

# The Contact August

## Zion in July



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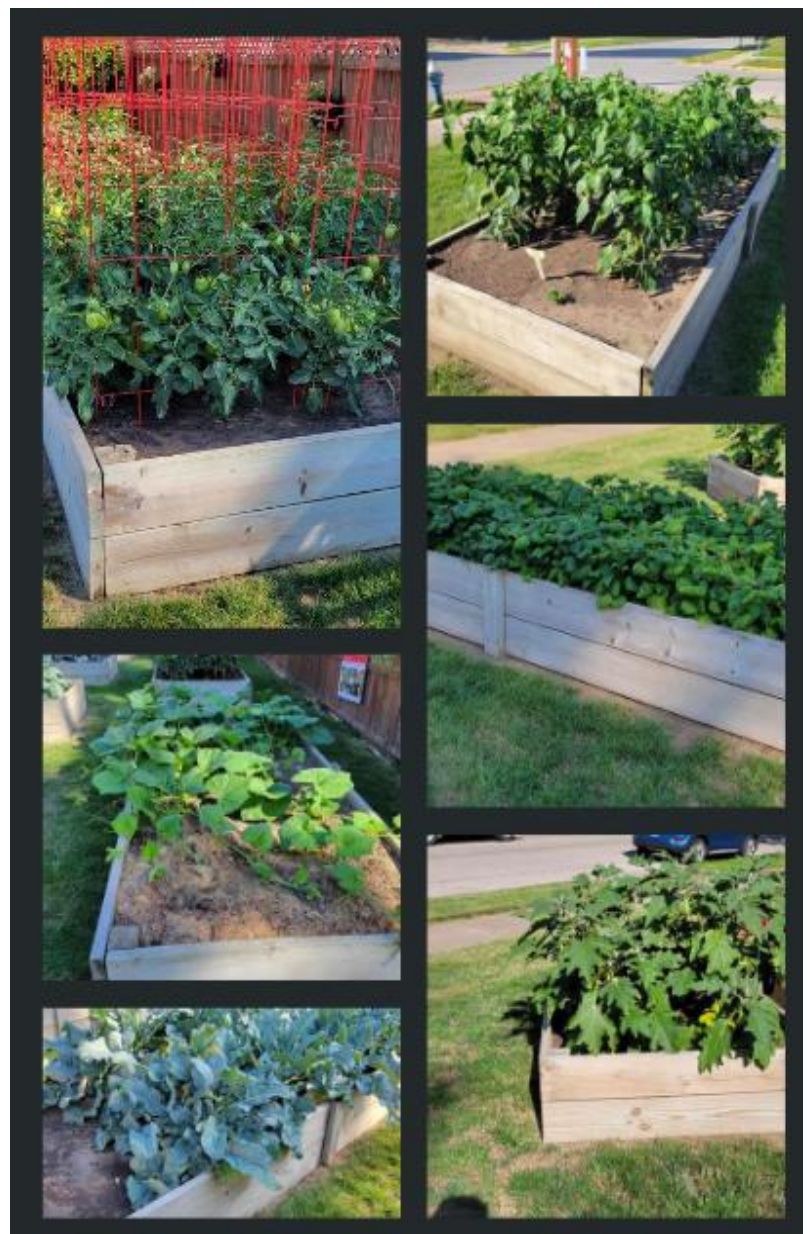
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## Message from Pastor Willie:

### Great Expectations

The longer that I am a husband, dad, and pastor, the more I refine my theory of expectations, which includes an expectation equation. My theory of expectations goes like this. Much of life, especially lived in relationships, involves managing expectations. I attempt to manage my wife's expectations, my children's expectations, congregational expectations, and my own expectations. The challenge of this balancing act occurs when these expectations intersect and sometimes conflict with one another – sometimes I refer to it as “a lot of plates spinning on a lot of different sticks”.

For example, I love to fish. Yet I have not wet a line since sometime back in May. Why? Because of schedules and expectations. As an ordained minister of Word and Sacrament, I am expected to do such things as prepare worship services, write sermons, visit the sick and dying, bury the dead, preside at weddings, baptize those who desire baptism, serve Holy Communion, and provide pastoral care to those in need, not to mention leading worship every week. If I have free time when I have the expectations of my call to ministry satisfied, then I could think about going fishing, right? However, our kids are involved in various activities. When the weather is favorable for fishing, they really want to go swimming. In the evening, when I would LOVE to be fishing for bluegills around sundown, that is bedtime in our house and bedtime normally takes all hands on deck. By the time the kids fall asleep it is too late to go fishing. And let's not forget about the garden I need to tend as well. So I have met the expectations of the congregation, my wife, and my children while my expectation of going fishing goes unsatisfied.

However, I am not upset about this. Why? Because I have managed not only those expectations, but also my own expectations. My hopeful expectation to go fishing is tempered by the realization that I am accountable to more than just myself. So if I do not actually expect to go fishing, I will not experience disappointment about that expectation not coming to fruition.

This is where the expectation equation comes into play. The difference between expectation and reality is either the level of frustration/disappointment or the level of joy experienced. If my expectation is that I would go fishing four nights per week, I will spend my entire life frustrated beyond measure. Because that simply will not happen. If I expect to go fishing a couple of times per month, that expectation is realistic. With the realistic expectation in place, if I get out twice in one week, then I experience joy because I will have exceeded my expectations!

Expectations occur in any relationship. When we clearly communicate expectations and set realistic expectations, the relationship can be healthy and life-giving. When expectations are unrealistic, the relationship can be dysfunctional and life-draining. If you find yourself frustrated or disappointed with yourself or someone else or if someone is frustrated or

## Message from Pastor Willie Cont'd):

disappointed with you, ask yourself, “Are the expectations here realistic?” If we do not set realistic expectations for ourselves and others, we cannot possibly experience the satisfaction of those expectations being met. Be realistic, patient, and forgiving with those for whom you have great expectations. Even and especially with yourself.

Peace,

Pastor Willie Rosin

### Prayground Q&A Session – August 6<sup>th</sup>

The Worship Committee and the Youth/Parish Ed. Committee have collaborated on a plan to create a space for young children during worship called the Prayground. The goal is to provide a space for children to be present and active in worship while providing a space for them to move around and use quiet toys and activities related to worship, Holy Baptism, Holy Communion, and Bible stories. The families of the children using the Prayground will provide supervision during the worship service.

We have received some questions about the Prayground plan and the Zion Council, along with Worship Committee and Youth/Parish Ed members will host a Q&A session following worship on August 6<sup>th</sup>. If you are curious about the Prayground, please join us for worship and the Q&A session. Thank you!

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### Altar Guild:

Week 1: Richardsons  
Week 2: Sheryl & Sarah  
Week 3: Pusateris  
Week 4: Starkweathers  
Sub: Hansons

**Lunch Bunch AUG 10  
11:30 @ China Garden**

### Contact News

All newsletter information and articles for the September Contact are due by the end of day on **August 25.**

### Birthdays Over 80:

\* Sharon Martin 8/01  
\* Mike Carter 8/11  
\* Evie Marr 8/20

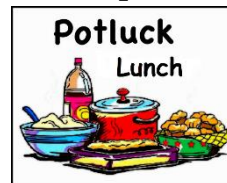
\* 80-89 Years Young  
\*\* 90-99 Years Young  
\*\*\*100 Years Young

## Did you know?

Total Offering Received For Week 7/23/23	\$3371
YTD Offering Received	\$129,378
Remaining Weekly Offering Required to Meet Weekly Budget	\$5667

YTD Food Pantry	YTD Bag of Blessings	YTD Quarters for Hunger
\$355	\$500	\$164.90

On **August 8** we will have a lunch time potluck upstairs in Fellowship Hall beginning at 12 p.m. The potluck is open to anyone who would like to join us and bring a dish to share. Tea and water will be provided. The next date will be Tuesday, October 17.



## Congratulations!!



Twin baby girls were born on Sunday, July 16. Hazel Maeve and Charlotte Evelyn to Kathleen and Brandon Davis. Their grandparents are Dave and Gail Pusateri.

**Thank You & Congratulations to Kirk Sears** for making the decision to lead the building/property committee.

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### **Birthdays:**

Ronald Oostendorp 8/01  
Larry Martz 8/05  
Jan Drumm 8/07  
Thomas Burzlaff 8/07  
Aurora McBride 8/07  
Evelyn Christophersen 8/08  
Charles Potter 8/09  
Lorinda Morgan 8/11/  
Bruce Miller 8/15  
Evan Hatcher 8/15  
William Rosin 8/16  
Karla Sander 8/22  
Lanny Creamer 8/22  
Evie Evans 8/25  
Grace Garrett 8/25  
Julie Frye 8/26  
Pat Tiecke-Collins 8/27

### **Usher Schedule**

Riley Padgett  
Mike Watson  
Mark Perisho  
Bill Toyne

### **KEEP IN YOUR PRAYERS**

Kristy Keith, Bill Tiecke, Patty Lange, Butch Doyle, Evelyn Christophersen, Billy Rueckert, Rev. Bill Dyar, Tim Halloran , Melody Evans & Pat Richardson.

### **Z Book Club**

Z book Club will meet on Monday night, August 7, 2023 at 5:30 PM at Diamond Daves. We are reading *Lilly and the Octopus* by [Steven Rowley](#) (Author) The current cost on Kindle is 1.99.



Ted—a gay, single, struggling writer is stuck unable to open himself up to intimacy except through the steadfast companionship of Lily, his elderly dachshund. When Lily’s health is compromised, Ted vows to save her by any means necessary. By turns hilarious and poignant, an adventure with spins into magic realism and beautifully evoked truths of loss and longing, *Lily and the Octopus* reminds us how it feels to love fiercely, how difficult it can be to let go, and how the fight for those we love is the greatest fight of all.

Introducing a dazzling and completely original new voice in fiction and an unforgettable hound that will break your heart—and put it back together again. Remember the last book you told someone they *had* to read? *Lily and the Octopus* is the next one. “Startlingly imaginative...this love story is sure to assert its place in the canine lit pack...Be prepared for outright laughs and searing or silly moments of canine and human recognition. And grab a tissue.

### **Thank You**

"Thank you to everyone for the calls, visits, cards and prayers during my recent illness and hospitalization. They have been a great source of support. My recovery is in progress. I continue to be blessed.

Thanks be to God!"

Rodger Roskens

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### Anniversaries:

Gail & Dave Pusateri 8/06  
Jacob & Kelsie Dornbush 8/08  
Jeff & Denise Baird 8/11  
Sue & John Robinson 8/13  
Wendi & Scott Meerdink 8/19  
Jurgen & Jan Boche 8/20  
Thomas & Susan Burzlaff 8/20  
Robert & Mary Martz 8/21  
Dale & Sue Wilder 8/26  
Richard Jr. & Anna Stange 8/31

### Over 50 years:

**Thanks** to all who contributed  
to the food drive in July!!  
Our cart runneth over!!



WALK. GIVE. CHANGE THE WORLD.

## Muscatine CROP HUNGER WALK

OCTOBER 01, 2023

MUSCATINE, IOWA

The annual Muscatine Crop Walk will be Sunday, October 1 at 2 pm. As a representative of Social Ministry, Vivien Halloran has registered Zion Lutheran Church of Muscatine as a team online. Please consider joining Vivien and Tim in walking this year and donating money. Every bit helps.

If we work together, we can end world hunger. That's why we're participating in the 2023 CROP Hunger Walk to support CWS and help families who are struggling with hunger. Please join us with your steps and your donations. Together we will provide more meals for the growing number of people in our community who need them and create greater food security in communities around the world.

The team can be viewed at  
<https://events.crophungerwalk.org/2023/team/zi-on-lutheran-church-of-muscatine>

**CROP  
HUNGER WALK**  
ENDING HUNGER ONE STEP AT A TIME  
BY  **CWS**

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### Upcoming Meetings:

**August 10- 1:00 p.m.** Group 5  
Pizza Ranch.

**August 24 -6:30 p.m.** Joy Circle  
**Reminders:**

**Men's Bible Study** meets every  
Wednesday morning at 6:30 a.m. at  
the All American Diner.

### Christians Underground –

We have an additional Bible  
study/discussion group opportunity in  
Muscatine called Christians  
Underground. Pastor Aleese Kenitzer  
from Shepherd of the Cross leads this  
group in discussion about the Revised  
Common Lectionary texts for the  
upcoming Sunday. They meet  
weekly on Wednesdays at 12:00 p.m.  
at Geo Johnz Pizza (203 E 2nd St.)  
for about an hour. This invitation is  
open to all three ELCA congregations  
in Muscatine.

### Food For Thought

If God is your co-pilot, switch seats.

### Sunday Evening Worship!!

Please join us on August 20th, and  
August 27th at 6 p.m. We will  
worship in the chapel area off of  
Fellowship Hall. The service will  
include the celebration of Holy  
Communion.

## FUNERAL FOOD SERVERS

We are compiling a list of Zion's members who are willing to serve food following a funeral at Zion. This is on a rotating, as-needed basis, requiring 3-4 people. It might take place on a weekday or a Saturday. Coffee will be made, and served, catered food will be set out, tables will be wiped, and dishes will be washed. You might be called to serve 1-2 times per year. If interested in helping, please call Leslie Watson (563-299-6058) or Gail Pusateri (563-264-5719).

### Calendars Wanted

Ruth Starkweather would like your help!!! Any new 2024 calendars you receive and don't want, bring to the church office and Ruth will make sure they get to Lutheran Living. The residents really appreciate them.



## August 20<sup>th</sup>

**Backpack Blessings** will occur during worship. There will be a backpack blessing for any student who would like to bring in their backpack to have it blessed as they begin the new 23/24 school year.

### Faith Stepping Stones

7<sup>th</sup> graders will receive their Study Bibles and Faith Stepping Stone: Entry into Confirmation. Three year olds will receive their Story Bibles during worship. Three year olds begin Sunday School on **Sept. 11.**

### ELCA Youth Gathering Info Meeting Attention All 8-12 graders!

The youth gathering will be in New Orleans, LA July 16-20,2024. We are having an info meeting after worship in the MPR. If you have any interest in the gathe

## August 2023 LSI Article and Story

August 2023, LSI Bulletin/Newsletter Article  
Back to School Month

Saying goodbye to summer and transitioning into a new school year can be a difficult time for many adolescents, especially those with emotional or behavioral disorders. LSI has 27 therapists that provide mental health counseling to individuals of all ages through in-person therapy in over 20 locations across the state and virtual therapy in all 99 counties. In 2022, our Clinical Services team served more than 1,000 clients, totaling 14,000+ therapy sessions for Iowans of all ages.

In addition, our Behavioral Health Intervention Services team wraps care around a child's entire family to empower them with skills like anger management, healthy decision-making and problem-solving. In 2022, the BHIS team served over 250 clients, resulting in more than 3,900 therapy sessions for children and their families.

Through LSI's Trauma Informed Care program at the Juvenile Detention Center in Waterloo, our staff work with the teens by completing trauma assessments on each adolescent and providing a summary to their juvenile court officers. The LSI staff also facilitate both individual and group therapy sessions with the teens to help them deal with their trauma and work through it in a productive way.

If you or someone you know could benefit from therapy – even from the comfort of your own home – reach out by calling 888.457.4692 or visiting [LSIowa.org/therapy](https://LSIowa.org/therapy). We thank you for your support of LSI's mission as we respond together to the love of Jesus Christ through compassionate service! We know there are more Iowa children and families in need of this critical care. If you would like to learn more about how you can give a gift to support these crucial services, please contact Deb Whitford, LSI senior director of philanthropy and church relations, at [Deborah.Whitford@LSIowa.org](mailto:Deborah.Whitford@LSIowa.org) or 563-676-2065.



# Sing with Us!

Choirs are free!  
Register online at  
[tinyurl.com/33vdsrdx](https://tinyurl.com/33vdsrdx)  
or use this QR code:



## MUSCATINE YOUTH, CHILDREN'S, AND LITTLEST ANGELS' CHOIR

### *Youth Choir*

This community choir is open to Muscatine area students in 6th-12th grade. They will begin their choir season on Sunday, August 27. Dr. Dan Laaveg directs the Youth Choir, which rehearses on Sundays from 3:30-4:45pm. Their main performances will be December 10 & May 12, with additional singing opportunities expected.



### *Children's Choir*

The Muscatine Children's Choir consists of 3rd-8th graders and meets every Monday from 4:00-4:45 p.m. at Wesley, starting on September 11. Sally Potter directs the group. Their main performances will be December 10 & May 12, with additional singing opportunities expected.



### *Littlest Angels' Choir*

This youngest community choir, consisting of K-2nd graders, also meets every Monday from 4:00-4:45 p.m. at Wesley, starting on September 11. Dan Laaveg directs the choir. Their main performances will be December 10 & May 12.



### CONTACT

Dan Laaveg, Wesley Music Director

Email: [danlaaveg@wesleyonline.org](mailto:danlaaveg@wesleyonline.org)

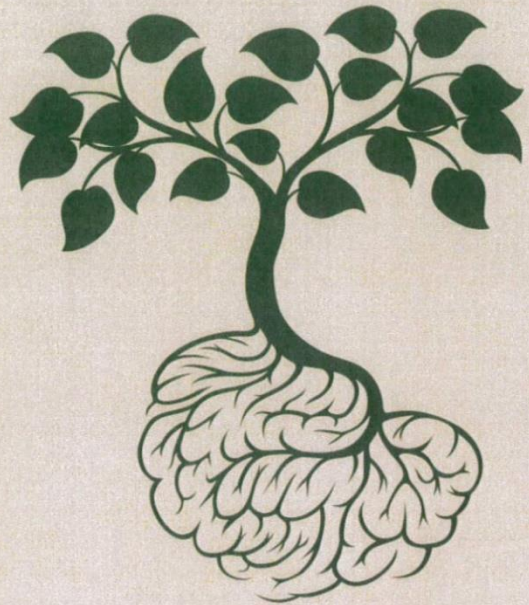
Phone: 563-263-1596

Website: [wesleyonline.org/music/](https://wesleyonline.org/music/)



Project Rise Above

EST. 2023



## About Us

Project Rise Above provides a safe and welcoming environment for individuals who are experiencing a mental health crisis and who voluntarily choose temporary respite services to restore well-being and the ability to manage their lives.



563-261-1074

Riseabove@mcsaiowa.org

205 E. 5th St. Muscatine,  
IA 52761

## Our Service

- **Community-based non-clinical support.**
- **Voluntary, short-term program.**
- **Peer support and encouragement for individuals experiencing increased stress, a mental health crisis, and those struggling with alcohol & substance abuse.**



# In-kind Donation Items

New or Gently Used Items Accepted

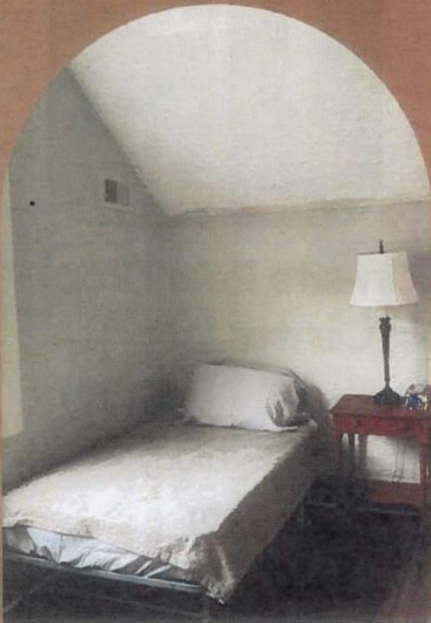
Kitchen utensils  
Pots and pans  
Microwave  
Silverware  
Plastic dishes  
Pizazz  
Air fryer  
Toaster  
Large coffee maker  
Coffee filters  
Coffee  
Creamer  
Pitchers  
Hygiene products  
Art supplies  
Journals

2 - 13 gallon trash cans  
10 - small trash cans  
Hanging paper towel holder  
Paper shredder  
Dishwasher soap  
Handsoap  
3 - twin bedding sets  
Bath towels  
Washcloths  
Kitchen towels  
Paper towels  
Toilet paper  
Paper plates  
Nonperishable foods  
Microwave meals  
Boxed meals  
Bottled Water  
Gatorade  
Powerade  
Breakfast essentials



# Our goal

We aim to decrease the number of presentations to the ED for mental health and substance use and increase the number of referrals to community-based programming for people experiencing a crisis. Project Rise Above offers individuals a safe space to access wellness tools, receive referrals to services to address their needs, and provide them with ongoing support from someone who has lived experience and is in active recovery.



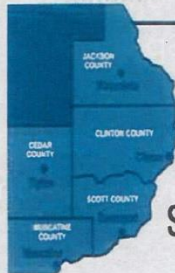
## Contact Us:

- 563-261-1074
- Riseabove@mcsaiowa.org
- www.mcsaiowa.org
- 205 E 5th St.  
Muscatine, IA 52761

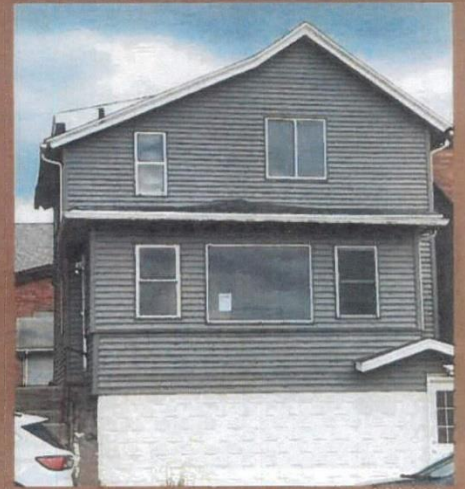
Project Rise Above is a program of



Funding provided by:



Eastern Iowa  
Mental Health  
and Disability  
Services Region



Project Rise Above offers voluntary services including connections to resources within the community to meet an individuals needs and self-developed goals.



## Services Provided

24/7 access to Peer Support Specialists (PSS). A PSS is an individual with lived experience personally recovering from addiction, mental illness, or other life crises.



WRAP - Wellness Recovery Action Plan  
 SMART - Self-management and Recovery Training



Collaboration with community resources such as; Robert Young Mental Health Center; Eastern Iowa Mental Health and Disability Services Region.



## Our Mission

Project Rise Above will offer peer-to-peer support to individuals experiencing a life-disrupting challenge. Peer Support Specialist are able to offer guidance and resources to advance hope, recovery and wellness.

## Our Values

- We share our own stories of recovering, our mental health struggles, making difficult choices, and living in active recovery.
- We support each individual's chosen path to recovery.
- We believe each client is a survivor and is capable, of overcoming life's challenges.



## On-site Peer Drop-in Center

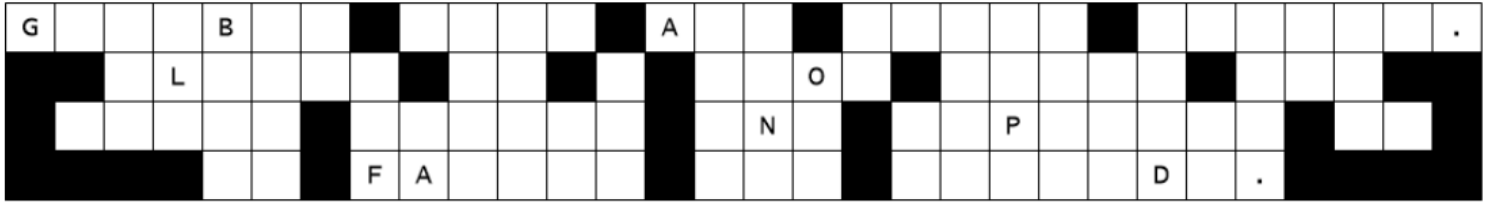
Open:

Monday - Friday

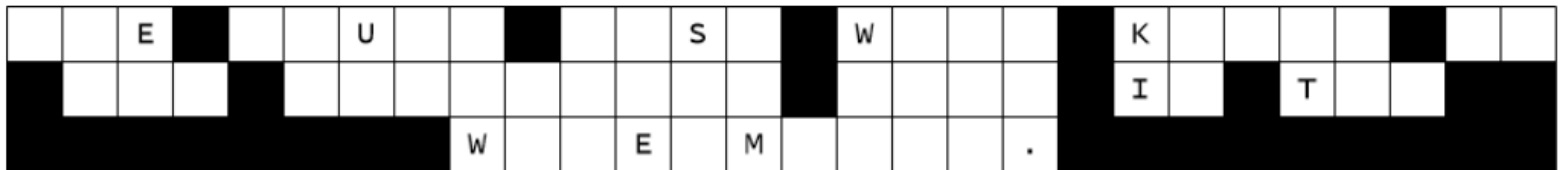
4 pm - 8 pm

\*Must be 18+ to enter

## Puzzle Page



G                    U L                    N                    L O  
 O E A                    B L E S                    A O                    H A O I N A S A D  
 O P D N Y E E M I I L A                    A D D H E R L N T E S G U S O  
 B R I M Y S S J M E Y Y                    G N D D F M I E N H U S N T T



   T                    O N  
 T                    R                    S C A T I R E                    L R E A                    N                    N  
 T H H E F M U I T A M O N T E A E L L                    S O W H E I N

### Try to rebuild the message.

The letters from each cell are below the puzzle.

Try to rebuild the original message by choosing the letters for each cell.

## August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7:00 pm Building Use - Scouts	2 6:30 am Men's Bible 6:30 pm Building AA	3	4 6:30 pm Building AA	5
<b>6 Bag Of Blessings</b> 9:00 am Worship 10:15 am Fellowship Prayground Q&A 5:00 pm Building AA 6:00 pm Worship	<b>7 Pastor's Sabbath</b> 5:30 Z Book Club 6:30 pm Building Use - AA	8 7:00 pm Building Use - Scouts	9 6:30 a.m. Men's Bible 6:30 pm Building Use - AA	10 11:30 am Lunch Bunch @ China Garden 6:30 pm Council Mtg	11 6:30 pm Building Use - AA	12
13 9:00 am Worship 10:15 am Fellowship 5:00 pm Building Use - AA	<b>14 Pastor's Sabbath</b> 6:30 pm Building Use - AA	15 12: Lunchtime Potluck 1:00 p.m. Group 5 Pizza Ranch 7:00pm Trust Fund Meeting	16 6:30 am Men's Bible 6:30 pm Building Use - AA	17	18 6:30 pm Building Use - AA	19
<b>20 Q 4 Hunger</b> 9:00 am Worship Backpack Blessings Faith Stepping Stones 10:15 am Fellowship ELCA Youth Meeting 6pm The Table Worship	<b>21 Pastor's Sabbath</b> 6:30 pm Building Use - AA	22 7:00 pm Building Use - Scouts	23 6:30 am Men's Bible 6:30 pm Building Use - AA	24 6:30 p.m. Joy Circle	25 6:30 pm Building Use - AA <b>Contact info due</b>	26
<b>27 Food Pantry</b> 9:00 am Worship 10:15 am Fellowship 5:00 pm Building AA 6pm The Table Worship	28	29 7:00 pm Building Use - Scouts	30 6:30 am Men's Bible 6:30 pm Building Use - AA	31		