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Events in August

Wednesday 8/5 - 19/2026
Summer meals at Moats
Park 5:30 - 7:00 pm
All are Welcome to join us!!

Aug. 13 - Ruth Circle 10 am

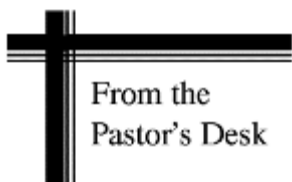
Aug. 28 & 29 - Spiritual First
Aid Training in Ft. Dodge

August 30 - Fifth Sunday
Worship at 9:15
Elder Breakfast 10:15 !!!!!

Living in the **Shadow of the Cross**

Vol. 47 No. 8

August 2026



Sabbath Before the Rush

There's a particular quality to August light. It's still summer, but you can feel autumn waiting just behind it — school supplies appearing in stores, calendars filling with practice schedules and committee meetings, choir starting back up, Sunday school classes preparing for a new year. If you listen closely, you can almost hear the collective intake of breath before September's exhale.

It's tempting to spend August bracing for what's coming. To treat it as a staging ground — a month for planning, organizing, and gearing up. And there is real wisdom in preparation. But I want to offer another way to think about these next few weeks: not as a runway, but as a Sabbath.

In Genesis, God didn't rest because the work was finished — creation would go on unfolding for the rest of time. God rested because rest itself was part of the design. Sabbath was never a reward for exhaustion; Adam and Eve were created on the sixth day and their first day was the Sabbath. We don't rest from our work; we work from our rest. We tend to treat rest as something we've earned once the to-do list is empty. Scripture suggests the opposite: rest is what makes the rest of our lives possible.

So before the fall rush arrives — before the calendar fills, before ministries re-launch, before the pace of the year picks back up — I want to encourage you to practice a real Sabbath this month. Not a collapse-on-the-couch kind of rest, though that has its place, but a Sabbath that reconnects you to God, to your family, to the people you love, and to the parts of yourself that get crowded out when life speeds up.

That might look like an unhurried morning with your Bible and a cup of coffee before the day insists on anything from you. It might mean an actual day off,

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phone away, where you let yourself do nothing productive. It might mean a walk with no destination, a meal with no agenda, an afternoon spent simply noticing what God has made.

I'd also invite you to consider what you want to carry into the fall — not just on your calendar, but in your spirit. What practices, what pace, what priorities do you want to bring with you into September? August is a good time to ask that question, precisely because it isn't yet urgent.

The rush will come. It always does. But we don't have to meet it already depleted. My prayer for all of us this month is that we'd receive these quieter weeks as a gift — a chance to rest not because we've earned it, but because God, from the very beginning, said rest was good.

See you Sunday!

In Christ,

Pastor Tom

Pastor Tom Vanderbilt



*Trauma is complex.
Helping doesn't
have to be.*



SPIRITUAL FIRST AID™



LUTHERAN CHURCH CHARITIES **TRAINING WORKSHOP**

Our world is stressed and hurting. People around you need spiritual and emotional care. Join LCC and the Iowa West District to learn how you can become an effective spiritual first responder, right where God has placed you. Jesus taught us to love and serve our neighbors. Discover how you can be the empathetic, helping presence He has called you to be.

- ✓ **Learn the basics of Spiritual First Aid™, a biblically informed framework for crisis care**
- ✓ **Gain practical helping skills through applied activities and role-playing**
- ✓ **Understand research-backed tactics, trauma care practices, and field-tested tools**

Friday, Aug 28 & Saturday, Aug 29

6:00 - 9:00 p.m.* 9:00 a.m. – 4:00 p.m.**

Iowa West District Offices

409 Kenyon #B, Fort Dodge IA 50501



*** Light dinner provided on Friday.**

**** Lunch and snacks provided on Saturday.**

**\$25 per
registration
(\$125 value)**

REGISTER



To be certified in Spiritual First Aid™, you must attend both days of the training.

Aug 29 & 30: LCC President Rev. Chris Singer will preach at St. Paul Lutheran Fort Dodge, 1217 4th Ave S.

Anyone interested in attending this training workshop, visit with Pastor Tom.

Senior High Youth Gathering



IOWA DISTRICT WEST
SENIOR HIGH YOUTH GATHERING
UNSHAKABLE
LIGHT

"I am the light of the world..." - John 8:12

unshakable light

October 3-4, 2026
📍 **CAMP OKOBOJI**
OPTIONAL EARLY ARRIVAL: OCTOBER 2

 MAIN SPEAKERS Pastor Ryan Roehrig & DCE Hailey Jo Miller	 WHO Senior High Youth (Grades 9-12)	 COST \$90 (1 night) \$120 (2 nights)	 PAYMENT One check per church payable to Iowa District West
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Save the Date!
MORE DETAILS AND REGISTRATION COMING SOON!

Junior Youth Gathering





*Thank you for your ongoing
support of our mission projects!*

Ladies of Mt. Calvary. Our next LWML quarterly meeting will be on Monday evening July 27, at 6:00 pm. We are planning a lite supper before the meeting so If you would like to join us, come at 5:30 pm. Our LWML President, Noreen Smith, will talk to us about the 2026 District Convention (June 11 – 13, 2026) in Okoboji. We also have a guest speaker, Julie Mann, from our Iowa District West office, to talk about the Swaddling program. Looking forward to seeing you for the supper at 5:30 or the meeting at 6:00pm

LWML Funeral Luncheon Committee

LADIES OF MT. CALVARY your help is needed. We have been blessed for many years with a group of ladies who have faithfully organized funeral luncheons here at our church. These ladies are ready and willing to pass on this task. This is a service that our church can do for families in their time of need. Talk to 2 or 3 friends and form a group. Please consider helping our church by serving in this way. Please talk to Noreen Smith or Colleen in the church office if you are interested or have any questions.



ENGAGED IN MISSION:

Congregation and Community

SEPTEMBER 18TH - 19TH

St. Paul Lutheran Church
1844 Highland Dr. - Carroll, IA 51401

Speakers:

REV. DR. QUINTIN CUNDIFF

LCMS Director of Church Planting

REV. DR. HEATH TRAMPE

LCMS Director of Discipleship

An opportunity for both pastors and laity to learn about, discuss, and consider how to be effectively engaged in God's mission where they are. Mission is not far away because there are people in our communities who need to hear the Gospel and God has given us the opportunity to engage with them.

Registration and Hotel information:

<https://tinyurl.com/EngagedinMission>



DON NORTON MEMORIAL TRAP SHOOT

**September 27, 2026
12:00 pm - 3:00 pm**

*Izaak Walton League
16383 118th Avenue Indianola, IA*

**Cost: \$20 per participant
Includes one box of shells and clay pigeons**

***Everyone Welcome
Free Lunch and Fellowship
Come and Enjoy***

**Proceeds benefit:
Mt. Calvary Lutheran Church Youth Group**



Mt. Calvary group that spent the week at Camp Okoboji.
Pastor Tom, Sara, Hailey, Hailey's Friend, & Hunter.



Lutheran Association Missionaries and Pilots

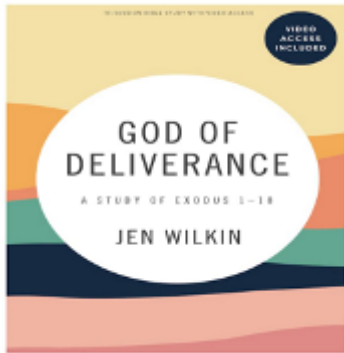


L.A.M.P. team
members from
Mt. Calvary &
Zion Lutheran
Church (Arcadia,
IA)



L.A.M.P. Mission Trip— Canada pictures





Thursday night bible study will begin Thursday September 10, 2026 at 6:30. We will be using God Of Deliverance. This is a study of the first 18 chapters of the book of Exodus. We meet for approximately an hour. There is a study guide with accompanying video content. The study is 10 weeks long. In this 10-session verse-by-verse study of Exodus 1-18, Jen Wilkin shows us that Israel's story is our story: the same God who delivered Israel also delivers all those He loves from slavery to sin and from service to the pharaohs of this world. He lifts our eyes to the promised land He has prepared where we dwell with I AM and worship Him as the one true God. Please let Michelle Meyer know if you would like to participate in the study. Books will be order for you. Please contact her at michelle.meyer319@gmail.com or 319-330-7236. Please let her know by Sunday August 23, 2026.