



THE EPISCOPAL DIOCESE OF IOWA

October 2023
E-NEWSLETTER



From Bishop Monnot

The season of autumn has begun, and with it we move toward and look forward to our annual Diocesan Convention gathering. I am very excited about our time together this year, as we come with a clarified purpose and some new experiences that support our purpose: to deepen our connection as one diocese to transform ourselves, our communities, and the world for Christ.

Workshop opportunities are available pre-Convention on Friday afternoon, where you can choose to learn more about the College for Congregational Development, how to pray today, or Christian nationalism. Sign ups for these were/are available on registration forms, and I encourage you to attend as able. Friday evening we'll experience Opening Eucharist together which will include confirmations of diocesan youth, and if you're not able to join in-person the service will be livestreamed.



Saturday is when the main "business" of Convention takes place, and this year we have multiple opportunities throughout the day designed to foster relationship-building, learning, and sharing in ministry. In the evening, we have a fantastic keynote speaker for the banquet dinner, the Bishop of The Episcopal Church in Minnesota, Craig Loya, and we'll close out our evening together with a dance party! So wear comfortable shoes and be ready to have fun!

Closing Eucharist on Sunday will begin with a procession to the Cathedral from the Marriott, for which I hope clergy will vest and congregations will bring banners. Lay delegates and guests are welcome and encouraged to participate in the procession as well. Eucharist will include the renewal of baptismal and ordination vows as we reaffirm our commitment to follow God's call together as one church, one diocese. Our preacher will be the Rt. Rev. Craig Loya, Bishop of Minnesota.

As I regard both the Friday and Sunday Eucharists as part of our Diocesan Convention, I urge delegates and guests to be physically present for both if possible, and I authorize congregations that view the livestream together to distribute Eucharist from the reserved sacrament to those who gather on that day. We have the opportunity with livestreaming these Eucharists to experience the unity and connection of the diocese as a whole as we worship God together, and I encourage you to think creatively and take advantage of this

opportunity. I look forward to our gathering and transforming ourselves, our communities, and the world, together.

Yours in the abundant life of Christ,
+ Betsey

The Rt. Rev. Betsey Monnot, Bishop of Iowa

Ordinations & Transitions



The Vestry and people of
Trinity Episcopal Church, Waterloo
invite you to the

**Celebration of Ministry and Welcoming
of a new Rector, the Rev. Abigail Livingood**

The Rt. Rev. Betsey Monnot, officiating

Saturday, November 4
two thousand twenty three
at two o'clock in the afternoon
Trinity Episcopal Church
4535 Kimball Avenue, Waterloo, Iowa

Your prayers and presence are requested
Festival color is red Reception to follow
Streaming available

[WATCH ONLINE](#)

Upcoming Events & Opportunities

Diocesan Convention



Purpose: Convention deepens our connection as one diocese to transform ourselves, our communities, and the world for Christ.

Upcoming Deadlines:

TODAY - October 6:

- Visitor Registration Due (if attending any meals)
- Youth Delegates & Visitors Registration Due

Keynote Speaker:

- Deadline to Request Childcare
- Necrology List Due

October 8:

- Register for Monday Hearings

October 13:

- Registration Deadline for Small Acts, Big Impacts Event (Youth 4-8th grade)
- Register for Saturday Hearings

Pre-Convention Hearings:

Monday October 9:

6:00 - 7:00pm Budget Hearing

7:00 - 8:00pm Resolutions Hearing

Saturday October 14:

10:00 - 11:00am Budget Hearing

11:00am - Noon Resolutions Hearing

These are open to everyone, and delegates are especially encouraged to attend. You must register in order to receive the Zoom link to attend. The Zoom information is the same for all 4 hearings so you only need to register once, and then join whichever hearings you want.

REGISTER FOR HEARINGS

Schedule:

Friday October 20th

2:30-4:00PM Optional Workshops (Marriott)

5:15PM Dinner available (Marriott)

7:00PM Eucharist (St. Paul’s Cathedral, Des Moines)

Saturday October 21st (Marriott)

8:00AM Registration

9:00AM Breakfast available

10:00AM Plenary One

11:20AM Plenary Two

12:20PM Lunch

1:15PM Plenary Three

3:00PM Plenary Four

7:00PM Dinner and Keynote, followed by Dance Party

Sunday October 22nd

8:30AM Breakfast (Marriott)

9:00AM Carillon Concert at St. Paul's

9:40AM Banner Procession from Marriott to St. Paul's

10:00AM Eucharist (St. Paul’s Cathedral, Des Moines)

REGISTER FOR HEARINGS



The Rt. Rev. Craig Loya, Bishop of The Episcopal Church in Minnesota

“All the Trees of the Field Will Clap Their Hands: Rediscovering a Diverse Church Ecology”

LEARN MORE ABOUT BISHOP LOYA

Children & Youth:

There will be three different events going on for children and youth at/during Convention - read more in the Youth Ministry section below, and note deadlines of **October 6.**

Contact Amy Mellies at amellies@iowaepiscopal.org with any questions.

Necrology

Don't forget, Necrology List information is due today - click on the button below submit your information.

NECROLOGY

More Information

Including parking, things

PALS: Pathways Along Loneliness & Solitude



DOWNLOAD A FLYER

READ MORE & RSVP

Join the Behavioral Health Ministry Team and the Small Church Group for four sessions of digging deeper into this world of loneliness.

With the help of Mary Kay DuChene and Mark Sundby from LeaderWise, time will be spent learning about loneliness for people in general, people in ministry. They will also discuss specific strategies that individuals, congregations, and denominations can pursue to counter the epidemic of loneliness.

The group will discuss: the contours of loneliness, personal strategies people can use to deal with these feelings, time with each other focused on the learnings from previous sessions, and ways the congregation and diocese can help put strategies in place for us all.

Mind, Body Spirit Retreat

THE BEHAVIORAL HEALTH MINISTRY TEAM AND REV. CATHERINE QUEHL-ENGLE PRESENT

MIND, BODY, SPIRIT RETREAT

November 18, 10am-3pm
Christ Episcopal Church, Cedar Rapids

This workshop is welcome to all, Episcopalian and non-Episcopalians.

The retreat will focus on:

- gentle meditative movement
- meditative seated and reclined practices
- Simple acupressure points
- Healing vibration and soothing sounds of singing bowls
- Yoga Nidra (Yoga Nidra is a guided sleep-based meditation historically used for consciously resting in Union with The Sacred) round out our time together.

Event cost: FREE

Lunch: \$12pp and will be provided by Groundswell Cafe, Cedar Rapids

You can find more information and register on our website, <https://www.iowaepiscopal.org/mental-health> or scan the QR code.

November 18th, 10am-3pm at Christ Episcopal Church, Cedar Rapids

This wellness workshop is open to all, Episcopalian or not. The day will feature gentle meditative movement, as well as meditative seated and reclined practices that cultivate calm, decrease anxiety, and revitalize mind, body, and Spirit. These practices also assist our consciously living everyday life with greater ease and awareness of Oneness including with The Sacred. Learning simple acupressure points, as well as experiencing the healing vibration and soothing sounds of singing bowls in combination with Yoga Nidra (Yoga Nidra is a guided sleep-based meditation historically used for

35 spots are available on, a first come basis.

An optional lunch (sandwich, salad, chips & drink) will be provided by **Groundswell Café** for \$12pp.

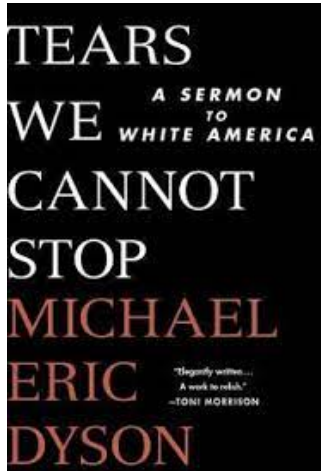
[REGISTER HERE](#)

consciously resting in Union with The Sacred. It is also used by The U.S. Defense Department and others to assist people living with PTSD, loss, stress, etc) will round out the time together.

Catherine weaves in both Christian and inter-spiritual contemplative wisdom.

[LEARN MORE](#)

Beloved Community Initiative Book Club



Join a group of others from around the diocese online for a discussion of "Tears We Cannot Stop: A Sermon To White America" by Rev. Dr. Michael Eric Dyson.

Starting on November 15 at 6:30pm, the group will discuss Chapter 1.

ALL are welcome! You do not need to have read the book to attend - come for the discussion and fellowship.

[REGISTER HERE](#)

Leadership Notices & Upcoming Trainings

Preaching Conference

Wartburg and Dubuque seminaries are offering a one day preaching conference, hosted by St. John's, Dubuque on Saturday, October 14th from 10am - 3pm..

This conference is open to all preachers: lay and ordained, new and seasoned.

[MORE INFORMATION](#)



Dismantling Racism Training

Grounded in The Episcopal Church's commitment to dismantling racism as essential to our formation as Christians, this ONLINE training is open to all persons who would like to deepen their understanding of racism, prejudice, and privilege. The training will consist of 2

DISMANTLING RACISM

TRAINING FOR CHURCH LEADERS

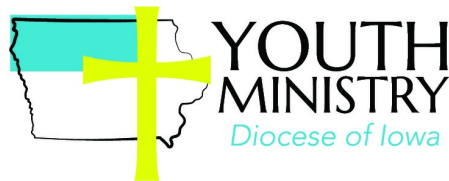
NOVEMBER 4

sessions from 10:00am-12:00pm and 12:30pm-2:30pm Sessions are limited to 30 attendees, so you may be placed on a waiting list when the session is full.

Dismantling Racism: Training for Church Leaders is a training day that is required of all lay and ordained leaders in The Episcopal Church (including vestries, search committees, diocesan leadership, etc.).

Some email servers may shorten our newsletter. Click [View as Webpage](#) to see the newsletter in its entirety.

Diocesan Ministries & Formation



YMDT 2023-2024 EVENTS CALENDAR

SEPT 08-10	CONFIRMATION RETREAT (CCC) 7TH-12TH
OCT 20-22	CONVENTION (DES MOINES) YOUTH GUESTS & DELEGATES (9TH-12TH) SMALL ACTS, BIG IMPACT (4TH-8TH) CHILDCARE (PREK-3RD)
FEB 02-04	SKI TRIP (ST. JOHN'S, AMES) 4TH-12TH
FEB	HAPPENING (KANSAS) 9TH-12TH
APRIL 12-14	NEW BEGINNINGS (ST. TIM'S, WEST DES MOINES) 6TH-9TH
JUNE 14-16	SUMMER MINISTRY SCHOOL & RETREAT (GRINNELL)
JUNE 17-21	EPIC (CCC) 4TH-12TH
JUNE 23-28	GENERAL CONVENTION (LOUISVILLE, KY) 9TH-12TH

"YOU WERE MADE FOR SUCH A TIME AS THIS." ESTHER 4:14

KEEP UP TO DATE ON OUR WEBSITE AND SOCIAL MEDIA.

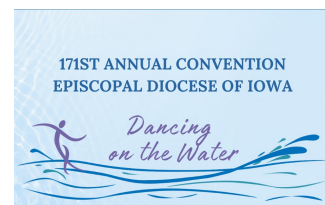
YMDT Calendar

Our 2023-2024 calendar of events is out! We have a lot of great things happening in the diocese and we hope you and the youth in your congregations can join us! If you have any questions please contact Amy Mellies at amellies@iowaepiscopal.org. Keep up to date on our website.

[YOUTH MINISTRY WEBSITE](#)

Episcopal Diocese of Iowa Annual Convention: Youth Delegates & Visitors

October 20-22 Downtown Marriott/St. Paul's Cathedral, Des



Moines

9th-12th graders are able to take part in Convention in a couple of different ways:

- If you are 16+ and confirmed you are able to take part in Convention as a youth delegate. This means you can speak during the proceedings and vote on the people up for elections and on other resolutions that are on the agenda.
- If you are not a delegate, you can still be a part of the festivities.

There will be a lot of discussions that YOU, youth, can take part in. There are a lot of congregations that don't have youth or youth programming, so it would be great for them to hear from YOU, the youth that do take part in the events of the diocese and their local churches. You can also have an active role during the day, talking with others around the diocese about what YMDT offers, hang out with friends from around the diocese, stay in an awesome hotel, eat some great food, swim, and dance the night away with Bishop Betsey!

[REGISTER HERE](#)

Registration closes on **October 6th.**



Small Acts, Big Impact (4th-8th) Convention Lock-In

In today's world, we think about taking care of ourselves before we take care of others. We have created a society and a system that places value on personal success. Small Acts, Big Impact is a weekend event full of fun, community building and taking care of others. In each act of service we do, we are impacting others in the community in small ways, but nevertheless, having an impact. Small acts that will reach far beyond your circle of friends or your church.

The fee for this event is \$35. Scholarships are always available and confidential. You can fill out a request [HERE](#). You do not have to be Episcopalian to attend this event. **Registration closes on October 13th.**

Youth will meet and stay overnight (Friday and Saturday) at St. Paul's, Des Moines. We will visit congregations in the area and learn about their outreach ministries as well as build community with one another. Our weekend will conclude with a Sunday morning worship service.

[REGISTER HERE](#)

Annual Convention Childcare Request

If you will be in need of childcare during annual convention, October 21, please fill out the request form below.

Deadline to request childcare is **October 6th.**

REQUEST HERE



Young Adult Ministry



LEARN MORE

Grant Applications Due November 13

Grant Categories:

- Development Grant: establish a new, restore a dormant, or reenergize a current ministry.
- Campus Ministry Program Grants: provide seed money to assist in the start-up of new, innovative campus ministries or to enhance a current ministry.
- Young Adult Ministry Program Grants: provide seed money to assist in the start-up of new, innovative young adult ministries or to enhance a current ministry.
- Project Grants: provide money for a one-time project that will enhance and impact the campus or young adult ministry.

Adult Ministry



MORE INFORMATION
HERE

EfM helps the faithful encounter the breadth and depth of the Christian tradition and bring it into conversation with their experiences of the world as they study, worship, and engage in theological reflection together.

There are online groups in the Diocese of Iowa and elsewhere. If you are interested in joining a group or mentoring a group, speak to your church leadership and email: jdoherty@iowaepiscopal.org

Behavioral Health Ministry Team

Ministry and Mental health

We are much better at accepting broken bones than we are at accepting mental illness. We rarely think twice about someone's fractured leg or the cast on their arm.



We often don't know how to engage with someone who is struggling with depression or bipolar disorder. Despite the present shifts toward inclusivity, there is still a stigma attached to mental health issues.

Read more from this article distributed by Alban at Duke Divinity and find resources by clicking the button below.

siriwannapatphotos / Canva

[READ MORE HERE](#)

Safe Church, Safe Communities



[MORE INFORMATION](#)

With the start of the Christian Formation season upon us, please make sure that your leaders have been trained in Safe Church, Safe Communities.

In the Baptismal Covenant, we promise to seek and serve Christ in all persons, love our neighbors as ourselves, strive for justice and peace, and respect the dignity of every human being. When a person is baptized, the congregation promises to help that person grow into the full stature of Christ. As a human family of God, we are called to create loving and safe environments for all who enter in to our family. Our churches and our ministries are to be havens of safety for all. In fully engaging with this training we ensure that we are living into our baptismal promises and helping our world move ever closer to the Kingdom of God.

Resources





Stay Connected

[Calendar](#)

[eNewsletter](#)

[Iowa Connections
Magazine](#)

[Upcoming Events](#)



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Episcopal Diocese of Iowa | 225 37th Street, Des Moines, IA 50312

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