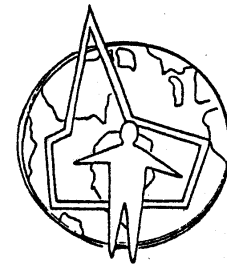


LUTHERAN
SINGLE
ADULT
MINISTRY

March 2008

Iowa District West, LCMS



Pastors Corner

Dear Single Friends in Christ,

Have you ever noticed how many “new” things there are in the Bible? The Psalmist says, “Sing to the Lord a *new song*.” (Psalm 98:1) God’s mercies are *new every morning*. (Lamentations 3:23) God’s people will be called by a *new name*. (Isaiah 62:2). God promises to make a *new covenant* with us in Jesus. (Jeremiah 31:31) Jesus gives His disciples the *new commandment* to love one another. (John 13:34) In Christ we are *new creations*. (2 Corinthians 5:17) We have *new life* in Baptism. (Romans 6:4) We can look forward to a *new heaven and a new earth* when Jesus returns. (Isaiah 65:17, 2 Peter 3:13, Revelation 21:1)

It pales to the new things God does, but the IDW Singles Ministry has a *new direction* and a *new schedule* of events for 2008. At our meeting last fall the District Singles Ministry Committee, with guidance from Pastor Bob Riggert from the District Office, decided to plan two events for this year instead of three. So this year we will have a spring event with a social/educational emphasis and a fall event with a mission/service emphasis. This replaces the traditional “Spring Seminar/Summer Picnic/Fall Retreat” pattern we have had the last few years.

Plans are already being made for the Spring Singles Event (we may need to come up with a catchier name). It will be held in Ames, Iowa, on Saturday, April 19. We plan to take in the beautiful Reiman Gardens, which by that time should have both indoor and outdoor displays. We will enjoy lunch together and then head to Memorial Lutheran Church for a presentation on the campus ministry at Iowa State University. Information on times and directions can be found elsewhere in this newsletter.

The Fall Event will be an opportunity for singles to participate in hands-on service to one of our District Missions. We are in the process of researching and organizing the event. Possibilities include the Fall Work Weekend at Camp Okobojo, a project involving the new Loving Arms child care in Johnston, or a project at the Hispanic Outreach Center in Storm Lake. The committee welcomes suggestions; contact information for committee members is listed at the end of this newsletter.

In addition, we will try to keep singles informed about other events that may be of interest, so “spontaneous gatherings” of Lutheran singles might occur. In this newsletter you will find information about a bus trip from Camp Okobojo to see *The Thorn* at North Heights Lutheran Church in Arden Hills, MN, on Saturday, April 5th, a Thrivent- sponsored trip to an Iowa Cubs game (if we have the information), the Young Adult Retreat at Camp Okobojo planned for August 22-24, and opportunities to attend other singles events in the Midwest, including the LSA (Lutheran Singles Association) tour at the Lutheran Laymen’s League national convention in Lexington, Kentucky, July 24-27.

Singles ministry has always been fluid as the “target audience” is always changing. The IDW Singles Committee hopes to serve as a resource both for connecting singles with each other for fellowship and service and for keeping singles in the church connected to Christ, our Lord and Savior. He is the one constant in all the changes in our lives. We can count on Him to see us through.

Pastor Richard Merrill, IDW Singles Ministry

IDW Singles
2007
Annual Picnic
was held at the
Grotto in
West Bend

There were only a few of us at the picnic —but we had some really good Christian fellowship. The Grotto is a beautiful place. Lots of work by a lot of people to tell the story of Jesus. And they are very dedicated to keep it going every year.



After exploring the Grotto and visiting the gift house we were hungry, so the guys found a grill and fixed the meat for our picnic. The group may have been small but they were really good cooks and we enjoyed a variety of delicious dishes.



Men will get
dirty!



Doing a
great
job!



IDW Singles Spring Activity—April 19

A fun-filled Saturday April 19, 2008 in Ames, Iowa.

This will be a social day filled with interesting things to see and learn about.

We will start the day at **10:00 am at the Reiman Gardens**. Reiman Gardens are located in front of the Football Stadium. The Gardens should be filled with blooming spring flowers. There is a butterfly wing with hundreds of butterflies ready to land on you especially if you wear bright colors like red or orange. If it is rainy there are inside gardens, the butterfly wing, and a gift shop (or bring an umbrella to enjoy the outdoor flower-filled paths).

Around 12:30 we will go to a restaurant for Lunch.

If there is time we will visit the Memorial Union with a huge ISU gift shop.

At 3:00 p.m. we will go to Memorial Lutheran where Pastor Beagley will give us a presentation on ISU Campus Ministry. We can use their lounge for some down time after the presentation and before the **5:00 p.m. Church Service**.

If you would like to go into the evening we can go across town to the shopping mall. There are several places where we could eat and have some good conversation. If you want to shop, the mall has a variety of stores.

Cost Reiman Gardens

Over 20 people-\$5.50; Otherwise 65 and older-\$6; others-\$7

Meals: \$10 should give a good choice

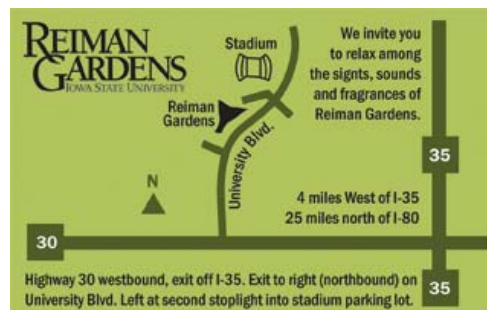
Directions

Reiman Gardens is conveniently located just south of Jack Trice Stadium (the ISU football stadium) in Ames.

When traveling west on Highway 30, exit to the right (northbound) on University Blvd. Same exit traveling east. You can see the Gardens immediately by looking north. Then take a left at the second stoplight into the stadium parking lot.

Parking

Reiman Gardens is located directly south of Jack Trice Stadium, the home football field for the Iowa State Cyclones. There is free parking in the lot marked for Reiman Gardens' visitors right by the entrance to the gardens.



CELL PHONE vs. BIBLE

I wonder what would happen if we treated our Bible like we treat our cell phone?

What if we carried it around in our pockets or purses?

What if we flipped through it several times a day?

What if we turned back to go get it if we forgot it?

What if we used it to receive messages from the text?

What if we treated it like we couldn't live without it?

What if we gave it to our kids as gifts?

What if we used it when we traveled?

What if we used it in case of emergency?

This is something to make you go...hmm...where is my Bible?

Oh, and one more thing;

Unlike our cell phone,

we don't have to worry about our Bible being disconnected because JESUS already paid the bill.

ISW Singles Committee Picnic

The Singles Committee will have a **picnic meeting** at the **Shelter house at Swan Lake** (near Carroll) **Sunday, June 22, 2008.**

Would you like to be a part of this committee? There is always room for more members.

Come to the picnic, have some fun, a little social, a little business. Bring a side dish and your choice of meat.

We try to arrive around **2:00 p.m.**

Bring your family, & any game equipment that you enjoy. Pastor Merrill will provide the music for a closing devotion.

Hope to see YOU there.

Fall Plans

The Singles Committee is planning a service project for the Fall

Projects under consideration: Orphan Grain Train, Ida Grove; Children's Center, Johnston; Camp Okoboji Work Day

Give us a call with your choice and come to the picnic in June to help us make the final plans.

Details will be in the fall IDW Singles Newsletter

2007 International Lutheran Single Adult Conference

July 4-8 at Branson MO

Keynote Speaker *Dr. John Nunes*

Bible Study Leader *Dr. Paul Maier*

Cutting the Anniversary Cake
are past Presidents,

Carolyn Hunt, Sharon Weber, & Warren Pflantz



Okoboji News

Please watch your bulletins or check the Camp Okoboji web site

www.campokoboji.org

Or email

Camp.okoboji@1idwlcms.org

Or call

712-337-3325

For dates and more information about the camps.

Some camps to watch for are
Young Adult Retreat, August 22-24
And the Clean and Spruce up dates.

Saturday, April 5, 2008
*A bus trip for all ages to see
The Thorn*

**Camp Okoboji is sponsoring its
3rd Bus Trip to North Heights
Lutheran Church in Arden Hills,
MN**

**The bus will leave from Camp
Okoboji at 8:30 am**

**A sack lunch will be provided
and we will stop at the Old
Country Buffet for dinner.**

**Cost is \$65 per person
We have only 54 seats on the
bus!**



Iowa Cubs Game

Lutheran Day
at the I-Cubs
Sunday, June 29
Game Starts 1:05 p.m.

*Sponsored by
Thrivent Financial for
Lutherans*

A fun activity for IDW
singles to attend.
Hope to see you there!

For more information contact
Karin Ogden at
515-276-1526 Ext. 236
or
800-369-1527 Ext.236
or
karin.ogden@thrivent.com

Adventureland Park

**Lutheran Day at
Adventureland Park
Wednesday, June 25, 2008**
*For more details contact
Leon Kroemer
at 319-363-3349*



They choose Wednesdays because they are slow days and the Lutherans pretty much have the park to themselves.
Tentative ticket price
\$16.50 per person
This price could change, check with Leon.

Recipes

BROCCOLI GARDEN SALAD – SERVES 4

The carrots and nonfat vanilla yogurt add sweetness while the peanuts add a nice crunch.

| | |
|-------------------------|------------------------------|
| 3 c. broccoli florets | ½ c. sliced green onions |
| 1 c. grated carrots | ¼ tsp. ground cinnamon |
| 1 c. sliced cauliflower | 1 c. nonfat vanilla yogurt |
| 1 c. chopped apples | ¼ c. roasted chopped peanuts |

Toss all ingredients together in a large bowl. Chill 1-2 hours until ready to serve.

Each 1 cup serving: 142 calories, 5 g fat, 1 g saturated fat, 1 mg cholesterol, 69 mg sodium, 20 g carb, 5 g fiber, 7 g protein.

BAKED SALMON With DILL SAUCE - SERVES 4

| | |
|------------------------|---------------------------|
| 4 4-oz. salmon fillets | 3 Tablespoons lemon juice |
| 2 Tablespoons water | |

Sauce:

| | |
|------------------------|-------------------------|
| 1 c. nonfat sour cream | ½ c. diced cucumber |
| 2 teaspoons dried dill | ¼ c. minced green onion |

Preheat oven to 350 degrees. Place fillets in a large baking pan and sprinkle with lemon juice and water. Bake until done – when fish turns opaque and flakes easily with a fork – about 20 minutes.

Sauce:

Mix ingredients in a small bowl. Serve fish fillets hot with the sauce on the side.

Each serving: 237 calories, 7 g fat, 1 g saturated fat, 62 mg cholesterol, 101 mg sodium, 13 g carb, 0 g fiber, 26 g protein.

Lutheran Single Events From Around the Country

*LSA—Lutheran Singles Association
a national Lutheran singles
organization*

www.lsalcms.org

Missouri District Singles:

April 4-5-6, 2008
Tel: 314-317-4556
Email: Sue.Thompson@mo.lcms.org

South Wisconsin District:

Spring 2008
Tel: 414-29-9127

Mid South District:

April 25-27, 2008
Tel: 901-373-1343
Diane Reimold
dianereimold@hotmail.com

Kansas District:

April 4-6, 2008
Tel: 785-823-6727
Staci Timm
stacitimm@juno.com

Northern Illinois District:

Monthly Events
Steve Doombos
Tel: 708-771-0861
24 Hr Singles Hotline:708-449-3017
Press 5

Central Illinois District:

March 28-30, 2008
Tel: 309-825-4773
Peggy Prather
pprath5@yahoo.com

2008 LSA Tour:

July 24-27, 2008
Lexington, KY
LLL Convention

2009 LSA Conference:

June 25-28, 2009
Seward, NE



Do Your Part at Church

Sit in the front row each week.

Volunteer to do the job most people shun.

After most people have left a church dinner, remain behind to help clean up and put things in order.

Tell the pastor to feel free to call on you when someone needs help in an emergency.

When a campaign is held to raise funds for a church project, be among the first to give time, talent and/or resources to show your support and enthusiasm.

Occasionally give something or do something anonymously. If it's spectacular enough, the church will go 'bananas' trying to figure out who did it.

District Singles Committee – 2008

Pastor Richard Merrill, Pastoral Advisor

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Ruth Consier

264 I Avenue, Churdan, IA 50050
515-389-3120



Shirley Hines

523 Clearview Drive #9, Perry, IA 50220
515-465-5329

Janette Friedrickson

2345 Redwood Ave., Guthrie Center, IA 50115
641-755-2843

Larry Mahnke

604 3rd Street, Manning, IA 51455
712-655-3083



Kathy Vollstedt

418 10th Street, Manning, IA 51455
Home—712-655-3950
Work—712-655-3333



To receive this newsletter electronically or to be removed from our mailing list, please contact Sue Light at the Iowa District West office (515.576.7666 or sue.light@idwlcms.org).

IOWA DISTRICT WEST, LCMS
Singles Newsletter
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Fort Dodge, IA 50501

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Important Singles Dates

Saturday, April 5

Camp Okoboji to see *The Thorn* at North Heights Lutheran Church in Arden Hills, MN,

Saturday, April 19

Spring Singles social at Ames

Sunday, June 22

Singles Committee Picnic at Swan Lake

July 24-27

LSA (Lutheran Singles Association) tour at the LLL national convention in Lexington, Kentucky

August 22-24

Young Adult Retreat at Camp Okoboji



IDW Singles Committee Meeting
at Trinity Lutheran in Jefferson
Left to Right
Janette Friedrichson
Kathy Vollstedt
Larry Mahnke
Pastor Richard Merrill, Pastoral Advisor