

APPENDIX 4

THE CIRCLE OF LIFE SMALL GROUPS RESOURCE BINDER

Goal: To provide members of FLC the means to connect relationally, grow spiritually, and discover ways of sharing the love of Christ by serving others. The philosophy of small groups at FLC is that small groups are the key that allows for life transformation to grow Christians with godly life styles and irresistible influence to serve the needs of others.

Groups:

- Can form at any time, but we are providing 2 church-wide sign ups to facilitate connections into small groups. There is an October new group sign up and there will be a Lent 2006 small group sign up. We will be doing sermon series that coincide with the small group study during these times.
- Follow a rhythm of Study, Service and Sabbath to allow maximum flexibility for inward growth, outward growth celebration and rest.
- Meet with people they desire to be in relationship with.
- Meet with the life-changing objectives of providing, vital fellowship, opportunities for prayer and praise, encouragement in studying Gods word and to encourage members to reach out with the message of Christ by serving one another in ministry and by serving the community and the world in mission.
- Leaders are always encouraged to raise up other leaders and encourage the mindset of “giving it away”, you have been taught and fed and have received much so give it away.
- New people are integrated into the church through Newcomers Orientation, Alpha and then invited to join a small group during one of the church-wide sign ups.
- Each leader/host will receive a Leadership notebook at the Leadership Launch in the fall. The notebook will be arranged in the Circle of Life with information on each section. These will also be available for viewing on the website.
- Small groups plan their year around the **Circle of Life**: Contemplative Living; Growth Classes; Discipleship; Service/Mission in the Church, the Community and the World; Retreat and Rest.
- Small groups typically meet in member’s homes others meet at the church or various other places (restaurants, work place, rec center etc).

Each small group maps out their plan for the year ahead using the resources in the Leadership binder. After looking through all the resource segments you will find three sheets at the back of the binder, two of which are examples of possible plans for a year. The third sheet is for your group to map out its own plan. Pass the binder

around to each group member and give each one a chance to become familiar with all the exciting possibilities.

Here is what you can expect under the different categories; **Study, Service, and Sabbath.**

A There are 3 types of opportunities for **Study and inward growth:**

1. **Contemplative Living;** includes such things as Lectio Divina, Centering Prayer and spiritual journaling among others. If your group is interested in one of these offerings someone who is experienced in these areas will come to your small group to provide guidance and to get you started, then the group continues on its own for the duration of the study.
2. **Growth Classes;** we will try to offer at least 2 classes held concurrently two times a year. The dates for 2005/2006 are; Oct 30th to November 20th, 6:30 – 7:30 p.m. the second session will be January 8th to February 12th. The two fall offerings are: Digging Deeper: Common Christian words, their meanings, and how they shape our faith and Modern Science and the Christian Faith. Please see the Leadership handbook for a full description. If a group chooses a growth class then they come together to the church for the class instead of doing a study on their own. Teachers well-versed in their subject material will lead these classes. Potentially there could be several small groups who take these classes together. Individual small groups could then go out for desert or share some kind of fellowship opportunity together after the class. These classes are not only open to small groups but to any individual in the church.
3. **Discipleship;** The third study option is the traditional Bible study. It enables members of small groups to cultivate a biblical perspective and focus their faith. These studies are done by the group in whatever is their normal setting. We have a large selection of study materials available in our library that are now listed in a comprehensive bibliography. We continue to add multimedia kits which contain excellent study materials. Linda Corey our librarian would be delighted to help you locate anything.

B There are 3 types of opportunities for **Service or Outward Growth**

Jesus tells us that the world will know we are his disciples by our love. A biblical picture of love is not one focused on feelings, but rather actions. For God so loved the world that he **GAVE** . . . We will only grow as disciples if we live lives of gratitude and service and give ourselves away. Therefore, not only do we have 3 types of study opportunities we also have 3 types of service opportunities: **Service in the Church, the Community and in the World.** These opportunities for service provide small groups with opportunities for outward growth. **At least one session per year** we are asking all small groups to choose a service option instead of a study option. Serving together with your small group is not only fun but helps diffuse any uncertainty you may have about serving somewhere on your own. In fact there may be some groups that form around the sole purpose of service.

1. **Service in the church;** This is a place to look for ways for your group to serve our congregation. Serving together helps you discover the joys of sharing your time and talent with others. Opportunities include helping with the many Alpha Course needs to being greeters or coffee hosts. Your small group may already have its own idea about what they could contribute to the church family.
2. **Service in the Community;** whether we call it service or evangelism, it is all about demonstrating in word and deed the love of God to our community. We have assembled a large number of outreach ideas for small groups to participate in together. You might want to help build a house with Habitat for Humanity, or work at a food pantry or help at the Mission of Hope on First Avenue. We want to be an irresistible influence of the light of God's kingdom to our community.
3. **Service/ Mission to the World;** imagine your small group going together on a short-term mission trip, or perhaps sending medical supplies with some who is going or raising money to support world hunger. We can all make a difference and together as a small group we can find ways of sharing the joy of mission together. Read about the trip that is planned to Tanzania from FLC for June 2006.

C There are 2 types of opportunities for **Sabbath opportunities**

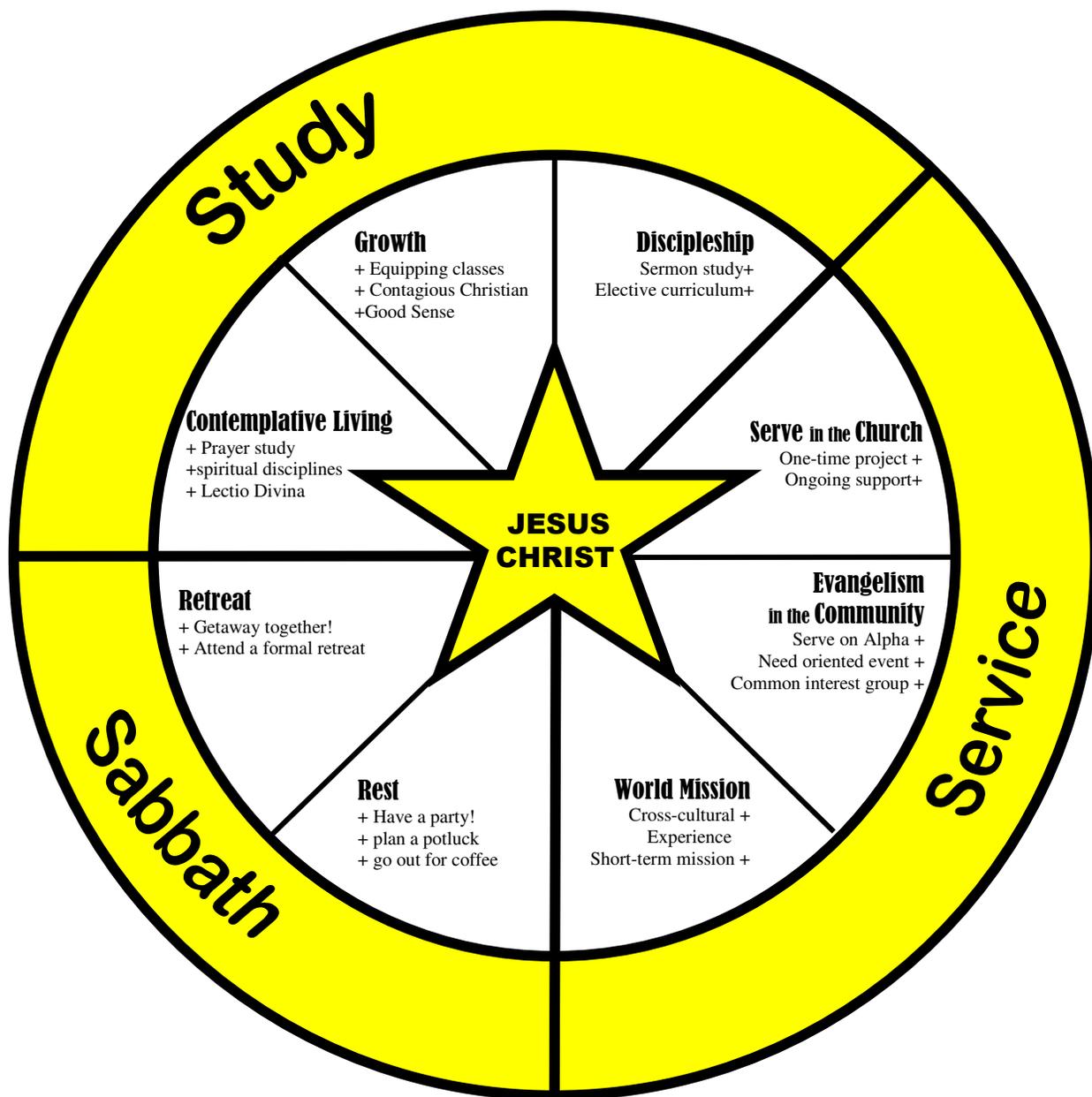
Sabbath is a profoundly biblical idea that more than ever needs to be recaptured in an era of frantic over-participation in, too often, mind-numbing activity. Built into the rhythm of study and service we believe small groups should also **Rest** and **Retreat**. The strength and beauty of the Circle of Life is that instead of adding activity upon activity it is all about choice and choosing things sequentially. This not only includes study and service but choosing to rest and retreat.

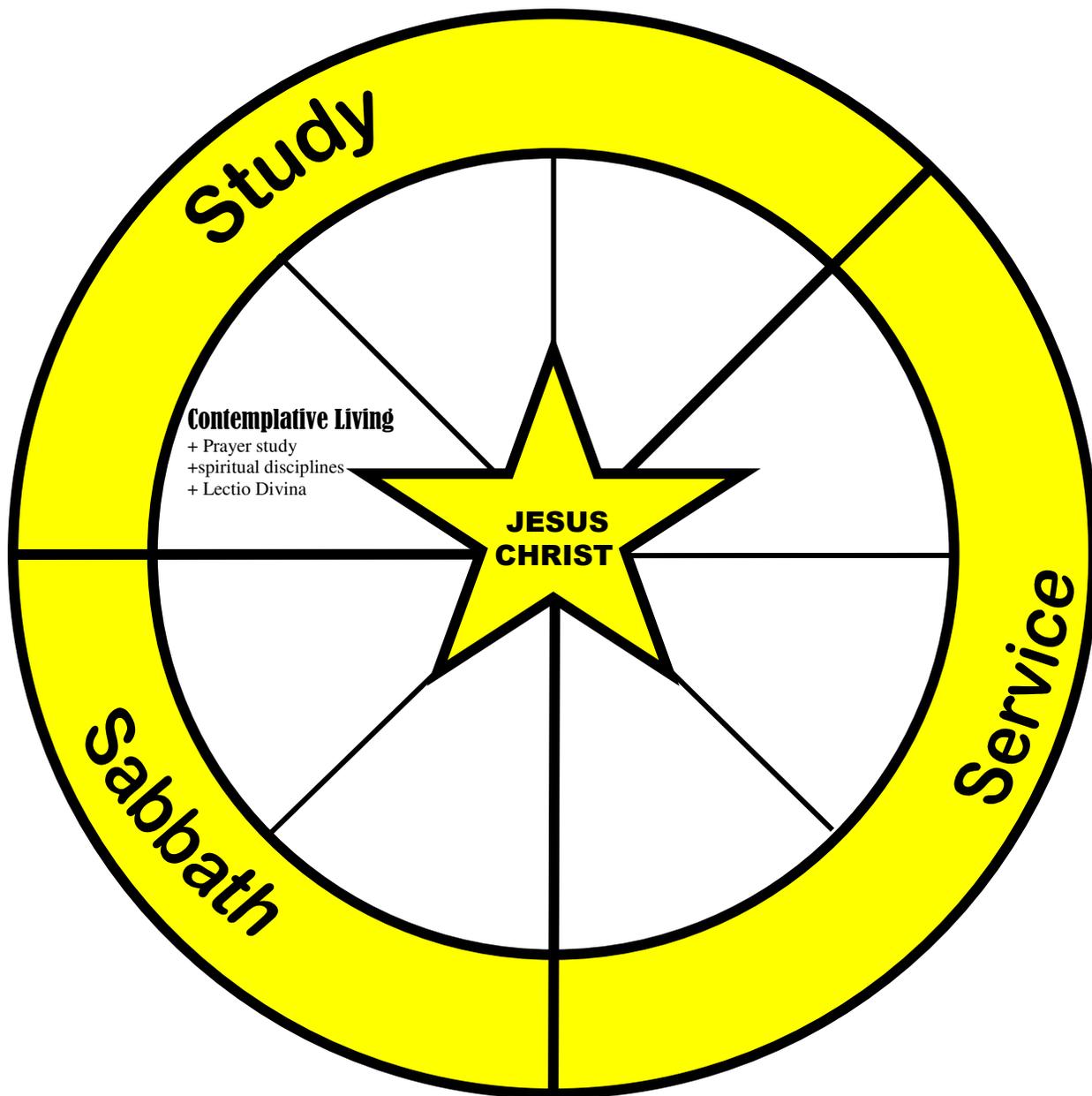
1. **Rest;** We are inviting your small group to throw a party and take a Sabbath time off. Other ideas might include having a games night or a movie night or having a progressive dinner. You may choose to get together socially once during a 4 week Sabbath with the understanding that you are resting together and are still committed as a small group.
2. **Retreat;** having a retreat with your small group is a great way to build community in your group, cast vision, have fun and create memories. We have assembled a whole list of possible retreat places. You will find suggestions for both formats and locations, everything from camps suitable for families with tents or available cabins to monasteries or elegant Bed and Breakfasts which would be ideal for a woman's group or a couples group.

Our desire is that everyone at First Lutheran Church would be connected in fellowship through small group community and centered on Christ that together

“being rooted and established in love, may have power together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this

love that surpasses knowledge that (we) may be filled to the measure of all the fullness of God” Ephesians 3:17-19





WHAT...	<p>Centering Prayer 8-week small group resource</p>
WEEK 1 INTRODUCTION BY...	Jen Yukl and/or Tim Yukl
CONTACT NUMBER...	(319) 362-3534
SYNOPSIS...	<p>Learn how to enter into the spiritual discipline of Centering Prayer to help facilitate the development of Contemplative Prayer by preparing our spirit to receive this gift. Centering Prayer is not meant to replace other forms of prayer: rather it casts a new light and depth of meaning on them. It is a movement beyond conversation with Christ to communion with Him. The long-range fruits of centering prayer are greater peace, humility, and charity. Through deep interior silence, participants often begin to relate to others beyond the superficial aspects of social status, race, nationality, religion, and personal characteristics. To know God in this way is to perceive a new dimension to all reality—the awareness of the presence of God in all of life.</p>
STUDY RESOURCE...	<p><i>Open Mind, Open Heart</i> by Thomas Keating</p> <p>Week 1 Explanation of method and practice of Centering Prayer facilitated by Jen and/or Tim Yukl</p> <p>Weeks 2-8: A group facilitator may be chosen or participants may take turns facilitating. Participants practice Centering Prayer and read according to the following schedule during the week. Each meeting begins with a 20-minute “Sit” followed by discussion of the reading and sharing of experiences.</p> <p>Week 2 Chapters 1-2 Week 3 Chapter 3 Week 4 Chapters 4-5 Week 5 Chapter 6 Week 6 Chapters 7-8 Week 7 Chapter 9 Week 8 Chapter 10</p>
ADDITIONAL RESOURCE...	1 st & 3 rd Thursdays, 5:30-7pm in FLC Chapel

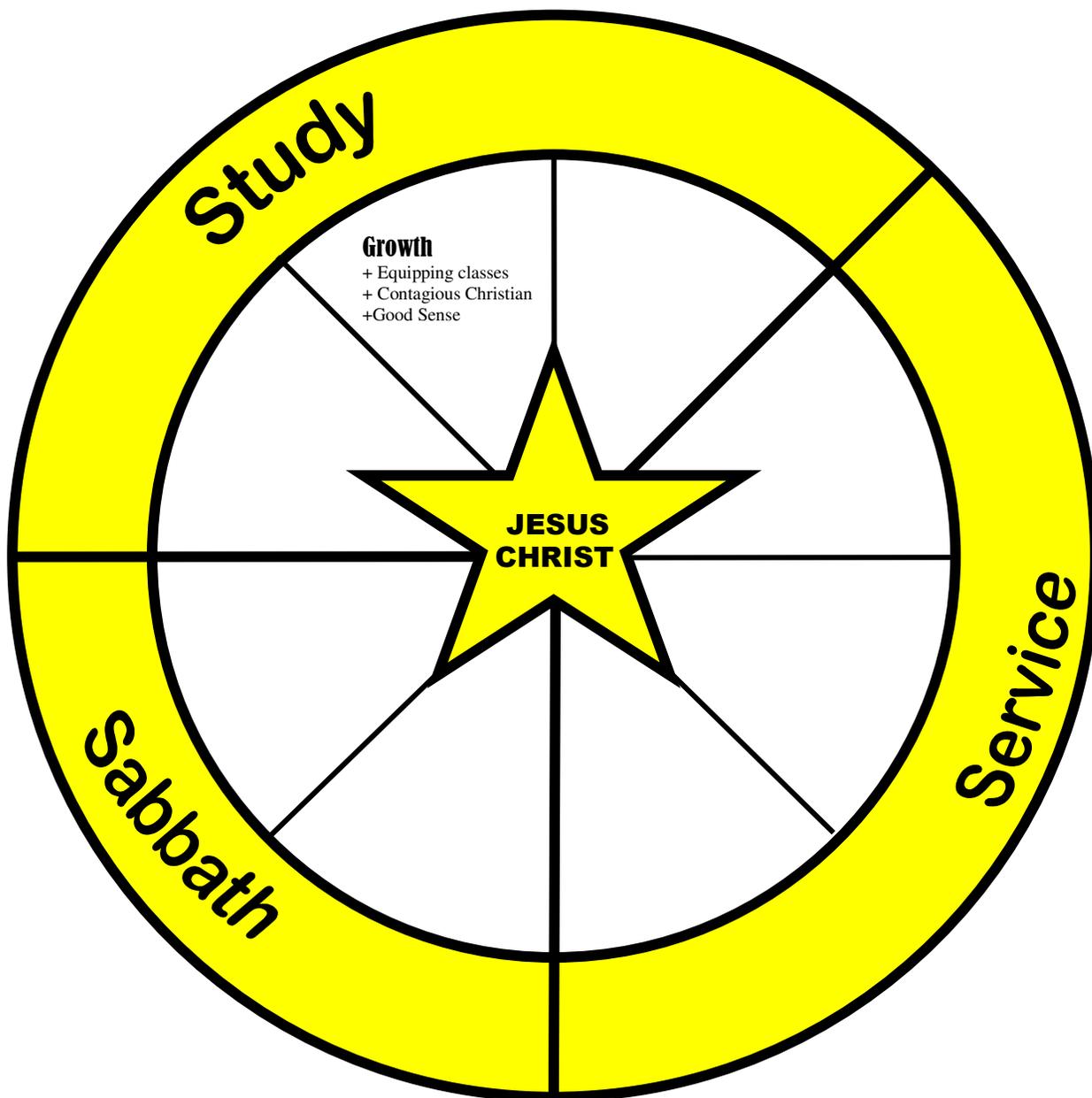
WHAT...	How to Pray 6-week small group resource
WEEK 1 INTRODUCTION BY...	Marcie Watson, Director of Spiritual Formation
CONTACT NUMBER...	(319) 365-1494, extension 280
SYNOPSIS...	St. Augustine begins one of his prayers in this way: “Almighty God, you have made us for yourself, and our hearts are restless till they find their rest in you...” In his book <i>How to Pray</i> , John Pritchard tells us, “If that’s true, if our lives cannot be fulfilled outside a relationship with the beauty and mystery we call God, then prayer becomes not a religious bolt-on to a ‘pretty-good’ life, but an essential ingredient of being fully human.” This <i>essential ingredient</i> of prayer will be the focus of our six-week session. Prayers of petition, intercession, sacred reading, and contemplation will be examined and experienced by participants. If you are a group seeking to deepen your relationship with God, this Session is a MUST!
STUDY RESOURCE...	<i>How to Pray, A Practical Handbook</i> by John Pritchard Week 1 Introduction to a Life of Prayer facilitated by Marcie Watson Weeks 2-6: A group facilitator may be chosen or participants may take turns facilitating. Group members read the chapters according to the following reading schedule, do the “Try This” sections and prayer practices, and bring their prayer experiences to the group for shared growth in a life of prayer. Week 2 Part One: <i>Watch this Space</i> Week 3 Part Two: <i>Day by Day</i> Week 4 Part Three: <i>Good Practice</i> Week 5 Part Four: <i>Praying with All We’ve Got</i> Week 6 Part Five: <i>Darkness and Light</i>
ADDITIONAL RESOURCES...	<i>Prayer: Finding the Heart’s True Home</i> by Richard J. Foster <i>Praying for Friends and Enemies</i> by Jane E. Vennard <i>Paths to Prayer</i> by Patricia D. Brown

WHAT...	<p>What is Humility and How Do I Get It? 8-week small group resource</p>
WEEK 1 INTRODUCTION BY...	Marcie Watson, Director of Spiritual Formation
CONTACT NUMBER	(319) 365-1494
SYNOPSIS...	<p>Humility has been defined as not thinking too highly—or too lowly—of oneself, but understanding and living the truth that we are beloved children of God and that through us, God can do all things.</p> <p>It can be pretty easy to identify an egocentric, standoffish person as not being humble—but what about those of us who don't think we're good enough, smart enough, articulate enough to do God's work? IT'S NOT ABOUT US! No one can be the eternal best or have it all or constantly get ahead. How do we embrace what we have always known—that we have been fooling ourselves and trying to fool everybody else. At some point, we come to the realization that, sure, we probably aren't enough—but God, working in and through us can do all things! We learn trust, and the focus changes from self to God.</p> <p>If your group is ready to go deeper...to be challenged...to be changed...to grow in wholeness, this is the study for you!</p>
STUDY RESOURCE...	<p><i>Twelve Steps to Inner Freedom: Humility Revisited</i> by Joan D. Chittister</p> <p>Week 1 Introduction to a living a humble life facilitated by Marcie Watson</p> <p>Weeks 2-6: A group facilitator may be chosen or participants may take turns facilitating. Group members read the chapters according to the following reading schedule and bring their understandings to the group for shared growth in a life of humility.</p> <p>Week 2 Chapter 1: <i>Introduction</i> Week 3 Chapter 2: <i>Centering Our Lives on God</i> Week 4 Chapter 3: <i>When Power is Weakness</i> Week 5 Chapter 4: <i>Shedding False Images</i> Week 6 Chapter 5: <i>The Bond of Families, The Gift of Nations</i> Week 7 Chapter 6: <i>Quieting the Noise Within</i> Week 8 Chapter 7: <i>To Live in God's Presence</i></p>
ADDITIONAL	Personal spiritual direction: Contact Marcie Watson for appoint.

WHAT...	Spiritual Journaling 10-week small group resource
WEEK 1 INTRODUCTION BY...	Jen Yukl
CONTACT NUMBER...	(319) 362-3534
SYNOPSIS...	<p>Spiritual journaling is different from simply recording daily events. Through journaling, believers give a more full expression of their thoughts and prayers in a form that nurtures a deepening spiritual life. Spiritual journaling is a way to chart our progression from who we have been to who we are becoming. Participants will be provided a variety of journaling methods to “try on” and see which one “fits” their particular style. Exploring this new skill with a group not only helps participants to know themselves and God better, but also the ones with whom they have chosen to share their spiritual journey—their small group!</p>
STUDY RESOURCE...	<p><i>Spiritual Journaling, Recording Your Journey Toward God</i> by Richard Peace</p> <p>Week 1 Explanation of method and practice of Spiritual Journaling facilitated by Jen Yukl</p> <p>Weeks 2-6: A group facilitator may be chosen or participants may take turns facilitating. Group members read the chapters according to the following reading schedule, do the exercises, and bring their journaling to the group for shared growth in a life of intimacy with God.</p> <p>Week 2 Session 1, <i>Capture Your History</i></p> <p>Week 3 Session 2, <i>Understand the Present</i></p> <p>Week 4 Session 3, <i>Recover Your Past</i></p> <p>Week 5 Session 4, <i>Interact with Your History</i></p> <p>Week 6 Session 5, <i>Realize Your Future</i></p> <p>Week 7 Session 6, <i>Explore Your Emotional Responses</i></p> <p>Week 8 Session 7, <i>Nurture Your Spiritual Life</i></p> <p>Week 9 Session 8, <i>Reflect On the Bible</i></p> <p>Week 10 <i>The Art of Journaling</i></p>
ADDITIONAL RESOURCES...	Handout of journaling starters

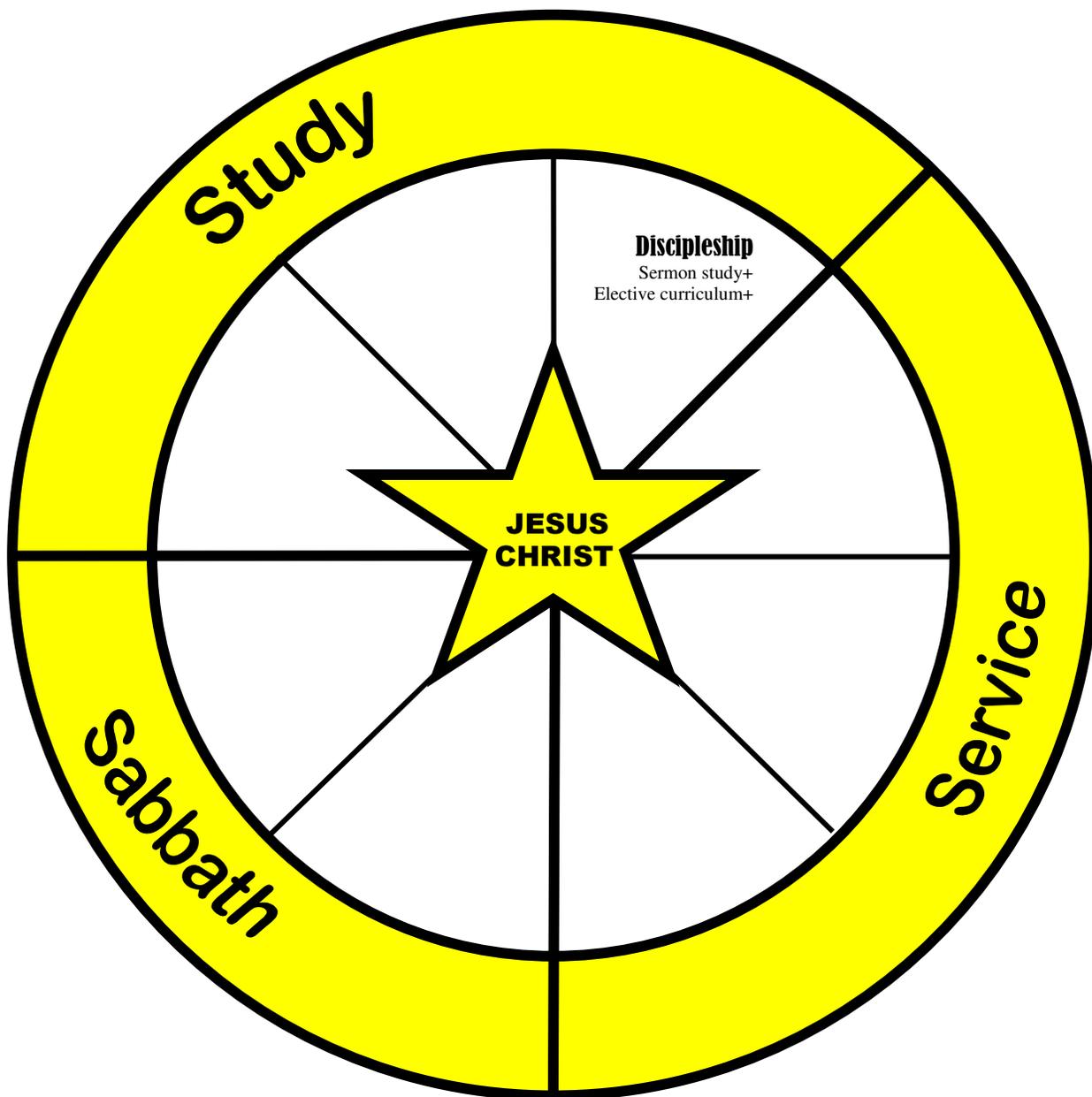
WHAT...	Lectio Divina 6-week small group resource
WEEK 1 INTRODUCTION BY...	Valerie Preston
CONTACT NUMBER...	(319) 377-2336
SYNOPSIS...	<i>Lectio Divina</i> (Sacred Reading) is an ancient method of reading and praying the scriptures. It has no goal other than that of being in the presence of God and deepening our relationship with the Beloved. We live in a society that values activity and views time spent in solitude as laziness. If your group holds this view, argue a case for yourselves! Tell one another: “We need this for our re-creation. Our families can’t stand to live with us if we don’t do this! How can God transform us if we’re too busy to listen for that still, small voice of God?” Class participants will practice group <i>lectio divina</i> and learn how to incorporate this time-tested spiritual practice into their daily lives.
STUDY RESOURCE...	<i>Too Deep for Words: Rediscovering Lectio Divina</i> by Thelma Hall Week 1 Explanation of method and practice of <i>Lectio Divina</i> facilitated by Valerie Preston Weeks 2-6: A group facilitator may be chosen or participants may take turns facilitating. Participants practice <i>Lectio Divina</i> and read according to the following schedule during the week. Each meeting begins with a group 20-minute sacred reading practice followed by discussion of the week’s reading and sharing of experiences. Week 2 Chapter 1, <i>The Rediscovery of Contemplation</i> Week 3 Chapter 2, <i>Dying to Live: Resolving the Paradox</i> Week 4 Chapter 3, <i>The Deepening of an Interpersonal Relationship</i> Week 5 Chapter 4, <i>Lectio Divina</i> Week 6 Part 2, <i>On Using the Scripture Themes</i>
ADDITIONAL RESOURCES	<i>Psalms for Praying, An Invitation to Wholeness</i> by Nan C. Merrill

WHAT...	Storytelling 11-week small group resource
WEEK 1 INTRODUCTION BY...	Micky McNeil
CONTACT NUMBER...	(319) 310-0733
SYNOPSIS...	<p>“Nothing works anymore. Everything I was taught about effectively communicating God’s Word doesn’t work like it used to. People just don’t learn in the same ways.” The art of Christian storytelling is a new, “very old,” way of conveying God’s on-going activity in the world through telling our personal stories. As group members learn to write their <i>spiritual</i> autobiographies, they demonstrate that there is something bigger than themselves that gives meaning and perspective to the myriad of day-to-day events and that each life story is part of a Big Story that links us together as one.</p>
STUDY RESOURCE...	<p><i>Remembering Your Story</i> by Richard L. Morgan</p> <p>Week 1 Explanation of why and how we share our faith through storytelling facilitated by Micky McNeil</p> <p>Weeks 2-8: A group facilitator may be chosen or participants may take turns facilitating. Group members read the chapters according to the following reading schedule, complete the exercises, and bring them to the group for sharing.</p> <p>Week 2 Chapter 1, <i>From Memory to Faith: Life Stories</i></p> <p>Week 3 Chapter 2, <i>The Spiritual Lifeline</i></p> <p>Week 4 Chapter 3, <i>The River of Life</i></p> <p>Week 5 Chapter 4, <i>Reclaiming Childhood Stories</i></p> <p>Week 6 Chapter 5, <i>Family Relationships, Family Stories</i></p> <p>Week 7 Chapter 6, <i>Stories Connect Generations</i></p> <p>Week 8 Chapter 7, <i>Facing Life’s Transitions</i></p> <p>Week 9 Chapter 8, <i>Healing of Memories</i></p> <p>Week 10 Chapter 9, <i>An Ongoing Story—No Epilogue</i></p> <p>Week 11 Chapter 10, <i>Finding the Pattern</i></p>



WHAT...	<p>Digging Deeper: Common Christian words, their meanings, and how they can shape our faith</p> <p>Sundays October 30, Nov. 6, 13, 20</p> <p>Time: 6:30-7:30 p.m.,</p>
INSTRUCTOR...	<p>The Reverend Brenda Peconge- Pastor of Holy Redeemer Lutheran Church. Pastor Peconge holds an MDiv. from the Lutheran School of Theology in Chicago (LSTC) and a Masters in Classics from the University of Toledo. Along with many education classes in the parish, Pastor Peconge has previously taught Latin in Graduate School at the University of Toledo and Greek at LSTC</p>
TO REGISTER	<p>Sign-up at the Narthex desk or call the church office at 365-1494. This class is for both small groups and individuals</p>
SYNOPSIS...	<p>“Love,” “grace,” “faith,” and “suffering” are common words in the vocabulary of the Christian. But what do these words <i>really</i> mean? What connotations might the words have had in their original languages in the scriptures? How might some of those original connotations and nuances shape how we understand these concepts and their effects on our understanding of our faith and on our lives as disciples?</p> <p>Join us as we take a deeper look at these words, their original meanings, and how that enriches and affects our lives as disciples.</p>

WHAT...	<p>Modern Science and the Christian Faith</p> <p>Sundays October 30, Nov. 6, 13, 20</p> <p>Time: 6:30-7:30 p.m., Nov. 20 time is TBA Place: First Lutheran, room is TBA</p>
INSTRUCTOR...	<p>The Reverend Dwayne Hicks- Pastor of Kenwood Park Presbyterian. Pastor Hicks holds a PhD. in Religious Studies from McMaster University, Ontario, an MDiv. from Princeton Seminary, and is a member of the <i>Presbyterian Association For Science, Technology, and the Christian Faith</i>. While not a trained scientist, Pastor Hicks has been a student of these areas for the past 20 years.</p>
TO REGISTER	<p>Sign-up at the Narthex desk or call the church office at 365-1494. This class is for both small groups and individuals</p>
SYNOPSIS...	<p>This class will look at the relationship between faith and science. Each week will focus on a different topic.</p> <p>Week 1- The principles of modern science and religion: We will examine the history of science and explore ways of knowing</p> <p>Week 2- Evolution and Creation: We will explore non-literal ways of reading scripture and Darwinian evolution</p> <p>Week 3- We will look into topics including Astrophysics, the Big Bang, quantum mechanics, the anthropic principle, and relativity</p> <p>Week 4- Neuroscience, genetics, and the soul: We will explore brain research, the question, “what is the soul?”, and genetic programming.</p>



WHAT...	Discipleship
SYNOPSIS...	<p>The Discipleship piece of the wheel is the traditional Bible study. It enables members of small groups to cultivate a biblical perspective and focus their faith. Small groups are encouraged to consider studying the weekly sermons, published bible study curriculum or even using a concordance for creating their own bible study.</p>
STUDY RESOURCE...	<p>Choosing a resource can be difficult for a leader because of the large amount of resources available. The church has an extensive collection of small group resources in the library. This is a great place to start. In addition, some items are available for purchase through the library. In addition to the study guides, many books in the library have questions in them that can be used to generate discussion within your small group.</p> <p>Local Christian book stores have a large selection of study guides as well as going online.</p> <p>Here are some pointers for selecting resources for your group.</p> <ul style="list-style-type: none"> • Ask your group what topics or books they are <i>interested</i> in learning about? • Is there a felt <i>need</i> within the group such as each person desires to grow in prayer life or they are struggling with their marriage? • How much <i>homework</i> are the small group members willing to do? Do they have time to do daily reading or do they just want to show up and learn? <p>Once you narrow down your search to a few study guides, some other questions you may want to consider are:</p> <ul style="list-style-type: none"> • How easy is the study guide to <i>lead</i>? Some of the multimedia kits almost lead themselves, others require a facilitator. • What is the <i>time commitment</i> to complete the Bible study? Some study guides last 3 sessions, some may last 40 sessions. • What types of questions are in the study guide? Some study guides have very <i>factual</i> questions, pursuing deeper understanding of the Bible. Other study guides focus on the

	<p><i>application</i> of what they have learned into their everyday life.</p> <ul style="list-style-type: none"> • Based on the <i>spiritual maturity</i> of the group, will the study guide allow the members of the group to grow in their relationship with Jesus Christ? • Is the study guide appropriate for the <i>season</i> of the group or the length of time the group has been meeting? For example, a new group may be uncomfortable sharing personal stories with others in the group.
<p>ADDITIONAL RESOURCES...</p>	<p>The following pages are a list of the small group resources at the church. There are new small group materials added to the library all the time. If you are interested in a certain topic or author, please use the card catalog in the library.</p> <p>The card catalog is the 6-drawer unit on top of the desk in the Adult Library. Look in the ‘S’ drawer, under the heading SMALL GROUPS to see all of the things that are available to you. You may also look up any subject. The subject is always on the top line of the card in CAPITAL LETTERS. If you prefer, you can look in the appropriate catalog drawer under the <u>last</u> name of an author, or you may look in the catalog for a specific title. If the first word in the title is <u>A</u>, <u>An</u>, <u>The</u>, look under the second word. Always refer to the topmost line on the catalog card first.</p> <p>Clear as mud? Please ask, the librarians are very happy to assist.</p> <p>The SMALL GROUP section in the Adult Library is easy to spot. Just look for the green sign. Also, notice the subsection of shelving titled, ‘Getting Started – Ideas for Leaders’.</p> <p>The following bibliography is sorted into the following categories:</p> <ul style="list-style-type: none"> • Books of the Bible • Christian Foundation – Suited to New Christians or Basic Christian Principles • Leadership Resources • Lutheranism • Personal Struggles • Relationships • Spiritual Growth

**Small Group Resources
Available In
FLC's Adult Library**

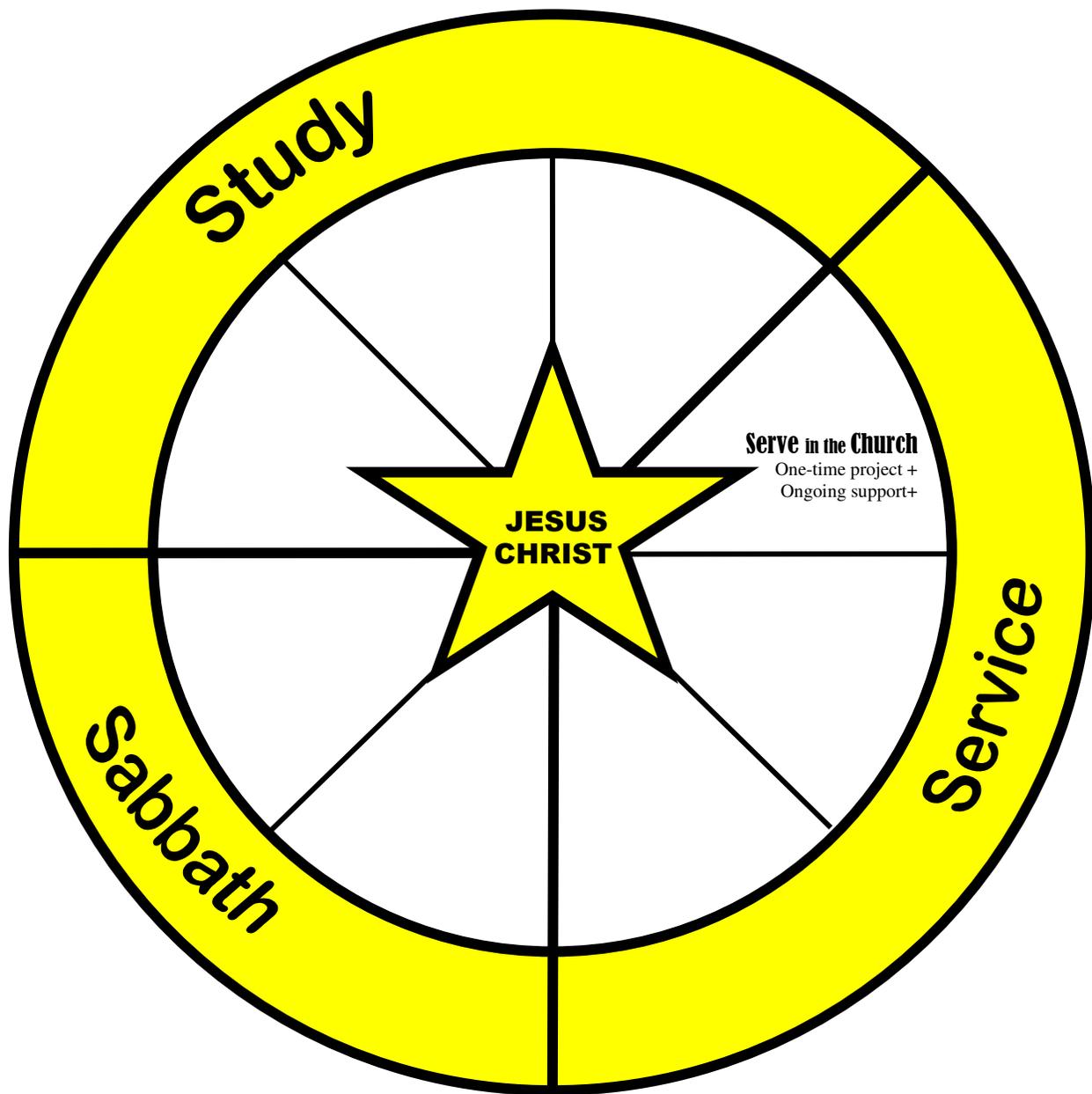
August 2005

Compiled by Linda Corey, Congregational Librarian
(Two sample pages of a 25 page document)

*Please note: all books in this bibliography are PB (paperback) unless noted.

Category	Sub-Category	Title - Summary	Library Ref.	Publisher
		Blood brothers - The unforgettable story of a Palestinian Christian working for peace in Israel	B Cha	Baker 2003
Books of the Bible		Old Testament Characters – selected people from the O.T.	231.7 Sca	InterVarsity Press
Books of the Bible		<u>The Bible Jesus Read</u> – by Philip Yancey; an exploration of the Old Testament	KIT 220 Yan Multimedia Kit	
Books of the Bible		<u>Faith Comes By Hearing</u> (Cassettes) - A reading of the New Testament in 12 cassettes; contemporary English Version dramatized with music	KIT 225 Fai Multimedia Kit	Hosanna Bible Societies n.d.
Books of the Bible		<u>Faith Comes by Hearing</u> (CD's) - A reading of the New Testament on 16CD's; New International Version	KIT 225 Fai Multimedia Kit	Hosanna Bible Societies 1996

Books of the Bible		Adventuring through Psalms, Proverbs - Bible study including Ecclesiastes	248.4 Ste	Discovery House 1997
Books of the Bible		Adventuring through Psalms, Proverbs	248.4 Ste	Discovery House 1997
Books of the Bible	1 John	1 John: The Test of Faith	225 Col	Serendipity House 301 Series – Purple Covers
Books of the Bible	1 John	1 John; Galatians: Exposing Religious Counterfeits	225 Pea	Serendipity House – Covers With White Borders and Black Backgrounds
Books of the Bible	1 John	Love Each Other: 1 John	248 Ort	Zondervan Publishing
Books of the Bible	1 Peter	1 Peter; James: Living Through Difficult Times	225 Pea	Serendipity House – Covers With White Borders and Black Backgrounds
Books of the Bible	Acts	Build Community: Acts	248 Ort 2 copies	Zondervan Publishing
Books of the Bible	Gospels	Wisdom: The Jesus Classics – focuses on Jesus’ parables	225 Col	Serendipity House 201 Series – Blue Covers
Books of the Bible	Gospels	Parables: The Stories of Jesus	225 Pea	Serendipity House – Covers With White Borders and Black Backgrounds
Books of the Bible	Gospels	<u>The Gospels: Four Stories, One Jesus</u> – by Tom Wright	KIT 225 Wri Multimedia Kit	
Christian Foundation		The Bible and Life: God’s Message for Today	268.4 Cla *	Augsburg Publishing
Christian Foundation		Christian Faith: The Basics	230 Kal	Augsburg Publishing

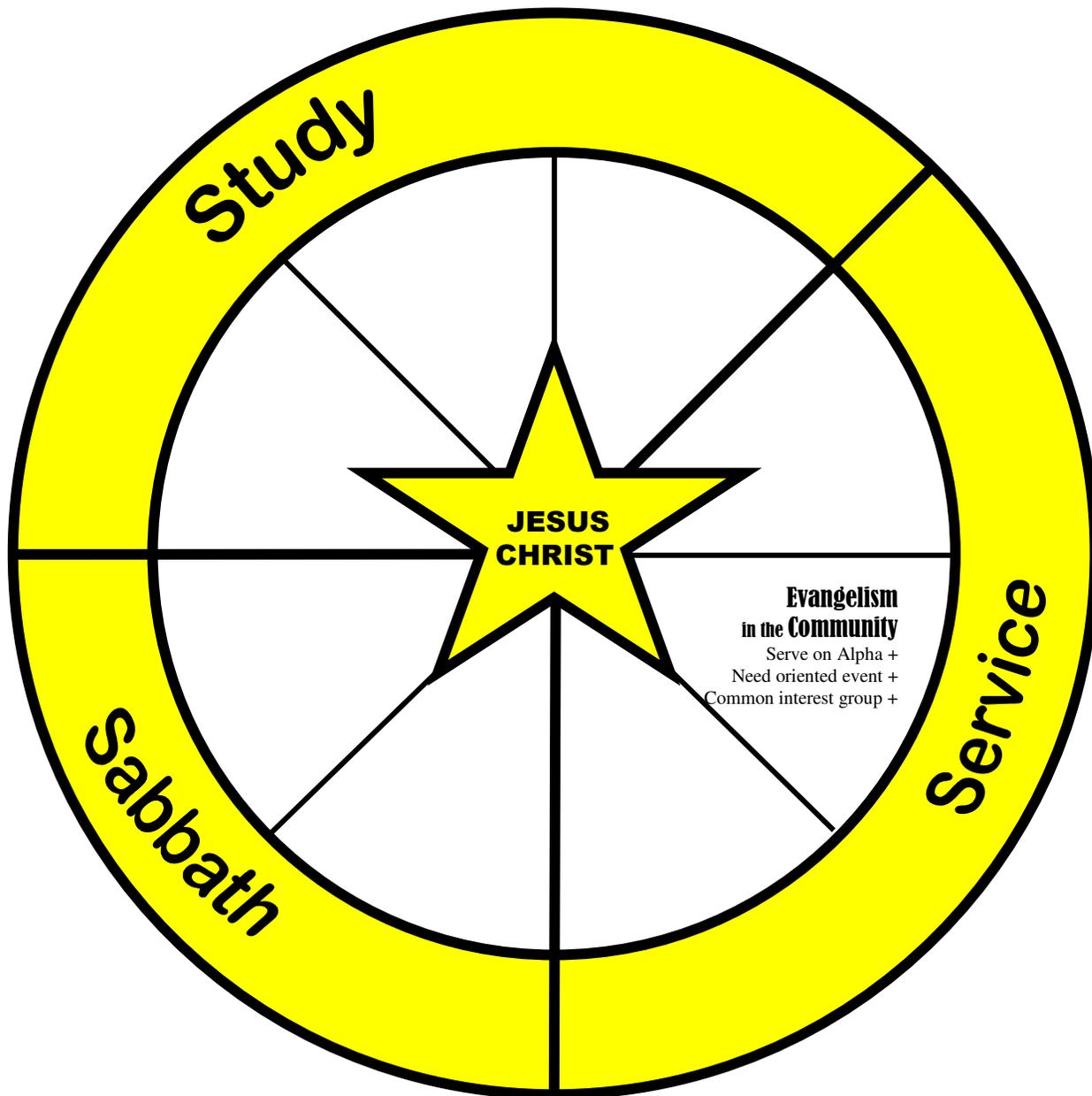


WHAT...	Service opportunities in the church
CONTACT NUMBER...	SYNOPSIS... This is the place to look for ways for your group to serve our congregation. One of the ways to get to know each other better is through an activity. Each opportunity has a contact person listed and a brief description. Try serving together and discover the joys of sharing your time and talents with others.

Ministry	Description	Duties	Time Commitment	Contact Person	Training needed
Alpha Clean-up	Assist in getting the Fellowship Center ready for the next days activities	Remove table decorations and store, take down equipment,	7:30-8:30 PM each week during the Alpha course	Darcy Dvorak 294-0016	NO
Alpha-Cooks	Prepare the meal for the nights course	Using supplies and menu provided prepare the meal	3:00-5:30 PM each week during the Alpha course	Darcy Dvorak- 294-0016	NO
Alpha-Decorators	create a fun and welcoming atmosphere for Alpha guests	Use your create skills to decorate tables for the Alpha meal	4:00-5:30 PM each week during the Alpha course	Darcy Dvorak- 294-0016	NO
Alpha - Hospitality	Create an environment where the participants to feel welcome	Serve food, do last minute prep as needed for the meal, clean-up dishes	5:30-7:30 PM each week during the 10 week Alpha Course	Darcy Dvorak- 294-0016	NO
Alpha-Sprouts	Provide child care for Alpha participants	Using resources provided interact the children	5:30-8:30 PM each week during the 10 week Alpha course	Janiese Karpa 365-1494	NO- Screening may be necessary
Altar Bread	Provide fresh baked bread for communion	Purchase ingredients and bake bread, recipe provided	Bake bread for one Sunday one time during the year.	Barb Hanson	NO
Book Processing Assistant	Assist the librarian	Neat and careful workers helpful	One to Two hours	Linda Corey	will work with a member of the library team

Ministry	Description	Duties	Time Commitment	Contact Person	Training needed
Library Desk Clerk	Assist with book check in and returns, assist members	Assist in the library	One hour a week	Linda Corey	Minimal
Nursery Care Giver	Care for the youngest members of our congregation	Assist the attendant as needed.	Arrive 15 minute before the service, Serve at the same service for one entire month	Schedule with Barb Hanson & Shannon Ingleby	YES- screening also needed before service
Prayer Shawls	To Knit or crochet a prayer shawl per directions given,	Pattern provided, you provide the yarn.	Varies as to how long it will take you to complete one	Directions from Nova Kolander	YES
Soul Food Ministry	Prepare meals to be delivered to people in need.	Cook and freeze a number of meals to be delivered	One evening, one time	Recipies and supplies provided by Soul Food	Yes- a person will be there to help you get started
Tender Transfers	Assist people in need of help with relocating	Pack and move boxes, furniture etc	Varies, evening, day or weekend	Paul & Leanne Burdick	YES as you work
Welcome Center Banner	Create a banner to direct people to the Welcome Center	Make a banner in the size requested to be placed on the poles	One time	Karen Halvorson	Directions as to size and theme given

Ministry	Description	Duties	Time Commitment	Contact Person	Training needed
Welcome Center Host/Hostess	To welcome our guests with a gracious and friendly attitude	Shows guests the church facilities and answers questions regarding the facility	Serve before or after the same service for one entire month	Barb Hanson for scheduling	YES-on the job and as needed



WHAT...	Crisis Line Volunteer
CONTACT PERSON...	Elizabeth Krug
CONTACT NUMBER...	862-1688
SYNOPSIS...	Foundation 2 operates a 24 hour crisis hotline. You can volunteer individually to staff the crisis line. Crisis line workers handle calls regarding depression, suicide, psychiatric problems, family matters, substance abuse, and work problems.
DATES/TIMES...	Shifts of 3-4 hours are available anytime during the week, day or night.
COMMITMENT REQUIRED...	Each volunteer must make a 6 month commitment to work at least one 3-4 hour shift per week. A group cannot rotate this responsibility among themselves.
TRAINING/SKILLS NEEDED...	45 hours of training is provided by Foundation 2 when there is a group of new volunteers.

TO GET STARTED...	Contact Elizabeth for an application and she will set up an interview for you.
WHAT...	Help Serve Meals at Green Square Meals
CONTACT PERSON...	Maggie
CONTACT NUMBER...	365-6652
SYNOPSIS...	Green Square Meals serves hot meals to those in need every weekday (M-F) from 4:30 to 5:30 p.m. Volunteers help prep the meal, serve, and clean up at the instruction of the staff.
DATES/TIMES...	M-F 3:30 p.m. to 5:45 p.m.
COMMITMENT REQUIRED...	You can volunteer one time only or as often as you like. 6-8 volunteers are needed at a time, so it is a great opportunity for a small group!
TRAINING/SKILLS NEEDED...	None! Maggie will give you simple tasks to do while you are there. She has already cooked the food before you come.

TO GET STARTED...	Contact Maggie about one week ahead of when you want to volunteer.
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WHAT...	Habitat for Humanity Volunteer
CONTACT PERSON...	Donna
CONTACT NUMBER...	366-4485
SYNOPSIS...	Habitat for Humanity builds affordable housing for low income people. Volunteers are needed to help construct houses and to make meals or snacks for the crew (8-15 people). You can sign up to volunteer as a group or individually. A retail store will open in fall 2005 that sells used construction materials, and people are needed to staff the store.
DATES/TIMES...	Generally on Saturdays. Usually there is at least one house in the area being built at all times. Some times of the year are more active than others.
COMMITMENT REQUIRED...	You can volunteer one time only or on a regular basis. Crews work in half day (4 hour) or full day (8 hour) shifts.
TRAINING/SKILLS NEEDED...	None are required. You will be given tasks that match your skill level when you arrive.
TO GET STARTED...	Contact the Habitat Office and fill out a volunteer data sheet or let them know you have a crew of volunteers. They will match your skills with opportunities and let you know when volunteers are needed.

WHAT...	Garlic Mustard Pulling at Indian Creek Nature Center
CONTACT PERSON...	Jean Wiedenheft
CONTACT NUMBER...	362-0664
SYNOPSIS...	Garlic mustard is not native to this area and takes over plants and threatens wildflowers. Indian Creek Nature Center needs volunteers to pull the mustard from the ground in March or April when the frost is past. This is a great opportunity for individuals or groups!
DATES/TIMES...	March – April: any day during daylight hours.
COMMITMENT REQUIRED...	You can come out one time only or as often as you like. Groups can adopt an area to keep free of garlic mustard.
TRAINING/SKILLS NEEDED...	None! If you don't know what garlic mustard looks like, the Nature Center will show you.
TO GET STARTED...	Contact Jean to let her know when you are coming out and to have her instruct you.

WHAT...	Prairie Seed Collection at Indian Creek Nature Center
CONTACT PERSON...	Jean Wiedenheft
CONTACT NUMBER...	362-0664
SYNOPSIS...	Volunteers collect prairie seeds from the Indian Creek Nature Center area in the fall. The seeds are used to do prairie restoration in other areas. Come individually or in groups. Kids also love this chance to walk through prairie grass!
DATES/TIMES...	October – November: any day during daylight hours.
COMMITMENT REQUIRED...	You can come out one time only or as often as you like.
TRAINING/SKILLS NEEDED...	The Nature Center will show you what seeds to collect.
TO GET STARTED...	Contact Jean to let her know when you want to come out and to have her instruct you.

WHAT...	Maple Syrup Gathering at Indian Creek Nature Center
CONTACT PERSON...	Jean Wiedenheft
CONTACT NUMBER...	362-0664
SYNOPSIS...	In late winter, volunteers gather sap from maple trees and boil it down to make maple syrup. Four to five volunteers are needed every day!
DATES/TIMES...	February - March: any day during daylight hours.
COMMITMENT REQUIRED...	You can come out one time only or as often as you like.
TRAINING/SKILLS NEEDED...	The Nature Center will instruct you.
TO GET STARTED...	Contact Jean to let her know when you want to come out and to have her instruct you.

WHAT...	Spring Plant Sale at Indian Creek Nature Center
CONTACT PERSON...	Jean Wiedenheft
CONTACT NUMBER...	362-0664
SYNOPSIS...	The first Saturday morning of May is Indian Creek Nature Center's annual plant sale. Volunteers are needed to help dig up wildflowers, pot plants, move plants, and sell them.
DATES/TIMES...	First Saturday morning in May
COMMITMENT REQUIRED...	All morning.
TRAINING/SKILLS NEEDED...	No special skills needed!
TO GET STARTED...	Contact Jean ahead of time.

WHAT...	Nature's Noel Sale at Indian Creek Nature Center
CONTACT PERSON...	Jean Wiedenheft
CONTACT NUMBER...	362-0664
SYNOPSIS...	Nature's Noel is Indian Creek Nature Center's big sale the first Saturday in December. Volunteers are needed ahead of time to make wreaths, bake food following specific recipes, and sew.
DATES/TIMES...	Before the first weekend in December.
COMMITMENT REQUIRED...	
TRAINING/SKILLS NEEDED...	
TO GET STARTED...	Contact Jean ahead of time to indicate what you would like to help with.

WHAT...	Chop down black locust trees at Indian Creek Nature Center
CONTACT PERSON...	Jean Wiedenheft
CONTACT NUMBER...	362-0664
SYNOPSIS...	Black locust trees are an invasive species that need to be cut down. They range from ¼” around to 1 foot across. Smaller trees can be cut down with handsaws, but larger trees require chainsaw work.
DATES/TIMES...	Trees are cut down in the winter when the ground is frozen.
COMMITMENT REQUIRED...	
TRAINING/SKILLS NEEDED...	You must bring your own chainsaw and have experience using it. If you only want to cut down small trees, you must bring your own hand saw.
TO GET STARTED...	Contact Jean to let her know when you want to come out and to have her instruct you.

WHAT...	Deliver Meals on Wheels
CONTACT PERSON...	Marvey Collins or Horizons (formerly Family Services) office
CONTACT NUMBER...	398-3574 (home); 213-0386 (cell); 398-3943 (Horizons office).
SYNOPSIS...	Volunteers are needed to deliver hot meals to the elderly and people with disabilities in their homes. Each volunteer delivers to 10-12 people. You pick up the food from Horizons (819 5 th Street SE), deliver the meals, and return the oven bag and cooler to Horizons. In addition to delivering the meals, you are the “eyes and ears” to check on the clients.
DATES/TIMES...	Every day of the week, starting at 10:30am until 12:00pm or so
COMMITMENT REQUIRED...	You can volunteer as infrequently as once a month or as often as once a week.
TRAINING/SKILLS NEEDED...	You need a valid driver’s license and car insurance.
TO GET STARTED...	Contact Marvey to get on the schedule.

WHAT...	Girl Scout Outreach Volunteer
CONTACT PERSON...	Amanda Stauter at the Mississippi Valley Girl Scout office
CONTACT NUMBER...	363-1712
SYNOPSIS...	The Girl Scouts have weekly after-school meetings for girls in low income neighborhoods. They are not formally organized as a troop, but they enjoy the same kinds of experiences as girls in more affluent neighborhoods. These meetings are planned and run by Girl Scout office staff, but they need helpers at the meetings. You could volunteer individually or with your small group!
DATES/TIMES...	These outreach programs run during the school year and summer. Most meetings take place between 3:30pm and 5pm, but some meetings are in the evenings. (See additional sheet for the current schedule and locations.) Several groups meet near First Lutheran.
COMMITMENT REQUIRED...	Because you are serving as a positive role model for the girls and because some have abandonment issues, you should commit to being there regularly (such as weekly or every other week) for a certain length of time. However, there are larger events that you could help chaperone on a one-time only basis.
TRAINING/SKILLS NEEDED...	Women only! Girl Scouts will conduct an informal, minimal training with you to review Girl Scout values and the purpose.
TO GET STARTED...	Call Amanda.

WHAT...	Mission of Hope cookie maker
CONTACT PERSON...	Mission of Hope office (Pastor Barb)
CONTACT NUMBER...	362-5559
SYNOPSIS...	Mission of Hope serves cookies at their church services and at meetings (such as NA, AA, Bible studies). Volunteers are needed to bake cookies and deliver them to the church. You can also bake them at Mission of Hope (with your small group!) on the first Saturday of every month and enjoy the company of people in the community.
DATES/TIMES...	Cookies are needed every day of the week! Cookie baking at Mission of Hope is the first Saturday of every month.
COMMITMENT REQUIRED...	This can be one time only or on a regular basis. They need 12 dozen cookies a week, so you can't bake too many!
TRAINING/SKILLS NEEDED...	A decent recipe!
TO GET STARTED...	Fire up the oven!

WHAT...	Mission of Hope Volunteer
CONTACT PERSON...	Pastor Barb
CONTACT NUMBER...	362-5559
SYNOPSIS...	Volunteers are needed to greet clients, help run the food pantry, and listen to people who come in the door.
DATES/TIMES...	Monday – Friday 9am – 4:30pm, Saturday after 5pm worship, and Sunday from 12 – 1pm.
COMMITMENT REQUIRED...	They are flexible. Come and see if you like it and then decide if you can volunteer regularly.
TRAINING/SKILLS NEEDED...	None required!
TO GET STARTED...	Contact Barb by phone or stop by 1537 1 st Avenue SE (across from the Hy-Vee).

WHAT...	Renovate the Mission of Hope Shelter or Provide Meals
CONTACT PERSON...	Sheleen Welty
CONTACT NUMBER...	362-5559
SYNOPSIS...	Volunteers are helping renovate the property at 211 Park Court SE, which will eventually be a shelter for 14 people. Target date for the shelter to be complete is the end of 2005. They are framing additional walls, replacing steps, installing plumbing and electrical, and sealing the basement. Volunteers are needed to provide a noon meal to the workers.
DATES/TIMES...	Every Saturday.
COMMITMENT REQUIRED...	No special commitment required.
TRAINING/SKILLS NEEDED...	Skilled carpenters and laborers with no professional training are welcome.
TO GET STARTED...	Contact Sheleen at the mission or stop by 1537 1 st Avenue SE (across from the Hy-Vee) to inquire.

WHAT...	Mentor Youth at Four Oaks Residential Facility
CONTACT PERSON...	Jane Hines at Four Oaks
CONTACT NUMBER...	364-0259
SYNOPSIS...	Children in the residential facility have been referred by DHS or the courts. They need a structured environment; many have behavioral problems. Volunteers are needed to be mentors to kids in the residential facility. A staff person is always present. The volunteer may help kids with homework, developing social skills through games, help with meals, or talk with kids. Children range from 6 years old to high school age.
DATES/TIMES...	Evenings after school and on weekends. You can set up a schedule that works for you when you contact them.
COMMITMENT REQUIRED...	They would like you to be somewhat regular about volunteering, as kids develop a relationship with you.
TRAINING/SKILLS NEEDED...	No special skills are required, but be aware that some children will act out and may do so with violence.
TO GET STARTED...	Contact Jane to complete an application. A background check is also required.

WHAT...	Mentor Youth at Four Oaks After School Programs
CONTACT PERSON...	Jane Hines at Four Oaks
CONTACT NUMBER...	364-0259
SYNOPSIS...	Children attend after school programs at the Bridge (1 st Ave & 21 st Street) and Jane Boyd. Volunteers are needed to assist staff with activities, play games to help kids develop social skills, assist children with homework, and read with kids. Children range from kindergarten to 8 th grade. Many are low income and have behavioral problems.
DATES/TIMES...	Weekdays after school from around 4pm to 6pm. You could volunteer once a week.
COMMITMENT REQUIRED...	They would like you to commit to a certain length of service (such as one year), as kids develop a relationship with you.
TRAINING/SKILLS NEEDED...	No special skills are required.
TO GET STARTED...	Contact Jane to complete an application. A background check is also required.

WHAT...	Mentor Youth at Four Oaks After School Programs
CONTACT PERSON...	Jane Hines at Four Oaks
CONTACT NUMBER...	364-0259
SYNOPSIS...	Children attend after school programs at the Bridge (1 st Ave & 21 st Street) and Jane Boyd. Volunteers are needed to assist staff with activities, play games to help kids develop social skills, assist children with homework, and read with kids. Children range from kindergarten to 8 th grade. Many are low income and have behavioral problems.
DATES/TIMES...	Weekdays after school from around 4pm to 6pm. You could volunteer once a week.
COMMITMENT REQUIRED...	They would like you to commit to a certain length of service (such as one year), as kids develop a relationship with you.
TRAINING/SKILLS NEEDED...	No special skills are required.
TO GET STARTED...	Contact Jane to complete an application. A background check is also required.

WHAT...	Landscaping
CONTACT PERSON...	Heidi Soethout at Department of Corrections
CONTACT NUMBER...	398-3675
SYNOPSIS...	Behind the Faches Center on 29 th Avenue is a memorial garden with a pond. The landscaping has become overgrown. It needs major up-keep and someone with some expertise to tell the staff what needs to be done to maintain it.
DATES/TIMES...	This would be a great anytime project for a small group. The Department can also provide labor from halfway house residents and it would be a good opportunity for them to work hand-in-hand with community members.
COMMITMENT REQUIRED...	This can be a one-time only project, or a group could assist the department in maintaining the garden throughout a season.
TRAINING/SKILLS NEEDED...	No special skills are required for the labor, but if someone has some experience landscaping, it would help to give others direction.
TO GET STARTED...	Contact Heidi.

WHAT...	1:1 Mentoring of Offenders who are in halfway houses
CONTACT PERSON...	Heidi Soethout
CONTACT NUMBER...	398-3675
SYNOPSIS...	Volunteers are needed to work individually with offenders who are in the halfway houses in Cedar Rapids. Volunteers are matched with offenders of the same sex. Volunteers meet with them approximately one hour per week. Volunteers show an interest in the offender, make sure they are accountable to their probation officer and other responsibilities, and give them exposure to someone in the community. The volunteer's scope depends on the volunteer's experience and comfort level.
DATES/TIMES...	Flexible.
COMMITMENT REQUIRED...	A commitment of 6 months to one year is needed.
TRAINING/SKILLS NEEDED...	No special skills are required.
TO GET STARTED...	Contact Heidi.

WHAT...	Circle of Accountability and Support to Offenders
CONTACT PERSON...	Heidi Soethout
CONTACT NUMBER...	398-3675
SYNOPSIS...	Volunteers are needed to join circles of accountability and support to work with offenders who are in the halfway houses in Cedar Rapids. Five to ten people from the community meet regularly with an offender and a steering team leader. Volunteers give offenders community support and help them keep on track with their responsibilities. Small groups could volunteer as a group.
DATES/TIMES...	Meetings could be as often as once a week or once a month.
COMMITMENT REQUIRED...	A commitment of at least 6 months is needed.
TRAINING/SKILLS NEEDED...	No special skills are required.
TO GET STARTED...	Contact Heidi.

WHAT...	Low Income Housing Renovations
CONTACT PERSON...	Volunteer Coordinator
CONTACT NUMBER...	365-6247
SYNOPSIS...	MidAmerican housing Partnership (MAHP) provides affordable housing for the working poor, the elderly and the disabled all year long. MAHAP is asking for volunteers to clean and paint an apartment for a new family.
DATES/TIMES...	Teams of 4 to 6 people are needed to clean and paint apartments evenings, weekends, or even during the work week. Most projects can be completed in one work day of 6 to 8 hours.
COMMITMENT REQUIRED...	Each volunteer must make a 6 month commitment to work at least one 3-4 hour shift per week. A group cannot rotate this responsibility among themselves.
TRAINING/SKILLS NEEDED...	The physical ability to paint and clean and a desire to see others have an inviting place to live.
TO GET STARTED...	Call the MAHAP volunteer coordinator

WHAT...	Serve Community Meals at the Salvation Army
CONTACT PERSON...	Debbie Appleby at Salvation Army
CONTACT NUMBER...	364-9131
SYNOPSIS...	<p>Breakfast and lunch are served at the Salvation Army. Tasks are cooking, serving, or cleaning.</p> <p>The local branch of the Salvation Army provides a variety of services which includes the following: breakfast and lunch meal site, food pantry/voucher, shelter, seasonal assistance, clothing, furniture, appliances, rent assistance, utility assistance, medical assistance, disaster relief, summer child care, after school programs, summer camps, adult programs and more. The services are provided to meet human needs without discrimination.</p>
DATES/TIMES...	Mondays thru Fridays. Shifts are 7:30am to 1:30pm. You can share a shift with someone: 7:30 to 11 and 11 to 1:30.
COMMITMENT REQUIRED...	
TRAINING/SKILLS NEEDED...	No special skills are required.
TO GET STARTED...	Sign up on the website where schedules are posted (www.tsacedarrapids.org) or call.

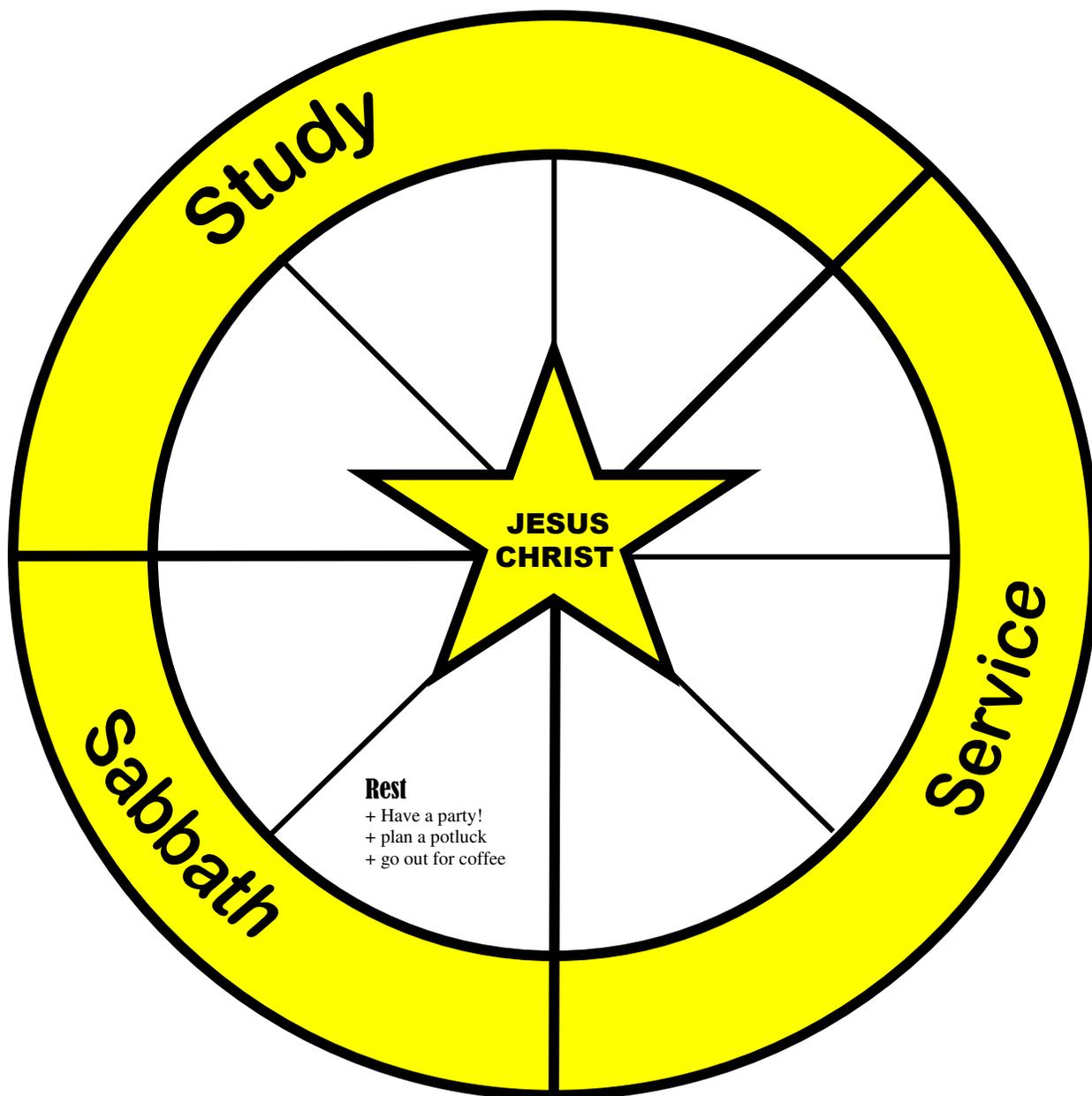
WHAT...	Salvation Army Kettle Ringer
CONTACT PERSON...	Debbie Appleby at Salvation Army
CONTACT NUMBER...	364-9131
SYNOPSIS...	The local branch of the Salvation Army provides a variety of services which includes the following: breakfast and lunch meal site, food pantry/voucher, shelter, seasonal assistance, clothing, furniture, appliances, rent assistance, utility assistance, medical assistance, disaster relief, summer child care, after school programs, summer camps, adult programs and more. The services are provided to meet human needs without discrimination. Be a kettle ringer to help raise money for Salvation Army.
DATES/TIMES...	November 16 – December 24
COMMITMENT REQUIRED...	
TRAINING/SKILLS NEEDED...	No special skills are required.
TO GET STARTED...	Sign up on the website (www.tsacedarrapids.org) or call.

WHAT...	Compassion International Sponsor a child!
CONTACT INFORMATION...	www.compassion.com
CONTACT NUMBER...	1-800-336-7676
PURPOSE...	Compassion International exists as an advocate for children, releasing them from spiritual, economic, social and physical poverty and enabling them to become responsible, fulfilled Christian adults.
THE MISSION...	<p>Your small group can help a child by doing any of the following:</p> <ul style="list-style-type: none"> • Challenge each member of your small group to commit to sponsoring a child. Spend one of your small group meetings signing up to sponsor and then pray for the child that will soon be a part of your life. • Keep each other updated on your sponsorship – bring their picture to share with the group, write letters to your child during a small group meeting, or send your child a picture of your entire small group. • Sponsor a child as a group.
HOW WILL THIS HELP?	<p>You will...Become a Friend</p> <p>Many children in poverty feel unloved and worthless. Your letters, photos and prayers will mean more than you can possibly imagine. Being a sponsor will profoundly change the future for your child -- and will change your own life in the process.</p>

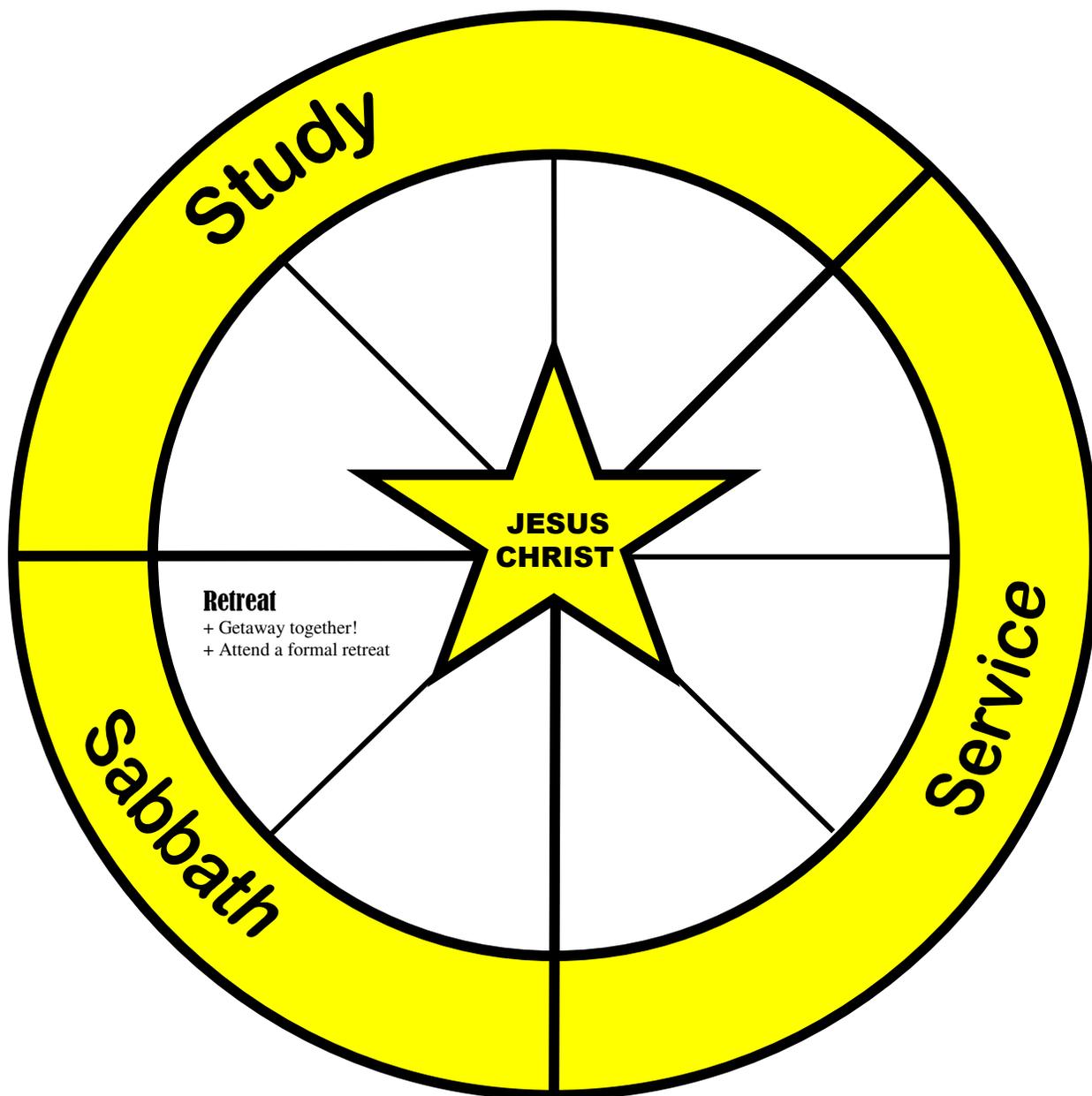
WHAT...	CROP Walk “We walk because they walk.”
CONTACT INFORMATION...	www.churchworldservice.org/CROP 1-888-297-2767
WHEN AND WHERE...	October 9, 2005 in Cedar Rapids More dates in Spring 2006 TBA
PURPOSE...	When you CROP Walk, you're: <ul style="list-style-type: none"> • Supporting long-term development in more than 80 countries • Helping meet the special needs of refugees • Assisting in disasters and famines • Sharing some \$4,000,000 annually to support local hunger fighting efforts across the U.S. • Getting some exercise, too!
THE MISSION...	Your small group can be involved in CROP walk by doing any of the following: <ul style="list-style-type: none"> • Commit to walking in the CROP walk • Commit to finding a certain number of sponsors • Ask other small groups to join you, invite neighbors, family, friends, kids – anyone! • Tell people WHY you are walking
HOW WILL THIS HELP?	CROP Walks: Numbers Make a Difference <ul style="list-style-type: none"> • 5,487,307 CROPWalkers over the past 20 years • 35,527 CROP Walks in the past two decades • \$264,859,614 raised by CROPWalkers over the past 20 years

WHAT...	Never Ending Gardens Mission trip to Swaziland, Africa
CONTACT INFORMATION...	Dave DeWolf 319-365-0980 www.dreamforafrica.com
WHEN, HOW LONG, AND HOW MUCH?	1 week (excluding travel) in March/April 2006 – specific dates to choose from on website Cost is \$3395
PURPOSE...	This opportunity is for ages 13+ and will make an eternal impact in the lives of the participants and the beneficiaries alike. Your team will be partnered with local Africans in planting 100+ gardens per trip participant. Each garden provides 12 immune-boosting plants and covers a small plot of land the size of a front door.
THE MISSION...	Your small group can be involved in the Dream for Africa, “Never Ending Gardens” mission trip by doing any of the following: <ul style="list-style-type: none"> • Go on the trip! This trip is perfect for anyone who loves being outside, meeting new people, or gardening. • Pray for the larger mission of this trip. The goal is for hunger to end in Africa – pray boldly! Ask God to make this goal a reality. • Commit to covering the finances for one person or making a donation for someone who wants to go. This could either be someone in our congregation or a free-will donation on the website.
HOW WILL THIS HELP?	Never Ending Gardens is the answer to hunger. Over 100,000 gardens were planted in 2004 providing immune-boosting vegetables. This is lasting food for over 500,000 people in Africa!

WHAT...	Mission Trip to Tanzania Join First Lutheran in Africa!
CONTACT INFORMATION...	Shannon Ingleby 319-365-1494 shannoni@firstlutheranncr.org
WHEN, HOW LONG, AND HOW MUCH?	2 weeks in June 2006 – specific dates TBA Cost is \$2500 – First Lutheran and fundraising events will provide some of this cost
PURPOSE...	Some of you may know that First Lutheran has a companion congregation in Tanzania, Africa and we want to go visit them! While we are there we will be getting acquainted with their city, congregation, and even go on a safari! We will be building relationships that we pray will last for years and years to come! This is a great opportunity to step out of your box and experience a different culture...you will learn so much and come back changed!
THE MISSION...	Your small group can be involved in First Lutheran's mission trip to Tanzania by doing any of the following: <ul style="list-style-type: none"> • Go on the trip! We will be taking 10-15 people. • Pray for those that are planning on going – each member of your small group could be praying for a different part of the trip. For example, travel, health, relationship building, unity among the team, etc. • Commit to paying the way for one person to go to Tanzania. This person could meet with your small group on return and share their experience!
HOW WILL THIS HELP?	This trip will provide opportunities for First Lutheran to have an on-going relationship with a congregation across the world! We can learn so much from them – the fruits of this trip are endless!



WHAT...	Rest
SYNOPSIS...	Rest is taking a session off to rejuvenate. It may be as short as a week or it may be a summer. This rest time doesn't mean that you aren't seeing the other members of your small group. The rest may include having a party to celebrate being done with a certain curriculum. Having a time of rest allows the small group members to connect with each other and to build community within the group.
STUDY RESOURCE...	<p>Ideas for a rest period may include:</p> <ul style="list-style-type: none"> • Have a party • Plan a potluck/picnic/barbeque • Dinner party • Go out for coffee • Go out for desserts • Meet at a piano lounge • Go to a sporting event such as Iowa football game or Kernals game • Movie night • Go to theatrical production or concert • Share special seasonal outings: caroling, fireworks, sledding, etc • Swimming party • Game nights • Spa day • Have a theme party i.e. 60's etc • Participate as a team in an event such as Walk America or Relay for Life • Progressive dinners (desserts & appetizers) • Card night • Super Bowl party • Board game parties • Family events with kids (Chuckie Cheese or Playstation) • Biking/Volleyball/Golfing • Canoeing/Hiking/Fishing/Boating



VALUE...	Small group retreats are a great way to build community in your group. It is also a place to cast vision, have fun, and create memories.
LENGTH...	Two nights are recommended for real bonding to take place, but one night can also be valuable.
TIME OF YEAR...	Anytime during a scheduled group Sabbath time.
Suggested Formats	
FRIDAY NIGHT...	Meal out (no prep); relax; social time; games
SATURDAY MORNING...	Not too early—sleep in; have breakfast together; group activity or separate activities for men and women.
SATURDAY NIGHT...	Meal together; sharing time; testimonies; study together; vision
SUNDAY MORNING...	Breakfast together; spiritual focus—lesson, communion, worship, etc.
Sample Schedule	
FRIDAY	
6:00 PM	Arrival/check-in
6:30 PM	Dinner together
8:00 PM	Game (with prizes) or social time
SATURDAY	
8:00 AM	Breakfast
8:45 AM	Spiritual emphasis
10:30 AM	Golf/canoeing/riding/hiking/touring/etc.
FREE TIME	Free until dinner/lunch on your own
6:00 PM	Dinner together
7:00 PM	Spiritual emphasis/movie/prayer/testimonies
SUNDAY	
8:00 AM	Breakfast
8:45 AM	Celebration/singing/sharing/study/prayer
11:00 AM	Check out

Retreat Resources 2005-2006

American Martyrs Retreat House

2209 North Union Road
 Cedar Falls, IA 50613
 Tel: (319) 266-3543
 Website: www.americanmartyrs.tripod.com

Email: DBQAMRH@arch.pvt.k12.ia.us

American Martyrs Retreat House offers day long and overnight silent/conference retreats, individually directed retreats, private and group retreats, day of renewal and spiritual direction. It also hosts selected workshops and meetings. The facility includes a chapel, extensive grounds for walking, relaxation, a poustinia, and a gift shop.

*The Mission of American Martyrs Retreat House
 is to provide the spiritual means in a hospitable environment for people to encounter and
 deepen their relationship with God.*

The rooms consist of lavatory, single bed, desk, chair and fan. The towels and bed linens are provided. Showers and rest rooms are shared.

Our Lady of the Mississippi Abbey

8400 Abbey Hill
 Dubuque, IA 52003
 Tel: (319) 582-2595
 Website: www.mississippiabbey.org

We welcome retreatants to our guest houses year-round and are happy to share the beauty, peace, silence, and solitude of our surroundings with you. Our facilities consist of three houses. The Stone House, located at the bottom of a hill, is a five-minute walk from the Abbey. It is an old country farmhouse and well suited for larger groups. This house is available from March 1st until November 1st. The Retreat House and Cabin are both on the same level as the monastery, only a short walk from the main entrance to the Abbey and to the Guest Chapel. The Cabin is a small, two-room hermitage and is available all

year except during November and December. The Retreat House is available all year except in December.

We provide some food in the houses, and the retreatants cook their own meals. Towels and linens are provided also. You are most welcome to come to the guest chapel for the Eucharist and all of the Liturgy of the Hours. There are plenty of places to walk on our large, pleasant and peaceful property. There is no set fee per night, just a free will offering. Reservations need to be made quite far in advance, especially for the summer months and for weekends. Please contact the Guest Mistress by writing her or send an e-mail to **Guest Mistress**.

We do not offer directed retreats but you may ask to speak to a Sister if you wish, and our chaplain is almost always available. Our retreat facilities are primarily suited for those who wish to have a time for silence, solitude, and prayer. We look forward to welcoming you.

At Mississippi Abbey, "candy season" is from September through December, when we produce most of our candy to be given as gifts at Christmas. Our most popular box of candy is an assortment of classic vanilla caramels, chocolate caramels, and chocolate-coated caramels. We also make Swiss mints (chocolate) and Irish mints (non-chocolate)

Prairie Woods Franciscan Spirituality Center

120 E Boyson Rd

Hiawatha, IA 52233

Tel: (319) 395-6700

Website: www.prairiewood.org

Prairiwoods describes itself as "a sacred space where people explore and integrate their relationships with God, Earth, Self and Others." This mission is carried out through a wide variety of programs and services and through the offering of space on its 70 acres for quiet reflection and other inner work.

Prairiwoods offers accommodations for those seeking a quiet space for individual or group retreats. Retreat directors and group facilitators are available on the staff. There is a 20 room guest house, with both single and double rooms. Meals are available or you can prepare your own. There is a kitchen on each floor. A meeting room is available in the guesthouse for small groups and a larger meeting room in the main lodge. An art room is also available.

- Services include Spiritual Guidance, Counseling, Massage Therapy, Reiki, Healing Touch and Shiatsu.
 - A media center offers resources on spirituality, ecology and wholistic living.
 - Programs by the professional staff include theology, spirituality, ecology and psychological topics as well as opportunities for artistic expression.
 - A Gift Shop featuring books, tapes and art pieces.
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Shalom Retreat Center

1001 Davis Ave.

Dubuque, IA 52001

Tel: (563) 582-3592

Fax: (563) 582-5872

Website: <http://members.aol.com/DBQSha...>

Email: DBQShalom@aol.com

Shalom Retreat Center is a non-profit organization, owned and directed by the Sisters of St. Francis of Dubuque, Iowa. Shalom is staffed by laypersons and Franciscan Sisters. Shalom was founded in 1989 to serve as a place where people can encounter God in an atmosphere filled with hospitality and peace while attending programs that inspire and challenge. A variety of programs are offered throughout the year, ranging from week-long and weekend retreats to days of reflection to workshops on various spiritual and educational topics. Shalom seeks to offer programs reflecting a variety of spiritualities that address the needs of individuals, married couples, and families in all age groups and economic situations. A modest scholarship endowment has been established for those unable to pay the suggested offering. In addition to the group programs, Shalom offers private retreats for individuals seeking to get away for a time from life's distractions and pressures and to find God in the holy ground of their souls. Private retreatants are welcome to stay in our facility and take their meals in a private dining room. They may choose spiritual direction as part of their retreat, or they may prefer to spend their time in solitude. We also have a Hermitage, which consists of two rooms and a bath in a separate brick building northeast of the main Shalom complex for a greater degree of privacy.

Wesley Woods Camp and Retreat Center

10896 Nixon St

Indianola, IA 50125

Tel: (866) 684-7753 x101

Website: www.gbgm-umc.org/wesleywoods

Wesley Woods is open every day and used by many types of groups to enjoy great hospitality Youth groups, quilting clubs, planning teams, individuals and groups on retreat, horse riders, and family holiday dinners are all welcome.

Buxton Lodge Completed in 2004, Buxton Lodge includes 6 motel-type rooms on the upper level and a meeting space on the lower level. The lower level also includes a shower and bath center used by the south cluster of rustic cabins.

Timber Lodge A year round adult friendly lodge with nine bedrooms, each with its own bath. Meeting rooms with kitchenette on each level. Close to Methaqua dining halls and other amenities of our central campus.

Asbury Inn At one time a manager's residence, Asbury Lodge is a favorite of many families and small groups. It is linked with a walking bridge to Timber Lodge.

Rustic Cabins The rustic cabins are located on the main campus within easy walking of dining halls, pool, ropes course, basketball court, sand volleyball, Sunset Chapel and Activity Center. They all are heated and air conditioned

Beacon and Crestwood cabins are double cabins with a meeting space between two sleeping rooms.

A cluster of 3 one room cabins southwest of the pool use the private showers and baths in the lower level of Buxton Lodge. A cluster of 3 one room cabins nestled in the woods north of the pool use the nearby North Shower house (usually closed December-March; check for availability on your preferred date). Our staff is always willing to help you have a wonderful retreat - we offer home cooked food, campfires or fireplaces for cookouts, group worship, or just a place to sit and relax.

We have swimming, horse rides, wagon rides, hiking, boating (canoe, sail, pontoon), team building games, challenge course, star gazing, fishing in one of our 3 stocked ponds, and when there is snow we even have old fashioned sleigh rides and sledding!

Available every day from late August through May and summer weekends

Our Lady of the Prairie Retreat Center

Davenport, IA 52804

Tel: (563) 323-9466

Website: www.chinowa.org

Our Lady of the Prairie Retreat is located in rural east central Iowa on a 200-acre tall grass prairie and woodland along the Wapsipinicon River. Two air-conditioned buildings with wrap-around porches include: Victorian House with chapel, dining room, kitchen, library meeting room and three bedrooms; and Prairie Heights with a large gathering space (including fireplace and breakfast nook), kitchen, eight guest rooms and office. Extensive walking paths, a labyrinth and Way of the Cross are also available on the grounds.

The retreat can accommodate 30 persons during the day and 11 for overnight or extended periods of time. Groups or individuals may reserve the Prairie for a day or extended periods. Our Lady of the Prairie Retreat also offers retreats and other programs.

Use of Facilities

- Groups and individuals of all faiths are encouraged to use Our Lady of the Prairie Retreat which is available throughout the year.
- Contact Sister Cathleen Real at (563) 336-8414 or [e-mail](#) to obtain information regarding availability and use of facilities, fees, meals or other arrangements or to receive a program flier.
- Meals and snacks will be provided for groups unless other arrangements are made. Coffee and tea are provided free of charge.
- Offerings for facilitators and directors are arranged directly with them.
- Free will offerings are welcome.

Cedar Valley Grove
439 Delta Ave.
Mechanicsville, IA 52306
319-393-5163 x106
www.cedravalleymechanicsville.com

For over 30 years this site has been developed and used for Christian family and youth camps as well as family reunions. With the inclusion of air-conditioned meeting and sleeping quarters, we are making this wonderful campground available to churches and other organizations for day, weekend, and weeklong events.

Quilting groups, sewing guilds, and other non-church based organizations have enjoyed using this site as a retreat center.

Some of the features of the camp are:

- Heated and air-conditioned dormitory-style sleeping quarters and shower facilities
- Large lodge/dining hall and kitchen
- Complete trailer hook-ups, beautiful tent sites
- Volleyball court/playground equipment
- Large (up to 300 people) and small meeting rooms

The Cedars Retreat Center

- Available for use year round
- Handicap accessible
- **Dormitory-style sleeping rooms**
Extra long twin-sized bunk beds, can be separated
2 rooms – handicap accessibility 2 rooms – sleep 6 or more people
6 rooms – sleep 4 people overhead fans
desk with light, chair, chest of drawers
- **Nice restrooms with private showers** Located on both levels.
- **Two separate meeting rooms**
16'x35' – gas fireplace and 16'x55' – with partitions, carpeted
- **Tables and chairs for 50 people TV/VCR/DVD**

Camp IO-DIS-E-CA

3271 Sandy Beach Rd NE

Solon, IA 52333

319-848-4187

www.campiodiseca.org

A camp that offers several different meeting and sleeping areas that is capable of serving a wide variety of small and large groups. There are many recreational activities available in both summer and winter.

Canaan House & Site

This site contains a 4-bedroom house, pool, and chapel complex capable of housing small groups of up to 25 as well as larger groups for meetings.

The Canaan Site is a short walk or drive from main camp and offers a more intimate setting for smaller groups. The site covers 10 acres and includes a picnic shelter, campfire rings, trails to the lake and more.

Alpha Lodge

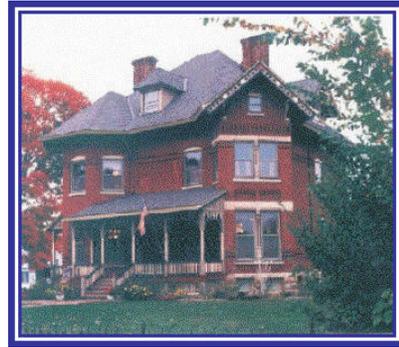
The Alpha Lodge is a versatile building with 8 hotel-type rooms that can sleep 35 people. Each room comes with a private bath. In addition, 4 bunk-style rooms can sleep another 40 people. The building is air-conditioned and contains three large meeting areas, two small meeting areas, a kitchen and dining area, and shower and rest room facilities.

Bed & Breakfast Inns

The following B & B's were randomly selected for their relative nearness to Cedar Rapids and for the fact they are large enough to accommodate a small group.

Squiers Manor Bed & Breakfast

418 West Pleasant,
Maquoketa, IA 52060
563-652-6961
Fax: 563-652-5995



"Romantic Moments in Victorian Elegance"

An 1882 Queen Anne Victorian mansion completely restored and decorated in top-of-the-line antiques. Manor offers 5 guest rooms and 3 luxurious suites, private baths, single and double jacuzzis, queen size beds and many modern amenities. A candlelight evening dessert and complete breakfast included with stay.

Innkeeper: Kathy Banowetz

The Hancock House Bed & Breakfast Inn

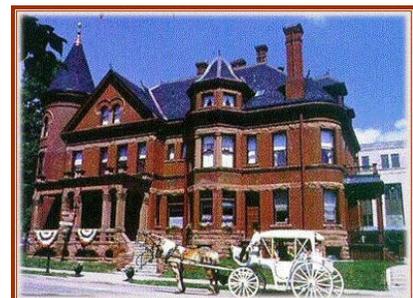
1105 Grove Terrace, Dubuque, IA 52001
Innkeepers: Susan and Chuck Huntley
Phone: 563-557-8989 Fax: 563-583-0813
E-mail: chuckdbq@aol.com
Website: www.thehancockhouse.com



High on the bluffs overlooking downtown Dubuque and the Mississippi River sits this historic Queen Anne Inn. Nine guest rooms feature spectacular views, private baths and four whirlpool tubs. A full breakfast is served, adding to the atmosphere and romance. Adjacent bluff side cottage available. Complementary beverage center. Gift Shop

The Redstone Inn & Suites B&B

504 Bluff Street, Dubuque, Iowa 52001
Phone: 563-582-1894
Fax: 563-582-1893
Website: www.theredstoneinn.com



E-mail: info@theredstoneinn.com
Innkeepers: Jerry and Kelly Lazore

Inside this gracious 14 room Victorian Inn you'll find stained glass windows, Italian tile fireplaces, fabulous antiques, and gleaming wood accents. Every guest room has a private bath and our 5 unique suites have over sized whirlpool baths.

A full breakfast is included and you can easily walk to your downtown appointment or stroll through Historic Cable Car Square and shop the many unique stores located in Victorian row houses.

One Of A Kind

314 W. State, Centerville, IA 52544
Phone: 641-437-4540 Fax: 641-437-4540 (call first)
E-mail: jjstuff@sirisonline.com
Website: www.oneofakindbandb.com
Innkeepers: Jack and Joyce Stufflebeem



Built in 1867, this stately three-story brick offers a restful retreat with dining and shopping available on the premises or shop on the town square just a block away. A city park is just two blocks away and beautiful Lake Rathbun is only 12 minutes away by car. A gathering room offers big screen TV, Videos, games, pool table and exercise equipment.

Number of Suites: 3 Number of Rooms: 2
Private Bathrooms: Yes Shared Bathrooms: Yes

