

Lighthouse of Iowa

April 2010

A merry heart doeth good like a medicine...

Proverbs 17:22

Most of us know exactly why doctors' reception areas are called "waiting rooms"—we usually have to wait such a long time in them! As I waited to see my doctor recently, I could almost feel my blood pressure rising as the minutes ticked by. *Why is it, I fumed to myself, that doctors seem to think patients have nothing better to do than wait!*

I angrily leafed through a tattered magazine, not really interested in the old news it contained. But one brief item caught my attention. It described a recent scientific study on the physiological effects on smiling. The researchers seemed convinced that the act of smiling ultimately triggers the release of certain chemical substances in the brain that act as natural

mood-elevators and painkillers. Surprisingly enough, smiling seemed to produce a positive effect regardless of whether the smile was spontaneous or forced!

I was skeptical. Still, as I continued to read, I became aware of the tightness of my neck and shoulder muscles, and the clenched jaw that was starting to give me a headache. Could a smile, even a forced one, really improve my mood? *It couldn't hurt to try*, I decided.

Glancing up from the magazine, I caught the eye of another patient and deliberately smiled as broadly as I could. She looked surprised, but smiled back. I held up the magazine and told her, "It says here that smiling makes us feel better—whether we have a reason to smile or not. What do you think?"

She paused, then laughed. "Now that you mention it, I think I do feel a little better right now."



I had to admit, so did I. Afterward, I realized that the best medicine was dispensed that day not in the doctor's office, but in the waiting room.

Father, when I don't feel like smiling today, please remind me that it's therapeutic to do it anyway!

—Susan William



Chariton

Meeting times—Sundays: 9:30 a.m. & 6:30 p.m. ♦ Wednesdays: 7:30 p.m.

Location—15th & Roland, Chariton, Iowa

For information call—Clarence Van Egdorn, (641)932-5686 or Albert Schreck, (641)535-2381

Carl Bennett had a couple more appointments in Iowa City on March 29th & 30th. They are still looking for the cause of his stomach pain.

Norm and Mary Jo Riekens' great-granddaughter, Maiya Arnone, is now completely off of oxygen and doing very well.

April Birthdays
 5 – Chantelle Schreck 



We would like to thank everyone for the lovely cards, notes, phone calls, gifts and remembrances for our 50th Wedding Anniversary celebration.

A special thanks to our children for the open house. God has richly blessed us in so many ways.

Albert and Jeanette Schreck

Dean Avenue

Meeting times—Sundays: 9:30 a.m. & 6:00 p.m. ♦ Wednesdays: 7:00 p.m.

Location—2907 Dean Ave., Des Moines, Iowa

For information call—John McNeece, (515)263-9428 or Don Warren, (515)967-5650

No news this month.

Please remember our annual meeting this weekend, April 3 and 4. Saturday services are at 3:00 and 6:30 p.m., and Sunday services are at 10:00 a.m. and 2:30 p.m. We hope you can join us.

April Birthdays

2 – Karla Feters		9 – Donna McNeece
4 – Tyler Aswegan		11 – David Feters
6 – Shawn Head		13 – Carter Prenosil
7 – Mike Turner		19 – Peg Warren
April Anniversaries 		
27 – Bill & Shirley McNeece		

Fairview

Meeting time—Sundays: 10:00 a.m.


Location—22nd & Orange St., Clarinda, Iowa

For information call—Richard Negley, (712)542-3728 or Marvin Negley, (712)542-2972

On March 7th, Jean Negley celebrated a “special” birthday with her church family.

Elsie Negley has not been able to attend services for the last few weeks.

Jack and Bobbi Swisher left their winter home in Goodland, Florida, on March 28th. We miss them very much during the winter months, and it will be so good to see them again.

April Anniversaries 

2 – Jim & Mary Rine
 19 – Richard & Janet Negley
 25 – Jack & Bobbie Swisher

Martensdale

Meeting Times—Sundays: 10:00 a.m. & 7:00 p.m. ♦ Wednesdays: 7:30 p.m.

Location—439 Hwy. 92 (1.5 miles east of Martensdale, Iowa)

For information call—Duane Proudfit, (515)961-4470 or Mike Penick, (515)989-4165

On Sunday, March 7th, we were blessed with many visitors. Sarah, Elena, and Brandon Rodriguez, (who are currently living in the Kansas City area) were visiting family and worshiped with us. Sarah brought her nieces, Andrea and Melody Torres, to services with her as well as her brother, Joe Duckstein. Kyle and Stephanie Stephens also worshiped with us that morning and Kyle gave our morning exhortation. The Stephens, along with Drew Teghtmeyer, were visiting the Penicks. Steve and Cerine Proudfit and their girls, Isabelle, Amelia, and Maylee, also attended services while they were visiting Steve's family.

Marc, Ginger, Maddy, Shea and Gabriel Hermon worshiped with us the morning of March 14th, and Marc gave our morning exhortation. Pam Deckler brought several family members to services with her,

and Joe Duckstein attended services again while spending the weekend with Kyle Bown.

We are thankful that Al and Marlene Bown made it home safely from Texas and are worshiping with us once again. Marlene had a scare with some chest pains, but so far she's had good reports on all of her tests.

Justin and Megan Stevens attended services on March 21st while spending time with their cousins, Kyle and Jordan Bown.

Rex, Cassidy, and Bethany Phillips made a trip to Indiana to see Rex's mom, Linda Bown, who had cancer. We are sad to report that Linda passed away on March 25th. A memorial service was held for her on March 28th. She is also survived by her daughter, Rhonda Phillips Green. Linda was the wife of Kurt Bown, Al and Marlene Bown's youngest son. Rex, Cassidy, and Bethany and Al attended

the memorial. Our deepest sympathies are extended to the family.

On April 28th, Apache Rodriguez has a visa appointment to hopefully be able to return to the United States. Apache is in Mexico right now trying to return to the U.S., and his wife, Sarah, and their two children are here in the states living in Lone Jack, Missouri. This family has been separated for approximately two years now, and they would appreciate prayers that all goes well and he is approved to return to the U.S. and his family.

April Birthdays

7 – Bethany Phillips

29 – Marlene Bown



April Anniversaries

14 – Duane & Mary
Proudfit



Pleasant Hill

Meeting Times—Sundays: 9:30 a.m. & 6:00 p.m. ♦ Wednesdays: 7:00 p.m.

Location—5091 E. University, Pleasant Hill, Iowa

For information call—Bob Flack, (515)262-7329 or Lowell Hermon, (515)989-0727

Thanks to all who came to hear Steve Wright speak for us. It was good to see Rene Christian at services. She has been attending several times this month. Rodney and Alena Ingle and Josh and Ashten Brady attended the meeting in

Kansas.

Steve and Deb Wood were visiting with son Miles and the Zinnel family.

Dan and Amy Pritchard and Josiah were visiting family in Fort Dodge.

Marc and Ginger Hermon,

Maddy, Shea and Gabriel were at Martensdale.

Judy Walker, Zachary Wheeler's grandmother, was visiting.

Tom and Fred Brady and

(Continued on page 4)

Pleasant Hill

(Continued from page 3)

Audrey Brady are back from Texas. It's always good to see all those who go south back home safe and sound.

Denise Drake has placed her membership with us. We welcome her and her sons, Max and Jack.

Kevin Waits and Eli were visiting.

Justin and Megan Stevens spent some time with cousins Kyle and Jordan Bown.

Chip and Jennifer Albright, Lilly and Annie were in Kansas City for his parents' birthdays.

Rodney and Alena Ingle were in St. Louis visiting.

Paul and Michele Zinnel and Ryan, and Miles Wood were visiting with Miles' parents and family.

Sharon Stevens was in San Diego visiting.

Mike, Tanner, and Dillon George were visiting with family.

Among those who were sick during the past month include Bev Brady, Sharon and Megan Stevens, Tammy Brady, Ashten Brady, and Jack Conner.

Joyce Ingle visited with her family.

Bruce and Suzanne Harvey visited with Matt Harvey and family.

Dessie Sorensen had bladder surgery. She is now waiting to see what kind of treatment she will be receiving. She is home and doing better.

Alena Ingle had her appendix out the first part of the month and is doing well.

Randy Ingle has a pinched nerve in his back. He is feeling some better.

Tim Casey had eyelid surgery. He is doing well.

Betty George received word

that her mother-in-law passed away March 24th. Funeral services were held on March 29th. Our sympathy goes out to them.

April Birthdays

- 2 – Brandon Ingle
- 2 – Robert White
- 6 – Rena Christian
- 7 – Mary Alice Fillman
- 7 – Rosanne Van Vleet
- 8 – Betty George
- 9 – Annabel Albright
- 10 – Ryane Brady
- 10 – Wanda Burkman
- 11 – Bruce Harvey
- 17 – Melba Tingle
- 18 – Carroll Warren
- 18 – Pam Climpson
- 20 – Cheree Stump
- 21 – Lilly Albright
- 26 – Betty Warren
- 30 – Brady George



Iowa Traveling Study (ITBS)

April study is changed to Apr. 10 at Fred & Marlene Bown's
May study: Troy & Dani Brand
June study: Bruce & Suzanne Harvey

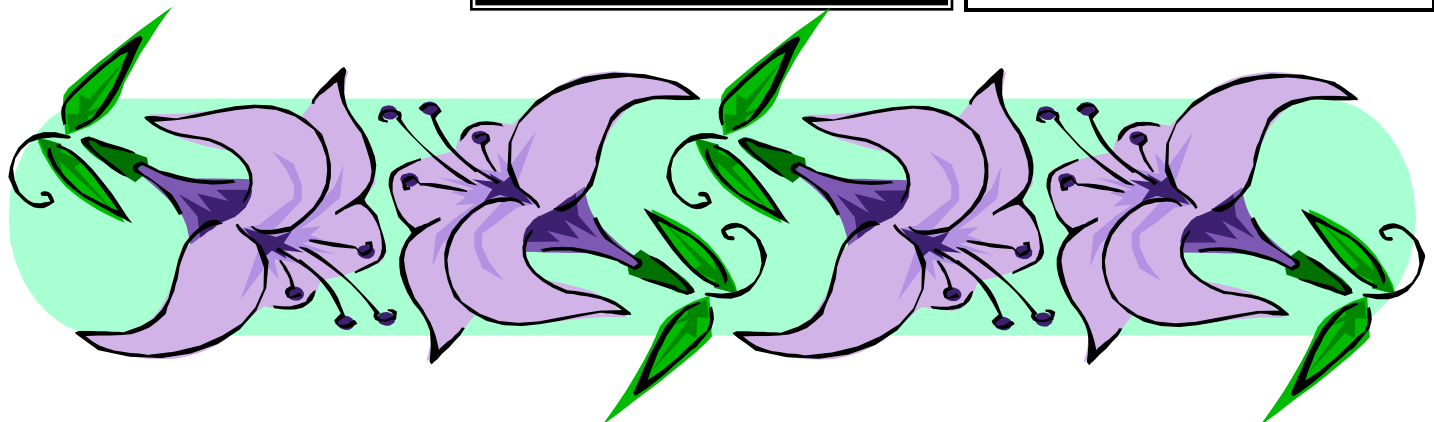
Please check with hostess to see if she would like you to bring any food.

If you have any questions, call Rodney Ingle at 515-669-0365.

April Anniversaries



- 5 – Randy & Teresa Ingle
- 14 – Dean & Beverly Hayes



Vandalia

Meeting Times—Sundays: 9:30 a.m. & 7:00 p.m. ♦ Wednesdays: 7:30 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)966-2537

We express our sympathy to Rachel Daugherty in the loss of her sister, Dorothy Williams, of Alamo, Texas. She passed away March 6th, and several of us were able to attend her funeral in Montezuma on March 12th.

Lynnette Dowdy now has a new grandson, Hunter Range, born March 16th. He weighed 7 pounds, 8 ounces, and was 20 inches long. He is the son of Jason and Autumn Dowdy. He joins big brother, Sterling, all of Brookfield, Missouri. Grandma Lynnette went to help her daughter, Dawn Dowdy, celebrate her birthday, and the two of them also paid a visit to the new baby.

Justin and Brittney Dowdy spent a few days in Florida recently. Justin reported he now has a supervisory position at the Des Moines International Airport.

Our congregation met and sang at the Mitchellville Care Center on

Sunday evening, March 14th. Clifford Duckstein remains a resident there. He has now progressed from the wheelchair to using a walker.

Marvin Ingle will soon undergo a series of radiation treatments after the two surgeries he had to remove skin cancer from his face.

Miriam Ross has been experiencing some eye problems and will be having procedures done in the next couple of weeks.

Among our visitors this past month were: Kevin Waits and Eli; Denise Drake and Max and Jack; Kelsey Knight; Ben Somar (a friend of Rob Guthrie); Jason and Staci Miller; Dan and Gaylene Green of Kirksville, Missouri; and Casey Davenport.

April Birthdays

6 – Margaret Ingle



April Anniversaries

15 – Devon & Erin Ingle



18 – Gilbert & Linda Christianson

Packing

A young Christian packing his bag for a journey said to a friend, "I have nearly finished packing. All I have to put in are:

A guidebook,

A lamp,

A mirror,

A microscope,

A telescope,

A volume of fine poetry,

A few biographies,

A package of old letters,

A book of songs,

A sword,

A hammer, and a set of tools."

"But you cannot put all that into your bag," objected the friend.

"Oh, yes," said the Christian. "Here it is." And he placed his Bible in the corner of the suitcase and closed the lid.

From Words of Life

Lighthouse of Iowa is a monthly bulletin for Churches of Christ in Iowa and members' families and friends throughout the country. News is submitted by representatives from each congregation, but you may send general questions, address changes, or news to Ruth Schell at 6645 S.E. 120th St. Runnells, IA 50237, (515)966-2027. Email: RuthLSchell@aol.com