



# Dubuque Area Congregations United

## Monthly Newsletter

Volume 43, No 2

PO Box 811, Dubuque IA 52004-0811

February 2021

We, the members of DACU, people of diverse faiths and beliefs, are united by our belief in God, our concerns for justice and our call to serve others. Through prayerful dependence on God and respectful cooperation with each other, we will make a difference in our world by fostering an awareness and understanding of human need. We will be a supportive presence in this community and beyond through the generous sharing of our time, talents, and resources. Mission Statement adopted 10/22/1996.

[www.DACUonline.org/](http://www.DACUonline.org/)

## EVENTS

DATE	SPONSOR	EVENT
Don't see your event listed? Be sure to tell us and we'll put it in! REMEMBER...right now you should assume that many programs have been cancelled, postponed, or moved online. It's wise to call ahead!		
Every Day	ALL OF US	#Black Lives Matter, Speak out against systemic racism in America.
February 18	Children of Abraham	"Reconciliation", 7PM (zoom) more p.3
February 27	Resurrection Church	Food Pantry 8-10AM 4300 Asbury more p.3
March 4	Church Women United	World Day of Prayer (virtual) more p.6
March 5	Temple Beth El	Visitor's Service (virtual) more p.4
March 7	OSF, BVM	Interfaith Prayer Service "Care for Our Common Home" more p.5



### DACU Delegates' Meeting

Tuesday February 23  
7:00 PM via ZOOM platform

**TOPIC:** Update on the CROP Walk, now scheduled for SPRING, 2021. CROP Chair Sara McCaw will present, and will share how YOU and YOUR CONGREGATION can be involved! There will be in-person and virtual opportunities to support efforts to end hunger in our world and in our community.

Delegates will receive the Zoom link via email; but if you are not a delegate and would like to attend you are very welcome! Just email our Technology Manager Alan Garfield at [agarfield@hotmail.com](mailto:agarfield@hotmail.com) for the link.

**ALSO:** Even though we are not meeting face to face right now, you are still encouraged to support our Food Pantry with donations, and to invite friends to join us at our virtual meetings...just share the Zoom link you receive or ask Alan ([agarfield@hotmail.com](mailto:agarfield@hotmail.com)) to send them a link!

### DACU 2021 Delegates Meetings

At this time, we are assuming most of our Spring 2021 meetings will need to be via Zoom, but if conditions improve we'll joyfully reconvene in person!

February 23, 7:00 PM  
Dubuque CROP Hunger Walk

March 23, 7:00 PM  
Almost Home (Gwen Kirchoff)

April 27, 7:00 PM  
Dubuque Coalition for Non-Violence  
(Tim Moothart)

May 25, 7:00 PM  
Cultivating Peace in Our Lives  
(Stacia McDermott & Hannah Eby)

June and July, traditionally no Delegate meetings.  
August 24, we pray, will be our annual Delegate Picnic at the Arboretum. Details to follow.

## DACU Board Report

As of January 31, two member congregations have contributed to DACU for 2021. Thank you to January contributors St. Matthew Lutheran Church, First Baptist Church, and Robert & Dorothy Klein for contributing to DACU's work.

(DACU Bylaws: "Dubuque Area Congregations United will be supported financially by the voluntary contributions of its member congregations and institution, keeping in mind the purposes and needs of the organization").

<b>FY 2021 Monthly Balance Sheet Report 01/31/2021</b>			
	<b>January</b>	<b>2021 Year to Date</b>	<b>Budget 2021</b>
<b>Income</b>	\$ 208.75	\$ 208.75	\$8,100.00
<b>Expenses</b>	\$ -0-	\$ -0-	\$7,550.00
<b>Ending Balance as of 01/31/2021: \$3,714.95</b>			

Please help us to support our DACU projects! Checks should be made payable to "Dubuque Area Congregations United" and sent to:

**DACU Treasurer,  
P.O. Box 811, Dubuque IA 52004**

**NOTE:** We are meeting by conference call right now, but still meeting! If you need to add to the Board agenda or would like to "attend" contact President Jean Holdener at [JHoldene@dbq.edu](mailto:JHoldene@dbq.edu).

## DACU Projects

### People In Need (P.I.N.)

Do you know of someone in need?  
Here is the P.I.N. assist number: (563) 581-7995

Please leave a message since this is only a recorded line. Remember, P.I.N. operates through referrals from social service agencies, churches/congregations and DACU organizations only. Potential clients cannot call directly.

*"PIN would like to express our sincere thanks to all of the congregations and individuals that generously supported the work of PIN during the past year. Please remember that we rely heavily on the assistance of congregations to identify and make referrals to us for individuals and families that are in need of help." –Tom Stovall, P.I.N. President 2021*

Please send donations to: **PIN, Westminster Presbyterian Church, 2155 University Ave., Dubuque, IA 52001**



## Dubuque Rescue Mission

We continue to operate in pandemic mode. Masks are required by all who enter the Mission. All staff and volunteers must have face coverings. We continue to space all guests at six feet and of course, the wipe-down regiment continues. Remarkably, it all seems to be running smoothly. Keep us and those we serve in your prayers. Needless to say, it's a challenging time for those who come here in need.

Please also continue to offer funds, food and spiritual support for all at the Mission. The address for donations is 398 Main St. Dubuque.

Reminder: The Thrift stores appreciate your donations BUT if they are not usable, the Mission has to pay for disposal. Please donate only good condition items!

!

**Blessings to all, Maryann LoGuidice**

DACU Rescue Mission Representative

Maryann Caudill LoGuidice

563.583.1394

<https://www.facebook.com/DBQRescue/>

**Yes -Mission Store No.2 is still open!  
Dubuque Rescue Mission & Store 1-398 Main St  
Store No 2-998 Central (furniture and housing needs)**



## Dubuque Food Pantry

Greetings!

The Dubuque Food Pantry is here to serve you and your family, friends, and neighbors. In these trying times, know that we are here to help. We are located at 1598 Jackson Street. Please email or phone for more information!

Sincerely,  
Theresa M. Caldwell, Manager  
Dubuque Food Pantry  
[dubuquefoodpantry@yahoo.com](mailto:dubuquefoodpantry@yahoo.com)  
563.583.4440

P.S. Like us on Facebook! ("Dubuque Food Pantry")  
Drop off hours are: Mon., Wed., Fri. from 8:00 am to 4:00 pm. and Tues. 8:00 am to Noon

## DACU Community

Thanks to everyone who attended the DACU Annual Meeting and shared their congregations' plans for the coming year. Thanks to Alan Garfield for all the organizing (virtual as well as documents)....if you would like a copy of the DACU Annual report just email him ([agarfield@hotmail.com](mailto:agarfield@hotmail.com)). Thanks to our continuing President Dr. Jean Holdener for your leadership. Thanks to Kristen Eby and members of the Julien Chorale for their "virtual" music for the Annual Meeting. And thanks to all of our members and readers for supporting their friends and neighbors through these unusual times.

## Church of the Resurrection

Church of the Resurrection  
4300 Asbury Road, Dubuque

**FREE! FOOD  
PANTRY**  
**SATURDAY, FEBRUARY 27**


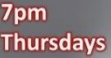



**8:30 AM to 10:00 AM**  
**Drive Through Only**

Once again we are offering our food give away.

1. Distribution will be in the church parking lot
2. Vehicles will be directed where to line up
3. Numbers will be assigned to each vehicle as they arrive
4. One family food pack per vehicle
5. Please remain in your vehicle
6. Volunteers will load the food boxes in your vehicle

We pray that you stay safe and healthy.

## Children of Abraham



# Children of Abraham

**Worldview in Times of Crisis** www.cofabraham.org  
**These Thursdays, 7pm**

September 17: Anxiety, Fear, and Faith  
October 15: Crisis & the Common Good: Civic Virtue  
November 12: How faith stumbles: When our religious traditions get it wrong

January 21: Sacred Texts and Prejudice  
February 18: Reconciliation and Repair  
March 18: Is a Budget a Moral Document?  
April 8: Artistic Expressions of Healing and Joy

**Pandemic or not - it's our 10th year of active conversation. Come Zoom with us.**

If you would like to listen/participate on Zoom, email one of us to get the Zoom link: John ([john.eby@loras.edu](mailto:john.eby@loras.edu))  
Alan ([agarfield@dbq.edu](mailto:agarfield@dbq.edu)).

Or, just view our Facebook page:  
<https://www.facebook.com/cofabraham>.

For more information contact John Eby [John.Eby@loras.edu](mailto:John.Eby@loras.edu) or Alan Garfield [AGarfield@dbq.edu](mailto:AGarfield@dbq.edu)

## Sinsinawa Mound Center

### Sinsinawa Mound Center Closed to Visitors

Sinsinawa Mound Center will be closed to the public and all programs, events, concerts, meetings, and retreats have been canceled in order to adhere to the guidelines set forth by the Centers for Disease Control and Prevention (CDC) to prevent the spread of the coronavirus (COVID-19) in the United States. We hold our world in prayer as we all work to slow the COVID-19 pandemic and appreciate your cooperation.

See below for several upcoming ecologically-oriented events at Sinsinawa Mound via zoom. Please note that for Wednesday webinars, registration closes Tuesday at 4pm. For more events, [check www.sinsinawa.org/moundcenter/events](http://www.sinsinawa.org/moundcenter/events) for details. (Editor's note: There are SO MANY online events listed! You need to take a look!)

### Pause: A Season to Breathe (via Zoom)

Like the seasons of the Earth that shift and change in nature, our lives of faith are also cyclical and invite us to



"pause," breathe into and appreciate the season. This four session virtual micro-retreat will invite participants to be attentive, compassionate, pause and appreciate each faith based "season" as it mirrors the natural changing cycle of seasons. From the "ordinary" time of NOW through the anticipated promise of HOPE, these sessions will be both reflective and engaging. Each session will include an invitation to carry the session focus into further reflection as personal practice.

**Each session is \$25/per person and runs from 10 a.m. to 12 noon.**

**Session 3: Season of Release- Saturday, Feb. 27**

**Session 4: Season of Hope – Saturday, April 10**

**Native American Book Series (online):**

Registration is required. [Click here for registration details.](#)

***The Heartbeat of Wounded Knee: Native America from 1890 to the Present* - by David Treuer (Leech Lake Ojibwe) Tuesday, February 9th, 7-8:15pm**

[Click here](#) for more books in our 2021 series

**More upcoming programs! For details and registration, click on the program title:**

[Virtual Lenten Retreat](#) w/ Dan Schutte

[Wild Hope](#): Stories for Lent from the Vanishing w/ Gayle Boss  
Wednesday, February 17, 7-8pm

[On Pilgrimage](#): Dorothy Day & Thomas Merton  
Saturday, February 20, 10-11am (first in a three-part Lenten series)

[Meskwaki Food Sovereignty](#) w/ Shelley Buffalo  
Tuesday, February 23, 7-8pm

[Season of Letting Go](#) w/ Stella DeVenuto, OSF  
Saturday, February 27, 10am-Noon

[Effigy Mounds: An Interview with David Barland-Liles](#)  
Wednesday, March 10th, 7-8pm

[Ho-Chunk History](#) w/ Bill Quackenbush  
Tuesday, March 16th, 7-8pm

[Native American Book Series: Robin Wall Kimmerer's \*Gathering Moss\*](#)  
Tuesday, April 13th, 7-8:15pm

[Black Elk & Healing Colonialism](#)  
Wednesday, April 28th, 6:30-8pm

For information on events at Sinsinawa, call or write the Mound: 585 County Road Z, Sinsinawa, WI 53824, (608) 748-4411. OR visit their website:  
<https://www.sinsinawa.org/moundcenter/events/>

## Temple Beth El

# Temple Beth El Virtual Visitor's Service

## March 5 at 6:30pm

We'll have a brief tour of the Temple and then a short Shabbat service. Go to [www.templeBE.org](http://www.templeBE.org) to access the link and download a pdf of the service!

??? Email [pgarfie@dbq.edu](mailto:pgarfie@dbq.edu) or [agarfield@dbq.edu](mailto:agarfield@dbq.edu)

## Presentation Lantern Center

The Presentation Lantern Center will remain closed, because Dubuque County is still a designated "red zone" for COVID-19. We will continue to operate in alternative ways to keep our students, volunteers and staff as safe as possible. Therefore, we will continue to welcome, educate and assist local immigrants and support our volunteer tutors with online tutoring. Many of our students have been severely impacted financially by COVID, so we have been delivering emergency food assistance, diapers, rental assistance and more. You can help with this kind of assistance by contacting the Lantern Center.

While we would love nothing more than to reopen our physical space to the public, we will only do so when it is safer. Megan Ruiz, executive director can be reached at [Megan@thelanterncenter.org](mailto:Megan@thelanterncenter.org) or by leaving a voicemail at the Center, (563) 557-7134.

### Here's how you can help:

- **If you know an immigrant in need**, call (563) 557-7134 or email [megan@thelanterncenter.org](mailto:megan@thelanterncenter.org). If urgent, call or text (563) 513-8646.
- **Donate to help vulnerable families get through this crisis.** Click "[Donate](#)" at [www.TheLanternCenter.org](http://www.TheLanternCenter.org) or mail a check for "immigrant financial need" to Presentation Lantern Center at 900 Jackson St. Ste. LL5-1 Dubuque IA 52001
- **If you'd like to volunteer**, now or in the future, you can apply to be a tutor online at [www.TheLanternCenter.org/Volunteer](http://www.TheLanternCenter.org/Volunteer). If you can volunteer with relief efforts, please call and leave a message at (563) 557-7134.
- **Our partner VIATS** is picking up and dropping off food and supplies for immigrants in need. If you have items available, email [catcatt2003@yahoo.com](mailto:catcatt2003@yahoo.com) with

your address. Cash donations also accepted. Look for more information on VIATS in our spring newsletter.

**REMEMBER...things are opening and closing and re-imagining themselves constantly! Many of our congregations are providing worship remotely via Zoom or Facebook. Just reach out. And thanks to all the creative and engaged folks out there!**

## **Sisters of St. Francis Canticle of Creation Center**



**SUNDAY, MARCH 7  
6:30-7:30 PM**

SPONSORED BY:



**interfaith  
prayer  
service**

*Care for our*

*Common Home*

*Celebrating*

*50<sup>th</sup> Anniversary of Earth Day*

*5<sup>th</sup> Anniversary of Laudato Si'*

For more information, contact  
Nancy Miller, OSF, at  
[justice@bvmsisters.org](mailto:justice@bvmsisters.org)

(Here is the Zoom link for the prayer service):

<https://us02web.zoom.us/j/84828535970?pwd=VEpzcTZONFklL2hkS3psSmtRSGFyZz09>

**Meeting ID: 848 2853 5970 Passcode: 505097.**

Visit our website to check out more upcoming programs at the Canticle of Creation Center, 3390 Windsor Ave., Dubuque. To register, contact Sr. Shell at 563-583-9786 or [canticle@osfdbq.org](mailto:canticle@osfdbq.org).  
[www.osfdbq.org/canticleofcreation](http://www.osfdbq.org/canticleofcreation)

*Peace and all good,  
Nancy Miller, OSF  
Social Justice Coordinator  
[justice@bvmsisters.org](mailto:justice@bvmsisters.org)*

## **Church Women United**

### **Virtual 2021 World Day of Prayer-USA Vanuatu Service – Available to View...**

In-person World Day of Prayer Vanuatu prayer service will not be held by Dubuque Church Women United in Dubuque on Friday, March 5 due to current COVID precautions.

Virtual WDP USA Vanuatu Prayer Service will be available for viewing March 4, 2021 and throughout the year. WDP-USA Board members produced and lead a virtual World Day of Prayer-USA Vanuatu prayer service that may be watched at 1) Youtube.com World Day of Prayer USA; 2) by clicking on link on [www.wdp.usa.org](http://www.wdp.usa.org) and 3) on Facebook. A seven-minute video of beautiful Vanuatu may be viewed now on these sites.

Sue Hattel Church Women United,  
World Day of Prayer USA National Board  
[shattel220@aol.com](mailto:shattel220@aol.com)

## **Shalom Spirituality Center**



### **Faith Writers Writing Conference**

Friday, February 19, 8:30 a.m. – 5 p.m.

Saturday, February 20, 8:30 a.m. – 3:30 p.m.

Online Program Via Zoom

Facilitator: Mary Potter Kenyon

Keynote Speaker: Cynthia Ruchti

Writers of all levels can join us for our second annual Faith Writer's Writing Conference with keynote speaker Cynthia Ruchti. Cynthia tells stories hemmed in hope through her novels, novellas, devotions and non-fiction, and as a speaker for women's events/retreats and writers' conferences/workshops. She serves as Professional Relations Liaison for American Christian Fiction Writers and is a literary agent with Books & Such Literary Management. Other workshop presenters include W. Terry Whalin, author and acquisitions editor for Morgan James Publishing, Christy Award-winning author Shelly Beach, Dubuque author and minister Lillian Daniel, award-winning photojournalist and author David LaBelle, Faith Storyteller newsletter editor Mackenzie Ryan, LitNuts newsletter editor and author Mike O'Mary, and author Mary Potter Kenyon. Learn about self-editing, getting published, marketing and book promo techniques, writing your faith story, and more. Optional paid critiques with Cynthia Ruchti are available Friday night. Watch our website [shalomretreats.org](http://shalomretreats.org) and the Faith Writers Conference Facebook page for more information and updates.

\$125 per person. A limited number of scholarships are available thanks to New York Times bestselling author Cecil Murphey. Contact Mary Potter Kenyon at [mkenyon@shalomretreats.org](mailto:mkenyon@shalomretreats.org) for more information.

Register and pre-pay by Wednesday, February 17 at [shalomretreats.org](http://shalomretreats.org) or call 563.582.3592.

### **Realistic Optimism: Meeting the Psychological Challenges of the Pandemic**

Tuesday, February 23, 6:30 PM – 8:00 PM  
Virtual Program.

"Realistic Optimism" is a learnable attribute that is pivotal in successfully meeting the many psychological and interpersonal challenges imposed by the COVID pandemic. Unlike pie-in-the-sky optimism, research shows the realistic variety allows us to adapt, grow more resilient, and maintain self-mastery in the face of adversity and life disruptions. During this presentation, we will examine the critical components of realistic optimism, including:

- Resilience
  - Emotional self-regulation
  - A growth mindset
  - Effective self-care in support of personal well-being
- There will be time for discussion after the program.

\$5, register and prepay by Monday, February 22. This is a virtual program via Zoom, you will receive a Zoom link by NOON on the day of the program. Register at [shalomretreats.org](http://shalomretreats.org) or call us at 563.582.3592.

### **Scripture In Times of Disruption**

Wednesday evenings, 7 p.m.

Online Program Via Zoom

Facilitator: Sr. Sarah Kohles, OSF

We are currently living in a time in which we are experiencing disruption in every aspect of our lives and in every nation on earth. The Scripture in Times of Disruption series offers an opportunity for people to encounter the Bible anew and consider its connection to their own lives. Sr. Sarah is a scripture scholar with a PhD from Graduate Theological Union in Berkeley and an MA from Catholic Theological Union. She has served as an adjunct professor at Loras College and Wartburg Theological Seminary.

To register, please contact [info@shalomretreats.org](mailto:info@shalomretreats.org) for the Zoom link.

### **International Women's Day Book Discussion: Thea Bowman**

Monday, March 8, 6:30 - 8 p.m.

Online Program Via Zoom

Facilitator: Sr. Pat Clemen, OSF

International Women's Day seems an appropriate occasion to celebrate Sister Thea Bowman, an African American born in 1937 in Yazoo City, Mississippi, whose life's mission was to share her rich cultural heritage and the Gospel of Jesus Christ through song, prayer, teaching, and preaching. Thea converted to Catholicism as a child, choosing a life as a Franciscan Sister of Perpetual Adoration as an adult. She was able to cross cultural boundaries and share her culture and spiritual gifts while uplifting the cultural gifts of others. Join Sr. Pat Clemen for a discussion of the book, Thea Bowman, In My Own Words.

\$6 for discussion, does not include book. Book is available through River Lights bookstore. Registration

and payment due by Friday, March 5. Register at [shalomretreats.org](http://shalomretreats.org) or call 563.582.3592.

### **FAITH WRITERS: Monthly Writer's Group**

Third Tuesday of every month: March 16, April 20, May 18, 6:30 – 8 p.m.

Online Program Via Zoom

Facilitator: Mary Potter Kenyon

Monthly writer's group allows time to share up to two pages of writing with an opportunity for feedback and critique from other members. Contact Mary Potter Kenyon at [mkenyon@shalomretreats.org](mailto:mkenyon@shalomretreats.org) for more information.

### **Spring Coffee Chat: "Sisterhood of Spring" with Lori Apel**

Tuesday, March 23, 7:30 - 8:30 a.m.

Online Program via Zoom.

Join us for a seasonal morning coffee via Zoom. Grab a cup of coffee, and invite your sisters to join us for a program with Lori Apel, Cantic of Creation Center Director. Your attendance enters you into a drawing for a Spring basket of goodies.

\$10 per person. Please register and pre-pay by Friday, March 19. Register at [shalomretreats.org](http://shalomretreats.org) or call 563.582.3592.

### **Abide In Me: Living in God's Word**

Mondays, 6:30 p.m., March 29, April 5, 12, 19, and 26

Online Program Via Zoom.

Facilitator: Mary Potter Kenyon

Drawing near to God requires a special kind of presence. We invite you to breathe in the Word of God with reflections, lectio divina, and group discussion. To abide in God means using scripture as our constant guide and monitor. When God's word dwells within our spirit, soul, and body, it will shape our thoughts, words, and actions so that we bear fruit. Join us for this weekly program that utilizes Macrina Wiederkehr's book, Abide: Keeping Vigil with the Word of God.

\$25 per person, does not include book. Please register and pre-pay by Friday, March 26. Register at [shalomretreats.org](http://shalomretreats.org) or call 563.582.3592.

Visit our website to check out more upcoming programs!

Shalom Spirituality Center

1001 Davis Street, Dubuque, IA 52001

Phone: 563-582-3592

Web: [www.ShalomRetreats.org](http://www.ShalomRetreats.org)

Email: [info@shalomretreats.org](mailto:info@shalomretreats.org)

## **Dubuque Interfaith Green Coalition**

Friends,

You are invited to join the monthly meetings of the Dubuque Interfaith Green Coalition! The DIGC is a chapter of Iowa Interfaith Power and Light (IIPL) organization which, in turn, is a part of the national Interfaith Power and Light (IPL). IPL is *not* a producer of power and light, but an organization dedicated to addressing the issues of climate change in a matter that



will ensure 'power' and 'light' for all future generations and for all living on our endangered planet.

**DIGC has three goals for 2021.** The first is encouraging congregations and groups of other persons of faith to make a specific address to these issues and, in particular, forming 'green teams' to do so'. We have access to programs for individual congregations to assess their 'carbon footprint', to make changes to reduce that 'footprint', to encourage members of those congregations to assess and reduce their own footprint, and to join with others of faith in bringing our society and especially our local communities into a better relationship with our endangered planet.

The second is encouraging organizations not usually considered as 'churches' or 'congregations' to join with us. IPL was originally designed for worshiping congregations, and that still is at the core. But particularly in Dubuque, we have many people of faith in other 'formations' than 'church congregations'. There are many in religious orders as well as institutions of learning which embody a 'community' able to join in this process.

The third is a specific aim to bring our society, and, again in particular, our communities into compliance with a 'zero waste' standard. We have several members working assiduously on this as well.

My invitation to YOU is to join with us. We have monthly meetings, currently on the Zoom platform, on the second Sunday of the month at 3 pm. IIP and Westminster Presbyterian have made their Zoom platforms available to us as have member individuals.

***Peace, stay safe, and stay masked!***  
***Paul Uzel, chair of DIGC for 2021, retired***  
***Presbyterian clergy***

**Next Meeting: February 21, 3 PM!**  
**Email for the Zoom link!**

**Kim Glaser, Secretary**  
[kglaser@ecia.org](mailto:kglaser@ecia.org)



## Westminster Presbyterian Church



### **Green Team Tip – Go Green in 2021!**

Among your New Year's resolutions please consider doing more to care for God's creation by going green this year. You can probably do much more than you think you can. There are many simple and easy things we all can do for our planet. **WPC will be offering a few Green Tips each month!**

### **2/7 Green Team Tip – Diapers**

Consider switching to using cloth diapers instead of disposables. Even if you use just one cloth diaper a day that will result in 365 fewer disposables in the landfill each year.

### **2/14 Green Team Tip – Reduce Paper Usage**

Use less paper! Reuse scrap paper for other purposes. Print on both sides of the paper to reduce waste. Go paperless. Pay your bills online to save time and paper. Get e-tickets for movies and other events instead of paper tickets. File your taxes electronically. Take steps to reduce the amount of junk mail you receive. Use real plates, cups, napkins and towels instead of paper ones.

### **2/21 Green Team Tip – Car Maintenance**

Make sure your car gets regular maintenance. This will reduce emissions, give you better gas mileage and save you money. Keep your tires inflated to the proper level. Low tire pressure causes more wear, lessened gas mileage, harms the environment and costs you money. Practice good driving habits, avoid jack rabbit starts and quick panic stops.

### **2/28 Green Team Tip – Wise Transportation**

Try to use your car less and reduce emissions into the air we breathe. When possible use public transportation or carpooling to get where you are going. Even better yet, walk or bike for better health for you and the environment! When buying a new car do some research to find the most environmentally friendly one that will also save you money.

**Does your organization or congregation have items you would like to include in the DACU Newsletter? Just email the editor at [phyllisgarfield@hotmail.com](mailto:phyllisgarfield@hotmail.com)**

**We are happy to share any information that is in keeping with our DACU mission statement.**

## **Dubuque Community**

### **Crescent Community Health Center**



**Keeping Our Community Healthy**

**A MASK IS THE NEW SMILE!**



**WE'RE WEARING MASKS FOR  
THE COMMUNITY'S WELLNESS**

For more information, go to the website:  
<https://crescentchc.org/> or phone 563.690.2850

### **Test Iowa: Crush the Curve!!!**

Right now, it doesn't seem like we have managed to control our rise in COVID-19 cases here in Iowa. One thing YOU can do is WEAR A MASK when you are outside your home. If you want to be tested for COVID through the Test Iowa program, the first thing is to take the assessment online, and then go to one of the test sites. We do have a site in Dubuque. Hours are varying so be sure to check the website. Help us to Crush The Curve: <https://www.testiowa.com>  
More info: <https://coronavirus.iowa.gov>  
[www.dubuquecounty.org/COVID19](http://www.dubuquecounty.org/COVID19)

**Help us spread DACU good news on Facebook!**

**Go to:**

[www.facebook.com/Dubuqueareacongregationsunited](https://www.facebook.com/Dubuqueareacongregationsunited)  
and "like" and "share"!

**REMEMBER:** Membership in DACU is open to all who share DACU's mission. If you wish more information about how your congregation or organization can become involved, just contact DACU President Dr. Jean Holdener ([jholdene@dbq.edu](mailto:jholdene@dbq.edu))

## **Dubuque Visiting Nurse Association**



Does your child need health and/or dental coverage? During these unprecedented times many families have had a decrease in income and may qualify for either Medicaid or Hawki for their children. Coverage includes medical, dental, and vision services. A family of four can make up to 79,124/ year and qualify for either Medicaid or Hawki for their children. Dubuque Visiting Nurse Association has staff who can assist families apply for Medicaid or Hawki. For more information on the Hawki program go to <https://dhs.iowa.gov/hawki> or call 1-800-257-8563. You may also contact your local Hawki Outreach Coordinator at Dubuque Visiting Nurse Association at 563-556-6200, ext. 1933.

### **Winter Farmers' Market!**







DACU  
PO Box 811  
Dubuque IA 52004-0811



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## **DACU Board and Project Contact Information**

### **President:**

Dr. Jean Holdener, [jholdene@dbq.edu](mailto:jholdene@dbq.edu)

### **President Elect:**

Vacant at present

### **Past President**

Rev. Ken Halstead, [kahalstead@hotmail.com](mailto:kahalstead@hotmail.com)

### **Administrator:**

Bob Krayer [bdkrayer@aol.com](mailto:bdkrayer@aol.com); 582-5117

### **Communication:**

Sue Hattel, [shattel220@aol.com](mailto:shattel220@aol.com)

### **Secretary:**

Alan Garfield, 563.599.5205

### **Treasurer:**

[agarfield@hotmail.com](mailto:agarfield@hotmail.com)

### **Worship:**

Barbara Hubeny O.P.  
[Barbara.hubeny@gmail.com](mailto:Barbara.hubeny@gmail.com)

### **Newsletter Editor:**

Phyllis Garfield  
[phyllisgarfield@hotmail.com](mailto:phyllisgarfield@hotmail.com)

### **People in Need (PIN):**

599-4898 [phyllisgarfield@hotmail.com](mailto:phyllisgarfield@hotmail.com)

### **Dbq. Food Pantry:**

Tom Stovall [tomstov@aol.com](mailto:tomstov@aol.com) 563-581-7220

### **Dbq. Rescue Mission:**

Theresa Caldwell, 563-583-4440,  
[dubuquefoodpantry@yahoo.com](mailto:dubuquefoodpantry@yahoo.com)

### **OTHER CONTACTS:**

Rick Mihm, 563.583.1394

Maryann Caudill-LoGuidice [maryannuu@fastmail.fm](mailto:maryannuu@fastmail.fm)

### **NAACP:**

Rev. Lindsay James

[lindsayjames05@gmail.com](mailto:lindsayjames05@gmail.com) or alternate:

Tom LoGuidice (608-642-1269)

[loguidice@fastmail.fm](mailto:loguidice@fastmail.fm)

### **Crop Walk:**

Sara McCaw

[sara.mccaw@gmail.com](mailto:sara.mccaw@gmail.com)

### **Church Women United:**

Sue Hattel 563 556-1394

[shattel220@aol.com](mailto:shattel220@aol.com)

### **Habitat for Humanity:**

Elaine Mitchell, ph. 588-1691

[dieltou@gmail.com](mailto:dieltou@gmail.com)

### **Opening Doors:**

Sr Kay Gaul [gaulk@osfdbq.org](mailto:gaulk@osfdbq.org)

### **Operation New View:**

[www.operationnewview.org](http://www.operationnewview.org)

### **Ecumenical Housing:**

DACU Representative

### **Prison Ministries:**

Deacon Bill Biver, St. Columbkille

[bbiver@aol.com](mailto:bbiver@aol.com)

### **St. Mark Youth Enrichment:**

Dawn Cogan 582-6211

### **dcogan@stmarkyouthenrichment.org**

Ministerium Association: Parson John Emery [jemery@dbq.edu](mailto:jemery@dbq.edu)

### **Dubuque County Emergency Food & Shelter Board: DACU Rep Tom Stovall**

[tomstov@aol.com](mailto:tomstov@aol.com) 563.581.7220