

# I-HELP NEWS

I-Help Newsletter for Desert Cross Lutheran Church, Volume 8

## I wanted more ...



She was sitting alone. She came late for dinner. Sarah (not her real name) had this quick smile and a bubbly personality. This was her second time at the Desert Cross I-Help. I sat next to her introducing myself and asked, "how are you?" She said that she was fine and like so many of our guests, she was so thankful for our church and the volunteers who were serving. I asked her how she found her way into I-Help. She told me that she had been with the same man for five years who struggled with alcohol. Things were okay when he was sober, but when he drank he would become verbally and physically abusive. The next day he would plead for forgiveness, and promised that he would never hurt her again. But this promise was short lived. A few days later, she would find herself back in the same situation bleeding physically and even more so, emotionally. She cared for him, but she didn't see a future. She wanted more. So, one night after a violent encounter she packed up her car and sought a change, a new beginning. She had heard about Azcend (the non-profit that assists people in transition) and about the I-Help program. She had been in the program for nearly 2 months. She said she especially liked churches like Desert Cross where she could take a shower and prepare herself for work. She told me that she loved her job in a big box store. She didn't make a lot of money but she no longer lived in the shadow of her abuser. She told me that she was saving up money to rent a room. She had one possibility that would cost \$400 a month. She was optimistic that something would come up, but in the meantime she found peace in the I-Help program where she discovered kindness and people willing to assist her in her journey.

I don't know if Sarah is a typical I-Help guest. She is bright, energetic and very pleasant. She works full-time but left her relationship with only her clothes and her car. She felt trapped, scared and unsure if she could do this on her own. Some how she found a strength that she never thought she had. She is doing it. She is making it. And you could see it in her eyes that she lives with a certainty, a hope and a pride that was not there in her former life.



Sarah has convinced me that I-Help and programs like it are exactly what Jesus had in mind when he said to love your neighbor as yourself. So many of these homeless friends come to us broken and fearful. They have been hurt and struggle to trust again. It's been a joy of mine to sit back and watch the beauty of I-Help volunteers sitting down and loving these strangers. I especially love to hear the laughter and see faces with smiles. This Desert Cross ministry makes a difference and I am glad to be a part of it. I want to thank all of you who have volunteered, cooked, contributed toiletries and backpacks, and have supported this healing ministry. This

ministry might not change the world but it could change the world for that individual person.

Glen Stadler, I-Help Coordinator for Desert Cross Lutheran Church

# I-Help Schedule 2023-2024

Date	Serving Dinner - 6:00 pm Tuesday	Breakfast Club - 6:00 am Wed.
December 26, 2023	Nancy Zine and friends	Perkins/ Stutz family
January 23, 2024	Thursday Morning Men's Christ Care Gp	Thursday Morning Men's Christ Care Gp
February 27, 2024	Perkins/ Stutz family	Open
March 26, 2024	Esperanza I-Help Team	Open
April 23, 2024	Nancy Barnett Friends Group	Open
May 28, 2024	Thursday Morning Christ Care Group	Open
June 25, 2024	Esperanza I-Help Team	Open
July 23, 2024	Church Council	Open
August 27, 2024	Gilbert Chamber	Open
September 24, 2024	Esperanza I-Help Team	Open
October 22, 2024	Thursday Morning Christ Care Group	Open
November 26, 2024	Open	Open
December 24, 2024	Open	Open

## Have you thought about serving an I-Help Breakfast?

It's simpler than it sounds. Typically 1-2 people can easily handle this meal. The Fellowship Hall is opened at 5:50 a.m. and the guests gradually make their way over about 6:15 a.m. We encourage volunteers to keep the breakfast relatively simple: bagels, English muffins, different breads, cinnamon rolls, hard boiled eggs, bacon is a favorite, yogurt, juice, or fresh fruit. I-Help supplies the coffee, coffee cups, paper plates, plastic ware, napkins, individual packets of jelly, individual packets of peanut butter, individual packets of cream cheese and butter chips. There are two 12 cup coffee makers and several toasters available. The Ascend bus picks up our guests at 7:00 a.m. Generally the volunteers are done about 7:30 a.m.





## Thank you Esperanza I- Helped Team & Sue Kyle

We were blessed in November with a super bunch of volunteers from Esperanza Lutheran Church. This crew included a teenager and some new faces. They brought their joy and Christian spirit to the I-Help Dinner serving 19

guests and 2 others that came later. Sue Kyle with the help of Tom Selby and Cindy Delano served a great breakfast. I want to thank all the volunteers that served a Thanksgiving dinner and an amazing breakfast that was befitting of a holiday celebration.

### Tuesday Evening Dinner Crew

Pam Yount  
Kathy Gemma  
John Gemma  
Debbie Charvoz  
Brandon Goff  
Linda Dickson  
Peggy Hanson  
Staci Smith  
Jayne Petersen  
Cindy Delano

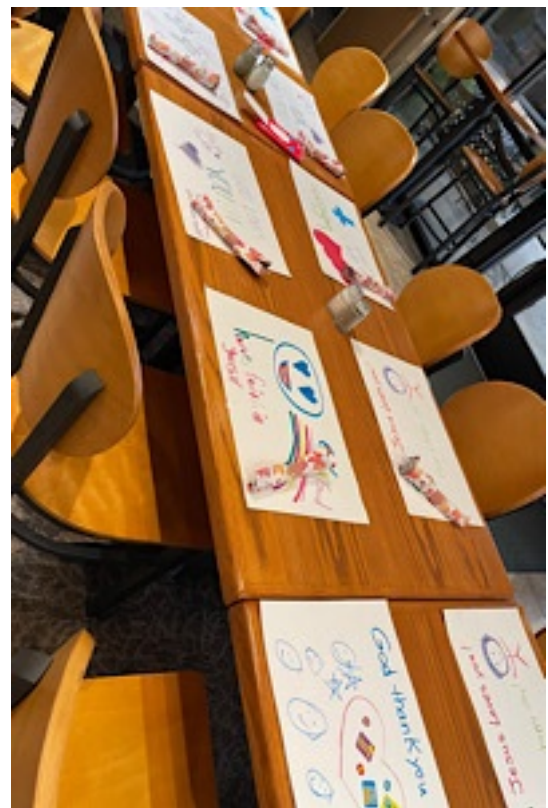


### Sue Kyle's Wednesday Morning Breakfast Crew

Sue Kyle  
Cindy Delano  
Tom Selby (Tom also assisted with transportation)

### Our Wednesday Clean-up Assistant

John Helm



Placemats designed & made by  
the youth of Esperanza  
Lutheran Church





## I-Help Sock & Gift Card Drive Ends December 17th

I continue to be impressed by the love and enthusiasm of the Desert Cross community. Your response to the I-Help Sock and Gift Card Drive has been tremendous. We are very close to reaching our goal and will stop collecting socks and gift cards this Sunday, December 17th. For those who still want to share, I ask that packets of socks & gift cards be placed in the I-Help basket: Tempe Campus in the narthex and the Gilbert campus in the Fellowship Hall. Extra socks

and gift cards will be distributed throughout 2024 as the needs present themselves. Thank you again for sharing with the least of these.

## I-Help Volunteers in December

Please keep in your prayers the I-Help Volunteers in December. The holiday season can be difficult for a lot of families, especially for people experiencing homelessness. My prayer is that our volunteers can express God’s love to our unhoused friends so that the power of the Christ child touches their life and their soul.

### Tuesday Evening Dinner Crew

- Sandy Austin
- Gary Balliet
- Jane Balliet
- Nancy Barnett
- Kolbe Barnett
- Asher Barnett
- Kathy Fulton
- Carol Hageman
- Stacy Weingate
- Joe Weingate
- Nancy Zine
- Staci Smith
- Cindy Delano



### Tuesday Evening Worship & Music Team

- Laura Book
- Liz Rewolinski
- Carolyn Perkins
- Ariane Nannenga

### Wednesday Breakfast Crew

- Perkins family
- Sturtz family
- Cindy Delano

### Wednesday Cleanup Person

- David Fleming



## Our November I-Help Guests

Many of our November guests will be with us in December. I ask that you would lift up these people in your prayer as they participate in I-Help until they find permanent housing.

- Ismael A.
- Austin A.
- Trina A.
- Cory A.
- Charles B.
- Sandra B.
- Daniel M.
- Teresa C.
- Matthew D.
- Timothy F.
- Lamonty G.
- Joshua H.
- Zachary H.
- Douglas K.
- Linda M.
- Danny P.
- Rene R.
- Robert W.
- Betty W.
- David



### Celebrating Our November Birthday People



## Desert Cross Toiletry Table

One of the first things that occurs after our I-Help guests step off the bus is a visit to the Toiletry Table. We try to stock this table every month with every day items: toothbrushes, tooth paste, shampoo, conditioner, deodorant, razors and the odds & ends of personal hygiene. It's always fun to watch how much excitement this table brings to our guests. Please help us keep this table stocked, and thank you for your wonderful support.

- |               |                         |               |
|---------------|-------------------------|---------------|
| Shampoo       | Tooth brush             | Combs         |
| Conditioner   | Deodorant               | Hand lotion   |
| Toothpaste    | Disposable razor blades | Sun block     |
| Razors        | Floss                   | Shaving cream |
| Nail clippers | Nail file               |               |

