

AUGUST 2025

The magazine of St. Paul Lutheran Church

journey



Cognitive debt



ON THE COVER:
Youth spent a week serving in St. Louis. (see pg. 8-9)

journey

AUGUST 2025

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MISSION

St. Paul Lutheran Church is a faith community, shaped around five core values: radical hospitality, passionate worship, intentional faith formation, courageous service, extravagant generosity.

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POSTMASTER

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I've been thinking a lot about debt lately, but not in the usual financial sense. Massachusetts Institute of Technology (MIT) recently did a study on the further integration of artificial intelligence (AI) into daily life. As many of you know, AI is a wonderful tool that can boost productivity in the workplace and streamline many tasks that can become monotonous and time-consuming.

However, the MIT study revealed a surprising effect: while AI tools can increase efficiency, relying on them too early in the creative process may dull our cognitive engagement. The study took three groups of people and asked them to write an essay. The first group was given AI tools, the second could use standard search engines, and the third was left only to their own creativity.

The study wasn't to determine the quality of the first essay; it was to see how people in each group performed when given a different set of tools and tasked with writing a second essay. For example, the group that initially wrote with AI were left to their own creativity for the second essay. Conversely, the brain-only group was given AI tools for the second.

The conclusions were pretty simple. Those who started with more advanced tools to simplify the process had weaker brain activity when trying to write the second essay; those who started with their own creativity had higher brain activity even when using digital tools.

So, the term "cognitive debt" was coined. Our brains want to be used, they want to be creative, they want to be stretched and when we over-simplify our lives, our brains start to feel neglected and need to fill that time with other things. A debt is created.

I wonder if we could make an argument about our lives of faith here. As our society continues to preach that there is little to be hopeful for, that there is no reason for joy in our lives together, our brains recognize a debt and need to fill it with a truth. And that truth is the joy of a resurrection life; the hope that the mercy and love of God will win the day; the truth that the God-breathed image

of the divine exists in each person.

And when we don't make time for the fleeting moments of quiet that we actually *do* have in our generally over-scheduled days, we start to lose out on that hope, joy, and truth. We go into an emotional debt.

A dearth of hope, joy, even friendships.

Our brains need these things. We can't replace the goodness of God in our lives for other things, even simulations of those things. We need moments of prayer, opportunities to sit with our Bibles and let those Psalms wash over us. Our souls need to be together to sing the songs of our faith and to receive the love of God given and shed. Without them, a void emerges. A vacuum. And do you know what will fill it? Anything but hope and joy, that's for sure.

Too many digital tools can start to cause an atrophy of sorts in our minds and a failure to be intentional and sit with the stories and songs of our faith could do the same. As summer progresses, make sure you are taking inventory of your whole being. You don't need to simplify and optimize everything in your life; digital tools can't replace hope, joy, and the beauty of being in the same room as others.

MARK NIETHAMMER
senior pastor



ALL ST. PAUL READS 2025:

Foster

Sunday, Sept. 28, 3-4:30 p.m.

***"Maybe the way back will somehow make sense of the coming."* Claire Keegan's *Foster* is a brief but powerful novella that has captivated readers around the world and is the focus of this year's All St. Paul Reads event. Come along for a journey into the heart of an ordinary Irish summer and what happens when kindness, care, and attention are given space to take root.**

Set in rural Ireland during the 1980s, *Foster* tells the story of a young girl who is sent to stay with distant relatives while her mother prepares to give birth to yet another child. The girl's name is never revealed. She arrives carrying little more than uncertainty and silence, having come from a chaotic, impoverished home where attention was scarce and words were used sparingly. Her father, eager to return home, drops her off and leaves before she has even gathered her bearings in this unfamiliar household, taking her suitcase with him.

And yet, in the care of John and Edna Kinsella, something unexpected happens.

Over the course of a summer, a quiet transformation unfolds. Through small gestures, gentle words, attentive love, and the rhythm of rural life, the young girl begins to flourish. The Kinsellas, too, are changed by her presence. With a muted simplicity, Keegan captures the fragile ways trust is built and how love, even if not spoken aloud, can change everything. What's left unsaid carries as much weight as what's spoken.

St. Paul volunteer and member of the Book Corner selection team Rebecca Yerrington was moved by the emotional richness of *Foster* and the way its brief narrative stayed with her after the final page. For her, the story's strength lies in its subtlety.

"People will enjoy reading *Foster* because for such a short novella, the detail and depth of emotion in the book are fantastic. What I took away most is that love takes many forms, as this story explores the developing of relationships in a unique and thought-provoking way."

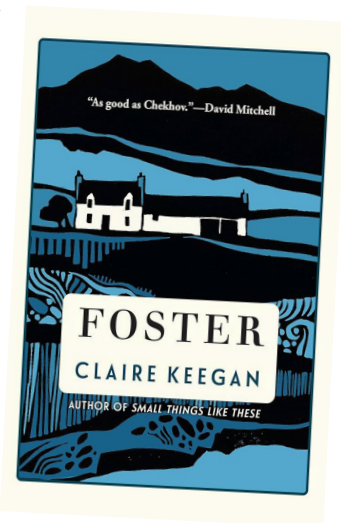
At only 92 pages, *Foster* is a quick read—but not a light one. It invites time to linger, to reflect, to wonder. It raises questions about family, belonging, loss, and the deep human need to be seen

and known. With vivid imagery and masterful restraint, Keegan allows us to feel the tension, hope, and quiet ache of her characters.

Claire Keegan is widely regarded as one of Ireland's finest contemporary writers. Known for her works *Small Things Like These*, *Antarctica*, and *Walk the Blue Fields*, she writes with a tenderness that stays with readers long after finishing her books.

This year's guest presenter is with Lutheran Services in Iowa (LSI) and focuses on the topic of foster care. LSI is a social ministry partner affiliated with ELCA congregations and a member of Lutheran Services in America.

"One of the things that first drew me to St. Paul was the openness to others' ideas and the ability to consider various viewpoints," Rebecca said. "This is exactly what will happen at this year's All St. Paul Reads as we explore one individual's experience through this book, but also learn more from our guest speaker about the current foster system, and how we can support fostering others."



Mark your calendar

All St. Paul Reads

Sunday, Sept. 28, 3-4:30 p.m., Library Commons

All St. Paul Reads is encouragement for the congregation to read and talk about a single book title in the same year. Enjoy desserts and conversation with a guest presenter focused on foster care. Childcare will be available. The book is available in the St. Paul Book Corner. Sign up online at stpaulqc.org/sign-ups. Contact: Andrea Spencer, bookcorner@stpaulqc.org.

august

HAPPENINGS



Back-to-school blessing on Sunday, Aug. 24

On Sunday, Aug. 24, St. Paul holds its annual back-to-school blessing. Students of all ages can bring backpacks to worship at 9 and 11:15 a.m. for a special blessing. The blessing happens during the children's message. Children receive a small item to remind them God is with them as they return to school.

Sunday morning learning at St. Paul begins again on Sunday, Sept. 7. Classes for all ages are held from 10:15-11 a.m.

Confirmation gets going for teenagers

7th Grade Registration: Students entering seventh grade this fall are encouraged to sign up now for St. Paul's confirmation ministry. Meeting on Wednesday evenings, 6:30-8 p.m., September through April, confirmation is key to shaping the faith of middle school students.

Teenagers and parents are asked to attend a family orientation session in August before confirmation begins next month. Families can sign up for one session by going to stpaulqc.org/signups or scanning the QR code. For more information and registration materials, contact Katy Warren, katy@stpaulqc.org, 563-326-3547.



9th Grade Faith Story Workshop: Faith stories are the culmination of confirmation at St. Paul. This fall, ninth-graders share brief presentations describing how they see God at work in the world and in their lives. A workshop on Wednesday, Aug. 20, 6-8 p.m. helps students reflect on their time in confirmation and prepare their story.

Clean up the St. Paul neighborhood on Aug. 16

The St. Paul corner of the world is a beautiful place. On Saturday, Aug. 16, 10 a.m.-12 noon, gather to pick up trash and debris in the blocks surrounding the campus. It's called the *Make It Yours* Neighborhood Cleanup, and a great service project for families of all ages. Supplies and snacks are provided. Sign up at stpaulqc.org/signups. Contact Jules Irish, julesi@mchsi.com.

Fall gathering for women of St. Paul on Aug. 23

The annual fall gathering for the women of St. Paul is Saturday, Aug. 23, 9:30-11:30 a.m. in the Chapel Commons with registration beginning at 9 a.m. Come to connect, grow, and serve together—with old and new friends.

Brunch food and drinks will be served. Childcare is available upon request. Sign up at stpaulqc.org/signups. Contact Dixie Kutzbach, kdkutzbach@gmail.com, or Linda Kern, lindak12@hotmail.com.

Upcoming WELCA Board Meeting: The fall General Board Meeting will meet on Thursday, Aug. 7, 3 p.m. in the St. Paul Dining Room. All officers, past presidents, presidents of WELCA Circles, and a representative of WELCA Ministries are encouraged to attend and report on their group. Women's ministries include Friendship Connections, Funeral Luncheons, Prayer Chain, Quilting, and Sunshine committees. Contact Linda Kern, lindak12@hotmail.com.

Milestones for little ones

Three-year-olds and kindergartners at St. Paul mark important faith milestones this month. These are special times along the growing-up journey. Sign up online at stpaulqc.org/signups.

Three-year-olds | Sunday School Milestone: Come and connect with other families on Sunday, Aug. 24, 10:15-11 a.m. We welcome 3-year-olds into Sunday-morning learning—it's a big step into a classroom setting. Each child receives a colorful storybook Bible.

Kindergarten | Discovering Worship Milestone: Kids ask questions and explore St. Paul worship during this interactive session on Sunday, Aug. 17, 10:15-11 a.m. A monogrammed worship bag for each child adds to the fun.

Book Corner Pre-Inventory Sale

The St. Paul Book Corner will be closed for its annual inventory Aug. 25-29. In advance of this annual count of in-stock items (by Book Corner volunteers), a sale will be held Sundays, Aug. 17 & 24. All items are always priced below retail and without tax; special stickers note items with prices reduced further for this weekend's sale. Contact Andrea Spencer, bookcorner@stpaulqc.org.

Big River Brass Band Concert

The Big River Brass Band once again makes its way to St. Paul. The band is a group of dedicated brass players and percussionists from around the Quad Cities area. Their final concert for the summer season will be Sunday, Aug. 3, 3 p.m., featuring St. Paul organist and director of music ministries, Chris Nelson. Admission is free. Contact Chris Nelson, chris@stpaulqc.org.

Middle School Waterpark Day

Wear a swimsuit, bring a towel, and don't forget to pack sunscreen for an afternoon of fun in the water on Tuesday, Aug. 12, 12:30 p.m. Kids entering grades 6-8 are invited! Meet at The Landing in Bettendorf. Sign up at stpaulqc.org/signups. Contact: Ellie Lindmark, ellie@stpaulqc.org.

Cinema and Spirituality

Each month of 2025 on the third Tuesday, come to The Last Picture House in Davenport to screen a film from the book *A Whole Life in Twelve Movies* by Kathleen Norris and Gareth Higgins. On Aug. 12, 6:30 p.m., watch *Faces Places* (2017) with discussion afterwards on overcoming success.

\$5 tickets (cash preferred). Pick up the book in the St. Paul bookstore. Bring a friend. To help with advance planning, please sign up online at stpaulqc.org/signups. Contact Peter Pettit, ppettit@stpaulqc.org.



Wednesday Night Kick-Off at St. Paul

On Wednesday, Sept. 4, 5-7:30 p.m., get ready to kick off the start of the year with an evening of food, fellowship, and fun at St. Paul. There's something for everyone at this all-ages celebration, planned with busy families in mind. Skip the drive-thru line and share in a meal with others. Then, kids and adult choir members scatter to sing, littles can attend an activity, and families can connect. Come enjoy a relaxed atmosphere and help launch the season ahead. Sign up at stpaulqc.org/signups.



Lift your voice: Join a choir this fall!

Fall promises to be a musically exciting time for the four choirs at St. Paul, and there's a place for everyone—from four-year-olds to adults! Kids' choir is a fun way for children to make friends, grow in confidence, and experience the joy of singing together. Music supports brain development and focus, and their voices add energy and beauty to worship. Rehearsals begin Wednesday, Sept. 3—every voice matters and adds to the beauty of our song. Be part of a joyful new beginning in St. Paul's music ministry! Contact Chris Nelson, chris@stpaulqc.org.

▶ Alleluia Choir | PreK-K

Wednesdays, 6-6:45 p.m.
Room 206, Upper Level
Sara Harless, *director*

▶ Cantate Choir | Grades 1-5

Wednesdays, 6-6:45 p.m.
Room 009, Lower Level
Margaret Thompson, *director*

▶ Youth Choir | Grades 6-12

Wednesdays, 6-6:45 p.m.
Chapel
Dan Pepper, *director*

▶ Chorale | Adults

Wednesdays, 6-7:30 p.m.
Room 011, Lower Level
Nathan Windt, *director*



Nourishment for the soul

A deeper chapter in a meaningful partnership is about to unfold.

This summer, St. Paul is expanding its relationship with Tapestry Farms, a Quad-Cities nonprofit dedicated to walking alongside refugees and strengthening access to resources in this community. St. Paul and Tapestry are launching a hands-on ministry aimed at meeting an increasingly urgent need: delivering fresh produce and essential care items to refugee families navigating difficult transitions and an increasingly more turbulent reality.

Tapestry Farms was founded in 2017 by St. Paul member Ann McGlynn and has grown into a vibrant web of services and support. From twelve urban garden sites and a hydroponics container to legal services, English classes, housing assistance, job support, and food distribution, Tapestry Farms is mission-driven at every level. Its work is centered on nourishing lives—physically, emotionally, and spiritually—especially for families who have fled war, persecution, or environmental devastation to build new lives here in the Quad Cities.

St. Paul's relationship with Tapestry Farms runs deep. The inspiration for Tapestry Farms began with St. Paul people welcoming a refugee family in 2016.

"This congregation and its people have graciously partnered with Tapestry Farms for nearly a decade. Volunteers helped prepare culturally familiar food boxes for refugee families through the Madison Market," Ann said. "As that program came to a close, the question arose: how can we continue supporting the Quad Cities community in meaningful ways?"

The answer is now taking shape—driven by the growing needs of these refugee families.

This summer, more than two dozen families from countries like Syria, Afghani-

stan, Haiti, and Nicaragua will be supported through this partnership. Once a month, St. Paul volunteers will pack culturally appropriate food and hygiene items and deliver them directly to the families' homes. Many have large families of six, eight, even ten—and limited income, often relying on a single wage-earner with a low-wage job. Most are working to navigate unfamiliar systems, foods, language barriers, and customs.

Policy shifts threaten to make life even harder. This year, new federal legislation eliminates SNAP (Supplemental Nutrition Assistance Program) benefits for refugees who have not yet received green cards. The process to apply for a green card doesn't even begin until one year after arrival, and the wait for approval can stretch up to two additional years. That means families will be left with no food assistance for as long as three years. Medicaid benefits for the same population also expire at the end of 2026.

St. Paul senior pastor Mark Niethammer said the partnership is an ideal match for the resources and volunteer strength that St. Paul is fortunate to offer.

"Tapestry Farms has an incredible impact on the Quad Cities in ways that most people will likely never know. Among the beautiful things that they do is lift up and honor the unique stories, culture, and life

situations of each family. The partnership St. Paul and Tapestry Farms is forming helps honor the culture of these families and helps make their transitions to their new homes easier," Mark said. "That St. Paul can join our people power, our financial resources, and our call to serve our neighbors with Ann and her team is quite an honor. The sky is the limit for the ways that we can lift up the God-breathed humanity of those we will be getting to know through this joint work."

And this work is about more than just food.

"When people are nourished, they're better equipped for the long journey of rebuilding. But there's also a second kind of nourishment—human connection. Isolation is so rampant right now and not just for refugees. We're a society that is more isolated than ever before," Ann said. "Meeting someone new, even if you may not speak the same language, offering a smile, learning their kids' names—that's joy. And we all need more joy in our lives right now."

Get involved

An orientation session will be held Sunday, Aug. 10, 10:15–11 a.m. in the Chapel. First loading and delivery day is set for Tuesday, Aug. 26, 12 noon–4 p.m. To learn more or get involved, contact Mark Niethammer at mark@stpaulqc.org or sign up online to help at stpaulqc.org/signups.

A hope filled society

All around the Quad Cities, the people of St. Paul show up—in neighborhoods, on construction sites, around boardroom tables—offering their time, talents, and hearts to build a stronger, more compassionate community. These faithful acts of service are often paired with the generous mission support St. Paul provides each year to dozens of local organizations, demonstrating a deep commitment to loving our neighbors. In 2025 alone, \$37,000 in mission funds supports the work of groups like Hope at the Brick House, Habitat for Humanity, and Empowering Abilities—organizations where St. Paul members are living out their faith through action.



Hope at the Brick House

Dave & Paula McPherson

"Hope at the Brick House is a neighborhood program that gives hope to individuals and families through spiritual education and community-based support. Working with kids at a program that is educational and spiritual is what helps them build a relationship with God and provides an opportunity to be role models for kids who need support.

This program provides an anchor in this area of Davenport. It's a safe haven for many families and everyone's talents are welcomed to be shared with the kids."

In 2025 St. Paul will give \$7,000 to support the work of Hope at the Brick House.

Empowering Abilities

Samantha Schulze, board member

"Empowering Abilities serves more than 300 people daily with special needs in Scott County, through residential services, programming, and employment services.

Being on the board is a small way I get to play a positive role in so many lives. My faith speaks through thinking of others. It's important to step outside of myself to see how incredibly blessed I am, and that as difficult as I feel my own battles may be, there are people with bigger battles that offer a huge smile to every stranger they meet. Think of others, and always recognize God's blessings around us."

In 2025 St. Paul will give \$6,000 to support the work of Empowering Abilities.



Habitat for Humanity

Mike & Diane Whiteman

"Habitat's mission is to build homes and hope by partnering with families to build and purchase affordable housing. Volunteers can make a real difference in the community. It's a great accomplishment for everyone when the home is finished and a wonderful feeling to serve others, and offer the hope of secure housing.

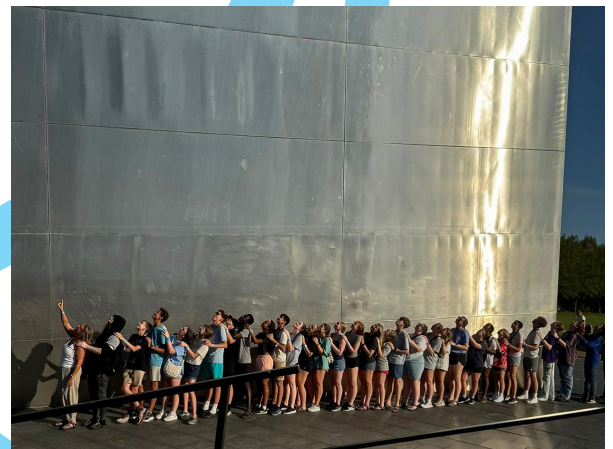
Habitat has allowed us to give back to our community and make it a better place to live and it's fun to learn new things from very talented professionals."

► Sign up to volunteer at the St. Paul sponsored house on Aug. 2: stpaulqc.org/signups

In 2025 St. Paul will give \$24,000 to support the work of Habitat for Humanity.

FAITH THAT OVERFLOWS

Youth and adults from St. Paul put their faith into action during a July mission trip to St. Louis. They served in a variety of impactful ways—volunteering at urban farms that address food deserts, cleaning apartments for women and children escaping domestic violence, packaging food boxes for those facing food insecurity, and more. Each day ended with time to explore the city, including visits to The Arch, the City Museum, and Union Station.





FAREWELL TO Maddy Carroll

After three years serving in children's ministries and growing both personally and professionally, Maddy Carroll is preparing to step into the next phase of her call to ministry. Maddy departs St. Paul this month to begin a nine-month internship in Muscatine as part of her master's degree in diaconal ministry from Wartburg Theological Seminary.

Maddy began her studies at Wartburg Seminary in 2023 after completing a bachelor's degree in religion at Wartburg College. Her seminary program included two years of full-time coursework, a Clinical Pastoral Education (CPE) experience focused on hospital chaplaincy and pastoral care, and now a full-time internship that serves as the final component of her degree.

"For my internship, I'll be working primarily with New Era Lutheran Church and Faith Together Muscatine, a collaborative of ELCA congregations," Maddy said. "I'm excited to learn in a new context—this is going to stretch me in new ways."

Her role will be split between two ministries. At New Era Lutheran Church—currently without a full-time pastor—Maddy will help with a wide range of congregational responsibilities, including occasional preaching, program planning, and spiritual care. Through Faith Together Muscatine, she'll engage with shared programming across four ELCA congregations, including confirmation, youth events, and adult education.

"Coming from a large staff and a specialized ministry at St. Paul, it'll be quite different," Maddy said. "We have extended the internship to nine months so I can support the congregation through their full program year."

Though she's eager for the road ahead, Maddy reflects with appreciation on her three years on staff at St. Paul—her childhood congregation and the place where

her call to ministry was nurtured.

"I'll miss the people and the kids the most. St. Paul is such a special and supportive place. It's where I found my love of God and faith. That foundation shaped my whole path."

She credits the church community with helping her navigate seminary and life transitions with unwavering support.

"St. Paul has been a blessing in my life. I don't know if I could've made it through seminary without the support of this community. I'll always be grateful," Maddy said. "No congregation can be what it is without the people who support it. St. Paul has modeled that beautifully—it's something I will take with me wherever I go."

Children's and family ministries evolution

The future of children's and family ministries at St. Paul is being thoughtfully and actively shaped by a dedicated planning team. Over recent months, the team, led by teaching pastor Peter Pettit, has gathered input through surveys of children, parents, and volunteers, visited congregations with similar profiles, and reviewed multiple curriculum options. These efforts are helping clarify what currently works well and where there are opportunities to grow.

One of the key insights emerging from the planning team's work is the importance of supporting parents and guardians



"St. Paul is such a special and supportive place. It's where I found my love of God and faith. That foundation shaped my whole path."

as the primary nurturers of faith in their children's lives. A refreshed vision for children's and family ministries will focus not only on what happens at church, but also on how St. Paul can walk alongside families at home—providing tools, encouragement, and meaningful practices that make faith formation a natural part of everyday life.

Thank you to the planning committee (Sarah Lammers, Doug Reiling, Caroline Swiderski, Sonia Vogel, Kenny Wheeler, Brandon Yoder) for their thoughtful and diligent work!

Council Notes

The council recently recognized senior pastor Mark Niethammer's first year at St. Paul. It has been a full and eventful year, marked by a smooth leadership transition.

In mid-July, St. Paul bid farewell to resident pastor Mac Mullins as he concluded his two-year term. Mac now begins his new call as associate pastor at St. Paul's Lutheran Church in Doylestown, Pennsylvania. The pastoral residency team is actively seeking applicants to fill the open position.

St. Paul will also say goodbye to Maddy Carroll, director of children's and family ministries, as she departs to complete the internship component of her degree. (See more about Maddy on page 10.)

The church building sustained damage during recent severe storms. The basement took on a significant amount of water, and the elevator required repairs. Thanks to the swift efforts of staff and volunteers, the water was removed quickly and repairs are underway.

A prayer in thread

By Karen Brooks, contributing writer

Every weekend, pastors lead worship in front of the congregation, but behind the scenes many hands help make St. Paul a warm and welcoming place. Some volunteers sharpen pew pencils. Others collect the recycling. A few embroider baptismal napkins, a meaningful gift given to families after their child is baptized.

St. Paul member Audrey Keeney, one of those needleworkers, has spent much of her life with a needle and thread in hand. Audrey's mother taught her the skill, and she has added new techniques along the way. She has embroidered wall hangings, pillows, and clothing. Giving from her heart is natural for Audrey; her children and grandchildren have received special gifts for graduations and holidays over the years.

When a recent call for helpers went out, Audrey thought, "I can do that at home."

Audrey is a recent addition to this impactful ministry, creating these napkins for about a month now. She uses a light box to trace the pattern on the cloth, and then meticulously follows the outline with her needle and thread.

"It feels devotional when I'm doing it," Audrey said.

She's not alone in this quiet ministry. Other volunteers also embroider the napkins, working with the same spirit of generosity and humility. As Audrey puts it, "It doesn't make any difference who does it. We don't need recognition." Their stitching is a prayer in thread—a labor of love for each child and family.

The program began with Sara Olson-Smith, who wanted to provide families with a keepsake marking the sacred occasion. Each napkin features a delicate dove, embroidered in blue or white thread on silky, cream-colored fabric.

Audrey often imagines one of the napkins being rediscovered many years from now.

"Maybe someone 50 years down the road will find it in a box of treasures," she said, "and remember their faith journey that started with their parents and their time at St. Paul."



Those who feel called to be part of this meaningful ministry are invited to join in two ways. Volunteers are welcome to help embroider the baptismal napkins and donations of fabric are also appreciated. To learn more or get involved, contact Sara Olson-Smith at sara@stpaulqc.org.

WORSHIP at St. Paul

▶ August 2 & 3

Season after Pentecost

Preaching:

All services: Sara Olson-Smith

Liturgical tradition:

5pm/8 & 9am

Contemporary Open Spirit:

11:15am

▶ August 9 & 10

Season after Pentecost

Preaching:

All services: Peter A. Pettit

Liturgical tradition:

5pm/8 & 9am

Contemporary Open Spirit:

11:15am

▶ August 16 & 17

Season after Pentecost

Preaching:

All services: Mark Niethammer

Liturgical tradition:

5pm/8 & 9am

Contemporary Open Spirit:

11:15am

▶ August 23 & 24

Season after Pentecost

Preaching:

All services: Katy Warren

Liturgical tradition:

5pm/8 & 9am

Contemporary Open Spirit:

11:15am

▶ August 30 & 31

Season after Pentecost

Preaching:

All services: Maddy Tyler

Liturgical tradition:

5pm/8 & 9am

Contemporary Open Spirit:

11:15am



ST. PAUL
LUTHERAN CHURCH

2136 Brady Street
Davenport, IA 52803

Gathering for those in need

Fill a bag with nonperishable food items, diapers/wipes, and feminine hygiene products, and bring it to church for St. Paul's annual back-to-school ingathering. The food goes to the Friendly House Food Pantry in Davenport.

What's needed? Soups, canned meat (chicken & tuna), cereal, peanut butter, jelly, toilet paper, deodorant, shampoo, and feminine hygiene products (tampons and pads). You can also write a check to St. Paul with "Food Pantry" in the memo line.

Help sort food: The ingathering food sorting will be Sunday, Aug. 24 at 12 noon. Questions? Contact Jessica Taylor, jessica@stpaulqc.org.

