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



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**May is Mental Health Awareness Month**

*You will surely wear yourself out, both you and these people with you. For the task is too heavy for you; you cannot do it alone. 19 Now listen to me. I will give you counsel, and God be with you! You should represent the people before God, and you should bring their cases before God;*

Exodus 18:18-19 (NRSV)

Every year I take a Self-Assessment Quiz. I use a variety of them. But the one I use most often was created by a minister coaching network as a way for pastors to self-regulate how we are doing caring for ourselves and staying physical, socially, and emotionally healthy. (They are all free online!) Long before I became a pastor the statistics on the number of pastors who died in office due to stress and a lack of self-health skill was

through the roof!

Some of this was due to the sedentary nature of the pastoral profession. We sit a lot. When writing sermons, visiting members, in meetings, in the car from one church to the next. (Then you have days where they are so busy, they forget to eat... like I did on Ash Wednesday this year. Yikes!) But pastors are also at increased rates of heart related deaths, strokes, and other stress related health complications/death. And in the last 10 years the number of pastor suicide has also increased. And the past 2 years of pandemic has not helped any of those statistics.

Because of these realities a respectable amount of effort is placed upon those entering ordained ministry and staying in rostered ministry is put into make sure they

know how to care for their physical, emotion, mental, spiritual health. How to begin well, maintain health, and end well. Because if we can't care for ourselves then how do we care for others? (This is a shameless plug for all of us to check in on pastors, youth ministers, and lay ministers that you may know. Affirm them and encourage them!) Pastoral suicide has also increased in the last 10 years. Along with suicidal ideation in general for all ages. "Suicidal thoughts have numerous causes," according to Mayo Clinic. "Most often, suicidal thoughts are the result of feeling like you can't cope when you're faced with what seems to be an overwhelming life situation. If you don't have hope for the future, you may mistakenly think suicide is a solution. You may experience a sort of

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tunnel vision, wherein the middle of a crisis you believe suicide is the only way out.”

You don't have to be suicidal to have harmful manifestations due to unhealthy imbalances in your life. The past 2 year of pandemic were for me a blessed chance to make progress on my self-awareness, my expectation managing, my own self-care and boundary management. I feel the healthiest I have ever been! And now because I feel whole and sane, I am asking you Church... How long has it been since you did a self-assessment? How long has it been since every one of us has looked deep within and did the work we needed to, so that we can be healthy personally, but so that we can intentionally be a health Church? How do we care for ourselves so we can live, not simply survive?

How are you doing making sure you are emotionally, spiritually, physically, mentally well?

How is that health - or lack of health - reflected in our congregations, in our small groups, in our volunteer groups?

No one can do the work of being healthy for you. Like suicidal ideations, health starts with a thought. It

begins in the deep psychological thoughts we have about ourselves and our own worth. It begins with an internal voice that says that not only are we worthy of health and hope, but that we demand the space to make it so. No matter the struggle of how long it takes. Like heart health, our spiritual health begins with consistent and simple movements. With plenty of steps forward no matter how many steps back we end up taking.

And here is where the buildup in the article lands... Church, are we contemplating suicide? Are we baby stepping our communities of faith to a death by suicide because we are already trapped in tunnel vision that our institutional models have placed upon our shoulders? Do we only see one way forward as worshiping entities that leads us to consider the escape of death? Is the only reality we can envision one where we are saved by a new pastor, or young families joining? Are we so ignorant about our self-health that we are resigned that we will close our doors rather than embrace resurrection and transformation just as we are?

We as individuals make up a larger body of Christ. The efforts we put into our personal wellbeing directly impacts our worshipping

bodies and therefore our ministries. Here is good news. God will never allow the Good News of Jesus' salvific death and resurrection to fade away. That truth is not going anywhere. If Death itself can not stop Jesus' mission, then we can't stop it either. But here is the sting. If we are not being the church of merciful grace and resurrection God intended us to be then we may very well may be irrelevant to God' mission in this world. We may have trapped ourselves inside our own fatalistic thoughts, our demands that faith life be done in this fashion or not at all, that we may lose out on the chance to truly live as the resurrected Church today.

I am young enough that the only communal church I have ever known is a shrinking church. A church that is so afraid of its seemingly imminent death that it seems we are on a self-fulfilling pilgrimage towards death my spiritual suicide. Small Sunday morning attendance has always been my normal. That has always and will always feel normal and right to me. I hear your grief over a church that I have never known. I miss it for your sake. But I do not desire that church. I want the church you are today. And Jesus does to. In scripture Jesus isn't taking attendance when he meets with large groups or small groups. He doesn't favor one version over the other. Jesus simply yearns to be near those who are



hurting, lonely, ill, despairing and yearn for his presence. That is church to me. People seeking, hurting, hoping, and being embraced by the God that finds them in humble and honest worship.

Please, beloved church, do not try to re-obtain the social club version of the church that was so popular 50-30 years ago. I don't know that church. I don't need that church. I don't want that church. And I don't want that church for my children either. Please church, love yourselves the way you are. Be a sacred space where the old come to be embraced by the enthusiasm of the young. Be a place where the youngish come to ask the experienced ones to hug us in our sleep deprived state. Please, be the church that tells my kids tales of sitting next to your grandparents in church singing old songs that you love. Please church be

the place where my kids come, not to be entertained, but to tell you their bad jokes and see your adoring smiles. Please church be the place where you build up your youth leaders who by fortune of their birth date may know how to bridge the gap between the kids references and the older generations so that we may have intergenerational relationships. Church, please do not be a place of busy work or stifling obligations. Please, Holy – Universal – Apostolic – Christian – Church (protestant, orthodox, catholic, charismatic, liturgical, non-denominational- whatever names we use to classify and separate ourselves) don't trap yourselves in the tunnel vision of a future with no hope. The world loves you and needs you. Just like it has loved and needed all those who have fallen into the despair that they could not be pulled out of. Fatalist thinking

and death by suicide can never prevent God from keeping promises to those God loves (And God sent Jesus because God love the WHOLE world and all flesh in it). But we could have more whole lives if we are able to care for each other through hardship into health and thus into resurrection rather than resign ourselves fatalistic futures.

Please church people - take good care of yourselves, so that you can help us be a loving, kind, healing Church. No matter our size, no matter the number of denominations we trick ourselves into thinking we need to be. Please church. Take care and take stock of how we are doing in assessing our wellbeing and wholeness so that we can be a united church that brings Christ's healing to this hurting world.

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 months of May.

**Canned Potatoes , Tuna Helper,  
& Cereal (Lg & Sm Boxes)**

have been requested.

Please take all donations directly to the Salvation army or you can place them in the Narthex.

Thank you for being so generous.

## Support for Ukraine- Choices in Mission

The ELCA has been requesting Disaster Relief donations specific for Ukraine. Church Council has asked the Service Committee to sponsor a Choices in Mission for this effort. This will begin April 24, and continue through the month of May. Council has voted to approve matching funds up to \$2,500.!

**STAND WITH  
UKRAINE**







Gary Johnson 05/05  
 Heidi Sumpter 05/05  
 Gloria Grant 05/07  
 Isaac Friedman 05/08 |  
 Darrell Boettcher 05/11  
 Lane Rose 05/12  
 Janice Olson 05/14  
 Eric Jordan 05/18  
 Alice Klopping 05/20  
 Sarah Sandquist 05/23  
 Marv Zimmermann  
 05/23  
 Ben Breuer 05/26  
 Claire Breuer 05/26  
 Halie Dellamuth 05/29  
 Andrew Weiland 05/31

## Zinga News Update!

This month, we hear from Selemani “Sele” Shabani, the project manager for construction at the Children’s Hospital. The pandemic has slowed construction activity, but we are hopeful that things are changing. James Allen of Agua Viva, visiting from Overland Park, says traveling to Tanzania feels safe, with just the normal Covid precautions.

In Sele’s words: “I pray that every one of you is doing well. Thank you very much for being the reason for many smiles on our faces.

You have brought big changes to our community. And I keep thanking each one of you for the help and support to

IHP. Thank God for making us one team to get God’s work done in Zinga, Bagamoyo.

Thank you for your donations which make the exciting work of building the Children’s Hospital at Zinga possible.

Right now, my construction side is not busy. We are mostly cutting grass and doing repairs. And when I am not busy, I’m preaching the Gospel in different places. Last year I preached in the Arusha Region for three weeks, and in the Singida Region for two weeks. This year I preached in the Mbeya Region for one week.

Additionally, since I am on my yearly vacation, I’m accompanying James Allen from Agua Viva based in Overland Park, Kansas, the group that supplied the water purification system for Zinga, as he and his team survey churches in Kenya, Tanzania, and Uganda to see about installing similar water purifications for them.

I am looking forward to going back to my normal schedule of being busy with the construction with my team.

Once again thank you so much for all you do for IHP.

May God Bless you all.”



**Sele preaching in Mwanza at Easter**





## Altar Care Sign Up

We are looking for detailed people to work together on preparing the altar and communion meal for our worship services.

### Altar Care involves

**Communion** - preparing things before the service and cleaning up after the service.

**Paraments** - the changing of the liturgical hangings on and around the altar and the cloths hangings from the pulpit and lectern. The paraments change in color depending on the season of the church year. A calendar is in the office to help with the seasons.

Please sign up if you feel the calling to help with our worship services, Thank You! 😊

### Thank you from Sharon Petersma

Sharon Petersma would like to say "Thank you" for all of the cards and phone calls. It really means so much to her. She also wants you to know each one of you will not be forgotten. If anyone would like to get in touch with her this is her new contact information.

71 Eden view Rd. Apt. 382  
Elizabethtown, PA. 17022  
Cell Phone # 515-4195381



More than 150 years ago, Memorial Day took shape amid the backdrop of the U.S. Civil War. Before it ended, women began decorating the graves of fallen soldiers. In 1868, when May 30 was designated as Decoration Day, loved ones placed flowers on the graves of Union and Confederate soldiers alike.

By 1882, Decoration Day became known as Memorial Day, and soldiers who died in other wars were honored too. Over time, it became a day to remember all loved ones who have died — in war and otherwise. In 1971, Congress declared Memorial Day a national holiday to be observed on the last Monday in May. On Memorial Day, we pause to remember people who made the ultimate sacrifice for their country and for our freedom. We also pray for those who continue serving, especially those in harm's way.



The next  
meeting will be on  
May 11th, 2022  
6:30 Pm.



### Bible Quiz

When Moses was on the mountain for a long time, who made a golden calf for the people of Israel to worship?

- A. Joshua
- B. Levi
- C. Caleb
- D. Aaron



Answer on Pg 6



**THANK YOU** to the people that help with our Wednesday Night  
Community Dinners! Wednesday Night Community Dinners are at the  
Methodist Church and our Last meal until September is on the May 25th .

Please come and help as many hands make for light work.

Come help Jesus feed the hungry.

## Church Council Meeting Review :

The church council met on April 21st, 2022 at 6:30.

Meeting was called to order at 6:32Pm. All council members were in attendance, along with Erika Uthe (Assistant to the Bishop), Also, in attendance was Duane Quanbeck (representing the Property Committee), and the Call Committee.

The approval of last month's minutes were made by Allison and seconded by Eric. Approval passed.

Pastor Erika Uthe provided devotions from the story of Lazarus and connected the story to our church and the new beginnings to come. She gave many suggestions and informed us that the Call Committee and Treasurer have forms that need to be filled out before we can proceed with hiring a pastor. She gave us helpful suggestions and questions were answered.

Worship committee reported, Pat Foote is updating procedure list. The council decided to make and post volunteer list for people to sign up for the worship committee.

Dwayne Quanbeck (representee for the Property Committee) proposed to council that the Property Committee would like to mount Two 85' inch TV screens on the walls of either side of the Altar and a 50-inch screen beneath the balcony, this screen will provide viewing for the person standing at the pulpit.

A member of our congregation has volunteered to pay for one screen and the balance of the purchase and the installation will be paid with Thrivent funds.

Corinne made the motion to approve the TV Screen Project, Steve Puts seconded it. The council passed the proposal.

Discussion to increase the hours of the Administrative Assistants hours from 20 to 25 hours. The extra 5 hours will be on a as needed basis. Corinne made the motion to except the increase of hours and Allison seconded. Motion Passed.

Gloria Grant would like us to start announcing special events in the newspaper. We have done this before the Covid-19 outbreak and will continue to do this when relevant.

In Old Business, Easter Service had 88 people in attendance, and the Easter brunch was a success. 30 people were in attendance of the Brunch. Food that was provided was egg bake, a fruit bowl, coffee cake, coffee and Juice were served.

Treasures Report was gone over with no objections. Corinne has investigated getting a new treasure's computer and it is being replaced by Forbes Office Solutions. '

The May calendar was reviewed with no changes.

Service committee was discussed, Choice emissions is now started for ELC – Ukraine with a \$2,500.00 Match by First Lutheran.

The next meeting will be held May 19th, 2022. The devotions will be read by Allison Bartholomay. Adjournment motion made by Allison and seconded by Eric. Motion carried.

Submitted by:  
Kay Hesse



Help  
Needed  
To  
Tend  
Rose beds!

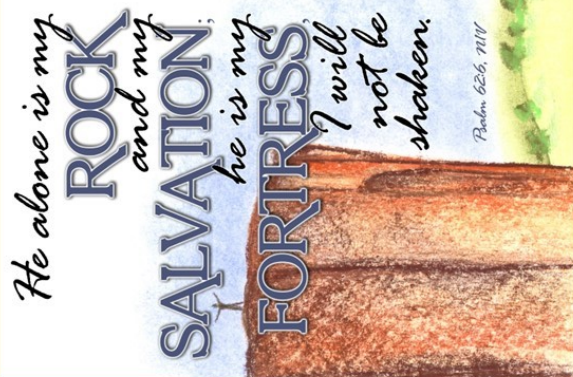
The property Committee is looking for someone to help tend to the Rose beds on the south side of the building from the months of June though August. If this is something you could help with please let Stan Kirchhoff or the church office know ASAP.





Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Pastor Roland Zimany Worship Service 9:30am	2	3	4	5 Dorcas 9:00 AM	6	7
8 Kids church camp Pastor Sarah Trone Garriott Worship Service 9:30am	9	10	11 Property Meeting 6:30 pm.	12 Hospital Auxiliary Luncheon 10:30am-3:00pm	13	14
15 Pastor Calvin Oraw Worship Service 9:30am	16	17	18 Lois Cr. 9:30 AM	19 Martha Cr. 1:00 Pm. Council Meeting 6:30 pm	20	21
22 Pastor Roland Zimany Worship Service 9:30am	23	24	25 Community Meal	26	27	28
29 Pastor Roland Zimany Worship Service 9:30am	30	31				

Please be praying for all of the Pulpit Supply Pastors that have so  
graciously been leading worship.  
Don't forget to thank them if you have a chance.



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Office Hours  
Monday—Friday  
8:30 am—12:30 pm  
Pastor's Office Hours  
by appointment

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services !**

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A graphic for National Day of Prayer featuring five stars (two white, two red, and one blue) arranged in an arc above the text.

**National Day**  
*of Prayer*  
**Thursday, May 5th**