



FALL 2013 ADULT DISCIPLESHIP CATALOG

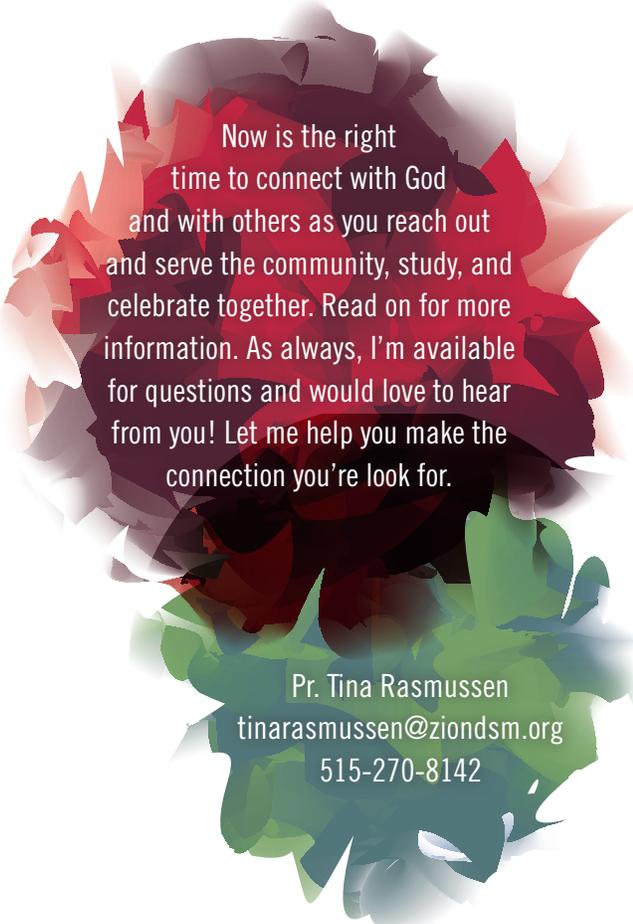
CONNECT AND GO!

God wired us to connect...with Him and each other. If you are wondering how to get connected with Him and with others, check out the many classes, seminars, teams, groups and volunteer opportunities offered at Zion.

Connect by participating in a Sunday Bible study, a women's or men's group, driving a van, serving a meal, visiting shut-ins, tutoring children, attending a seminar, delivering sack lunches to the homeless, even by cleaning the sanctuary. Inside the Fall 2013 Adult Discipleship Catalog you will find even more ways to connect...read on.

Zion

WHAT ARE YOU WAITING FOR?



Now is the right time to connect with God and with others as you reach out and serve the community, study, and celebrate together. Read on for more information. As always, I'm available for questions and would love to hear from you! Let me help you make the connection you're look for.

Pr. Tina Rasmussen
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03 SUNDAY MORNING DISCIPLESHIP STUDY
Classes offering a variety of topics

05 WED. EVENING DISCIPLESHIP STUDY
Interesting and thought provoking seminars

06 WOMEN'S DISCIPLESHIP
Classes and groups

07 MEN'S DISCIPLESHIP
Classes and groups

08 ZION COMMUNITY LIFE
Zion specific classes and fellowship

09 CONNECTIONS: VOLUNTEER OPPORTUNITIES
Discover and how and where to connect

12 ZION CHURCH MAP
Upper and lower levels

SUNDAY MORNING DISCIPLESHIP STUDY

BIBLE STUDY: THE GOSPEL OF MARK — TO THE POINT

The gospel of Mark gives a “to the point” account of Jesus’ life and ministry. Written by Mark, a close associate of Peter, this particular telling of Jesus’ life was written to a largely Gentile audience and is known for its simple and concise style. Mark’s gospel emphasizes that Jesus is the Son of God and what that means for the early believers as well as us today.

Be ready to dig deep and travel slowly through Mark’s gospel as we invite the Holy Spirit to open our hearts to what Scripture has to say to each of us. Unpack the text through the use of commentaries and study resources as you explore the text and what it means to live as followers of Jesus – as true disciples. Bring your Bible and an open heart and mind ready to meet Jesus as never before.

Dates: Aug. 25 - Dec. 15, 2013

Time: 9:15 - 10:15 a.m.

Location: Room 172, Lower Level

Cost: \$10.00 (Scholarships Available)

Facilitator: Bob Norris

THE BIBLE’S IMPACT: THE CONSTITUTION AND OUR AMERICAN HERITAGE

Have you ever noticed how often “God” is mentioned in the documents that influence our American heritage? From “In God We Trust” found on dollar bills to reference of God inscribed in buildings and structures that surround us. As Americans, God is a part of who we are and what we believe.

Join others in this interesting class that includes a video and lively discussion about what it means to be Christian and American.

Date: Aug. 25 - Oct. 27, 2013

Time: 9:15 - 10:15 a.m.

Location: Room 166, Lower Level

Facilitator: Dwain Swanson

WHY THE CHURCH BELIEVES WHAT IT BELIEVES: CHURCH HISTORY FROM THE DISCIPLES TO THE REFORMATION

Have you ever wondered about the development and growth of the church and how the early church leaders decided what was “in” and what was “out”? The years following the apostles’ influence on Christian thought and theology developed throughout history to provide the Church with the doctrines that guide and instruct us today.

But how, why, and when did the Church determine what we believe today? This intriguing class will take a journey through the historic development of the Church. Each week watch and listen to a video presentation and join in discussion to better understand the early development of the Church.

Dates: Aug. 25, 2013 - April 6, 2014

(Periodic class breaks will be scheduled.)

Time: 9:15 - 10:15 a.m.

Location: Room 170, Lower Level

Cost: \$10.00 (Scholarships Available)

Facilitator: Pr. Gerald Kline

ADVENT CONSPIRACY

We all want our Christmas to be a lot of things. Full of joy. Memories. Happiness. Above all, we want it to be about Jesus. What we don’t want is stress. Or debt. Or feeling like we “missed the moment”. Advent Conspiracy is designed to help us all slow down and experience a Christmas worth remembering. But doing this means doing things a little differently...a little creatively. IT MEANS TURNING CHRISTMAS UPSIDE DOWN OR RATHER RIGHT SIDE UP!

It means to give ourselves to something bigger than any of us. ‘Tis the season to turn our heads, tune our hearts and worship a savior whose birth turned this world upside down! We’ll take a look at what it means to worship fully, spend less, give more and love all.

Dates: Nov. 3, 10, 17 and 24, 2013

Time: 9:15 - 10:15 am

Location: Room 166, Lower Level

Facilitators: Pastors and Staff

ESL — ENGLISH AS A SECOND LANGUAGE

This class is for anyone desiring to improve their basic English skills. Child care and children's activities are available concurrent with the ESL class. Transportation is provided in the Lower Beaver neighborhood. Please call the church office to arrange for transportation (270-8142).

Date: Every Sunday morning

Time: 9:15 - 10:15 a.m.

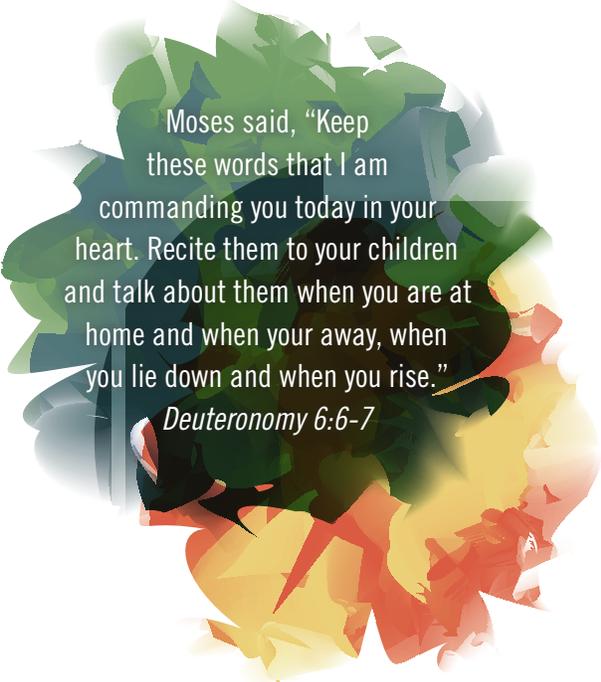
Location: Room 162, Lower Level

Facilitator: Darlene Hotopp and others



Jesus said, "Love the Lord you God with all your heart and with all your soul and with all your mind and with all your strength'. The second is this: 'Love your neighbor as yourself.'"

Mark 12:30-31



Moses said, "Keep these words that I am commanding you today in your heart. Recite them to your children and talk about them when you are at home and when your away, when you lie down and when you rise."

Deuteronomy 6:6-7

IRAQI SUNDAY SCHOOL

Join other Arabic speaking adults in their study of Jesus, the Bible and what it means to be Christian. This class is held during the message or sermon during the 10:30 am Sunday worship service. Worship with others and then join in class for approximately 45 minutes of study and discussion. Join in any time!

Date: Every Sunday, ongoing class

Time: 10:30 -11:30 a.m.

Location: Sanctuary and chapel

Facilitator: Majid Bahedh, Iraqi Lay Pastor

WEDNESDAY EVENING DISCIPLESHIP STUDY

CHALLENGES OF CHRISTIAN COMMITMENT IN CULTURAL CHAOS

We live in a time of chaos characterized by a lack of commitment - why and how is a follower of Jesus to respond? This eight week seminar will explore many of the challenges that each of us face today. Let's talk about:

- Politics
- Work
- Social behaviors
- Marriage
- Parenting
- Relationships and friendships
- Morals and sexual purity

Join Dr. Richard Newkirk and his wife Carolyn as they examine the cultural chaos we find ourselves in. You'll discover just what it means to be called a disciple of Jesus in a time of lack of commitment and Christian apathy.

Dates: Sept. 11 - Oct. 30, 2013 Time: 6:50 - 7:45 p.m.

Location: Sanctuary

Cost: None

Facilitators: Dr. and Mrs. Carolyn Newkirk

NOW THAT THEY'VE GROWN: SUCCESSFULLY PARENTING YOUR ADULT CHILDREN

How do parents nurture their adult children while encouraging their independence and maturity? Though the question is very important, the answer isn't always obvious. As our sons and daughters move into young adulthood, our role of what it means to be loving parents changes dramatically. A child's transition into adulthood begins a new chapter in the life and dynamic of the family. It is important that we get it right.

This five-week seminar will examine solutions to help parents let go of their adult children, creating the necessary disconnect; then offer specific goals in helping parents to re-connect in a mutually respectful way as adults to adults.

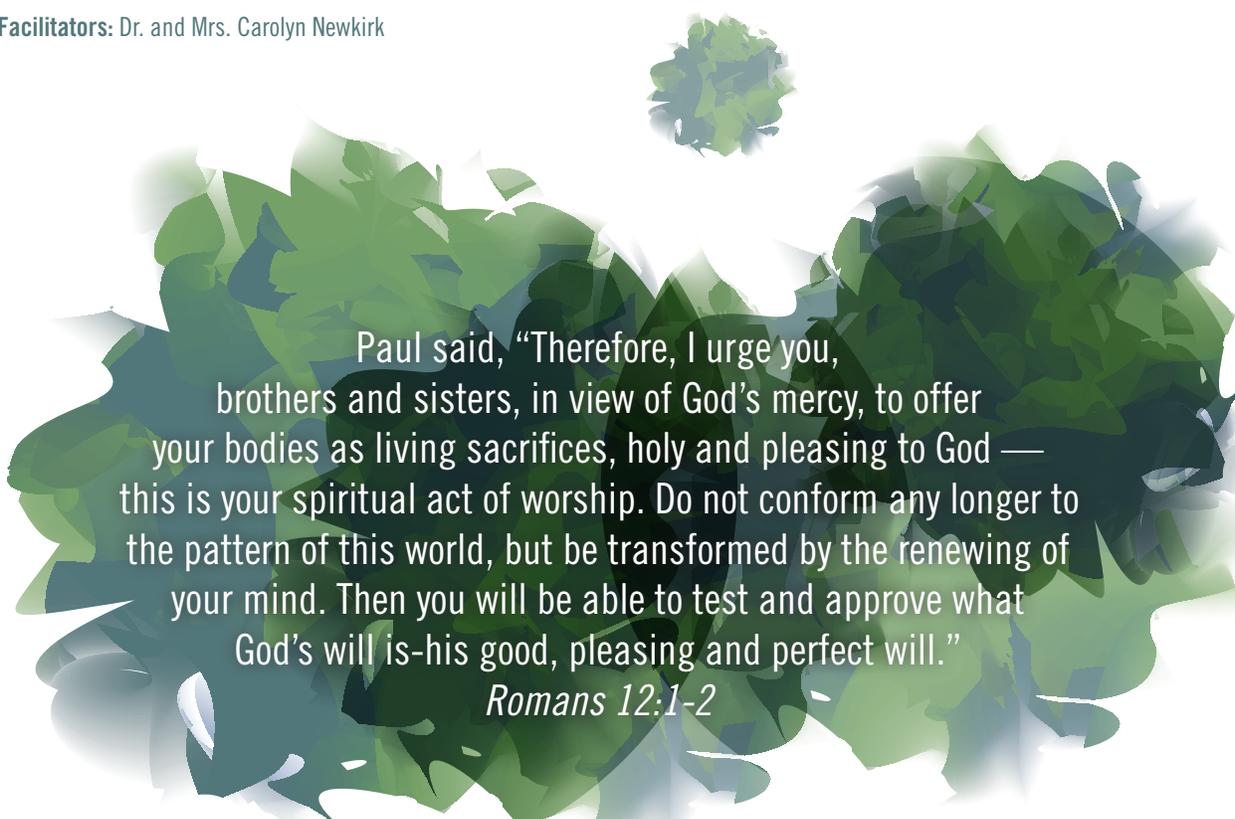
Dates: Nov. 6, 13, 20, Dec. 4, 11, 2013

Time: 6:50-7:45 p.m.

Location: Sanctuary

Cost: \$7.00 (Scholarships available)

Facilitators: Pr. Tina Rasmussen and Dr. Richard Newkirk



Paul said, "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God — this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

Romans 12:1-2

WOMEN'S DISCIPLESHIP

BETH MOORE BIBLE STUDY: ESTHER – IT'S TOUGH BEING A WOMAN

Join Beth Moore in an in-depth and very personal examination of this story of threat and deliverance. If you have ever felt inadequate, threatened, or pushed into situations that seemed overpowering, this study is for you. It's tough being a woman!

This class includes a weekly video presentation by Moore that peels back the layers of history and shows how very contemporary and applicable the story of Esther is to our lives. This portion of God's Word contains treasures to aid us in our hurried, harried and pressured lives.

Dates: Mondays, Aug. 9 - Nov. 11, 2013

Time: 7:00 - 8:45 p.m.

Location: Fellowship Hall, Upper Level

Cost: \$14.00 (Scholarships available)

Facilitator: Barb Mydland

BIBLE STUDY: CHRISTMAS – THE REAL CELEBRATION

Many of us have an uneasy feeling about the way in which we celebrate Christmas. We sense there is more to Christmas than a closet full of gifts, baking cookies and addressing cards. When we discover the biblical account of Christmas, we find that even as a newborn and defenseless baby, Jesus was turning the world upside down.

In this study we will use Crossways International study guide as well as the perspective of Mary and her role as wife and mother to discover the real celebration. Join us to experience the wonder, richness and inspiration in the story of the infant Jesus. Travel back 2000+ years to relive and experience the real reason for celebration.

Dates: Mondays, Nov. 18 - Dec. 9, 2013

Time: 7:00 - 8:45 p.m.

Location: Fellowship Hall

Cost: \$15.00 (Scholarships available)

Facilitator: Pr. Tina Rasmussen

PRISCILLA WOMEN'S CIRCLE

This group of energized and serving women meet the first Tuesday of the month throughout the year. A Bible devotion, fellowship, refreshments and coffee are enjoyed together each month. The Priscilla Circle is responsible for Zion's annual nut and bake sale held in November.

Dates: 2nd Tuesday of the month (excluding Jan. and Feb.)

Time: 1:00 - 2:30 p.m.

Location: Room 162, Lower Level

Hosts: Lorraine Becker and Jo Ann Egli

ZION QUILTERS

Interested in learning how to make a quilt? Or, do you already enjoy the craft of quilting and are interested in connecting with other women? Join this fun group of ladies on Friday mornings for a time of quilting, encouragement and fun. All levels of ability are welcome and all ages are encouraged to be of part of this group.

Dates: Every Friday

Time: 9:00 - 11:00 a.m.

Location: Room 162, Lower Level

Group Leader: Barb Mydland



“My child, do not forget my teaching, but let your heart keep my commandments; for length of days and years of life and abundant welfare they will give you.” *Proverbs 3:1-1-2*

MEN'S DISCIPLESHIP

MEN'S MORNING BIBLE FELLOWSHIP – "MANFEED"

Join us for breakfast and for man-talk as we learn how to be men together in a way that is pleasing to God. This fall we'll begin Volume 3 of the series "33", A Man and His Traps. This video based curriculum challenges and equips men to go below the surface, to look deep into their hearts and explore some areas that are all too easy to ignore but that are critical in their journey toward Authentic Manhood.

This study introduces a framework and a process that will help men understand what lies behind the manhood traps and beneath the heart idols that can distract them from the truth and power of the gospel. Then it unfolds a biblical battle plan that helps men replace specific temptations and struggles with God's better promises. It deals head-on with issues that all men can relate to like sexual lust, the need for control, unfounded fear and the pursuit of significance.

Dates: Fridays, beginning Sept. 13, 2013

Time: 6:30 - 7:30 a.m.

Location: Fellowship Hall, Upper Level

Cost: Varies (Scholarships Available)

Facilitator: Pr. John Kline

7 MEN LIVE SIMULCAST WITH ERIC METAXAS

Discover through the lives of seven men the answer to tremendously important questions that almost everyone has, namely: What is a man? What makes a man great?

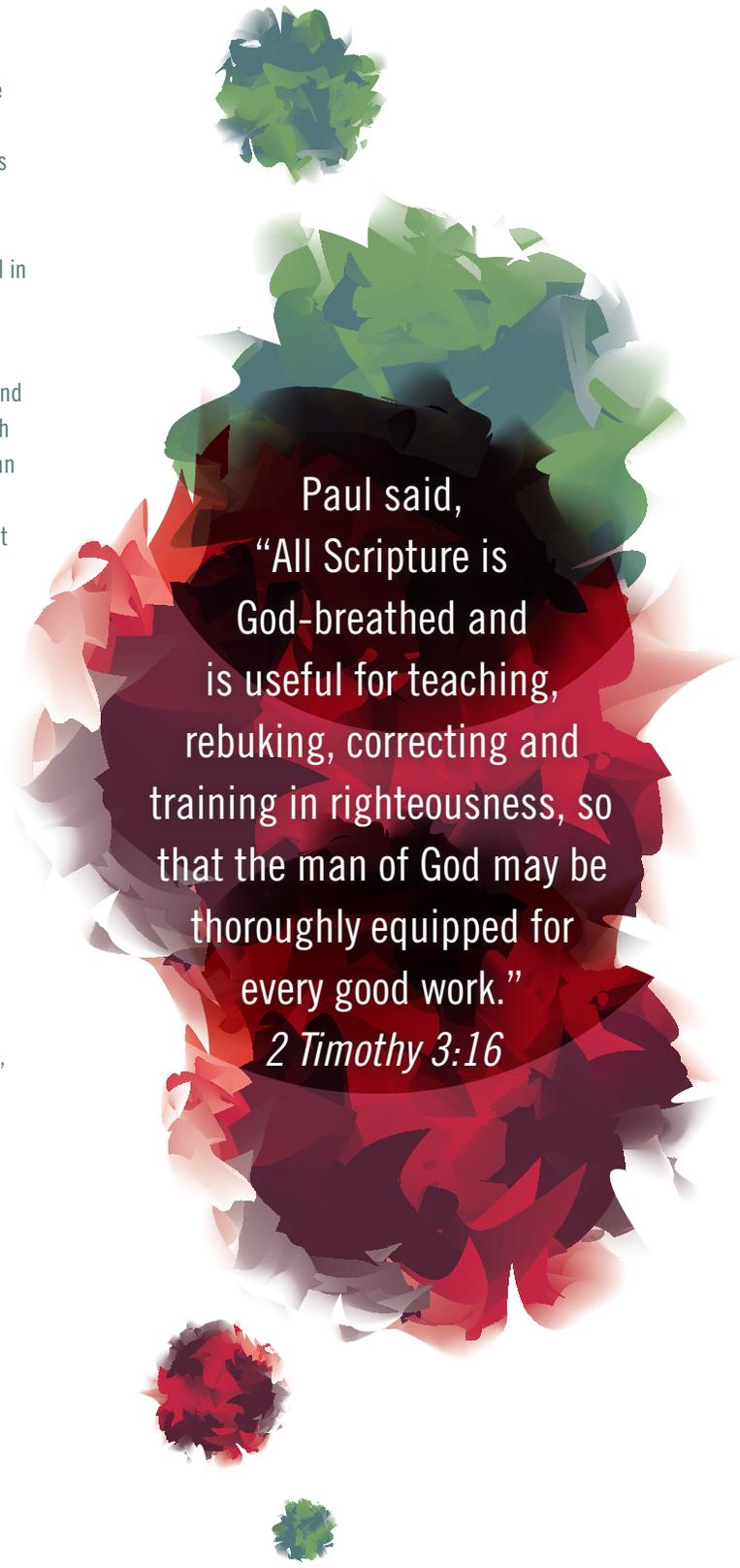
This simulcast will help answer the single question that every man asks at one time or another, whether implicitly or explicitly - How can I be great in my own life?

Date: Tuesday, Sept. 17, 2013

Time: Simulcast begins at 7:00 pm

Location: Sanctuary

Facilitator: Pr. John Kline



Paul said,
"All Scripture is
God-breathed and
is useful for teaching,
rebuking, correcting and
training in righteousness, so
that the man of God may be
thoroughly equipped for
every good work."
2 Timothy 3:16

ZION'S COMMUNITY LIFE

ZION 101: WHAT IS ZION ALL ABOUT?

Plan to attend this class to learn more about the Zion community - what we believe, what we teach and what we do. A tour of the building, an explanation of Zion's teaching statement and expectations are presented as you experience God through the life and ministry of Zion.

Date: Sunday, Sept. 29, 2013

Time: 12:30 - 2:30 p.m.

Location: Fellowship Hall, Upper Level

Facilitators: Zion staff

3 SCORE + FELLOWSHIP: RETIRED FRIENDS

Are you 3 score + (or near) in years? If so, you are invited to join this monthly gathering for a potluck luncheon and special program on the third Thursday of each month. Bring a dish to share and a place setting, or just come, and enjoy an afternoon of fun and great food. Interesting programs are presented each month by guest speakers. Field trips and group activities are also scheduled throughout the year.

Dates: The third Thursday of every month

Time: 11:30 a.m. - 2:00 p.m.

Location: Fellowship Hall

Cost: Free will offering

Host: Bill and Faith Sherman

BAPTISM CLASS

Interested in being baptized or having a child baptized? This short class will provide you with an understanding of baptism and what baptism means in the Lutheran faith tradition. Zion baptizes both adults and children.

Date: Dec. 1, 2013

Time: 9:15 - 10:15 a.m.

Location: Library, Upper Level

Facilitator: Zion Staff

FIRST COMMUNION CLASS

Zion's first or early communion classes teach what we believe about communion beginning with an Old Testament understanding of the exodus and rescue event and ends with the Last Supper in the New Testament. Communion allows us to be a part of God's rescue and the saving power of the life, death and resurrection of Jesus.

The classes (3) are designed for children in grades 1-6 and their parents. Large and small group time allows for discussion and interaction. Parents are asked to attend.

Families and friends celebrate first communion on Maundy Thursday, April 17, 2014 at a special worship service.

Dates: Tuesday evenings, March 25, April 1, April 8, 2014

Time: 6:30 - 8:00 p.m.

Location: Zion Sanctuary

Facilitator: Pr. Brent Osborne

PRE-MARRIAGE CLASS: SAVING YOUR MARRIAGE BEFORE IT STARTS

Couples desiring to be married at Zion must attend this four part pre- marriage class that explores a variety of topics; including marriage expectations and myths, effective communication, healthy confrontation, money, sex, spiritual maturity and more. The final class will include a dinner and time for reflection.

Class time allows each couple to further explore and personally consider what marriage means in today's world. Discover how God desires to be the center of your marriage relationship.

Dates: Saturday, Jan. 18, 25, and Feb. 1, 2014
Friday, Feb. 8, 2014 (Dinner)

Times: Saturdays - 9:00 a.m. - Noon

Friday Dinner - 5:00 - 8:00 pm

Location: Room 172, Lower Level

Cost: \$50.00 per couple/Includes curriculum and snacks
(Scholarships Available)

Facilitator: Pr. Tina Rasmussen and others

CONNECTIONS: VOLUNTEER OPPORTUNITIES

DES MOINES AREA HUNGER HIKE

You are invited to be a part of the battle against hunger. Join with others for the 44th Annual Hike to help raise awareness and funds to fight against hunger - here in the city, the state and the world. Just walk or collect pledges for your participation that will be used for missions, shelters, food pantries, garden projects, meal programs and emergency food for disaster areas.

This family friendly hike takes you along the beautiful Principal River Walk in downtown Des Moines. Live music, refreshments and amazing speakers will be on hand to encourage walkers concerned about hunger. How do you get connected? Registration packets will be available for pick-up or delivery around Sept. 1, 2013. For more information or to make a donation, please go to www.desmoineshungerhike.org. Additional contact information is listed below.

Date: Sunday, October 13, 2013

Time: 1:30 - 4:30 p.m.

Location: Norman E. Borlaug Hall of Laureates, 100 Locust Street, Des Moines (East entrance)

Contact: Sue Golightly smithgolightly@msn.com

ZION CARE TEAM

The Zion Care Team walks with and listens to those needing Christian care. As brothers and sisters in Christ, we are called to love, encourage and care for one another. Be a part of this compassionate team that visits Zion shut-ins. Help prepare a meal for a new mother and her family. Help with funeral lunches. Send notes of encouragement and support to those lonely or experiencing difficult times.

Consider joining the Care Team. You are invited to attend a monthly meeting, the second Thursday of the month, September through May. Time together includes sharing amazing stories of God working as well as practical training and support.

Dates: Second Thursday of the month, September through May

Time: 7:00 - 8:00 p.m.

Location: Library, Upper Level

Cost: None

Team Leader: Pr. Tina Rasmussen



Jesus said, "I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another."

John 13:34-35

WEDNESDAY EVENING DISCIPLESHIP IN ACTION

You are invited to put discipleship into action each and every Wednesday evening as Zion hosts hundreds of children and adults through a home-cooked meal and fellowship. Serve God through the service of others in variety of ways as the Zion community reaches out to the neighborhood around us.

Hands and hearts are needed to prepare, serve and clean-up after our shared meal. **WOW (Worship on Wednesday)** children need a guide through the evening as they experience time for worship, fellowship and learning. Be a part of the **STAR (Serve, Teach, Advocate, Reach)** refugee outreach and help a child with homework, play games with or listen to as they become more proficient in English and experience the love of Christ through you. Volunteer to take children home, drive the church van or use your own vehicle to transport the kids to nearby apartment buildings.

Most serving opportunities require a minimal time commitment. No special skills are required, just an open and loving heart to serve Christ through serving “the least of these”. Existing teams are always welcoming new team members.

Please pray about your response to God’s love through the participation in Wednesday evening serving opportunities. You will truly experience the love of Christ through the love of those you serve.

**Questions regarding your involvement in any capacity can be directed to
Pr. Tina at tinarasmussen@ziondsm.org or by calling 270-8142.**

ZION KITCHEN CREW: THE BANQUET PREPARED

Never too hot in the kitchen! The Zion Kitchen Team is an amazing group of volunteers who prepare, serve and clean-up after Wednesday night meals. This is an opportunity to get involved in an exciting ministry that prepares and serves a home-cooked meal to more than 350 children and adults every Wednesday, September through May.

Extra hands are always needed on Tuesday nights for initial food preparation, Wednesday for set-up and cooking, serving and the all-important clean-up. No “culinary” skills are needed. Time commitment varies from 30 minutes to three hours or anywhere in between. Contact the crew leaders or church staff to become a part of this team!

Dates: Tuesday or Wednesday, Sept. - May

Time: Varies depending on task (30 minutes to 3 hours)

Location: Kitchen and Fellowship Hall

Crew Leaders: Vicki Hunting and Colleen Walter

ESL – ENGLISH AS A SECOND LANGUAGE

Zion offers another opportunity for those wanting to improve their English language skills each Wednesday evening. Child

care and children’s activities are available concurrent with the ESL class. Transportation is provided in the Lower Beaver neighborhood. Please join us for a free meal at 5:45 p.m. before the class begins.

Date: Every Wednesday, beginning Sept. 11, 2013

Time: Meal served at 5:45 p.m.

Class: 6:30 - 7:45 p.m.

Location: Room 162, Lower Level

Facilitators: Darlene Hotopp, Sue Crawford and others

WEDNESDAY MEAL AND FELLOWSHIP

Enjoy a home cooked meal each Wednesday night as part of Zion’s Wednesday evening outreach ministry. Each meal is prepared with loving hands by an amazing team. Pulled pork sandwiches, tacos, tator-tot casserole, chicken and rice, and Italian pasta are just a few of the meals on the menu.

Date: Wednesdays, beginning Sept. 11, 2013

Serving Time: 5:45 - 6:30 p.m.

Location: Fellowship Hall, Upper Level

Cost: None, Free-will offering

JESUS SAID, "GO!"

As a community of believers, we're on the "Go!", following Jesus as He reaches out to love and serve the community. Many people walk through Zion's doors as Jesus in disguise with needs that only can be met as a body/community of believers. Every day we learn something new about working with those in our community.

As we answer Jesus' command to "Go!" we're doing something beautiful. We believe that by reaching out and helping to meet the needs of the community we are doing the work Christ would have us do. We need and welcome your partnership. Commitment time varies per week and are estimated as shown. Here are just some of the ways to get connected:

Weekly Opportunities (1-4 Hour Commitment)

- Help with Wednesday night activities such as serving dinner, tutoring children, driving the church vans
- Pack meals for Backpack Buddies
- Provide rides to and from Samuelson Elementary School
- Help with ESL classes
- Help sort/staff Clothes Closet
- Teach, lead, or assist with Sunday School and youth activities
- Serve as a Zion ambassador at the Info Desk
- Serve as a greeter prior to worship services and special activities
- Sunday morning hospitality: Set-up and/or clean-up coffee, donuts and juice

Monthly Opportunities (1-4 Hour Commitment)

- Prepare and/or deliver sack lunches to the homeless (Third Saturday of each month)
- Help pick-up and clean Sanctuary once a month
- Prepare, set-up, and clean-up communion twice monthly

Quarterly Opportunities (1-4 Hour Commitment)

- Provide and/or serve a meal through Urban Ministries Supper Club (1-4 hours quarterly)

As Needed Opportunities (1-4 Hour Commitment)

- Assist meeting financial needs for families in need
- Pick up and deliver furniture
- Assist people in completing job applications and insurance forms
- Gather school supplies for Samuelson Elementary
- Help serve and/or clean-up at funeral luncheons

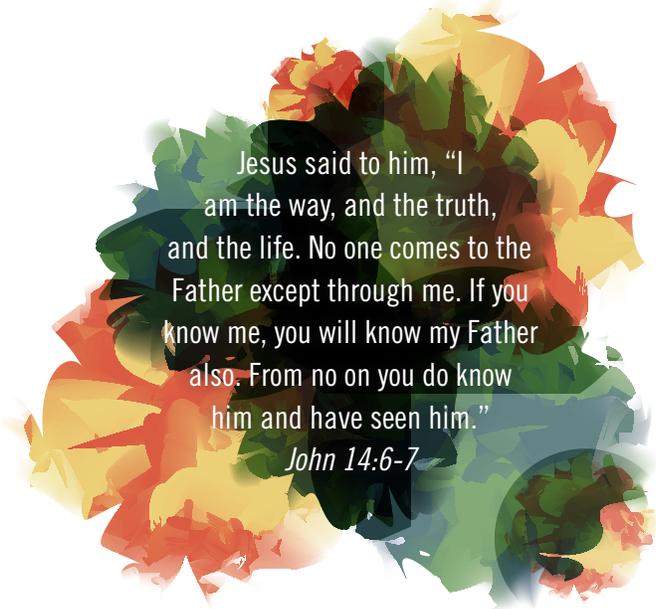
Special Event Opportunities

- Help organize participation in Beaverdale Parade, Sept. 15, 2013
- Z Fest Celebration: Help with set-up and/or clean-up, Sept. 15, 2013

Campership Organizer: Spring and Summer 2014

- Serve as coordinator for arranging children's summer Bible camp experience
- Fund raising for camper scholarships and outreach events

Teams are already in place in each of these volunteer opportunities. No special skills or training are need, just an open heart and a love of God's people. When you see something that interests you, **contact the church office at 270-8142** and we will connect you with team leaders. Jesus says, "Go!"

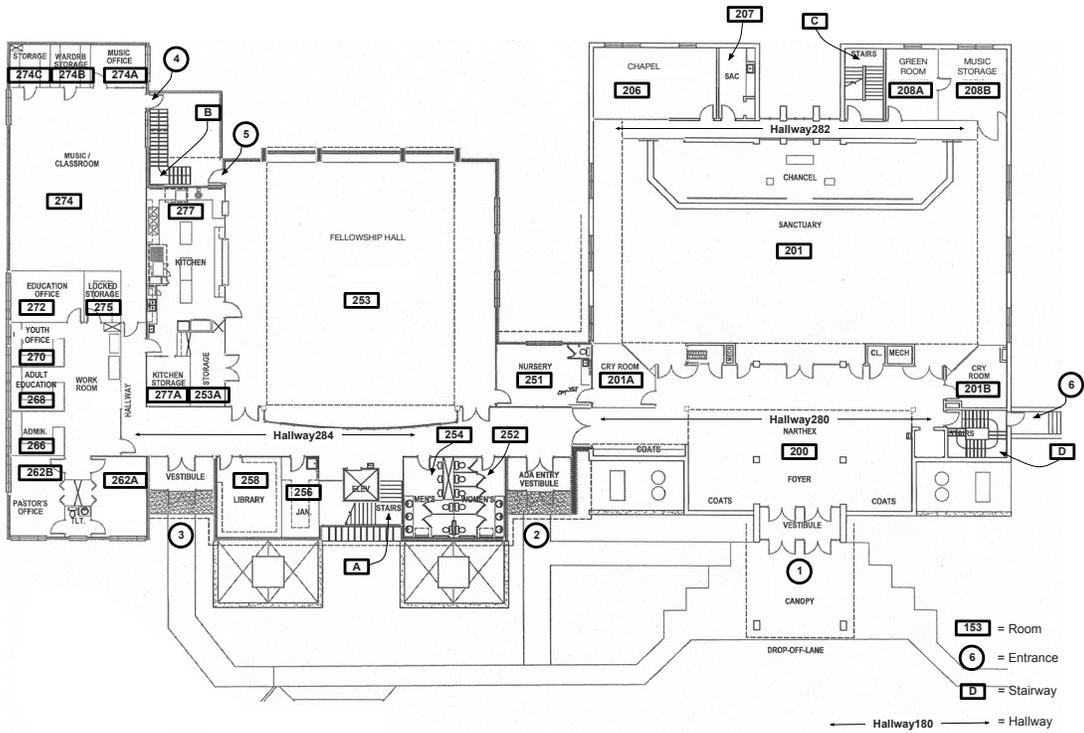


Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him."

John 14:6-7

ZION CHURCH MAP

Upper Level (UL)



Lower Level (LL)

