



*But they who wait for the LORD shall renew
their strength; they shall mount up with wings
like eagles; they shall run and not be weary;
they shall walk and not faint (Isaiah 40:31).*



UPCOMING DATES OF INTEREST

- **September 15, 2026** -- Mission Possible Day
- **October 4, 2026** -- LWML Sunday
- **November 15, 2026** -- Article Submission Deadline for *Alive's* WINTER issue. Submit articles to the Editor at editor@lwml-ied.org



Orphan Grain Train +

Central Iowa Branch

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

Mailing Address: P.O. Box 120, Clemons, IA 50051

Warehouse Location: 302 Bevin Street, Clemons, IA 50051

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.



LWML IED President ~ Angie Banko

As I begin this article, I first want to say how honored, humbled, and excited I am to serve as the President of Iowa East District LWML for the next four years. I'm sure that during my term there will be mistakes and missteps but I assure you that I will do my best to lead this group. First a bit about myself. I live in Muscatine and am a member of Zion Lutheran Church in Wilton. I have been married to my great LWML husband, Darren, for 41 years. He has very unselfishly supported my work in LWML, especially starting in 1995 when I went to my first national convention in Kansas City leaving him home with four and eight year old boys with no local grandparents to help. Those boys are named Tim and Jonathan and both live in the Cedar Rapids area. Two years ago I retired from teaching 8th grade math in the Muscatine Community School District. I enjoy cross stitching, piecing quilts, reading, and traveling; and I love to talk about any of those! As you might imagine there has been quite a large learning curve while digging into all this position requires. There have been several times over the past few weeks where it has all seemed rather overwhelming, leaving me to wonder what I have gotten myself into. Those are the times I have had to wait for the Lord to renew my strength. I am most grateful for a God who will continually renew my strength as I sometimes want to take back the troubles and challenges He has taken away. Knowing that God will keep me renewed and strengthened while I am learning this position has lifted me up and given me confidence that, yes, I can do this.

Lord, help me serve You with gladness, Amen!



Sr Counselor ~ Rev. Matthew Vesey

While the Bible was written for us, it was not written to us. In the case of our text, the original hearers were those Jews who lived in exile in Babylon. After the destruction and loss of the nation of Judah, the city of Jerusalem, and the temple, it looked as if God was powerless before the earthly might of the Babylonian Empire. The people were heartbroken and despondent. They needed a good word from God. In Isaiah chapter 40 two questions are being asked by the people. They ask will God help them and can God help them? Isaiah's answer is a resounding "Yes!" to both questions. Isaiah proclaims that God will and can help His people because He is the Almighty Creator of all things, and that the nations of the world and their rulers are but a drop in the bucket compared to Him. Isaiah also proclaims that all idols, and the gods they represent, are nothing compared to God. The exiles therefore are to trust in the Lord's deliverance because this all powerful Creator God doesn't hoard His power. He shares it! In Is. 40:28, Isaiah wrote: *Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength.* In other words, God will deliver His people from exile in Babylon, no matter how bad it looks, and give them the strength to go back to Judah and rebuild Jerusalem and the temple. Which, of course, He did! We moderns can also trust that God will and can deliver His people. He delivers us from sin, death, and hell. He has done it through the death of Jesus on the cross, which is the forgiveness of our sin, and through His resurrection. (Which, if you stop to think about it, our text describes Jesus' resurrection). It is there in Jesus' resurrection that your resurrection is guaranteed and Is. 40:31 truly comes

Continued on next page....

to pass! You share in the resurrection of Jesus through the water of your baptism, the body and blood in the bread and wine in communion, and in the Gospel Word. In each Divine Service Jesus fulfills the promise of Is. 40:31: *but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.* God be Praised!



VP of Christian Life ~ Sheryl Dermody

Held In The Shepherd's Arms – What a gift it is when God speaks to us through His Word at just the right time! This morning, an email reminded me to write an article for the LWML newsletter in my new role with Iowa East District. Isaiah 40:31 is the verse I was encouraged to study. I ended up reading the whole beautiful chapter and the study notes. This same day, my 6-year-old granddaughter, Frances, has an anxiously awaited appointment with a pediatric neurologist at Mayo Clinic after 2 weeks of seizure-like episodes. Our family has been praying, seeking answers, and fighting worry. As I read Isaiah 40, I saw God reminding me that He is with Francie and with all of us right now. Isaiah writes that even youths grow faint and weary, but those who wait for the Lord shall renew their strength. He also promises that the Lord will tend His flock like a shepherd, gather the lambs in His arms, and gently lead those with young. Those words met our family in our fear and weariness. Our little Frances is in the arms of the great Physician! Dear Lord, we call upon You in the day of trouble. Carry Frances and all who are in need of your help in Your arms and heal them. Guide the doctors and medical staff, strengthen families as they advocate for them, and let them be a witness of Your grace. To God be the glory. In Jesus' name. Amen. What a privilege to carry everything to God in prayer. And to hear God speak words of love and comfort back.



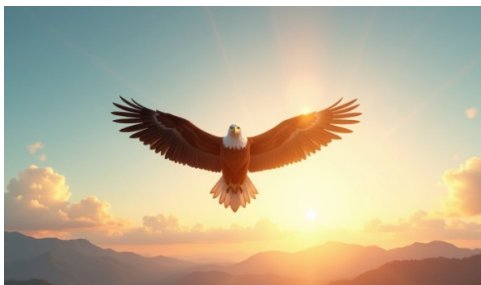
VP of Communications ~ Becky Gluesing

My initial read of this edition's theme verse brought to mind the obvious. We have the ultimate loving God that generously provides for all our needs, even though we deserve nothing but heart-ache. He not only provides for our basic physical needs, but gives us what we need for a happy, wholesome existence. He sends strength and fortitude. But as I took time for further reflection, it brought to mind a sermon a few weeks ago that was preached by our vacancy pastor, Pastor Gallo. The sermon was based on the parables of the hidden treasure and the pearls. Now I'm sure we've all heard these parables multiple times. The explanation I've always heard is that we are the man/merchant and that the treasure/the pearl is Christ and that we need to seek Him above all other things. But on this day, Pastor Gallo asked what happens if we flip the script. Imagine that we are the prize and the seeker is Christ. He forsakes his heavenly home, gives up everything, even His earthly life that He might win us as His prize and gain our redemption. To this end God provides for not only all things necessary for our physical existence, but seeks us out and does whatever is necessary that we might gain eternal life. All we need do is trust in His benevolence. What an awesome and loving God we have. Enjoy what's left of the summer as we get ready to enter my favorite time of the year – fall. God's blessings to all.



VP of Gospel Outreach ~ Connie McQuiston

They who wait for the Lord shall renew their strength is a certain reminder that waiting IN the Lord is different than just waiting. Waiting IN the Lord provides strength but waiting in worldly things does not. In my new position as VP of Gospel Outreach, technology has been a barrier in starting my position as I had wished. I could not hit the ground running. But the Lord will renew their strength, they shall mount up with wings, like eagles; they shall run and not be weary; they will walk and not faint. It is the Lords plan, not our plan.



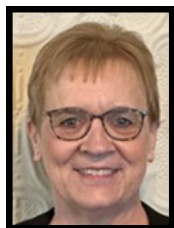
VP of Human Care ~ Kay Berry

It's fall...a new season and a new day. I think fall is probably one of my favorite seasons; a new start for many things, but also changes. I for one don't do well with the heat, so the temperature is a biggy. I can keep moving and doing things that didn't get done during the heat wave. However, grumbling aside, fall lets us know who is in charge. The leaves change, the weather changes, and life tends to change as well. In LWML, we have new officers, new zone presidents, new grants, new student scholarship recipients. For many, it means getting back with our LWML sisters at meetings and rallies. Whatever the changes are for you, remember that Christ is in control and He knows our needs throughout the changes. Have a happy fall!



Secretary ~ Bonnie Thompson

Isaiah 40:31 reminds us that *those who wait for the Lord will renew their strength*. This verse relates beautifully to the role of a secretary in a not-for-profit organization because the position requires patience, dedication, organization, and a willingness to serve others. At times, the responsibilities may be demanding, but trusting in God provides renewed strength and perseverance to continue serving faithfully. As secretary, I would strive to bring a spirit of dependability, humility, and encouragement to the organization, remembering that the work we do can make a meaningful difference in the lives of others.



Treasurer ~ Marna Mohr

But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint (Isaiah 40:31).

The Lord will renew our strength for our new 2026-2028 biennium! We have \$70,000 in Mission Grants and \$20,000 for our Scholarships. Please keep those mites coming in!

I am happy to share with you a current accounting of our IED 2026-2028 biennium.



BUDGET FOR BIENNIUM 07.01.26—06.30.28

IED Budget

Mites-Outreach \$120,000

Mites-Inreach \$ 20,000

Mites-Budget \$140,000

Reimbursable Items \$ 39,250

IED Total Budget \$179,250

Student Aid Budget

Approved \$20,000

Dispersed \$ 0

Balance Remaining \$20,000

Mission Grant Budget

Approved \$70,000

Dispersed (2026-2028) \$ 0

Balance Remaining \$70,000

IED Budget Actual

05.02.26 Begin. Bal. \$7,423.74

Mite Budget Actual:

Income **\$10,366.96**

Expenses-Outreach \$ 6,794.21

Expenses-Inreach \$ 191.67

Total Mite Expenses \$ 6,985.88

Reimbursable Items Actual:

Income **\$ 386.00**

Expenses \$ 6,810.14

Total Income Actual: \$18,176.70

Total Expenses Actual: \$13,796.02

End. Bal. 06.30.26 \$ 4,380.68

Serve the Lord with your mites!



Financial Secretary ~ Jo Johnson

The report below shows all memorials and special gifts from January 1, 2026 through June 30, 2026. 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: Jo Johnson
1420 79th St Trl
Belle Plaine, Iowa 52208

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

LWML IOWA EAST DISTRICT MEMORIAL RECORD January 1, 2026 to June 30, 2026

IN MEMORY OF

Janis Hinrichs
Janis Hinrichs
Janis Hinrichs
Phyllis Hummel
Duane Bahlmann
Irma Jensen
Georgia Schmidt
Janis Hinrichs
Doris Maas
Janis Hinrichs
Rozella (Rosie) Steinke
Gert Gammon
Carolyn Thesing
Kathy Eick
Ann Bahlmann
Helen Krueger
Clarence Huck

DONOR

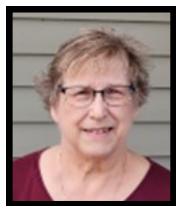
Newhall, Jeanne Duffy
Marengo, Marna Mohr
Marengo, St John's Ladies Aid
Reinbeck, St John's Dorcas
Waverly, St John's Dorcas Society
Elma, St Peter LWML
Elma, St Peter LWML
Williamsburg, Helen Huedepohl
Williamsburg, Helen Huedepohl
Cedar Rapids, Mary Becker
Cedar Rapids, King of Kings LWML
Clinton, St John's Ladies Aid
Reinbeck, St John's Dorcas
Iowa City, Our Redeemer Mission Guild
Waverly, St John's Dorcas
Waverly, St John's Dorcas
Waverly, St John's Dorcas

TOTAL MEMORIALS MONEY RECEIVED: \$640.00

SPECIAL OCCASIONS REMEMBERED

SPECIAL OCCASION (None) DONOR (None)

**TOTAL MEMORIALS & SPECIAL OCCASIONS MONEY
RECEIVED: \$640.00**



Member Development ~ Karen Boehme

Many thanks to those who remembered the IED YWR's at the IED Convention 2026 with appreciation gifts, visits, encouraging words, prayers, etc. Everything was truly appreciated!

Looking ahead to the National Convention 2027, LWML IED is searching for young women 22-35 (ish) years old to represent us on July 8-11, 2027 in Oklahoma City, OK.

Beginning September 1, 2026, application forms will be available at <https://lwml-ied.org>. **The applicant completes the form online to be directly emailed to our LWML IED President Angie Banko and the Member Development Committee.** Please contact Karen Boehme at 319-239-3463 or memberdev@lwml-ied.org for details. Thank you!



ARE YOU AVAILABLE TO SERVE WITHIN IED?

Open Positions that need to be filled:

- **Parliamentarian** -- Interpret and apply Rules of Order at IED Conventions. For further information contact President Angie Banko at president@lwml-ied.org.
- **Editor** -- Set themes, collect articles, and put together quarterly newsletters for IED before sending out to all of IED. Could include issues before and after conventions and retreats. For more information, contact Annette Raebel at editor@lwml-ied.org.
- **Editor Assistant** -- Assist the Editor as needed, but especially with proofreading each edition. Contact Becky Gluesing at vpcommunications@lwml-ied.org.

"Mission Possible Day" is an LWML event focused on raising funds for mission grants that support various ministries and outreach efforts. It's a re-branded version of the previous "September to Remember" event, emphasizing the LWML's commitment to sharing the Gospel, serving communities, and making missions possible.

From LWML President Eden — "Mission Possible Day" is a day when we come together, in faith and action, to make an eternal impact through the mission grants we support. Mark your calendars for September 15, 2026, and join us to transform lives and spread His love. Together, we can make a difference!

Learn more at lwml.org/givingday



Lutheran Women in Mission Sunday 2026

[From the LWML website] Traditionally, LWML Sunday is celebrated the first Sunday in October, but Lutheran Women in Mission Sunday can be celebrated any time.

This year's theme continues a four-year cycle focusing on the LWML Mission Statement – *As Lutheran Women in Mission, we joyfully proclaim Christ, support missions, and equip women to honor God by serving others.* This year we will focus on **Supporting Missions**. This year's theme is based on the texts: Ecclesiastes 3:9-15, Galatians 2:1-10, and Mark 10:35-45.

Christ Jesus our Lord asks us to be wise stewards of His good gifts. St. Paul, while proclaiming the Gospel, was also concerned for those who suffered. There were so many mission efforts taking place. As believers today, we also are eager to follow the example of Christ and aid those in need. The Spirit of God places that eagerness to serve upon our hearts. We can't be everywhere to aid the missions, firsthand, that are set before us. The Lord does allow us to support those efforts that go forth in His name. May the Lord grant to us supportive hearts.

Below is a letter received by the IED Retreat's host zone in appreciation for the servant event items that were donated to the Armed Forces.



Ministry to the Armed Forces
The Lutheran Church—Missouri Synod
Chaplain Craig G. Muehler, CAPT, CHC, USN (Ret)
Director, Ministry to the Armed Forces
1333 S. Kirkwood Road, St. Louis, MO 63122
Phone: (314) 996-1337 • Email: lcmschaps@lcms.org

Angie Banko
LWML IED President
1901 Amherst Avenue
Muscatine, IA 52761

July 29, 2026

Dear Ladies of the Iowa East District LWML,

Grace, mercy, and peace to you in Christ Jesus!

Thank you for the wonderful care packages you assembled during your summer retreat at Io-Dis-E-Ca. We are deeply touched by your note sharing that these gifts were prepared as a joyful response to your theme, *Freedom in Christ*. What a beautiful reminder that our freedom in Christ moves us to love and serve our neighbors.

Your generosity will have a meaningful impact. The snacks and supplies you provided will be included in care packages sent to our deployed LCMS chaplains and the service members they serve in Poland, Kosovo, and aboard the USS Bougainville. These packages are much more than a collection of useful items; they are tangible reminders that God's people have not forgotten them. Your message of hope and your prayers will be a source of comfort to those serving far from home.

Our chaplains often use these care packages to build relationships, care for service members, and share the hope of the Gospel. Through your generosity, you are partnering with them in bringing Christ's love and the hope of His promises to those serving overseas.

Thank you for your faithful support of Ministry to the Armed Forces and for remembering our deployed military personnel through your prayers and generous gifts. We are grateful for your partnership in this important ministry and for your commitment to sharing Christ's love with those who serve.

May the Lord continue to bless the women of the Iowa East District LWML as you faithfully proclaim the Gospel and serve His people.

In Christ's Service,

A handwritten signature in blue ink, appearing to read "Craig Muehler".

Rev. Craig G. Muehler
CAPT, CHC, USN (Retired)
Director, LCMS Ministry to the Armed Forces

A handwritten note in blue ink that says "Thank you," followed by "God Bless you" with a heart symbol and a flourish underneath.

ZONE & SOCIETY NEWS

BENTON ZONE -- After Co-Hosting the 2026 Convention this past June, we are continuing to work fervently Rooted in Christ! On July 19th St. Stephens Women in Mission hosted an Old Fashioned Church Picnic. We played Horse Shoes, Bingo, Corn Hole, and Chalk on the Walk. We also had a pie contest judged by veterans from our congregation. Lots of fun and GREAT FOOD! Our Fall Rally will be held at St. Stephens in Atkins on October 20, 2026 with registration at 8:45 AM and opening service at 9:00 AM. and with a theme keeping with our country's 250th birthday. This summer also noted Vacation Bible School being held for our youngsters, many involving our LWML groups as planners and teachers.

CEDAR RAPIDS ZONE -- Thank you to the Cedar Rapids Zone members who helped to contribute to the success of the 2026 IED District Convention. We had two YWR's who attended in addition to delegates from many of our LWML groups. Our fall event will be on September 26th at St. Paul, Marion. The theme will be from Proverbs 22:6 – *Train up a child in the way he should go, even when he is old he will not depart from it.*

CLINTON ZONE -- Six members of the Clinton Zone attended the IED District Convention. The Fall Rally will be held at Trinity, Clinton, on October 17. We will assemble school kits for Orphan Grain Train as a servant event.

DAVENPORT ZONE -- Our zone is doing well. Tammy McKay attended the IED District Convention. Davenport and Clinton are planning the 2028 IED District Convention and we met June 28 to begin discussions.

DUBUQUE ZONE -- Three members of Dubuque Zone attended the IED District Convention. Plans for the fall rally are in progress.

ELDORA ZONE -- The Eldora Zone held a Summer Event on July 9 at St. John's Lutheran Church in Hubbard. Our speaker Grace O'Neal has served one year as a missionary to Auerbach, Germany. Grace gave a very educational talk about her year there with a team. After her speech a Bible/LWML Bingo game was played and 20 hygiene kits were put together for Orphan Grain Train.

MARSHALLTOWN ZONE -- Our zone was represented at the District Convention by a half dozen or so members. We look forward to hearing about their experiences at our fall zone board meeting. The date for our Fall Rally is set for October 3rd at Trinity, State Center. The speaker will be Rev. Dr. James Lamb. The rally will be a half day in the morning with lunch included. Other details are yet to be determined.

MT. PLEASANT ZONE -- We had several members from our zone attend the IED District Convention and the district retreat. We enjoyed both very much. The servant events at the retreat kept us very busy and it is so nice to know many people (some far, far away) will know about IED LWML. We will not have a fall rally. Our board will meet on August 22nd at Faith Lutheran in Mt. Pleasant.

ST. ANSGAR ZONE -- Eight women from four of the St. Ansgar Zone's societies attended the IED District Convention. Bethlehem, Mason City, will be hosting the Fall Event on October 10th. Our speaker will be Pastor Karl Bollhagan on behalf of Lutheran Heritage Foundation. The summer board meeting is planned for August 23rd.

WATERLOO ZONE -- Thirteen women from the Waterloo Zone attended the IED District Convention. Immanuel in Cedar Falls will be hosting the Fall Gathering - date and time to be determined.

WESTGATE ZONE -- The Westgate Zone had 11 members attend the IED District Convention, that included our two YWR's - Rachel Gonzales and Madison Post. Our Fall Rally is scheduled for Saturday, September 26th, at St. Peter, Westgate and hosted by the ladies from St. Peter, Westgate and St. Paul's/St. John's, Sumner. Our zone is planning a Servant Day on Tuesday, September 8th at the Commons of Immanuel, Klinger. A Thrivent Grant will assist with funding teacher kits, pillowcase dresses, and quilts for Orphan Grain Train. We will also help assist with the assembly of sleeping mats.

WILLIAMSBURG ZONE --

Our zone was represented at the IED District Convention by 10 women who all enjoyed it. St. Paul's, Williamsburg, will be hosting our fall rally on September 22, 2026. More details to follow after our planning meeting which will be in August.

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ISAIAH 40:31 ESV

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.**

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