

DMARC E-VOICE

(Formerly known as the E-Bulletin)

For the week of May 24, 2010

Summer Produce Volunteers Needed



Are you handy with tomatoes?

Talented with potatoes?

Or would you rather drive a truckload of vegetables?

DMARC is committed to getting fresh produce to our food pantry clients and we need your help. Even if you are zucchini-challenged, we have just the right summer volunteer position for you. Lettuce tell you what we need:

Downtown Farmers Market Greeter ó We need two people to chat with visitors about DMARC at the Meals from the Market booth, every other Saturday--June 5, 19, July 3, 17, 31, August 14, 28, September 11, 25, October 9, 25. Shifts are 8am -1pm and can be split.

Truck Driver ó We need someone to pick up donated produce from Downtown Farmerø Market every Saturday and drive it to the DMARC central produce warehouse on Douglas Avenue. We provide a big truck, which is driver-friendly. Special license is not required.

Fresh Produce Processor ó We need people to weigh, sort, and pack the incoming produce on Mondays of each week. The produce is prepared for delivery to DMARCø ten partnering neighborhood food pantry sites.

Orange you willing to help? You may sign up for a one-time volunteer commitment, or sign up for the whole summer. Individuals, family groups, work teams, congregations, friends, and all other configurations of people are welcome. To volunteer, please contact Elisabeth Ballstadt, DMARC Food Pantry Director, tel: 515-277-6969, email: foodpantry@dmreligious.org.

Seriously, if you can turnip some volunteers, weød be mighty grateful.

Grow Your Food Donations this Season!



Produce season is upon us! The rich soil is just beginning to pop little green hopes that promise to bring a fruitful spring, summer, and autumn--and DMARC is ready!

As you plant your vegetable gardens this season, we hope you'll think of the DMARC Emergency Food Pantry, which distributes through ten metro sites, and plant an extra seedling or two, or designate a particular plant whose yield will come directly to the food pantry warehouse. DMARC also hopes you'll purchase an extra pound or two from your local farmer's market or sweet corn stand to help feed those who struggle to make ends meet.

The warehouse will be accepting fresh produce food donations at our annex building located at the corner of 36th and Douglas (3605 Douglas) from 8:30-4, Monday through Thursday. We will accept any fresh fruit or vegetables, but, please try to donate far before prime ripeness and expiration. All produce will be weighed, so no need to count fresh produce items.

Think outside the (mac' n cheese) box this season!

DMARC Diaper Central



Most needed diapers are sizes 2-6 and pull-ups.

Many of the young families receiving food assistance through the DMARC Emergency Food Pantry cannot cover their basic needs for diapers, baby wipes and infant formula. Because inadequate access to diapers is often a symptom of a larger issue of poverty or crisis, DMARC is responding to this extraordinary and urgent community need by serving as a centralized warehouse and emergency distribution network for baby diapers and hygiene items.

From February to June, our goal is to secure 60,000 diapers that will help more than 1,600 infants and toddlers. By partnering with DMARC to provide support for something as basic as diapers through the [Diaper Central](#) project, business, congregations, individuals and other groups can make a real and immediate difference in the lives of low-income families and their young children. [Download a printer-friendly pdf flier here.](#) Or click on: Diaper Central. Or visit www.dmreligious.org, click on Services, then click Emergency Food Pantries.

DMARC's Most Needed Food Item List Updated for Nutritional Value



DES MOINES AREA RELIGIOUS COUNCIL

Faithfully Serving Since 1952

DMARC has updated its listing of most needed food items effective immediately. The revision is based on DMARC's commitment to providing emergency food that is free, and also nutritious. We are asking DMARC supporters to please

help us promote health and wellness by noting this list of most needed food items.

[Download a printer friendly pdf copy of the DMARC Most Needed Food items list.](#) Or visit www.dmreligious.org, click on Services, then click Emergency Food Pantries.

100% Juice (tomato, orange, or vegetable in a can or plastic bottle)
Fruit (canned in water or 100% juice, not in heavy syrup)
Vegetables (tomatoes, green beans, mixed vegetables, or sweet potatoes, canned with no salt added)
Beans (dry or canned in water)
Peanut butter
Meat (tuna or chicken canned in water)
Whole-grain dry pasta or egg noodles
Brown rice (regular or instant)
Vegetable soup (low-sodium)
Whole grain crackers (wheat saltines)
Spaghetti sauce
Cereal (instant or regular oatmeal with no sugar added, whole grain cheerios, wheat chex, wheaties, granola or shredded wheat)
Shelf-stable low-fat UHT milk (in aseptic packaging, no canned milk)
Infant/baby formula
Diapers and baby wipes
Personal products (shampoo, soap, feminine hygiene, toothpaste, or deodorant)
Fresh whole grain bread items (with generous expiration dates)
Fresh fruits and vegetables (potatoes/sweet potatoes, bananas, apples, carrots, grapes, oranges, tomatoes, melons, broccoli, or bell peppers)

Please donate far before expiration and prime ripeness. For more information, contact DMARC Food Pantry Director, Elisabeth Ballstadt, and phone: 277-6969.

CROSS Ministries/Cottage Grove Food Pantry to serve as DMARC's 10th Distribution Site, Starting in June

The new food pantry will benefit many low income working people who are struggling to access food pantries during standard working hours. The new Pantry provides an alternative location that will be open Wednesday evenings from 4 p.m. to 6 p.m. and Saturday mornings from 9 a.m. to 12 noon. CROSS Ministries will continue to provide rent, mortgage, and utility assistance during standard business hours from Tuesday through Friday. Clients seeking food assistance through DMARC will still be directed to the closest pantry within their geographic boundaries. However, if they are unable to go to that pantry because it conflicts with their work schedule, they will be directed to the

CROSS Pantry. The Pantry will be open to anyone living in the Greater Des Moines area. Routine intake procedures will restrict individuals from receiving food from more than one DMARC Pantry during a 30 day time period.

The Pantry operates with a volunteer staff, which means they need many dedicated folks. DMARC will provide the food for the pantry. The Pantry will be located at **COTTAGE GROVE PRESBYTERIAN CHURCH** and needs:

- Several moveable room dividers
- Childproof gate to block stairway
- 2 new large ceiling fans
- Window air conditioner
- Carpeting or floor covering
- Curtains or mini-blinds for the windows
- Heavy duty 2 wheeled cart for carrying boxes of food
- Volunteers to prepare the pantry space
- Volunteers to work in the Pantry.

Please share these needs with your congregation, civic groups, etc. To volunteer in the Food Pantry contact Joyce Hoffman at 225-9868. For questions or donations contact: Dr. Roberta Victor, Exec. Dir. Of Cross Ministries, 1050 24th St., Des Moines, 50311 or 515/279-8877

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 metro 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. To sign up for a Sack Saturday, contact Cindy Morton, DMARC Red Barrel Coordinator, at 277-6969 or 238-4593.

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 re-use 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](#).

How to Hold a Food Drive

Help the Emergency Food Pantry feed the hungry in the Des Moines Metro area by holding a food drive.



Getting Started

- Call the DMARC Emergency Food Pantry at 277-6969 to indicate you are planning a food drive.
 - Establish a committee to organize and market the event. Set your kick-off and ending dates. A one to two week food drive works best.
 - Hold contests between offices or work units to see who can collect the most food.
 - Establish drop off site(s) for donated food. We can make arrangements to provide you with a Red Barrel to hold the food that is collected and envelopes for those who wish to give cash donations.
- Be sure to publicize the success of your food drive when it is completed.

Suggested Donations

- Collect non-perishable food items in unbreakable containers (please, no glass!).
- Please see above for the revised listing of the DMARC Most Needed Food Items. Or [download a printer-friendly, pdf copy](#). Or visit www.dmreligious.org, click on Services, then click Emergency Food Pantries.

What about donating cash?

The Emergency Food Pantry can buy food at a much lower cost than individuals because we utilize the Food Bank of Iowa and local wholesalers. Seventy percent of food distributed is purchased using funds from cash donations.

Completing Your Food Drive

When your food drive is complete, count the number of food items you collected and package it in cardboard boxes. It is helpful if dry goods (cereals, rice, etc.) are packaged in separate boxes. Deliver your food to the Emergency Food Pantry Warehouse or contact DMARC at 515-277-6969 for pick up assistance.

DMARC at the I-CUBS

The Iowa Cubs are once again supporting the DMARC Emergency Food Pantry this season. Fans can bring a donation of three canned good items (see most need foods list on front page of this document) to any Sunday home game and receive a free general admission ticket which can be upgraded to reserved grandstand status for \$3.00. Qualifying games begin at 1:05 p.m. The dates are:

June 6 vs. New Orleans
June 20 vs. Albuquerque
July 11 vs. New Orleans

August 8 vs. Portland
Sept. 5 vs. Memphis
August 22 vs. Nashville

Stay Connected With Us

We update the DMARC website and Facebook, and Tweet regularly. There is so much good stuff going on and we want to keep you connected and informed.



Find us on [Facebook](#): Des Moines Area Religious Council



Follow us on [Twitter](#): @dmreligious



Follow us on [Linked In](#): Des Moines Area Religious Council

Visit our website: www.dmreligious.org

Send us your new email: info@dmreligious.org

Invite your friends to join us online too!

Don't know how to access online social media? Ask a young friend to help. It's easy. It's fun. And it's an economical way to share DMARC news.

UPCOMING EVENTS

Next deadline June 4

Wednesday, May 26 at 11:00 a.m.

HOLY FAMILY FOUNDATION GOLF TOURNAMENT

Competition for everyone from the scratch golfer to the "duffer." Flag your calendar for Wednesday, May 26 at the Legacy Golf Course in Norwalk. Shotgun start at 11:00 a.m. Sponsorships available. Raffle drawing for a 10-day trip to Maui for 2. Package includes one bedroom suite for December 13th through 23rd (other dates available) and \$1,500 towards airfare or spending money. Only 225 tickets will be sold. Purchase price: \$100. ea. All proceeds benefit Holy Family School. For details contact the Foundation office directly at 262-7466 or visit www.hsfdm.org

Thursday, May 27 – 5:00 p.m. – 8:00 p.m.

AGING TO PERFECTION A free Live Well event is offered by Iowa Health-Des Moines. Designed for women who are 50 or older. A fun evening filled with health and wellness information and interesting dialogue with other women.

Registration/Health Screenings ó 5 p.m.; Welcome and Dinner ó 6 p.m.; "What Women Put Up With: Discussing Incontinence and other Taboo Topics by Dr. Stephanie Pothoven, Urologist; Get a Step Up; Understanding the Importance of Lifelong Foot Care by Dr. Linda Bratkiewicz, The Iowa Clinic ó 7:30 ó 8:00 p.m..

In addition visit our vendors offering a variety of FREE health screenings and health info. To register or learn more about program visit www.iowahealth.org/livewell or call 515 241-6302.

Wednesday, June 2 – 4-7 p.m. (through Sept. 29)

THE DRAKE NEIGHBORHOOD FARMER'S MARKET

More than 20 vendors will have Iowa-grown produce, baked goods, snacks, meals, sandwiches, and crafts. Some vendors have wireless equipment that accepts bank debit cards, VISA, Discover, and MasterCard credit cards, and Electronic Benefit Transfer

cards. Eight vendors welcome Senior FarmersøMarket Nutrition checks and IFMNP/WIC checks/vouchers. Entertainment is provided weekly, as well as educational/informative guests. The Market has a health tent, where free blood pressure checks and blood sugar tests are available every week. It is in the parking lot of First Christian Church, 25th and University in Des Moines. Shoppers can park free across the street from the Market.

The Market is a non-profit, community project sponsored by First Christian Church, the Drake Neighborhood Association, and Drake University. For more information call Ginny Gieseke, 515-277-6951, www.drakefarmersmarket.com

Saturday, June 5 – 11:00 a.m. – 8:00 p.m.

ST. GEORGE’S ANNUAL GREEK FOOD FAIR – Taste the Essence of the Greek Islands.

Eat, where you and your family can eat and relax; where you can sit in a *kefenio* and enjoy a coffee and a homemade Greek dessertí maybe a little *baklava*, and be entertained by music and dancers. This is where dinner is an old world meal that includes *Shishkabob* and other Greek favorites. Dinner includes besides the *shish-kabob*; *fasolakia* (Greek green beans), *keftethes* (Greek Meal Balls) and of course Greek salad with plenty of *feta*. Or enjoy ala carte items like a *gyroô* wrapped up and made to order or Ambrosia of the Godsô Greek pastries. Treat yourself and your family to a holiday on a Greek island. \$12.00 advance tickets at Dahlø Food Stores or at St. George Church 277-0780 or www.stgeorge.ia.goarch.org Tickets on June 5 at the Food Fair - \$14.00

Sunday, June 6 – 5:30 p.m.

ANNUAL AWARDS BANQUET OF MFSA (Methodist Federation for Social Action) Dr. Barbara Lundblad to speak. Dr. Lundblad is the Joe R. Engle Professor of Preaching at Union Theological Seminary in New York. Her topic will be öThey Say You Canø Command People to Loveö (Except Jesus Did)ö Awards will be given to Doug and Rita Swan of Bronson, and to Paul and Janet Linn of West Des Moines. At Scottish Rite Consistory, 519 Park St., Des Moines. Tickets \$20.00. Contact Rita Carter, 7218 El Rancho Ave, Windsor Heights, IA 50324 ritaac@mchsi.com or 515 633 0037.

Monday, June 7, - noon hour

MARCH FOR PEACE AND SOCIAL JUSTICE – sponsored by the Methodist Federation for Social Action (MFSA) and the Iowa United Methodist Conference Board of Church and Society.

Marching from Hy-Vee Hall, (730-3rd St.) to Nollen Plaza (corner of Locust and 3rd St.) There we will gather for a prayer service for many peace and justice issues impacting our local, national, and world community as well as thoughtful sharing and reflections. Whether you are concerned about violence and war, immigration reform, health care, civil rights and full inclusion, care of the environment, or other issues of the day, this is an opportunity to join hundreds of others in lifting a voice. A free-will offering will be taken. Following the service we will return to Hy-Vee Hall. For information contact Rev. Clint Twedt-Ball at clint@hub25.org or Eloise Cranke at ecranke@mchsi.com

Monday, June 7 – 6:00 p.m. – 8:00 p.m.

HAMILTON'S FAMILY SERVICES SYMPOSIUM – “Coping with Grief”

At Hamilton's at 360 Westown Parkway, West Des Moines.

Questions? Donna Bock, Family Services Coordinator, 515 243 5221

Wednesday, June 9 – 8:00 a.m.

CHILDREN AND FAMILY URBAN MINISTRIES Golf Tournament

All profits donated to CFUM's Awesome Summer Days Program. Shotgun start at 8:00 a.m., 4 person Best Shot Format, \$360 per four-some -or \$90 per golfer. Includes green fees, range balls, cart and lunch. At Copper Creek Golf course. Sponsorship opportunities for local businesses available at the following levels: Birdie sponsorship \$150, Eagle sponsorship \$500, Title sponsorship \$1500. For more information contact Kayla@515 282 3242 or Kayla@cfum.org. To register visit www.cfum.org

Thursday, June 10, 10 a.m. – 1 p.m

VOLUNTEER “JAILBIRD” NEEDED

The Fund-Raising Event for the Muscular Dystrophy Association of Central Iowa will be held at **Ruby Tuesdays (4900 86th St., Urbandale)**. It's easy, fun and a great way to network with other area business and community leaders. The lockup raises funds for 230 children and adults fighting neuromuscular disease in the Des Moines. While in lockup you can contact your friends to help you be released. You will also receive lunch on the house, mingle with other jailbirds and then at the end of your hour you can hand over your bail and be released. If you would like to participate in the lock-up and be an honorary jailbird, please contact Jenna Croft at 515 453 9489 or www.mda.org or call Barb at 453-9489

Saturday, June 12

IOWA JUNETEENTH OBSERVANCE CHURCH CONFERENCE

The Church: Beyond Our four Walls will highlight the work of the Community Church in one of the most economically-depressed and spiritually challenged times in recent history. This is an excellent opportunity for community churches to come together and draw upon experiences that will increase the potential for outreach efforts into the community to address issues among the needy. For more information, see website. [New Page 1](#) or call Gary Lawson, tel: 707-4768.

Thursday, June 17 – 10:00 a.m. – 11:00 a.m.

BREASTFEEDING 101 SUPPORT GROUP

Novice or Pro – Come join our support group. Bring your breastfeeding infants along to get weighed, share tips, ask questions, or just gab for awhile with other mothers and experts. Marilyn and Connie will be available to help support you and your infant's breastfeeding journey. (Spanish interpreter, healthy snacks, Storks Nest Points available at this meeting).

Meets every third Thursday, starting with June 17. Please park in the south parking lot and enter by the Sands entrance. Directional signs will be posted for your convenience. If you have any questions, please contact Marilyn Hein, RN, Family Birthing Center, 515 282 2260

June 18, 7 pm

“STATE COMMUNITY CITIZEN OF THE YEAR” AWARD TO PASTOR DAN BERRY, CORNERSTONE FAMILY CHURCH.

The award will be presented during the Iowa Juneteenth Community Banquet, being sponsored by the Mid-Iowa Council of Boy Scouts and hosted by Cornerstone Family Church at 3114 SW 61st Street in Des Moines. Pastor Dan Berry is a great leader of community-building in Iowa and a longtime supporter of the Iowa Juneteenth Observance, said Gary Lawson, Founder & Chair of the Iowa Juneteenth Observance, we are very pleased to announce Pastor Berry as our 2010 award recipient. Banquet tickets are \$30 and proceeds go to the Urban Scouting Project. Juneteenth is an official holiday observance in Iowa that celebrates the end to slavery and a major step toward a diverse population based on the uniting principles of freedom, liberty, and responsible citizenship. For additional information about the banquet, the award, or the celebration, please go to www.iowajuneteenth.org.

Saturday, June 19

POLK COUNTY MASTER GARDENERS’ GARDEN TOUR

The Polk County Master Gardeners will be holding their 10th annual “Extraordinary Gardens by Ordinary People” garden tour on June 19, 2010, rain or shine, between the hours of 9:00 a.m. and 4:00 p.m. This year’s tour will feature six beautiful home gardens with the possibility of one “bonus” garden. Tickets are \$10.00 each and can be purchased at the following locations: Goode Greenhouse, Herndon’s Des Moines Seed and Nursery, The Woodsmith Store, the Earl May Nursery & Garden Centers located at 1845 22nd St. in West Des Moines, 5910 Douglas Avenue, 7701 Bloomfield Road in Des Moines, Highway 6 West, Waukee, and 1509 Ankeny Blvd., Ankeny, and the ISU Extension Office at 1625 Adventureland Drive in Altoona. Proceeds from the tour support other Polk County Master Gardener projects.

For more information, call the Iowa State University Polk County Extension Office, 515-957-5760, check out the PCMG Garden Tour Facebook page, or follow gardener Michelle Walke’s blog at the Des Moines Register website.

Wednesday, June 23 through Saturday June 26

SIGN UP FOR HABITAT FOR HUMANITY WORK DAYS

You can work a day or more. For info contact Pastor Emmanuel at West DM United Methodist Church at www.wdmumc.org

Monday, June 28

YOUNG GOLFERS – FAIRWAY FATHERS

A joint venture sponsored by the Office of Vocations, Serra Club of Des Moines and St. Francis of Assisi Knights of Columbus. Purpose is vocations awareness not competition. Played at Legacy Golf Club in Norwalk. Registration deadline June 1. No cost for young men to participate. Call Darlene Oliver at 515 237 5014 or email doliver@dmdiocese.org

JULY

Wednesday, July 14, 2010 – 3:00 – 7:00 p.m.

CHILDREN AND FAMILY URBAN MINISTRIES will host the 10th Annual Back-to-School Health Fair on this Wednesday. For the fourth year the Fair will take place in conjunction with the Moulton Extended Learning Center's Back to School Open House. Last year the event benefited over 500 students and families. This vital community event takes lots of planning and gathering and donating to pull it off. You can help by volunteering for the Planning Team, the week before or the day of the Health, donating money to purchase school supplies in bulk, purchasing gift cards for ice, water, supplies for the day. The first planning meetings are just beginning. To be a part of this Fair please contact Kristin Maahs, the event Coordinator at Kristin@cfum.org or 515.238.8978

Sunday, July 25 – 10:00 a.m. – 12:45 p.m.

“WILD ABOUT GOD”, Gospel Brunch Concert sponsored by Read to Me Foundation, a non-profit organization that supports Literacy for children who live in underserved neighborhoods by distributing bilingual (English-Spanish) hardcover picture books to children's hospitals, schools, Ronald McDonald Houses and others. The concert on July 25 will be followed by concerts on August 22 and Sept 26, all at the West Des Moines Sheraton Hotel, 515 274-1385, 50th & University. Performing live will be Dondino, featuring Grammy Winner Nathaniel Best, the Gospel Freedom Adult Choir and the Children's Choir, and the Gospel Swing dancers. Tickets are Adults: \$20.00, Kids (4-12 yrs) \$15.00; 3 and under--FREE. Sponsors needed for all these concerts, contact: Contact: Donna Gummelt www.readtomefoundation.org 515 274-1385

Looking Ahead

October 6, 2010: Evening community event with Kara Powell, Exec. Dir. Fuller Youth Institute, Fuller Theological Seminary

October 7, 2010: All day pastor's conference with Kara Powell

October 10 – 1:00 p.m. Des Moines Area Hunger Hike West steps of capitol. For further information, please contact Russ Melby at rmelby@churchworldservice.org 274-2224.

ANNOUNCEMENTS

Iowa Juneteenth Observance

From June 11 to June 20, join this celebration of freedom, families, and citizenship through improved community relations. Registration details to follow. Please monitor website at www.iowajuneteenth.org or call Gary Lawson, tel: 707-4768.

National Council of Churches' "Circles Of Names" Campaign Honors Women

Last fall, the National Council of Churches began the Circles of Names Campaign to collect names of women who have been leaders in their faith communities across the nation. Mindful of the historic contributions of women leaders in churches of many denominations and concerned about recent cutbacks in gender justice and women's ministries, the National Council of Churches began this program to nurture the work of women in the church. The goal is to collect 1,000 names. This campaign asks participants to submit the name of a woman who is or has been influential in their faith life, and to contribute \$100 in that woman's honor. The money goes to Claire Randall Sustaining Fund of the National Council of Churches to ensure that important gender/justice work is continued. To add a name to the list visit www.CirclesofNames.org or contact the Rev. Ann Tiemeyer, Program Director for Women's Ministries at the NCC atiemeyer@nccusa.org or 212-870-3407.

Plastering Work Day at Trinity United Methodist Church

1548 Eighth St., Des Moines

A place is available for all skill levels:

Plaster Pro's, --those who know what to do.

Plaster wannabe pros those who want to learn.

Helper wannabe those who don't wannabe but wanna help.

Tools you can bring: Hammers, Screwdrivers, Putty knives all sizes, Shop vacs, Brooms/Dust Pans. SMILES. For more information contact Todd at todd@prgia.com or 515-343-6672

Books Needed For CFUM Summer Program

The summer is just around the corner. The theme during the 5 weeks of All Day Programming will be used June 7 to July 9, at CFUM this year and will center around the lessons taught in THE GIVING TREE, by Shel Silverstein. Twenty-five copies would allow children to keep the book after the summer. It runs \$10.19 on Amazon right now for the hard cover version. Other needs are Bus rental, tennis lessons, swimming lessons and the end of the summer bash at Sleepy Hollow. If you would like to help toward the purchase or donation, please contact Janelle at Janelle@cfum.org or 515-282-3242. Volunteers are needed to assist both in the morning academic portion of the program and/or in the variety of afternoon activities.

Edmund's Community Garden Has Plot Spaces

Edmund's Community Garden, located on the grounds of Edmund's Elementary School, has been expanded this year. The garden grew from 40 to 50 plots just this past week. They have 50 plots now, 45 are taken. A \$10 fee shares the water costs. That is the only cost. The garden comes completely tilled and ready for planting. If you know of a family who would appreciate the offer of a plot, please visit website for the information <http://edmundscommunitygarden.wordpress.com>. Or contact Dawn O'Brien, skype: dawn1002, cell: 515-306-6710

Plugging In Conference Postponed To Fall

Due to an inadequate number of registrations for the "Plugging In, Without Shorting Out Conference" originally scheduled for April 16-18, the conference will be postponed until fall. Contact Presbytery Office Manager, Betty Dyer, 515 276-4991

Diabetes Express

Identify Type 2 Diabetes and the importance of optimal blood glucose control to protect future health. Explain the basic components of diabetes treatment including monitoring, meal planning, physical activity, medications and weight loss. Identify a personal goal and list strategies to achieve the goal. Persons with Type 2 Diabetes with a family or support person are welcome to attend. Participants can be referred by their healthcare provider or self-referred. Please call 241-5074 to register or for more information. Iowa Health, Des Moines. Methodist West Hospital, Conference Rm 3 & 4, 1660 60th St., West Des Moines, Iowa June 16, Sept. 16, November 18. All dates 6:30-8:30 p.m.

Prairie Fire Program

September through May At Des Moines Pastoral Counseling Center. Prairie Fire is designed for people who desire to live each day prayerfully and intentionally, who long to respond fully to God's call. All who seek companionship in their spiritual journeying are encouraged to apply. Current participants include clergy and chaplains, counselors and social workers, healthcare professionals, spiritual directors, parish nurses, Stephen Ministers, hospice staff and lay persons.

This is a two year program that meets monthly. A new group will start in September 2010. The program is grounded in the Christian contemplative tradition; the classes will feature didactic and experiential elements. Applications are being accepted now and registration is limited. Application packets and additional info can be requested by contacting Jeffrey Means at jmeans@dmpcc.org or 515 274-4006

Office Space For Lease

The Iowa Office of Church World Service, located in the same building as DMARC, is looking for a non-profit group to assume our current lease, which is to expire on April 30, 2013. The Office available is Suite 203, located on the second floor and well marked. Our rent is \$812.10 per month plus a shared cost of utilities, including water, gas and electric, insurance, and trash. The Iowa Office is approximately 700 square feet and contains 3 separate offices, all with windows, a reception area, and a storeroom, included in the 700+ square feet. Some desks, tables, chairs and book cases may stay with the office. Contact the Rev. Russell Melby, Iowa Director at 515-274-2224. Or Kevin Koethe, Landlord at 515-975-2465 with questions and to arrange a showing of the space.

SHARE

"Great Food, Good Folks and Strong Community"

Would you like to save money on groceries? Do you know someone who could benefit from stretching his or her food dollars? SHARE can offer you up to a 50% savings on nutritious food packages for just 2 hours of volunteer service each month. To find out

more about SHARE: check out our web site, email us, or call 1-800-344-1107. Serving Iowa, Eastern Nebraska, Northern Missouri & South Dakota.

Web: <http://www.shareiowa.org/> email shareiowa@mahaska.org

Project Employment 2

Project Employment is a career readiness training program for persons with physical disabilities. It is funded through a grant by the U.S. Department of Labor and is managed by staff with Iowa Employment Solutions at DMACC. The current grant ó Project Employment 2 (PE2) can assist an individual who has been injured on the job and needs retraining or someone who has a lifelong or recently diagnosed physical impairment that limits their ability to work. For more information contact Tami Foster at 515 281-9619 or mra.foster@iwd.iowa.gov

Cleaning for a Reason

Know a woman undergoing chemotherapy? There is a cleaning service that provides FREE housecleaning, once per month for up to 4 months while she is in treatment. Women are required to sign up and have a doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service. To sign up, go to www.cleaningforareason.org. This organization serves the entire country with 547 partners.

Need a Speaker?

Speakers from Polk County Crisis and Advocacy Service; violence prevention are available. Topics include Winter Safety, Clutter, Hoarding, Conflicts, Home invasion, Self Defense, Brain Exercises, Scams, and Elder Abuse. Contact Sherry Knox, Prevention Specialist at 286-2028.

Seniors Helping Seniors

Seniors Helping Seniors is a national caregiver and companionship organization that is about helping seniors who want to remain in their own homes and stay as self-sufficient as possible. The first in Iowa, Seniors Helping Seniors is serving Greater Des Moines communities, including Polk and Dallas Counties by providing loving, caring, compassionate non-medical in-home services to less able seniors and employment opportunities for active seniors who want to help. In-home services include companionship, transportation, light housekeeping, meal preparation, shopping assistance, yard work, pet care and more.

If you know of a caring and compassionate older adult would like to provide the services or you know of someone that would benefit from the services please tell them about Seniors Helping Seniors.

Seniors Helping Seniors of Central Iowa is also available for group presentations on elderly issues and topics facing the senior population. For more information or to book a time please contact Heather Deering at 515-661-2169 or shsdsm@hotmail.com.

Habitat for Humanity

Greater Des Moines Habitat for Humanity is recruiting churches and faith groups to help low-income families achieve home ownership in 2010. There are many opportunities to get involved including a 2010 Multi-Faith Build that is open to individuals and groups from diverse faith communities through contributions of funds and labor. For more information, please contact Brendalyn Shird at 515-471-8686 x112 or bshird@gdmhabitat.org.

Disclaimer: The Des Moines Area Religious Council makes every effort to provide accurate and useful general information in its E-Voice, but accept 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 being sponsored or endorsed by DMARC

EMPLOYMENT and VOLUNTEER OPPORTUNITIES

Needed: teen choir pianist at Sacred Heart Catholic Church.

Accompanist to begin fall 2010. The Teen Choir sings once a month at the 11:15 Mass and rehearses two or three Sunday evenings per month from 7:00 p.m. ó 8:30 p.m. If interested contact Janet Bradford at 225-6414 or jbradfor@dowlingcatholic.org

Polk County Health Department is currently seeking a full time NP/PA for clinic services. Also seeking on Call RNs, LPNs, and CMAs as well as on Call NP/PAs to assist with various health department initiatives. For more information visit <http://hr.co.polk.ia.us/jobopenings.htm>

Director of Office Of Evangelization And Catechesis – Diocese Of Des Moines – Immediate Opening

Director will provide leadership, vision, and advocacy for the development and implementation of catechetical leadership formation. Oversight of education and formation programs for volunteers and career/professional catechetical ministers. Strong presentation, training and administration skills and background. Master's degree (or pursuing) in Theology, pastoral studies, religious education or related. Extensive experience required. Full Time, travel required. To apply, send cover letter and resume to: Human Resources, Diocese of Des Moines, 601 Grand Ave., Des Moines, IA 50309, by fax to 515 237 5070 or email hr@dmdiocese.org

Westover Baptist Church Needs Secretary/Office Mgr.

Part time ó 20 hour per week opportunity for someone who possesses a minimum of three years of office experience. Must have computer skills (Microsoft Office, Word, Excel, PowerPoint), bookkeeping experience. (Quick Books a plus, but not required) and excellent personal skills both in person and on the phone. Hourly pay is \$13.00.

If interested please send resume to: Westover Baptist Church: Attn: Moderator, 2330 62nd St., Des Moines 50322.

Nurses Needed! For Presbyterian Church Camp on Okoboji. Nurses, doctors, EMTs, or any person with equivalent certifications, that would love to spend a week on West Lake at the camp! If you are interested in spending a Sunday through Saturday at camp dispensing meds, administering first aid and simply having a great week with campers and staff, then this is the volunteer job for you! Contact Heather Stanek by phone at 712/337-3313 or email heather.stanek@presbycamp.org.

Hospice Volunteers Needed

“Nobody can do everything, but everyone can do something.” Volunteers needed to share conversation, hold a hand, bake a cake, give a hug. For those not previously trained, training available Thursdays June 10, June 17, and June 24 from 6:00-9:00 p.m. For those not previously trained, must attend all three nights. At Wesley Acres, 3520 Grand Ave, DSM. Call Terri Van Lent, Volunteer Coordinator, Wesley Life Hospice for an application. Phone 515 271 6775 or tvanlent@wesleylife.org

Volunteers Needed for New CROSS Ministries/Cottage Grove Food Pantry Site

This site serves as DMARC's tenth food distribution point. Many volunteers have stepped up to prepare the site and the site has received many donated items. Members of Knox Presbyterian Church have offered to donate various items from their church, since they will be closing their doors this spring. Volunteers who would like to work in the Food Pantry when it opens should contact Joyce Hoffman at 225-9868. For questions or donations, please contact Dr. Roberta Victor, Executive Director of Cross Ministries, 1050-24th St., Des Moines 50311, tel: 515 279-8877.

Volunteers Needed, Polk County Mental Health Response Team is looking for committed and caring volunteers. This team is made up of mental health professionals, para-professionals and citizens to provide emotional support to individuals within Polk County at times of disaster and critical incidents. If you possess the ability to maintain confidentiality, have outstanding listening skills and are an excellent communicator, this may be the volunteer opportunity for you. Volunteers must be 18 years and older to apply. An interview and background check is required. Call Polk County Health Services at 243-4545 and leave your name and phone number.

Children and Families Urban Ministries

Attention: retired teachers, prospective teachers, teachers who teach teachers, service clubs, book clubs or any adults who are interested in assisting children in developing stronger literacy skills.

CFUM (Children and Families Urban Ministries) are instituting a new and improved “Literacy for Life” plan that will be implemented for the 2010-2011 school year. One

aspect of the plan will be broader engagement of volunteers and community partners. One of the strategies, already implemented, but to be continued is building vocabularies of students in grades K-1. Children who live with the stresses of poverty enter school with significantly fewer words in their vocabularies.

Maynard Guild (Mr. G.) began in January as a Literacy Coach for CFUM. He is interested in making contact with the above persons. Contact Maynard Guild through the CFUM office at info@cfum.org or 515 282 3242.

Broadlawns Hospital

Broadlawns needs volunteers to welcomes and direct patients and families as they enter the hospital. If interested contact Jill MacNaughton, Director, Patient & Volunteer Relations, at 282-2323 or jmacnaughton@broadlawns.org.

DMARC-RELATED 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

DES MOINES AREA INTERFAITH HOSPITALITY NETWORK (IHN),

Westminster Presbyterian Church, 4114 Allison Avenue, DM 50310, 274-1534

Contact: Lynda Albaugh

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

Contact: Phil Werner

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

Contact: Toni Nicol

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.

Other donation sites:

BEACON OF LIFE (WOMEN), 1717 Woodland Ave, DM 50309, 244-4713 Contact: Ruth Hardin
BETHEL MISSION, 1310 6th Ave., D.M. 50314 265-7272 Contact Lisa (Office)
CENTRAL IOWA SHELTER SERVICES, 205 15th St., D.M. 50309 284-5719 Contact: Tony Timm
CHILDREN AND FAMILIES OF IOWA, 1111 University Ave., D.M. 50314 288 1982 x 321 Contact: Cindy Hickman
CROSS MINISTRIES, 1050 24th St., D.M. 50311 279-8877 Contact: Ann McGowan
EVELYN DAVIS EARLY LEARNING, 1409 Clark St., D.M. 50314 243-4212
HOUSE OF MERCY, 1409 Clark St., D.M. 50314 643-6500 Contact: Front Desk
LUTHERAN SERVICES OF IOWA, 3125 Cottage Grove (deliveries) D.M. 50311 271 7411 Contact: Karen Sullivan
YOUNG WOMEN'S RESOURCE CENTER, 705 E. 2nd St., Des Moines, IA 244-4901 Contact: Heather Soener.
YOUTH EMERGENCY SERVICES AND SHELTER, 918 11TH St. SE, D.M. 50309 282-9377 Contact: Jana Daisy

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info@dmreligious.org
dmreligious.org



The Des Moines Area Religious Council (DMARC) is an interfaith organization that exists to provide a common means of responding to basic human needs and, in so doing, offers a context for interfaith dialogue, education, fellowship and support while serving as a liaison between member congregations and the greater Des Moines community.