



I Am Free to Serve

Today we learn more about our freedom in Christ and all its divine implications. Certainly we have been set free from the tyranny of sin, punishment and death. But it doesn't stop there, we received a new life and are now citizens of heaven, being freed from the old way of doing things. Our old alliances of serving ourselves or this world have been crucified and replaced with a new master—the Lord Jesus Christ. So, logically, who would you rather serve? Sin, self, the world or Jesus?



My Chains Are Gone

April 28-29: "I Am Free to Serve"
May 5-6: "I Am Free to Struggle"

Worship possibilities

Ever thought about worshipping during the week?

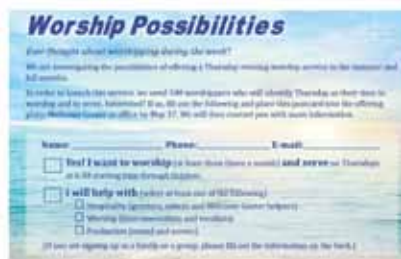
We are investigating the possibility of offering a Thursday evening worship service during the summer and early fall months. Our investigation is prompted by inquiries from people who desire a worship service during the week because they often travel on the weekends during the summer months or have work obligations.

Preliminary plans include a traditional-blend service that incorporates traditional-based music and liturgy form (similar to our Advent and Lenten services) in a casual atmosphere. This service will be held Thursdays in the Sanctuary at 6:30 p.m. from June through October. The message would be preached live and would be the message prepared for the upcoming weekend services.

In order to properly plan and coordinate this worship opportunity, we need 100 missionaries to commit to this worship service by identifying Thursday evening as their time to worship (at least three times a month) as well as serving in some capacity. At this point we would like to have the following ministry partners: hospitality (greeters, ushers and Welcome Center helpers), worship (instrumentalists and vocalists), and production (sound and screen technicians). Please note, if you are not trained in any of these areas, no problem, we would love to train you.

Please let us know if you would like to be a part of the missionary group by filling out the enclosed card in today's Weekly Word and dropping it in the offering plate or leaving it at the Welcome Center. If there is not enough interest to commit to worshipping on Thursday evening by May 17, we will not offer this service.

If you have further questions, please stop by the table in the Narthex after the worship services or contact Bill Jesse, Executive Director, at 276-1700 or at bjesse@gloriadeionline.com.



Please take some time to think and pray about joining us in this new adventure. And then if it is a go, please fill out the enclosed card.

Confirmation Saturday, May 5

5:30 p.m. in the Sanctuary

Please keep our youth in your prayers this week as they prepare to profess their faith during next week's Confirmation service.

Important dates

School-year Grace Place ends May 6.

Summer Grace Place/ Castaway runs from June 2-3 to July 28-29.

Summer VBS begins July 11.

DMARC envelopes

Please consider helping those in need by donating to DMARC. See page 3 for more details.

Change of address?

Help keep our church records up-to-date. If you have a new address, phone number or e-mail, please contact Diane at diane@gloriadeionline.com.

Save the date

Friday, June 22
from 8 a.m. to 4 p.m.

We need 15 ministry partners to partner with us, Habitat for Humanity and Thrivent for Lutherans to work on a house (no experience is necessary) as well as individuals to provide, prepare and serve lunch for all the workers.

If interested, please register at www.gloriadeionline.com.

Discovery 101: New to the Lutheran faith?

Thursday, May 10 to May 31 from 6:30 to 8 p.m.

Join us for the spring session of Discovery 101 on Thursdays from 6:30-8 p.m. This informal four-week class is for all who are new to the Lutheran faith. Register by going to the adult page at www.gloriadeionline.com. If childcare is needed, please indicate this when you register. If you have any questions, contact Pastor Philip Robarge at 278-5544, ext. 224.

Gardening Club

Do you have a green thumb? Do you like to play in the water?

You are invited to join Gloria Dei Gardening Club. They meet weekly on Thursday



beginning at 9 a.m. (weather permitting). You can join or leave them at any time during the morning. The Gardening Club takes care of the landscape around the church, except for mowing. This includes trimming bushes, weeding, planting, deadheading and watering. If you are available, we suggest you bring the following items with you: gardening gloves, small clippers and a hand trowel. This is a great way to visit with others, enjoy the great outdoors and serve the church.

If you have any questions, please contact LaVonne Clark at 276-9038.

Walk for Life

Saturday, May 12, 2012 at 9:30 a.m. at Ruth Harbor

Ruth Harbor's Walk for Life raises support and awareness to help young women and their babies by providing a Christ-centered home and program for young women facing unplanned pregnancies. These women with the help of Ruth Harbor are serious about life change and committed to continuing their pregnancies.

The walk will be held on Saturday, May 12 at 9:30 a.m. at Ruth Harbor, 534 42nd St., Des Moines. For more information or to register, go to www.RuthHarbor.org.

Annual spring community clean-up

The Urbandale Community Action Network (UCAN) Caring Corps is seeking volunteers for their annual Urbandale spring clean-up Saturday, May 5 from 8:30 a.m. to noon.

Volunteers will help elderly and disabled Urbandale residents prepare for spring by cleaning out flower beds, planting and other general yard work. Volunteers should meet at Lions Park shelter, 72nd and Prairie. Please bring work gloves, rakes and trimmers. A continental breakfast will be served to all volunteers. If you have any questions, contact Mary Polson at 278-3936.

Gloria Dei Lutheran Church
8301 Aurora Ave.
Urbandale, Iowa 50322
515-276-1700

Church office hours:

Monday-Friday 8 a.m. - 4 p.m.

Rev. Ronald Burcham
Senior Pastor
rburcham@gloriadeionline.com

Rev. Timothy Phillips
Director of Congregational Care
tphillips@gloriadeionline.com

Rev. Philip Robarge
Director of Adult Ministry
probarge@gloriadeionline.com

Governing Board
govboard@gloriadeionline.com

For a complete staff listing:
go to our Web site at:
www.gloriadeionline.com

Bringing Jesus Christ to people
for the first time and for a lifetime.

www.gloriadeionline.com

[twitter/gloriadeionline](https://twitter.com/gloriadeionline)

facebook.com/gloriadeionline

Youtube.com/gloriadeionline

Gloria Dei Book Club

The Gloria Dei Book Club will discuss Karen Kingsbury's, "Ever After," Wednesday, May 2 at 6:15 p.m. in the cry room. This is a moving sequel to "Even Now."

Memorial service

Tuesday, May 15 at 5 p.m. at Gloria Dei - The congregation is invited to remember those police officers across our nation who have given the ultimate sacrifice.

Bible Study

The 9:10 and 10:15 a.m. Bible study will not meet Sunday, April 29.

Sacrament of Holy Baptism

The Sacrament of Holy Baptism on Sunday, April 29 at the 10:30 a.m. worship service in the Sanctuary is for:



L Lena Mae Uhle born on May 3, 2011 to Bob and Mindy (nee Rohlf) Uhle. Lena's spiritual sponsor is Jackie Rychnovsky.

DMARC: helping the needy

Gloria Dei is sponsoring a spring food drive for DMARC, Des Moines Area Religious Council. DMARC will purchase, package, follow the dietary guidelines and transport the non-perishable food items to the Urbandale Food Pantry and to others in need. Last fall, we collected \$1,225 to help DMARC purchase food for families in need.

Make checks payable to Gloria Dei with "DMARC" and your offering envelope number on the memo line. Please insert cash or check into the enclosed envelope and place it in today's offering or drop it by the office. We appreciate your help in helping those in need. If you have any questions, contact Meri Mohr at 327-1821.

Senior Adult Ministry weekend outing

Join the Senior Adult Ministry for a weekend vacation in the Ozarks from Nov. 7-10, 2012. This trip includes round-trip motor coach, 3 nights lodging, 6 shows, 3 dinners, 3 breakfasts, a tour of Christmas lights in the Branson area and shopping at the Branson Landing. Cost is: \$595 per person double occupancy, \$561 per person quad occupancy and \$703 single occupancy. A \$50 deposit reserves your seat on the motor coach; the balance is due by Sept. 7, 2012. There is an early-bird discount if you make your reservations at least 90 days prior to the tour date, saving \$20 per person off the balance due. Space is limited to 50; to date, there are only 25 seats left—so book soon!

For reservations, call Margaret at Leisure Tours, Inc. at 515-223-1468. Send all payments to Leisure Tours, Inc. P.O. Box 71598, Clive, IA 50325. For any questions, call either Leisure Tours or Eloise Rinderknecht at 225-2225.

Servers

Officiant/Liturgist:

5:30 p.m. (FLC):
Rev. Phil Robarge

7:45 a.m. (Sanctuary):
Rev. Tim Phillips

9 a.m. (Sanctuary):
Rev. Tim Phillips

10:30 a.m. (FLC):
Rev. Ron Burcham

10:30 a.m. (Sanctuary):
Rev. Phil Robarge

Preacher

Rev. Phil Robarge

Organ

Kathy Brammeier

Acolytes

7:45 a.m. (Sanctuary):
Ryan Jackson

9 a.m. (Sanctuary):
Natalie Wilson

10:30 a.m. (Sanctuary):
Anna Miller

Scripture readings:

Romans 6:15-23 and
Galatians 5:1-6 and
13-14 (NIV)

Hospitality Teams

Northwind (FLC)

Team Three

7:45 a.m. (Sanctuary)

Team Three

9 a.m. (Sanctuary)

Team Five

10:30 a.m. (FLC)

TBD

10:30 a.m. (Sanctuary)

Team Three

Let's pray!

Prayer requests can be made on the back of the "Welcome" card located in the pews. Please indicate your prayer request and place the card in the offering plate. We have both e-mail and phone prayer chains available. Call Pastor Phillips in the church office, 276-1700, or Diane Young between 9 a.m. and 5 p.m. at 993-3870 with your request.

Thanksgivings

- For Ken and Jane Meythaler's new grandson, Kenneth Wiley

For the health of:

- Steve Crouthamel
- Ken Andresen
- Clifford Bax
- Molly Woodley and family
- Sue Anderson
- Brenda Barron
- Ed Mautz
- Tom and Carol Beedle
- Charleen Hilterbrand
- Rudy Petersen
- Stan Knapp
- Jennifer Ohrart
- Bruce Hill's mother
- Matthew Nelson
- Tim Anderson
- Emma Anderson

And for:

- Our confirmands and their families

Prayer ministry

To join the prayer ministry team, e-mail Pastor Phillips at: tphillips@gloriadeionline.com. with your name, e-mail address and phone number.

Financial Peace University

**Tuesday, May 29 to Aug. 28
from 6:30-8:30 p.m.**

Financial Peace University (FPU) is a 13-week journey that teaches how to make the right money decisions to achieve your financial goals. The course includes practical lessons on eliminating debt, building wealth, increasing your ability to give and much, much more.

Register on the adult page at www.gloriadeionline.com.

Worship Guitar Workshop

Sunday, May 6 at 6 p.m. in the Family Life Center

Are you a guitar player or a guitar-carrying, guitar player wanna be? If you have the desire to hone your guitar skills in the name of worshipping our Lord, we'd love to have you at the very first Worship Guitar Workshop!

Please join us with guitar in hand on May 6 at 6 p.m. in the Family Life Center. Steve Kowbel will lead the session for advanced and beginning players. We will also draw on the many experiences of other experienced players who attend. If you have questions about the workshop, contact Steve at skowbel@gloriadeionline.com.

LWML

Ruth Circle will have a potluck on Monday, May 14 at 6 p.m. at the home of Elaine Mueller, 3205 Mary Lynn Drive, Urbandale.

Mary Esther Circle will meet Thursday, May 10 at 9 a.m. at the home of Hazel Schroedel, 5716 NW 93rd Street, Johnston Urbandale.

Naomi Circle will meet Thursday, May 10 at 9:30 a.m. at Panera Bread, Westtown Pkwy., West Des Moines.

Rebekah Circle will meet Thursday, May 10 at 7 p.m. at the home of Rosalie Petersen, 109 N. Jacob, Grimes.

Reasons to celebrate!



In the last two weeks, we have seen a variety of activities at Gloria Dei:

Tiny Treasures' spring consignment sale raised \$10,000 (\$3,000 goes toward purchasing supplies for their classrooms and Bibles for their graduating students).

The youth performed for more than 260 during four performances of "Every Little Crook and Nanny." They raised \$5,000 to help fund youth mission trips, Urban Plunges and Youth Gatherings.

And to top it off, the children and youth ended Wednesday educational times with a celebration dinner and a bowling party.





Gloria Dei Youth Ministry

Contact: Tim Kightlinger
tim@gloriadeionline.com

Senior high (9-12)

Bible Study Sunday at 9 a.m.
Bible study for high school students will end on May 6; will resume in the fall.

The Point - Wednesdays at 6 p.m.
Bible study/fellowship for senior high youth will continue through the summer.

Topic: Are you dateable? How to eat spaghetti and other important topics.

Senior Graduation Lunch - Sunday, May 6 from 11:45-12:45 a.m. If you have not signed up, please RSVP today.

Junior high (6-8)

Castaway - Sunday 9 & 10:30 a.m.
Castaway for junior high students will continue through May 6; will resume June 3-July 29.

Small Group - Wednesday from 6-7:15 p.m.
Confirmation will resume in the fall.

Confirmation Service - Saturday, May 5 at 5:30 p.m.
Wednesday, May 2 from 6-8 p.m.
Pictures and rehearsal

30-Hour Famine

Famine will be held on June 8-9

Mandatory meeting May 13 from 10-10:30 a.m. in Youth Center. All parents and participants need to attend. Final registration deadline is May 13.

GirlZ of Faith

Thursday, May 3 at 6 p.m.
GirlZ of Faith (grades 4-5) allows time for fellowship, Bible study and what girls do best—having fun!

Book signing

Sunday, May 6 from 8:30-9 and 10-10:30 a.m. in room 129
The GirlZ of Faith will host author Jade Miller at a book-signing event Sunday, May 6. Jade, a 12-year-old girl, who is involved with a variety of church activities from children's ministry to dinner theater to playing the piano in the Sanctuary will present her newly released book, "Sybil's Ride of Courage." This 28-page soft-bound historical fiction is based on a true story about a teenage girl during the American Revolution. Books can be purchased for \$10.60; a portion of the proceeds will be donated to Children's Ministry. If you have any questions, contact DeAnn McCue at 278-5544, ext. 217. Books can also be purchased at the Toolshoppe starting May 6.



Summer Camps

Coming soon! Information is on Gloria Dei's Web site, or in booklet form at the Welcome Centers. Register today; some camps have limited space!



Week of April 28-May 5, 2012

Saturday, April 28

- 7:30 a.m. Men's Bible Study - 33 Series
- 5:30 p.m. Northwind Worship Service in the Family Life Center
- 5:50 p.m. Grace Place

Sunday, April 29

- 7:45 a.m. Traditional Worship Service in Sanctuary
- 9:00 a.m. Traditional Blend Worship Service in Sanctuary
- 9:00 a.m. Senior High Bible Study
- 9:20 a.m. Castaway
- 9:20 a.m. Grace Place
- 10:30 a.m. Contemporary Worship Service in Sanctuary
- 10:30 a.m. H3 Worship Service in Family Life Center
- 10:50 a.m. Castaway
- 10:50 a.m. Grace Place
- 6:00 p.m. Lisa Merfeld Piano Recital

Monday, April 30

- 9:30 a.m. Mom's Bible Study
- 9:30 a.m. Women's Bible Connections
- 6:30 p.m. Women's Bible Connections
- 7:00 p.m. Celebration Home School Choir Concert

Tuesday, May 1

- 9:00 a.m. XYZ (Extra Years of Zest) Meeting
- 1:00 p.m. Directors' Meeting
- 2:00 p.m. Worship Planning Meeting
- 2:30 p.m. Tuesday Afternoon Bible Study
- 7:00 p.m. Encourage Each Other Study
- 7:00 p.m. Central Iowa Knitters

Wednesday, May 2

- 10:00 a.m. Pastor's Bible Study
- 6:00 p.m. Confirmation Pictures and Rehearsal
- 6:15 p.m. Gloria Dei Book Club
- 6:15 p.m. Bell Choir Rehearsal
- 7:30 p.m. Men's Bible Study - 33 Series (Off-site)

Thursday, May 3

- 6:30 a.m. Men's Bible Study
- 10:00 a.m. Joyful Stitchers
- 6:00 p.m. Girlz of Faith
- 6:30 p.m. Men's Basketball

Friday, May 4

- 9:30 a.m. MOM's Club of West Des Moines
- 5:00 p.m. John Rohrs and Lynnette Wilson Rehearsal

Saturday, May 5

- 7:30 a.m. Men's Bible Study - 33 Series
- 11:00 a.m. Wedding Luncheon
- 3:00 p.m. Siems Confirmation Dinner
- 3:30 p.m. John Rohrs and Lynnette Wilson Wedding
- 5:30 p.m. Northwind Worship Service in the Family Life Center
- 5:30 p.m. Confirmation Worship Service in the Sanctuary with Communion
- 5:50 p.m. Grace Place

Dodgeball Fundraiser

Saturday, May 12, 2012 at 3 p.m.

A dodgeball fundraiser will be held on Thursday, May 12 at the Walnut Creek YMCA with 100% of the profits to benefit Walnut Creek YPartners and About-A-Child Actions 4 Africa. Childcare will be available. Registration deadline is April 30. Cost is \$60 per team of six. There will be awards for first place, best dressed team and best team spirit. For questions and a registration form, contact actions4africa@hotmail.com.

Worship (April 21-22)	Attendance
Northwind	191
7:45 a.m.	129
9 a.m. (Sanctuary)	318
10:30 a.m (Sanctuary)	213
10:30 a.m. (FLC)	74
Total	925

Outpouring of Love (April 21-28)	
General Fund Offerings	\$17,503
4th QTD Offering	\$117,916
4th QTD Budget	\$131,000

Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.—2 Corinthians 9:7

Week of May 5-12, 2012

Saturday, May 5

- 7:30 a.m. Men's Bible Study - 33 Series
- 11:00 a.m. Wedding Luncheon
- 3:00 p.m. Siems Confirmation Dinner
- 3:30 p.m. John Rohrs and Lynnette Wilson Wedding
- 5:30 p.m. Northwind Worship Service in the Family Life Center
- 5:30 p.m. Confirmation Worship Service in the Sanctuary with Communion
- 5:50 p.m. Grace Place

Sunday, May 6

- 7:45 a.m. Traditional Worship Service in Sanctuary with Communion
- 8:30 a.m. Jade Miller Book Signing
- 9:00 a.m. Traditional Blend Worship Service in Sanctuary with Communion
- 9:00 a.m. Senior High Bible Study
- 9:10 a.m. Adult Bible Study
- 9:20 a.m. Castaway
- 9:20 a.m. Grace Place
- 10:00 a.m. Jade Miller Book Signing
- 10:15 a.m. Adult Bible Study
- 10:30 a.m. Contemporary Worship Service in Sanctuary with Communion
- 10:30 a.m. H3 Worship Service in Family Life Center
- 10:50 a.m. Castaway
- 10:50 a.m. Grace Place
- 11:45 a.m. Senior High Recognition Lunch
- 6:00 p.m. Worship Guitar Workshop
- 6:00 p.m. BoyZ of Faith

Monday, May 7

- 8:00 a.m. Iowa Department of Education
- 9:30 a.m. Mom's Bible Study
- 9:30 a.m. Women's Bible Connections
- 1:00 p.m. Stephen Ministry Supervision
- 6:30 p.m. Women's Bible Connections
- 6:30 p.m. Stephen Ministry Supervision

Tuesday, May 8

- 9:00 a.m. Staff Quarterly Meeting
- 1:00 p.m. Directors' Meeting
- 1:00 p.m. Senior Adult Ministry MAT Team
- 2:00 p.m. Worship Planning Meeting
- 2:30 p.m. Tuesday Afternoon Bible Study
- 6:00 p.m. Governing Board Meeting
- 6:30 p.m. Thrivent Board Meeting
- 7:00 p.m. Encourage Each Other Study
- 7:00 p.m. Iowa Christian Academy

Wednesday, May 9

- 10:00 a.m. Pastor's Bible Study
- 7:30 p.m. Men's Bible Study - 33 Series (Off-site)

Thursday, May 10

- 6:30 a.m. Men's Bible Study
- 10:00 a.m. Joyful Stitchers
- 6:00 p.m. Leaders' Meeting
- 6:30 p.m. Discovery 101

Friday, May 11

- 8:30 a.m. Scrapbook Fellowship
- 5:30 p.m. Kris Greiner and Shelley Langebartels Rehearsal

Saturday, May 12

- 7:30 a.m. Men's Bible Study - 33 Series
- 8:30 a.m. Scrapbook Fellowship
- 8:30 a.m. Gloria Dei Quilters
- 4:00 p.m. Kris Greiner and Shelley Langebartels Wedding
- 5:30 p.m. Northwind Worship Service in the Family Life Center with Communion

Honduras mission trip

The Honduras mission trip is looking for cash donations for items to be purchased in Honduras and for the purchase of Spanish Bibles. If you are interested, please put your cash donation or check in the offering plate with "Honduras" in the memo line. You can also donate online (www.gloriadeionline.com) by clicking on "To give online today" link. Thank you for your support!

Ways to help

Urbandale Food Pantry - Consider donating toothbrushes in May to the "Food Pantry" bin in the Narthex.

Children's Attendance	Saturday 5:50 p.m.	Sunday 9:20 a.m.	Sunday 10:50 a.m.
Preschool	8	19	21
Elementary	30	39	33
Total Children	38	58	54

Welcome to Gloria Dei! We are glad you are here!

Educational time. We value families, so we encourage families to worship together. We will then invite the children to educational time on Saturdays at 5:50 p.m.; and Sundays at 9:20 and 10:50 a.m.

5:30 p.m. Saturday Northwind Contemporary in the Family Life Center

Discover reflection and celebration at this casual Saturday evening worship service. Communion will be offered the second and fourth Saturdays of every month.

7:45 a.m. Sunday Traditional Worship in the Sanctuary

This worship service uses organ and piano-led hymns as well as responsive liturgy. Our special music groups also perform on a regular basis. Communion will be offered the first and third Sundays of the month.

9 a.m. Sunday Traditional Blend Worship in the Sanctuary

This worship service uses organ and piano-led hymns and songs as well as responsive liturgy. Our special music groups also perform on a regular basis. Communion will be offered the first and third Sundays of the month.

10:30 a.m. Sunday H3 Young Family Worship in the Family Life Center

Our H3 (Worship with your Head, Heart and Hands) casual service offers an atmosphere in which families are encouraged to worship together. Expect lively praise music, puppets and themed family activities. A pastor will lead the service, and the message will be a simulcast from Saturday night's service. Communion is offered the second and fourth Sundays of every month.

10:30 a.m. Sunday Contemporary Worship in the Sanctuary

Join us in the Sanctuary for high-energy and reflective worship that is awe-inspiring. Communion will be offered the first and third Sundays of every month.



Other important items

Nursery: Infants to age 3. Located on the lower level with access through the doors in the Narthex. The nursery is staffed during all worship services for children ages 3 and under at no cost to the parent.

Cry room: Located in the southwest corner of the Narthex is a room with a full view of the Sanctuary for parents to take their small children when they are upset or crying.

Weekly Bible reading - Romans 6:15-23 (NIV)

What then? Shall we sin because we are not under law but under grace? By no means! Don't you know that when you offer yourselves to someone to obey him as slaves, you are slaves to the one whom you obey—whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness? But thanks be to God that, though you used to be slaves to sin, you wholeheartedly obeyed the form of teaching to which you were entrusted. You have been set free from sin and have become slaves to righteousness.

I put this in human terms because you are weak in your natural selves. Just as you used to offer the parts of your body in slavery to impurity and to ever-increasing wickedness, so now offer them in slavery to righteousness leading to holiness. When you were slaves to sin, you were free from the control of righteousness. What benefit did you reap at that time from the things you are now ashamed of? Those things result in death! But now that you have been set free from sin and have become slaves to God, the benefit you reap leads to holiness, and the result is eternal life. For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

If you have any questions, please ask one of our members or stop by the Welcome Centers.

Education times

Children (ages 2- grade 5)

Grace Place

Saturdays at 5:50 p.m.
Sundays at 9:20 & 10:50 a.m.

Faith Alive

Wednesdays at 6 p.m.
Join us in the fall.

Youth (grades 6-12)

Times vary, check page 5.

Adults

Times vary, check pages 6-7.

Communion

Communion is offered on the first and third Sundays of each month during the services in the Sanctuary and the second and fourth Saturdays and Sundays during the services in the Family Life Center.

A note to our guests and visitors: The Lord's Supper is celebrated at Gloria Dei in the belief and with the confession that this Sacrament is the very body and blood of Christ (The Doctrine of the Real Presence) which is received with the bread and the wine for us to eat and drink for the forgiveness of sins and to strengthen our faith. Our Lord invites to his table those who trust his words, repent of all sin, and seek to forgive and love as He forgives and loves us. If you agree with our beliefs regarding the nature and meaning of this Sacrament and desire to commune with us, you are welcome! For the medical and/or physical needs of members or visitors, non-alcoholic wine will be in the inner circle of each communion tray and will be lighter in color than the regular wine. In addition, gluten-free wafers are available, please alert the elders before the service if possible.