

# grapevine



NEWSLETTER FOR THE WOMEN OF THE CHURCH - PRESBYTERY OF DES MOINES - APRIL 2022



## Spirit Cleaning

Moderator's Musings:  
**Sharon Falck, PW Moderator**

When I was growing up my grandmother and mother began thinking about “Spring Cleaning” which meant getting rid of the dirt and grime which had been brought into the house during the winter and making everything clean and fresh. They also talked about “Spirit Cleaning” which helped them look forward to the months ahead and forget about what wasn’t right in the past. This “Spirit Cleaning” enabled them to let go of negative thoughts and look to the future for new ideas and new hope, it put a “spring in their steps”.

Now that the pandemic has eased a bit and we are able to be out and about more we find the way we did things in 2019-2021 has changed. It is causing us to change too. Now is a good time to do some “Spirit Cleaning”.

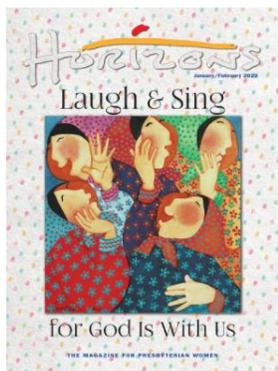
As the weather warms take a leisurely walk. Listen the birds, enjoy the buds on the trees, the

greening of the grass and let nature nurture you. Spend some time in silence-it is the “pause that refreshes”. It will help you affirm yourself and let you live what you believe. Spend time reading a book you have been intending to read or re-read an old favorite. Listen to good music. Listen to your body and respond to it. Don’t think about exercising just do it, even if you only dance to the music you are listening to.

Take time to savor the good things in your life, family, friends and good food. They provide nourishment to your body and soul. Slow down don’t rush, have patience with yourself and others. Let faith be your guide.

Recognize God in the everyday things in your life. A good way to accomplish this is to Journal them, so if you have a down day you can look back and say “But yesterday I was blessed”. When you do this you are opening your heart to God and prayer. Prayer not only for others but also for yourself so you find joy in living. You will be able to let go of the “should do’s” in your life and look at life with new hope and understanding by “choosing” how you will live your life to the fullest.

*“Be joyful in hope, patient in affliction, faithful in prayer” Romans 12:12*



## Horizons

Focusing on how faith and life connect, the magazine for Presbyterian Women gives you insights from women around the world and inspiration to live boldly. You’re on your way to a year (or more!) of inspiration, information and insights from Presbyterian Women for Presbyterian Women. Subscribe at [www.presbyterianwomen.org/subscribe/](http://www.presbyterianwomen.org/subscribe/).

My husband and I lived for a while in Colorado Springs at the edge of the Rocky Mountains. I can remember waking up in the morning and being drawn to the window to look out and up at Pikes Peak. In the early dawn, the snow capped mountain top would catch the light before the rest of the world had awakened. As long as we lived there, we began our days looking up and praising God for the wonders of creation.

I bought a pair of hiking boots while we were in Colorado Springs because one of the great pastimes out there is trekking through creation. It's just as popular to hike up the mountains during spring, summer and fall, as it is to ski down the face of the mountains during winter. Anyone going hiking in Colorado has to learn certain guidelines:

1. Come prepared with the right equipment. Wear hiking boots, not soft-soled tennis shoes.
2. Keep your backpack light. Carry what you really need, but not more than you need.
3. Be careful to place your foot on solid ground.
4. Be responsible for yourself and remember, it is easier to stay out of trouble than it is to get out of trouble.
5. Don't be surprised if you find that the spectacular outer world prompts an expansion of your inner life.



In the beauty and solitude of the mountains, one has to be prepared to be encountered by God; ready to learn what really matters; and ready to have personal priorities rearranged. Time after time I met hikers who came back a different person because of their trek.

Yes, we're a quarter of the way through 2022, but it's not too late to check to see if we're journeying with the right equipment--the teachings of Jesus as map and compass, and a heart wide open to receive the blessings of strenuous exercise. Our trek through this year can either work out the kinks or add to our struggles. So, let's put our steps on the solid ground of faith in God, practice walking a trust walk with Jesus, and be prepared to explore our inner life, where our real treasures lie.

--Barbara Todd, clergy friend of Des Moines  
Presbyterian Women

John 14:6 - Jesus said, "I am the way, I am truth; and I am life."

## Celebrating Sabbath

Accepting God's Gift of Rest and Delight  
by Carol M. Bechtel

**Looking forward to the 2022-2023 Bible Study: In the nine lessons of this Bible study—with passages from Genesis, Exodus, Deuteronomy, Isaiah, Matthew, Luke, and Acts—we'll consider Sabbath • as a celebration, not a day of dreary formality • as God's intent for all of**

**creation and that includes busy women too • as one day of the week, perhaps a Sunday • as a time to surrender unhealthy striving and frantic busyness, and instead trust God will provide • as a reminder that life is precious and working too much is against God's plans for our precious lives • as a day devoted to community and justice and not exclusively to self-care. Ultimately, Sabbath reminds us to honor God who honors us by giving us a day each week to reset our pace, our priorities, and our lives.**

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## GROW YOUR FAITH

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### REGISTRATION IS NOW OPEN!

#### ***PW Synod Gathering, June 16-19, 2022 - "BETTER TOGETHER"***

As we have emerge from years of ZOOM meetings and knowing that such meetings are here to stay, we become aware of the importance of person to person contact. Planning and organizing is okay done by Zoom, however it cannot compete with actually feeling the connection and inspiration of being around others. The Synod Gathering is a special opportunity to experience a time of hope, praise



and fellowship. It will be a time to grow your faith. It will be a place where having time to be with God/Creator and other women is a priority. It will be a time to reconnect, renew and grow.

*If you are reading a digital version of The Grapevine, you can click here for the [registration packet](#).*

Information can also be found at:

[lakesandprairies.org/engaging-leaders/presbyterian-women](https://lakesandprairies.org/engaging-leaders/presbyterian-women) - Or contact your PW Presbytery Moderator.

If you are interested in attending the PW Synod Gathering and would like help with the expenses – There is a scholarship available for those who are part of the PW Des Moines Presbytery.

The scholarship application can be found on the next page.

### **NEW – 2022 PW SYNOD PRE-GATHERING MISSION EVENT**

A PW Synod Pre-Gathering Mission Event will take place on Thursday, June 16, 2022, from approximately 9 AM to 3 PM, with a to-be-determined additional cost for those who choose to participate.

This Pre-Gathering Mission Event will include a guided tour of the Dr. Susan LaFlesche Picotte Hospital in Walthill, NE, an exterior visit to Dr. Susan's home and First Presbyterian Church in Walthill. It also includes a visit to the John G. Neihardt Center which contains many of Dr. Susan LaFlesche Picotte's personal artifacts, as well as the Bancroft Cemetery, both in Bancroft, NE. Dr. Susan LaFlesche Picotte, an Omaha Native American woman, was the first Native American medical doctor. In her younger years she attended Presbyterian Mission Schools, and later taught Sunday School and served as an interpreter at the First Presbyterian Church in Walthill, NE, on the Omaha Reservation. This is

where she built a hospital funded in a large part by the Presbyterian Church. This hospital is currently being restored and funds are being raised to complete this restoration. The restored hospital facility will house a medical clinic, cultural and educational spaces to teach/learn Native culture and arts, as well as space on the grounds for community gardens and an outdoor amphitheater. If you are interested in participating in this Pre-Gathering Mission Event, please let Marilyn Stone know of your interest (via email at [mmstone52@att.net](mailto:mmstone52@att.net) OR leave a message at 262-763-0918).

Transportation and lunch options are being explored. If you have a van or church bus that could be used for transportation, please let Marilyn know this as well. The cost for this event will be available in January when registration begins.

**SCHOLARSHIP APPLICATION**  
**SYNOD OF LAKES & PRAIRIES PW GATHERING**  
**SIOUX CITY, IOWA - JUNE 15-18, 2022**

1. The scholarship will be \$200. Depending on how many request a scholarship, there may be additional funds available to cover other expenses.
2. The application must be received by **April 30, 2022**
3. Please send to application to: **Sharon Falck, PW Moderator**

**809 Turnberry Drive**  
**Grinnell, Iowa 50112**

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Phone number (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

e-mail address \_\_\_\_\_

Home Church \_\_\_\_\_

1. Are you a first time Gathering attendee? Yes\_\_ No\_\_

2. Have you received a Synod Gathering Scholarship before? Yes\_\_ No\_\_

3. Why do you wish to attend this Gathering?



The Indianola Trinity United PW Tuesday sewing group has been donating comforters to local charities for many years. Recently some of the larger comforters have gone to the Lutheran Services collection site in Des Moines. This is a map of some of the locations that have received the Lutheran Services donations. Notice that the Ukraine has been one of these sites. Imagine a Ukrainian refugee finding comfort under a quilt that you helped make!



**Coming in October!**  
**"Moving Ahead With New Energy"**

*We are excited to announce that the women of the Des Moines Presbytery will once again be gathering as a group!*

*Saturday, October 1, 2022 will be the date of the Fall Gathering. Watch for more information in the next Grapevine, sometime in August.*



Book Discussion  
*Group*

# JUSTICE AND PEACE

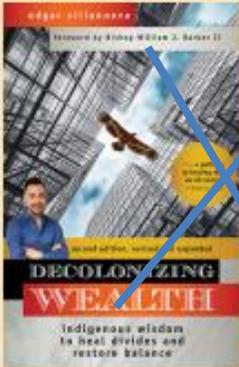
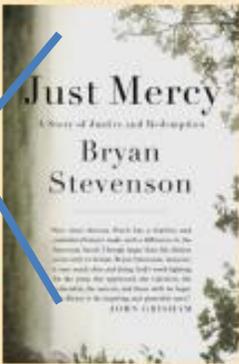
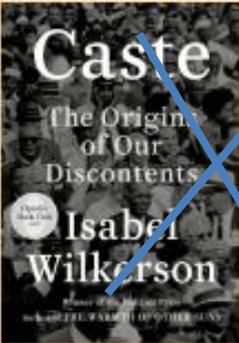
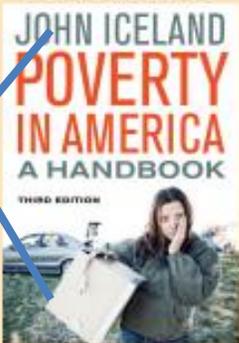
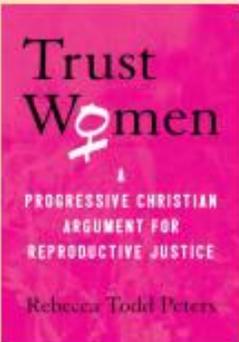
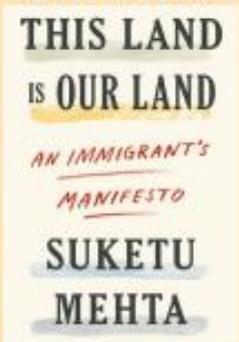
-  DISCUSS THE BOOKS WITH OTHERS VIA ZOOM  
 • The J&P Book Discussion Group is open to all!
-  DISCUSSION GROUP MEETS EVERY OTHER MONTH  
 • Read and discuss any or all books that appeal to you. Registration will be needed to join the discussion on Zoom.
-  RECEIVE STUDY GUIDES TO INFORM YOUR READING  
 • Questions for discussion or reflection will be sent with your registration confirmation.



To register, scan the QR code with your smart phone or go to [presbyterianwomen.org/justice](https://presbyterianwomen.org/justice).

## 2022 Reading Selections

(6:30 PM – 8:30 PM Eastern Time)

<p><b>JANUARY 10</b></p>  <p><b>DECOLONIZING WEALTH</b> Indigenous wisdom to heal divides and restore balance</p>	<p><b>JULY 11</b></p>  <p><b>Just Mercy</b> A Story of Justice and Redemption Bryan Stevenson</p>
<p><b>MARCH 14</b></p>  <p><b>Caste</b> The Origin of Our Discontents Isabel Wilkerson</p>	<p><b>SEPTEMBER 12</b></p>  <p><b>JOHN ICELAND</b> <b>POVERTY IN AMERICA</b> A HANDBOOK THIRD EDITION</p>
<p><b>MAY 9</b></p>  <p><b>Trust Women</b> A PROGRESSIVE CHRISTIAN ARGUMENT FOR REPRODUCTIVE JUSTICE Rebecca Todd Peters</p>	<p><b>NOVEMBER 14</b></p>  <p><b>THIS LAND IS OUR LAND</b> AN IMMIGRANT'S MANIFESTO SUKETU MEHTA</p>

Selections are recommended reading by the Justice & Peace Committee of PW's Board of Directors.

Trinity United & Heartland Presbyterian Church

# ECUMENICAL CONFERENCE ON CLIMATE CHANGE

## FOR THE LOVE OF ALL CREATION: CHURCH AND CLIMATE CHANGE

EXPLORE THE SPIRITUAL, BIBLICAL AND  
ETHICAL CHALLENGES OF CLIMATE CHANGE

❧ **APRIL 22-23, 2022** ❧

Location: Heartland Presbyterian Church  
14300 Hickman Ave | Clive, IA  
Register at [dmpresbytery.org](http://dmpresbytery.org).



**BE SEIZED BY GOD'S LOVE FOR CREATION  
BE INSPIRED TO TAKE ACTION**

Featuring guest speaker Dr. William Greenway  
Professor of Philosophical Theology at  
Austin Presbyterian Theological Seminary,  
Austin, Texas

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## PRESBYTERY OF DES MOINES PW COORDINATING TEAM

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### Executive Team

#### Moderator

Sharon Falck (2021)  
809 Turnberry Dr  
Grinnell, IA 50112  
641-260-8500  
[sfalck2009@gmail.com](mailto:sfalck2009@gmail.com)

#### Corresponding Secretary

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#### Recording Secretary

Ann McGowan (2021)  
9549 Foxglove Ln  
Johnston, IA 50131  
515-252-6195 (H)  
515-480-9595 (M)  
[akmcgowan@msn.com](mailto:akmcgowan@msn.com)

#### Treasurer

Beverly Countryman (2021)  
1529 19th Place  
West Des Moines, IA 50265  
515-225-1659  
[bcountryman1@yahoo.com](mailto:bcountryman1@yahoo.com)

#### PW Synod Rep to Churchwide CT

Kathleen Keefer  
[kathleenkeefe20@gmail.com](mailto:kathleenkeefe20@gmail.com)



PRESBYTERIAN  
WOMEN

### Coordinating Team

#### Mission Matters

Denise England (2021)  
1013 Spruce Dr  
Manning, IA 51455  
515-802-1173  
[deniseengland24@gmail.com](mailto:deniseengland24@gmail.com)

#### Historian

VACANT

#### Resources & HORIZONS

Mary Lou Briles  
1015 Luster Ln  
Des Moines, IA 50315  
515-285-1074  
[marybriles@aol.com](mailto:marybriles@aol.com)

#### Justice & Peace

Margaret Blair (2021)  
PO Box 17  
St Charles, IA 50240  
515-491-0356  
[mablair57@gmail.com](mailto:mablair57@gmail.com)

#### Clergywoman Rep

Rev. Barbara Tooker Todd (2021)  
5210 Panorama Dr  
Panora, IA 50216  
712-355-0052  
[rogerbarbaratodd@gmail.com](mailto:rogerbarbaratodd@gmail.com)

#### Newsletter Editor

Juanita Ott  
1214 W. Euclid  
Indianola, IA 50125  
515-778-7985  
[jott396116@aol.com](mailto:jott396116@aol.com)

#### Search Committee

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### Area Coordinators

#### Area #1 Coordinator

Linda O'Connell  
PO Box 79  
Lucas, IA 50151  
641-203-3660  
[rev.linda@mediacombb.net](mailto:rev.linda@mediacombb.net)

#### Area #2 Coordinator

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#### Area #3 Coordinator

Barbara Taylor (2021)  
2709 1st Ave E  
Newton, IA 50208  
641-792-6990  
[barbjohnmim@gmail.com](mailto:barbjohnmim@gmail.com)

#### Area #4 Coordinator

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The Grapevine is published by the Presbyterian Women of the Presbytery of Des Moines. Please share with the members of your PW and make copies for those in and outside your group. Urge them to share with others. Don't keep it a secret! If you no longer wish to receive this newsletter, or if you or someone you know wishes to be added to the mailing list, please contact Juanita Ott, jott396116@aol.com

### **News about Presbyterian Women:**

Presbytery of Des Moines - <https://dmpresbytery.org/committees-task-forces-top/presbyterian-women>

Synod of Lakes and Prairies - <http://www.lakesandprairies.org>

Presbyterian Women - <https://www.presbyterianwomen.org>

### **Presbyterian Women on Social Media**

YouTube—<http://www.youtube.com/presbyterianwomen>

Facebook—<http://www.facebook.com/presbyterianwomenpcusa>

Twitter—<http://www.twitter.com/pwpcusa>

Church Store—<http://www.pcusa.org/store>

Pinterest— [www.pinterest.com/pwpcusa/](http://www.pinterest.com/pwpcusa/)