



NEW SERMON SERIES BEGINNING APRIL 26:

Short Prayers for a Long Life with God

What if the most powerful prayers aren't the longest or most eloquent ones?

Help. Thanks. Wow. Sorry. Yes.

One word is sometimes all we can – or need – to say.

This spring, we're diving into a five-week sermon series called "Short Prayers for a Long Life with God" – and we're inviting you to come with open hands, open hearts, and maybe a book in hand along the way.

Inspired by beloved author Anne Lamott's book *Help, Thanks, Wow*, this series explores how we pray – not just with our words, but with our whole selves. Each Sunday worship service will center on one short, honest prayer word, and will include a hands-on prayer practice to help us embody that prayer. We'll also light the Christ Candle together – a simple, weekly reminder that Christ is at the center of all our praying and all our living.

Whether you come with five words or a million, you are an avid prayer or a new one, or whether prayer feels easy or nearly impossible right now – *this series is for you.*

About the Book (and the Author)

If you haven't read Anne Lamott before, you're in for a treat – and a few surprises. Lamott is a bestselling author, a committed Christian, and one of the most disarmingly honest writers working today. She writes about faith the way real people live it: messy, funny, tender, and deeply true. Her style is warm and conversational, like getting a letter from a friend who tells it like it is. She pulls no punches and pulls you in completely.

A word to the wise: Lamott writes with the kind of authenticity that occasionally includes colorful language. That's part of what makes her voice so refreshing and real for many readers; but if that's not your cup of tea, it's good to know going in. The book *Help, Thanks, Wow* is one of her gentler ones, and the wisdom in it is well worth the ride.

You can pick up *Help, Thanks, Wow* by Anne Lamott to read along – available wherever books are sold. We'd love for you to bring it to the journey with us.

The Series at a Glance

April 26 – HELP | *Exodus 33:12-23* | *Psalms 46*

Moses stands at an uncertain threshold and prays: "If your presence does not go with us, do not send us up from here." Help is the prayer that admits we can't do this alone. This week's practice: **anointing with oil.**

May 3 – THANKS | *Philippians 1:3-11* | *Psalms 100*

Paul writes from prison and still gives thanks – not by denying hardship, but by choosing to recognize grace at work within it. This week's practice: **gratitude stones.** *Graduation Sunday & Communion.*

May 10 – WOW | *1 Samuel 1-2* | *Psalms 139*

Hannah prays through tears and her prayer becomes a song. A life with God is marked by moments of holy wonder – when we glimpse how God sees and knows us. This week's practice: **circle prayer & art prayer.**

May 17 – SORRY | *2 Samuel 11-12* | *Psalms 51*

David fails catastrophically, then prays: "Create in me a clean heart, O God." A long life with God is sustained not by perfection, but by the willingness to return to mercy. This week's practice: **a "turn around" prayer.** *Ascension Day.*

May 24 – YES | *Isaiah 6:1-8* | *Psalms 40*

The final week brings a shift – from prayers of asking to prayers of becoming. Isaiah hears God's call and answers: "Here am I. Send me." This week's practice: **open hands prayer & labyrinth.** *Pentecost & Confirmation Sunday.*

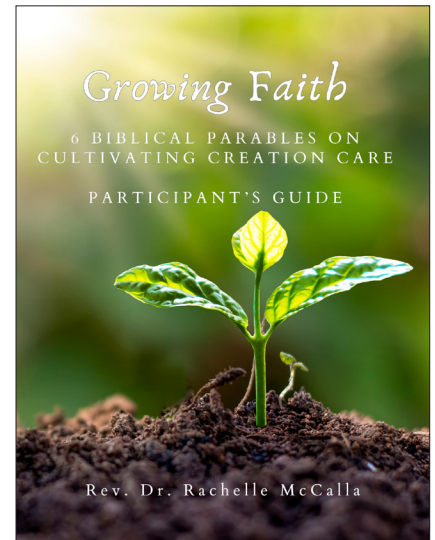


Coming Soon - An Exciting New Faith Formation Opportunity Begins April 19th

Beginning on Sunday, April 19th please join us for the start of a 6-session adult faith formation Bible study entitled "Growing Faith." We will examine 6 Biblical Parables on cultivating creation care.

Throughout the Bible, parables are used to help people understand challenging concepts in creative ways. While they can sometimes seem simple, parables are filled with insights about who God is and how we are to relate to one another. When their seeds of wisdom get planted within us, all of creation can benefit from their growth!

Be sure to pick up your "Growing Faith Participant's Guide" and sign up at the counter at the back of the sanctuary. There are a few pages of reading before each class. The class will be led by 5 ordained clergy of our congregation. **Join us on April 19 at 9:00 AM.**



Hunger Outreach Held on March 28 at 17th and Main



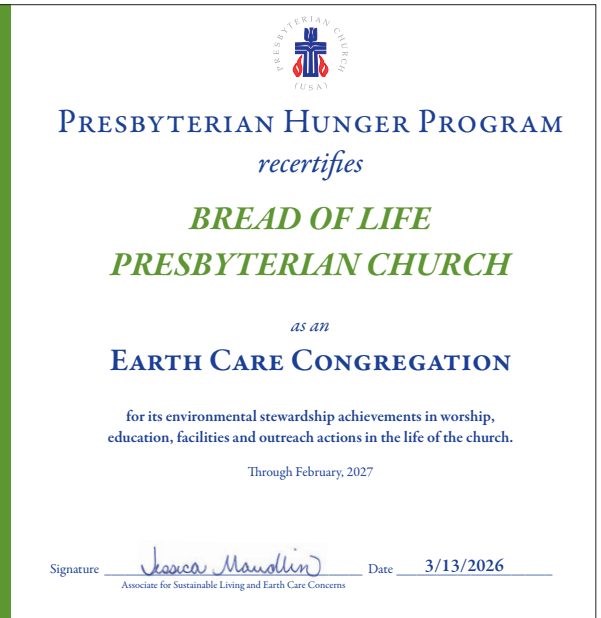
GREEN TEAM NEWS

Our Church Again Certified as an Earth Care Congregation by the PC(USA)

Your Green Team is happy to report that our church has been certified for the 7th consecutive year as an **“Earth Care Congregation”** by the Presbyterian Church (U.S.A.) This honor speaks to the great commitment that the church and our members have made to caring for God’s creation.

To become an Earth Care Congregation, the congregation affirmed and put into practice an **“Earth Care Pledge”** to integrate environmental practices and thinking into all aspects of church life including worship, education, facilities, and outreach. We were one of 373 churches that earned this designation and chose to dedicate themselves to intentional care of God’s earth this year. We are one of two Earth Care Congregations in the John Knox Presbytery.

Would you like to join in this mission? The Green Team meets on the 4th Wednesday of odd months at 4:00 p.m. in the boardroom. Our next meeting is May 27th. We are a very friendly group, enjoy working together in this mission and welcome all to join us.



For more information about our earth care program contact Tom Stovall, Green Team Moderator, at tomstov@aol.com or (563) 581-7220.

For more information on the Earth Care Congregations program visit www.pcusa.org/earthcarecongregation.



Green Team Members Attend Called To Climate Action

On March 21 the Iowa Faith & Climate Network held their annual Called to Climate Action Conference in Cedar Rapids. The day was filled with workshops, speakers, informational booths and discussions. There were nine people from Dubuque who made the trip to partake in this meaningful learning opportunity. Green Team members attending from from Bread of Life were Sue Dravis, Paul Uzel and Linda and Tom Stovall.

REFLECTIONS ON WORSHIP: What Is The Purpose Of Worship?

Why do we come to Sunday worship? We come to see friends in Christ. We come to learn and be equipped for the work God wants us to perform. We come because we are broken and need God's forgiveness. But ultimately, the purpose of worship is to glorify God.

In the PC(USA) Book of Order, we read these words: "Christian worship gives all glory and honor, praise and thanksgiving to the holy, triune God. We are gathered in worship to glorify the God who is present and active among us—particularly through the gifts of Word and Sacrament. We are sent out in service to glorify the same God who is present and active in the world." In short, every part of our worship is meant to glorify God.

What does it mean to "glorify God"? Think of people who always point to themselves. They think they have all the answers, have done wonderful things. In other words, they "glorify themselves." Glorifying God is exactly the opposite. When we glorify God we turn away from ourselves and point to God. We point to God through songs of praise and thanksgiving. We listen for God's voice in the reading and preaching of God's word. We commit ourselves to doing God's work in the world. Even when we confess our sins, our purpose is not to point to ourselves, but to point to God's love and grace.

Glorifying God does not mean we must always "be serious" in worship. One of the documents in our PC(USA) book of confessions asks this: What is the primary purpose of humankind? And then answers: Our primary purpose is to glorify God and enjoy God forever (Paraphrased from the Westminster Shorter Catechism). Glorifying God is not always somber. We can laugh at jokes in the sermon. We can smile as we watch our children run to the front of the church. We can rejoice as we sing songs of praise. We can enjoy conversations with others. All of this can be done in a way that glorifies God.



As we worship together on Sunday mornings, let's remember to turn our hearts and minds away from ourselves and toward God. And may the habit of pointing to God become ingrained in our lives in the world.

Reflections on Worship each month are brought to you by the Worship Team. If you have specific questions you'd like us to explore, please let us know at rebertz@gmail.com.

Music aids available on Sunday mornings

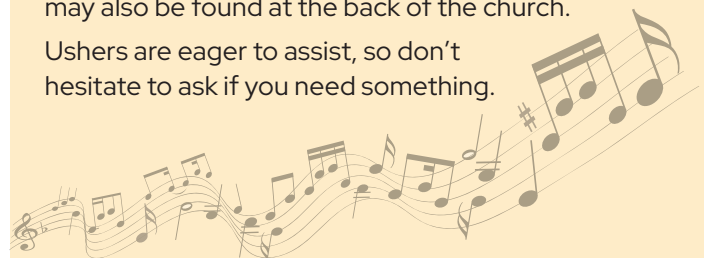
Do you read music? Do you prefer to sing harmonies?

Perhaps you could use some larger print?

-Music for less familiar tunes and four-part harmonizations are available for your use in worship! They may be found with the bulletins as you enter the sanctuary.

-Large print editions of our Glory to God hymnals may also be found at the back of the church.

Ushers are eager to assist, so don't hesitate to ask if you need something.



DIG THIS!

NEWS FROM OUR MISSION GARDEN

Your Garden Mission Team is looking for volunteers who would like to make real difference in our community. All of the produce we grow and harvest is donated to the food pantry. We have many jobs – pick what fits your schedule and abilities. A weekly email goes out to volunteers noting what tasks need to be done for that week. We need volunteers to build, plant inside, water, weed, and plant outside.

This year, we will rebuild the second section of the garden beds and trellises. This includes burning wood, applying tung oil, building frames and moving dirt so we can start planting.

Meanwhile, we will be starting transplants inside of cabbage, kale, collards, and Swiss chard which will be planted outside. Then we move from the cold hardy plants to warm season plants. Transplants inside will be started for eggplant, basil, parsley, malabar

spinach, peppers, zucchini, patti-pan squash, cucumbers, pole beans, tomatoes/cherry tomatoes, onions, and leeks. We will also prep beds and weed, put cardboard down, and cover with compost.

Once things are planted outside we need to water weekly. Then harvesting comes – once it starts it is a weekly event where we harvest, clean, and deliver the produce to the food pantry.

Besides our church garden, we also maintain gardens at Keller, Stulken and Henderson lots.

Come and join us! Questions? Contact Rich Henderson at hs3eagles@gmail.com or Marsha Wilfong at mwilfong62hr@hotmail.com.



Let's Get Social!

Follow us on social media to get all the church news in a timely manner and join the conversation. Just search for Bread of Life Dubuque on Facebook or Instagram. Be sure to "like" or "follow" our pages.



Dubuque-Jackson Habitat for Humanity is looking for churches to help them. They are putting in a pocket neighborhood of 14 houses behind Mt. Pleasant Home on Wood St. called Rosalynn Carter Place. They are looking for a key person to coordinate 8 church volunteers for 1 to 3 days/build. Depending on the skill level of the volunteers, they could help with a day of installing studs, dry wall, roofing or painting.

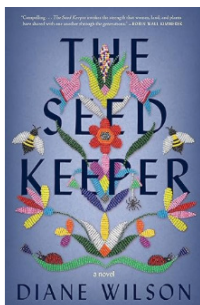
For more information, contact Dubuque-Jackson Habitat for Humanity director@habitatdjc.org or 563-556-2195.

LIKE TO READ?

Join Our Book Group

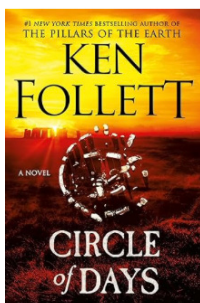
We meet on the 3rd Thursday of each month at 1:00 pm in the Board Room. Questions?

Contact Deb Seiffert at debseiffert@gmail.com

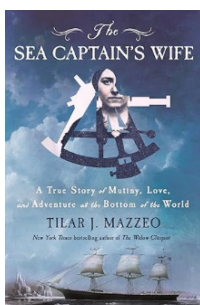


April 16th – The Seedkeeper
by Diane Wilson – Winner of the Minnesota Book Award

A haunting novel spanning several generations, *The Seed Keeper* follows a Dakhóta family's struggle to preserve their way of life, and their sacrifices to protect what matters most.



May 21st – Circle of Days by Ken Follett – A deeply human story of one of the world's greatest mysteries: the building of Stonehenge.



June 18th – The Sea Captain's Wife: A True Story of Mutiny, Love, and Adventure at the Bottom of the World by Tilar J. Mazzeo. The true story of the first female captain of a merchant ship and her treacherous navigation of Antarctica's deadly waters.



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Summer Camp at Bear Creek

We are exploring summer camp opportunities at Bear Creek for our children and youth. Scholarship support is available through both John Knox Presbytery and Bread of Life. Families interested in camp should note these important deadlines: **John Knox Presbytery camp scholarship applications due April 15. Bread of Life scholarship forms due May 1.**

If your child may be interested in attending camp this summer, please contact Pastor Kaity so we can plan accordingly. More details will follow.

LET'S FILL THE CARE CART!



Each month, Bread of Life helps those in need in our community. Look for the **Care Cart** located in the back of the sanctuary at our Hilltop Campus. We'll rotate recipients as follows:

First and Third Week – Dubuque Food Pantry to help feed local families. (No egg cartons).

Second Week – Opening Doors. Items needed are: High efficiency laundry detergent, tall trash bags, Clorox disinfecting wipes, toilet paper, paper towels, Dawn soap, liquid hand soap, and personal items such as toothpaste, tooth brushes, etc.

Fourth Week – Dubuque Rescue Mission. Toiletry items: body wash/shampoo (no bars) toothbrushes/toothpaste, deodorant, underwear, granola bars, beef jerky, fruit snacks, Chapstick, first aid supplies, high efficiency laundry detergent (pods).

If you have questions contact Linda Stovall, Mission Chair at linstov@aol.com.



Recycle

Become an avid recycler! Find out where you can recycle things that are not normally included in your city recycling receptacle. For example, you can recycle prescription bottles and batteries right here at church. Containers are in the narthex. We also have containers for plastic bags, cans and bottles.