



Dubuque Area Congregations United

Monthly Newsletter

Volume 35, No 7

PO Box 811, Dubuque IA 52004-0811

August 2013

We, the members of DACU, people of diverse faiths and beliefs, are united by our belief in God, our concerns for justice and our call to serve others. Through prayerful dependence on God and respectful cooperation with each other, we will make a difference in our world by fostering an awareness and understanding of human need. We will be a supportive presence in this community and beyond through the generous sharing of our time, talents, and resources. Mission Statement adopted 10/22/96.

www.DACUonline.org/

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DATE	SPONSOR	EVENT
Here's just a few of the events sponsored by our DACU congregations and associates. Turn the page to learn more!		
August 27	DACU	Annual Family Potluck Picnic, Dubuque Arboretum, 6 PM
September 6	Church Women United	Human Rights Celebration, Dubuque Arboretum Porch, 9:30 AM Coffee, 10:00 Celebration
September 7	St. Raphael/St. Patrick's Social Justice Committee	Ecumenical Garage Sale to Benefit the Guest House at St. John Lutheran....8 AM in the Cathedral Center behind St. Raphael's
September 9	DACU	CROP Walk Rally, 6:30 PM at First Presbyterian Church
September 24	DACU	DACU Delegates Meeting, Dubuque Rescue Mission, 7:00 PM
October 6	DACU	CROP Walk 1:00 PM at Holy Trinity Lutheran Church
October 22	DACU	DACU Delegates Meeting, St. John Lutheran Church



DACU Annual Family Potluck Picnic

Date: Tuesday, August 27, 2013

Time: 6:00 p.m. – 8:00 p.m.

Location: Visitors' Center Porch
Dubuque Arboretum
3800 Arboretum Drive

****Please bring your own plates/silverware PLUS
a dish to share that will feed your party plus 8 others.
Drinks and cups will be provided.

*Follow the signs from JFK Road & W 32nd St.
We will be meeting and eating in the screened porch of
the Visitors' Center*

REMINDER: We accept donations of canned food for the
Food Pantry at every DACU Delegates' Meeting. Thank
you for your generosity!

Mark your Calendar: Upcoming DACU Events



(No DACU Delegates Meetings in June or July)

Tuesday August 27: DACU Annual Family Potluck
Picnic, Dubuque Arboretum, Visitors' Center Porch, 6 PM

Tuesday September 24, 7:00 PM, Dubuque Rescue
Mission.

Tuesday October 22, 7:00 PM, St. John Lutheran
Church; Program will be Homelessness in Dubuque.

Wednesday November 27, 7:00 PM, Annual Interfaith
Thanksgiving Service

No DACU Delegates' Meeting in December.

**NOTE.....If you have an event you'd like to
announce or publicize at a DACU meeting, PLEASE
bring printed fliers to distribute. Bob Krayer
always has an information table. Just announcing
your event won't assure that people remember it!**

DACU Board Report

As of July 31, 11 Congregations and two Associates have contributed to the work of DACU for 2013. Thank you to St. Matthew Lutheran Church for their July donation to the work of DACU!

FY 2013 Monthly Balance Sheet Report 7/31/2013			
	July	2013 YEAR TO DATE	BUDGET 2013
Income	\$ 28.08	\$ 2,765.20	\$6,450.00
Expenses	\$ 0.00	\$ 6,200.55	\$6,450.00
Ending Balance as of 7/31/2013: \$3,140.33			

Please help us to support our DACU projects!
Checks should be made payable to "Dubuque Area Congregations United" and sent to:
DACU Treasurer,
P.O. Box 811, Dubuque IA 52004

The DACU Board meets the first Wednesday of each month at 4:15 p.m. at Holy Trinity Lutheran Church. Meetings are always open to the members of DACU.

DACU Projects

People In Need (P.I.N.)

As we begin our 31st year, we have already funded more assists than for the entire year previous. By the end of P.I.N. had already done 78 assists. About 65% of our assist money has gone to rent to avoid evictions for 46 households. The need continues to grow.

Alan Garfield, P.I.N. President

**Please send donations to: Tom Stovall, PIN Treasurer,
3345 Tibey Court, Dubuque, IA 52002-2849**



Dubuque Rescue Mission.

We welcome Fr. Dustin Lyon as a new Board Member! The garden program has been a big success. Stop by and visit the garden so you too can be impressed! Much thanks to our new employee Patricia Kemmer for coordinating this effort. Adding to the success of the garden is the hope that we will have a greenhouse by early Fall.

This past month the City Council unanimously and with much enthusiasm approved us having as many as 12 chickens to provide additional food for our clients.

Since we have our own truck now (donated by Runde car dealership) we are able to pick up large donations by contributors simply by calling the Mission.

Rev. Rick Mihm, Director
(mihmr@mchsi.com)



Dubuque Food Pantry

Thank you to all who continue to support the Food Pantry with monetary donations and food collections.

Gardeners: please remember the Pantry when you are gardening. We would be glad to give out any extra produce you might have. Drop it off at the Pantry on Mon., Wed., and Fri. between 9:00a.m.- 3:00p.m. or Tues. 9:00-11:30a.m.. Pass the word on to your friends and neighbors.

Does your church/congregation want to know what we could use? Each month I will be listing a few items that we could use so you can plan ahead and get the list in your church bulletin/announcements.

August--- Crackers, hamburger helper, can meats, deodorant, bar soap

September --- Potatoes of any kind, sugar, mac & cheese, tuna, laundry soap, dish soap

Drop off hours are: Mon., Wed., Fri. from 9:00a.m. to 3:00p.m. and Tues. 9:00-11:30a.m.

God bless you and thank you for your continued support.

Sister Lynn Wagner, Manager

DACU Community

DACU Worship Brochure

The annual DACU Worship Brochure, listing DACU member congregations plus others who have requested to be included, is complete and copies have been distributed to local hotels plus the Visitor's Center. A copy is available to download from the DACU website, www.DACUonline.org.

CROP Walk

The CROP Walk rally is Monday September 9, 6:30 PM at First Presbyterian Church. Rev. Russ Melby, Iowa Director of Church World Service, will be the guest speaker. The CROP Walk is scheduled for Sunday October 6th, 1:00 PM at Holy Trinity Lutheran Church. The theme is "Be a Lifesaver".

For more information, contact
CROP Chair *Maryann Caudill LoGuidice*
608.642.1270

maryannuu@fastmail.fm



Unitarian Universalist Congregation Bi-Monthly Coffeehouse Night of Talent!

The Historic District Coffeehouse will be 7:30-10 p.m. Saturday, September 21, and Saturday, Nov. 16 at the Unitarian Universalist Fellowship of Dubuque, 17th and Iowa streets.

All experienced and developing Dubuque regional acoustic musicians, poets, writers, performance artists are invited to come and perform live. The public is invited to enjoy the evening free of charge (donations for coffee or canned goods for the Dubuque Food Pantry are appreciated).

If interested in performing, contact Bruce at 608-348-5099, but walk-ons for the open mic also are welcome.



Presentation Lantern Center

Presentation Lantern, a drop-in center offering hospitality, educational opportunities and advocacy to adults, especially women and their children, announces that the center will move from its present location at 1584 White Street, Dubuque, to the newly renovated Caradco Building at 9th and Jackson Streets in the Historic Millwork District. For the past 10 years Presentation Lantern Center has been located on the campus of the former St. Mary's Parish. The move will provide space and opportunity to meet expanding needs of the center and greater collaboration with other non-profit organizations. Plans call for the transition in August.

For more information contact Executive Director Corine Murray PBVM at corinemurray@aol.com or call 563-557-7134

www.presentationlanterndbq.org

www.facebook.com/PresentationLanternDubuque



St. Raphael Cathedral

St. Raphael's/St. Patrick's Social Justice Committee is sponsoring an **Ecumenical Garage Sale** to benefit the Guest House at St. John Lutheran Church. The sale will be September 7, 2013 starting at 8:00 AM at the Cathedral Center just behind St. Raphael's Cathedral, 231 Bluff St., Dubuque, IA 52001.

We are looking for gently used items. NO CLOTHES, SHOES, or LARGE APPLIANCES! If you have items to donate you can drop them off on September 6 between 8 AM and 7 PM.

DACU members thank you in advance for your items for the cause. If you have any questions please contact Betty or Vince Vanden Heuvel at this number: 563-582-1539.

Dubuque Ministerium

Upcoming dates are:

- Tuesday September 10 at the Rescue Mission
- Tuesday October 14 at First Congregational Church
- Tuesday November 12 at St. Luke's Methodist.

The Chairs are Dave McGee and Karen Leisen

Maryann Caudill-LoGuidice
DACU Ministerium Representative

Shalom Retreat Center

Our Mission: Founded in the Franciscan tradition, Shalom Retreat Center is a sacred space in a peaceful environment, calling people to God and fullness of life.

1001 Davis, Dubuque, IA 52001

Phone: [563/582-3592](tel:5635823592)

Web: www.shalomretreats.org

Email: info@shalomretreats.org

Taize Prayer: "God Is Love" Thursday, Sept. 5, 7:00 – 8:00pm Registration not required.

T'ai Chi Chih classes Tuesdays, Sept. 10, 17, 24, Oct. 1, 8 & 15; 8:15 – 9:00am. Instructor: Marian Klostermann OSF T'ai Chi Chih is a series of 20 movements that are slow, gentle, and easily done by anyone regardless of age or physical condition. By circulating and balancing the "chi" or vital energy within us, the T'ai Chi movements promote physical, mental, emotional and spiritual harmony and well-being. Marian has practiced and taught T'ai Chi for more than 25 years. T'ai Chi Chih is a modified form.

Offering: \$45 for 6 sessions. Register/prepay by Thursday, Sept. 5.

DAYS OF QUIET & PRAYER (4 monthly sessions)

Book – Field of Compassion: How the New Cosmology Is Transforming Spiritual Life by Judy Cannato

Wednesdays, Sept. 11, Oct. 9, Nov. 13, Dec. 11

9:30am – 2:30pm (9:15am – continental breakfast)

Facilitator: Eileen Miller OSF Set aside one day each month to nourish your spiritual life. Offering: \$80/4-session monthly series. Includes book, program, materials, lunch & private room. Register/prepay by Friday, Aug. 30 (so we can order books)

Embracing Life After the Death of a Spouse or Significant Other Thursday, Sept. 12; 8:00am – 3:30pm

Team: Barbara Meloy Callahan, Diane Fasselius, Pat Pierce, Jim Swenson, and Marci Blum OSF

Gather with others who have lost a spouse and share experiences of loss, grief and healing. Topics include: coping with loss, making adjustments, dealing with fears, surviving and thriving. Offering: \$35. Includes continental breakfast and lunch. Register/prepay by Sept. 9.

LUNCH & LEARN: Chair Yoga

Wednesday, Sept. 18, 12:00 – 1:00 pm

Presenter: Deb May, Certified Yoga Instructor

Undo what office work does to your health. Sample a few Chair Yoga poses to relieve tension in your neck, shoulders, and back. Enjoy a delicious lunch in our dining room. Deb May, Yoga instructor with 13 years teaching experience, will also lead a discussion on yoga

and wellness. Offering: \$10. Register/prepay by Monday, Sept. 16.

Faith Sharing – Bridges to Contemplative Living (8 weekly sessions) Thursdays: Sept. 19, 26, Oct. 10, 17, 24, 31, Nov. 14 & 21, 7:00 – 8:30pm Facilitator: Marci Blum OSF. We will engage in faith-sharing, using the book *"Bridges to Contemplative Living with Thomas Merton."* Through reflection on our ordinary experiences with the writings of Thomas Merton, prayer and quiet, we will focus on living contemplatively in the midst of our busy and active lives. We begin with the topic *"Entering the School of Your Experience."*

Offering: \$40 for 8-session weekly series. Includes the book, beverage & snacks. Register by Friday, Sept. 13.

SHALOM FALL BREAKFAST: Mattresses!

Tuesday, Sept. 24, 7:00 – 8:00am; Mass at 8:15am

Presenter: Ruth Jackson SVM

How in the world will Ruth connect "Mattresses!" to the fall season? It's a mystery, but we know her creativity is at work, so come and let her delight you with the fruits of that creativity!

Offering: \$9. Register/prepay by Friday, Sept. 20.

THE MIRACLE OF MINDFULNESS: An Antidote to That Overwhelmed Feeling Saturday, Sept. 28, 9:00am – 3:00pm Facilitator: Eileen Miller OSF

Life is hectic. Most of us find ourselves rushing from one thing to another, leaving little time to reflect or "just be." Hopefully, this day will give participants some ideas and tools on how to use the precious minutes in between events of their days to quiet their bodies, minds and spirits. We will learn to do mindful meditation, as well as other mindful practices that keep us in tune with the beauty of life. (A bonus might be lower blood pressure readings!). Offering: \$40. Includes program, coffee on arrival and noon lunch. Note: Bring a friend who is new to Shalom and offer us \$60 for both of you.

Register/prepay by Wednesday, Sept 25.

AN ITALIAN FEAST FOR BODY & SPIRIT A Few Italian Franciscans Are Stopping By...!

Tuesday, Oct. 1, 6:30 – 8:30 pm

Presenters/Impersonators: Amanda Osheim, Beth Kowal, and another TBD

Come, meet a few more historic Italians! Last year we introduced our guests to a variety of interesting historic characters. This year we invite you to meet three interesting Italian Franciscans whom you may or may not already know, namely Margaret of Cortona, Zita of Lucca and Pope Clement XIV. The women will be played by Amanda Osheim of the Loras Religious Studies Dept. and Beth Kowal of the Dubuque Franciscans. We are still looking for the right person to impersonate Pope Clement XIV! Of course, preceding the program is our usual fine dinner of Italian cuisine.

Offering: \$23. Register/prepay by Friday, Sept. 27.

RENEWAL DAY Thursday, Oct. 3, 9:00am – 3:30pm

Wellness on Davis Staff: Lisa Schmidt LMT, Kay Forkenbrock OSF, LMT, Sharon Hoppenjan LMT, RN; Kim Kali-Schultes, Affinity Center (Counseling & Coaching Center) & Marci Blum OSF

Shalom welcomes you to a peaceful place to rest and relax. Come for a day enjoying two 30-minute holistic services of your choice, a private guest room, a delicious lunch and space to “just be.”

Choose two from the following:

•Massage; Reflexology; Healing Touch; Spiritual Direction; Life Coaching. Offering: \$75. Indicate your two choices when registering. *Register by Sept. 30.*

Blessing of Animal Companions

Sunday, Oct. 6, 3:00pm on the north deck

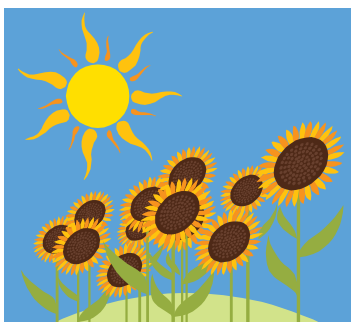
Facilitators: Marci Blum OSF & Marie Cigrand OSF

St. Francis and St. Clare had a great love for creation, respecting animals as God’s creatures. Come to celebrate a ritual blessing with your animal companions and you as caretaker. Free will offering. Refreshments will be served. If possible, call Shalom at 563-582-3592 to register by Friday, Oct. 4 so we know how many to plan for.

Weekend Retreat -- WISDOM: A Way of Living

Director: Dianne Bergant CSA, Distinguished Theologian, Professor, Biblical Studies, Catholic Theological Union, Chicago, IL; Saturday, Oct. 12, 9:00am – Sunday, Oct. 13, 1:00pm The wisdom tradition of biblical Israel is primarily concerned with the living of life in harmony with people and creation. It is a way of life that will assure happiness, prosperity, and fulfillment. We will view women’s and men’s perspectives based on life experiences. Both commuter and overnight options available. Register by Oct. 7.

TO REGISTER, call Shalom at [563/582-3592](tel:5635823592), email: info@shalomretreats.org or send check payable to Shalom Retreat Center with your contact information to: 1001 Davis St., Dubuque, IA 52001.



Church Women United

2013 Dubuque CWU Human Rights Celebration

The 2013 Human Rights Celebration “Breaking Down the Doors of Injustice” sponsored by Dubuque Church Women United will meet September 6 at Dubuque Arboretum and Botanical Gardens on 3800 Arboretum Drive. Gathering convenes in the Visitors’ Center at 9:30 a.m. Celebration service and program will be at 10:00 a.m. Guest speaker Judy Nemmers, board member of NAMI Dubuque (an affiliate of National Alliance on Mental Illness) and a Licensed Independent Social Worker (LISW) providing patient mental health therapy, will present “Faith & Mental Health – Building Bridges of Hope.”

Ann E. Michalski, former Dubuque City Councilwoman will be honored with the Church Women United Human Rights Award. She will be recognized for her tireless efforts towards positive changes in human rights within the Dubuque community

Church Women United Human Rights Celebration was started in 2006 in hopes of bringing to light those who have and are working towards equality for all. All interested are welcome. Beverage tab donations will be collected to support women educational opportunities funded by Friends of Iowa Women Prisoners.

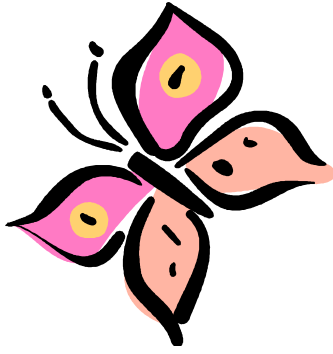
Celebration Contact: Sue Hattel, 563-556-1394



Mt. Carmel Sisters of Charity of the Blessed Virgin Mary

Grief Growth Group: Support for those Experiencing a Loss.

Seven Sessions: Sept 11, 18, 25, Oct. 2, 9, 16, 23; 6:00 to 8:00 PM at Mt. Carmel, 1150 Mt. Carmel Drive. The purpose of the group is to help anyone experiencing a loss through death, divorce or separation. Crucial to the grief process is mourning. We cannot heal what we do not feel. You are invited to participate in the process. The suggested time before group work is at least two months. To derive full benefit from this support group, you are asked to make a commitment to all the sessions. A standard donation of \$15.00 will help offset expenses for the sessions. To register, call Jane Rogers, BVM, at 563.583.1889 (home) or 515.408.2281 (cell). Deadline is September 7, 2013.



Sinsinawa Mound

“Meeting Alzheimer’s; A Day of Hope, Inspiration, & Healing”

Dr. Jade Angelica will be leading a workshop for caregivers and others touched by Alzheimer’s Dementia on Saturday, October 5, 2013 from 9 AM to 3:30 PM. The cost is \$50 and includes lunch. For more information, please call Sinsinawa Mound, (608) 748-4411, or visit their website, www.sinsinawa.org/moundcenter
The Sinsinawa Mound Retreat Center is located at 585 County Road Z, Sinsinawa, WI

Dubuque Community



Circles Initiative

Have you heard of the Circles® Initiative? It is part of an innovative national movement that connects volunteers and community leaders to families wanting to make the journey out of poverty. This program is run through the City of Dubuque Housing & Community Development Department.

Every Tuesday evening Circles® Community Meetings provide a chance for families to build relationships and develop life skills. On these nights we provide childcare and dinner, which are both donated services. ***The program is volunteer run – here’s your volunteer opportunity! Here’s how:***

---**Cook a meal:** as simple as 75 hotdogs or sloppy joes with bund, or as fancy as homemade chili, potato or sandwich bar, or 3 pans of lasagna & salad.

---**Purchase a meal:** 20 pizzas, pre-made ham sandwiches, or a couple of large pans of spaghetti...easy and tasty!

---**Make a financial contribution** for a meal...we ask for contributions of \$200-400 for one meal.

---**See our “wishlist for available meal dates at** www.cityofdubuque.org/circles

---**to confirm a date, or for more information** contact Andrea: AHelgaga@cityofdubuque.org

Dubuque Circles Initiative
350 West 6th St, Suite 307
Dubuque, IA 52001
Office (563) 589-4230
Fax (563)589-4244
www.cityofdubuque.org/circles



DACU
PO Box 811
Dubuque IA 52004-0811



Remember...you can view all DACU Newsletters on our Website at www.DACUonline.org

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