


Inspired

Faith at Work

**SIMON &
HARRY'S
FRIENDSHIP**

WORTH THE
RISK...
REACHING OUT

Healthy Life...
friendships matter

A warm, intimate photograph of two women embracing. The woman on the right, with dark hair and a black headscarf with white polka dots, is smiling and hugging the other woman from behind. She wears a gold bracelet. The woman on the left has long, wavy blonde hair and is wearing a light blue denim shirt. They are seated at a wooden table in what appears to be a cafe or restaurant, with a white cup of coffee in the foreground. The background is softly blurred with warm, golden lights.

A FRIEND IS ALWAYS LOYAL
and a brother is born
to help in time of need.
Proverbs 17:17



The Importance of...

Friendships

In prosperity our friends know us; in adversity we know our friends.

-John Churton Collins

You can always tell a real friend: when you've made a fool of yourself he doesn't feel you've done a permanent job. – Laurence J. Peter

Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend. – Albert Camus

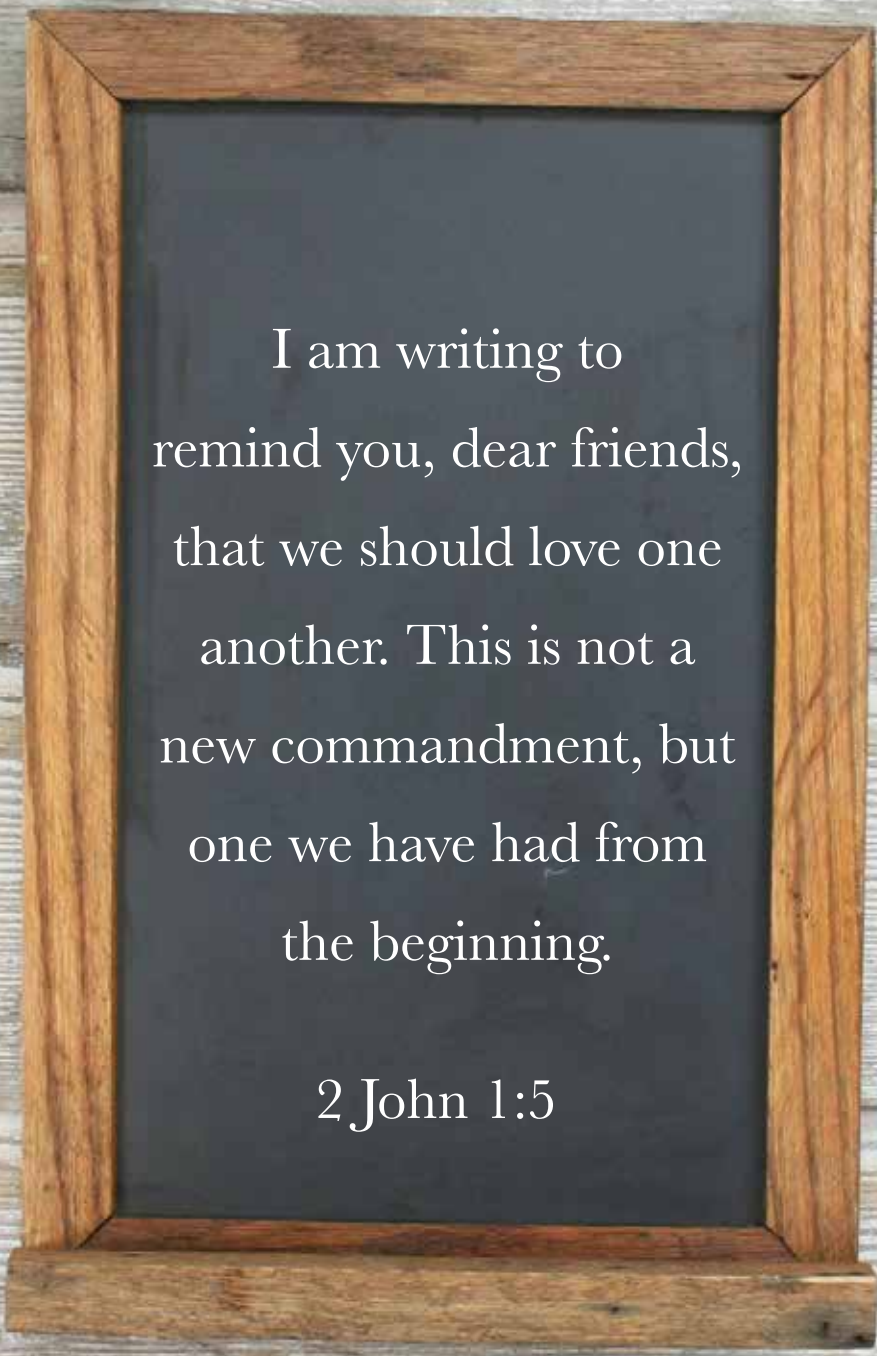
True friendship comes when the silence between two people is comfortable. – David Tyson Gentry

Do I not destroy my enemies when I make them my friends?

– Abraham Lincoln

Love is blind; friendship closes its eyes. – Friedrich Nietzsche

Friendship is born at that moment when one person says to another: 'What! You too? I thought I was the only one.' – C.S. Lewis

A rustic wooden frame made of thick, light-brown wood with visible grain and knots. Inside the frame is a dark grey or black rectangular surface, resembling a chalkboard. The entire frame is set against a background of horizontal wooden planks, similar to the frame's material but with a different texture and color.

I am writing to
remind you, dear friends,
that we should love one
another. This is not a
new commandment, but
one we have had from
the beginning.

2 John 1:5



Inspired is a Christ-centered magazine sharing uplifting stories and encouraging faith in God and living a life of integrity every day at home, work and in the community.

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CONTRIBUTORS

Christa Myers
Faith Crane
Lori Yates
Scott Brunscheen
123RF.com

Scott Brunscheen
Director, Faith at Work
Scott@FaithatWorkIowa.org

Faith at Work, Inc.
5585 NE 16th Street
Des Moines, Iowa 50313
515.974.5415
FaithatWorkIowa.org

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Healthy Life...

Healthy Friendships

I am concerned the world is trying to change the definition of the word “friends” in many of our minds, and it may be helpful to be reminded of what it really means.

To show my point, all I have to do is point to an account many of us have. According to Facebook, I currently have ??? friends. To keep from analyzing whether my number is more or less than yours, I don't think sharing the actual number is important. Maybe our challenge is to identify the various levels of friends without placing them all in the same “bucket”?

A study conducted by Harvard University concluded that having friends is healthy. They help us deal with stress, make better lifestyle choices that keep us strong and allow us to rebound from health issues and disease quickly. Solid friendships even help promote brain health and are equally important to our mental health. (Sept 2017)





The results of the study probably are not a surprise to many. What is surprising is if this is known, why do other studies report men have on the average 0.7 (yes, point seven) friends? And although women are generally more social, they have friend issues, too.

There may be many reasons, with three mentioned here – risk, willing to be second and time. There is a risk in stepping out of the boat and being a friend to someone for the first time. Also, a true friendship exists when we place the needs of our friend above our own and when we give of our time.

C.S. Lewis said. “Friendship is unnecessary, like philosophy, like art.... It has no survival value; rather it is one of those things which give value to survival.”

This issue is about friends. I have been blessed with true friends in my life who have been there for me in not only the good times but the tough ones, too, and have helped me survive job loss, divorce and death. Even when I wanted to fall, they have encouraged me and helped keep me standing!

My hope is that you and I have been there for some of our friends, too...

The Friendship of...

Simon & Harry

Many thousands of people around the globe know Iowa icons Simon Estes and Harry Stine. Both men are from humble beginnings in small town or rural Iowa - Simon from Centerville and Harry from rural Adel. Each have impacted the world for very different reasons. Few, however, know of their friendship.

Simon Estes is a world-renown opera singer who has distinguished himself as one of the greatest bass-baritones of alltime throughout an amazing career, having performed in 84 opera houses and with more than 115 orchestras led by the world's greatest conductors. He received the state's highest citizen award – the Iowa award presented in 1996. Many Central Iowans know of the Simon Estes Amphitheater along the river in downtown Des Moines, named in his honor, and students across the state have been impacted by his foundation's Iowa Counties Scholarship Program.

Living in Iowa with his wife, Ovida, Simon approaches each day working to make the world a better place, whether it is passing on his love for music to new generations by teaching at Iowa colleges and universities, his philanthropic work to eliminate malaria in Africa or his support of Christian education at Joshua Christian Academy Simon Estes School of Excellence, a local nonprofit school serving inner-city Des Moines.



Harry Stine is a leader in plant genetics who has impacted feeding the world's hungry by increasing farm food production. Growing up with very little on the same farmland where his business resides today just north of Adel, he owns the largest private seed company in the world. Stine Seed has long been the king of soybean genetics, with the majority of soybean seed sold in the world that includes his plant genetics. In more recent years, his innovations with corn genetics and plant populations per acre is helping increase the world's output of corn.

Harry is often quiet about his support in the community and beyond. One area he is passionate about is senior care, recently having supported Spurgeon Manor with a challenge grant that will make possible the construction of a much-needed new assisted living facility. This Christian nonprofit retirement community in Dallas Center in which his mother and many other family members and friends have lived is one of the best in Iowa, and Harry



believes in the importance of providing the best care possible for seniors.

So how did these two Iowa icons become best of friends? It is because someone took a risk and reached out to the other. That simple act along with the open hearts of both men, neither who wanted anything from the other in return except friendship, has brought the two together.

Neither has slowed down in their love and passion for life. Regardless of similarities in age, growing up poor or now being known virtually everywhere they go – or their differences in race or professions – theirs is a great story and example we can all learn from.

Friendships are important to all of us.

FRIENDSHIP

is the only cement that will ever
hold the world together.

– Woodrow T. Wilson



SAVE THE DATE... GIVING THANKS WITH SIMON ESTES

...an evening of song benefiting Joshua Christian Academy



START THE HOLIDAY SEASON by GIVING THANKS

...benefiting Joshua Christian Academy, Simon Estes School of Excellence

SUNDAY

NOVEMBER 4TH | 7:00 P.M.

LUTHERAN CHURCH OF HOPE

925 JORDAN CREEK PKWY.
WEST DES MOINES, IA

Save the date for an evening of praise and song with world-renown and Iowa icon Simon Estes to launch the holiday season. Enjoy joyful music that will remind us of the true meaning of the holidays. Emceed by Van Harden, joining Simon will be children from Joshua Christian Academy, students from Central Iowa, and special guests.

JCA provides affordable faith-based education for urban children in inner-city Des Moines. The school is located at 1740 Garfield in Des Moines. While all students' families pay some amount toward tuition, the school is heavily financed (87%) by charitable contributions. This concert will support scholarships, the physical plant and an investment in the future of the school.

Ticket prices range from \$10 to \$25. The concert committee will also raise funds to sponsor people who wish to attend but cannot afford the ticket price.

For more information go to www.gotjosh.org or call 515-468-5674.



"AS FOR ME AND MY HOUSE,
WE WILL SERVE THE LORD."

JOSHUA 24:15

JCA

Joshua Christian Academy

My Friend...

Harry Stine



Something that I have learned in my 80 years is that everyone needs a friend. Some friends have been able to stick as close as a brother throughout my life, and others because of geography or other circumstances have come and gone. A deep friendship of mine that began in more recent years

is with Harry Stine. Although very different, in many ways we are two peas in a pod...

I started singing in a church choir at eight years old. I know God gave me a unique voice that, along with hard-work, has made possible an amazing life. My voice has taken me from Centerville, a wonderful small town in southern Iowa that I am proud to call my home, to singing in the greatest opera houses all over the world and for presidents and royalty of many countries. However, being one of a few black families in Centerville in the 1940s wasn't without its challenges. And although my parents worked very hard, we were still poor.

Harry, who grew up on a farm in Dallas County, was born a genius with slight autism – at least that is my opinion.



Henry's understanding of genetics and love of plants is unlike anyone I have ever known. As an entrepreneur, he has grown a company into the largest of its kind in the world. It is impossible to ever fully know the impact his work is having in the production of food and feeding the world's growing population. His life was not always easy either, as he grew up in poverty, too. As farmers, his parents worked hard but his family was still poor.

Our journey to become friends all started one day when I read an article about this man, Harry Stine, and his seed company in Adel. I was intrigued and felt compelled to drive to Adel and, without an appointment, see if I could meet him and hear his story. I expected some big shiny corporate office in Adel, but soon found out after a stop at the Chamber of Commerce office that I needed to go north out of town and into Dallas County's country-side. Later, I would learn that his office was within eye-sight of the farm home in which he grew up.

So without an appointment, I went into Stine Seed corporate office and was met by wonderful staff who

recognized me. I shared with them why I had come and asked if I might be able to meet Harry if he was available. To my surprise, he was, and we met...

Now I am a believer that God has a plan for our lives, and this was no coincidence. The Bible teaches in Proverbs 3:5-6, "Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths." I know in my heart God had made this all possible by my obedience.

Since that very first visit, we have broken bread together and had many wonderful times. In fact, the first time I asked Harry if we could have lunch together, he asked me to just stop at the Subway in Adel and, "Pick up one sandwich. Just get one. I want to share it with you." So I did, and we truly "broke bread together."



We have enjoyed each other's company much because of our unique sense of humor. In April, I was invited to be a part of a reception to raise money for Spurgeon Manor, a cause close to Harry's heart that was taking place at his beautiful "barn" in West Des Moines.

Harry has heard me sing at a number of events, so when he learned I may be attending this event, he sent me a note, "They tell me you will be at the Spurgeon Manor

event at the barn on April 12th. The good news is that they would like you to sing ‘God Bless America’. The bad news is that I plan to be there and will have to listen to you sing AGAIN. If this does not work for you that is perfectly fine - but they and I would appreciate it if you can. I would even let you dig sweet potatoes again this fall!”

I wrote back and said, “Yes, I was asked to come and I accepted. The bad news is I agreed to sing (so you have to listen to me AGAIN) and the good news is ‘God Bless America’ lasts only 59 seconds – so ear plugs could be used. The best news is digging sweet potatoes again!!!”

When I arrived at the reception, Harry reached into his sport jacket pocket and proudly pulled out a pair of ear plugs. He hadn’t forgotten our exchange, and we laughed and laughed...


More recently, I was visiting Harry, and we went up a tower on his farm near his offices. Climbing up the steps was worth the amazing view of Iowa’s beautiful countryside. As we visited about the view and the tower height being some three-times the height of the mature trees in his nearby farmyard, Harry said that was nothing in comparison to the height of sequoias and redwoods that were three-times the height of the tower. I mentioned that I had not seen the giant California trees, and before I knew it, we were planning a trip together that took place earlier this summer.

My mother was an example of a great Christian woman.

She and I were very close, and we read the Bible together from beginning to end when I was just 11 years old. Her love of the Lord and the life we were given was one of joy, despite whatever financial or other challenges we faced. If you can imagine, black families like ours faced unfair circumstances many times. My parents taught me the value of hard-work through their example to provide for our family and above all – what a friend we have in Jesus who loves us unconditionally.

Good friends are important to all of us, and I am certainly blessed to have Harry as one of my best and thankful God placed on my heart to take that first step.

Simon Estes



**Remember this—a farmer
who plants only a few seeds
will get a small crop.
But the one who
plants generously
will get a generous crop.**

2 Corinthians 9:6

A Loving Christian Community...

Spurgeon Manor

Spurgeon Manor is one-of-a-kind. As a 5-star rated facility and Silver Quality Award winner, this senior retirement community in Dallas Center is one of the best.

Iowa is a national leader in senior care. According to the Iowa Health Care Association, currently 440 health (nursing) centers serve more than 52,000 patients in our state. In addition, 349 assisted living communities serve 22,000 more. All combined, 70,000 seniors are cared for by nearly 56,000 full-time staff. I am grateful for the thousands of wonderful compassionate and caring staff who work in health care across the state 24 hours a day, 7 days a week.

A small number of senior care facilities in Iowa are owned and operated by Christian nonprofits. Such is the case for Spurgeon Manor whose mission is, “Caring with respect and dignity in a loving Christian community” and vision to, “Provide the best senior care in the world.” Spurgeon Manor’s local board and caring community that made possible its original construction some 50 years ago continues with that same commitment to compassionate care today.

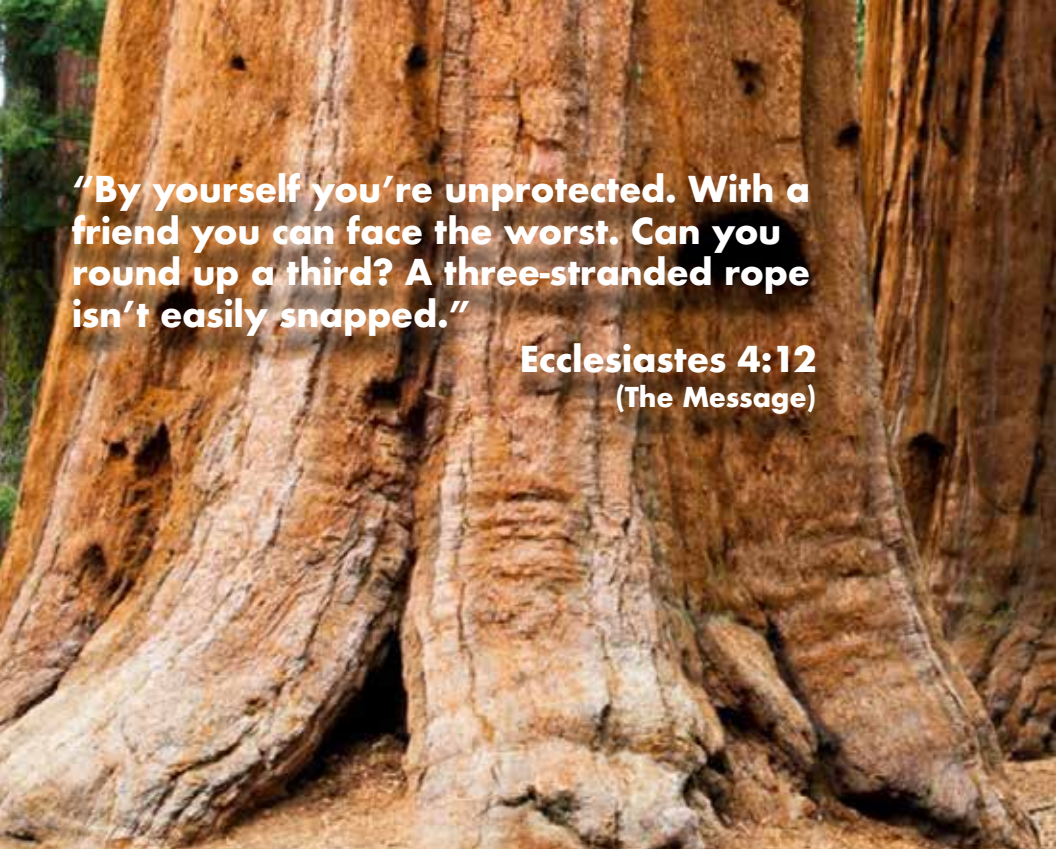
When the Dallas Center community learned the need for a new assisted living facility at Spurgeon Manor, they responded with more than 400 donors who in less than a year pledged in excess of \$3.4 million – exceeding a challenge grant issued by Harry Stine who, with his

friends, will provide the balance necessary for the construction of this new multi-million-dollar facility.

Harry's story is similar to so many in the community because Spurgeon Manor is like part of their family. His mother, Roselba, received compassionate care at Spurgeon Manor for more than ten years – as well as numerous other family members. Harry believes “we have an obligation to care for our parents and our seniors.”

Caring for our parents and seniors... now that's something we can all agree on! For more information on Spurgeon Manor, go to www.spurgeonmanor.com or call 515.992.3735.





"By yourself you're unprotected. With a friend you can face the worst. Can you round up a third? A three-stranded rope isn't easily snapped."

Ecclesiastes 4:12
(The Message)

Standing together... **Sequoias and Redwoods**

Although similar yet often confused, sequoias and redwoods are very different trees. The wood of each is red, cones are small and both trees are very big. A sequoia holds the record as the most massive tree in the world and a redwood the tallest.

Named "General Sherman," the most massive sequoia stands 275 feet and weighs 2.7 million lbs. Found in Sequoia National Park in southern Sierra Nevada

mountains, sequoias grow at an altitude between 5,000 and 7,000 feet above sea level and far inland, where the dry mountain air and the snowpack provide the thousands of gallons of water needed every day.

"Hyperion" is the name given to the redwood that is the tallest in the world. Although it is slenderer with a diameter of 24 feet and "only" 1.6 million lbs. – at 378 feet it stands much taller than "General Sherman" and is the tallest living tree known in the world. It is found at Redwood



National Park in northern California, near the coast about half-way between San Francisco and Portland. Redwoods do not grow more than 50 miles inland.

Something else the two have in common: the most massive and tallest living things on earth don't grow that way by themselves – they do it together.

Defying all logic, neither the sequoias or the redwoods have deep root systems to support their gigantic size. Sequoias are only 12 – 14 feet deep and redwoods just 5 – 6 feet. Both

extend root systems outward to entangle and connect with other trees. Anchored together, the trees actually hold each other up and have withstood storms for thousands of years.

Just like these giant trees, one of us standing alone can easily fall.

God wants us to be united and encourage one another. He wants us to hold each other up through the storms of life.

United we stand, divided we fall.

Workplace...

Friendships

During my college years, a prevailing management theory contended that bosses should keep their distance from employees. Becoming too friendly with employees was believed to undermine your authority, so many workplaces became cold and aloof.

This sometimes even spilled over into peer-to-peer relationships. New research highlighted in *Harvard Business Review*, however, surfaces a different conclusion.

Researchers Emma Seppala and Marissa King claim that those who have a “best friend at work” are not only happier and healthier but also seven times more engaged in their work.

Proverbs 27:9 says, “Perfume and incense bring joy to the heart, and the pleasantness of a friend springs from their heartfelt advice.”

Friendships at work can be risky, but according to the research, they also come with great rewards. Consider making a friend today.

A photograph of Rick Boxx, a man with a beard and short hair, wearing a blue button-down shirt, standing with his arms crossed in front of a light-colored tiled wall.

Rick Boxx
Founder & CEO
Unconventional Business
Network

The logo for the Unconventional Business Network, featuring a stylized blue and yellow square icon to the left of the text.

**UNCONVENTIONAL
BUSINESS NETWORK**
UB EVENTS

**Sign up for Integrity Moments emails at
www.unconventionalbusiness.org**

UNCONVENTIONAL BUSINESS LUNCHEON



FALL LUNCHEON

TUESDAY, SEPTEMBER 25

11:30 AM – 1:00 P.M. (DOORS OPEN AT 11:00 A.M.)

EMBASSY SUITES

101 E. LOCUST ST. | DES MOINES, IA 50309

DEE ANN TURNER

Chick-fil-A, Vice President

Dee Ann Turner is a business leader, best-selling author and speaker. She started her career at Chick-fil-A in 1985 and currently serves as Vice President, Enterprise Social Responsibility.

In 2015, Dee Ann's first book, *It's My Pleasure, the Impact of Extraordinary Talent* and a *Compelling Culture* was released and became a best-seller. She speaks all over the United States and internationally for both business and nonprofit organizations on the topics of leading culture, talent selection and talent development.

During her tenure, Chick-fil-A has grown from 319 restaurants with \$164 million in sales to over 2100 restaurants in 46 states with annual sales of more than \$8 billion.

Reservations required. Go to FaithatWorkIowa.org.



**To register for this upcoming event,
please go to faithatworkiowa.org**



Improve Your Health...

friendships matter!

(from Mayo Clinic)

Friendships can have a major impact on health and well-being yet may not always be easy to build or maintain.

Good friends are good for our health. Friends can help us celebrate good times and provide support during the bad. Friends prevent loneliness and give a chance to offer needed company, as well as increase sense of belonging and purpose, boost happiness and reduce stress, improve self-confidence and self-worth, help cope with traumas and encourage us to change or avoid unhealthy lifestyle habits.

Friends also play a significant role in promoting overall health. Adults with strong social support have a reduced risk of many significant health problems, including depression, high blood pressure and an unhealthy body mass index (BMI).

Unfortunately, many adults find it hard to develop new friendships or keep existing ones because of other priorities



– such as work or caring for children – or may have grown apart due to changes in lives or interests. Some may have moved to a new community and haven't yet found a way to meet people.

Quality friends count more than quantity, and developing and maintaining good friendships takes effort. The joy and comfort friendship can provide, however, makes the investment worthwhile. Truly close friends will be there through thick and thin.

Any of us may easily overlook potential friends who are already in our social network. Think through people you've met – even very casually – who made a positive impression. Potential friends may be found among people with whom you've worked or taken classes with, been friends in the past but have since lost touch, enjoyed chatting with at social gatherings, or share family ties.



If anyone stands out in your memory as someone you'd like to know better, reach out. Ask a mutual friend to share the person's contact information, or – even better – reintroduce the two of you with a text, email or in-person visit. Extend an invitation to coffee or lunch.

Go and...get involved!

Go meet new people who might become friends at places where others gather. Wide efforts increase the likelihood of meeting and making new friends. For example, try these ideas:

ATTEND COMMUNITY EVENTS.

Look for groups or clubs that gather around a shared interest or hobby. Groups can be found in the newspaper, on community bulletin boards or on websites that help connect. Do a Google search using terms such as [your city] + social network or [your neighborhood] + meet-ups.



VOLUNTEER. Offer time or talents at a hospital, place of worship, museum, community center, charitable group or other organization. Strong connections are formed when people working together have mutual interests.

EXTEND AND ACCEPT INVITATIONS.

Invite a friend for coffee or lunch. When invited to a social gathering, say yes. Contact someone who recently invited you and return the favor.

TAKE UP A NEW INTEREST. Take a college or community education course to meet people who have similar interests. Join a class at a local gym, senior center or community fitness facility.



JOIN A FAITH COMMUNITY.

Take advantage of special activities and events for new members, or join a small group.

TAKE A WALK. Grab the kids, grandkids or dog and head outside. Chat with neighbors who are also out and about or head to a popular park

and strike up conversations there.

PERSISTENCE MATTERS. Take the initiative rather than waiting for invitations to come your way, and keep trying. Above all, stay positive. You may not become friends with everyone you meet, but maintaining a friendly attitude can help improve relationships in life and sow seeds of friendship that will grow.

To Find a Friend...

first be a friend



It's as important to be a good friend as it is to be surrounded with good friends, and developing and maintaining healthy friendships involves give-and-take, sometimes being the one giving support and other times on the receiving end.

TO FOSTER FRIENDSHIPS:

***BE KIND.** This most-basic behavior, emphasized during childhood, remains the core of successful, adult relationships. Think of friendship as an emotional bank account. Every act of kindness and every expression of gratitude are deposits into this account, while criticism and negativity draw down the account.

***LISTEN UP.** Ask what's going on in friends' lives. Focus on listening and paying close attention through eye contact, body language or brief comments. When friends share details of hard times or difficult experiences, be empathetic but don't give advice unless asked.

***OPEN UP.** Build closeness by opening up about yourself. Being willing to disclose personal experiences and concerns shows friends the special place they hold in your life and deepens your connection.

***BE TRUSTWORTHY.** Being responsible, reliable and dependable is key to forming strong friendships. Keep engagements and arrive on time. Follow through on commitments made to friends. When friends share confidential information, keep it private.

***BE AVAILABLE.** Building a close friendship takes time – together. Make an effort to see friends regularly, and check-in between those times. It may feel awkward the first few times on the phone, but this feeling passes as friendship grows.

Remember, it's never too late to build new friendships or reconnect with old friends. Investing time in making friends and strengthening friendships can pay off in better health and a brighter outlook for years to come.

Worth the Risk...

Reaching Out

life 107.1



written by Taylor Hohulin

One of my wife's closest friendships started with a risk.

Church had wrapped up for the morning, and just as we were getting ready to leave, a woman named Mikaela pulled Lindsey aside and said, "I've been realizing I need more good friends in my life. I'd like you to be one of them."

Just like that. No preamble, no warning. Only a simple, risky statement.

Lindsey had had a handful of pleasant conversations with Mikaela but not enough that there was any guarantee of a positive response. For all she knew, Lindsey didn't even like her. What if every time Lindsey smiled at one of



her comments, it was nothing more than a common courtesy?

Mikaela was opening herself up to a point where there were only one of two potential outcomes possible: Either she would be drawn into community with Lindsey, or she would be driven away by rejection.

Of course, we know now it was the first outcome that came to pass. Lindsey and Mikaela struck up a friendship that has remained firm even after we moved from Texas to Iowa. Every time we go back, we make a point of spending time with Mikaela and her husband. But we never would have gotten to that point unless Mikaela had opened herself up to rejection.

That's the way it is with friendships so often, isn't it? Granted, I've had a handful of deep friendships I just fell into, but generally, it takes a moment of risk to get to that place. It takes that moment of inviting either community or rejection into your life.

Maybe it'll look like Mikaela pulling Lindsey aside in church. Maybe it'll look like confessing a long-secret struggle. Whatever it is, there's no perfectly risk-free way to do it. You can keep spending time with somebody and laughing with them and even serving with them, but when the time comes to be vulnerable, there's no

way of predicting the outcome. Vulnerability invites vulnerability, sure, but it also invites rejection. The very act that draws friends in can also drive them away.

And I think that's what makes true, deep friendships so powerful. Here are the people who have seen the weak, dark and embarrassing parts of you and didn't blink. Here are the people who were given a reason to walk away but instead drew near.



BIG DADDY WEAVE IN CONCERT | 7:00 P.M. Friday, Nov 9th
Lutheran Church of Hope, West Des Moines
life1071.com

Mornings at Life 107.1 are here to help you get ready for your day of spreading the hope of Christ in central Iowa. Taylor and Jen are here to uplift you, make you think and make you laugh.

We cannot tell the precise moment when **FRIENDSHIP** is formed. As in filling a vessel drop by drop, there is at last a drop which makes it run over; so in a series of kindnesses there is at last one which makes the heart run over.
– Ray Bradbury



**“FRIENDSHIP IS
UNNECESSARY,
LIKE PHILOSOPHY, LIKE ART.. IT HAS
NO SURVIVAL VALUE;
RATHER IT IS ONE OF
THOSE THINGS WHICH
GIVE VALUE
TO SURVIVAL.”**

— C.S. Lewis





LEADING WITH POWER

BUILDING UP MEN TO BE BETTER HUSBANDS, FATHERS,
LEADERS AT WORK AND LEADERS IN THE COMMUNITY.

**THURSDAY,
SEPT. 20**

11:30 Registration
12:00 Lunch & Program



JAMIE POLLARD

Athletic Director
Iowa State University

**THURSDAY,
OCT. 18**

11:30 Registration
12:00 Lunch & Program



TERRY NORTON

Co-Author of
"The Power of Faith When
the Tragedy Strikes"

**THURSDAY,
NOV. 15**

11:30 Registration
12:00 Lunch & Program



JERRY FOSTER

Founder, Chairman of
the Board Foster Group

**THURSDAY,
DEC. 13**

11:30 Registration
12:00 Lunch & Program



ROBERT BROWNELL

Supervisor Polk County
Board of Supervisors

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Lunch & Speaker \$20
(if pre-registered)
\$25 At the Door

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Email: info@lwpdsm.org**

WE LOVE HEARING FROM OUR READERS!

“I really appreciate what you are doing... teaching, preaching, caring and loving (through *Inspired*). Such a beautiful outreach!

Friends make life more beautiful. Life is made up of a patchwork of friends. Friendship keeps hearts in touch. The only way to have a friend is to be one.

Again – thank you!” A Friend in Christ, Shirley, Stuart, Iowa

We hope you enjoy *Inspired* and will consider sharing this magazine with others. Also, we'd love to hear how *Inspired* has touched your life. If you'd like to share a story with us or have suggestions for stories, please send it to the email address below. We look forward to hearing from you!

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Inspired is distributed to more than 500 grocery stores, restaurants, coffee shops, medical and professional offices as well as manufacturing companies and other businesses.

Copies are FREE to pick up and take home... as well as mailed to a growing list requesting the magazine to be sent to their home or business. *Inspired* is sponsor supported through charitable gifts.

Inspired is published by Faith at Work, a Christian nonprofit.



THANK YOU

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- Visit FaithatWorkIowa.org to donate online
- Mail your gift to: Faith at Work
5585 NE 16th Street
Des Moines, Iowa 50313

For more information, please contact
Scott@FaithatWorkIowa.org or call (515) 974-5415.

Show me a...

SIGN

The king's counselor was speaking of the wonderful works of God. "Show me a sign," said the king, "and I will believe."

"Here are four acorns," said the counselor, "will your majesty please plant them in the ground, and then stoop down for a moment and look into this clear pool of water?"

So, the king did so...

"Now," said the counselor, "look up!"

The king looked up and saw four oak-trees where he had planted the acorns.

"Wonderful!" he exclaimed, "This is indeed the work of God!"

"How long were you looking into the water?" asked the counselor.

"Only a second," said the king.

"No your majesty, eighty years have passed as a second," said the counselor.

The king looked at his garments; they were threadbare. He looked at his reflection in the water; he had become an old man.

"There is no miracle here, then," the king said angrily.

"Yes, it is a miracle" said the counselor, "it is God's work, whether he did it in one second or in eighty years!"







AS IRON SHARPENS IRON,
SO A FRIEND SHARPENS A FRIEND.

(Proverbs 27:17)



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