Reflections

July, 2020

Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. When they saw him, they worshiped him; but some doubted. Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." Matthew 28:16-20

Greetings! As the apostle Paul begins so many of his letters to various churches: "May God our Father and the Lord Jesus Christ give you grace and Peace!"

We are hearing so much these days of businesses and yes, churches, that are struggling to survive during the ongoing pandemic of Covid-19. It is easy to lose sight of the mission we are called to, what with so many worries and fears.

I'm reminded of the story by Jim Davis, The Call of Discipleship, about a church in Atlanta. *A man noticed in the Yellow Pages, in the listing of restaurants, an entry for a place called Church of God Grill. The peculiar name aroused his curiosity and he dialed the number. A man answered with a cheery, "Hello! Church of God Grill!" He asked how the restaurant had been given such an unusual name, and the man at the other end said: "Well, we had a little mission down here, and we started selling chicken dinners after church on Sunday to help pay the bills. Well, people liked the chicken, and we did such a good business, that eventually we cut back on the church service. After a while we just closed down the church altogether and kept on serving the chicken dinners. We kept the name we started with, and that's Church of God Grill."*

Jim goes on to say: "The easiest thing in the world to do is to lose sight of the mission of the church. The clearest and most comprehensive command of our Lord is given in Matthew 28:16-20."

We are called to carry on the mission of the church, regardless of what may be happening in our world! To persevere and continue the race to the finish line!

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything. James 1:2-4

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9

Which is why it remains so *exciting* for all of the things that are continuing with-in and with-out St Johns! Our online worship via Facebook has been powerful and well-received! While we may be few in number with our worship leaders and "technicians" within our beautiful sanctuary, we are reaching more people with the Good News of Jesus Christ than we could have imagined!

The Open Closet continues to provide clothing, shoes and work boots to those in need. Our coordinator Ruth Pugh has been on a painting frenzy having painted both men/women restrooms on lower level, the sleeping quarters for our guests, and she

and Almost Home Executive Director Gwen Kirchhof have painted and reorganized the nursery/Intake Room. Ruth's husband Richard will be building clear-vue plastic partitions to place between the beds, helping to ensure the safety of our guests. Gwen has an excellent re-opening protocol for the Guest House, with a targeted date of October 1st.

Council has also put together guidelines for re-opening when they determine it will be safe to do so. Thank you to church council members, Barb Keough, Risk Manager at MercyOne, and other area Lutheran church councils for your guidance and input in developing thorough guidelines that will allow for the safety of those who choose to attend with a 'physical presence' in worship when we return. Please note, too, that our live Facebook streaming will continue even *after* we re-open. So if you have *any* concerns, for *whatever* reason(s), that you feel it is in your best interest or your neighbors to participate in worship "online" - you still can!

Additionally, Dolphin cabinetry will be installing new storage cabinets in Salzmann, the stage and the sleeping quarters downstairs, June 30th. Chad Blocklinger once again donated flowers for the front planter which are beautiful and welcoming to visitors and those passing by! While we are "technically" closed, we remain "open" and everyday is a beehive of activity as St John's and its members and volunteers remain committed to being the hands and feet of Christ within our community and beyond!

As the apostle Paul wrote to the church in Rome: ***Be joyful in hope, patient in affliction, faithful in prayer.*** Romans 12:12

May the God of all Hope bless you and grant you comfort!

In Christ's Love for you all!

Pastor Jay

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. Ephesians 6:18

Humor: What Good Is Religion?

A rabbi and soap maker who went for a walk together. The soap maker had some negative things to say about religion: "What good is religion? Just look around you. What do you see? Trouble, misery, wars - even after all these years and years of preaching and teaching about goodness, truth, peace. What good is religion with all its prayers and sermons if all this evil still exists?"
The rabbi kept quiet as they continued their walk. Then they noticed a child playing in the gutter. The child was just filthy with dirt and mud. The rabbi said to the soap maker: "Look at this child! Now you say that soap makes people clean, but what good is it? With all the soap in the world this child is still dirty. What good is soap after all?"
The soap maker immediately answered him: "But rabbi, soap can't do its job if it isn't used!"
The rabbi said, "The same is true with religion." Jim Davis, The Call of Discipleship

In May our income was only $39 short covering our expenses! Thank you once again to all of you who have been mailing offering and participating in electronic giving.

May 2020 income and expense
Income: $10,748 ($53,393 year-to-date)
Expense: $10,787 ($63,515 ytd)
Shortfall: $39 ($10,121 ytd)

These numbers do not include the $26,000 loan St. John's received April 17 from the CARES Act Paycheck Protection Program. This is intended to help us with our payroll and utility costs during the COVID crisis. Later in June we will apply to have the loan forgiven.

Thank you to those who donated to the St. Mark's Apples for Students initiative in June. If you haven't donated, you still may. You can mail your contribution to the church, or give through the website at https://stjohnselcadbq.org/index.php/give (be sure to note it's for Apples).

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for." -- Zig Ziglar

Council Highlights

The church website now has a "Give" tab for people to submit donations via PayPal.

Council continues to discuss how and when we can resume in-person worship with new safety measures due to the Pandemic.

The Open Closet has been busy with private appointments. Volunteers are needed to help paint the guest house. Almost Home was awarded a $10,000 grant from Morgridge Family Foundation of Colorado to help with operational expenses during the Pandemic. The Yappers group is a youth outreach of the Community Foundation of Greater Dubuque. The Yappers donated $1,000 to replenish the Open Closet's supply of new underwear.

Sunday Morning Adult Study

LIFELONG LUTHERAN LEARNERS

When we are able to meet again, we will study the book of Galatians.

Health Beat…
COVID-19: Newest Updates
The **CDC updates, expands list of people at risk.**

CDC has updated and **expanded the list of who is at increased risk for getting severely ill from COVID-19**. Older adults and people with underlying medical conditions remain at increased risk for severe illness, but now CDC has further defined age- and condition-related risks. As more information becomes available, it is clear that a substantial number of Americans are at increased risk of severe illness – highlighting the importance of continuing to follow preventive measures.

"Understanding who is most at risk for severe illness helps people make the best decisions for themselves, their families, and their communities," said CDC Director Robert Redfield MD. "While we are all at risk for COVID-19, we need to be aware of who is susceptible to severe complications so that we take appropriate measures to protect their health and well-being."

CDC now warns that among adults, **risk increases steadily as you age**, and it's not just those over the age of 65 who are at increased risk for severe illness. Recent data has shown that the older people are, the higher their risk of severe illness from COVID-19. Age is an independent risk factor for severe illness, but risk in older adults is also in part related to the increased likelihood that older adults also have underlying medical conditions.

CDC also **updated the list of underlying medical conditions** that increase risk of severe illness. There was consistent evidence (from multiple small studies or a strong association from a large study) that specific conditions increase a person's risk of severe COVID-19 illness such as:

- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Obesity (BMI of 30 or higher)
- Immunocompromised state (weakened immune system) from solid organ transplant
- Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Sickle cell disease
- Type 2 diabetes

CDC also **clarified the list of other conditions that** might **increase a person's risk of severe illness**, including additions such as asthma, high blood pressure, neurologic conditions such as dementia, cerebrovascular disease such as stroke, and pregnancy.

Everyone should continue to do their part to implement prevention strategies, such as focusing on activities where social distancing (6 feet apart) can be maintained, washing your hands frequently, limiting contact with and disinfecting commonly touched surfaces or shared items, and wearing a cloth face covering when you are around people you do not live with, especially when it is difficult to stay 6 feet apart or when people are indoors. By taking these steps, you can help protect yourself, your loved ones, and others around you, including those most vulnerable to severe illnesses.

Thursday, June 25, 2020, cdc.gov/coronavirus/2019

The cloth face mask is not a substitute for social distancing.

Shirley Cocayne, *Parish Nurse*

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Ministry of Stewardship

"Stewardship is everything that we do after we say I believe.' (Clarence Stoughton)

Expression of Faith*

So, just who do you think you are? How do you describe yourself?

Here's God's answer!!

> *But you are a chosen race, a royal priesthood, a holy nation, a people for God's own possession, that you may proclaim the excellence of him who called you out of darkness into his marvelous light: who in time past were no people, but now [you] are God's people, who had not obtained mercy, but now have obtained mercy. I Peter 2:9-10*

Faith, as a gift of the Spirit, is more than an intellectual concept or words on our lips. Faith is made real in our life – all of life – the whole of it, every nook and cranny. God has given us this life, our identity, gifts and capabilities. God is the source of our hope for today and our strength for tomorrow. That means you and I are wholly God's people.

How do we respond to this biblical truth?

Now therefore, our God, we thank you, and praise your glorious name. But who am I, and what is my people, that we should be able to offer so willingly as this? For all things come from you, and of your own have we given you.
I Chronicles 29:13-14

In the words of Mark Allan Powell “Stewardship is really just a matter of putting such faith into action ... [it is] an expression of faith that moves from creed to practice ... to living out that belief in real and obvious ways.”

[Many of us memorized Luther’s Small Catechism as a youth in Confirmation Classes. Luther’s explanation to the First Article of the Apostles Creed follows:]

I believe that God has created me and all that exists. He has given me and still preserves my body and soul with all their powers. He provides me with food and clothing, home and family, daily work, and all I need from day to day. God also protects me in time of danger and guards me from every evil. All this he does out of fatherly and divine goodness and mercy, though I do not deserve it. Therefore I surely ought to thank and praise, serve and obey him. This is most certainly true.

What are the implications if we believe this to be true?

Powell also wrote ...“Let the goodness of God take hold of you and, then, give because you want to.” Stewardship is a matter of faith because faith shapes and molds our lives into a living reflection of God’s generous grace.

** Bible Studies on Stewardship, Northeastern Iowa Synod*

"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow."

Melody Beattie

The following was shared by Pastor Karla Wildberger who stated it had a powerful impact on her while she was still "young in my faith." Thank you, Pastor!

Who is Welcome Here? - Written by: Pastor Chuck Hazlett, Custer Lutheran Fellowship; Custer, South Dakota

I want it to be of public record that those of different colored skin and heritage are welcome here.

I want it to be known that those who suffer from addiction to drugs and alcohol (whether recovering or not), and their families are welcome here.

I want it to be known that women and children are welcome here and they will not be harassed or abused here.

I want it to be public record that in this congregation you can bring children to worship and even if they cry during the entire service, they are welcome.

I want it to be known that those who are single by choice, by divorce, or through death of a spouse, are welcome here.

I want it to be known that if you are promiscuous, have had an abortion, or have fathering children and taken no responsibility for them, you are welcome here.

I want it to be known that gossips, cheats, liars, and their families are welcome here.

I want it to be known that those who are disobedient to their parents and who have family problems are welcome here.

I want it to be of public record that gays and lesbians and members of their families are welcome here.

Let it be public knowledge that we at Custer Lutheran Fellowship take seriously that all have sinned and fall short of the glory of God. The young and old, the rich and poor, all of the broken are welcome here.

I want it to be public knowledge that we are justified by the grace of God, which is a gift through the redemption, which is in Christ Jesus our Lord.

We offer welcome here because we believe that while we were yet sinners Christ died for the ungodly. That's us. Christ did not die for us after we showed signs of "getting it all together." Christ loved and still shows love to us while we are yet sinners.

Almost Home Needs Your Summer Stuff!

Consider it a Win-Win Proposition! Due to Co-Vid 19 many of Almost Home's fundraising activities have been curtailed or cancelled. We had to start thinking of new ways to raise money for the shelter or the Open Closet. We have decided to try fundraising through consignment and need your help! It requires no selling on your part and there are no expenses to Almost Home—we just have to get the word out!!!

We have started a charitable account at Stuff etc in the name of

Almost Home Shelter # 4810 or the **Open Closet #4491**

You can help Almost Home by simply taking your gently used, unwanted items to "Stuff" and donate them to either account—clear out your unwanted items while helping your ministries!!!

At this time, they are specifically looking for: *T-shirts, Shorts, Tank Tops, Capris, Sandals & Flip Flops, Patio Furniture, Couches, Dressers & Home Décor*

Store Info: 2095 Holliday Drive, Dubuque, Phone 563-239-1464,
Hours: Mon-Sat 9am-8pm Sunday 11am-5pm

At the pearly gates, St. Peter greeted a minister and congressman and gave them their room assignments.
"Pastor, here are the keys to one of our nicest efficiency units. And for you, Mr. Congressman, the keys to our finest penthouse suite."
"This is unfair!" cried the minister.
"Listen," St. Peter said, "ministers are a dime a dozen up here, but this is the first congressman we've ever seen."

July 2020, LSI Bulletin/Newsletter Article and Story

LSI's Host Homes Program

Each year, Lutheran Services in Iowa (LSI) empowers hundreds of Iowans with disabilities. And despite the COVID-19 pandemic, this year is no different. There is no greater joy for us than seeing an individual develop greater independence, find their confidence, and thrive. And through our innovative Host Homes program, LSI has found a new way to lift up our Iowa neighbors and keep them safe in times of crisis.

Through the program, adults with disabilities (or "mentees") move from a supported community living setting – like a 24-hour, fully staffed home with roommates – and into a private family home with a Host Homes "mentor." LSI collaborates with the individuals we serve and the contracted mentors to ensure each match is the perfect fit and create a shared living opportunity that is beneficial to mentors and mentees. With the extra safety precautions associated with COVID-19, this program is a safe option where participants are in a home setting, interacting with one trusted mentor instead of several staff members.

LSI is seeking compassionate and dedicated caregivers to join us in the mission. If you have room in your heart and in your home, being a Host Homes mentor might be for you! Visit LSIowa.org/HostHomes to learn more. If you are interested in supporting crucial programming like LSI's Services for People with Disabilities, please contact Deb Whitford, LSI director of philanthropy and

church relations, at 563-676-2065 or 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.

We are Still Here: LSI's Services for People with Disabilities

Becky, an LSI Direct Support Professional, supports her client every day through LSI's Services for People with Disabilities. During the COVID-19 crisis, Becky has spent her shifts adding extra safety measures and precautions so she and her client could safely go to the grocery store for food and supplies when the time came.

But her client regularly experiences PTSD, depression, and anxiety, among other mental health conditions, and the isolation and crisis measures around COVID-19 only heightened her experience of these conditions. Becky knew she needed to do something to keep her client feeling comfortable and safe.

During their sessions together, Becky makes sure they practice good hand washing and wear masks. Her client knows she has someone walking alongside her every step of the way, and the client's young daughter found a way to thank Becky for her work: a picture with the words, "I don't like COVID-19, but I'm happy when you come over."

"I can't imagine not seeing my clients through this," Becky says. "We are all in this together."

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. " -- Albert Einstein

The frugal Lutheran walked into the house panting and almost completely exhausted.
"What happened, honey?" inquired his wife.
"It's a great new idea I have to be a better steward of our resources," he gasped. "I ran all the way home from the stewardship committee meeting behind the bus and saved $1.50.
"That wasn't very bright," replied his flustered wife. "Why didn't you run behind a taxi and save $10?"

Beginning this month, we will feature a recipe from a member of our congregation giving you the chance to try out new recipes during our quarantine, and after. Some recipes may be old fashioned recipes, some tried and true, while others may be out of the ordinary. The recipe doesn't have to be in one specific category, such as desserts or main courses, all recipes are accepted.

If you try the featured recipe of the month, please give a shout out to the church member who contributed the recipe and let them know how it tasted.

If you are interested in submitting a recipe to our new Recipe Corner, please email the recipe to April at stjohnslcoffice@gmail.com, or if you have questions, call the church office, 563-583-6572.

Looking forward to your recipes!!!!!!

This month's recipe, Bourbon Apple Pie with Pecan Streusel, has been submitted by Michael Knock. I hear Michael is well known for his pies.

Bourbon Apple Pie with Pecan Streusel
This recipe is from the website Layers of Happiness. You can leave the bourbon out if you like. Same goes for the pecans in the streusel.

Ingredients:
For the Pie Crust:
1 ¼ cups flour (plus more for rolling out the dough)
½ teaspoon salt
½ teaspoon sugar
8 tablespoons (1 stick) butter, cold and cut into small pieces
2 tablespoons (or more) ice water

For the Pie Filling:
6 large apples, peeled, cored and chopped into small pieces (I use a variety of apples in my pie, so choose your favorite)
2 tablespoons butter
1/3 cup packed brown sugar
¼ cup white sugar
¾ teaspoon cinnamon
1/8 teaspoon salt
1/8 teaspoon nutmeg
2 tablespoons cornstarch
1 ½ tablespoons bourbon
1 tablespoon vanilla extract

For the Streusel:
2/3 cup flour
½ cup white sugar
½ cup packed brown sugar
1 tablespoon cinnamon
½ teaspoon salt
2/3 cup pecans, roughly chopped
8 tablespoons butter, cold and cut into small pieces

To make your pie crust:
Combine the flour, salt and sugar in a large bowl. Add in the pieces of cold butter and mix using either your stand mixer or a pastry blender until the butter is worked into the dry ingredients (there should still be larger pieces of butter visible). Add the ice water a little bit at a time and blend/mix until the dough begins to come together. You may need more than 2 tablespoons to get a cohesive dough. Bring the dough together and flatten into a disk. Wrap in plastic wrap and refrigerate for an hour.

To make your pie filling:

Melt the butter in a large skillet over a medium-low heat. Add the chunks of apple, followed by both sugars. Stir until the sugar melts and the apples are thoroughly coated in the butter/sugar mixture. Continue to cook at a low temperature until the apples become soft but still hold their shape (this took me about 8 minutes). Remove from heat and allow mixture to cool completely.

In a small bowl, stir together the cinnamon, salt, nutmeg and cornstarch. Once your apples are cool, stir this mixture into the apples. Next, add the bourbon and the vanilla extract.

To make the streusel:
Toast the pecans in a small skillet over low heat, stirring frequently (be VERY careful; the pecans will scorch easily). Cook only until pecans just begin to become fragrant. Remove them from the pan to stop them from cooking.

Mix the pecans into the flour, along with both sugars, the cinnamon, salt and butter. You are done mixing when the mixture becomes crumbly.

To assemble and bake the pie:
Preheat your oven to 375 degrees. Line a rimmed baking sheet with parchment paper or aluminum foil (this will protect your oven from the filling if it bubbles over).

Roll out your crust to roughly a 12-inch diameter (it should be about ¼-inch thick). Place in a 9-inch pie plate and trim and fold the edges neatly. Add the filling and then cover the filling completely with the streusel. Place pie on prepared baking sheet.

Bake for 60-70 minutes. If the streusel is baking too quickly, cover it loosely with aluminum foil.

Allow pie to cool for about an hour before cutting.

Pastor Elijah had been advised by his doctor to lose 30 pounds or risk serious health consequences. The good pastor took his new diet seriously, even changing his driving route to the church building to avoid his favorite bakery. One morning, however, he arrived for Bible study carrying a gigantic devil's food cake. The class chuckled and chided him, but the good pastor's smile remained cherubic.
"This is a very special cake," he explained. "I accidentally drove by the bakery this morning and there in the window were a host of goodies. I felt this was no accident, so I prayed, 'Lord, if you want me to have one of those delicious cakes, let me have a parking place directly in front of the bakery.' And sure enough," he continued, "the eighth time around the block, there it was!"

Contemplation and Racism

The Unspoken Privilege of Being White
Monday, June 8, 2020

For a long time, I naively hoped that racism was a thing of the past. Those of us who are white have a very hard time seeing that we constantly receive special treatment [because of social systems built to prioritize people with white skin]. This systemic "white privilege" makes it harder

for us to recognize the experiences of people of color as valid and real when they speak of racial profiling, police brutality, discrimination in the workplace, continued segregation in schools, lack of access to housing, and on and on. This is not the experience of most white people, so how can it be true? Now, we are being shown how limited our vision is.

Because we have never been on the other side, we largely do not recognize the structural access we enjoy, the trust we think we deserve, the assumption that we always belong and do not have to earn our belonging. All this we take for granted as normal. Only the outsider can spot these attitudes in us. [And we are quick to dismiss what is apparent to our neighbors who are Black, Indigenous, and People of Color [BIPOC] from their lived experience.]

Of course, we all belong. There is no issue of more or less in the eyes of an Infinite God. Yet the ego believes the lie that there isn't enough to go around and that for me to succeed or win, someone else must lose. And so we've greedily supported systems and governments that work to our own advantage at the expense of others, most often people of color or any highly visible difference. The advancement of the white person was too often at the cost of other people not advancing at all. A minor history course should make that rather clear.

I would have never seen my own white privilege if I had not been forced outside of my dominant white culture by travel, by working in the jail, by hearing stories from counselees and, frankly, by making a complete fool of myself in so many social settings—most of which I had the freedom to avoid!

Power [and privilege] never surrenders without a fight. If your entire life has been to live unquestioned in your position of power—a power that was culturally given to you, but you think you earned—there is almost no way you will give it up without major failure, suffering, humiliation, or defeat. As long as we really want to be on top and would take advantage of any privilege or short cut to get us there, we will never experience true "liberty, equality, fraternity" (revolutionary ideals that endure as mottos for France and Haiti).

If God operates as me, God operates as "thee" too, and the playing field is utterly leveled forever. Like Jesus, Francis, Clare, and many other humble mystics, we then rush down instead of up. In the act of letting go and choosing to become servants, community can at last be possible. The illusory state of privilege just gets in the way of neighboring and basic human friendship.

Adapted from "Richard Rohr on White Privilege," interview with Reverend Romal J. Tune (January 19, 2016). Available at https://sojo.net/articles/richard-rohr-white-privilege.

Inner and Outer Freedom

Everything is a manifestation of divine radiance. Love rushes everywhere, in everyone, in everything. —Paula D'Arcy

<Paula D'Arcy leads and attends retreats where people from many different backgrounds come to face their deepest grief, insecurities, and anger to find the freedom that lies on the other side. She shares one of her own experiences here>

> There is a love which itself has the power to free the human heart. Many remarkable people live in testament to this love, even though they are held in jail cells and prisons, or suffer the harsh conditions imposed by poverty, [racism,] adversity, war, and occupation. The truth of this love is that, if we can be uprooted from our daily preoccupations and taken by direct experience into its presence, then a profound transformation is possible. Whoever arrives at this place looks at the world differently. The distinctions on the surface no longer exist. Here it is possible to suspend our certainties and touch something greater: the Spirit within us.

In January 2014, I met the fire of that inner heart. The outer circumstances were the ten days I spent at a retreat center in California with thirty other men and women. . . . We were Americans, Mexicans, Israelis, Bedouins, and Palestinians. . . . We all expressed a longing for freedom, while having little idea what that meant, or might demand. We were about to touch the fire of Spirit, embedded not only deep within our own [bodies], but in all life. I recorded our journey through those days, and this telling is excerpted from my journal. . . .

> I don't want to see that how I participate in the world is often less than love, and that the environment in which we all live is the result of our sense of entitlement and greed. I don't want to know what freedom demands and what dedication to love and peace may require. Words from the poet Rumi haunt my thoughts: his saying that, in order to live in this world, you have to be truly and completely in love. . . .

Love does not come as theory. It moves in bodies, in nature, in the ground beneath us and the space between. True Love is not emotional. It is a different nature, waiting in us like a secret seed. The illusion is thinking that, by changing a system, an ideology, or our external circumstances, things will change. No; freedom is . . . realizing that this Love is not a symbol or an ideal; it is a living power. . . .

> And I understood what it could mean if we met the outer world with our inner world. . . .

There is a living love that exceeds our circumstances and our conditioning. That's the truth we all must find. The profound problems of hatred, judgment, [racism,] and revenge, our jealousies and our violence, will be solved by love, and love alone.

Paula D'Arcy, "The Freedom of the Greater Heart," "Emancipation," Oneing, vol. 3, no. 1 (Center for Action and Contemplation: 2015), 53–54, 56, 57, 58.

As Franciscan theologian Bonaventure described, God is One "whose center is everywhere and whose circumference is nowhere." (Bonaventure, *The Soul's Journey into God*, 5.8, quoting Alan of Lille, *Regulae Theologicae*, reg. 7. See *Bonaventure*, trans. Ewert Cousins (Paulist Press: 1978), 100).

The following prayer was written by Vernell S. Jackson, from Trinity Health:

There are so many things I take for granted, may I not ignore them today.
Just for today, help me God to remember that my life is a gift, that my health is a blessing, that this new day gives me the opportunity to bring something new, unique, and good into this world.
Just for today, help me God, to remember to be kind, and patient to the all who I encounter.
Just for today, help me God to remember you, guide me to show the love to others you so graciously show me.
Let this be a Good Day full of Joy, Peace, and most of all Love!

JULY 2020

BIRTHDAYS

1 – Terri Krier
2 – Alexander Faust
2 – Dave Hartman
4 – Sierra Leib
6 – Gage Ryder Leib
10 – John Barrett
11 – Ann Bergman
11 - Trina Elsinger
12 – Mary Jane Anderson
16 – Gary Latham
20 - Ruth Elsinger
22 - Shirley Cocayne
25 - Gabrielle Barrett
29 - Katelyn McCann
30 - Michelle Cocayne
31 - Alexander Kenniker

ANNIVERSARIES

20 – Robin & Linda Pickel

ALTAR GUILD

Flowers: April Ahlborn
Supplies: Linda Gomoll
Set-up

SCRIPTURE READERS

5 - Michael Knock
12 – Paul Largent
19 – Wes Stuebing
26 – Sharon Speckhard

NOTE: Do you have a name change, new address, phone number, or email address? If so, please remember to inform the church office at stjohnslcoffice@gmail.com, or by calling April at 583-6572. Thanks!

St. John's Mission Statement:

"Showing Jesus'
love by
inviting, welcoming,
worshiping,
and
serving".

St. John's Lutheran Church, ELCA
1276 White Street
Dubuque, IA 52001-5069
563-583-6572

Pastor – Rev. Jay Ilten
jayilten@gmail.com cell, 543-8882
Executive Director, Almost Home - Gwen Kirchhof
execdirector@almosthomedbq.org cell, 495-1052
Parish Nurse – Shirley Cocayne
scoke2@aol.com home, 556-3859
Contemporary Music Director – Barb Keough
keoughb@mercyhealth.com cell, 581-1296
Traditional Music Director – Carolyn Oppedahl
carolynoppedahl@gmail.com home, 582-1674
Parish Secretary – April Ahlborn
stjohnslcoffice@gmail.com Church - 583-6572
St. John's Cemetery - Tim Hedrick
tenpindad10@aol.com cell, 581-5283

OFFICE HOURS: 8:00 – 12:00 PM
Monday, Tuesday, & Thursday
PHONE: 563-583-6572

Church Website: stjohnselcadbq.org
St. John's Facebook: https://facebook.com/stjohnselca

Website: www.almosthomedbq.org
Facebook: https://www.facebook.com/AlmostHomeDBQ