

## LWML—IOWA EAST DISTRICT NEWS

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***I thank my God always when  
I remember you in my prayers  
(Philemon 1:4).***



## **UPCOMING DATES OF INTEREST**

- **January 27, 2026** -- EC (Executive Committee) Zoom Mtg
- **February 7, 2026** -- BOD (Board of Directors) Meeting at  
Zion Lutheran, Hiawatha  
[Refreshments by Marshalltown & Mt. Pleasant Zones]  
[Gifts From The Heart decided by Davenport Zone]
- **February 10, 2026** -- Article Submission Deadline for the  
*Alive's* SPRING issue based on Philippians 4:6-7. Please  
submit to the Editor at [editor@lwml-ied.org](mailto:editor@lwml-ied.org)
- **June 12-13, 2026** -- LWML IED Convention, Iowa City
- **July 17-18, 2026** -- LWML IED Retreat, Camp Io-Dis-E-Ca

## **LWML Iowa East District** **2026 Convention**

***June 12, 2026 -- June 13, 2026***

***Theme: Rooted in Christ***

***Mark your calendars to plan to attend!!***

It is also time to start praying and searching for  
special young women to represent your zone.

For more information, visit the YMR page:  
<https://lwml-ied.org/young-women-representatives/>



## LWML IED President ~

### Martha Hartwig

It has been a long-time wish of mine to see the Northern Lights. I was sure it would never happen here in Iowa. On November 11, I got my wish! My Iowa City sister texted me a picture with a hazy red area in the sky visible from her front door. My husband and I went outside and looked to the north from our front yard. Barely visible were two areas of color, one red and one green. We drove to an area of fields north of town and parked along a gravel road. After being dazzled by the misty colors floating across the northern horizon, I decided to take a picture. I looked through the lens of my camera phone and saw a whole different image! What had simply been a weak, hazy area was now vibrant and beautiful! The colors went all along the horizon and so high up I had to tilt my head back to see them. I saw red, yellow, green, and even some purple! A car parked in front of us. I ran up to tell them, "Look through your camera!" I couldn't wait to share my discovery.

In the days following the experience reminded me that *For now we see in a mirror dimly, but then face to face* (1 Corinthians 13:12). I am certainly dazzled when I think of our Heavenly Father's love for us. He sent His very Son to be our Savior. How amazing it will be to see Him face to face! Father, help me be excited about sharing the beauty of Your love for us as we look through the lens of Your word, the Bible.



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*Lord, help me serve You with gladness, Amen!*



## **Jr Counselor ~ Rev. Matthew Vesey**

### **HOW TO GIVE THANKS FOR OTHERS IN PRAYER**

*I thank my God always when I remember you in my prayers* is the opening of St. Paul's letter to Philemon after the initial greeting and blessing of grace in vv. 1-3.

Why is St. Paul thankful for Philemon every time he prays? It was because Philemon and his household were partners with St. Paul in spreading the Gospel in Colosse. In fact, his home served as a house church. St. Paul was not just thankful for what Philemon had done in the past, but he was also thankful for what he hoped Philemon would do in the future. Philemon had a slave named Onesimus who had run away. Onesimus had made his way to Rome and somehow got involved with St. Paul and became a Christian who supported St. Paul in his imprisonment. St. Paul hoped that Philemon would accept Onesimus back into his household, not as a mere slave, but as a dear brother in Christ as well. Even beyond that, he asked Philemon to receive Onesimus as if he was receiving St. Paul himself. In vv. 17-19 St. Paul wrote: *So if you consider me your partner, receive him as you would receive me. If he has wronged you at all, or owes you anything, charge that to my account. I, Paul, write this with my own hand: I will repay it—to say nothing of your owing me even your own self.* Philemon was under no obligation to either St. Paul or Onesimus. As his master, Philemon could have brutally punished Onesimus and treated him cruelly and be perfectly within his rights in the eyes of Roman law. What St. Paul did was to ask Philemon to waive his rights over Onesimus for the sake of Jesus Christ. In his lectures on Philemon Luther wrote: "Yet he (St. Paul) does this not with force or compulsion, as lay within his rights (St. Paul could have ordered Philemon to obey him); but empties himself of his rights. What Christ has done for us with God the Father, that St. Paul does also for Onesimus with Philemon. For Christ emptied Himself of His rights and overcame the Father with love and humility. So that the Father had to put away His wrath and rights, and receive us into favor for the sake of Christ, who so earnestly advocates our cause and so heartily takes our part. For we are all an Onesimus, if we believe"; (AE 35. 390). I think this is the key to living with other Christians within our congregations (and our homes) if we are to be thankful for each other when we remember each other in our prayers. Because Christ has died for us for the forgiveness of our sin, and was raised again for our justification, we should put away our wrath and rights against one another (especially if we think we've been wronged), forgiving as we have been forgiven and serving as we have been served.



## **VP of Christian Life ~ Liz Roberts**

*I thank my God always when I remember you in my prayers* (Philemon 1:4). How true this statement is! I'm truly thankful for each of you, as God has placed you in my life at this time. As Paul continues so eloquently, he says (and I paraphrase) ... because I hear about your faith in the LORD Jesus and your love for all the saints. I pray that you may be active in sharing your faith, so that you will have a full understanding of every good thing we have in Christ. Your love has given me great joy and encouragement, because you, \_\_\_\_\_(fill in your name), have refreshed the hearts of the saints.

I cannot say it any better. Keep it up! The Lord be with you each and every day. Stay in the Word and share it. Grateful and Blessed!

The LWML website has many great tools to help you with sharing your faith, encouraging others, planning meetings or events, and just being closer to God.

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## **VP of Communications ~ Becky Gluesing**

Communication - What is it really? A simple definition would be that communication is the way we share our thoughts, knowledge, and feelings with others. We not only communicate with the spoken word but also with our actions. In many cases, our actions speak louder than our words. We've all experienced speaking with someone whose words said one thing but their body language said something totally different. It's easier to pay lip service to something than to actually do something about it. I'm not sure exactly when this issue of the *Alive* will be published but with two major holidays approaching, we will have many opportunities to "put our money where our mouth is." Thanksgiving is by definition a time to give thanks for all the bountiful gifts God has given us. Prayers of thanksgiving are an important method of communicating with God but there are also several things we can do to physically show our thanks. You can donate to a food pantry, invite someone to your thanksgiving meal that might otherwise spend the day alone, or volunteer at a community meal. And we do not do these things for our own recognition but rather to share God's love. You could say it's a form of communicating that love to others through our actions. This is not just a thanksgiving thing but is possible for any other holiday. Or for that matter, it works anytime. Share our Father's love through your words and deeds.

## **VP of Human Care ~ Kay Berry**



Have you seen the leaves on the trees this past week? Wow! What a sight! There are two birch trees on the way to my granddaughters' house. They stand straight and tall with no branches showing, but the leaves are totally orange yellow from the very bottom to the way top; it looks like a candle light glowing straight up to heaven. It's a sight I can barely describe. You just have to be there I guess and that is just one of the many things I thank God for while I'm driving. Driving is a good time to remember and thank God for the many people I have embraced in LWML these many years and, yes, I thank God for you in my prayers. I may not be able to remember your names, but LWML ladies have something special to be thankful for. So while you're taking a drive, walking, vacuuming, or working in the yard to ready for winter, just remember to thank God always for everyone in your prayers.

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## **VP of Gospel Outreach ~ Jeanette Kreutner**

I have to personally thank many of you for your prayers and support during my health issues this fall. This has meant more than you will ever know.

I am happy to report that we have paid two more mission grants:

- Lutheran Heritage Foundation (LHF)—Project 72: Jesus Sent Them Two By Two – \$5,000
- Word of Hope—Suicide Prevention for Post-Abortive Women – \$5,000

This brings us to making 75% of our commitment for the 2024-2026 bien-nium. We will be paying the balance of the undergraduate scholarship money in December. The next grant due up to pay is:

- Lutheran Family Service—Preventing Burnout in Lutheran School Teachers with Christ-centered Counseling Resources – \$7,500.

Your faithfulness in mites is having a worldwide impact through these grants. The Lutheran Heritage grant trains deaconesses around the world who are sharing the gospel. The Word of Hope grant will help prevent suicides around the United States. The Lutheran Family Service grant will assist the teachers who are training our children and grandchildren from experiencing burnout here in eastern Iowa.

These mites really matter. Sometimes we all feel like we are not making a difference, but you are impacting the lives of people both locally and internationally. That is why I thank God for all of you in my prayers.

## Secretary ~ Sheryl Zinda



Here is Paul, imprisoned unfairly in Rome, yet remembering other believers and thanking God for them. He is not concerned for himself but is encouraging to Philemon. My husband and I recently had the blessing of taking a cruise to Greece and Turkey where we walked in the footsteps of

Paul. Everywhere we went we were reminded of Paul's struggles and even bodily harm he endured to bring the Gospel to both the Jews and Gentiles and to encourage the workers he left behind. We should always continue to remember those church workers that we as LWML members support through our gifts and especially our prayers. We are blessed here in Iowa East to have men preparing for the ministry and others who are studying to be teachers and DCE's in our schools and churches. Praise be to God for them!

### **LWML Scholarship Student Recipients for the 2025-2026 School Year**

Those attending at Mequon, WI:

Clair Hartwig	Elem Education
Matthew Diercks	Pre-Seminary

Those attending at River Forest, IL:

Allison Cross	Deaconess
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Those attending at Seward, NE:

Simeon Ambrecht	Church Music
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Those attending at St. Louis, MO:

Jacob Diercks	Seminary
Nathan Hoft	Seminary
Noah Hartwig	Seminary

Those attending at Waterloo, IA:

Amanda Kratz	MA Trauma/Resilience in ED Setting
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**If you would like more information on how to help support  
any of these students, financially or otherwise, please  
contact Kay Berry, VP of Human Care at  
jkberry79@gmail.com. It would be greatly appreciated!!**

## Treasurer ~ Marna Mohr



I thank God because we are over 70% to our mission goal!!! We have fully funded 7 of our mission grants. They are Dakota Boys and Girls Ranch, Eastside Mission, Mission Central, College Hill Conservatory, Most Ministries (Belize Trip), Community Lutheran School (Science Grant), and Lutheran Heritage Foundation (Project 72). We have partially funded Lutherans For Life and King of Kings. Please keep those mites coming in!

I am happy to share with you a current accounting of our IED 2024-2026 biennium.

*And a poor widow came and put in two small copper coins [mites], which make a penny (Mark 12:42).*

### **BUDGET FOR BIENNIUM 04.01.24—03.31.26**

#### **IED Budget**

Mites-Outreach	\$145,350
Mites-Inreach	\$ 11,500
<b>Mites-Budget</b>	<b>\$156,850</b>
Reimbursable Items	\$ 38,150
<b><u>IED Total Budget</u></b>	<b><u>\$195,000</u></b>

#### **Student Aid Budget**

Approved	\$30,000
Dispersed	\$26,100
<b><u>Balance Remaining</u></b>	<b><u>\$ 3,900</u></b>

#### **Mission Grant Budget**

Approved	\$73,500
Dispersed (2024-2026)	\$45,800
<b><u>Balance Remaining</u></b>	<b><u>\$27,700</u></b>

#### **IED Budget Actual**

07.01.25 Begin. Bal.	\$ 5,670.19
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#### **Mite Budget Actual:**

Income	\$19,138.61
Expenses-Outreach	\$20,341.97
Expenses-Inreach	\$ 1,597.75
<b>Total Mite Expenses</b>	<b>\$21,939.72</b>

#### **Reimbursable Items Actual:**

Income	\$ 3,256.50
Expenses	\$ 2,016.68

**Total Income Actual: \$28,065.30**

**Total Expenses Actual: \$23,956.40**

**End. Bal. 06.30.24 \$ 4,108.90**





## **Financial Secretary ~ Jennifer Determan**

This Financial Secretary's Report shows all money deposited from April 1 - September 30, 2025. This includes mites, *Quarterly* payments, memorials and miscellaneous receipts. Some checks may not have arrived in time to be included in the September 30 deposit. If there are any unexplained discrepancies with your records, please let me know at [financialsecretary@lwml-ied.org](mailto:financialsecretary@lwml-ied.org). You may send your checks and remittance slips to:

Jennifer L. Determan  
LWML IED Financial Secretary  
5314 Fjord Drive  
Cedar Falls, IA 50613

Thank you for sending in your mites!

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### **LWML Iowa East District ~ April 1 - September 30, 2025 Total SOCIETY MEMBERS & CONTRIBUTIONS**

ATKINS, ST STEPHEN'S LADIES SOCIETY	\$731.11
BELLE PLAINE, FIRST LUTHERAN WOMEN IN MISSION	\$287.74
BLAIRSTOWN, GRACE LUTHERAN LADIES AID	\$1,286.39
BURLINGTON, CONCORDIA MARY/MARTHA GUILD	\$59.35
CEDAR FALLS, IMMANUEL DORCAS SOCIETY	\$418.84
CEDAR RAPIDS, BETHANY WOMEN'S GUILD	\$685.29
CEDAR RAPIDS, KING OF KINGS LWML	\$434.76
CEDAR RAPIDS, TRINITY HOME MISSION SOCIETY	\$670.65
CHARITON, TRINITY LADIES AID/LWML	\$197.66
CHARLOTTE, IMMANUEL LUTHERAN LADIES CIRCLES	\$432.37
CLINTON, ST JOHN'S MARY/MARTHA SOCIETY	\$283.60
CLINTON, TRINITY EVENTIDE GUILD	\$199.23
CLINTON, TRINITY LADIES AID	\$1,419.00
CORALVILLE, PRINCE OF PEACE WOMEN	\$835.50
DAVENPORT, HOLY CROSS ALTRUISTIC GUILD	\$161.00
DAVENPORT, IMMANUEL MISSION CLUB	\$576.07
DAVENPORT, RISEN CHRIST WOMEN IN MISSION	\$403.47
DAVENPORT, TRINITY LWML	\$130.00
DELAWARE, ST PAUL LUTHERAN WOMEN'S SOCIETY	\$290.00
DENVER, ST JOHN LWML	\$189.54
DE WITT, GRACE LUTHERAN LWML MISSION GUILD	\$401.19

DUBUQUE, OUR REDEEMER CHARITY GUILD	\$95.00
DUBUQUE, WOMEN OF ST PAUL	\$1,375.22
ELDORA, ST PAUL LADIES AID	\$382.00
ELDRIDGE, PARK VIEW WOMEN REACHING OUT	\$65.00
ELMA, ST PETER LWML	\$766.18
FAIRBANK, ST JOHN DORCAS CIRCLE	\$208.01
FAIRFIELD, IMMANUEL LUTHERAN LADIES CIRCLE	\$197.97
GRAND MOUND, IMMANUEL MARY MARTHA CIRCLE	\$390.50
GRINNELL, IMMANUEL WOMEN'S SOCIETY	\$767.02
GUTTENBERG, TRINITY LADIES AID	\$65.00
HAMPTON, TRINITY LADIES SOCIETY	\$103.55
HIAWATHA, ZION LWML (HOSANNA & HAPPINESS CIRCLES)	\$482.81
HOMESTEAD, ST JOHN'S LADIES AID	\$383.83
HUBBARD, ST JOHN'S LUTHERAN MISSION CIRCLE	\$614.14
INDEPENDENCE, OUR REDEEMER LWML	\$170.40
IOWA CITY, OUR REDEEMER LWML MISSION GUILD	\$676.80
IOWA FALLS, IMMANUEL LUTHERAN LADIES AID	\$463.65
JESUP, GRACE CONCORDIA LADIES AID	\$250.68
KNOXVILLE, TRINITY LWML	\$837.06
LAONA, ST PAUL LADIES AID	\$189.00
LATIMER, ST PAUL'S LWML	\$80.00
LOWDEN, TRINITY LADIES AID	\$16.00
LUZERNE, LUZERNE LADIES AID/ST PAUL'S LWML	\$151.41
MANCHESTER, WOMEN OF OUR SAVIOR	\$308.25
MARENGO, ST JOHN'S LADIES AID	\$35.00
MARION, ST PAUL'S LWML	\$848.41
MARSHALLTOWN, REDEEMER LWML	\$188.50
MASON CITY, BETHLEHEM LWML	\$348.34
MC GREGOR, WOMEN OF ST PAUL	\$126.83
MELCHER-DALLAS, ST JOHN LWML	\$120.00
MONTICELLO, ST JOHN'S FRIENDSHIP CIRCLE	\$85.89
MT PLEASANT, FAITH LWML	\$970.28
MUSCATINE, OUR SAVIOR LWML	\$251.00
NEWHALL, ST JOHN TABITHA SOCIETY	\$429.55
NEWTON, OUR SAVIOR FAITH SOCIETY	\$422.49
NORTH LIBERTY, ST. SILAS LWML	\$206.15
OELWEIN, PEACE SONSHINE MISSION CIRCLE	\$285.61
OSAGE, TRINITY LWML	\$256.58
OSKALOOSA, ST JOHN WOMEN'S GUILD	\$498.52
OTTUMWA, TRINITY LWML	\$100.42
READLYN, IMMANUEL KLINGER LWML	\$192.00
READLYN, ST PAUL'S MARY MARTHA CIRCLE	\$119.60

REINBECK, ST JOHN'S DORCAS	\$65.00
RICEVILLE, ST PETER LWML	\$534.78
ST ANSGAR, IMMANUEL LWML	\$56.00
SIGOURNEY, HOPE MISSION GUILD	\$24.00
STANWOOD, ST PAUL'S HOME MISSION CIRCLE	\$50.00
STATE CENTER, TRINITY LADIES AID	\$130.83
SUMNER, ST JOHN'S/ST PAUL'S LADIES SOCIETY	\$370.73
VAN HORNE, ST ANDREW MISSIONARY SOCIETY	\$96.50
VENTURA, REDEEMER DORCAS	\$493.37
VICTOR, ST JAMES LWML LADIES	\$336.54
VICTOR, ST JOHN'S LADIES AID	\$788.30
VINTON, TRINITY MISSION CIRCLE	\$0.00
WATERLOO, FAITH, WOMEN OF FAITH	\$164.80
WATERLOO, GRACE HANNAH SOCIETY	\$261.72
WAVERLY, ST JOHN DORCAS SOCIETY	\$717.50
WAVERLY, ST PAUL ARTESIAN LWML	\$109.00
WESTGATE, ST PETER LUTHERAN CHURCH WOMEN	\$125.00
WILLIAMSBURG, ST PAUL WOMEN'S GUILD /Bible Class	\$507.46
WILTON, ZION EVENTIDE SOCIETY	\$376.24

**Total of Society Contributions for**

**April 1, 2025 – September 30, 2025**

**\$29,825.18**

**ZONE RECEIPTS**

**TOTAL**

BENTON	\$372.50
CEDAR RAPIDS	\$0.00
CLINTON	\$69.00
DAVENPORT	\$0.00
DUBUQUE	\$0.00
ELDORA	\$0.00
MARSHALLTOWN	\$902.65
MT PLEASANT	\$212.00
ST ANSGAR	\$0.00
WATERLOO	\$0.00
WESTGATE	\$209.00
WILLIAMSBURG	\$545.83

**Total of Zone Contributions for**

**April 1 - September 30, 2025**

**\$2,310.98**

**MISC DONORS RECEIPTS (includes Memorials)**

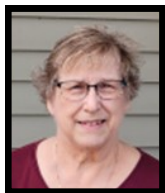
**\$802.00**

**LCMS FOUNDATION ENDOWMENT FUND INTEREST**

**\$5,685.44**

**TOTAL RECEIPTS PLUS ENDOWMENT INTEREST**

**\$38,623.60**



## Member Development ~ Karen Boehme

A friendly reminder about Young Women Representatives (YWR's). The Iowa East District Convention is planned for June 12-13, 2026. It's time to start praying and searching for special young women to represent your zone. She should be a member of one of your zone's LCMS congregations and a YWR is typically around 22-35ish years old. You may consider asking the wife of pastors located in your zone. Since there are many new pastors and wives serving in our district, being a YWR at the convention would be a great experience to learn about LWML. A zone YWR is chosen by your zone around the time of your spring rally and you may have more than one young woman from your zone. Zone YWR's expenses are paid by the zone (check zone by-laws). Application form is available from zone presidents. For more information, contact Karen Boehme at [memberdev@lwml-ied.org](mailto:memberdev@lwml-ied.org).

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## ZONE & SOCIETY NEWS

**CEDAR RAPIDS ZONE** -- Our fall event held Saturday, October 11, was at Zion Lutheran, Hiawatha. Retired Pastor Greg Williamson served as Pastoral Counselor and provided the opening and closing prayers and a Bible study based on his Omaha convention experiences. Then, Jerry Mays, a member of St. Paul's, Marion, presented a program about his experiences preparing for and serving as a missionary in Tanzania. He explained that preparations to serve as a missionary take about a year to complete. After traveling to Tanzania, he spent 3 months learning Swahili and then he worked at St. Peter's Seminary, LCEA (Lutheran Church East Africa) as an English teacher and volunteered to teach English at an orphanage in the town where he lived. Later, officers elected to serve a second term included Carol Hanneman, Vice President, Norma Swift, Treasurer and Rev. Brent Hartwig, Pastoral Counselor. Sixty-one members and guests attended. An Ingathering was taken for His Hands Free Clinic located in Cedar Rapids.



### **CEDAR RAPIDS ZONE continued** --

Pictured to the right are four past district presidents who attended the fall event. In front are Margaret Kistler and Kathy Schweer and then in back are Judy Westergren and Janice Johnston.



**DUBUQUE ZONE** -- The Dubuque Zone Fall Rally was held October 18, 2025 at St. Paul Lutheran Church, Dubuque, with about 20 people attending. The Spring Rally will be held April 18, 2026 at Our Savior Lutheran Church, Manchester.

**MARSHALLTOWN ZONE** -- The Fall Rally was held at Trinity Lutheran Church, Knoxville, on Saturday, September 20. The theme verse was: *Bear one another's burdens and so fulfill the law of Christ* (Galatians 6:2). Rev. Alex Post of Redeemer, Marshalltown, led the Bible Study, "Blessings and Burdens" and also led LSB's Responsive Prayer 2. Rev. Post filled in for Rev. Sam Beltz who was unable to be with us due to his wife Cassie delivering their baby girl, Anastasia Elizabeth Beltz, just the day before! There were 35 members present, plus 2 pastors, 3 guests and 3 children. Tamra VanHaaften was elected as Secretary and installed by Rev. Post. Mr. Dwayne Dierschow presented information about Orphan Grain Train. He intro-

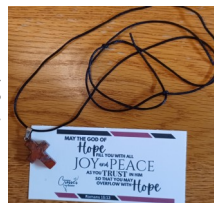


duced volunteers Trisha Adams and Gretchen Hartwig who each spoke about different aspects of OGT's work. Peggy Wagner explained how to assemble health kits. Members brought donations for the kits and assembled 118 Health Kits. These kits, along with a love offering of \$363, were given to Orphan Grain Train. The spring rally will be at St. Paul Lutheran Church, Lacona with the date yet to be determined.

**MT PLEASANT ZONE** -- The Mt. Pleasant Zone held its rally Saturday, October 25, at Immanuel Lutheran in Fairfield. The theme of the rally was based on Matthew 25:35, which reads: *For I was hungry and you gave me food, I was thirsty and you gave me drink.* The rally was attended by 18 ladies, 3 pastors and 1 guest (our IED President, Martha Hartwig).



Approximately 400 “Crosses For Benny” necklaces were assembled and packaged for Forged By Fire in just about 30 minutes. Opening worship & Bible study were led by Rev. Scudder of Faith, Mt. Pleasant. The Mt. Pleasant Zone will be hosting the district retreat July 17-18, 2026 at Camp Io-Dis-E-Ca. Due to the zone having only four active societies and those being small it was decided that following the retreat the zone will be having only one gathering per year.



**WESTGATE ZONE** -- Our society held a Servant Event Day at Immanuel-Klinger Commons on Sept. 2. Hands were busy constructing eye glass cases for the LWML IED Most Ministries Eye Glass Mission Trip. From the servant event day, Klinger ladies sewing days, and at home projects, a total



of 563 eye glass cases were made. We also had 208 prescription eye glasses and 277 sunglasses collected. Others were constructing 525 “Crosses For Benny” necklaces to donate to



Forged By Fire in Louisiana that will be given with their free meals in disaster areas. Thanks to those who helped to accomplish these blessings for others! To God be the Glory and Praise!!



**WESTGATE ZONE continued** -- Our Fall Rally was held Saturday, October 18, at Our Redeemer-Independence with Peace-Oelwein and Our Redeemer-Independence co-hosting. Pastor J Weideman led the Bible study and Pastor Tanner Post installed the newly elected. Speaker was Dylan Lampe from Camp IO-Dis-E-CA. Gifts from the Heart collection was for needed items and monetary donations for the camp. Newly elected officers are VP Karen Schultz and Secretary Elloha Quigley. Spring Rally is tentatively planned for April 11 at St Paul-Readlyn with the ladies of St Paul and Immanuel-Klinger co-hosting.



To the right see the flyer received from **Dakota Boys and Girls Ranch, Fargo**, showing the equipment that they purchased with their IED grant funds.

For a better view to read it, see the LWML IED web-site.

### Nutrition Center Transformation — Dakota Boys and Girls Ranch, Fargo

The mission of Dakota Boys and Girls Ranch is to help at-risk children and their families succeed in the name of Christ. We help the most troubled, complex, and amazing kids by providing best-in-class psychiatric therapy and trauma-informed care. At the Ranch, we look kids in the eye, walk with them, and help them become their best selves.

Children at Dakota Boys and Girls Ranch often come from unstable or harmful environments, and lack the foundational routines many of us take for granted. Many children experience food insecurity as well. The doorway to Gospel-centered healing starts with creating an environment that communicates safety while consistently meeting basic needs—food, shelter, and security.

Mission grant funds from the Iowa East District of the Lutheran Women's Missionary League enabled us to transform our Fargo Nutrition Center to better meet the unique, trauma-sensitive needs of the children in our care.

With the grant funds, we purchased a standing cooler/fridge, a food slicer, and a food processor/dicer. These tools allow our kitchen team to serve Ranch children and staff more efficiently. With the expanded capabilities of the new equipment, we prepare more food in-house, reduce reliance on costly ultra-processed and prepackaged items, and free up storage space for fresh, prepared ingredients.

The kitchen upgrades have also

enabled us to offer greater variety during meals, reinforce healthy eating habits, and teach children how to build balanced meals—meeting their foundational physical needs to support healing.

Although the purchased equipment isn't used directly by the children, it's impact is still felt in how we care for them,



*The food slicer is used to cut fresh meat, fruits, and vegetables.*

ensuring nutritional meals that lay the groundwork for healing.

Through this Mission Grant, the women of the Iowa East District provided for our children's most basic needs and ensured our Nutrition Center is an environment conducive to Christ-centered hope and healing.



*The new fridge gives children easy access to milk, salad dressings, yogurt, cottage cheese and other items during breakfast, lunch, and dinner.*

We're grateful to the women of the Iowa East District LWML for finding meaning in supporting the vital ministry of Dakota Boys and Girls Ranch. Your support helps each child we serve find and become their best self in the world and in Christ.

**LWML - IOWA EAST DISTRICT NEWS ~ *Alive*** is published for the Lutheran Woman's Missionary League (LWML) - Iowa East District (IED), through Publisher and available by email, Facebook, or the IED Website. **To receive the *Alive* by email, contact the District Registrar at [registrar@lwml-ied.org](mailto:registrar@lwml-ied.org).**

## **IOWA EAST DISTRICT OFFICERS & COUNSELORS**

**President** - Martha Hartwig - [president@lwml-ied.org](mailto:president@lwml-ied.org)

**Sr Pastoral Counselor** - Rev Jon Ellingworth - [pastorellingworth@gmail.com](mailto:pastorellingworth@gmail.com)

**Jr Pastoral Counselor** - Rev Matthew Vesey - [vesey99@gmail.com](mailto:vesey99@gmail.com)

**VP of Christian Life** - Elizabeth Roberts - [vpchristianlife@lwml-ied.org](mailto:vpchristianlife@lwml-ied.org)

**VP of Communications** - Becky Gluesing - [vpcommunications@lwml-ied.org](mailto:vpcommunications@lwml-ied.org)

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**New Church Worker Welcoming Committee Chair** - Liz Roberts -

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