



Lighthouse of Iowa

Keeping in touch with Iowa's Churches of Christ

June 2022

Kindness is good for you!

I read an article recently that was showing how some scientists were starting to find that being kind to others was good for our mental and even physical health. The article cited several studies that showed strong evidence this was indeed the case. Now of course, I cannot confirm this reasoning, but I am not at all surprised that it might indeed be true.

And yes, it also might be a result of some scientists who wanted to have further experiments financed, for as is the case in much of our news today, who truly knows. However, I would not at all be surprised to find such experiments to be the case.

Such findings make sense. When we are kind to others, our spirits are at peace with them and their situation. We want to be helpful. As opposed to the opposite, for when we are not kind toward others, our spirits are probably in some sort of turmoil or at a certain level of aggravation. And this latter emotion is not good for our spirits. For these reasons and others such a positive result from such experiments just makes sense to me. I have also read that there is a connection between our being kind toward others and our having self-esteem. It is amazing how all these things are connected!

I am confident you have probably heard the adage that even if the gospel is not real, it is still the most beneficial way to live for various reasons. And I believe this to be true. In my estimation, people who are living by godly principles and standards do seem to be the most happy and contented people in this world, and this especially applies to those who are members of the Lord's body. This is another reason why I accept the results of such experiments as the one mentioned at the beginning of this article. It fits.

I am confident this adage is probably true in regard to all the *fruits of the Spirit*.

Yes, we should make them part of our lives for righteousness' sake, for this is indeed the Lord's will for us, His children. However, as in all things the Lord asks of us, we receive benefits to our lives, both physical and spiritual, when we submit to His righteous standards. We are certainly much more content when we are living as our Lord requires. Our spirits benefit as well as our bodies.

There is also the idea that when we are kind toward others, they too are benefitted as well. Others will feel more appreciated and loved when we treat them with kindness. Everybody involved receives good! And that also will encourage them to be kind toward others as well. It is like a circle that constantly "feeds itself" and gives it perpetual energy to keep going.

We should always remember that our Creator knows us very well. He knows what will be to our benefit, and He knows what will be to our harm. He has no expectation of us to our detriment.

All of His standards are good for our lives. And this principle certainly applies as well.

The fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, meekness, self-control; against such there is no law.

~ Galatians 5:22-23

~ Jay Graham



Chariton

Meeting times: Sundays: 10:00 a.m. (no evening services)

Location: Call for information.

For information call: Albert Schreck (641) 535-2381 or Brian Schreck (641) 203-2137

☆ Quiet month at Chariton.



June Birthdays

- None

June Anniversaries

- None

Dean Avenue

Meeting times: Sundays: 9:30 a.m. ♦ Wednesdays: 6:30 p.m.

Location: 2907 Dean Ave., Des Moines, Iowa / P.O. Box 57398, Pleasant Hill, IA 50327

For information call: John McNeece (515) 263-9428

☆ Doug and Jill Twaddell met with us. Doug gave us two good lessons.

☆ Pam Climpson received a heart pacemaker. She has recovered and is doing well.

☆ Cathy Meek has had psoriasis on her legs that became infected. She received treatment and is doing better.

☆ Tammy Fitzgerald got good news. Her leg where it was amputated is healing, and she will be receiving her prosthesis.

☆ Risa and Skip Schamel vacationed in Florida.

☆ Debbie Wilkins and Karma Sharp were ill.

Visitors this month were: Elsie Chapman, Brita, Charlie & Maverick Head, Madden Sharp and Shawn Head.

June Birthdays

- ☆ 18 Elsie Chapman
- ☆ 23 Jan Sellers
- ☆ 29 Don James
- ☆ 29 Frank Meek

June Anniversaries

- ☆ 5 Matt & Mary Dobberke
- ☆ 29 Ron & Karma Sharp

Fairview

Meeting times: Sundays: 10:00 a.m. ♦ Wednesdays: 7:00 p.m.

Location: 1001 S. 22nd St, Clarinda, Iowa 51632

For information call: Richard Negley (712)542-3728 or Marvin Negley (712)542-2792

We were blessed to have these visitors worship with us this month:

- Quiet month at Clarinda.

June Birthdays

- None

June Anniversary

- None

Martensdale

Meeting Times: Sundays: 10:00 a.m. & Wednesdays: 7:00 p.m.
Location: 10985 44th Lane, Prole, Iowa (1.5 miles east of Martensdale, IA on Hwy. 92)
Website: martensdalechurchofchrist.com
For information call: Duane Proudfit (515) 961-4470 or Mike Penick (515) 681-0279

- Jenna Wheeler had a nuclear ablation done in May which went well. She spent a couple days at her parents and was feeling good. She is home now.
- Dave & Christy Henderson and Mike & Tracy Penick traveled to the Kansas City area to attend the meeting at the Murray Road congregation and to visit family
- The next **Men's Saturday Morning Coffee** is coming up on June 11th & 25th @ 10:00 A.M.-ish. Smokey Row Coffee Company
1910 Cottage Grove, Des Moines, IA
<https://smokeyrow.com/stores/des-moines>



- **Everyone had a good time at the Church picnic** in May at Moat's Park in Indianola. Weather held out for a beautiful evening.



- We have our website up! We will be updating and adding content as we go. Many thanks to Rodney Ingle and Zach Wheeler.

martensdalechurchofchrist.com



- Start date for building maintenance is presently to-be-determined. That includes
 - 1.) installing concrete steps and sidewalk at the front of the building.
 - 2.) grinding down concrete on basement floor, filling cracks, and applying slip resistant epoxy coating.
 - 3.) Remove and replace exterior siding on the north and the east side of the building.

Visitors:

- Roger & Savannah Bown; Steve Proudfit; Evan & Jordan Haas; Kirk & Bethany Ford; Kim & Jay Ford; Nova Hartman; Marion & Phyllis German; Randy & Laura Tegtmeyer.

June Birthdays

- ☆ 04 – Tracy Penick
- ☆ 10 – Phyllis Bown
- ☆ 12 – Fred Bown

June Anniversaries

- ☆ Zach & Jenna Wheeler – June 13, 2009

Copies of the *Lighthouse of Iowa* can be found at the following two Church websites:

Vandalia Church of Christ: <https://vandaliacoc.com/lighthouse-of-iowa.html>

Pleasant Hill Church of Christ: <http://www.pleasanthillchurchofchrist.org> - Lighthouse of Iowa

Pleasant Hill

Meeting Times: Sundays: 9:30 a.m. ♦ Wednesdays: 6:30 p.m.

Location: 5091 E. University, Pleasant Hill, Iowa

Website: pleasanthillchurchofchrist.org

Contacts: Mike Warner 515-967-4529 / Marty Williamson 515-556-2394 / Marc Hermon 515- 554-3567

Saturday, June 4, all CREW is called to help beautify the grounds around the Pleasant Hill church building.

We will also be working in Bud Fillman & Fred Brady's yard. If there are any other local elderly members who need assistance outdoors let us know.



We will meet at the church building at 8:30. Breakfast will be 8:30-9. CREW will work until Approximately noon. Hopefully we will have a good turnout so we can send out groups. Bring leaf blowers, rakes, shovels, gloves, and any other gardening supplies. Kelly is providing the mulch. Thanks, everyone!

Vandalia

Meeting Times: **Sunday: 9:45 a.m. and Wednesday: 7:00 p.m.**

Location: 2.5 miles east of Runnells, Iowa on F70, then 1 mile north on 131st St.

For information call: Greg Ingle (515) 994-2824 or Charles Ingle (515) 238-3316

Website: <https://vandaliacoc.co>

- A work day was held on May 14 to clean up around the building and cut down a tree.
- May 19, Gavin Burkman graduated from Indian Hills Community College with an Associate's Degree in Mechanics.
- May 22, Ethan Clark graduated from Southeast Polk High School and on May 28, he celebrated with an Open House at Lion's Park in Altoona with family and friends.
- Bruce and Kelsey Fiorentin and family enjoyed several days on a trip to Florida.
- James and Laura Dowdy and family and Lynnette Dowdy visited family in Kansas City.
- Josie Fiorentin was in Methodist Hospital for several days with pneumonia, but is home now.
- Leah Fiorentin and Eva and Josie visited family in the Kansas City area.
- Jason and Staci Miller, Allison & Isaac spent a weekend visiting family in Missouri.

- Alan and Shonya Klein and family attended the Memorial Day Weekend Meeting in Kansas City.
- Nathan Fiorentin will soon begin working for Goodwin-Tucker.
- Lynnette Dowdy enjoyed several days visiting family and friends in Indiana and Missouri.
- Doug, Lisa and Nathan Fiorentin visited family and friends in Indiana.
- Visitors this month were: Chelsie Rankin; Sue Schreck; Brandy McPhillips and daughter, Maddie; and Jason Dowdy..



June Birthdays

- None

June Anniversaries

- ☆ 1 Doug & Lisa Fiorentin
- ☆ 6 Mason & Morgan Burkman
- ☆ 29 Charles & Angela Ingle

Identify famous quotes

Who said . . .

“Unless I am convinced by Scripture and plain reason — I do not accept the authority of popes and councils, for they have contradicted each other — my conscience is captive to the Word of God.”

“I perceived how it was impossible to establish the common people in any truth, except that the Scripture was plainly laid before their eyes in their mother tongue.”

“86 years have I have served him, and he has done me no wrong. How can I blaspheme my King and my Savior?”