

LWML—IOWA EAST DISTRICT NEWS

*Do not be anxious about anything,
but in everything
by prayer and supplication
with thanksgiving
let your requests be made known to God.*



*And the peace of God,
which surpasses all understanding,
will guard your hearts
and your minds in Christ Jesus
(Philippians 4:6-7).*



UPCOMING DATES OF INTEREST

- **April 28, 2026** -- EC (Executive Committee) Zoom Meeting
- **May 9, 2026** -- BOD Meeting, Zion Lutheran, Hiawatha
[Refreshments by St Ansgar & Waterloo Zones]
[Gifts From The Heart - Dubuque Zone]
- **May 10, 2026** -- *Alive* SUMMER issue - Deadline for Article Submission to Editor at editor@lwml-ied.org. Theme verse is Proverbs 3:5-6.
- **June 12-13, 2026** -- LWML IED Convention at The Graduate by Hilton, Iowa City
- **July 17-18, 2026** -- LWML IED Retreat at Camp Io-Dis-E-Ca in Solon, IA

Orphan Grain Train †

Central Iowa Branch

Website: www.ogt.org/branches/central-iowa

Mailing Address: PO Box 120, Clemons, IA 50051

Warehouse Location: 302 Bevin Street, Clemons, IA

Hours of Operation: Tuesdays from 8:00-Noon

Donations are always accepted. Please feel free to join them to bring a donation, see the facilities, help in some way, or have coffee (and a treat from 10-10:30am) every Tuesday morning.

Lutheran World Relief ~ Drop Off Sites

April 18, 2026 ~ 8:30 a.m. to 11 a.m. ~ Trinity Lutheran Church,
1363 1st Ave SW in Cedar Rapids

April 18, 2026 ~ 8:30 a.m. to 11 a.m. ~ Grace Lutheran Church,
5201 Urbandale Ave in Des Moines

*Thank you Dori Stanek for being the coordinator for the past 20 years!
We welcome **Mary Becker** who will be stepping in after Dori!
Mary can be reached at 319-360-9485.*



LWML IED President ~ Martha Hartwig

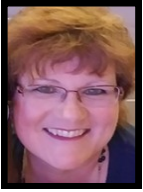
Many years ago, as a seventh-grade confirmand, I was given the task of choosing a scripture passage to be my confirmation verse. After much searching, Philippians 4:6 was my choice. *Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.* Even as an adolescent, I was a worrier. I struggled with feeling like I was never quite enough. I knew Jesus was my Savior, Redeemer, Comforter, and Friend, but I didn't know how to live my faith. I saw this verse as another example of being told what to do. It did help me when I was anxious. I knew that I could pray for comfort, and I prayed. The magnitude of God's love became clearer to me as I read more verses. *See what kind of love the Father has given to us, that we should be called children of God; and so we are (1 John 3:1a). For I know that my Redeemer lives, and at the last he will stand upon the earth (Job 19:25). I am the good shepherd. I know my own and my own know me (John 10:14).* It was through studying the Bible that I also finally read beyond Philippians 4:6. *And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus (Philippians 4:7).* God wasn't simply telling me what to do, He was telling me the blessing of living with Him every day.

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



Sr Counselor ~ Rev. Jon Ellingworth

St. Paul compares the Christian faith and life to a footrace (1 Corinthians 9:24). In an earthly race, one runs to obtain a perishable prize. In the race that is the Christian faith and life, however, we run toward an imperishable prize: life with Jesus that will never end. This race is not about finishing first. It is not a competition. All who are brought to the finish by Christ receive the same prize. Therefore, we are free to encourage and help one another endure to the end. For the race is not always easy. It is filled with distractions and hazards of many kinds. There are temptations to become discouraged and give up, or to turn inward and think only of ourselves rather than of our brothers and sisters running alongside us. No man or woman is our true enemy. We share one and the same enemy who seeks to destroy us: Satan. He delights in pitting us against one another. One of his most effective deceits is to tempt us toward discontentment with what we have and with what God has provided. Whether we grow bored with our blessings or covet what belongs to others, the result is the same: dissatisfaction that gives rise to anxiety, resentment, jealousy, selfishness, anger, and fear. St. Paul directs us to counter these deceits by prayer, supplication, and thanksgiving (Philippians 4:6). That is, he turns us back to God. In prayer we keep the First Commandment, fearing, loving, and trusting in God above all things. And where God restores our hearts to trust in Him, He also restores peace among us. This is peace: peace with God and peace with one another. We need not be anxious. Our Lord Jesus Himself asks, *And which of you by being anxious can add a single hour to his span of life?* (Matthew 6:27). Anxiety cannot secure our lives, but it can rob us of peace. Therefore, run the race set before you. Do not be anxious, but be content in the Lord, who knows your needs and graciously provides for your body and life. Bring your prayers and supplications to Him with thanksgiving. And as Paul promises: *The peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus* (Philippians 4:7).



VP of Christian Life ~ Liz Roberts

Our pastor challenged us to repent of complaining for Lent. So, I read the theme verse from Philippians 4:6-7. Don't be anxious about anything but thankfully pray about everything. So I start, straight off when I get out of bed (ugh). First prayer of thanksgiving is that I woke up and can get up. First request, "Help me Lord to keep moving." I bite my tongue as there is NO complaining. Things are getting better, the movement is getting easier and, again, "Thank you, Lord!" I continue with getting ready. "Thank you for the clothes, the bathroom amenities, and that I don't have to look in the mirror." Next, "Thank you for the medications that help with the things that don't work anymore." At devotion time with the Lord, I say, "Thank you Lord for our time together, as You always know what I need to read." Second request, "Help me Lord to do what You have planned for me to do and let your word dwell in my heart." Now, the rest of the theme verse, where the peace which surpasses all understanding steps in. Praise the Lord! Give the day to the Lord and thank Him for everything and the complaining subsides. It is amazing! Check out the LWML website for aids in lifting prayers, devotions, and many other items to "not be anxious but have peace."



VP of Communications ~ Becky Gluesing

I want to use a different beginning, so I'd like to share with you how I approach preparing my submissions. Annette reminds us of due dates and shares the theme for each issue in plenty of time for us to get things submitted. I like to read the theme a couple of times and then let it rattle around in my head as ideas begin to form. Then it's time to evaluate those ideas and decide what direction to take. After that I let things percolate some more while I figure how to get from point A to point B. Now, I've always known God has a hand in directing my thoughts but it's never been quite as obvious as this month. Our Old Testament reading last Sunday was from Isaiah 55:10-13, which begins with *For as the rain and the snow come down from heaven and do not return there but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to*

me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it. What a marvelous heavenly Father we have that provides food for both our body and soul. Spring is a time of rejuvenation and my favorite time of the year. I love being able to go out without a coat and watch the world turn green and all sorts of vibrant colors. It's a time of new life. Many of us will soon begin to plan our gardens which will rely on the rain that falls to water the ground and promotes growth of the plants, both flowers and vegetables. Thanks be to God for sending the rain (even if it does happen to ruin our plans for the day). Easter always falls in the spring. It provides the ultimate new life – eternal life with our Father in heaven. We are all charged with sowing the seed of God's word to others. As our theme verse says, it shall not return empty. While we may not personally see the results, they are there. Enjoy the warmer weather ahead and sow the seeds that nourish body and soul.



VP of Human Care ~ Kay Berry

SPRING

Sunshine - Ecclesiastes 11:7 - *Light is sweet, and it is pleasant for the eyes to see the **sun**.*

Planting - 1 Corinthians 3:6-7 - *I **planted**, Apollos watered, but God gave the growth.*

Rain - Leviticus 26:4 - *I will give you your **rains** in their season, and the land shall yield its increase,*

Ivy - James 1:17 - *God's Gift - Everything good comes from God.*

New - Romans 6:4 - *Just as Christ was raised from the dead by the glory of the Father, we too might walk in **newness of life**.*

Growing - 2 Peter 3:18 - *But **grow** in the grace and knowledge of our Lord and Savior Jesus Christ.*

I was thinking about Spring and wondered what the Bible had to say about it, so I thought about those words and looked up the Bible passages to see what God had to say about them. These reminded me of Easter and how Christ helps us grow with the needed sunshine and rain to grow new lives.



VP of Gospel Outreach ~ Jeanette Kreutner

It is easy to be anxious about everything. Will we make our goal for the biennium? Will our health get better? Why is all this happening to me / my spouse / my kids / my grandkids? Our theme's scripture verse gives the guidance that we all need to remember...give thanks to the Great Giver of gifts and pray for His Will. And that is how it is with our mission grants.

What has been accomplished: We paid the balance of the undergraduate scholarship money in December. This amounted to \$3,900. We also paid Lutheran Family Service--Preventing Burnout in Lutheran School Teachers with Christ-Centered Counseling Resources – \$7,500. This brings us to 86% of our mission grant and scholarship goal.

What is left: There are two grants that have been partially funded that now need to be fully funded and two to be fully funded. For more information on these four grants look in the box below or go to <https://lwml-ied.org/wp-content/uploads/2026/02/Mission-Grant-Bytes.docx>

I urge you to be faithful in both your prayers and your mite giving. The Lord will provide the results. As always, it is a pleasure to serve the Lord with all of you.

IED Mission Grants 2024-2026 Update as of 1.31.26:

- LCMS Office of Pastoral Education-Set Apart to Serve: Second-Career Phase = \$5,000
- King of Kings, CR-Disaster Relief Project = \$3,000
- Wartburg Walther League-Reaching Today's College Student = \$2,500
- Lutherans For Life-Volunteer Relations = \$3,500

2024-2026 Mission Grant Total Remaining = \$14,000



Secretary ~ Sheryl Zinda

Imagine never being anxious about anything -
it seems too good to be true!

And Paul would have had many things to be anxious about, especially as he was sitting in prison when he wrote his letter to the Philippians. But Paul is telling them, and us, to turn our worries into prayers. I can be the best worrier around, but when I read these verses it gives me comfort to know that in every situation, God is waiting to hear from me and His peace is there for me. He is in control.

And don't forget the reminder of being thankful, no matter what is going on or happening in your life. My worries don't seem so big when I remember all I have to be thankful for. As sisters in Christ, let us be thankful for the blessings of LWML and the privilege of spreading the Gospel together, so that others can hear the Good News too.





Treasurer ~ Marna Mohr

At our convention in June 2024, we adopted 14 mission grants totaling \$103,500 in support of extending God’s kingdom. As of January 31st, we have paid \$59,500 of our 2024-2026 mission grants. We have completely paid 9 of our grants and partially paid 2. We are about 86% of our goal!! We have till June to finish our goal. Praise the Lord! As our theme verse from Philipians 4:6-7 says, *Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.* I am happy to share with you a current accounting of our IED 2024-2026 biennium allocations for His work both within the district and beyond our LWML Iowa East District borders. Thank you for your faithful mite gifts!

BUDGET FOR BIENNIUM 04.01.24—03.31.26

IED Budget

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

Student Aid Budget

Approved	\$30,000
Dispersed	\$30,000
<u>Balance Remaining</u>	<u>\$ 00</u>

Mission Grant Budget

Approved	\$73,500
Dispersed (2024-2026)	\$59,500
<u>Balance Remaining</u>	<u>\$14,000</u>

IED Budget Actual

10.01.25 Begin. Bal. \$ 4,108.90

Mite Budget Actual:

Income	\$17,382.51
Expenses-Outreach	\$17,421.85
Expenses-Inreach	\$ 177.32
Total Mite Expenses	\$17,599.17

Reimbursable Items Actual:

Income	\$ 1,098.78
Expenses	\$ 1,876.32

Total Income Actual: \$22,590.19

Total Expenses Actual: \$19,475.49

End. Bal. 12.31.25 \$ 3,114.70

Serve the Lord with your mites!



Financial Secretary ~ Jennifer Determan

The report below shows all memorials and special gifts from July 1, 2025 through December 31, 2025. Memorials and special gift donations go towards mites unless otherwise specified by the donor.

Society Treasurers: If you need remittance blank books, mite boxes, or my address labels, please let me know. Funds should be sent to me in the form of a check or money order and made payable to: LWML Iowa East District or LWML IED.

Send your checks to: Jennifer Determan
5314 Fjord Drive
Cedar Falls, IA 50613

Thank you for sending in your memorials and special gift donations.

LWML IOWA EAST DISTRICT MEMORIAL RECORD July 1, 2025 to December 31, 2025

IN MEMORY OF

Arlene Reisen
Dennis Kielsmeier
Carol Lau
Wilbur Kehrli
Velma Zebuhr
Carma Reiss
Joyce Lint
Delores Nace
Larry Kueker
Roger Haerther

DONOR

Dubuque, Our Redeemer Charity Guild
Hubbard, St John's Lutheran Mission Circle
Fairbank, St John Dorcas Circle
Manchester, Women of Our Savior
Manchester, Women of Our Savior
Van Horne, St Andrew Missionary Society
Victor, St James LWML Ladies
Victor, St James LWML Ladies
Waverly, St John Dorcas Society
Atkins, St Stephen's Ladies Society

Lue Doering	Hubbard, St John's Lutheran Mission Circle
Lavonne Hoverstein	Hubbard, Joy Reinert
Jeanette Freie	Latimer, St Paul's LWML
Lavonne Hoverstein	Hampton, Sharon Akers
Donna Olsen	Iowa Falls, Immanuel Lutheran Ladies Aid
Jeanette Freie	Latimer, St Paul's LWML
Betty Dunbar	Muscatine, Our Savior LWML
Steve Stull	Williamsburg, Karen Wichmann & friends
Vera Hoins	Hampton, Sharon Akers
Lavonne Hoversten	Alden, St Paul's Ladies Aid
Frances Jondall	Alden, St Paul's Ladies Aid
Mildred Fritz	Manchester, Women of Our Savior
Elva Wolrab	Mt Vernon, St Paul Priscilla Guild
Lorena Freiburger	Mt Vernon, St Paul Priscilla Guild
Lorraine Stuenkel	Cedar Rapids, King of Kings LWML
Viki Ingram	Cedar Rapids, King of Kings LWML
Deb Stephenson	Cedar Rapids, King of Kings LWML
Anna Mae Wolfgram	Fairbank, St John Dorcas Circle
James Granzow	Hubbard, St John's Lutheran Mission Circle

SPECIAL OCCASIONS REMEMBERED

SPECIAL OCCASION	DONOR
Christmas in July	Newhall, St John Tabitha Society
Thank you for live streaming the convention	Hampton, Sharon Akers
Christmas Cheer	Newhall, St John Tabitha Society

TOTAL MEMORIALS & SPECIAL OCCASIONS
MONEY RECEIVED: \$1,695

Additional ways to serve the Lord!

MOST Ministries Short-term Mission Trip -- Orange Walk, Belize

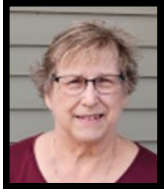
A dozen Iowa District East LCMS members joined team leader, Barbara Hoffmeier, and two ladies from Michigan for the MOST Ministries Belize Eyeglass Mission Trip on November 15–22, 2025. It was a blessing to all involved, and our team thanks the entire Iowa East District LWML for the grant support, prayers, and material donations! Rev. Roldan Rios and his family were amazing hosts in Orange Walk, as was our bus driver, Victor. The eyeglass clinic at Iglesia Luterana Castillo Fuerte (Mighty Fortress Lutheran Church) was a huge success:

- People Served: 515 over 4 days
- Prescription Glasses Distributed: 633
- Amount of Glasses and Sunglasses Given: 1,214



Team members look forward to sharing their mission experiences at local congregations, zone gatherings, and the upcoming IED Convention! --Report from Gretchen Rasmussen





Member Development ~ Karen Boehme

Ever wonder what happens when a young woman attends an LWML Convention as a Young Woman Representative (YWR)? The time spent together at a convention combines fellowship with other young women, studying & growing in God's Word, attending servant events, learning about LWML's mission, building relationships, and fostering a sense of community as sisters in Christ. AND a whole lot more!!

The Member Development Committee is excited to meet the young women representatives from your zone at the LWML IED Convention in June. Questions- contact- Karen Boehme at memberdev@lwml-ied.org or call 319-239-3463.

~ From the LWML IED Webmaster ~

In an effort to keep the LWML IED website up to date, I ask all zone presidents to send in your zone's spring rally information to the webmaster.

Also needed is any information on the YWRs attending the convention this summer.

Please send all information for Webmaster,
Kim Davis, to webmaster@lwml-ied.org.

ZONE & SOCIETY NEWS

BENTON ZONE -- Benton Zone Spring Rally is April 23rd from 1 p.m. to 4 p.m. at St Andrew Lutheran Church in Van Horne, IA.

CLINTON ZONE -- The Clinton Zone Spring Rally will be held at St. John Lutheran, Clinton, on April 25 beginning at 8:30 a.m.

DUBUQUE ZONE -- The Dubuque Zone's Spring Rally will be held April 18, 2026 at Our Savior in Manchester. The theme is *Mine eyes are fixed on you, Sovereign Lord* (Psalms 141:8). All are welcome to attend.

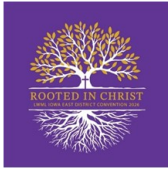
ELDORA ZONE -- The Eldora Zone Spring Rally will be held on April 18 at St. Paul Lutheran Church in Eldora.

MARSHALLTOWN ZONE -- The Marshalltown Zone Spring Rally will be held at St. Paul Lutheran Church, Lacona, on the morning of Saturday, April 11th. Pastor Samuel Beltz, Zone Counselor, will lead the opening and closing devotions. Pastor Nathan Knaus, Vacancy Pastor at St. Paul and Pastor of Trinity, Chariton, will lead the Bible study. The speaker will be from Phil's Friends via Zoom. There will be a short business meeting. The rally will conclude with lunch. If you would like to attend, please RSVP to Bonnie Roe by April 3rd at 515-971-1983.

MT PLEASANT ZONE -- Mt. Pleasant Zone Spring Rally will be on Saturday, April 18, at Faith Lutheran Church in Mt. Pleasant.

ST. ANSGAR ZONE -- St. Ansgar Zone Spring Event is April 11th at Trinity Lutheran Church in Osage. Michelle Heimer and Betty Borchardt will share their experience on the eyeglasses mission trip they took to Belize through MOST Ministries.

WESTGATE ZONE -- Westgate Zone's Spring Rally is on April 11th, at St. Paul, Readlyn. Hostesses will be Mary Martha Circle of St. Paul, Readlyn and Immanuel LWML of Immanuel, Klinger.



You Are invited To The
LWML Iowa East District Convention 2026
Dates: June 12-13, 2026
Location: The Graduate by Hilton Iowa City,
210 South Dubuque St., Iowa City, IA 52240

***Therefore, as you received Christ Jesus the Lord,
so walk in him, rooted and built up in him and
established in faith, just as you were taught, abounding
in thanksgiving (Colossians 2:6-7).***

**Online Registration is on the LWML-IED Website
beginning MARCH 1st to MAY 1st**

Registration will be ONLINE ONLY

When registering you can also:

- *Join the Convention Choir
- *Buy Convention T-shirts and Hooded Sweatshirts
- *Alert the Chef about any Food Allergies and Restrictions
- *Add Offering and Mite Donations
- *Find the Link to The Graduate Hotel to Reserve your hotel room

Registration Help is available by calling Sheryl Dermody at
319-330-3721

**Hotel Reservation Link is located in the Online
Registration.** Hotel is NOT included in your
registration. Groups rates are available through
May 28, 2026.

QUESTIONS FOR THE CO-CHAIRS:

Sheryl Dermody smayderm@gmail.com or
Bonnie Thompson blthompson.ars@gmail.com

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.**

IOWA EAST DISTRICT OFFICERS & COUNSELORS

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Financial Secretary - Jennifer Determan - financialsecretary@lwml-ied.org

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St Ansgar - Betty Borchardt - betborch@gmail.com

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Westgate - Barb Forsyth - for333@rtc279.com

Williamsburg - Jo Johnson - jojohno56@yahoo.com

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Member Development Chair - Karen Boehme - memberdev@lwml-ied.org

New Church Worker Welcoming Committee Chair - Liz Roberts -

vpchristianlife@lwml-ied.org

Parliamentarian - Judy Westergren - No email provided

Registrar - Betty Borchardt - registrar@lwml-ied.org

Short-Term Mission Coordinator - Gretchen Rasmussen -

ied.missioncoordinator@gmail.com

Speakers Bureau Coordinator - Linda Allan - lindasews99@gmail.com

Webmaster - Kim Davis & **Assistant Webmaster** - Jeanette Kreutner -

webmaster@lwml-ied.org

*** If no email is provided, please contact the VP of Communications, Becky Gluesing, for further assistance at vpcommunications@lwml-ied.org.