



*The Poster* is published  
monthly by Fort Des  
Moines United Methodist  
Church, 6205 SW 9th St,  
Des Moines IA  
50315-5516.

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Information for  
*The Poster* should be in  
the church office by the  
4th Tuesday of the  
month.

**Office Hours:**

8:30am-12:00pm

Monday-Friday

**Sunday Worship:**

10:00 a.m.

**on Facebook**

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# THE POSTER

Volume 17, Issue 9

September 2020

Dear sisters and brothers in Christ,

I am lifting you and our church up in constant prayer to our source of all joy, our heavenly Father God. My prayers this month are for you to see God's great providence and presence in and around you each and every day. That your heart would swell with love and gratitude. That as we face days that might not be as easy, where we struggle, that God's grace would take over all reason and rationality, releasing you from the burdens of this world. That you would be filled with the flood of love that is our free gift, initiated solely by God himself, not because of anything we can, will, or have done. But purely because God has loved us first.

We are celebrating a great joy this month, as we began gathering together outside for Sunday worship services. If you feel comfortable, join us each week under the shade tree in the south lawn; where we, as a church family, are able to worship and praise together in a safe and caring manner.

As the longing to be connected grew stronger over the past several weeks, God put it on my heart to re-connect with the very foundations of our Methodist heritage. As a result, over the coming weeks, we will be exploring the Five Marks of a Methodist. When John Wesley wrote "*The Character of a Methodist*", he included the notion that Methodists, rather than being a gloomy and worrisome lot, instead are characterized by happiness. A Methodist "is therefore happy in God, as having in God 'a well of water springing up into everlasting life', and overflowing the soul with peace and joy. 'Perfect love' having now 'cast out fear', a Methodist 'rejoices evermore'". Wesley goes on to define what he means by happiness. It's not merely a smiling countenance; not a "don't worry, be happy" way of thinking. It is not happiness in terms of getting everything you want. It is not the happiness of pleasure, which is easy to get and quick to lose. But that the joy of Christians is rooted in our fundamental beliefs:

1. The justifying grace of Christ sets us right with God.
2. We are welcomed as children of God.
3. The sense of belonging is a source of peace, love, and joy.

I prayer that we would renew our commitment to stay in love with you, O God. Blessed with the riches of your love, cultivate in us a spirit of joy. In the name of Jesus, we pray. Amen.

Pastor Sandy Cannon

## Prayer Corner

- For our church family and the men at Hope Ministries
- We celebrate with Josh and Andrew who started new jobs this past month.
- We celebrate with Roger Hand who was recently reconnected with a long-lost family member.
- For those that are home-bound, their caregivers, and those we especially name in our hearts.
- For those actively serving in our military, their families, the deployed, and our veterans.
- Pray for the friends of Roger and Debbie McCloney, who are both hospitalized in different hospitals, with COVID related illnesses.
- Pray for Don Dale's son, Chad, who survived a motorcycles accident this weekend.
- From Jane White: Thanks to everyone for the phone calls, cards and well-wishes following my cataract surgery. The left eye will be done on Sept. 3 and I expect it to go as smoothly as the right eye did.

## August Finance Report

Carried into 2020 (General & Designated Funds) \$ 29,686.62

| Year-to-Date                                 |              |
|--|--------------|
| From Savings 3/20/2020                       | \$ 1,000.00  |
| From Savings 5/28/2020                       | \$ 500.00    |
| From Savings 6/19/2020                       | \$ 1,000.00  |
| From Savings 7/22/2020                       | \$ 500.00    |
| From Savings 7/24/2020                       | \$ 600.00    |
| From Savings 8/6/2020                        | \$ 500.00    |
| Balance July 31 (General & Designated Funds) | \$ 17,080.46 |
| Total Income                                 | \$ 65,943.52 |
| Total Expenses                               | \$ 78,163.12 |

Your continued generosity is needed to maintain the building expenses and the salaries during this odd time in the life of the church. Donations can be mailed to the church at **6205 SW 9th St, Des Moines IA 50315** or slipped through the **mail slot in the north door** (off Leland Ave).

## Cause for Celebration!

### September Birthdays

3 Joyce Nalevanko  
 3 Jeff Lierow  
 3 Payong Yang  
 3 Haley Johnson  
 4 Mel Pearson  
 6 Brad Carlson  
 6 Laurie Jenkins  
 12 Wendy Parsley  
 13 Nathan Crane  
 19 Doug Brooks  
 25 Ty Parsley  
 25 Dick Geil  
 28 Nadene Woodford  
 30 Ruby Price  
 30 Marcus Clevenger

### September Wedding Anniversaries

12 Ty & Wendy Parsley  
 20 Suzanne Wilcox & Bob Ranschau  
 26 Keith & Nancy Eis

### September Baptismal Anniversaries

4 Sera Alexander  
 11 Austin Eis  
 20 Caleb Slater  
 20 Autumn Slater

### October Birthdays

2 Matthew Simmons  
 3 Sherri Little  
 4 Autumn Slater  
 5 Nancy Eis  
 6 Alexandra Newton  
 7 Leanne Bermel  
 10 Lu Yang  
 11 Susan Hartmann  
 18 Amanda Alexander  
 20 Sharon Peterson  
 23 Pam Cave  
 28 Robbie Carruthers  
 30 Tammy Bernard  
 30 Eric Little  
 30 Roxanna Dales

### October Wedding Anniversaries

16 Mark & Janan Horak  
 21 Roger & Debbie McCloney

### October Baptismal Anniversaries

4 Koen Nalevanko

## Let Us Know...

- Let us know if you have recently moved, changed your mailing address, your email address, phone number or are using cell phones instead of land lines.
- Let us know if you would like to be included in the prayer chain.
- Let us know if you are hospitalized. (Privacy laws do not allow hospitals to contact clergy when a parishioner is hospitalized.)

Contact the church office at 515-285-6545 or [ftdsmumc@gmail.com](mailto:ftdsmumc@gmail.com) or Pastor Sandy at 515-290-9905.

## Nut Sale Canceled

After discussion with the Nut Sales Committee members and consultants, it was decided to not hold our Annual Nut sales this year. We are investigating where nuts can be purchased in case you would be interested in purchasing some from another organization. Watch for more information.

## Come, Enjoy a Concert

The greater Des Moines Community band is doing a pop up concert on Monday, Sept 14th at 6:30 in the church parking lot. Bring your lawn chair and social distance as you enjoy 30 minutes of patriotic, marches and polka music. Some of the members are friends of Roger & Debbie McCloney and they thought our church members would enjoy this! Invite your friends, family & neighbors! Hope to see you there!

## Advice from a Loving Pastor

A young woman was troubled about all the problems in the world, and by other problems involving family members and friends. She wondered what she could do to help solve as many of the problems as possible. She asked her pastor for advice. He wrote her an insightful letter, a small portion of which follows:

“Life is difficult. It is sometimes like a mindless boot camp. We seem to be rehearsing for something that is beyond our present knowing. We come from a beginning that we cannot remember, and we move toward a destiny that we cannot see. Only imagination, faith and a friend here or there give us the strength to go on.

“When Jesus said that we would always have trouble in this world, he added an encouraging word that we should never forget: ‘Take courage, I have overcome the world.’

“I cannot fix you. You cannot fix you. Do not put your ultimate faith in me, or in yourself, or in any human being. Trust the Lord of the Harvest. He will fix you when he comes.”

—excerpted from a letter by  
Dr. Thomas Lane Butts

## What To Do When the “Rests” Come

John Ruskin, one of England’s greatest thinkers of the 19th century, one pondered the importance of “rests” in a musical composition. He began to compare those “rests” put in by a composer to the “rests” that come to us in life; the times, for example, when our lives seem to be put on hold for awhile. The times when, for whatever reason, we are compelled to sit and wait until we realize God is now telling us to move on...out of the wilderness into the promised land God has prepared.

Ruskin wrote: “There is no music in a rest, but there is the making of music in it.”

So as God lets the music of our lives unfold, be pleased with the tune, “rests” and all.

—adapted from *Dreams in the Desert*,  
Compiled by Mrs. Charles E. Cowan

## More Than Medicine

Alexis Carrel (1873-1944) was a noted French surgeon who developed the surgical techniques for sewing together blood vessels and repairing damaged arteries. This pioneer in tissue culture and organ transplantation received the Nobel Prize in 1912. From his own words, we can gather that he believe it took more than medicine to maintain a strong body:

“If you make a habit of sincere prayer, your life will be very noticeably and profoundly altered. Prayer stamps with its indelible mark our actions and demeanor. A tranquility of bearing, a facial and bodily repose, are observed in those whose inner lives are thus enriched. ...Properly understood, prayer is a mature activity indispensable to the fullest development of personality. Only in prayer do we achieve that complete and harmonious assembly of body, mind and spirit which gives the frail human reed its unshakable strengths.”

\* \* \* \* \*  
Perhaps you have heard of the humble Christian who, when beset by a tremendous trial, said, “I’m so glad the Bible tells us, ‘It came to pass’ and not ‘It came to stay.’”

Ft. Des Moines United Methodist Church  
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We give thanks for you!!!

**Ft. Des Moines United Methodist Church is a community of faith  
in worship and action, open to all in the spirit and love of God.**

**September/October 2020**

**Events:**

Sep. 3-11: Office closed (Jane on vacation)  
Sep. 14: Greater Des Moines Community  
Band will play in our parking lot @ 6:30  
Sep. 26: Community Meal @ 4:30 p.m.

**Special Offerings:**

Food Pantry Sunday will be on September 20.  
Monetary donations can be mailed to the church, or  
dropped through the mail slot in the north door.  
Bidwell's choice pantry system allows families to  
shop the shelves of the pantry, which helps to main-  
tain dignity and ensure higher satisfaction with the  
food families receive. The pantry is a one-stop-shop  
for essential needs: diapers, baby food, clothing,  
toiletries, and household good. All of this, as well as  
food is available for free to anyone who walks  
through the doors.

**International Day of Peace  
*Virtual Observance*  
Monday, Sept. 21, 6:30 p.m.**

The Des Moines Faith Committee for Peace invites you to an interfaith prayer service for peace  
to mark International Peace Day on Sept. 21. It will be livestreamed on their Facebook page.



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### **July/August 2020**

**Events:**

July 3: Office closed for holiday

July 25: Community Meal @ 4PM

**Special Offerings:**

Food Pantry Sunday will be on July 19.

Monetary donations can be mailed to the church, or dropped through the mail slot in the north door.

64,973 people received Food Assistance benefits in Polk County in April, an increase of 7,500 people (13%) from March. \$11,151,568 in Food Assistance benefits were distributed in Polk County in April, an increase of 77% from March, as program participants all received the maximum benefit amount in April. Our continued generosity is sorely needed.