

THE WINDOW

Windsor Heights Lutheran Church ~ 1240 66th St. Windsor Heights, IA 50324

WHLC Staff:

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Lead Pastor

Rev. Karen Cluts

Visitation Pastor

Zach Meyer

Director of Youth and Family
Ministry/Congregational
Life Coordinator

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Easter BREAKFAST

Easter Breakfast Returns!

With Lent upon us, we're already planning for the upcoming Easter Breakfast, probably our biggest church meal of the entire year! As many of you know, the breakfast serves as a fundraiser for youth events, including the National Youth Gathering in New Orleans in 2024 among others. Two breakfasts will be hosted on Easter Sunday this year, one following Sunrise service at 7:30 a.m., and another at 9:30 a.m.

When we brought the breakfast back last year, after a hiatus during the pandemic, we continued this tradition, albeit with a few changes, turning it into something more of a "group effort." While the middle and high schoolers are still primarily serving the meal, we're asking again this year for some additional help! Given how large the size of the meal is, and how much there is to operate in terms of appliances in the kitchen, we could really use your help! We understand everyone has their own plans for Easter, so helpers usually just pop into the kitchen when they can and work till they have to go somewhere else! We'll start prep around 6:30 a.m. and finish up right before the 10:45 a.m. service, so if you can help during any window of that time, we'd be grateful! Zach will also be setting up tables and table cloths for the event the day before Easter (Saturday, April 8) at noon, and anyone is welcome to help if they like!

Another way to help is through our returning "take & prep" casserole pans! Later this month, we'll place some small baking pans in the narthex with instructions on them for how to make a cold casserole. Simply take a pan, fill it with the ingredients, and bring it back to us before the breakfast (they can be placed in the fridge in the kitchen). Then on Easter morning, we'll put those in the oven so they're ready to eat! The casseroles are a favorite of the breakfast, and a great way to partake in some fun food prep.

The size and scope of the Easter breakfast seems to grow a bit every year, so any help is appreciated. Contact Zach if you'd like to help, or if you have any questions. We are so excited to serve this meal once again this year and enjoy some wonderful fellowship time with all of you on this celebratory day!



Lutheran World Relief

Offering Comfort and Care to Those Who Need it Most



Often, when natural disasters strike or when war drives families from their homes, our hearts ache with compassion, but we don't know how to help. Making Lutheran World Relief Kits is a simple, fun and tangible way to offer comfort to those suffering and express love to our neighbors in need.

LWR Kits are specifically designed to help people coping with poverty, disaster, conflict and more. Whether a kit helps someone to maintain good hygiene, care well for a newborn baby, keep education going during a crisis or learn a new vocation, LWR Kits provide dignity and hope in the direst situations.

This Lenten season WHLC has designated all Wednesday night offerings to be used toward LWR Personal Care Kits along with your donations that have been marked for this project. We have a goal of 450+. Each kit cost approximately \$5 when the supplies are purchased in bulk.

On Monday, April 10, volunteers will begin the assembly process. Please consider this time of fellowship. The kits along with quilts will be shipped out on Saturday, April 15.

Thank you for your generosity, without it this project would not be a success!

-Linda Anderson

April Elderberries

Brain Health & Dementia

The April Elderberries will be on TUESDAY, April 4, at 11:30 a.m. Please note the change of day from Thursday as that is Maundy Thursday. Our guest speaker will be Dr. Patricia Quinlisk, MD, MPH, State Epidemiologist Emeritus-Iowa, Medical Director of Dementia Prevention Program. Dr. Quinlisk will be speaking on the topic of Brain Health and Dementia Prevention. Dementia is not a normal part of aging. The risk of dementia and Alzheimer's disease can be reduced and even prevented by modifying certain medical and lifestyle-associated risk factors.

The following topics will be addressed - eat well, get moving, be social, hear well, stay sharp, sleep enough, control chronic diseases, build stress resilience, use right medications and promote health.

We begin with our potluck meal at 11:30 a.m. Please bring a dish to share if you are able and invite a friend or neighbor. **ALL ARE WELCOME** for this important topic which speaks to everyone.



WHLC News & Notes



WHLC has a long history of wonderful volunteers who enjoy serving their church as an usher

during worship. Ushers get to be among the first to welcome God's people to worship every week! We'd like to have a more organized way to schedule our ushers and make sure that this important role is filled for every service, with a rotating schedule. We would make sure the schedule was flexible and not require a long time commitment. The first step is compiling a roster of interested volunteers. Ushering does not require any special skills and anyone can volunteer (men and women, couples, teens)! Are you able to help? Please contact Scott Steensen at 515-418-0248, scottmaren@msn.com or Maren Steensen at 515-418-0247, mesteensen@gmail.com



Please join us on Saturday, March 25 at 2 p.m. for Spring Clean-Up in preparation for Holy Week.

We need people of all ages to vacuum, dust, and wipe down the sanctuary, nursery and kitchen. Inside not your gig? We also need individuals to rack, trim and pick up the grounds around the building. The clean-up is meant to be a multi-generational event so everyone is welcome. Following the clean-up pizza will be provided for fellowship time. Hope to see you on March 25 at 2 p.m. to show off your cleaning talents! ~2023 WHLC Council



The Annual Meeting was held on January 22, 2023, new council members were nominated and accepted the oath to serve Windsor Heights Lutheran church. The new council members are Bill Morris, Maren Steensen and president elect John Swanson. The new members will be joining Sharman Blake, Julie Borseth, Norm Carlson, Tracey Hirst, Matt McNamara, Secretary Jill Hyda, Treasure Barb Waymire and past president Tony Dahlman. If you have any questions or suggestions, please contact one of the council members. I will serve as your council president. I look forward to visiting with you. Peace be with you!

Kevin Nicolet, 2023 Council President

We are in need of a truck driver for Lutheran World Relief kits and quilts the weekend of April 15. If you are available, please contact Jan Grannes at 515-279-8017.





Youth & Family News

Zach Meyer



No Kids Activities on Wednesday, March 13

Faith Formation, Joyful Noise and Grace Notes will not gather on the 13th, as it is the week of spring break for most of our schools. The community meal will still be served at 5:15 p.m. Student activities will return on March 20.

Join us for VBS & Theme Reveal this month!

Another reminder to set your calendars! VBS will be hosted at WHLC from July 17-20, starting at 9 a.m. each day and wrapping up by 3:30 p.m. in the afternoon. Our day camp format allows for entire days full of faith, play, community, service and tons of fun! Parish Ed has been working on developing VBS the past few months, and we are excited to share that we have a theme that we'll be revealing later this month. Sign-up sheets will be available at the start of April, so spread the word, and join us for a fun week at Vacation Bible School!

Liftoff Returns Friday, March 31!

Due to some schedule changes, we are pushing Liftoff back to the later half of this month! All kids in Pre-K thru 3rd Grade, and their families, are welcome to join us on Friday, March 31, from 6-8 p.m. for a fun night of games and community! Dinner will be provided by the church, and students are welcome to invite their friends. Hope to see you there!

Retreat Opportunity for Middle School Students! DFR Retreat April 14 -16

Camp EWALU, an ELCA camp in Strawberry Point IA, and one we've attended in the past, is bringing back their Dirty Feet Retreat again this April for all students in 6th-9th grade. The retreat is a chance for students to meet kids from other church youth groups, grow in their faith, experience a weekend at camp, and have tons of fun! The retreat begins at 8pm on Friday the 14th, and wraps up on Sunday the 16th at 11am!

The cost per student is \$90.00, however, WHLC offers camperships for our students to go on retreats/camps, which will cover half the cost for each student, bringing the price down to just \$45 per student! If your student is interested & would like to attend the event contact Zach! If we have enough students interested to form a group, we can register for the event as one church group, in which case we'll look into the travel & packing details closer to the event!

More info about the event can be found on EWALU's Website, which we've linked below. The retreat is a weekend full of fun, faith and new friends, and it is a great opportunity for our confirmation age students. We'd love to send a group there to experience it!

Retreat Info: <https://ewalu.org/spring-youth-2023/>

NEW CISS MONTHLY MEAL COORDINATOR NEEDED

After coordinating and participating in the Central Iowa Shelter & Services monthly meal for nearly a decade, John and I will be stepping down as the coordinators effective June 15, 2023. We have found so much joy and fulfillment in coordinating the shelter meals and serving approximately 250 people there on the 11th of every month for the past decade, but we've decided that it's time to allow someone else in the congregation to experience the same joy and fulfillment that we have all these years. We're confident that someone in our loving, benevolent congregation (or a pair of someones) will step up to the plate and joyfully accept the responsibility and honor of coordinating the monthly meals—the ONLY ministry coordinated outside the walls of WHLC in our community for those experiencing homelessness and hunger.

The following is a description of the tasks associated with coordinating this ministry every month:

calling Price Chopper every month to order the sloppy joe meat and buns, which are delivered to the shelter on the 11th of every month; shopping for the rest of the items that round out the meal at Sam's Club or Costco, including lettuce, veggies, fruit cocktail, cookies, pickles, ranch dressing, ketchup, utensils, napkins and cups—or soliciting food/supply donations from the congregation via a sign-up sheet; securing 8-9 volunteers from the congregation to serve the meal at the shelter on the 11th of every month; contacting the shelter volunteer coordinator to confirm the plan for serving every month; overseeing and attending the two-hour preparation/serving operation on the 11th of every month; posting a sign-up sheet every month in the narthex to garner food and monetary donations, as well as servers.

I will be delighted to coach and “shadow” my replacement as John and I plan to continue serving at the shelter, that is provided I can secure a replacement to guarantee the continuation of this vital ministry. If you're interested in learning more about coordinating this marvelous, long-standing WHLC ministry, please contact me at 515-707-5646 or at danainc@mchsi.com. Thank you for your past support of the CISS monthly meals and for considering this urgent and rewarding opportunity to live out Christ's command to help and serve those in need.

Respectfully, Dana K. Leahy



TREASURER'S REPORT

WHLC Council,
Attached please find the financial reports for January 2023.

Below is a summary of the results for the General Fund followed by Special Offerings:

	January 2023		Year-to-Date		2022 YTD
	Actual	Budget	Actual	Budget	Actual
General Offering	35,439	39,886	35,439	39,886	51,071
Other General Fund Income	711	1,298	711	1,298	799
General Fund Income	36,150	41,184	36,150	41,184	51,870
General Fund Expense	41,851	41,150	41,851	41,150	44,131
General Fund Net Income	(5,701)	34	(5,701)	34	7,739
Special Offering Income	132		132		141
Special Offering Expense	62		62		101
Special Offering Net Income	70		70		40
Total Net Income	(5,631)	36	(5,631)	36	7,779

Mortgage Balance	701,148.91
Capital Appeal Permanent Fund Balance	166,263.39

General Offerings reported for January were \$4,400 below budget. Based on prior giving patterns (which attempt to neutralize months with 5 Sundays and when holidays occur) expected General Fund Income should have been around \$40,336 for January versus actual January 2023 General Fund Income of \$36,150. We do anticipate that General Offerings and General Fund Income will approach budget levels as the year continues.

January 2023 General Fund Expenses were \$701 higher than budget. The primary reason for expenses varying from budget this early in the year are due to timing differences. For instance, we have paid insurance premiums in January that cover more than one month, but the budget is for one month. Additionally, two months' cleaning bills were paid in January. On the other side, we budget non-ELCA benevolence payments monthly, but disburse them quarterly. Finance Committee actively reviews the financials of WHLC routinely and makes recommendations as appropriate.

A CD of \$106,375 paying 0.8% interest matured in January and was renewed for 4 months at 3.65% interest. We have CDs renewing March 7 and March 27 earning 2.5% and 2.65% which should be able to be renewed above 3.5% as well.

WHLC remains on solid financial footing with working capital sufficient to meet our obligations.

Please let me know if you have questions.
Barb Waymire

WE MOURN WITH YOU



Sympathy to Jan Grannes as she mourns the death of her brother, Jon Reber of Minnesota. He died Tuesday, February 28.

Sympathy to Cheryl Wheeler as she mourns the death of Tony, who died February 25.

Sympathy to Will Canine as he mourns the death of his daughter, Cathy Riggs of California.

Sympathy to Mike Blake and family as Mike's mother, Pauline, 94, died peacefully on February 2.

Sympathy to Kathy McCracken, whose mother, Margaret Weber, peacefully passed away January 28 in Duluth, Georgia at the age of 98.

Sympathy to Matt McNamara and his family as Matt's cousin, Jason Norris, died on January 24 after a courageous battle with leukemia.



MARCH BIRTHDAYS

- 1 Elaine Hites, Bonnie Hunefeld, Emily Roose
- 2 Naomi Rowland
- 8 William Lewis, Dave Logan, Lily Nelson
- 10 Linda Rye, Mia Brnilovich, Mason Ziemke
- 11 Amy Morris
- 12 Erik Carlson
- 13 Sally Benson, Tony Dahlman
- 15 Tim Schneckloth
- 16 William McGowan, Mary Wegner
- 17 Cash Hennig
- 18 Tricia Richards
- 20 Cindy Petersen, Paul Rye
- 21 Alexis Eakins
- 22 Karen George
- 25 Jordan Eakins
- 26 Lori Nicolet, Chris Olkiewicz
- 30 Melissa Krumm
- 31 Ron Stoen



Young at Heart





It is with gratitude that I write this thank you. WHLC is a very special place because of the love all of you regularly show to any one who needs it. When Mom died, many of you reached out with kind words, love, support, cards, and memorials. Your hugs lifted my heart and spirit. You are all wonderful ministers in the name of Christ. Thank you!
~Mike Blake

Our sincere thanks for your prayers, cards, and offers of condolence on the death of my mother, Margaret Weber. Your care and concern are deeply appreciated.
~Kathy and Steve McCracken

I would like to thank the entire congregation of Windsor Heights Lutheran Church for recognizing and celebrating my 25 years of service as the Director of the Alleluia Choir. It continues to be my honor to serve on the music staff of WHLC and to rehearse and conduct the Alleluia Choir. Special thanks to the choir members themselves and, in particular, Linda Russell and Sharman Blake. The celebration was a complete surprise - which is not easy to pull off in this congregation! Thank you all so very much for your continued support of me and the music ministries at WHLC.
~Jim Cacciatore

As many of you know, we (Ann and Ron Rowland) have been working with an Afghan refugee family, the Srae Lambe family. The family is settling in Iowa after escaping Afghanistan when the Taliban took over the government. The father, Amar Din, had worked with the U.S. military for several years in Afghanistan.

While we were gone on an extended trip, four WHLC couples: Dan and Deb Goss, Cheryl and John Rigler, Chuck and Kathy Safris, and Andy and Valarie Rowland volunteered to assist the family. They provided transportation to English classes, provided child care during English classes, took the family grocery shopping each week, helped repair a broken sewing machine, and generally befriended the family.

We want to thank them for their help and friendship. The family said everyone was very friendly and helpful. The

assistance not only helped the Srae Lambe family, but also gave us peace of mind while we traveled.

Thank you!
Ron & Ann Rowland



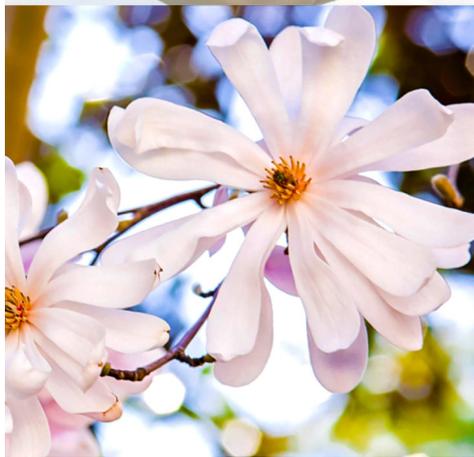
Overflowing With Thanks



Spring begins
March 20!



Don't forget to change
your clocks! Daylight
Savings Time begins
Sunday, March 12.



For as the earth
bringeth forth
her bud,
and as the garden
causeth the things
that are sown in
it to spring
forth;

so the Lord GOD
will cause
Righteousness and
praise to
spring forth
before all the
nations.

Isaiah 61:11

