

HOPE HIGHLIGHTS

June 2023

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Dear Members of Hope,

I try to take a walk every morning with Sushi and Nina, my two larger dogs, around the neighborhood, sometimes we get an evening walk in too. The morning walk is always quieter, less people around and almost no cars to watch out for, but the birds are louder and the squirrels are busier which my dogs are more interested in. In the evening the rabbits are out, and they are always on the lookout for rabbits. I have a rhyme I tell them when they want to chase rabbits and squirrels that they respond to better than just saying, "no." I say, "No birds, no squirrels, no rabbits, no fun." They let out a sigh or roll their eyes at me like a teenager and keep walking. Listening to the birds chatter, and the cardinals call each other pretty or ask for burritos for lunch, while enjoying the green trees and flowers blooming helps put my day in perspective. All the things waiting on my to do list don't seem as overwhelming surrounded by nature with my dogs by my side. Just the act of walking helps let go of stress and worry. My walks also help me come up with new ideas, parts of sermons, ideas for sermons, problem solving, all kinds of things come from walking.

What do you do to take care of you, to restore and reenergize you? Do you like being in nature? By a lake or river? Do you find peace fishing or golfing? I have a friend who is a runner, maybe you like to work out? Or swim? Do you need people around, losing yourself in a crowd, shopping? Is music your source of peace and inspiration, listening to music

or making music? An art gallery or on line art if you are on able to get to an art gallery; the great masters, or modern art? A quiet room in your home, or around a fireplace or fire pit outside? The stars in the night sky? When I lived in very small towns I liked to walk at night, to find the constellations, I was pretty good at it for a while. There are so many ways and places to find peace or inspiration, there is no right or wrong way. Whichever way works for you is the right way. God made each of us unique!

The great thing about summer is that most of us make more time to get outside and take care of ourselves. I hope you find time in this beautiful time of the year to enjoy God's beautiful creation and find the time to find peace and restoration for yourself in your favorite way.

"You will come and pray to me, and I will listen to you. When you look for me with all your heart, you will find me. I will be found by you, announces the Lord." Jeremiah
29:12-14.

May you find the Lord in the center of your time of peace and restoration.

Blessings, Pastor Rhea



Outdoor Summer Worship and Picnic Sunday, July 23, Hope Lutheran will celebrate Worship, outside on the church grounds with a special worship service followed by a pot luck picnic. Bring your lawn chairs and a dish to share. Let's enjoy the beautiful summer weather and God's creation!

CHOIR

Choir meets for practice every Wednesday afternoon at 3:30 pm.

Now is a great time to join the choir. Cody is back and we can always use a larger variety of voices.



JUNE BIRTHDAYS

- 3 Gordy Stelling
- 6 Zachary Rairdin
- 12 Lea Reed
- 14 Kathy Northup
- 16 Juanita Pretz
- 17 Jace Anderson
- 19 Rose Dougherty
- 20 Kevin Schmidt
- 22 Lisa Greif
- 24 Kayla Grim
- 23 Cindy Rossman
- 25 Sue Williams
- 27 Shirley Hartgrave, Grace Geimer
- 29 Jason Burge



CAR CRUISE IN

Outdoor Car Cruise is back! On Thursday, June 22, we will have our next Car Cruise in. Food service will begin at 5 with cars rolling in around 4pm.

MEN OF HOPE

The Men of Hope will meet Saturday, June 10 in the Fellowship Hall for breakfast starting at 8:30 am, followed by the meeting.

SPIRITED SENIORS

Spirited Seniors meets every Wednesday at noon for lunch and cards. Bring your own lunch (unless Jim says not to!)

SPECIAL THANKS FROM BILL DOUGHERTY for all of the cards, prayers and calls during his illness.

THE WOMEN OF HOPE will be meeting on June 10th at 9 am. Our guest speaker will be Mary Foreman from Tanager Place.

HOPE COUNCIL

- Sue Williams - President
- Clete Moser - Vice President
- Betty Nelson - Financial Secretary
- Linda Jones - Treasurer
- David Adams - Secretary
- Cal Burchland - Member
- Jeanne Dahm - Member
- Leon (Codge) Jones - Member
- Andy Kuehl – Member

Incoming Council Members

Terry Slinger, Wendy Fisher, Ron Taylor, Patty Hasson, Bud Carnahan, and Karen Pahl

Our departing Council Members are Clete Moser, Codge Jones, and Sue Williams. Remember to thank them for their service!



Pastor Rhea's Thursday Bible Study is taking a break until July 13th.

Synod Revival Feedback – David Adams

David and Susan Adams gave some quick insight on the inaugural SEIA Synod Revival held at Grand View University in Des Moines that he and Susan attended. It was a lot of fun, very relaxing and, in fact, somewhat stress-reducing and highly recommended for everyone, should the opportunity ever come up again. The program was well managed, on-time, yet very relaxing and easy-going. The music was wonderful, the guest speakers were thought-provoking, and the hymns and prayers provided wonderful fellowship with other attendees from across the Synod. All-in-all, a wonderful get-a-way of fellowship and worship.