

Special Sunday Service Time

Due to the current situation we will only hold one Sunday service during the time Pastor Martha will be away for military obligations and her vacation this summer.

There will only be ONE service at 10 a.m. on:

Sunday, August 23 (Morning Prayer)

Sunday, August 30 (Morning Prayer)

Sunday, September 6 (Morning Prayer)

Bishop's Visit & Confirmation

We have two students who will be confirmed during the 10a.m. service when Bp. Scarfe is with us on September 20. If anyone wishes to be received or reaffirmed at this time, please contact the parish office or Pastor Martha.

Sunday, September 20
Bishop's Visit & Confirmation

8 a.m. & 10 a.m.

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From the Rector

By Martha Kester



It's been a long 3 months since the last horizons issue and honestly never imagined that life would still be in a holding pattern as we send out this edition. Our world is in upheaval between continued COVID conditions, the racial tensions, the economic uncertainties and such. It's exhausting at times to wrap our heads around what life is supposed to be in the midst of it all.

This is when I turn to the Psalms especially my favorite Psalm 121. *"I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth."* (vs 1-2) We look to so many things in this world to provide us escape and help; yet we find in the long run those things can still leave us empty and desperate to find relief. Especially now with restrictions still in place some of our go-to coping mechanisms are unavailable. What do we do? Look to God as this is when we need to remember who it is we worship! This is where the rest of Psalm 121 comes into play. *"He will not let your foot be moved; he who keeps you will not*

slumber. Behold, he who keeps Israel will neither slumber nor sleep. The Lord is your keeper; the Lord is your shade on your right hand. The sun shall not strike you by day, nor the moon by night. The Lord will keep you from all evil; he will keep your life. The Lord will keep your going out and your coming in from this time forth and forevermore." (vs. 3-8)

Frustrated by world events? Seek to know the peace of Christ which passes understanding.

Feeling isolated and alone as restrictions keep us away from each other? Remember that Jesus promises to be with us even to the end of the ages.

Continued on page 2

From the Senior Warden

By Alex Jenson

In March, St. Luke's suspended in-church services with the hope of reopening in time to celebrate Easter. Unfortunately, with the limitations on gatherings extended, St. Luke's had to adapt. During this time, our community found new ways to connect, gather, and fill our spirits. Now that we are able continue limited in-church services we are continuing to adapt and trying to meet the needs of our members.

I want to thank everyone for their flexibility, patience, and compliance in the last few months. In my last address, I was unsure how soon we would be able to continue in-church services. Since then, I have been encouraged by the participation of members of the St. Luke's community and their participation in virtual events and inspired by your flexibility. No, it is not ideal, but I am reminded that the "church" is not the building in which we meet but the people who are meeting.

As we have begun to hold limited in-church services, I want to thank you for your patience especially those who are choosing to attend our services via YouTube. This technology is a great resource for us to get to share our services to those worshipping at home, but one I am learning right along with everyone else. I am sure you were just as surprised to see my face at the beginning of videos as much as I was! We are looking at improving the experience of the live services as we move forward as we expect to be in this situation for the foreseeable future. Please check out our YouTube page for live and recorded videos!

For those who are choosing to attend services in-person, thank you for your compliance in the safety guidelines. As a reminder, please use the SignUpGenius link in the weekly emails from St. Luke's (you can sign up for multiple weeks in a row!). I would also encourage those who attend in-person services to wear their masks during the entire service as you are able so we can keep our community safe and healthy!

I hope to see everyone soon!

FROM THE RECTOR

continued from page 1

Fearful of the future, of getting sick, of someone you love getting sick? Allow the Spirit of God which we have been given to be in charge, reminding ourselves this is not a spirit of fear but of power, love and sound mind.

Each one of us will deal with the current situation in different ways depending on our own situation, both economically and emotionally.

What can be the same is that we all can grasp ahold of the truth of the Gospel which is no matter what we face Jesus is right next to us guiding us and holding us firmly within his hands.

May we step out in faith to face head-on whatever this world has in store, knowing the God we serve has overcome this world.



King Elementary Food Pantry

Tennessee Ernie Ford sang You load sixteen tons, what do you get? For Team King it was only 1600 pounds, but we got a lot of satisfaction knowing that we did something critical for families that needed food.

King Food Panty is distributing food and household supplies despite the current Covid-19 pandemic. Faithful volunteers pick up the food at the Food Bank of Iowa, deliver it to King, and then distribute it in the afternoon to families of King students. Rain or shine, we are there working.

Definition of satisfaction: Working with friends and helping others. Team King is also helping with Monroe and Moulton Schools too.

If you like to join or learn more, give us a call.

Jim Fleming 515-491-2240
Lee Anderson 515-480-3174
George Wilson 515-201-9703

Fantasy Football

Once again we will be competing for the vaunted St. Luke's cup. **The Draft will be hosted by the Baker's in Elkhart on Saturday August 15 at 1:00.** We will also offer zoom access for those not able to/not wanting to attend in person. We do have a couple of slots for new players who want to try their skill (aka luck). Please contact Pastor Martha at mkester9@gmail.com if you are interested.

upcoming events

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Music Notes

By Stephanie Dana Ely

A music report during the time of the coronavirus pandemic feels a bit strange, doesn't it? New understanding of the virus shows that singing produces aerosols that carry the virus and can linger in the air for an hour or more and travel further than six feet. With this information, it is clear that communal singing in the church will not return to our experience for a while and for good reason. But after a few weeks of services with instrumental music and no voices, I have realized that this worship just isn't the same as when all our voices could join together. Congregational singing brings so much to our experience of God during a service, but what is it and why doesn't instrumental music do the same?

To explore this question, I turned to a book on my shelf called *Church Musicians: Reflections on Their Call, Craft, History, and Challenges* by Paul Westermeyer (2015). Westermeyer is a former ELCA pastor, musician, and professor, who most recently served at Luther Seminary in St. Paul, MN. He writes:

To be human is to sing, and to sing around Word, Font, and Table is *to be*. The Congregation's singing therefore is no trivial pursuit. It is about essential matters. The congregation's singing is fun, or, perhaps, better, delightful play, just like all music-making. But it is not a mindless or entertaining diversion that gives the church a break from the really important stuff or serves as a manipulatively attractive ploy. It is the sounding

form of the body of Christ, with its own discipline and integrity, gathered and refined from the riches of the church's practice over centuries, and laced with new things to be tried. It is not the easy superficiality to which the church is tempted and which the skeptics rightly deride. It is the communal doxology and edification that arise partly through the quotidian, but also through the struggle with pain, doubt, despair, and sadness and through the exultation of joy, hope, healing, and new life. It comes from the tedious and delightful daily round, as well as from grappling with the faith and with God when God seems both absent and present. These are no small matters. They are what the church's song is about and lie buried beneath it like "grain that sleeps unseen." The church's song is as important as all the other things to which the church is called and gathers an unusually large number of connections. It deserves the careful thought...and the intentional practice a faithful church is called to embody. (p. 18)

So even though we cannot raise our voices while gathered together at this time, we can sing psalms and hymns in the comfort of our home and know that we are still human and still praising God. While gathered together for worship, we can listen to the familiar melodies and reacquaint ourselves with the texts that connect us to the "riches of the church's practice over centuries".



Members of St Luke's gathered to fill paper lunch bags with items for the homeless shelter downtown. 4 bins with about 450 lunches in them were prepared for when they are needed. Social distancing was observed!!

COMMUNITY SPOTLIGHT

Ethan Baker and Elizabeth Elfvin

By Vince Carter

2020 GRADUATING SENIORS: Ethan Baker and Elizabeth Elfvin have graduated from high school. What wonderful news. Besides making me feel like ancient history, I am happy for them. Happy because they are beginning something new and exciting. They will be entering the modern world of higher education. The college experience brings with it social adventure and a level of learning they will carry with them the rest of their lives.

I understand Elizabeth is accepted to Simpson College and Ethan will be heading for Iowa State University. Both schools are excellent. My spouse and my son both graduated from Iowa State and a number of notable Iowans are alumni of Simpson. I have no doubt both of them will take advantage of everything their respective colleges will provide. There is some sadness associated with this state of affairs.

Sitting here thinking about them going to college seems a bit strange to me. I envision them with their families sitting in the pews. I see them in acolyte robes carrying crosses, sitting next to the choir and smiling at me as I pass them returning to my pew after taking communion. They have been a source of peace and stability during worship services and now they are going away. There is also a sense of joy in their departure.

The leaving is joyful because they are going away with a purpose. Going away to a new phase of life that all young people must travel. A journey to find out what they want in life and to make the decisions necessary to accomplish their goals. They will make new friends and experience new ideas. Their lives will take on a new cloak of beginnings.

It is only fair to recognize the effect this situation will have on their parents. These new beginnings may be hard on their parents. Hard because one of the most important jobs of being a parent is to protect your children. When they leave for college that control you have will diminish to the point of no control at all. Parents will deal with this situation in different ways. Some will devise ways to keep



ETHAN BAKER



ELIZABETH ELFVIN

close contact through finances, others through participation in school athletics, and some will make believe this is a great opportunity for self-gratification. Some will say it is good my child is going to college. I can turn their bedroom into a sewing room or a man cave. Many, like myself, will turn their bedrooms into guest rooms so the children can visit and stay the night.

Elizabeth and Ethan have many spiritual and social skills to absorb everything happening around them. I expect great accomplishments from both of them. Their support and prayers from family, friends and church is complete. They will enter this new life with confidence and a sense of purpose. Their new classmates and professors will find them to be willing to do the work to enhance their future. They will carry with them the knowledge of Christ and his teachings. They carry with them Christ himself because he knows them as well.

Kenya Project Update

The updates from Mercy and Mercyline require no further words.

The updates followed an individual gift from a member of St. Luke's for Mercy and Mercyline. The gift was prompted by news from Domnic that both Mercy and Mercyline had immediate need for food. Upon learning of the severity of their situation St. Luke's sent an additional \$300 in early July to purchase food for Mercy and Mercyline, their families, and caregivers.

If you wish to help, please make your contribution to St. Luke's marked "IFAGE".

St. Luke's has sufficient funds for 2021 schooling so all additional contributions this year will support Mercy, Mercyline, and IFAGE directly. Please pray that Mercy, Mercyline, and all who are served by IFAGE, survive this time.



PHOTOS OF MERCY AND MERCYLINE: 1.Domnic and Mercy are posing for a picture in the first visit when we delivered food. 2. Mercyline being visited by IFAGE staff. 3. IFAGE staff deliver basic food items to Mercyline. 4. Mercy also receiving food items.

ST. LUKES EPISCOPAL CHURCH, DES MOINES.

Receive greetings from me and all my family members. We all hope that you are fine in the U.S.A. In Kenya this pandemic of COVID-19 is increasing day by day but we all pray to the Almighty Lord to continue granting us the gift of life. Our country is on a lock down what about yours? Everything has been closed the schools the businesses and also churches.

The main thing of writing this letter to you is to thank you for everything that you are doing to me. At first my life was shattered but by the grace of the Lord you came into my life and you was ready to support me in my education. I dont even know how to thank you because the hope of continuing with my education was all gone. I never knew where I was going to get my school fees. I dint have any parent to consent with my problem. I was like a wanderer in the desert. You really rescued me from so many things.

Thank for the money and the food you have brought for us, it has been really helpfull during the time of COVID-19. Due to the fact that schools are closed I am trying my best to concentrate on my books because they determines my future.

Lastly I am praying to God that He continues granting you the gift of life so that you can continue supporting me. Thank you for all the love you have for me. May the Almighty Lord bless you abundantly. Thank you very much.

Yours Sincerely
~~Mercy~~ Mercy Ogoi
Nyamira Girls High School

ST. Lukes Episcopal church, Des moines,

Receive greeting from me and my family members hoping that you are fine. In our Country Kenya, we are fine except for the Corona virus which is greatly increasing. What of the crisis in your country? For us in Kenya there is lock down and even all the schools are closed in order to stop the spreading of the Virus.

My main aim for writibing for you these letter is to thank you for the support that you have given me especially in raising my school fee which was aproblem to raise with my guidance who are aged and also vulnerable. You a sincerely rescued my life from dropping out of school that would have exposed me to many bad things like early marriages. I am also thanking you for the food and money that brought to me and my family members, it greatly assisted because it came at the right time that we had gone without out food for two days due to these lock down in our country.

due to the fact that the schools are closed, we are many in our family and these make us go without food but we are thankfull for your support and the spirit of love that you have for us.

Finally I continue praying to God to grant you long life so that you can continue supporting my current studies us we hope for the re-opening of the schools in the next three months to come. May almighty God bless you.

Yours Sincerely
Mercyline Atieno
St. Aloys Reru girls Sec. School.