LSI's Services for People with Disabilities. Through LSI, Jessica and her family could receive respite care for the girls, which gave her some time to take a break and catch her breath.

Angelique and Ariana now receive respite care from their providers, Kaitlyn and Megan. Once a month, Kaitlyn and Megan play games with the girls and get them out in their community, giving Jessica time to take care of herself.

Since last fall, Jessica has seen her daughters become more confident and independent as they've built a strong bond with their LSI caregivers. She is feeling more relaxed and in control of her parenting, and she is happy to see Angelique and Ariana find great role models in Kaitlyn and Megan.

"It was a big decision to open up and feel comfortable with respite care for the girls, but Kaitlyn and Megan have done wonderful things for them," Jessica says. "We're so appreciative for LSI's respite care, and having that resource is just wonderful."



September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 9:30 Worship 10:30 Fellowship	4 LABOR DAY <i>Office Closed</i>	5	6 6:30 Property	7	8	9
10 Backpack Blessing 9:30 Worship 10:30 Fellowship God's Work Our Hands	11 5:00 Bible Study 7:00 Hannah	12	13 6:30 Confirmation	14 Good Cheer 6:00 Council	15	16
17 9:30 Worship 10:30 Fellowship & Education	18 5:00 Bible Study	19	20 9:30 Lois 1:00 Martha	21 7:00 Eunice	22	23
24 9:30 Worship 10:30 Fellowship & Education	25 5:00 Bible Study	26 9:00 Dorcas	27 5:30 Community Dinner 6:30 Confirmation	28	29	30

September Serving Schedule

Sunday 9:30am	Acolyte	Council on Duty	Greeters	Lector	Ushers	PA
September 3rd	Leo Friedman	Al Orsund	Pat & Steve Putz	Marie Quanbeck	Dirk Amundsen, Alex Anderson	Duane Quanbeck
September 10th	Thomas Hodnett	Stan Kirchhoff		Evelyn George	Lee Swenson, Aaron Bartholmey, Dennis Porter	Deb Rose
September 17th	Lane Rose	Deb Rose		Dirk Amundsen	Bob Floss, Stan Kirchhoff	David Goos
September 24th	Blake Baumgartner	Art Cooper		Bethany Baumgartner	Gary Johnson, Jim Lammey,	

First Lutheran Church
309 E 3rd St N
Newton, IA 50208

The ELCA makes it easy to help after Hurricane Harvey

When disaster strikes, we come together to make things better. Right now the ELCA Disaster Relief fund is set up to help after Hurricane Harvey. It's the first thing you will see on their website <http://www.elca.org/> and you can click and give on-line.

If that is not your preferred way to give, you have other options.

Call 800-638-3522 to make a donation with a credit card. Operators are ready to assist you Monday through Friday, 8:00 a.m.-5:00 p.m. Central Time.

Make checks payable to
Hurricane Response - United States
and send to:
Evangelical Lutheran Church in America
P.O. Box 1809
Merrifield, VA 22116-8009

Gifts to Lutheran Disaster Response, designated for "Hurricane Response – United States" will be used entirely (100 percent) for this disaster until the response is complete.