

DMARC E-Bulletin

For the week of February 3, 2009

Here are this week's announcements. Please help publicize these events in your congregation's bulletin, newsletter or bulletin board or pass the information to someone who can benefit from it.

DMARC ANNOUNCEMENTS

DMARC PREFERRED PERSONAL PRODUCTS DONATION SITES:

Needed items include: *diapers, baby wipes, baby powder, deodorant, toothbrushes, toothpaste, shampoo, bars of soap, razors and feminine hygiene products.*

BIDWELL RIVERSIDE CENTER, 1203 Hartford Ave., DM 50315 244-6251

Contact: Josh/Cassie

CITY OF WEST D.M. HUMAN SERVICES, 318 5th St., WDM 50265 222-3660

Contact: Tammy Lage

COMMUNITY SERVICES SITE ON 6TH, 1618 6th Ave., DM 50311 248-6241

Contact: Danita Parker

DOWNTOWN FOOD PANTRY SITE, 701 Grand Ave., DM 50309 243-1381

Contact: Sherry Kepner

IOWA HOMELESS YOUTH CENTERS, 1219 Buchanan St., DM 503126 265-1222

Contact: Nikki Dempsey

RED ROCK COMMUNITY ACTION PROGRAM, Neveln Resource Center, # 305, 406 SW School St., Ankeny, 50023 965-0433 Contact: Sharon Brooks

ST. MARY FAMILY CENTER, 1815 Hubbell Ave., D.M. 50316 262-7290

Contact: Susie Paloma

SALVATION ARMY SOCIAL SERVICES, 1300 6th Ave or 1216 E 25th Ct., DM 50314/ 50317- 282-3422/ 266-3156 Contact: Shireen Braman/Joanne Norelius

All preferred sites report collections to DMARC which allows us to track distribution and to better serve those in need.

Sack Saturday Opportunities

Are you looking for a way to get more involved in the community? Each month the Des Moines Area Religious Council seeks volunteers to participate in Sack Saturdays.

Participants are asked to commit two hours to greeting shoppers at local grocery stores and encouraging either their purchase of sacks of food items costing \$5.00, individual items of food (such as peanut butter, cereal, pasta, soups) or cash. The food items collected are used to supply local food pantries in the Des Moines area. Money collected is used to purchase additional food items. This is an ideal opportunity for church, business or civic groups to work together to help meet a need in our community.

Please contact Cindy Morton, DMARC Red Barrel Coordinator at 277-6969 or 238-4593 to sign up for a sack Saturday.

DMARC Emergency Food Pantry Needs Paper Grocery Bags

DMARC's nine food pantries are in need of paper grocery bags in good condition. The pantries reuse paper sacks for packing food items to be given out to those in need. Large quantities of these paper sacks are consumed in the process, and the need is ongoing. Purchasing paper grocery sacks is not possible due to cost, and therefore, recycling paper sacks for this purpose is our only option. If you have extra paper sacks, you can drop them off at DMARC or any of our nine pantry locations.

UPCOMING EVENTS

The Des Moines Area Religious Council makes every effort to provide accurate and useful general information in its E-bulletin but accepts no liability for the use of the material by individuals or organizations. We gladly distribute information from individuals, congregations and other agencies but our inclusion of such material should not be construed as sponsorship or endorsement by DMARC.

FEBRUARY

Wednesday, February 4

DES MOINES AREA REGIONAL TRANSIT AUTHORITY PUBLIC INPUT

Offer your input at the Kirkendall Public Library, 1210 NW Prairie Ridge Drive in Ankeny, from 12:00 – 1:30 p.m.

Thursday, February 5

DES MOINES AREA REGIONAL TRANSIT AUTHORITY PUBLIC INPUT

Offer your input at the Des Moines Central Library, 1000 Grand Avenue in Des Moines, from 12:00 – 1:30 p.m. and from 7:00 – 8:30 p.m.

Saturday, February 7

HEALTHY POLK 2020 COMMUNITY CAUCUS

From 8:00 a.m. – noon anyone interested in the future health priorities for Polk County is welcome to join the caucus at the Hotel Fort Des Moines, 1000 Walnut Street in Des Moines.

For more information, visit www.healthypolk.org.

Saturday, February 7

DANCE FOR YOUR HEART!

Iowa Health invites you to dance your way to a healthier heart. From 1:00 – 5:00 p.m. at the Val Air Ballroom, the afternoon will be filled with exciting, interactive dance demonstrations. There will also be hands-on displays, blood pressure checks, BMI testing and much more.

Visit www.iowahealth.org/livewell for more information.

Sunday, February 8

FREE ALL-DAY TAX RESOURCE AND PREPARATION FAIR

From 9 a.m.-3 p.m. at the United Way Human Service Campus, 1111 9th Street in Des Moines, trained tax preparers will be on hand to process taxes and connect eligible filers to the Earned Income Tax Credit (EITC). Filers can also take part in a resource fair and get access to services and supports such as legal aid, housing, banking, savings, and health information. Visit www.makingconnectionsdm.org to download the current schedule of free tax preparation sites in Des Moines and surrounding communities, or call 2-1-1.

Tuesday, February 10

DES MOINES AREA REGIONAL TRANSIT AUTHORITY PUBLIC INPUT

Offer your input at the Kirkendall Public Library, 1210 NW Prairie Ridge Drive in Ankeny, from 7:00 – 8:30 p.m.

Thursday, February 12

WORKSHOP: WHY BOTHER WITH THE CHURCH?

How necessary is the church? This workshop will work on a solution to this question. This is an essential program for all pastors and other religious leaders and lay leaders seeking guidance on successful congregations. This event will be held in the UCC Conference office and hosted by Gus Nelson, director of Project 21 and former executive presbyter of the Des Moines Presbytery. The workshop runs from 9:30 a.m. – 3:00 p.m. and costs \$25, payable in advance to the Iowa Conference, 600 42nd St., Des Moines 50312. There will be advance reading.

Monday, February 16

BLOOD DRIVE

Westminster Presbyterian Church is hosting a Blood Drive for The Blood Center of Iowa from 3:00 p.m. to 7:30 p.m. The Blood Drive will also be a fundraiser for CROSS Ministries, a social outreach program of the Presbytery of Des Moines and Cottage Grove Presbyterian Church. For every donor registered, Westminster will give \$5 to CROSS Ministries.

To make an appointment for the Westminster Blood Drive, please contact Sue Freeman, 473-4699, or call the church office, 274-1534. Walk-ins are welcome.

Saturday, February 21

REGIONAL WINTER GATHERING: FOOD IS EVERYONE'S MISSION

Plymouth United Church of Christ at 4126 Ingersoll Avenue in Des Moines is hosting this conference from 9:00 a.m. – 3:00 p.m. The moderator will be Mark Pearson, Host of IPTV's *Market to Market*, and the presenters are: Cheryl Tevis, Farm Issues Editor, *Successful Farming*; Craig Lang, President, Iowa Farm Bureau; Marv Baldwin, President and CEO, Foods Resource Bank. Foods Resource Bank (FRB) is a grassroots to grassroots organization that provides access to resources that allow small farmers around the world to grow their own food in a sustainable way. This event is an opportunity for growing projects to gather, network, and go home inspired. It is an invitation to others as well to visit with FRB volunteers and staff, to learn more about our work, and to get connected if you would like to join in.

To RSVP or for more information, call 563-589-0718 or 563-542-2870 or email ginger@foodsresourcebank.org.

Sunday, February 22

DES MOINES AREA RELIGIOUS COUNCIL FOOD PANTRY

DMARC's third annual Soup Supper at will be held at St. John's Lutheran Church from 4:30 – 7:00 p.m. The cost is \$10.00 per person and includes a free ceramic bowl made by a local artist.

Monday, February 23

CONFERENCE: CHILD HOMELESSNESS

This is a conference for homeless service providers, case managers, outreach workers, healthcare providers, legislators and anyone who works with homeless children or has interest in this topic. It runs from 8:00 a.m. – 1:00 p.m. at Blank Children's Hospital on the Iowa Methodist Campus, Thompson Auditorium, 1415 Woodland Avenue, Des Moines. There is no cost, but pre-registration is required. Visit www.blankchildren.org.

For more information, call 241-4233 or email Honeica2@ihs.org.

Saturday, February 28

CONCERT: VANCE GILBERT

Westminster's Anchor Coffee House, located at Westminster Presbyterian Church at the corner of Beaver and Franklin, will welcome accomplished guitarist, singer/songwriter and humorist Vance Gilbert. Described as a "quintessential musical poet," Boston-based Gilbert's pure tenor voice and acoustic guitar wizardry are captivating audiences across the country. His mix of well-crafted, touching lyrics and whimsical wit may just make you laugh and cry simultaneously. Anchor Coffee House doors open at 6:30 p.m. and showtime is 7:00 p.m. Specialty coffees and delicious desserts are available for purchase, and free childcare is provided. Tickets are \$12 in advance or \$15 at the door. Tickets can be purchased at Westminster Church on Sunday mornings and Monday-Friday, 8 a.m. to 5 p.m., or at Uptempo Music, 2714 Beaver Avenue in the Beaverville shopping district.

Call 274-1534 to purchase tickets by phone with credit card.

MARCH

Friaday, March 6

WOMEN HELPING WOMEN LUNCHEON

Des Moines Pastoral Counseling Center invites you to its annual luncheon featuring young award-winning Iowa author Kali VanBaale speaking on “Finding Sisterhood: An Unexpected Journey.” The luncheon is located at the Sheraton West Des Moines, 1800 – 50th Street in West Des Moines from 11:30 a.m. – 1:00 p.m. Tickets cost \$40 and include lunch.

Contact the Center for more information at 274.4006 or www.dmpcc.org.

Tuesday, March 10

DIETARY INFLUENCES ON MENTAL HEALTH

Des Moines Pastoral Counseling Center invites you to a free community education event featuring Billie Jo Gessmann, Wellness Coordinator at Swain Chiropractic. Get answers to your questions about the gut-brain connection, food dyes, additives, processed foods, etc. This informative event will be held at Plymouth Congregational Church, 42nd & Ingersoll in Des Moines from 5:30 – 6:30 p.m.

Contact the Center for more information at 274.4006 or www.dmpcc.org.

UPCOMING

June 25-28

CONFERENCE: NAINCONNECT'09

The North American Interfaith Network (NAIN) is a non-profit association with membership of interfaith agencies and organizations throughout Canada, the United States and Mexico. Its purpose is to provide communication, understanding and mutual strength among interfaith organizations, agencies and offices of denominations, religious, and educational institutions. The purpose of this conference is to bring together representatives of interfaith communities to inform each other, to share stories, ideas and strategies for interfaith education so that we can all become more affective.

The conference is held at Unity Village, approximately one hour from the Kansas City airport (MCI). There is no registration fee for high school or college students. For adults, legistration prior to May 15 is \$249 and after May 15, \$299.

For more information or to register, call 866-348-6489 or email SpiritPathCS@unityonline.org.

ANNOUNCEMENTS

Certificate Program Helps Grow New Community Leaders

The Neighborhood Resident Leadership Certificate Program helps ordinary citizens use the power of their innate skills to get involved in their neighborhoods and lead efforts for positive change. It's open to anyone interested in polishing their skills in working with others to solve problems, but if you live in Des Moines' low and moderate income neighborhoods, including Making Connections neighborhoods, scholarships are available, allowing you to take many classes for free.

Core courses for the 2009 spring semester begin February 17 and end April 2. They are held at the DMACC Urban Campus, 1100 7th St., Building 2, Room 103 on Tuesday and Thursday evenings. Elective classes run April 7-May 7.

To register, obtain course information, check eligibility for a scholarship, or learn more, contact Des Moines Neighborhood Resource Office, (515) 280-1807.

Now in its second year, the program features a core set of classes offered in the evening at DMACC Urban Campus starting February 17 and a wide variety of elective classes sponsored by various community partners. Conflict management, resident leadership facilitation, setting neighborhood goals, and results based accountability are among the topics covered.

To register, obtain course information, check eligibility for a scholarship, or learn more, contact Des Moines Neighborhood Resource Office, (515) 280-1807. Or view current class information at http://www.makingconnectionsdm.org/res_leaders.asp.

No Debt Too Big or Too Small: Seek Help Now to Reduce Your Medical Debt

Feel burdened by medical bills you can't pay? Overwhelmed in trying to figure a way out? Then get help to resolve it by contacting the Neighborhood Health Initiative (NHI). Connect with Medical Debt Advocacy Services. Contact the Neighborhood Health Initiative, 1801 16th on DART bus route #6 at 309-4795. The hours are Monday-Friday, 8:30 a.m.-4 p.m.

SHARE Iowa Monthly Offerings

“Save Money – Shop Smart”

February Packages Available

Purchase one, all or any combination:

(A) Best Value Package \$22.00 “Check it Out and Save”
1 lb. Fully Cooked Sirloin Steak Strips,
Approximately 1 lb. Fully Cooked Turkey Breast Fillet,
12 oz. Italian Meatballs, 2.4 lbs. Roaster Chicken Drumsticks,
1 lb. Roll Sausage, 26 oz. Marinara Pasta Sauce, 1 lb. Pasta,
15 oz. Fruit Cocktail and Assorted Fresh Fruits and Vegetables

(B) Fruit & Veggie Package \$12.00
“Get your recommended servings of fruits & veggies every day”
Assorted Fresh Fruits and Vegetables, 26 oz. Marinara Pasta Sauce, 1 lb. Pasta and 15 oz.
Fruit Cocktail

(C) Meat Only Package \$12.00
“Purchase with an (A) package to double your meat”
1 lb. Fully Cooked Sirloin Steak Strips,
Approximately 1 lb. Fully Cooked Turkey Breast Fillet,
12 oz. Italian Meatballs, 2.4 lbs. Roaster Chicken Drumsticks,
1 lb. Roll Sausage

(D) Choice Sirloin Steak Packages \$ 15.00
2 Boxes each containing Four-6oz. Steaks

(E) Bacon Wrapped Turkey Breast Mignon \$10.00
Nine - 5.8 oz. Individually wrapped Mignons

(F) * Choice Item \$ 5.00
2 lbs. Chicken Breast Nuggets

*Must purchase package A,B,C,D,or E to qualify for this item.

Senior College Course Registration

Senior College of Greater Des Moines has a suggestion for beating the late winter blahs: Learn something new and meet new people in a Senior College short course. Eight new classes start in March, with many additional classes to follow in the months ahead.

Several courses are of possible special interest to members of Des Moines area faith communities. A class on Hinduism and Buddhism begins April 1 at the Northwest Community Center in Des Moines. Students will study the beliefs, practices and diversity of these two religious traditions, and can take an optional field trip to Hindu and Buddhist temples.

Lenola Allen-Sommerville, retired Minister of Music and Worship at Corinthian Baptist Church in Des Moines, will be a presenter for the class “Music Across Cultures,” which starts April 1 at the Scottish Rite retirement community. She is retired from Iowa State University, where she taught Multicultural International and Curriculum Studies and African-American History.

A class on Music in Healing, beginning May 4 at The Reserve retirement community in Urbandale, will be taught by Bill Connet. He is music director at All Saints Catholic Church and for Saturday night worship at Plymouth Congregational Church.

Registrations are being accepted now for Senior College spring courses. Classes are scheduled throughout the Des Moines metro area and cost between \$40 and \$80. For more information, visit www.myseniorcollege.com, or call 244-0631.

VOLUNTEER OPPORTUNITIES

VOLUNTEER INCOME TAX ASSISTANCE

Tax time presents an annual challenge for low-income workers and the elderly. Many cannot afford to hire professional assistance. The average income of VITA clients was \$16,000 per year. More than 47,000 central Iowans earn an income below the federal poverty level of \$40,000.

In 2008 the VITA site volunteers helped 3,500 taxpayers in the Des Moines area – returning about \$4 million in refunds and tax credits back to hard working residents.

Contact Rachel Brown at 554-1417 or rbrown@unitedwaydm.org for more information.

Hospice Volunteers Needed

“Nobody can do everything, but everyone can do something.” Hospice volunteers needed to share conversation, hold a hand, bake a cake, give a hug, touch a heart. For those not previously trained, training available February 19 & 26, & March 5, from 6:00 PM-9:00 PM, Wesley At Home, 3520 Grand Ave., Des Moines. Call Alyssa Englund, Volunteer Coord. Wesley Community Hospice, 515-271-6775 or aenglund@wesleyservices.org for an application.